



POP



CULTURE

*Versus*

**REAL  
AMERICA**







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## **Pop Culture Versus Real America**

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This edition of *Pop Culture Versus Real America* is intended for the sixth- to seventh-grade level students of English as a Foreign Language (EFL) or English as a Second Language (ESL). It was adapted from the original publication *Pop Culture Versus Real America* (2010).

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**T**his book is the learner's edition of *Pop Culture Versus Real America*. It shows how characters in popular American TV shows and films are not always like real Americans. Each chapter gives a description of a TV show or movie along with a story about a real person who is a doctor, lifeguard or cowboy.

Some words are in **boldface** type. You will find their meanings, or definitions, in a colored box on the same page. You will also find them at the end of the book in the glossary, which is a list of words and their meanings.

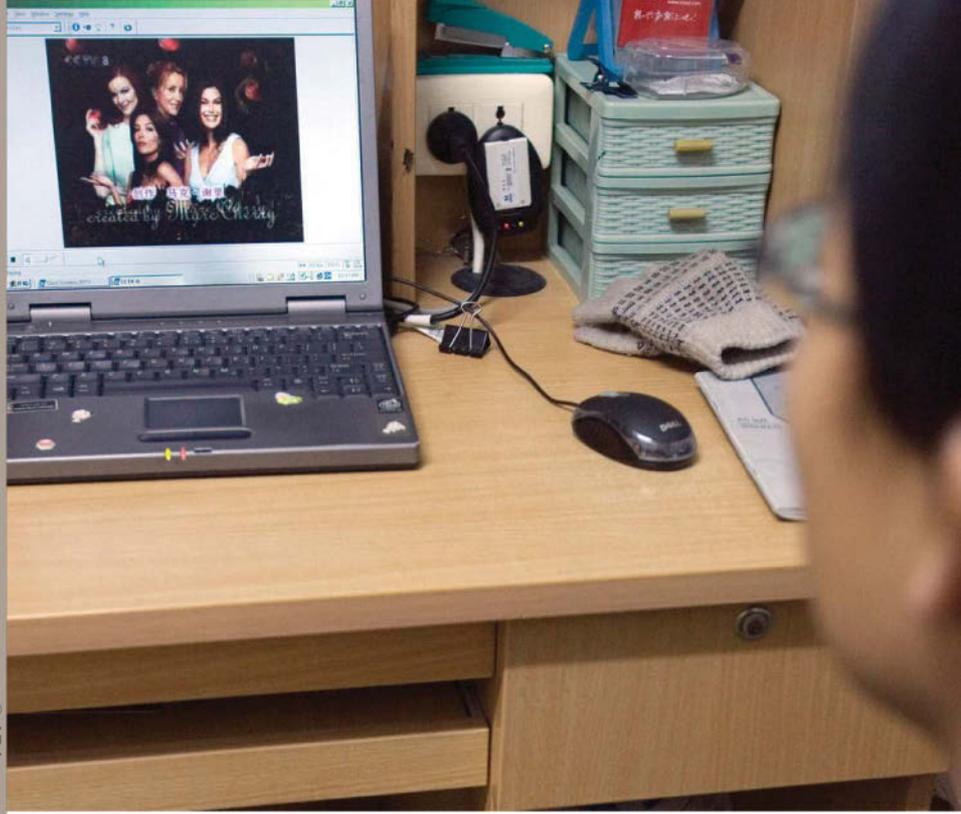
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Also, along with this book you may have received a CD. On it is a person reading the entire book. If you listen while you read, you can hear exactly how each word is pronounced.

If you are an English teacher, you can use this book as another tool to help your students learn new words and the different ways they are used. If you use the Internet, you can find the recorded book online and a Portable Document Format (PDF) of the book.

We hope you enjoy the features of this book. We plan to provide other English learner editions of our books. We want your feedback about this book and your suggestions for future titles. Write us at [learnerenglish@state.gov](mailto:learnerenglish@state.gov).

# Introduction



© AP Images

People throughout the world think about Americans in a certain way. American tourists are sometimes seen as loud and insensitive to other cultures. But they can be warm and friendly, too. People around the world watch American television shows on satellite television. But these TV shows do not always show Americans in a good way.

At a restaurant in Italy, a quiet European might compare a loud, talkative American to Homer Simpson. Homer is a main character on the TV show *The Simpsons*. This popular cartoon series is a **spoof** on American lifestyle and **stereotypes**. It is an international hit, and is watched by millions of people around the world.

“I know that the stereotypes of the United States are out there,” President Obama told a group of university students in Istanbul in 2009. “And I know that many of them are informed not by direct exchange or dialogue, but by television shows and movies and misinformation.”

This book tries to change some of these false stereotypes. American **pop culture icons** — such as Homer Simpson, or the fantasy lifeguards on *Baywatch* — can give people the wrong impression about Americans. If they do not know Americans personally, they might think these **fictional** characters are like real Americans.

Sometimes the fictional characters and their situations can seem a little realistic. This makes good comedy! However, it does not tell the whole story. The loud American in the Italian restaurant may seem like a stereotype. But at home, he

**Spoof:** a humorous show that copies something in a silly and exaggerated way.

**Stereotype:** an often unfair and untrue belief that many people have about all people or things in a group that is different from their own.

**Pop culture:** (short for “popular culture”) what is popular now in art and entertainment.

**Icon:** a person who is very successful and admired.

**Fictional:** not real, made up.

may volunteer to help disadvantaged members of his community. He might tutor children, or donate money to **charity**. In 2008, Americans volunteered 8 billion hours to community service. They also donated more than \$300 billion to charity.

In this book, the pop culture image of Americans is contrasted with the real thing. *The Simpsons*' Krusty Burger is paired with a story about farmers markets in "Farm to Table: Fresh for the Picking." *Baywatch* lines up against real California lifeguards in "Saving Lives Takes More Than a Nice Tan." The **petty**, fictional teens of *Gossip Girl* are put to shame by the story of young Katheryn Conde in "Helping Her Friends, Family and Community." Conde, who tutors classmates and helps poor children in her free time, cannot understand the **shallow** *Gossip Girl* characters. "It seems like all the girls are focused on the social part of their lives," she says.

Television and movies wrongly show all Americans as vain, self-obsessed and violent. In contrast, this book shows real Americans. The articles here do not show caricatures or misrepresentations. Instead, they show ordinary people — who work hard, are generous and care about others.

**Charity:** an organization that helps people in need.

**Petty:** being concerned about trivial things, in a small-minded or spiteful way.

**Shallow:** not caring about serious or important things.

# Doctor

© Frank Ockenfels/ABC/Photofest



## POP CULTURE

### *Grey's Anatomy*

The popular television drama *Grey's Anatomy* takes place at the fictitious Seattle Grace Hospital in the real city of Seattle in the state of Washington. This state in the U.S. **Pacific Northwest** is also the setting for the famous *Twilight* books and films. Doctors and medical interns are the main characters in the fast-paced *Grey's Anatomy* series, which has been on TV since 2005. The doctors treat very difficult medical conditions, performing at least one miracle cure in each TV episode. The show is often as concerned with the **tangled** romantic relationships of the doctors as with healing the sick. The doctors spend much of their time taking care of each other. One doctor, Alex Karev, falls in love with a woman who came to the hospital after a ferryboat accident. A young intern named Izzie becomes engaged to a handsome patient named Denny Duquette. Relationships among the staff are the usual focus. The background stories of the main characters complicate their relationships with each other. Some of the puzzling medical situations seem far-fetched. With all these personal and professional challenges, there's never a routine day for the physicians on *Grey's Anatomy*.



**Above:** Members of the *Grey's Anatomy* cast portray doctors with intense personal lives.

**Pacific Northwest:** North American region between the Pacific Ocean and the Rocky Mountains, including the U.S. states of Oregon and Washington.

**Tangle:** a mix-up or complication, like yarn that gets snarled or knotted.



Seth Harrison

## REAL AMERICA

# A Passion to Serve

**M.** Natalie Achong, **M.D.**, grew up in a **working-class** New York City family. Most of her neighbors were other **African-American** families. Her parents were not rich, but they were caring and encouraged her to succeed. Her parents and the close-knit community of the neighborhood instilled **ethnic** pride and **civic** responsibility in her. Everyone at her elementary school was African American. Achong learned about African-American history and struggles. She learned how African Americans contributed to the United States, and these stories inspired her to contribute, too. Achong became a woman with a strong African-American identity. Because she liked helping people, Achong grew up and became a physician. Today, she helps people both inside and outside of the hospital where she works.

Achong's parents wanted her to be successful. Her father was from the Caribbean island of Trinidad. He worked hard and told his children to do the same. Achong did very well in the New York City public schools she attended because her parents supported and encouraged her. She graduated from high school. She was accepted to all the **Ivy League** universities where she applied for admission. Instead, she decided to do a special program at the City University of New

**Above:** Dr. M. Natalie Achong is committed to helping the needy both on the job and in her community.

---

**M.D.:** short for "doctor of medicine." In America, both "doctor" and "physician" are used. "Physician" is more formal. "Doctor" is used in everyday language. Example: "I have to call my doctor for medicine." / "Please contact your physician for questions about medication."

**Working class:** people who earn money usually by doing physical work. They are not rich or powerful.

**African American:** an American who has African ancestors.

**Ethnic:** sharing a common culture, language or ancestry, for example, African Americans or Chinese Americans.

**Civic:** refers to citizenship or activities in a city. Civics is the study of how to be a good citizen.

**Ivy League:** eight colleges and universities in the eastern United States that are known for academic excellence: Harvard, Yale, Princeton, Columbia, Brown and Cornell universities, the University of Pennsylvania and Dartmouth College. They are among the oldest U.S. institutions of higher learning.



York. This **accelerated** program would enable her to become a doctor by age 22. This was very young for an American student. Most American doctors go to medical school for four years after they graduate from university.

Achong went to the **Deep South** while she was studying. She worked with poor teenage mothers in Mississippi. These mothers didn't have access to good medical care, but Achong helped them access medical care. This was her first time away from home. The experience made her feel that she could make a difference in the lives of young women. She decided to specialize in **obstetrics** and **gynecology**.

Achong saw that poor people had terrible health problems. Although she could earn more money at private medical practices, she decided to work in hospitals in New York that treated needy patients. Achong says she likes helping people who can't afford expensive doctors. She also volunteers her time in community programs. "It's not just about making money as a physician," she says. "It's also about doing my best to support my family and also give back to the community."

As a mother of two and busy professional, Achong needs to be organized and have a lot of energy. She is dedicated to her work. She gets up every morning at 5:00 for prayer and meditation before her busy day begins. During the week, she gets her two children ready for school. She takes them to school, helps them with their homework and participates in their extracurricular activities. "I have the work that I do at the hospital and the work that I do at home," she says. "Doctors lead lives that are complicated and pressured. And as a mother raising kids, it really is a juggling act."

She also teaches at the Yale School of Medicine and the St. Vincent's Medical Center. She spends more than half her time doing things other than seeing patients. She is active in the National Medical Association and writes articles on her research for scientific journals. She volunteers in free medical clinics in other countries, such as the Dominican Republic and Ghana.

She says that with such a busy schedule, it is hard to stay fit and balanced. "It's hard to do that when you are being pulled in so many directions." She jokes that real doctors do not look cool and glamorous at all hours of the day or night like they do in TV dramas.

Achong regularly speaks to doctors, nurses and health care workers about how to help low-income people get better medical care. She believes that women's health is especially important. "More often than not, women are the ones who decide health care issues," she says. "They're the ones who take the kids to the doctor. They're the ones who take care of the sick children."

It's true for physicians who are mothers, too. "They're still the ones that tend to the sick and the home."

**Accelerate:** to move faster, or make something move faster.

**Deep South:** the states in the southeastern United States, especially Georgia, Alabama, South Carolina, Louisiana and Mississippi. East Texas and Florida are sometimes included as part of the Deep South.

**Obstetrics:** a branch of medicine that deals with the birth of children and the care of women before, during and after childbirth.

**Gynecology:** the study of the female reproductive system and related diseases.



## FOR DISCUSSION

### A. Look for the answers to the following questions after you read the text about Dr. Natalie Achong and discuss the answers with a partner.

1. What are Dr. Achong's various responsibilities?
2. Why did she become a physician?

### B. Find the following details in the text. Then write short answers to the questions.

1. About how old do you think Dr. Achong is? Explain.
2. What were the influences on her when she was a child?
3. What was unusual about her medical education?
4. What types of patients does she serve in the hospitals where she works?
5. What interests does she have outside of her career?
6. Why does she travel overseas to places like the Dominican Republic and Ghana?
7. What is the role of women in family health care?

### C. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.

1. Do you think Dr. Achong's working-class background influenced her career as a physician? Why or why not?
2. How did her background, experiences and training help her care for patients?
3. What do you think of her decision to help needy patients instead of joining a private practice to earn a lot of money?
4. Why does she have a busy schedule outside of her medical responsibilities?
5. What is her opinion of television medical dramas?

### D. Discuss with a partner the following questions about doctors:

1. Do you know any doctors? What are some reasons people become doctors?
2. What do people study to become doctors?
3. How many different types of doctors do you know about? Describe what each does.
4. How is being a doctor different from other jobs?
5. What does a doctor's daily schedule look like?

**Above:** Achong helps a mother with her new baby. Interacting with people is an important part of being a doctor.

Andrew Eccles/The CW/Landov



## POP CULTURE

### *Gossip Girl*

"**G**ossip Girl here — your one and only source into the scandalous lives of Manhattan's elite. And who am I? That's the secret I'll never tell," says the voice on the credits.

Just who is the Gossip Girl? She's a blogger whose avid readers are students at the **fictitious** Constance Billard School, an exclusive girls' academy on New York City's wealthy Upper East Side. Nobody knows the blogger's identity, but the girls all read her posts and text messages. *Gossip Girl* is a television program that follows the lives of wealthy, privileged girls in their teenage years.

The plot follows Serena, who is back at school after a mysterious, yearlong disappearance. Serena left even without telling Blair, her best friend and social rival. Blair became jealous because Serena lured her boyfriend Nate away from her. Serena and Blair **squabbled** at parties, designer fashion shows and elsewhere before eventually rebuilding their friendship. Complicated relationships and competition among the girls, their boyfriends and their parents keep the story going. The girls continually vie for social status and the affections of boys. Some of the boys have problems at home; others love to flirt with the girls and party. Often, adults in the show behave as immaturely as their children. That leads Nate at one point to ask his friend Chuck: "Do you ever feel that our whole lives have been planned out for us? That we're gonna end up just like our parents?"

"That's a dark thought," Chuck replies.

**Above:** These wealthy, spoiled teens in New York City create the drama on the *Gossip Girl* TV show.

**Manhattan:** the name of the island on which New York City is built.

**Credits:** on a TV show or movie, the list of actors and other crew members that appears on the screen before and after the show begins.

**Fictitious:** not real, an invented story.

**Squabble:** an argument.



David Paul Morris

## REAL AMERICA

# Helping Her Family, Friends, and Community

**O**n this summer afternoon in August, Katheryn Conde's California home is **socked in** with fog. Conde is 18 years old and lives with her parents in a working-class neighborhood in San Francisco. Her family's modest green house is well-kept but has no **luxuries**. Other houses on her street need a new coat of paint.

Conde, who likes to be called Kathy, graduated in 2009 from an all-girls Catholic school. She enjoys spending time with friends and playing with her big dog, a Great Dane named Toby. She was a **cheerleader** during her second year of high school. For fun, Conde and her friends watch DVDs at each other's houses. They did not do a lot of clothes shopping in high school because their school requires uniforms. No one in her group has a car.

Conde describes her friends as **supportive** of one another. They are not mean or competitive. They often tell each other about their problems and rely on each other for advice, especially about boys. She doesn't have a boyfriend right now, but she attended her high school **prom** with a friend from another school. At prom, a lot of Conde's classmates danced. Some listened to the music. Others checked out the tuxedos and gowns because a lot of the students were really dressed up.

Students at Conde's school like to have fun and **throw parties**, but they also study and work hard. Conde says American TV

**Above:** Kathy Conde (second from left) is devoted to her family.

**Socked in:** a slang term taken from airport traffic control used when clouds and fog prevent seeing far.

**Luxury:** an extra comfort that is not necessary and may be expensive, as in "A home swimming pool is a *luxury*."

**Cheerleader:** a person who leads songs or chants to encourage a sports team. It can also mean someone who is a vocal supporter of a person or group.

**Supportive:** giving help or encouragement to someone.

**Prom:** a formal dance for high school students held at the end of the school year.

**Throw a party:** organize and host a party. "Let's *throw a party* to celebrate graduation!"

**Balance:** to have things evenly weighted, not lopsided or overdone, as in "He *balanced* sports with studies."

**Superstar:** a famous and successful performer, athlete, etc.

**Nerd:** a person who is very interested in technical subjects such as science or computers and who often behaves awkwardly.

**Tutor:** to teach a single student.

**Counselor:** a person who is in charge of young people at a summer camp.

**Drive:** a charity effort or fundraiser, as in "The school sold chocolate in a *drive* to raise funds for the band."

**Student council:** a group of students who are elected to help plan and organize student activities.

**Poll worker:** in U.S. elections, a person who assists voters at the voting booth, giving ballots or directions.

**Honors:** advanced courses of study for students who want to take classes at a high level.

**Extracurricular:** an after-school or "outside-of-school" activity, such as sports or community service.

**Bilingual:** able to speak and understand two languages.

**Real estate:** the business of selling land and buildings.

**Below:** More than a pretty face: Conde is an honor student committed to community service and helping the needy.



David Paul Morris

shows like *Gossip Girl* do not give an accurate picture of American teenagers' lives. "In those shows, it seems like all the girls are focused on the social part of their lives," says Conde. "But in reality, I have to **balance** my academics and my social life. You don't have to be a **superstar** or a **nerd**."

Conde is committed to community service. It is a passion for her. During high school she **tutored** classmates, volunteered as a **counselor** at a summer camp and started a college scholarship research team. She also found time to organize a toy **drive** for poor children. She was even elected to the **student council** and served as a **poll worker** in four city elections.

Colleges are expensive today. Sports, leadership, volunteer work and community service all count. They can help a college applicant receive a scholarship or other financial aid.

Her home life is normal for a first-generation American teenager whose parents are immigrants. Conde was born in the United States, but her parents are from El Salvador. Her mother cleans houses, and her father works in the kitchen at a hotel. They do not have enough money to send their two daughters to college. Conde knows that she needs to find scholarships to help pay for college. That inspired her to start a club to help students learn about scholarships and other ways to pay for education.

Conde wants to succeed and give back to the people who helped her, including her parents, her teachers and her school. "All these people really want me to do well. And I can't let them down. I want to go to college," she says. Her dad once held two jobs to pay for her school. "I want to show them that I appreciate what they've done for me."

Conde had excellent grades, even in several **honors** classes, and had many **extracurricular** activities. She is **bilingual** in Spanish and English, knows some French and loves math. Because of her academic achievements, Conde is a member of the California Scholarship Federation and the National Honor Society. She also received a school award for her academic excellence and community service. "Doing community service felt rewarding," says Conde. "Just to know that it's actually going to make a difference in someone's life."

The summer after graduation, Conde worked at two jobs to save money for college in the fall. One job was at the San Francisco Superior Court and the other at a local **real estate** office. Conde won several college scholarships, enough to pay tuition at the University of San Francisco, her school of choice. She lives at home with her parents to save money.

Because of her parents' experience, Conde believes that most people can succeed in the United States if they have basic opportunities. "My parents came [here] during the war in El Salvador," says Conde. "They had to start again." She thinks her life in the United States is easy compared to theirs. "I want to get a good job and a house, and then help out my parents because I feel like they've done so much for me," she says.

## FOR DISCUSSION

**A. After reading the text, discuss the answers with a partner.**

1. What are some of Conde's extracurricular activities?
2. How is Conde preparing for college?

**B. Discuss the following questions about teenagers with a partner.**

1. In your country, what do teenagers do in their free time?
2. What are some activities you think American teenagers do after school? Why do American teenagers spend so much time doing these activities?
3. What are some reasons that people volunteer?

**C. Find the following details in the text. Then write short answers to the questions.**

1. What type of school does Conde attend?
2. Who went with her to the prom?
3. What is Conde's passion?
4. What are her parents' jobs?
5. Does Conde belong to any academic societies? Which ones?
6. Why did Conde's parents come to the United States?

**D. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.**

1. What is Conde's family like?
2. Describe her relationship with her friends.
3. Describe Conde's personality.
4. What extracurricular activities did Conde do during high school?
5. How does Conde's family history affect her attitude toward life?



David Paul Morris

# Family

© Danny Feld/ABC/Everett Collection



## POP CULTURE

### *Desperate Housewives*

**W**isteria Lane is the name of the street in the fictional **suburb** of Fairview, in the television series *Desperate Housewives*. In the show, the main women characters look for romance with their neighbors. Their houses are large and comfortable, with lush lawns. The neighbors seem friendly with each other, but they have many secrets and complications in their relationships. Serious, dramatic situations are common in the show. In the first **episode**, a woman mysteriously kills herself. In another episode, a pharmacist murders a man by changing his heart medicine because he is in love with the man's wife. One of the housewives first marries her neighbor, later divorces him, but then remarries him. Yet during this time, the audience sees his romantic history with the other housewives on Wisteria Lane. Similar entanglements are repeated with other characters in the series, week after week. Several of the men in the show have been in prison. Although it is supposed to be a "typical" American suburban neighborhood, it's not quite that.

**Above:** Being neighborly is complicated in the fictional suburb where *Desperate Housewives* is set.

**Suburb:** a smaller town outside a much larger city; "suburban" is an adjective that describes such a town.

**Desperate:** feeling hopeless or helpless.

**Episode:** one part of an ongoing story.



Joshua Handell

## REAL AMERICA

# Their Own Support Network

**N**ineteen-year-old Katarina "Kate" Podlesnaya comes from a **blended family**. Like many other children in the United States, she lives with one biological parent and one stepparent. Her mother, Marina, was born in Russia. Her **stepfather**, Yuri Nakshin, and her stepsister, Natalya, were both born in Ukraine. They are also **immigrants**. Today, all of them live together in the United States.

Marina came to the United States in 1993 and settled on the East Coast. She first lived in Baltimore, Maryland. Then she moved to Potomac, Maryland, which is close to Washington. This is where she met Yuri and his daughter Natalya, who had also recently **emigrated** from Ukraine. After receiving her visa in 2001, Kate joined her mother, stepfather and stepsister.

The family enjoys talking about their new life in the United States. They say many Americans believe stereotypes about Russians and Ukrainians. Americans seem to think that "Siberia is the worst place on earth, we drink lots of vodka, all of us are in the KGB or the Mafia," Marina says. Marina and Yuri left many people behind in Russia and Ukraine to come to the United States, and they miss them. "I have this **nostalgic** urge to return to Kyiv," Yuri says. "All of my best friends still live there. But with

**Above:** Katarina "Kate" Podlesnaya hugs her grandmother. Her blended family emigrated from Ukraine and Russia.

**Blended family:** a family that includes children from a previous marriage of the wife or husband.

**Stepfather:** the husband of a person's mother who is not that person's biological father. A stepsister is the daughter of a stepparent.

**Immigrant:** a person who comes to a country from his or her home country to settle.

**Emigrate:** to leave a country and settle in another. "Kate is an immigrant to the United States. She *emigrated* from Russia."

**Nostalgic:** an adjective that describes feeling sadness combined with happiness at remembering a past place and time.

**American dream:** a comfortable way of living in the United States that people work to achieve.

**Soviet:** related to the former Soviet Union or its people. Soviet bloc" is the group of countries that were part of the Soviet Union.

**Reminisce:** to remember the past.

**Advantage:** a positive situation that makes success easier.

**Communist Party:** Communism is a system of government where property is held in common, by the people or the state. The Communist Party is a political party that supports communism.

**Public relations:** providing information that improves the reputation of a person or organization.

**Marketing:** the business of making people aware of a company's products.

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**Below:** The extended Podlesnaya family reconnects over a meal. These Ukrainian and Russian immigrants integrate traditions and values from their old country into their new lives in the United States.

Marina's business, it's hard for us to get away for long periods."

Kate's family has lived the **American dream**. They have built a business from nothing. Marina owns and operates her own hair salon near Washington. With the support of her family and friends, she has many customers. Marina says: "I've heard people talk about Russia under the **Soviets** and Russia today as entirely different countries. It's true." She adds, "But there is still not the same opportunity that's everywhere here." She feels she could not have achieved the same success and comfortable life in Russia.

They have friends from Russia, and they get together on Saturday nights to have a few drinks and talk about American politics. They also **reminisce** about Russia.

Leaving your home country is always difficult. Leaving as an adult is harder. But both Yuri and Marina saw **advantages** in the United States that justified the costs of starting over in a new country.

"Life in the United States is simply easier compared to life in the post-Soviet bloc," Yuri explains. Yuri and Marina grew up during Soviet times. It was difficult then to find things like school supplies and even bread. Marina jokes that vodka was the only thing that was easy to find. Only people who were members of the **Communist Party** could have good jobs, says Yuri. Marina's father was a skilled pilot. She said her father could not get a promotion because he refused to join the Communist Party.

They both immigrated to the United States to have a stable income and good education for their children.

Television often depicts American families with spoiled teenagers and "desperate housewives." The Podlesnayas say in reality American families have strong ties with each other, to their cultural roots, a good work ethic and a desire for good education.

Kate Podlesnaya is glad to have opportunities in America. Her mother "placed great emphasis on education," she says. "Parents come to the United States to give their children a better future."

Kate studies hard. She now studies business at the University of Michigan, a top university. She plans to work in **public relations** and **marketing**. She calls the United States "the land of the free."

"The United States was very open to us, and we are thankful for that," says Natalya. There are many families like the Podlesnayas, who blend the traditions and values of their home countries with those of the United States. These are families who come from all over the world and enrich American society and culture.



Joshua Handell

## FOR DISCUSSION

### **A. Find the following details in the text. Then write short answers to the questions.**

1. What is a blended family? Draw a picture or a family tree to help you.
2. Why does Yuri want to return to Kyiv?
3. What keeps him in Maryland?
4. What is Marina's job?
5. What do Yuri and Marina do on Saturday nights?
6. What is Kate studying at the University of Michigan?

### **B. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.**

1. What are some stereotypes of Russians and Ukrainians?
2. How has Kate's family achieved the American dream?
3. What are the advantages and disadvantages of life in the United States for this family?
4. What do Yuri and Marina think about the Communist Party in the former Soviet Union?
5. How do Yuri and Marina feel about their life in the United States?

### **C. Look for the answers to the following questions after you read the text. Discuss the answers with a partner.**

1. Where are the various family members from?
2. How is their life in the United States different from their life in their home countries?

### **D. Discuss with a partner the following questions about immigrants:**

1. What makes people leave their home country?
2. What attracts people to a new country?
3. If you left your country, how would you remember your home country?

# Lifeguards



© NBC/Photofest

## POP CULTURE

### Baywatch

Former President Ronald Reagan was a **lifeguard** in the small Midwestern town of Dixon, Illinois, when he was young. He saved 77 people from drowning. But his efforts did not make him as famous a lifeguard as make-believe lifeguards Mitch Buchannon and C.J. Parker. They are characters in *Baywatch*, one of the most popular shows in the history of television. During the 1990s, *Baywatch* was seen by more than 1 billion people in 140 countries each week. Millions of people still watch those old *Baywatch* shows today. Why has this show about lifeguards remained so popular? For one thing, the lifeguards are very brave. Mitch, C.J. and other fictional lifeguards on the *Baywatch* crew risk their lives saving people from Southern California **rip tides**, sharks and criminals. They also show their strength and speed as they **rescue** people from drowning on California beaches. The lifeguards run, swim and use helicopters and speedboats. The *Baywatch* lifeguards put effort into physical fitness and are very good-looking in their swimsuits. That may be another reason why *Baywatch* is so popular.

**Above:** They brave the waves and look glamorous. Real lifeguards rarely look like those on *Baywatch*.

**Lifeguard:** a person whose job is to prevent swimmers from drowning.

**Rip tide:** a strong ocean current, also called a rip current.

**Rescue:** to save someone or something. "She *rescued* the mouse from the cat."



Robert Benson

## REAL AMERICA

# Saving Lives

### *Takes More than a Nice Tan*

**W**hen a bad situation happens at the beach, lifeguards run to help, usually with a red plastic rescue **buoy** in hand. Some California lifeguards recently described a typical day on the job:

A boy is in trouble in the water off Pacific Beach in San Diego, California. A female lifeguard helps him, bringing him back to safety and returning him to his parents.

Lifeguard Sergeant Casey Owens patrols the beach in his white lifeguard truck. He watches crowds of swimmers and surfers. He never takes his eyes off the water.

When Owens returns children to their parents, he sometimes sees that the parents had no idea their children were in danger. “People look away for a few seconds,” Owens says. The rescued boy is lucky that lifeguards were watching.

Beach lifeguards became popular in American movies in the 1960s. They became popular internationally when the TV series *Baywatch* was seen around the world in the 1990s. The glamorous *Baywatch* lifeguards, with their **tans**, blond hair, muscular bodies and attractive beachwear, seem to live care-free lives. However, real-life lifeguards work hard to keep people safe. They must watch people in the water and educate the public about safety. People’s lives depend on them every day.

**Above:** Lifeguard Sergeant Katherine Jackson, who oversees the Mission Beach lifeguard team, educates beachgoers on how to stay safe in the surf.

**Buoy:** an object that stays afloat.

**Tan:** browned by the sun’s rays.

**Prevent:** to stop something from happening.

**Boardwalk:** a wooden path along a beach.

**First aid:** emergency medical treatment given to a sick or injured person.

**Hurricane:** an extremely large, powerful and destructive storm with very strong winds, also called a cyclone or typhoon.

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**Below:** Sergeant Casey Owens scans the surf for signs of trouble. He manages a team of 37 people.

More than 20 million people visit San Diego's beaches annually. While lifeguards rescue about 6,000 people every year, they also **prevent** 250,000 accidents from happening each year. Lifeguards protect children by stopping them from playing too close to the water. Fast-moving rip tides can pull people out to deep water. Eighty percent of all rescues are a result of these currents.

Lifeguard Sergeant Katherine Jackson says she wants to prevent accidents. She manages a team of lifeguards at San Diego's Mission Beach. The beach is five kilometers long with a **boardwalk**. Jackson's shirt looks like a blue American police officer's shirt. But instead of trousers she wears shorts. She watches the beach for 10 hours each day. The building she works in has three floors. A garage is on the first floor. A **first-aid** room and offices are on the second floor. Lifeguards use the observation deck on the third floor to watch people along two kilometers of the beach.

At the beginning of the day, Jackson gets ready. She opens the lifeguard tower, marks off safe driving lanes on the beach for emergency vehicles, and checks rescue equipment.

"There's a lot of training," Owens says. "You have medical training and first aid, then you start working at the bay first, while you continue more training to get ready for the ocean." Most training is conducted at the lifeguard training academy.

After a lifeguard becomes an ocean lifeguard, there are special kinds of training for more complex missions. Lifeguards learn how to climb rocks, do underwater search and rescue and fight fires. They learn tricky flood rescue. Some San Diego lifeguards helped in New Orleans in 2005 after **Hurricane** Katrina did damage that flooded the city.

New lifeguards are seasonal employees. They only work during the summer. They have other jobs the rest of the year.



Robert Benson

Many are teachers, college students or emergency medical **technicians**. San Diego has 70 lifeguards who work 12 months a year. It takes many years to earn a permanent position. "My friends don't understand what I do all day," laughs Jackson.

Jackson explains how the bay is different from the ocean. It is harder to tell when people are in danger in the bay, because they can suddenly drop off into deep water. She remembers one time she saved a child's life. There were more than 100 people in the water. Everything looked okay, "but I had a creepy feeling," so she ran down to the water. She could see little fingers reaching above the water. She quickly pulled out a coughing, gasping little boy. "He was fine, but no one saw him. No one," she says.

In addition to rescues and accident prevention, lifeguards help lost children, give medical aid to swimmers and make sure no one smokes or drinks alcohol on the beach. San Diego lifeguards can **arrest** people who break laws on the beach.

Lifeguards also must do **paperwork**. Owens **manages** 37 people. "More people means more paperwork," he says. But he adds, "This is a great job." He likes his job because of the location, good pay, the chance to help others and the excitement of an emergency rescue. "Every day, we help people. We interact with people from around the world every single day, and it's fun," he says.

**Technician:** a person whose job relates to the use of special techniques or skills.

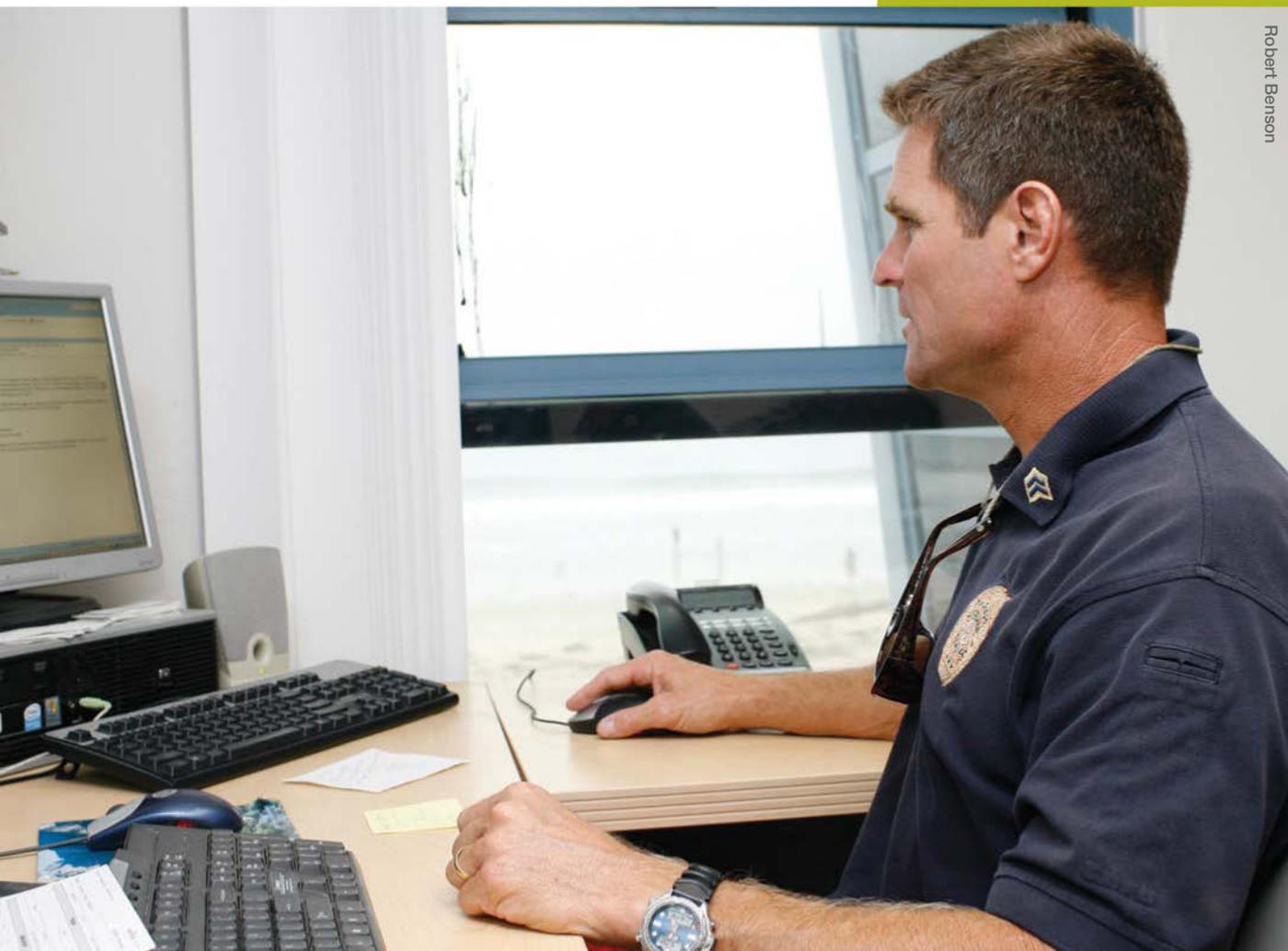
**Arrest:** the act of legally stopping and keeping a person committing a crime. "The police *arrested* the criminal."

**Paperwork:** routine work that involves writing letters, reports, etc.

**Manage:** to take care of and make decisions about someone's time, money, etc. "She *manages* her time."

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**Below:** Besides preventing accidents on the beach, managers like Owens must do a lot of office work.



Robert Benson

## FOR DISCUSSION

**A. Look for the answers to the following questions in the text about lifeguarding in San Diego and discuss the answers with a partner.**

1. What are some of the challenges of being a beach lifeguard?
2. What are the steps to become a lifeguard in San Diego?

**B. Find the following details in the text. Then write short answers to the questions.**

1. Why are parents sometimes surprised when Casey Owens rescues their child?
2. What are two ways that lifeguards help people stay safe at the beach?
3. What is the biggest danger to swimmers?
4. What other jobs do lifeguards do in the nonsummer months?
5. In addition to rescuing people and preventing accidents, what other things do lifeguards do in their work?

**C. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.**

1. What kind of a person makes a good lifeguard?
2. How often do San Diego lifeguards rescue people?
3. Why do Owens and Jackson like their jobs?
4. What is the public perception of lifeguards' work, based on the comments of Katherine Jackson's friends?

**D. Discuss with a partner the following questions about lifeguards:**

1. Do you know any lifeguards? What kind of people are they?
2. What do they have to know to do their job?
3. Would you like to be a lifeguard? Why or why not?

Robert Benson



**Right:** Lifeguards maintain their equipment carefully. They must be ready to respond to an emergency at any moment. **Opposite:** Above, Sergeant Jackson confers with one of her lifeguards. Below, Jackson scans the beach from her vehicle.



# Police Chief

© CBS/Landov



## POP CULTURE

### *CSI: Crime Scene Investigation*

**Above:** The actors who play investigators in the *CSI* TV Show.

**Crime:** an illegal act for which someone can be punished by the government.

**Las Vegas, Nevada:** a large city in the south of the state of Nevada. It is famous for casinos, businesses that host different kinds of gambling.

**Crack:** a slang word for solve, as in "He *cracked* the puzzle."

**Gadget:** a small, interesting device.

**Hit:** in this usage, a popular item, as in "The song was a *hit* on the radio."

**Fiber:** a tiny piece of natural or artificial material for making carpet or cloth.

**DNA samples:** an acid in the cells of living things. DNA (deoxyribonucleic acid) carries information that can be used to identify individuals. A sample is a small bit of material that has DNA in it.

**Forensic:** a legal term that here means crime-related investigation.

**Culprit:** someone guilty of a crime.

**C***SI* stands for **C**rime Scene Investigation, and it's the name of a very popular show about investigators in the **Las Vegas, Nevada**, police department. The *CSI* team **cracks** difficult criminal cases using the latest scientific tools. They examine evidence with microscopes and other high-tech **gadgets**. Since its premiere in 2000, *CSI* has been such a **hit** that two more TV programs have been created, *CSI: Miami* and *CSI: New York*.

Every shred of evidence is tested. Hair, blood, dirt stains and carpet **fibers** can help solve a crime. In one episode, toenail clippings proved that someone who claimed he killed a man in self-defense was actually guilty of murder. The show makes it seem that crime solving depends most on analysis of **DNA samples** and evidence. So the audience may believe that testimony of witnesses and good police work are less important. On *CSI* the main characters seem to arrest suspects based on what the analysis shows rather than their own good detective work. But in real life the best scientific tests and the smartest **forensic** computer analysts also need the help of police officers to add up the clues and capture the **culprit**.



Seth Harrison

## REAL AMERICA

# All's Quiet on the Small-Town Front

The summer sun is shining brightly on the red brick police station in Middlebury, a small town in western Connecticut. It's about 1 o'clock in the afternoon. Police Chief Richard Guisti sits at a computer, typing an email. He is wearing his blue police uniform. He has photos on his desk of his wife and their two sons, who are now in their 20s. His **diplomas**, training **certificates** and awards hang on the walls of his office. There are also photos. One photo shows his son playing football in high school. Another photo shows his other son **competing** in a swim **meet**. There are photos of former baseball stars who played for the New York Yankees, Guisti's favorite team. There is a Yankees baseball cap on his desk.

The police chief is a friendly 48-year-old man. He coaches boys' football and high school basketball in a nearby town, Waterbury. Guisti has lived in Middlebury for 25 years. There are 7,000 people in Middlebury and not a lot of violent crime.

Many people think police work always involves car chases and gunfights because that is what they see on television and in movies. But this is not true in Middlebury. In fact, it is not true for most small towns in the United States.

---

**Above:** Police Chief Richard Guisti in his patrol car. In the quiet town of Middlebury he mostly gives speeding tickets and assists in emergencies.

**Diploma:** a document that shows that a person has finished a course of study or has graduated from a school.

**Certificate:** a document given after training that shows a person is actually able to do the work.

**Compete:** to try to win something, such as a prize or reward, that someone else is also trying to win.

**Meet:** as used here, a race between two swimming teams.

**First responder:** trained person who is first at the scene of an accident or emergency.

**Holster:** a case worn on a person's body to hold a weapon.

**Draw:** in this context, to take something out of a container. "The officer had to *draw* his weapon."

**Staff:** a group of people who work for an organization or business.

**Officer:** 1) a member of a police force; 2) a person who has an important position in a company, organization or government; 3) a person who has a position of command in the military.

**Dispatcher:** a person whose job is to send workers out to jobs, often by radio. Dispatch is the verb that means to send quickly.

**Budget:** an amount of money available for spending that is based on a plan for how it will be spent; also the plan for spending money.

**Schedule:** a plan of things that will be done and the times when they will be done.

**Discipline:** making sure that rules and orders are obeyed and giving penalties when they are not.

**Crew:** a group of people working together as a team, for example, a firefighting crew.

**Beat:** as used here, the area where a police officer patrols.

**Right:** Chief Guisti supervises 14 officers. Because it's a small department, he does many jobs, including training and scheduling.

"On TV, I know you see the chases, you see the bank robberies, you see the shootouts," Guisti says. "We do a lot of motor vehicle accidents" and traffic law enforcement. "We are **first responders** for medical calls." He adds that it is "still small-time community policing." Guisti became police chief in 2005. He began working as a policeman in Middlebury in 1985. He has been in two or three car chases during that time. And does he use the gun in the **holster** on his right hip?

"We **draw** our weapons at robbery scenes," Guisti says, "but I have never had to actually fire my service weapon."

The chief has a **staff** of 14 **officers** and eight **dispatchers**. Because the police department is small, the chief has to do many things. He works on **budgets**, training, **schedules** and **discipline**. "I'm also in charge of communications," he says, adding that the police department dispatches fire and public works **crews**. Public works takes care of water lines and fallen trees. He says that because his staff is so small, he fills in wherever necessary when his people are busy.

Technology has changed police work since he started in 1985, the chief says. "You didn't used to have emails. You didn't used to have cellphones. Maybe you had a computer." Today, police officers can send an email about a crime from their car to almost every police department in the state. "You would be surprised by how much information comes back saying, 'We had something similar,' or the exact same description of the car, the suspects." The officers also interview people and go on stakeouts. "Technology has gone a long way to help police work, but you still pound the **beat**," he says, meaning that police officers must meet and get to know people.



Seth Harrison



Seth Harrison

Unlike TV police shows, it usually takes a long time for real police to solve a crime. “In *CSI* they solve everything in eight hours; that’s not realistic,” says Sergeant John Desmarais. He has worked for the Middlebury police department for 15 years. He also coaches football with Guisti.

“We solve 60 percent or 70 percent of the crimes. That is very high. ... We know our community. We know who to talk to. For example, on the midnight shift, the **paperboy** sees everything,” Desmarais says.

When Guisti was a boy, he did not want to become a policeman. His father was a toolmaker. His mother had a real estate business, helping people buy and sell houses. Little Richard Guisti loved sports and wanted to become a professional baseball player. Then, one day when he was 14 years old, he was playing baseball in Waterbury. A policeman came up to him and said, “If you don’t become a baseball player, why don’t you become a policeman? You’ll like police work because you like working with people.”

Guisti got his first job in **law enforcement** in Waterbury in 1982. He is proud that he has helped solve many crimes. For example, he helped **recover** stolen things that had sentimental value to an old person. That made him feel good, he says, adding that the case was solved “just through **legwork**” and shared information. Guisti likes to help people outside of his police work, an aspect of a cop’s life not usually on TV police shows. He taught young people about the danger of drugs in the local school system for eight years. The school program was called DARE: Drug Abuse Resistance Education. Kids he taught are now grown up with children of their own. Some of those children have become doctors, dentists, police officers and teachers. Guisti says, “I tell my officers, ‘If you can **influence** one person, you did your job.’”

**Above:** Consulting with officers and report writing are part of a police officer’s job.

**Paperboy:** a person who sells newspapers, usually very early in the morning.

**Law enforcement:** police work, or making sure laws are obeyed.

**Recover:** to get something back after it is lost or stolen. “The police *recovered* the stolen car.”

**Legwork:** a slang term for doing active work, going around and meeting people rather than sitting at a desk. “Solving crimes takes a lot of *legwork*.”

**Influence:** the power to cause changes without directly forcing them to happen.



Seth Harrison



Seth Harrison

## FOR DISCUSSION

### A. Find the following details in the text. Then write short answers to the questions.

1. Can you describe three decorations Guisti has in his office?
2. What is Guisti's favorite sport?
3. What types of calls does Guisti usually handle?
4. How often does Guisti use his gun?
5. What percentage of crimes does Guisti's police department solve?
6. Why is he so successful at solving crimes?
7. What did Guisti do in the local schools?

### B. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.

1. What type of people live in Middlebury?
2. Why is violent crime low in Middlebury?
3. How is Guisti's work as a police officer different from the work of police on TV?
4. How has technology changed the way police work?
5. How does Guisti feel about his career?

### C. Look for the answers to the following questions in the text about the police chief of Middlebury, Connecticut, and discuss the answers with a partner.

1. How long has Richard Guisti worked as a police officer?
2. What are the main types of crime in his town?

### D. Discuss with a partner the following questions:

1. What image do you have of police in the United States? Why?
2. Describe the family life and personal life of a police officer in your country.
3. Now that you know more about Police Chief Richard Guisti, what do you think makes a good police officer? Think of five personality traits. *He or she should be ...*

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**Opposite:** The police chief is responsible for his own paperwork and reviewing his officers' reports.

# REAL AMERICA LOCATIONS

**DUANE WOOD**  
Wyoming



**KATHERYN CONDE**  
San Francisco,  
California



**KATHERINE JACKSON**  
San Diego, California



**STEVE RIGONI**  
Pavilion, New York



**M. NATALIE ACHONG**  
New York, New York



**RICHARD GUISTI**  
Middlebury, Connecticut



**FARMERS MARKET**  
New York, New York



**KATARINA  
PODLESNAYA**  
Potomac, Maryland



**PERETTE ARRINGTON**  
Washington, D.C.



# Psychologist

© Paramount Television/CBS/Photofest



## POP CULTURE

### *Dr. Phil*

**D**r. Phil makes millions of house calls each day through his television talk show. He counsels people on relationships, parenting, weight loss and other issues. Phillip McGraw earned a Ph.D. in **psychology** in 1979. His father was also a **psychologist**. For a while, he joined his father's clinic — or practice, as it's often called in America. He published a book called *Life Strategies* in 1999 that became a best-seller. He became a media star in 2002 with the launch of his popular television program, *Dr. Phil*. This show features people with difficult personal problems and troubled families. He often confronts people with their faults.

**T**he program is criticized by some mental health professionals. They say McGraw makes complicated issues seem overly simple and dramatic. On one show, McGraw brought a mother to tears by playing a video over and over of her screaming at her son. On another, he dealt with two parents accusing each other of mistreating their 3-year-old daughter. “Does anybody have this child’s interest at heart?” McGraw asked. Normally, situations like this are resolved discreetly by mental health professionals or law enforcement agencies, not on television. McGraw no longer has a **license** to practice therapy. The *Dr. Phil* program is filmed in California. The state government of California says that he does not need a license to practice therapy on television, concluding that the *Dr. Phil* program is about entertainment, not psychology.

**Right:** Dr. Phil is TV psychologist Phil McGraw. He hosts a talk show where people discuss serious personal problems.

**Psychology:** the science or study of the mind and behavior.

**Psychologist:** a therapist who specializes in the study and treatment of the mind and behavior.

**License:** legal permission required to offer specialized services in the United States. Medical doctors, lawyers, electricians and building contractors are among those who need licenses.



Ken White/State Department

## REAL AMERICA

# Helping Youth

## *One Conversation at a Time*

**D**r. Perette Arrington knows what it's like to listen to emotional outbursts of anger and **confusion**. She is a psychologist and spends a lot of time listening to young people who are under stress. She accepts the emotions of her **patients**.

She meets with people in a private office where her visitors can feel safe to express their feelings. They know what they say will be confidential. No cameras. No television. No public **drama**.

During her career, Arrington has worked with patients who are very sick. The sessions can be difficult. "Sometimes people ask me how I do it. It is sad to think what some people go through with mental illness," she says. She separates her work from her personal life. When she goes home, she doesn't tell anyone about any of the people she has seen. "It's part of what makes my job special," she says.

Arrington has a doctor of psychology degree from The George Washington University and a master's degree in counseling psychology from Howard University. Both universities are in Washington. She stayed in Washington to work at the John Philip Sousa Middle School. This is a publicly funded school for children who are 11 to 13 years old.

In her group sessions, she talks with young people about **conflict** and anger. Her goal is to prevent problems before they happen. She sees children by themselves to help them with personal problems with friends or family.

**Above:** Dr. Perette Arrington is a psychologist who specializes in counseling young people.

**Confusion:** the state of being unable to understand or think clearly.

**Patient:** as used here, a person who receives medical care or treatment.

**Drama:** a situation or series of events that is exciting and affects people's emotions.

**Conflict:** strong disagreement between people, groups, etc., that results in often angry argument.

**Recognize:** to accept or be aware that something is true or exists.

**Suicide:** the act of killing oneself.

**Feel down:** to be sad or unhappy. "He was *feeling down* after his best friend moved away."

**Ethical:** following accepted rules of behavior; morally right and good.

**Theory:** an idea or set of ideas that is intended to explain facts or events.

---

**Below:** Dr. Arrington gains the trust of the middle school students she works with because she listens to them and respects their privacy.

She teaches students in classrooms and advises teachers and parents on managing behavior. Recently, she taught a class about suicide. "Sometimes kids just don't know how to respond or get help," Arrington says. So she taught a class to help students **recognize** the signs when someone is thinking of **suicide**. Arrington led a weekly anger management discussion to help a group of eight girls to be calm and deal with their angry feelings. "You can tell Dr. Arrington your special feelings," says Lajuan, an eighth-grade student. "You can come to her if you are **feeling down** or have a problem." When two students have an argument, Arrington does not discuss the problem in front of other students, but takes the arguing students aside and helps them solve the problem in private.

Dwan Jordan is the John Philip Sousa Middle School principal. He describes Arrington as a person who is able to work well with adults and students. He says the school is lucky to have Arrington there full time. Most schools do not have a full-time psychologist. He says the students "all trust her. She's very **ethical**, and she always has a plan."

Arrington didn't always want to be a psychologist. When she entered Seton Hall University in New Jersey, she wanted to become a medical doctor. But she found it too difficult to balance being a top volleyball player and medical school studies. "I was losing sleep. I had to make a decision," she says.

She put her medical school plans on hold. "I switched to psychology and loved it. It made sense to me," she says. She learned the **theories** of psychology and saw how they explain different types of behavior. She discovered she had a natural

Ken White/State Department



ability to apply her knowledge in real situations. From that point on, Arrington knew that she wanted to help people deal with personal problems.

As a student, Arrington worked on **research** projects and **internships**. One internship was with a program for children living in temporary homes. Another was at a school for children with emotional disabilities, where she was available to the children 24 hours a day. She helped them go to the hospital if they had emergencies. The work was tiring, but she enjoyed it because she helped children.

In addition to her full-time job at the middle school, Arrington has her own part-time private practice, where she sees children and adults for individual counseling sessions.

And she still plays volleyball. She has **coached** the girls' volleyball team at Woodrow Wilson High School in Washington for 10 seasons. Her teams have won the championship every year. She plans **tournaments**, and gets parents involved. "I do it because I enjoy it. I do it for the girls," she says.

Her counseling and coaching have helped her to understand the way teenagers think. She teaches them to be **competitive** in a healthy way. "I understand the pressures they are under and I can connect with them. If you enjoy what you do, it is easy for people to feel comfortable around you," she says.

**Research:** careful study that is done to find and report new knowledge about something.

**Internship:** the position that a student holds for a time in order to get experience.

**Coach:** to train or teach athletes or performers.

**Tournament:** a sports competition or series of contests that involves many players or teams and usually continues for at least several days.

**Competitive:** having a strong desire to win or be the best at something.

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**Left:** Arrington and Sousa school principal Dwan Jordan. He says the school is lucky to have a full-time psychologist.



Ken White/State Department



Ken White/State Department



Ken White/State Department

## FOR DISCUSSION

### **A. Find the following details in the text. Then write short answers to the questions.**

1. At what school does Arrington work?
2. What did she originally want to study?
3. What sport does she coach?
4. Why does she enjoy coaching?

### **B. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.**

1. What is difficult about Arrington's job?
2. What does she do when she listens to patients?
3. Why did Arrington attend three different universities?
4. What does she try to teach in her classes?
5. What was difficult about being an athlete while studying for medical school?

### **C. Look for the answers to the following questions after you read the text about Perette Arrington and discuss the answers with a partner.**

1. What does Arrington do at the middle school?
2. How or why did she decide to study psychology?

### **D. Discuss with a partner the following questions about school:**

1. Who works at your school besides teachers? What do they do?
2. What does a psychologist do?
3. What are some emotional problems that teenagers have?

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**Opposite:** Arrington discovered a natural ability to help people work through problems. She advises teachers and parents on managing behavior problems and students who have difficulties at school or at home.



## POP CULTURE

### Krusty Burger and *The Simpsons*

There's no place like Krusty Burger! Krusty Burger is the fast-food restaurant on the television cartoon series *The Simpsons*. This popular cartoon spoofs many aspects of American culture. At Krusty Burger, the menu is full of unhealthy choices like deep-fried burgers. Two of the main characters, Bart and Lisa Simpson, enjoy eating at Krusty Burger. They are fans of the owner, Krusty the Clown, who is also the star of a children's TV show. Krusty has electric blue hair and a huge smile on camera. Off camera Krusty is not a nice person. He owes people a lot of money. He uses deceptive business practices. Krusty says that his restaurants recycle, but this is not true. Krusty takes leftover burgers from old customers and “recycles” them as new burgers for new customers.

In one episode of *The Simpsons*, a study declared Krusty Burgers as “the unhealthiest fast-food item in the world.” So Krusty created the Mother Earth Burger, packed in a green wrapper made from spoiled barley. Bart and Lisa’s father, Homer Simpson, bit into a Mother Earth Burger. Homer proudly stated, “I’m saving the earth.” Then he got sick. Krusty blamed the farmers and suppliers for the bad barley. The farmers went out of business, but not Krusty!

**Above:** Homer Simpson from the TV cartoon show *The Simpsons* looks at a pile of Krusty burgers.



Seth Harrison

## REAL AMERICA

# Farm to Table

## *Fresh for the Picking*

**A** hundred years ago, outdoor markets were common in the United States. Farmers brought fresh fruits and vegetables into the city. There were no supermarkets, so everyone shopped at outdoor markets.

Union Square is in New York City. Shoppers can find large stores like a Barnes & Noble bookstore and a Best Buy electronics store nearby. In Union Square, shoppers can also find the main farmers market in New York City. Farmers sell fresh food there four days a week: Monday, Wednesday, Friday and Saturday. There are ripe fruits, vegetables, milk products, meats and bread. Farmers come to the market rain or shine. Many Americans now reject fast food. They are choosing fresh, healthy items sold at farmers markets. Many items are “organic,” or free of chemicals.

The New York City farmers markets are run by a **nonprofit organization** called Greenmarket. Greenmarket is **funded** by private companies and the city government. Greenmarket has 49 farmers markets in the city. Some are open every week; others are open only in the summer. For example, Rockefeller Center has a lively farmers market. This busy place is where a giant Christmas tree is displayed in the winter. This farmers market

**Above:** Shoppers at this New York City farmers market enjoy fresh air while they buy farm-fresh food.

**Nonprofit organization:** an organization with a goal other than making money, such as supporting art, education or social justice.

**Fund:** as used here, to pay for something. “This money funds my education.”

**Culinary:** related to cooking.

**Tart:** a pie that has a filling, like fruit, vegetables or meat.

**Waffle:** a crisp breakfast cake made in a "waffle iron" that stamps a pattern of deep squares on both sides of the cake.

**Clam:** a type of shellfish that lives underwater in sand. It has a light-colored shell in two parts.

**Cattle ranching:** raising cows, steers and bulls on a large scale.

**Vegetarian:** a person who does not eat meat.

**Insulate:** to add material to something that stops heat, electricity or sound from going in or out. "My dad *insulated* our house for winter."

**Produce:** fresh fruit and vegetables. "Apples and carrots are in the *produce* section of the grocery store."

**Vitamins:** natural substances usually found in foods that help the body to be healthy.

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**Below:** There is a wide selection of locally-grown produce at farmers markets.

is open only in the summer. Tourists are surprised to see farmers selling fresh fruits, vegetables, honey and bread there.

One of the regular shoppers at the Union Square farmers market is Heather Lindsey. She is a writer from Oregon, a Western state where many fruits and vegetables are grown. Heather moved to New York 12 years ago and has always shopped at the farmers markets. She buys fresh bread, eggs, goat cheese and vegetables. She buys from different farmers each time. "I love farmers markets," she says.

Heather tries to eat more fruits and vegetables and less meat. She has been cooking at home a lot more now to save money. She takes a cooking class at the Institute of **Culinary** Education. She learned how to make delicious vegetable **tarts**, eggs, **waffles**, pasta with **clam** sauce and Mexican dishes.

Michael Mandel is Heather's husband. He says they enjoy eating Italian and Mexican food. He likes the farmers market. He ate fast food all the time when he was a child. In the 1980s he became a vegetarian and stopped eating meat. Michael believes **cattle ranching** harms the environment. It was not common to be a **vegetarian** in the United States in the 1980s, and many people thought he was strange. Things have changed. Today, many restaurants have veggie burgers — burgers made of vegetables.

Shoshana Berkovic is another customer at the Union Square market. She teaches biology and earth science, and lives with her teenage daughter. Shoshana says she likes the freshness of the potatoes, cucumbers, carrots and tomatoes at the market. She carries an **insulated** bag with her to keep food fresh. "The food here lasts much longer," she says about the fresh farmers' **produce**. It helps her make sure her daughter "eats healthy" and gets all her **vitamins**.

Shoshana says junk food isn't sold anymore in the school where she works. Now the school has healthier items for students to buy. She has seen a lot of improvement, although she says many students still eat french fries.

The Union Square farmers market is full of children. There they learn about food and the farmers who grow the fruits and vegetables. The children see what garlic and onions look like when they are pulled fresh from the ground. Some of the summer peaches still have leaves on them.



Seth Harrison

## FOR DISCUSSION

**A. Look for the answers to the following questions about farmers markets in the article. Afterwards, discuss the answers with a partner.**

1. Where are farmers markets located?
2. Talk about three people in the text. Why do they prefer buying food at farmers markets?

**B. Find the following details in the text. Then write short answers to the questions.**

1. Where is the main New York City farmers market?
2. What are organic foods?
3. How many farmers markets are there in New York City?
4. What is Heather Lindsey's job?
5. How long has Heather Lindsey lived in New York City?
6. What are two reasons Heather Lindsey likes shopping at farmers markets?
7. Why does Heather Lindsey cook at home more now?
8. According to Michael Mandel, what did most people think about vegetarians in the 1980s?
9. What steps has the New York City public school system taken to make children healthier?
10. What are children learning about at the farmers markets in New York City?

**C. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.**

1. Why do farmers outside New York come into the city to sell their food?
2. What does Michael Mandel think of cattle ranching?
3. What does Shoshana Berkovic do for a living?

**D. Class Discussion: Discuss with your classmates and teacher the following:**

1. Think of three examples of how farmers markets are similar to the markets in your own city or town. How are they different?
2. If your class could set up a farmers market where you live, what would you sell? When would it be open? What would you name your market?

**Below:** People shop and farmers sell in a typical American farmers market.



© Warner Bros./Photofest



## POP CULTURE

### *Unforgiven*

*Unforgiven* is a movie about the American "Old West." Hollywood actor Clint Eastwood directed the film and also plays the role of a gunfighter. In the Old West, gunfighters were sharpshooters who often killed for hire or to earn a reward, or bounty. The gunfighter played by Eastwood had given up violence, but is later convinced by a young gunfighter to try to collect a bounty. A former outlaw friend joins them. They go to Big Whiskey, Wyoming, where there was a horrible crime. Two cowboys cut the face of a woman with a knife. Her women friends offered to pay \$1,000 to anyone who kills the cowboys, who are protected by the Big Whiskey sheriff. The two old gunfighters, accompanied by the young gunfighter, arrive in Big Whiskey. The three of them find and kill the guilty cowboys who attacked the woman. They collect the reward and leave. The sheriff catches one of the old gunfighters, kills him and displays his body in the street. The other old gunfighter goes back to Big Whiskey and kills the men who killed his friend. After the bloody events, the young gunfighter sees that murder for money is not glamorous or satisfying, and the old gunfighter permanently gives up violence. *Unforgiven* won the Oscar for best picture in 1992.

**Above:** Actors Clint Eastwood and Morgan Freeman play outlaws in the movie *Unforgiven*.



Candy Moulton

## REAL AMERICA

# Modern-Day Cowboy

**W**yoming is a cold state during the long winter months. Snow sometimes begins to fall in September. Duane Wood is a **cowboy**. Wood, a quiet man with a thick mustache, fixes fences and cuts wood to heat his family's home during the cold months.

September is when he moves **cattle**. He brings them closer to the **ranch** house so he can find them and feed them easily once winter comes. As the days become shorter, the work slows down. He and his helpers move the cattle into **corrals**. Then, he separates **calves** from their mothers.

Cowboys today are different from those you see in movies. They don't ride horses all the time. Often they use trucks or **all-terrain vehicles**. In the 19th century, most cowboys were young men who helped move thousands of cattle north from Texas. They herded the cattle to towns like Dodge City, Abilene and Ogallala, where the cattle were shipped on railroad trains. After selling the cattle, the cowboys often spent their money in **saloons**.

Over time, more people moved into the **range** areas. They built fences. Many large ranches became small farms. Cowboys continued to work only on large ranches. Duane Wood's ranch does scientific research to improve cattle **breeds**. For this, Wood keeps records on the cattle in his **herd**, like how much they weigh.

**Left:** Cowboy Duane Wood cares for horses and cattle on the ranch. He also must keep records on the animals.

**Wyoming:** a mountainous state in the western United States.

**Cowboy:** a man whose job is to take care of cattle or horses, especially in the western United States. He usually rides a horse.

**Cattle:** cows (female) or bulls (male) that are kept on a farm or ranch for meat or milk.

**Ranch:** a large farm where animals, such as cattle, horses and sheep, are raised.

**Corral:** a fenced area that holds cattle or other animals.

**Calf** (singular), **calves** (plural): a young cow or bull.

**All-terrain vehicle:** a small vehicle with three or four large wheels that is used to drive over rough ground.

**Saloon:** in the Old West, usually a barroom for meeting, playing cards and socializing.

**Range:** open land that farm animals such as cows and sheep use for grazing and roaming.

**Breed:** in this context, animals that are similar to each other. It is used later as a verb that means to raise animals. "The cowboy raises two *breeds* of cattle."

**Herd:** a group of animals that live or are kept together. "The ranch has a *herd* of sheep and a *herd* of cattle."

**Slaughter:** to kill animals for their meat.

**Pasture:** open, grassy land where animals can graze, or eat the grass and plants.

**Aware:** knowing that something such as a situation, condition or problem exists.

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**Below:** Wood's days are as varied: sometimes he mows hay using a tractor, other days he rides his horse around the ranch.

Today's modern cowboys use computers. They still use horses and dogs during the long workday. Wood rides his horse to find cattle in places where walking is too strenuous. His relationship with his horse is similar to his relationship with his wife. "We depend on each other. He takes care of me; I take care of him," Wood says. His dog, Rosie, helps him move the cattle and keeps him company when he works alone.

A cowboy's work changes with the seasons. In the fall, Wood gathers the cows and calves together. He sells the calves to other ranches. The ranches keep the calves for another year before selling and **slaughtering** them. Most ranches keep some of the female calves for breeding, but Wood's ranch keeps bull calves. In the spring, he sells them to other ranches that need them for breeding with cows.

Feeding cattle is the main work on the ranch during winter because animals must eat every day. Wood wears many layers of clothes when he works outside in winter. His warm gloves are waterproof, so he can put his hands in icy water and his fingers won't get wet. He goes out to check his cattle even when it's snowing hard. "We just do it," he says.

When the time comes for the cows to give birth, Wood moves them to a **pasture** close to the main ranch where there are trees to protect them. Night and day, Wood stays with the herd. He checks on the calves, making sure they are with their mothers. He doesn't sleep much during this time.

A cowboy is always **aware** of his herd. "The cattle depend on us, and we've got to be there to help them," he says. He moves the animals near grass and water. Sometimes he helps a cow give birth.

When spring comes, so much needs to be done. Wood fixes fences and prepares to move the cattle to the summer range. The summer range is far from the ranch home. There the cattle have more grass to eat. Wood spends the summer months storing food for the cattle to eat in winter.



Candy Moulton

No matter the weather, Wood is usually outside. So what does he wear? Most of the time, Wood wears a baseball **cap** and jeans. In winter, he often wears a wool hat that covers his ears to keep them warm. Traditionally, cowboys wore large “cowboy” hats, boots and other clothing. Wood dresses like this sometimes, too.

Both men and women work as cowboys today, and Wood’s family is one of many examples. His wife, Laurie, and their 8-year-old daughter, Cora, help out sometimes. Cora began riding a pony named Chester when she was 3. Today she rides a horse, like her dad. Chester the pony now belongs to her younger brother, Bonner. Wood wants his kids to learn the cowboy traditions.

“What keeps me in this life is the outdoors and the cattle,” Wood says. He enjoys riding his horses over green pastures or near clear **creeks** that provide water for the animals.

**Cap:** a small, soft hat. A baseball cap is one common example.

**Creek:** a small stream.

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**Below:** Two of Wood’s most important tools on the ranch are his horse and his dog. They keep him company on rides in rough country when he is gathering cattle.



Candy Moulton



© Shutterstock

## FOR DISCUSSION

### A. Find the following details in the text. Then write short answers to the questions.

1. Why does Wood move the cattle closer to his ranch house in September?
2. How does Wood prepare for winter?
3. What type of research does Wood do?
4. Describe Wood's relationship with his horse. How important is the horse to Wood's life and job?
5. How often does Wood feed the cattle in winter?
6. Does Wood wear the same clothing in both summer and in winter? Why or why not? Give one example.
7. Why does Wood like his job?

### B. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.

1. How are today's cowboys different from those of the past?
2. How does Wood spend most of his time?
3. Which is more important, Wood's dog or his horse? Are they equally important?
4. What is Wood's attitude toward his work?
5. How does Wood involve his family in his job? Do you think his children will become ranchers?

### C. Discuss the story with a partner.

1. What are Wood's main responsibilities?
2. What do you think about life on a ranch after reading this story?

### D. Discuss with a partner the following questions about cowboys:

1. Look at the picture above. What kind of hat is it? Who wears it? Is there a hat or other special piece of clothing that people in your country wear?
2. How do cowboys spend their time? What is their main job?
3. Why are they an important part of American culture?

**Opposite:** Ranch hands come in all sizes. Wood's 8-year-old daughter, Cora, regularly helps her dad.



# Wind Farmers

20th Century Fox Television/Photofest



## POP CULTURE

### Montgomery Burns

After watching a movie with scary characters, Homer Simpson tried to **reassure** his son Bart by telling him, "There's nobody that evil in real life." Perhaps not, but in the fictional Springfield, where the cartoon characters of *The Simpsons* TV show live, there is Montgomery Burns. Evil deeds are his specialty. Montgomery Burns is the richest, oldest and meanest man in town, a billionaire who owns the Springfield Nuclear Power Plant. He will do anything for more money and power. He steals oil from the Springfield elementary school. He uses a device to block the sun, so people will use more electricity from his nuclear power plant.

Homer, the main character, works at Burns' nuclear plant. In one episode, Burns decides to stop **dental insurance** for his employees. Homer becomes the **labor union** president and leads the workers out on strike. The strike forces Burns to give the workers back their dental insurance, causing the workers to sing "They have the plant, but we have the power." Burns lives in a **mansion** with many luxuries. He has an enormous television set and priceless treasures. But he is not happy. He has everything but his teddy bear named Bobo that he lost as a child. Maggie is Homer's young daughter. It turns out that Maggie now has Bobo. Burns offers little Maggie \$1 million and three islands in Hawaii for Bobo. But Maggie refuses to give up her teddy bear. Later she changes her mind when she sees how sad Burns is without Bobo. She **relents** and gives him the bear for nothing. "Something amazing has happened," Burns says. "I'm actually happy."

Above: Montgomery Burns is the greedy, unfeeling billionaire in *The Simpsons* TV cartoon show.

**Reassure:** to make someone feel more confident or happy, or less afraid. "I had to *reassure* my little brother after the loud thunderstorm."

**Dental insurance:** in the United States, a system in which employers help pay for dental care for employees.

**Labor union:** an organization that helps workers obtain fair wages, benefits and working conditions.

**Mansion:** a large, luxurious house with many rooms.

**Relent:** to soften one's attitude. "The father at first said 'no,' but he *relented* and let the children go to the movies after all."



Gail Kalinoski

## REAL AMERICA

# Cutting Costs

## *While Saving the Earth*

**S**teve Rigoni has been interested in **wind power** since the 1970s. In the 1970s, the United States was in an energy crisis. Oil prices were high. Rigoni was a **dairy** farmer. He thought he would make his own electricity for his dairy farm in upstate New York by building his own wind **turbine**. It worked, but it wasn't very reliable, so he took it down.

Rigoni's father and grandfather had been dairy farmers, also, but by 2006 he was ready for a change. "It was my grandfather's dream. I did it for 35 to 38 years. It was time for something else." Married with three adult children, he sold his dairy cows and turned to **crop** farming. "We grow corn, soybeans and **hay** for the local horse people," he says.

Technology had improved since the 1970s, so Rigoni decided to try wind power again. He set up a 10-kilowatt wind turbine on a 42.5-meter-high tower in the backyard of his house, which sits on 240 hectares of land in Pavilion, New York. It's located about a 90-minute drive from the Canadian border.

He is part of a growing trend in the United States. More and more homeowners, farmers and small business owners are making their own electricity through wind power. The small wind power market is doing well.

Ron Stimmel, from the American Wind Energy Association, confirms that. He says the production of wind power rose 78 percent between 2008 and 2009. But wind power setup costs can be high. Government encouragement through **income tax credits** helps people like Rigoni **afford** it. People like Rigoni want to produce energy independently. They want the energy

**Above:** Small-business owner Steve Rigoni gets his hands dirty helping with every aspect of his wind farm.

**Wind power:** using the energy of the wind to produce electricity.

**Dairy:** the type of farming that deals with the production of milk and foods made from milk.

**Turbine:** a machine with spinning blades that converts the flow of air, water or gas into electricity.

**Crop:** plants that are grown by farmers for food and other purposes.

**Hay:** grass that has been cut and dried to be used as food for animals. Horses like to eat hay.

**Income tax credits:** giving a refund of money paid for annual government taxes on the money one earns.

**Afford:** be able to pay for something. "After working all summer, I can *afford* tuition for school."

**Carbon footprint:** a footprint is a mark made by a foot; a carbon "footprint" refers to the impact made by carbon dioxide and other greenhouse gases.

"Let's reduce our *carbon footprint* by using our bikes instead of our car."

**Renewable energy:** energy sources that cannot be used up like limited supplies of coal and oil. Examples are wind, the sun, certain plants and waste that may be turned into electricity and fuel.

**Incentive:** a useful thing or reward that makes people want to do something; for example, a store offers free ice cream so people will come. The ice cream is the incentive.

**Landmark:** a natural or man-made thing that stands out and marks a place.

**Clean energy:** energy from renewable sources such as the sun (solar), wind, fuel cells, biofuels, steam (geothermal) and water.

**Biofuel:** a fuel, such as ethanol or biogas, produced from renewable biological raw materials, like corn or farm waste.

**Switchgrass:** a grass native to North America used as an alternative power source, by burning as a fuel or to make biofuels.

**Propane:** a colorless gas used for cooking and heating.

**Convince:** to cause someone to agree to do something.  
"My teacher *convinced* me to study more."

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**Below:** Wind turbines tower above Rigoni's dairy cows.



Gail Kalinoski

to be less harmful to the environment. Wind power reduces the **carbon footprint**. This means that it releases less carbon dioxide and other greenhouse gases. These greenhouse gases are created by burning oil, coal and some other fuels that scientists have found contribute to global warming and climate change.

Rigoni was one of the first people in his area to put up a wind turbine on his property for personal use. Now, many of his neighbors are doing the same thing. Even the local schools are using wind power.

Rigoni bought his turbine from a company called Sustainable Energy Developments, Inc. (SED). SED sells many types of turbines, both large and small.

Ernie Pritchard helped start SED. He says people like Rigoni are trying to help the environment. "They believe in **renewable energy**," he says. Pritchard put up Rigoni's windmill and advises him on its maintenance. "He loves his turbine," says Pritchard.

Rigoni's wind turbine system cost \$55,000. However, government financial **incentives** for Americans who want to use energy-efficient and renewable energy technology helped Rigoni afford the switch to wind power.

Rigoni's turbine produces about 800 kilowatts of electricity each month. This is enough for all the electricity needs in his house and office. He and his wife, Susan, used to pay \$120–\$140 per month for electricity. Now, he pays \$16 to the electricity company. The rest of the energy is free. They changed from a natural gas-powered water heater to an electric model to take advantage of wind power.

Rigoni sees his turbine as an investment. "I used a lot of money to buy the windmill. But when I retire, my electric bill will be paid," he says. The system will pay for itself in 15 years.

Rigoni likes showing people how the system works. It is about 200 meters from his house and it runs quietly. His wind turbine has become a town **landmark** and people interested in installing their own turbines stop by to see his. Several larger, commercial wind farms have been set up in upstate New York to supply **clean energy** to utility companies for entire communities.

Small wind systems like Rigoni's need an average wind speed of 16 kilometers per hour. Rigoni's land is very windy, thanks to a large lake nearby. Five to seven windy days are necessary each month to produce enough electricity for the farm, he says.

Rigoni believes it is important for Americans to use less oil and coal for power and develop more clean sources of energy like wind, solar and **biofuels**. Rigoni needs heat in order to dry corn on his farm. To produce this heat, he burns a plant called **switchgrass**, which grows in his area. Rigoni says using switchgrass as a fuel saves about 3,800 liters of **propane** gas a day. This means that Rigoni saves a lot of money and helps the environment by using a sustainable fuel.

Rigoni's successful energy projects help **convince** others to spend time and money to create cleaner energy sources. "I believe we all have to do something about the energy crisis," he says.

## FOR DISCUSSION

### A. Find the following details in the text. Then write short answers to the questions.

1. What happened to Steve Rigoni's first wind turbine?
2. Where does Rigoni live?
3. What are the benefits of a wind turbine system?
4. What can Rigoni do with the energy from his turbine?
5. What has happened to Rigoni's electricity bill since he began using the wind turbine?
6. What is the average wind speed required for a wind turbine system?

### B. Write short answers to the questions below using your understanding of the text. Circle the part of the text that helped you understand the answer.

1. Why did Rigoni try wind power again?
2. What does the U.S. government do to encourage wind power?
3. Why is clean energy important?
4. Are many Americans converting to wind power?
5. Is wind power a good option for your country?

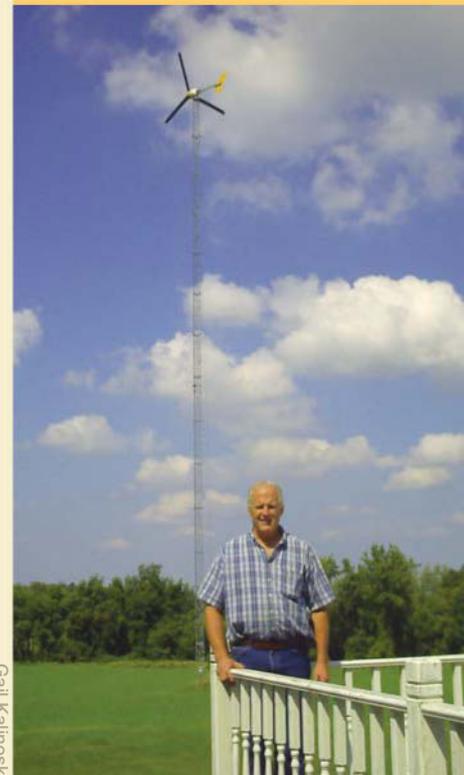
### C. Look for the answers to the following questions after reading the text. Discuss the answers with a partner.

1. What is Steve Rigoni's professional background?
2. What is the role of the government in his energy project?

### D. Discuss with a partner the following questions about energy and the environment:

1. Where does the electricity in your home come from? What generates your electricity?
2. Name some examples of clean energy in your area. How do they work?
3. What are different ways to generate electricity?
4. What impact does generating electricity have on the environment?

**Below:** Steve Rigoni is one of a growing number of Americans looking for ways to reduce their carbon footprint and their fuel costs.



Gail Kalinoski

## A

**Accelerate:** to move faster, or make something move faster. 3

**Advantage:** a positive situation that makes success easier. 11

**Afford:** be able to pay for something. "After working all summer, I can *afford* tuition for school." 44

**African American:** an American who has African ancestors. 2

**All-terrain vehicle:** a small vehicle with three or four large wheels that is used to drive over rough ground. 38

**American dream:** a comfortable way of living in the United States that people work to achieve. 11

**Arrest:** the act of legally stopping and keeping a person committing a crime. "The police *arrested* the criminal." 16

**Aware:** knowing that something such as a situation, condition or problem exists. 39

## B

**Balance:** to have things evenly weighted, not lopsided or overdone, as in "He *balanced* sports with studies." 7

**Beat:** as used here, the area where a police officer patrols. 21

**Bilingual:** able to speak and understand two languages. 7

**Biofuel:** a fuel, such as ethanol or biogas, produced from renewable biological raw materials, like corn or farm waste. 45

**Blended family:** a family that includes children from a previous marriage of the wife or husband. 10

**Boardwalk:** a wooden path along a beach. 15

**Breed:** in this context, animals that are similar to each other. It is used later as a verb that means to raise animals. "The cowboy raises two *breeds* of cattle." 38

**Budget:** an amount of money available for spending that is based on a plan for how it will be spent; also the plan for spending money. 21

**Buoy:** an object that stays afloat. 14

## C

**Calf** (*singular*), **calves** (*plural*): a young cow or bull. 38

**Cap:** a small, soft hat. A baseball

cap is one common example. 40

**Carbon footprint:** a footprint is a mark made by a foot; a carbon "footprint" refers to the impact made by carbon dioxide and other greenhouse gases. "Let's reduce our *carbon footprint* by using our bikes instead of our car." 45

**Cattle:** cows (female) or bulls (male) that are kept on a farm or ranch for meat or milk. 38

**Cattle ranching:** raising cows, steers and bulls on a large scale. 35

**Certificate:** a document given after training that shows a person is actually able to do the work. 20

**Charity:** an organization that helps people in need. vii

**Cheerleader:** a person who leads songs or chants to encourage a sports team. It can also mean someone who is a vocal supporter of a person or group. 6

**Civic:** refers to citizenship or activities in a city. Civics is the study of how to be a good citizen. 2

**Clam:** a type of shellfish that lives underwater in sand. It has a light-colored shell in two parts. 35

**Clean energy:** energy from renewable sources such as the sun (solar), wind, fuel cells, biofuels, steam (geothermal) and water. 45

**Coach:** to train or teach athletes or performers. 30

**Communist Party:** Communism is a system of government where property is held in common, by the people or the state. The Communist Party is a political party that supports Communism. 11

**Compete:** to try to win something, such as a prize or reward, that someone else is also trying to win. 20

**Competitive:** having a strong desire to win or be the best at something. 30

**Conflict:** strong disagreement between people, groups, etc., that results in often angry argument. 28

**Confusion:** the state of being unable to understand or think clearly. 28

**Convince:** to cause someone to agree to do something. My teacher *convinced* me to study more." 45

**Corral:** a fenced area that holds cattle or other animals. 38

**Counselor:** a person who is in charge of young people at a summer camp. 7

**Cowboy:** a man whose job is to take care of cattle or horses, espe-

cially in the western United States. He usually rides a horse. **iii, 38**

**Crack:** a slang word for solve, as in "He *cracked* the puzzle." **19**

**Credits:** on a TV show or movie, the list of actors and other crew members that appears on the screen before and after the show begins. **5**

**Creek:** a small stream. **40**

**Crew:** a group of people working together as a team, as a firefighting crew. **21**

**Crime:** an illegal act for which someone can be punished by the government. **iii, 19**

**Crop:** plants that are grown by farmers for food and other purposes. **44**

**Culinary:** related to cooking. **35**

**Culprit:** someone guilty of a crime. **19**

## D

**Dairy:** the type of farming that deals with the production of milk and foods made from milk. **44**

**Deep South:** the states in the southeastern United States, especially Georgia, Alabama, South Carolina, Louisiana and Mississippi. East Texas and Florida are sometimes included as part of the Deep South. **3**

**Dental insurance:** in the United States, a system in which employers help pay for dental care for employees. **43**

**Desperate:** feeling hopeless or helpless. **9**

**Diploma:** a document that shows that a person has finished a course of study or has graduated from a school. **20**

**Discipline:** making sure that rules and orders are obeyed and giving penalties when they are not. **21**

**Dispatcher:** a person whose job is to send workers out to jobs, often by radio. Dispatch is the verb that means to send quickly. **21**

**DNA samples:** an acid in the cells of living things. DNA (deoxyribonucleic acid) carries information that can be used to identify individuals. A sample is a small bit of material that has DNA in it. **19**

**Drama:** a situation or series of events that is exciting and affects people's emotions. **28**

**Draw:** in this context, to take something out of a container. "The officer had to *draw* his

weapon." **21**

**Drive:** a charity effort or fundraiser, as in "The school sold chocolate in a *drive* to raise funds for the band." **7**

## E

**Emigrate:** to leave a country and settle in another. "Kate is an immigrant to the United States. She *emigrated* from Russia." **10**

**Episode:** one part of an ongoing story. **9**

**Ethical:** following accepted rules of behavior; morally right and good. **29**

**Ethnic:** sharing a common culture, language or ancestry, for example, African Americans or Chinese Americans. **2**

**Extracurricular:** an after-school or "outside-of-school" activity, such as sports or community service. **7**

## F

**Feel down:** to be sad or unhappy. "He was *feeling down* after his best friend moved away." **29**

**Fiber:** a tiny piece of natural or artificial material for making carpet or cloth. **19**

**Fictional:** not real, made up. **vi**

**Fictitious:** not real, an invented story. **5**

**First aid:** emergency medical treatment given to a sick or injured person. **15**

**First responder:** trained person who is first at the scene of an accident or emergency. **21**

**Forensic:** a legal term that here means crime-related investigation. **19**

**Fund:** as used here, to pay for something. "This money *funds* my education." **34**

## G

**Gadget:** a small, interesting device. **19**

**Gynecology:** the study of the female reproductive system and related diseases. **3**

## H

**Hay:** grass that has been cut and dried to be used as food for animals. Horses like to eat hay. **44**

**Herd:** a group of animals that live or are kept together. "The ranch has a *herd* of sheep and a *herd* of cattle." **38**

# Glossary

**Hit:** in this usage, a popular item, as in "The song was a *hit* on the radio." 19

**Holster:** a case worn on a person's body to hold a weapon. 21

**Honors:** advanced courses of study for students who want to take classes at a high level. 7

**Hurricane:** an extremely large, powerful and destructive storm with very strong winds, also called a cyclone or typhoon. 15

## I

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**Icon:** a person who is very successful and admired. vi

**Immigrant:** a person who comes to a country from their home country to settle. 10

**Incentive:** a useful thing or reward that makes people want to do something, for example, a store offers free ice cream so people will come. The ice cream is the incentive. 45

**Income tax credits:** giving a refund of money paid for annual government taxes on the money one earns. 44

**Influence:** the power to cause changes without directly forcing them to happen. 22

**Insulate:** to add material to something that stops heat, electricity or sound from going in or out. "My dad *insulated* our house for winter." 35

**Internship:** the position that a student holds for a time in order to get experience. 30

**Ivy League:** eight colleges and universities in the eastern United States that are known for academic excellence: Harvard, Yale, Princeton, Columbia, Brown and Cornell universities, the University of Pennsylvania and Dartmouth College. They are among the oldest U.S. institutions of higher learning. 2

## L

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**Labor union:** an organization that helps workers obtain fair wages, benefits and working conditions. 43

**Landmark:** a natural or man-made thing that stands out and marks a place. 45

**Las Vegas, Nevada:** a large city in the south of the state of Nevada. It is famous for casinos, businesses that host different kinds of gambling. 19

**Law enforcement:** police work, or making sure laws are obeyed. 22

**Legwork:** a slang term for doing active work, going around and meeting people rather than sitting at a desk. "Solving crimes takes a lot of *legwork*." 22

**License:** legal permission required to offer specialized services in the United States. Medical doctors, lawyers, electricians and building contractors are among those who need licenses. 27

**Lifeguard:** a person whose job is to prevent swimmers from drowning. 13

**Luxury:** an extra comfort that is not necessary and may be expensive, as in "A home swimming pool is a *luxury*." 6

## M

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**M.D.:** short for "doctor of medicine." In America, both "doctor" and "physician" are used. "Physician" is more formal. "Doctor" is used in everyday language. Example: "I have to call my doctor for medicine." / "Please contact your physician for questions about medication." 2

**Manage:** to take care of and make decisions about someone's time, money, etc. "She *manages* her time." 16

**Manhattan:** the name of the island on which New York City is built. 5

**Mansion:** a large, luxurious house with many rooms. 43

**Marketing:** the business of making people aware of a company's products. 11

**Meet:** as used here, a race between two swimming teams. 20

## N

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**Nerd:** a person who is very interested in technical subjects such as science or computers and who often behaves awkwardly. 7

**Nonprofit organization:** an organization with a goal other than making money, such as supporting art, education or social justice. 34

**Nostalgic:** an adjective that describes feeling sadness combined with happiness at remembering a past place and time. 10

## O

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**Obstetrics:** a branch of medicine that deals with the birth of children and the care of women before,

during and after childbirth. 3

**Officer:** 1) a member of a police force; 2) a person who has an important position in a company, organization or government; 3) a person who has a position of command in the military. 21

## P

**Pacific Northwest:** North American region between the Pacific Ocean and the Rocky Mountains, including the U.S. states of Oregon and Washington. 1

**Paperboy:** a person who sells newspapers, usually very early in the morning. 22

**Paperwork:** routine work that involves writing letters, reports, etc. 16

**Pasture:** open, grassy land where animals can graze, or eat the grass and plants. 39

**Patient:** as used here, a person who receives medical care or treatment. 28

**Petty:** being concerned about trivial things, in a small-minded or spiteful way. vii

**Poll worker:** in U.S. elections, a person who assists voters at the voting booth, giving ballots or directions. 7

**Pop culture:** (short for "popular culture") what is popular now in art and entertainment. vi

**Prevent:** to stop something from happening. 15

**Produce:** fresh fruit and vegetables. "Apples and carrots are in the *produce* section of the grocery store." 35

**Prom:** a formal dance for high school students held at the end of the school year. 6

**Propane:** a colorless gas used for cooking and heating. 45

**Psychologist:** a therapist who specializes in the study and treatment of the mind and behavior. 27

**Psychology:** the science or study of the mind and behavior. 27

**Public relations:** providing information that improves the reputation of a person or organization. 11

## R

**Ranch:** a large farm where animals, such as cattle, horses and sheep, are raised. 38

**Range:** open land that farm animals such as cows and sheep use for grazing and roaming. 38

**Real estate:** the business of selling land and buildings. 7

**Reassure:** to make someone feel more confident, happy or less afraid. "I had to *reassure* my little brother after the loud thunderstorm." 43

**Recognize:** to accept or be aware that something is true or exists. 29

**Recover:** to get something back after it is lost or stolen. "The police *recovered* the stolen car." 22

**Relent:** to soften one's attitude. "The father at first said 'no,' but he *relented* and let the children go to the movies after all." 43

**Reminisce:** to remember the past. 11

**Renewable energy:** energy sources that cannot be used up like limited supplies of coal and oil. Examples are wind, the sun, certain plants and waste that may be turned into electricity and fuel. 45

**Rescue:** to save someone or something. "She *rescued* the mouse from the cat." 13

**Research:** careful study that is done to find and report new knowledge about something. 30

**Rip tide:** a strong ocean current, also called a rip current. 13

## S

**Saloon:** in the Old West, usually a barroom for meeting, playing cards and socializing. 38

**Schedule:** a plan of things that will be done and the times when they will be done. 21

**Shallow:** not caring about serious or important things. vii

**Slaughter:** to kill animals for their meat. 39

**Socketed in:** a slang term taken from airport traffic control used when clouds and fog prevent seeing far. 6

**Soviet:** related to the former Soviet Union or its people. "Soviet bloc" is the group of countries that were part of the Soviet Union. 11

**Spoof:** a humorous show that copies something in a silly and exaggerated way. vi

**Squabble:** an argument. 5

**Staff:** a group of people who work for an organization or business. 21

**Stepfather:** the husband of a person's mother who is not that person's biological father. A stepsister is the daughter of a stepparent. 10

# Glossary

**Stereotype:** an often unfair and untrue belief that many people have about all people or things in a group that is different from their own. **vi**

**Student council:** a group of students who are elected to help plan and organize student activities. **7**

**Suburb:** a smaller town outside a much larger city; "suburban" is an adjective that describes such a town. **9**

**Suicide:** the act of killing oneself. **29**

**Superstar:** a famous and successful performer, athlete, etc. **7**

**Supportive:** giving help or encouragement to someone. **6**

**Switchgrass:** a grass native to North America used as an alternative power source, by burning as a fuel or to make biofuels. **45**

## T

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**Tan:** browned by the sun's rays. **14**

**Tangle:** a mix-up or complication, like yarn that gets snarled or knotted. **1**

**Tart:** a pie that has a filling, like fruit, vegetables or meat. **35**

**Technician:** a person whose job relates to the use of special techniques or skills. **16**

**Theory:** an idea or set of ideas that is intended to explain facts or events. **29**

**Throw a party:** organize and host a party. "Let's *throw a party* to celebrate graduation!" **6**

**Tournament:** a sports competition or series of contests that involves many players or teams and usually continues for at least several days. **30**

**Turbine:** a machine with spinning blades that converts the flow of air, water or gas into electricity. **44**

**Tutor:** to teach a single student. **7**

## V

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**Vegetarian:** a person who does not eat meat. **35**

**Vitamins:** natural substances usually found in foods that help the body to be healthy. **35**

## W

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**Waffle:** a crisp breakfast cake made in a waffle iron" that stamps a pattern of deep squares on both sides of the cake. **35**

**Wind power:** using the energy of the wind to produce electricity. **44**

**Working class:** people who earn money usually by doing physical work. They are not rich or powerful. **2**

**Wyoming:** a mountainous state in the western United States. **38**





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