

Oct. 30 – Nov. 5, 2005

PARAGSHAP/WIDE WORLD



On Oct. 8, an extremely destructive earthquake hit Muzaffarabad, the capital of Pakistani Kashmir. Some villagers waited to flee the city, while others pulled debris from collapsed schools and homes with their bare hands.

► This Week's Focus:

The Pakistan Earthquake

On Oct. 8, a devastating earthquake, 7.6 on the Richter scale, hit Pakistan, killing thousands. How do earthquakes happen? And what can we do to prepare for them and other natural disasters? Elsewhere in this guide, we focus on flu shots. Should you get one? The short answer is yes! Read on to find out why. Finally, turn to our lesson plan on driving safely near trucks. Be sure your students understand the special dangers. We'd also like to urge your students to enter our teen poetry contest—and to join The Great American Bake Sale.® You'll find details at www.paradeclassroom.com.

Everyday Newspaper Activity

Activity #10: Vocabulary. Have students look through the newspaper for unfamiliar words. Challenge them to use context to predict their meaning. After they write down their predictions, ask them to use the dictionary to see if their definitions were correct.

Coming Up Next Week

- American Indian Heritage Month
- More Supreme Court Changes
- Pork Barrel Politics

► **In the News: How Earthquakes Happen; Should You Get a Flu Shot? p.2**

► **In PARADE: Driving Safely Near Trucks p.3**

► **Skills Sheets: Knowledgeable Sources p.4; What's Your Flu IQ? p.5; Metaphor Alert p.6**

How Earthquakes Happen

Curriculum links: Current events, science, social studies

Briefing: On Oct. 8, a devastating earthquake—7.6 on the Richter scale—struck 60 miles from Islamabad, Pakistan. The effects were felt throughout South Asia from India to Afghanistan, most severely on the Pakistani side of disputed Kashmir. The earthquake and its aftershocks killed 79,000 people and injured tens of thousands. At least 3 million people were left homeless, many facing hail and torrential rain without shelter. This disaster struck less than a year after the 9.0 Indian Ocean quake that spawned the tsunami that killed more than 225,000 people. Earthquakes occur when big sections of our planet's rocky crust shift and break. Just how much breaks and how far it shifts determine the quake's power. Most quakes happen along a fault line or fracture in the Earth's crust. Below the Earth's surface, vast sections of rock called tectonic plates slide past each other repeatedly. Sometimes, sections become locked in place and cannot move. Eventually the stress becomes so great that the rock breaks. This releases the tension but also causes a quake as the rock snaps into a different position. The fracture then travels as vibrations called seismic waves. Most damage is caused by collapsing buildings, landslides, etc.

Newspaper activity: Look through the paper. What's happening in the areas affected by the quake? How are relief efforts going?

Resources: Books: Catherine O'Neill Grace's *Forces of Nature* (National Geographic, 2004), Jennifer Reed's *Earthquakes* (Enslow, 2005) and Joe Cottonwood's YA novel *Quake!* (Scholastic, 1995). Web sites: Read about the Kashmir earthquake in Wikipedia and earthquakes in general from World Book and the National Geophysical Data Center. Learn how to prepare for an earthquake.*

Classroom Debates

• **What can you do to help the earthquake victims?** What can our government do? What can communities do to avoid the worst earthquake damage? How can families prepare for earthquakes? What should you do in case of an earthquake? How prepared is the U.S. to deal with a major earthquake in a big city such as San Francisco? How should the government prepare for disasters in general? What lessons can be learned from Hurricane Katrina?

Should You Get a Flu Shot?

Curriculum links: Health, science, biology, current events, family and consumer science

Briefing: Should you get a flu shot? The short answer is yes! The longer answer is a bit more complicated. Because of uncertainty about the supply of the vaccine, the Centers for Disease Control and Prevention (CDC) gave certain groups priority for flu shots. These included people over 65, people with chronic diseases, health care workers, pregnant women and young children 6-23 months old. Hurricane Katrina victims living in crowded conditions were also given priority. But the priority for these groups lasted only until Oct. 24. After that date, the CDC urged all Americans who want flu shots to get them. And getting a flu shot is a very good idea. Each year more than 200,000 Americans are hospitalized with flu, and 36,000 die. When you get a flu shot, you are not only protecting yourself—you are helping to protect everyone with whom you come in contact, including your family and friends. (See the related skills sheet on p. 5.)

Newspaper activity: Look through the paper for grocery or drugstore ads for cold remedies and related products such as tissues. Compare prices on the products you find. Which store has the cheapest prices?

Resources: Books: Jane Brody's *Cold and Flu Fighter* (Norton, 1995) and Alvin Silverstein's *Common Cold and Flu* (Enslow, 1994). Those interested in the history of the 1918 epidemic may enjoy John Barry's *The Great Influenza* (Viking, 2004). Web sites: Check guidelines from the CDC.*

Classroom Debates

• **Will you get a flu shot this year?** Will other members of your family? Why or why not? Would you rather take a shot or the FluMist spray? What else can you do to avoid getting the flu or a cold? If you do get a cold or the flu, how can you avoid spreading it to others? Should you go to school or see your friends when you have a cold or the flu? When you're sick, what helps you feel better? Do you think there will ever be a cure for the common cold?

*Visit www.paradeclassroom.com/links for links to all mentioned Web sites.

Driving Safely Near Big Trucks

Curriculum links: Driver's ed, family and consumer science, personal development

Briefing: The Oct. 30 issue of PARADE talks about new rules in the trucking industry that some say will make highways safer. Nevertheless, driving near big trucks remains a safety issue for car drivers, particularly inexperienced ones. The American Automobile Association reports that there are 250,000 crashes involving at least one large truck and one passenger vehicle annually in the U.S. Due to the size of trucks, when cars and trucks collide, 98% of the deaths occur in the cars. And in 70% of cases, the auto driver contributed to the crash. A University of Michigan study found five driving behaviors that figured in most fatal crashes: 1) not staying in the lane; 2) not yielding the right of way; 3) driving too fast; 4) not obeying signs and signals; 5) not paying enough attention. AAA has several suggestions for driving near trucks: 1) Avoid blind spots around the truck—on the sides and at the back. If you can't see the driver in his rearview mirror, he can't see you; 2) Stay several car lengths behind a truck; 3) Be careful when passing a truck. Trucks take twice as long as cars to stop. Don't return to the truck's lane unless you can see the truck's entire cab in the rearview mirror; 4) Trucks may swing wide to the right to make a right turn. Don't cut between the truck and the right shoulder or curb. Other suggestions: 1) Pay attention to the truck's turn signals, and be sure to use yours; 2) Drive at a safe speed; 3) Don't change lanes abruptly; 4) Try not to drive alongside trucks; 5) Yield the right of way; 6) Pass on the left.

Classroom Debates

• **Long-haul truck drivers usually drive many hours a day with little rest.** What safety hazards might be related to this (e.g., trucker fatigue, falling asleep at the wheel, slowed reactions)? For what other reasons should automobile drivers be particularly safety-conscious around trucks (e.g., the size of trucks, greater damage in potential collisions, a truck's inability to slow down or stop quickly, etc.)? How should you proceed if you want to pass a truck? If you are in a hurry, is it OK to cut in front of a truck? Should you pass a truck on the left or on the right?

Newspaper activity: If you were a newspaper editor, in which section of the paper would you run an article about new safety rules for truck drivers, truck safety, or tips for automobile drivers driving near trucks? Explain.

Resources: Web sites: Find more safety tips from AAA and others.*

ASK MARILYN

What If...

Edgar Allan Poe wrote dark tales and poems such as "The Fall of the House of Usher" and "The Raven." But what if he had been a psychiatrist instead?

Interact: Ask students to write a funny one-line answer to the question and send them to: Ask Marilyn, 711 Third Avenue, New York, N.Y. 10017, or e-mail marilyn@parade.com.

FRESH VOICES

Scary Stuff

For class discussion or writing assignment: David Ruzicka, 17, was only 13 when he started a haunted house in his basement in Cary, N.C. He's not into blood and guts. He just likes to get people's minds to play tricks on them. For example, a shadow of a tree might look like a monster or a person with a weapon. Have you ever been scared when your mind played a trick on you?

Interact: Ask students, "What scares you most?" Send their comments to Fresh Voices, Box 5103, Grand Central Station, New York, N.Y. 10163-5103. Or e-mail them to freshvoices@parade.com. Students whose letters are published in PARADE will receive Fresh Voices T-shirts.

Answer Key:

Knowledgeable Sources (p. 4): Answers will vary. **What's Your Cold and Flu IQ? (p. 5):**

1. a; 2. b; 3. b; 4. d; 5. d; 6. d; 7. c; 8. a; 9. b; 10. d; 11. d; 12. c.

Metaphor Alert (p. 6) Answers will vary.

Knowledgeable Sources

Newspapers check with many sources to make sure the facts that they report are true and/or to show different viewpoints on particular issues. For example, a story about cloning may include quotes from scientists involved in cloning, scientists who oppose cloning, neutral scientists and bio-ethicists. A story on a cell-phone ban for teen drivers may include quotes from National Transportation Safety Board officials, from members of Congress who support or oppose the idea, from teenage drivers, from parents and from auto insurance companies. The idea is to present all sides of an issue in a balanced way. To get a better idea of how this works in your own newspaper, fill in the blanks below.

1. Pick a news story on the front page and find quotes from at least four people. Give each person's name, expert credentials or reason for being quoted and an idea of his or her point of view.

Name	Credentials or Reason Quoted	Point of View
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

2. Pick a science story and find quotes from at least four people. Give each person's name, expert credentials or reason for being quoted and an idea of his or her point of view.

Name	Credentials or Reason Quoted	Point of View
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

3. Pick any story that interests you and find quotes from at least four people. Give each person's name, expert credentials or reason for being quoted and an idea of his or her point of view.

Name	Credentials or Reason Quoted	Point of View
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

EXTRA CREDIT: Do this exercise with a tabloid magazine. How are the types of sources different?

What's Your Cold and Flu IQ?

Sure, you think you know all about the flu and colds. You've had enough of them. But how much do you *really* know? Take this test to find out. Your teacher has the answers.

- Colds are caused by:**
 - viruses.
 - bacteria.
 - drafts.
 - going out in the rain.
- The best way to avoid colds is to:**
 - get plenty of exercise.
 - avoid people who have them.
 - avoid drafts.
 - take lots of vitamins.
- The easiest way to avoid the flu is to:**
 - take vitamin C.
 - get a flu vaccine.
 - gargle with salt water.
 - eat chicken soup.
- Kids between the ages of 3 and 12 shouldn't take aspirin for cold or flu symptoms because:**
 - it can give them stomachaches.
 - it can dry up kids' sinuses.
 - it lowers children's temperatures.
 - if a child takes it when he or she has the flu—which often resembles a cold—it can cause a dangerous condition called Reye's syndrome.
- Doctors don't like to prescribe antibiotics for colds because:**
 - they don't work well against the virus.
 - overusing them leads to strains of antibiotic-resistant organisms.
 - they interfere with the action of vitamin C.
 - both a and b.
- Good things to do when you have a cold include:**
 - drinking lots of fluid.
 - resting.
 - gargling with warm salt water.
 - all of the above.
- It is a good idea for most people to get flu shots. The exception is:**
 - the chronically ill.
 - women who are more than three months pregnant.
 - people who are allergic to eggs and chicken.
 - people who are allergic to peanuts.
- The best time to get a flu shot is:**
 - once a year in October or November.
 - once a year in December or January.
 - at any time of the year.
 - only when there will be a severe epidemic.
- Getting a flu shot can give you the flu.**
 - True.
 - False.
- Good things to do when you have the flu include:**
 - all the things you do when you have a cold.
 - taking an anti-viral medicine such as amantadine.
 - taking an antibiotic.
 - both a and b.
- You can get the flu vaccine as:**
 - a shot.
 - a nasal spray.
 - a pill.
 - both a and b.
- In this country, about how many people die each year from the flu?**
 - 600
 - 12,000
 - 36,000
 - 100,000

Metaphor Alert

Poetry is all about feeling, but it also requires skill and technique. One of the poet's major tools is metaphor. Read all about it, and then try writing some metaphors of your own. Use them to spice up your poems. Then enter PARADE Classroom's® student poetry contest! You'll find the rules below.

METAPHOR: A metaphor is a way of saying that two different things are similar—without using the words “like” or “as.” For example, the sentence “Paul is a lion in battle” is a metaphor. The writer just means that Paul is as brave as a lion. What do the metaphors below mean?

1. He was so devoted that he was a dog at her feet:

2. His voice bellowed, a foghorn in the distance:

3. In the storm of war, she was a willow, bending to circumstance:

4. Her feet were gunboats, not small like Cinderella's:

5. Her Olympic medal shone brightly, a small sun in a dim room:

Now try writing your own metaphors:

6. The car is

7. Your smile is

8. The song is

9. On the football field, he is

10. At night, the stars are

CALLING ALL TEEN POETS! Submit your best poem to PARADE Classroom's poetry contest. If you win, you'll see your poem in print and get paid! The contest begins on Oct. 2, 2005 at 12:01 a.m. and ends on Dec. 31, 2005 at 11:59 ET. Your poem must be original and no longer than 20 lines. Send one poem along with name, age, address, teacher's name, school name and phone number to PARADE Poetry Contest, P. O. Box 5103, Grand Central Station, N.Y., N.Y. 10163-5103 or fax 212-450-7284. The first-place winner will have his or her poem published in PARADE and receive \$300. All entries must be received by 11:59 p.m., ET, on Dec. 31, 2005. See full rules below.

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN THIS CONTEST

A purchase will not improve chances of winning. The contest begins on Oct. 2, 2005 at 12:01 a.m. and ends on Dec. 31, 2005 at 11:59 ET. Entrants must be 12 to 18 years old as of date of entry and a legal resident of one of the 50 United States or District of Columbia. The poem each student enters must be his or her own original work. All submissions become the property of PARADE, and no entries will be acknowledged or returned. Only one entry per person. We will not be responsible for entries that are lost, late, incomplete, illegible, misdirected, postage due or incompletely received for any reason, including by reason of hardware, software, browser, or network failure, malfunction, congestion or incompatibility at Sponsor's Web site or elsewhere. All entries must be received by 11:59 p.m. ET, on 12/31/05. Entries will be judged on their originality, creativity and literary merit on or about April 1, 2006. Finalists will be chosen by editors at PARADE. All decisions of the judges are final. The first-place winner will receive \$300, second-place winner will receive \$200, and third-place winner will receive \$100. In addition, the first-place winner will have his or her poem published in PARADE. Second- and third-place winners will be published in PARADE, in the PARADE Classroom Teacher's Guide or on the PARADE or Classroom Web sites. Acceptance of a prize constitutes consent to use the winners' names, likenesses and entries by PARADE for editorial, advertising, promotional and publicity purposes without further compensation or notification (except where prohibited by law). Winners may be required to sign an Affidavit of Eligibility and Liability/Publicity/Permission release, which must be returned within 14 days of receipt or an alternate winner will be selected. Void outside of the 50 United States and the District of Columbia and where prohibited. Subject to all federal, state and local laws and regulations. Income and other taxes, if any, are the sole responsibility of the winners. If winner is a minor, prize will be awarded to his or her parent or legal guardian who must sign necessary affidavits and releases. For a list of winners, send a SASE to Poetry Contest Winners P.O. Box 5103 Grand Central Station, N.Y., N.Y. 10163-5103 after April 1, 2006 but before Oct. 1, 2006.