Name: _____ R.S.

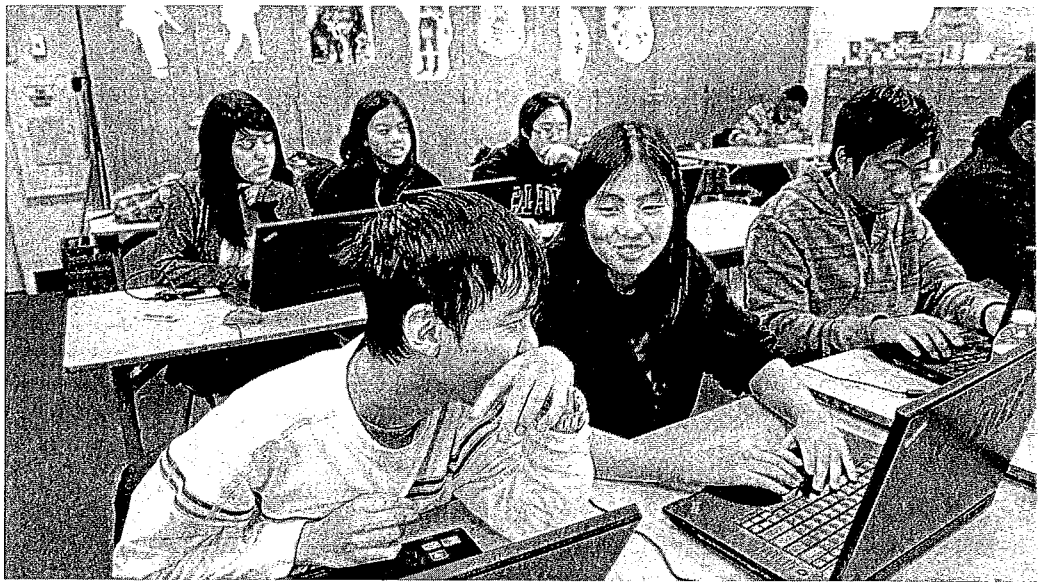
Extended Learning Opportunity #1

NEWSELA

(Reading Skills)
Ms. Kent

Early to bed won't work for tired teens, so some say start school later

By Los Angeles Times, adapted by Newsela staff on 09.02.14
Word Count **453**



Franklin High School students (from left, first row) Alvir de la Cruz, Jasmine Cao, William Wong and (back row) Patricia Hernandez, Jasmine Talavera and Jenny Huang work on computers during class in Los Angeles, California. Photo: Wally Skalij/Los Angeles Times/MCT

Do you have trouble waking up in the morning? If you do, it may be because you are not getting enough sleep.

The American Academy of Pediatrics (AAP) has declared that the frequent sleepiness of our nation's teenagers is a public health problem. As a possible solution, the AAP argues that school should start later in the morning in order to allow students to get more rest.

In the 2011-12 school year, 43 percent of U.S. public high schools started before 8 a.m. As a result, many students had to wake up and get ready for school before they had completed a full night's sleep.

In fact, research shows that it is extremely common for students not to get enough sleep. Eighty-seven percent of high school students in the U.S. are sleeping less than the recommended amount. Teenagers should sleep between 8.5 and 9.5 hours each night. Currently, however, high school seniors get less than 7 hours of sleep at night, on average.

Letting Teens Wake Up Later

Not getting enough sleep causes students to be exhausted. This exhaustion leads to a number of problems. The AAP reports that the average teenager in the U.S. is often as tired as someone with narcolepsy, a disease that makes people so tired that they sometimes fall asleep uncontrollably. As many of us know from personal experience, being tired also affects mood, attention, memory and behavior control.

Teens suffer when they do not get enough sleep. So can't they just go to bed earlier? The answer is: not really. Studies suggest that teenagers' bodies delay releasing melatonin, a hormone that tells the body it's time to go to sleep. This means that teens cannot always fall asleep when they want to.

"This research indicates that the average teenager in today's society has difficulty falling asleep before 11 p.m.," the AAP statement says.

If teens cannot fall asleep earlier, the best solution may be to allow them to wake up later. Studies have shown that a later school start time would help students get an additional hour of sleep per night. Additionally, if school starts later in the morning, the number of students who are absent may go down. It is possible that this change may even improve students' performance in school.

Later start times could create scheduling problems, however. Will there still be enough time for classes and extra-curricular activities? Will parents still be able to get their kids ready for school before going to work? Despite these challenges, the AAP thinks that schools should try to make later start times work, because such a change could lead to important health benefits for teens. You may even find it easier to wake up in the morning.

Quiz

1 Why can't most teens go to bed early to get enough sleep?

(A) They don't like sleeping before 11 p.m.

(B) Their bodies don't allow them to fall asleep early.

(C) They have to complete their homework at night.

(D) They suffer from narcolepsy that affects their sleep pattern.

2 What is the recommended amount of sleep for teenagers?

(A) 7 hours

(B) 8 hours

(C) 9 hours

(D) 10 hours

3 Select the paragraph from the first section of the article that describes one of the proposed solutions so students can get enough sleep.

4 Select the sentence that is MOST important to include in a summary of the article.

(A) Do you have trouble waking up in the morning?

(B) The American Academy of Pediatrics (AAP) has declared that the frequent sleepiness of our nation's teenagers is a public health problem.

(C) Later start times could create scheduling problems, however.

(D) Will there still be enough time for classes and extra-curricular activities?

Summarize the article.

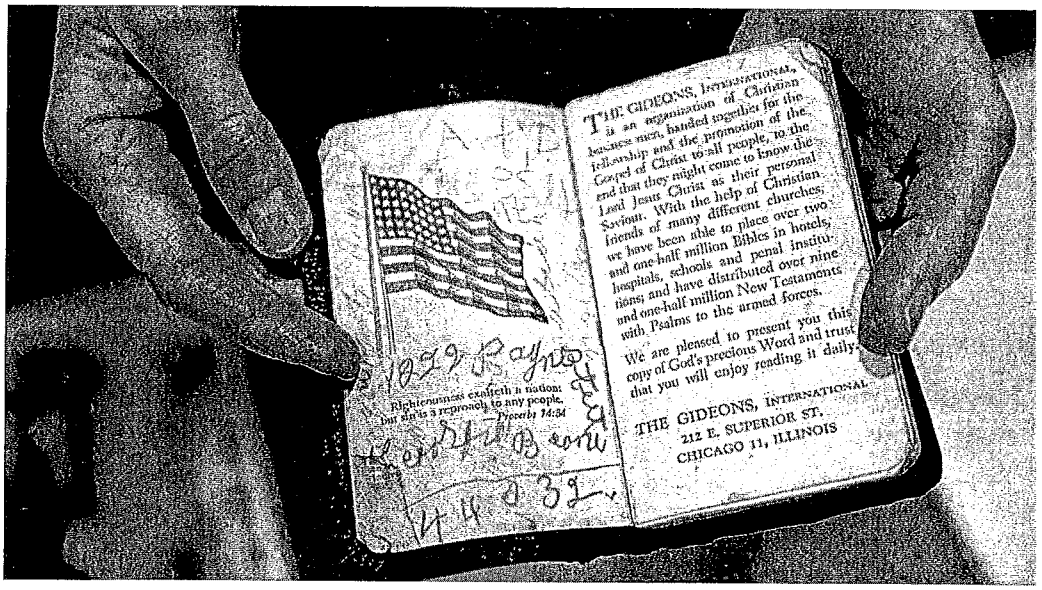
Name: _____ Extended Learning Opportunity 2 R.S.

(Reading Skills Ms. Kent)

NEWSELA

Personal photos and letters show the true Rosa Parks

By Tribune Washington Bureau, adapted by Newsela staff on 02.16.15
Word Count **573**



A personal bible that was carried by Rosa Parks is shown to members of the media during a preview of the Rosa Parks archive at the Library of Congress, Madison Building, in Washington, D.C., Jan. 29, 2015. Photo: AP Photo/Jacquelyn Martin

WASHINGTON — Rosa Parks was a hero in the fight to win equal rights for African-Americans. In 1955, Parks was arrested when she refused to give up her bus seat for a white male rider. At the time, buses had different seating areas for blacks and whites. This was known as segregation.

When bus seats for whites were filled up, blacks were supposed to give up their own seats. Then they were supposed to move to the back of the bus to the section for blacks. Parks refused to get up when the bus driver ordered her to, so she was arrested. Her courage inspired others to fight segregation on buses.

Protesters Are Not Always Angry

Parks never acted like an angry protester, though. She always seemed proper, gentle and ladylike. She certainly did not seem militant — that is, forceful and ready to fight.

However, Parks was more militant than she seemed. Journals and letters written around 1955 show that she was feeling hurt and angry.

A newly released collection of Parks' writings reveals her hidden feelings.

The writings can now be seen at the Library of Congress in Washington, D.C., along with many pictures.

In 1955 Parks was working at the Montgomery Fair department store. Her journals describe how badly she and other black workers were treated by the store. Black workers were forced to eat lunch leaning up against the blacks-only bathroom.

Her journals also show her anger at the killing of 14-year-old Emmett Till in Mississippi. Till was killed less than four months before Parks' arrest.

A Clear Picture For History

Adrienne Cannon is an expert on African-American history. She says Parks tried hard always to seem shy and proper. During the 1950s, women were not expected to be forceful, particularly black women. Most people would not have reacted well to an angry black woman.

If Parks had let all her feelings out she might have hurt her cause, so she tried hard to always seem calm and gentle. However, "in this collection, we hear more of that militant voice," Cannon said.

Cannon thinks Parks kept all her writings because she wanted history to have a complete picture of her.

"She held onto them until the end of her life," Canon said. "She wanted us to know the true Rosa Parks."

She Inspired Many Others

Parks was already a fighter for African-American rights by 1955. So when she was asked to give up her seat for a white man, she refused.

"I had been pushed around all my life and felt at this moment that I couldn't take it any more," she wrote. "When I asked the policeman why we had to be pushed around? He said he didn't know. 'The law is the law. You are under arrest.'"

Parks' bold stand and arrest inspired others to fight. It led to a successful 13-month effort to end the segregation of Montgomery buses.

Parks lost her job at the department store after her arrest. In 1957, she moved to Detroit. In 1965, she worked for Democratic Congressman John Conyers Jr.

In 1996, President Bill Clinton awarded Parks the Presidential Medal of Freedom. She died in 2005, at the age of 92.

Later in her life, Rosa Parks received birthday cards from students all over the world.

"Dear Mrs. Parks," wrote a student named Zack in Texas. "I think what you did for African-Americans is great. Was it scary to go to jail?"

Quiz

1 Which sentence from the article explains the importance of Rosa Parks' arrest?

(A) Parks lost her job at the department store after her arrest.

(B) It led to a successful 13-month effort to end the segregation of Montgomery buses.

(C) Then they were supposed to move to the back of the bus to the section for blacks

(D) Till was killed less than four months before Parks' arrest.

2 Which sentence from the section "Protesters Are Not Always Angry" explains why Parks' journal might be a surprising read for people who already know about Parks' story?

(A) She always seemed proper, gentle and ladylike.

(B) However, Parks was more militant than she seemed.

(C) Her journals also show her anger at the killing of 14-year-old Emmett Till in Mississippi.

(D) Her journals describe how badly she and other black workers were treated by the store.

3 Which of the following sentences belongs in a summary of the article?

(A) She certainly did not seem militant — that is, forceful and ready to fight.

(B) In 1955, Parks was arrested when she refused to give up her bus seat for a white male rider.

(C) In 1965, she worked for Democratic Congressman John Conyers Jr.

(D) Her journals also show her anger at the killing of 14-year-old Emmett Till in Mississippi.

4 Which of the following sentences supports the main idea of the article?

(A) The writings can now be seen at the Library of Congress in Washington, D.C., along with many pictures.

(B) In 1955 Parks was working at the Montgomery Fair department store.

(C) She died in 2005, at the age of 92.

(D) In 1996, President Bill Clinton awarded Parks the Presidential Medal of Freedom.

Name: _____ R.S.

Extended Learning Opportunity 3 (Reading Skills)

NEWSELA

Ms. Kent

It could be possible for our pets to live longer

By The Seattle Times, adapted by Newsela staff on 11.16.14
Word Count **693**



University of Washington scientists Matthew Kaeberlein (left), with his dog Dobby, and Daniel Promislow, with his dog Frisbee, hope to launch a study of the anti-aging drug rapamycin in pet dogs. Photo: Steve Ringman/Seattle Times/TNS

SEATTLE — Daniel Promislow says it's hard to watch his 11-year-old Weimaraner, named Silver, get old.

"Month by month, he gets slower and slower," said Promislow, a geneticist at the University of Washington (UW). His other dog, Frisbee, is still playful like a pup. At 10, though, she also is considered to be elderly for a dog.

It's a sad part of pet ownership that our beloved companions never live long enough.

But Promislow and other researchers think it might be possible to make pets live a little bit longer.

Keeping Them Healthy For Longer

Using the latest anti-aging research, the scientists plan to study a chemical that lengthens the lives of mice and other creatures. They hope it will do the same for dogs.

"We're not talking about doubling the healthy life spans of pets," Matthew Kaeberlein said. He is a biologist at the university. "But at a minimum, I would predict that you would get a 10 to 15 percent increase in average life span" and maybe even longer.

At a meeting in Seattle recently, experts from across the country brainstormed about the chemical rapamycin. They spoke about the best way to test its effects in pet dogs.

Rapamycin is used along with several other drugs in organ-transplant patients. When people get transplants of new hearts, kidneys and other organs their body often fights the new organ. Rapamycin prevents the body from rejecting the new organs. The drug is considered the most promising chemical for anti-aging effects. Nearly 50 laboratory studies have shown that it can delay the some diseases and restore strength to elderly animals. It also extended their average life spans 9 to 40 percent.

Dog Breed Research

No one knows if the drug might do the same things in people. Large-scale human trials are expensive and would take decades to complete.

But with dogs, it could be possible to find out in a few years whether rapamycin works.

"I think it's worth a go, not just from what it can teach us about humans, but for the sake of the animals themselves," said Steven Austad, the head of the University of Alabama Biology Department. He is also an expert on aging. "It may not work in dogs, but if it did, boy, it's going to be huge."

Rapamycin works partly by stopping cells from growing, Kaeberlein explained. It slows the spread of cancer cells. It also improved the way the heart works in elderly mice.

Some dog breeds, including Newfoundlands and Dobermans, are particularly high risk for heart failure. Across most breeds, though, cancer is the leading cause of death. Large dogs generally have shorter life spans than the small breeds.

"We're trying to understand why some dogs age better than others," Promislow said.

The researchers plan to start as soon as possible with a study of 30 large, middle-aged dogs. The researchers want to see if the drug improves the way their hearts work or if it delays heart problems or cancer.

Sign Up Your Dog And Donate Money

The drug may not increase the length of the dogs' lives. However, simply postponing disease could give dogs a healthier, active life, Promislow pointed out.

The researchers eventually hope to persuade hundreds of dog owners to enroll their pets in a much larger experiment to study the aging process of dogs and the long-term effects of rapamycin.

Finding money to pay for the study may be difficult. The government usually only funds studies that focus on human disease. Dog-food companies and non-profit groups might be willing to contribute. Most of all, the scientists are hoping dog lovers who want to improve the health of their animals would help out.

The researchers have set up a website where people can give money. People can also sign up their dogs to possibly be included in the study. The website is dogagingproject.com.

The UW project makes sense, said Dr. Jeffrey Halter, director of the University of Michigan Geriatrics Center. He cautioned that developing new drugs for both animals and humans is a long and difficult process.

"I think most of us who work in this field are not looking for an instant miracle," Halter

said.

Quiz

1 Which of the following has rapamycin already been tested on?

(A) Promislow's dog, Silver

(B) mice

(C) Daniel Promislow

(D) dogs

2 Select the paragraph from the section "Sign Up Your Dog And Donate Money" that explains why dog owners might want to contribute to the study.

3 Read the sentence from the article.

The researchers eventually hope to persuade hundreds of dog owners to enroll their pets in a much larger experiment to study the aging process of dogs and the long-term effects of rapamycin.

Which of the following words can replace "enroll" without changing the meaning of the sentence above?

(A) accept

(B) sign up

(C) employ

(D) convince

4 Read the sentence from the article.

The government usually only funds studies that focus on human disease.

Which of the following sentences has the same basic meaning?

(A) The government usually only pays for studies that target human illness.

(B) The government usually only pays for studies that solve human death.

(C) The government usually only acquires studies that target human death.

(D) The government usually only acquires studies that solve human illness.

5.) Would pets living longer be a good thing? Explain.