The Kitchen Debate
By Jane Runyon

During the late 1950s, the United States was engaged in a war. This was not a shooting war. The newspapers called it a "cold war." The United States and the Soviet Union were fighting each other with words and threats. Both countries wanted to be looked upon as world powers. Both countries had nuclear weapons. Neither country wanted to admit that the other was stronger.

The Soviet Union and the United States disagreed on almost everything. The Soviet Union was particularly vocal about the way Americans lived. The Soviet Union was a Communist country. To put it simply, they didn't think there should be any extremely rich people. Nor did they think there should be extremely poor people. The government managed the businesses and decided on what salaries to pay. They believed that there should be just one class of citizens.

In America, the people were able to work at many different economic levels. The government did not dictate how businesses were run. The salaries were set by the business owners and labor unions.

Vice President Richard Nixon was set to visit the Soviet Union in the summer of 1959. He was to open the American National Exhibition in Moscow. American leaders decided to show the Russians just how well the American people could live, even if they didn't make the most money. A building firm in Florida was asked to build a model home for the exhibition. The home was to include the latest technology available at an affordable price. The finished home would sell somewhere between $12,000 and $17,000. Americans felt that anyone in America could afford this home.

A tour of the home was scheduled for the opening day of the exhibition. Vice President Nixon showed all of the affordable labor saving devices to the Soviet Premier, Nikita Krushchev. When the two reached the kitchen, Nixon tried to point out the benefits of all the kitchen appliances. In reality, he was trying to keep Krushchev from pointing out weaknesses in the American military. At this time, the Soviets' nuclear weapons seemed to be more powerful than what the Americans had.

Krushchev could not be steered away from what he wanted to say. He talked about the importance of people rather than the "luxuries" found in their kitchens. He wondered aloud if the Americans were going to invent a machine that would put food into the mouths of the people and push it down into their stomachs for them. Nixon was getting a bit tired of Krushchev's comments. He finally stated that at least Americans were working on technology. They weren't just interested in bombs and the military.

The two men traded comments in the kitchen for a few minutes. They finally did agree that they needed to open up communications between the two nations a little more. Krushchev stated to his own people that he doubted very much that the Americans would translate his comments correctly to the American people. He didn't trust the Americans at all. He was wrong. The entire "debate" was aired to the American people. Americans at home gained respect for Vice President Nixon. His ability to stand up to the Soviet leader was used as a campaign point in his successful bid to be elected president in 1968.

The home built for the exhibition was manufactured back in the States and sold in Macy's Department Store in New York City. The homes were given the name "leisurama." An entire community of these homes can be found in Culloden Point at Montauk in New York. If you were to purchase one of these homes today, the price tag is a bit higher. The homes now sell for $500,000.
The Kitchen Debate

**Questions**

1. The famous kitchen debate was held in Montauk, New York.
   - A. false
   - B. true

2. What is a "cold war"?

3. Who was the Russian leader?
   - A. Nikita Krushchev
   - B. Leonid Brezhnev
   - C. Richard Nixon
   - D. John House

4. What kind of government did the Russians have?
   - A. communist
   - B. independent
   - C. republic
   - D. democracy

5. What was special about the model house built in Russia for the American exhibition?

6. What price tag was put on the model home?
   - A. $7,500 to $10,000
   - B. $5,000 to $7,000
   - C. $12,000 to $17,000
   - D. $50,000 to $75,000

7. What did Krushchev want to talk about on his tour of the model home?
   - A. appliances
   - B. weapons and the military
   - C. fishing
   - D. politics

8. What did the kitchen debate do for Richard Nixon's career?
   - A. It caused him to lose his job.
   - B. It helped him learn how to sell homes.
   - C. It caused him to sell his home.
   - D. It was used in his campaign for President of the United States.
Prince Edward Island and Confederation
By Mary Lynn Bushong

Caption: Official photograph of the Fathers of Confederation at Government House

When Canada began expanding West, attention was diverted from what would be her smallest province. After Manitoba joined confederation in 1870, Prince Edward Island rethought her decision not to join.

Prince Edward Island, or P.E.I. as she is affectionately known, was originally the territory of the Micmac people. They called the island Abegweit [ah-BEG-wate] which meant "land cradled on the waves."

Jacques Cartier described the island as "the most beautiful stretch of land imaginable." Champlain named it St. John's Island in 1603. In 1763, it changed from French to English control. Then, in 1799, the name was changed to Prince Edward Island.

The people of P.E.I. were known for their independence. They wanted to be left alone to do things their way. They had a strong economy based on farming, fishing, shipbuilding, and the merchant trade.

In 1766, the land was divided by Captain Samuel Holland. The 67 lots he made were distributed to landowners in Britain. This was to cause a lot of trouble later, because the absentee landowners would not sell the land and charged high rents.

In 1864, the islanders held the Charlottetown Conference. It is interesting that the conference was held there since the P.E.I. delegates were against the union. Some think it was held there as a way to get the P.E.I. delegates to attend.

The reasons for their lack of interest were various. The main one was that some islanders thought they would lose control to their own government.

During the discussions several ideas were presented that made the delegates rethink their stance. The other colonies spoke of buying out the large landowners through the new federal government. This would get rid of the absentee landlords. Their holdings could be purchased and the land resold to the farmers working it. That would solve a major problem.

When an invitation was given for the Quebec Conference of 1864, they went. The rose-coloured glow from the first meeting soon faded. The members of the delegation began fighting with each other. The offer of a land purchase fund was also withdrawn.

They feared that the new government would increase taxes. Worse still, the taxes might be spent on things that did not help the island. Also, their young men might be conscripted for conflicts far from home.

Once they returned home, arguments began. In May 1866, the decision was made to reject confederation.

Canada was not ready to give up. They offered $800,000 to purchase the land from the absentee landlords. The people of the Island saw that as a bribe and refused to join.

Since Prince Edward Island had decided to remain a solitary colony, her people wanted to insure their economic future. After the reciprocity treaty ran out with the United States, the colony sought to make a new one. This was not possible, however. As a British colony, they needed permission, and Britain wouldn't give it.

Canada had not yet given up on P.E.I. In 1870, they offered a special deal they called "Better Terms." They would take over the colony's debts and offer an allowance for future ones. Steamer service would be established for passengers and post, plus the $800,000 land money. The offer was rejected.

In 1871, Premier James Pope decided that a rail system would benefit the colony. Costs soon mounted quickly and by 1872, they faced deep financial trouble. The best way out of the problem would be to join Confederation if they could get good enough terms.
In February 1873, negotiations began and were voted on in March. Confederation was finally approved. They received the $800,000 of land money, a grant to pay off railroad costs, a ferry service was guaranteed, and 6 members of parliament.

On July 1, 1873, the people of P.E.I. celebrated their entrance to Confederation. They had long resisted, but once they joined, they became proud members of Canada.

Prince Edward Island and Confederation

Questions

1. The explorer, ______, named the province St. John's Island.
   A. Champlain
   B. Cartier
   C. Holland
   D. Micmac

2. The name Abegweit meant:
   A. Land cradled on the waves
   B. Island cradled by the sea
   C. Emerald isle
   D. Red jewel of the sea

3. The name changed to Prince Edward Island in 1763 when the island became part of Britain.
   A. False
   B. True

4. Why were the P.E.I. delegates against a union with Canada?
   A. They were independent thinkers.
   B. They did not want to lose control of their own government.
   C. They didn't want others telling them what to do.
   D. All of the above

5. The first conference about Confederation was held in:
   A. Toronto
   B. Charlottetown
   C. Montreal
   D. Quebec City

6. What one idea really appealed to the P.E.I. delegates?

7. The "Better Terms" offer by Canada was what brought P.E.I. into Confederation.
   A. False
   B. True

8. The railway issue pushed islanders into negotiations with Canada.
   A. True
   B. False
Scientists who are interested in light waves study rainbows. Artists learn all about the color spectrum from a rainbow. There is also the pot of gold thing that people have been trying to figure out about rainbows.

Scientists know that a rainbow is something that happens in the Earth's atmosphere when raindrops are present. A rainbow occurs when light from the sun is separated and reflected as it hits raindrops still in the atmosphere. Sunlight hits each raindrop and is reflected towards earth. At the same time the sunlight is bent, or refracted. Depending on where the raindrop is and where you are standing to look at it, the refracted sunlight will have different angles. Each different angle measurement of the light produces a different color of the rainbow. A full rainbow shows us light reflected at all different angles from different parts of the sky. It includes the full spectrum of colors: red, orange, yellow, green, blue, indigo, and violet. The red light is actually coming toward us at a 42-degree angle, the violet light at a 40-degree angle, and the other colors at angles in between these two. This can only happen when the sun is low in the sky. This is why we usually see rainbows in the early morning or late afternoon.

Sometimes you can see a primary rainbow, which is bright and goes from red on the outer edge to violet on the inner edge, and also a secondary rainbow, which is not as bright and has the colors in reverse. A secondary rainbow is made when the light is reflected a second time.

It doesn't always take a storm to create a rainbow. You can stand with your back to the sun and spray water from your garden hose to create a colorful rainbow. A glass prism will also split sunlight into a spectrum of colors.

Artists are interested in the colors of the rainbow. Artists mix paints to make many colors. However, light mixes much differently from paint. If you mix lots of colors of paint, you might get a brownish color, but if you mix all of the colors of light, you get white. That is why sunlight, which is actually a combination of all of the colors, appears to be white or colorless.

Artists might paint a rainbow in a picture as a symbol of hope or good luck.

Now about the leprechauns. Leprechauns, the little fairy-like, dressed-in-green, invisible shoemakers from Ireland, supposedly liked to hide their gold at the end of rainbows. And, supposedly, if you can just walk to the end of a rainbow, you can find a whole pot of gold.

So far, nobody has reached the end of a rainbow. Actually, a law of physics tells us that it is impossible; a rainbow will always stay in front of you. But it's still fun to think about!

Rainbows

Questions

1. When do rainbows occur?

2. The colors of the rainbow are red, orange, yellow, green, blue, indigo, and:
   A. purple
   B. cyan
   C. violet
   D. chartreuse

3. When light is refracted it is:
   A. white
   B. bright
   C. bent
   D. reflected
4. This article is mainly about:
   A. rainbows
   B. artists
   C. scientists
   D. leprechauns

5. Physics is:
   A. a branch of science
   B. a brand of paint
   C. a type of story
   D. a storm that produces rainbows

6. Name another topic that scientists and artists might both be interested in.

7. How do you think the leprechaun story got started?
Young Immigrants and Crime in Germany - What Is the Connection?
By Jennifer Kenny

Germany is a nation in Europe. It is bordered by Austria, Belgium, the Czech Republic, Denmark, France, Luxembourg, the Netherlands, Poland, and Switzerland. It has the largest economy in Europe. It is the second most populated country there as well. As of July 2007, it had an estimated population of more than 82,000,000 people. This includes more than 6.8 million registered foreigners. The largest group of foreigners is the Turks; the next largest group comes from Yugoslavia.

Much of the foreign population is concentrated in certain city areas. Foreign residents play an important role in certain areas of the economy. Foreigners pay more in taxes than natives. They have a higher birth rate than the native Germans as well.

The history of migration to Germany has been an interesting one. When the Eastern European communist governments fell apart, ethnic Germans from Kazakhstan, Ukraine, Russia, and Romania came to Germany where they gained instant citizenship. In the late 1980s and early 1990s, thousands of people each year sought political asylum from places such as Sri Lanka, Lebanon, and west Africa.

Lukas's father was originally an immigrant from Russia. That move, according to Lukas, has benefited his family. They enjoy working and living in Germany. They have experienced great respect from others. However, he is observing a different view on immigrants of the twenty-first century. Many Germans no longer welcome the immigrants. They are concerned that immigrants only come to Germany to participate in the living standards and benefits the country offers. In addition, there have been economic issues in Germany that are causing cuts to the welfare system. Immigrants have been blamed for part of these cuts.

Immigrants similar to Lukas's father often experience prejudice nowadays. Even Eastern German "immigrants" often experience the same thing. They feel these things even though they are considered German citizens. The other group experiencing prejudice are those seeking asylum. They, under new laws, are kept in hostels, kept from jobs, and socially separated until their cases are examined.

In 1990, unification of Germany brought obvious changes and challenges. That along with the increase in foreigners helped to create a situation with increased taxes, housing shortages, high unemployment, and rising crime rates. This created two different effects.

Xenophobia means fear of foreigners. This has become more common in Germany. Strangers became generally unwelcome as natives and foreigners both needed housing and benefits. Some natives complained there were too many immigrants here. In addition, gangs often went after the foreigners in violent acts. These gang members were often under the age of 21. Big questions were raised about how to include foreigners into society.

Then, in 2007, the connection between immigration and crime rose to a new level. In general, more and more young immigrants were committing crimes. Some running for offices pushed for tougher punishments for crimes by young immigrants. Others criticized that the answer lies in better including the new foreigners and not labeling them with an association of crime. The discussion continued, and then there was a violent act committed right before Christmas 2007 that shocked Germany. In that crime, a 20-year-old Turk and a 17-year-old Greek attacked a 76-year-old in the subway after he asked them to put out their cigarettes.

The war of words began to heat up. On one side, groups called for no tolerance of violence by young foreigners. They said foreigners need to take on the customs of native Germans and make an effort to become integrated into society. Others complained that kind of thinking sets up two sides against each other and doesn't solve the problem.

According to Chancellor Merkel, almost half of crimes committed are by youths under age 21 and half of those are foreign youths. Logically, youths who are poor and disadvantaged, in general, are more likely to become involved in criminal activities. Given all that
information. Lukas believes social harmony between the natives and the foreigners is important. He's just not sure how his country can do that.

Young Immigrants and Crime in Germany - What Is the Connection?

Questions

1. Germany is in ______.
   A. Europe
   B. South America
   C. Australia
   D. North America

2. In 2007, the population of Germany was approximately ______.
   A. 120 million
   B. 6.8 million
   C. 82 million
   D. 50 million

3. The largest group of foreigners in Germany is ______.
   A. French
   B. Americans
   C. Turks
   D. from Yugoslavia

4. Which term refers to fear of foreigners?
   A. integration
   B. strangers
   C. hibernation
   D. xenophobia

5. Foreigners have ______.
   A. experienced violence toward them and committed some crimes themselves
   B. never experienced violence
   C. never committed crimes in Germany
   D. all of the above

6. In Germany, about half of crimes committed are by those under 21.
   A. True
   B. False

7. Lukas's father was originally from ______.
   A. Switzerland
   B. Russia
   C. Turkey
   D. Yugoslavia
Calcium

By Jennifer Kenny

Why do parents tell their kids to drink their milk? You may believe it's just something parents say to be difficult, but there's a real health reason behind it. Milk has lots of calcium in it. Your growing body needs calcium.

What is calcium? Calcium is called a macromineral. It is needed by the body in large amounts. It is essential to building strong bones and teeth. It is also important in muscle contraction, sending messages through the nerves, and hormone release. In order to develop the strongest bones possible, a person needs to be physically active and eat enough foods with calcium as a child and as a teenager. When the body isn't getting enough calcium, the body takes it from the bones so that it can be used by other cells in the body. That, of course, can weaken bones.

Unfortunately, not everyone takes in enough calcium. Some studies indicate that over 85% of girls and 60% of boys from nine to eighteen don't. Bones grow rapidly during this time. Not having enough calcium can cause problems later on.

What amounts of calcium are needed? It is recommended that toddlers take in 500 mg of calcium a day. Children from four years to eight years need 800 mg. Those from nine to eighteen need 1,300 mg.

Where should all of this calcium come from? Milk is one great source. A baby under a year old should get it from breast milk or baby formula. Toddlers should drink whole milk because the fats are needed for brain development and growth. From two years old to eight years old, about two cups of low fat or nonfat milk are good. Over nine years old, three cups of milk are good. Some teens might believe that milk will make them fat, but skim milk has no fat and only eighty calories.

Sometimes special considerations are needed. Any child with a milk allergy might need soy milk. A child who is lactose intolerant may need to take milk with drops or tablets. For those children who regularly drink their milk, they probably get the right amount of calcium. Other children probably need more encouragement with other dairy products.

There are many other foods that contain calcium. Dairy products with calcium include yogurt, cheese, or cottage cheese. Soy foods also have calcium, such as soybeans or tofu. Many vegetables also contain calcium. Garlic is a good source of calcium. Many green vegetables, such as broccoli and spinach, also contain high levels of calcium. Beans and canned fish do, too.

If a child (or adult) doesn't gravitate to these choices right away, some creativity might be needed. A grilled cheese sandwich in the shape of a star might be fun. Vegetables with melted low-fat cheese add calcium to the diet. White beans can be added to soup. Soft taco shells filled with eggs might be a hit and are a clever way to add calcium to a diet. How about a mini pizza on a whole-wheat English muffin or whole-grain crackers with cheese? Of course, adding chocolate or strawberry syrup to milk is one way to encourage those who may not drink milk to drink some with a fun flavor, without adding too many calories.

To absorb calcium, vitamin D is very important. One way the body makes vitamin D is through sunlight exposure. Vitamin D is also found in fortified dairy, egg yolks, and fish.

Some vegetarians eat dairy products. Others do not. If a vegetarian doesn't, it is very important to eat lots of dark, green, leafy vegetables, drink orange juice, and drink soy drinks.

Eating healthy foods and drinking milk are the best ways to get calcium. Labels should be read in order to determine the calcium in particular foods. Words which indicate calcium is present include "high in calcium," "rich in calcium," "excellent source of calcium," "good sources of calcium," or "calcium-fortified."

Those individuals who drink lots of soda or sports drinks need to be careful to include milk or other dairy products in the diet. Anyone who drinks caffeinated beverages, drinks alcohol, or smokes needs to know that the body may get less calcium because those items interfere with calcium absorption. A doctor may recommend calcium.
supplements if a patient is not getting enough calcium through other sources.

Calcium is important for strong bones. Bones typically develop until the end of the teenage years. By the time young adulthood rolls around, bone calcium starts to decrease, and slowly bone density is lost. That's why it is very important that children and teens take in enough calcium through healthy foods and that they exercise so that the bones are as strong as possible for the rest of their lives.

### Questions

1. A growing body needs calcium.
   A. true
   B. false

2. Calcium ______.
   A. helps build bones
   B. helps build teeth
   C. helps send messages through the nerves
   D. all of the above

3. Most girls between the ages of nine and eighteen get enough calcium.
   A. false
   B. true

4. A fifteen-year-old needs ______ of calcium a day.
   A. 1,300 mg
   B. 43,000 mg
   C. 800 mg
   D. 500 mg

5. Whole milk is best for ______.
   A. a toddler
   B. a newborn
   C. a six-year-old
   D. a seventy-five-year-old

6. Which food is NOT rich in calcium?
   A. yogurt
   B. a lollipop
   C. cheese
   D. milk

7. Which aids in the absorption of calcium?
   A. obtaining vitamin D through sunlight
   B. drinking caffeinated soda
   C. drinking alcohol
   D. smoking a cigarette
Lisa was fed up with her math class; she wasn't having any trouble until she got into this new class. She had always done well with math before. When she did have trouble, she would ask someone for help. It would make sense. This class was different. Every time someone explained the answer and how to work the problem, Lisa was totally lost.

"Mom, Dad, can you help me with this? I should be able to get this, but it's not making any sense."

"Sorry, Lisa, you passed my math skills a few years ago." Her mom stopped cutting up carrots and hugged her daughter.

"Let me see this; I love a good challenge!" Lisa's dad looked at her book and rubbed his hands together.

He spent a few minutes studying the pages before trying to explain the problem to Lisa. When he was finished, he asked her if she understood it now.

"No, you and everyone else just say the same confusing things over and over. I hate math! This is stupid!"

"Honey, don't get mad at your father. He was only trying to help. Apologize."

"I'm sorry, Dad. I just don't understand why I can't do this."

**How would you react?**

1. What is Lisa's problem?

2. Why is Lisa frustrated?
3. What might Lisa do to solve her problem?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

4. Do you think her parents have any suggestions? If so, what do you think they are?

__________________________________________________________________________

__________________________________________________________________________

5. Could Lisa ask someone else for help?

__________________________________________________________________________

__________________________________________________________________________

6. What did Lisa do that wasn't respectful? Why did she do that?

__________________________________________________________________________

__________________________________________________________________________
Create a list of possible solutions for Lisa's problem. Explain the positive and negative effects of each solution.
What is the best thing for Lisa to do? Write a letter to Lisa convincing her to take your advice. This involves presenting as many facts as possible and perhaps a back up plan.
Think about something important to you. Not just something a little important - very important. Something you'd fight for. A friend? Your family? What about your country? What about religion? Perhaps all of those things are important to you. As you can guess, those things are very important to many people around the world. And some people have had to fight hard for all of them. The country of Pakistan is a good example.

Pakistan is a country in Southern Asia. It is located next to India, Afghanistan, Iran, and China. Pakistan is about twice the size of California. But there are a lot more people living in Pakistan than there are in California. The population of Pakistan is about 196 million! Most of the Pakistani people are Muslims, which makes Pakistan one of the largest Islamic states in the world.

The history of Pakistan began thousands of years ago. Along with Ancient Egypt and Mesopotamia, Pakistan was home to some of the earliest civilizations on Earth! Many of its traditions are very old. An interesting part of Pakistan's history is its religions. Pakistan has had many religions.

For hundreds of years, there were many different majority religions. At one time or another, the religions of Vedic, Sikh, Islam, and Hindu held power in the region of Pakistan. The Hindu religion came to the region from neighboring India - in fact, the land of Pakistan was once part of India. In the mid-20th century, the two countries were split, partly because of religious differences.

The Muslim community in India's northwest formed the Muslim League in the early 20th century. This group argued that they should be independent from India. For many years, they were ignored both by the rest of India and the British who ruled India at the time. But by the mid-1940s, violence between Muslims and Hindus was terrible. The British understood they couldn't ignore the problem any longer.

In 1948, the British gave the Muslims their own state. This new state was called Pakistan, meaning "land of the pure." And on March 23, 1956, Pakistan created its own constitution. This made Pakistan a fully independent republic. And it is on this day every year that Pakistanis honor all those people who worked so hard to give Muslims an independent home.

Republic Day in Pakistan

Questions

1. Where is Pakistan located?
   A. South America
   B. North America
   C. Southern Asia
   D. Northern Asia

2. Pakistan is a mostly Muslim country.
   A. false
   B. true

3. Pakistan has always been Muslim.
   A. true
   B. false

4. The name Pakistan means what?
   A. "Land of Muslims"
   B. "Land of the Pure"
   C. "Land in Asia"
   D. "Land from India"

5. What happened in Pakistan on March 23, 1956?
   A. Pakistan elected a president.
   B. Pakistan created a constitution.
   C. Many people were killed.
   D. The country went to war with India.
6. Pakistan is home to some of the oldest civilizations on earth.
   A. true
   B. false

7. The Hindu religion came to the people of Pakistan from what country?
   A. China
   B. India
   C. Afghanistan
   D. America

8. Muslims and Hindus always got along in India.
   A. true
   B. false

People have lived in Pakistan for many thousands of years. Do you want to stay in your town or city forever? Why or why not?
Habitants

By Mary Lynn Bushong

When France claimed the lands in North America, it was not so much for colonizing as it was for the fur trade. In spite of that, small settlements were begun around permanent trading posts like Quebec, and later at Three Rivers and Montreal.

In 1615, missionaries came and with them, more settlers. These people were some of the first to build farms on the land along the rivers. They had to be brave people, because it was dangerous for them to leave the safety of the settlement palisade. Native attacks could happen at any time. Work in the fields was always done in the safety of numbers.

The king of France decided that the best way to settle the land was in the giving of seigneuries. This was a feudal system long used in France. Large tracts of land were granted to an overlord or seigneur. He owed loyalty to the king. He in turn divided the land (usually along rivers) into long, narrow farms. Each one had access to a river. A waterway was faster to use than roads. The land along the St. Lawrence River was divided this way.

In addition to the farms, the lord provided other things. He built himself a manor house and provided a church and a mill for grinding grain for his people.

The New World serfs, called habitants, were much better off than those in France. Land in New France was widely available for little or no cost. Their taxes and duties to their overlord were also less than in France.

Many of the first settlers were single men. In an effort to bind them to the land and keep them in the colony, some single women were sent from France. Unmarried women were usually married shortly after their arrival.

By 1700, most Iroquois attacks on the French colonies were a thing of the past. French soldiers who had fought to protect New France were encouraged to stay, marry, and have large families.

In the 1600's, laws were made that required everyone to marry or face fines. Men who married before the age of 20 and girls who married before the age of 16 were given a gift of 20 pounds from King Louis XIV.

Families with ten living children received a yearly bonus of 300 pounds. Those with twelve or more living children received 400 pounds. It was the first known use of the baby bonus in Canada.

When a couple took over property to farm, they often had to carve it out of the wilderness. The land had to be cleared and a crop put in as quickly as possible.

The first home was little more than a shed. Early habitants tried to build as they had in France, but their homes were not warm enough. In Quebec, they experienced cold and snow that were never a problem in France. It took a lot of getting used to.

After homes were built, barns followed next. Eventually, they built a proper habitant home, often with stone walls four feet thick. When it was complete, the first home became a storage building.

Men oversaw the planting of crops, field work, hunting, fishing, cutting lumber and firewood, plus harvesting crops. The women looking after the children, cooked, washed, wove the cloth, made clothes, cared for the vegetable garden, taught children, and helped in the fields.

The work was hard, but food was usually plentiful. They had wheat for bread, hens for meat and eggs, and cattle for dairy products and meat. Fruits and vegetables were grown and stored. Wild game could be hunted, and fish were plentiful.

The habitants learned to be almost completely self-sufficient. They loved winter most of all because there was little farm work to do. Some used the time to work in the backwoods cutting timber and earning extra money. Winter was also the time they could be most social. Families were close knit and formed the backbone of what Quebec would grow to be.
Habitants

Questions

1. Why did habitants have to be brave people for the first few decades of the colony?

2. Seigneuries were ______.
   A. A village
   B. Groups of soldiers
   C. A feudal castle
   D. Grants of land

3. Seigneurie farms usually bordered a ______.
   A. Road
   B. Marsh
   C. Pond
   D. River

4. What two things was an overlord to provide for his people?

5. Large families were encouraged in New France.
   A. False
   B. True

6. A habitant girl had to marry by the age of 15, or her father was fined.
   A. True
   B. False

7. What was the first thing built on a new habitant farm?

8. What jobs did habitant men do?
Macramé
By Colleen Messina

Some people use art to relax when their stomachs feel tied up in knots. And some people use knots to make art. Macramé is the ancient art of using twine or string and knotting patterns and designs with it. Macramé can create anything from jewelry to plant holders. Over the centuries, many countries have developed unique uses for this unusual, versatile craft.

If magical flying carpets ever existed, they probably had macramé fringes along their edges. In the real world, 13th-century Arabian weavers started the art of macramé. They made fringes on the edges of towels, shawls, and veils. The word, macramé, comes from an Arabic word migramah. This word could be translated in several ways. It could mean a striped towel or ornamental fringe. It could also refer to an embroidered veil.

Macramé spread to Europe in the 14th and 15th centuries. It spread from the Arabic world via sailors on merchant ships. The sailors saw macramé objects on their travels. They learned how to do it. Soon, the salty sailors used macramé to pass the time on their long voyages. They liked tying square knots and hitch knots. Eventually, seamen called this craft "square knotting." They made springy hammocks to swing on. They created other items for the ship. They even used the items they made for trade when they went ashore.

Macramé also spread to China. The Chinese people refined the art of macramé. They used it to decorate chairs, fans, and Buddhist rosaries for Chinese royalty. They also used it for ladies' dresses. Chinese macramé had 12 basic kinds of knots. These knots were symmetrical, which made them look elegant. These knots were named by their shapes. The Two Coins knot looks like two overlapping ancient Chinese coins. The Button knot looks like a button.

In France and Italy, macramé reached an even higher level of expression. It was used in churches. Artists created beautiful altar cloths and vestments. Macramé finally came to England in the late 17th century. During the Victorian era, many people used macramé to make decorations for their homes. Today, macramé is used for clothing, jewelry, wall hangings, and household decorations.

Macramé has become a popular craft today. One reason so many people like it is that they can easily create beautiful art. The materials are not expensive. Macramé does not require special tools. Macramé can be done with any kind of cord. Cotton crochet cord is soft and comes in many colors. It is good for detailed work. Hemp is a natural material that is strong and durable. Even wire can be used for macramé jewelry. Beads, shells, and rings are often added to macramé jewelry.

Many kinds of knots are used in macramé projects. Some basic types of knots are the half knot, the square knot, a double half hitch and the overhand knot. After learning these basic knots, an artist can learn other complicated knots that require lots of practice.

Many people like macramé because it is relaxing. They feel peaceful while they pull and tie knots. People find that they can become engrossed with their macramé projects. When their friends call, they simply say that they are tied up at the moment.

Macramé

Questions

1. Where did macramé start?
   A. Ireland
   B. Africa
   C. Egypt
   D. Arabia
2. Which group of people used macramé to pass the time on trips?
   A. housewives
   B. shepherds
   C. princesses
   D. seamen

3. What did seamen call macramé?
   A. triangular knotting
   B. square knotting
   C. round tying
   D. square tying

4. Which of the following is a synonym for the word "symmetrical" in paragraph 4?
   A. uneven
   B. proportioned
   C. imbalanced
   D. lopsided

5. How many types of knots are used in Chinese macramé?
   A. 10
   B. 8
   C. 12
   D. 6

6. What were some Chinese knots named for?
   A. what they looked like
   B. boats
   C. plants
   D. emperors

7. What is one outstanding quality of hemp as a macramé material?
   A. strength
   B. color
   C. smoothness
   D. none of the above

8. Macramé requires expensive tools.
   A. False
   B. True

Have you ever done a macramé project? If so, describe your project.
Peyton Manning

By Jane Runyon

March 24, 1976, was a red letter day in the Manning household. Olivia Manning was already the mother of one son, Cooper. On this day, she gave birth to her second son, Peyton Williams Manning. The proud father was Archie Manning, star quarterback of the New Orleans Saints. A third son, Eli, would come along a few years later.

The Manning boys grew up in the 1853 Garden District home in New Orleans that their parents still own today. Peyton grew up in the spotlight. His father was a football legend. His neighbors were authors and musicians. Peyton knew from a very early age that he wanted to grow up to be just like his dad. He loved sports.

Peyton says today that some of his success has to do with his father not pushing him into sports. Archie was more than willing to help his boys. He would throw baseballs with them. He would shoot baskets. He would give them advice on how to throw a football. But he would not do these things unless the boys asked him to. Peyton says that his father's interest without force has contributed to his continued love of sports.

As you grow older, you find that just because you love doing something, doesn't mean that you can do it well. Peyton Manning had the skills needed to play football. When you put those skills together with his love of the game, you will find a successful player. Peyton practiced his skills. He studied the game. He became the most sought after high school football player in the United States.

Peyton chose the University of Tennessee for his college. Many were disappointed that he passed up his father's alma mater, Ole Miss, the University of Mississippi. Peyton chose Tennessee because it felt right for him. He finished his class work there in three years. He did this while setting SEC and NCAA records by the dozen. He decided to remain at the university for his senior year instead of going into the NFL draft. In his senior year he threw for 3,819 yards and 36 touchdowns. He placed second in the vote for the Heisman trophy. He won numerous honors for his academic and athletic ability.

When the 1998 NFL draft began, it was the Indianapolis Colts who had the first pick. Sports writers knew that the Colts were in a dilemma. They needed a quarterback. With their number one pick, they had the pick of the crop. There were two quarterbacks they were interested in. One was Ryan Leaf and the other was Peyton Manning. Both quarterbacks had posted outstanding numbers during their college careers. Both were untested. The Colts chose Peyton Manning. There were a lot of sports writers who pointed out to Colts management why their choice was a big mistake. The Colts stood by their choice.

Since Manning was selected by the Colts, he has made quite a name for himself. Peyton already holds NFL records. In 2004, he broke Dan Marino's single season touchdown pass record with 49. He holds the record for five consecutive games with four TD passes. He was the first quarterback to throw ten or more TD passes to three different receivers in one season. In October of 2005, he and Marvin Harrison connected for the 94th time with a TD pass. This broke the record previously held by Steve Young and Jerry Rice of the San Francisco 49ers.

Peyton Manning's dream of calling his own plays to win the Super Bowl came true in 2006. Manning led the Colts to a 29-17 victory over the Chicago Bears in Super Bowl XLI and was voted the Super Bowl MVP.

In 2008 he was named MVP for the third time—one of only two players in the NFL to have three MVP awards. Also in 2008, Peyton was chosen AFC Offensive Player of the Week, passing Dan Marino for the most (19) all-time since the award began in 1984. He has passed for more than 4,000 yards in nine seasons. He has had more than 25 touchdown passes in eleven consecutive seasons.

At the end of the 2008 season, Manning had completed more passes and thrown for more yards and touchdowns than any NFL player, according to the Colts' website. 2009 marks his twelfth year as quarterback for the Colts. He made the top spot on Sporting News 's list of top players in the NFL in 2009, and he was named Player of the Decade. Just wait to see what Peyton Manning will do next!
Peyton Manning

Questions

1. Peyton Manning has played for seven years in the NBA.
   A. False
   B. True

2. In what state was Peyton Manning born?
   A. Tennessee
   B. Mississippi
   C. Louisiana
   D. Indiana

3. What was Peyton Manning's father's job?
   A. Professional quarterback
   B. Basketball player
   C. Chef
   D. School teacher

4. How did Peyton Manning become such a good quarterback?

5. For what college did Peyton Manning play?
   A. Indiana University
   B. LSU
   C. Tennessee
   D. Ole Miss

6. Which record does Peyton Manning NOT hold?
   A. Most sacks in a single season
   B. Most consecutive games with four or more touchdown passes
   C. Most touchdown passes in a single season
   D. Most touchdown passes to one receiver

7. In 2009, Peyton Manning was inducted into the Pro Football Hall of Fame.
   A. True
   B. False

What job does a quarterback have on a football team? What skills would a quarterback need to have?

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