



Immigrants and stress*



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What causes stress?

Stress is the body's **reaction*** to change and difficulties. Stress can come from jobs, school, dangers, and family problems. Accidents, sickness, money troubles, **divorce***, war, **natural disasters*** and death of a loved one all cause stress.

Air **pollution*** and **noise pollution*** can cause stress, too. So can watching the evening news on TV!

We actually need some stress. We gladly give ourselves stress by trying to learn new **skills***, trying to win, and trying to reach **goals***.

Immigrants' difficulties

Immigrants have extra **challenges*** and are under extra stress. It is very difficult to move to a new country. Many immigrants have left family members and friends behind in their native country. They **miss*** them. It takes a long time to build new friendships and a new **network*** of **support***.

Some immigrants are here illegally. They may feel **constant*** stress.

They hope **Congress*** will reform the immigration laws and let them stay. So far, Congress has not done that.

Living in a new place is stressful. The brain must learn the **routes*** to home, stores, work, and school. Bodies must **adapt*** to colder or warmer weather.



Photo: Bigstockphoto.com

Money problems can cause stress. Food and rent in the U.S. are expensive. Most immigrants have to take low-paying jobs until they learn English. They may have a hard time finding a job.

Immigrants may live in **crowded*** neighborhoods. They may not be safe from **crime***.

(continued on page 6)

Words in **black** print with a star (*) are in **WORD HELP** on page 12.



Life in the U.S.A. Shopping for groceries-part 6

Reading nutrition* facts

You need to know three things in order to make good food choices:

1. What **nutrients*** do you need?
2. How much of each nutrient do you need each day?
3. How much of each nutrient is in the food you buy?

Each person is different! This article will talk about what the **average*** person needs.

The average adult who weighs 150 pounds needs 2,000 **calories*** from food each day. People who are very active need more. People who are less active need fewer calories. If you eat more calories than your body can **burn***, you will **gain*** weight.

Our bodies need five kinds of

nutrients: **protein***, **carbohydrates***, **fats**, **vitamins***, and **minerals***. We also need **water** and **fiber***.

Why do we need protein?

We need protein for building and repairing muscles, **organs***, hair, skin, and blood.

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By U.S. law, food companies must put nutrition facts on their packages. Staff photo.

Events

“March comes in like a lion and goes out like a lamb*.”



Photo: Dreamstime.com

This saying is about the weather. At the beginning of March, it's cold and very windy. At the end of March, it's warm and the wind is **gentle***.



Photo: Dreamstime.com

March 2014						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

Women's History Month

The month of March is Women's History Month. It's a time when people learn stories about women in history and women who are famous today.

Until 1970, there were not many stories about women in the history books. Before 1920, women did not have the right to vote. Earlier than that, women could not own **property***. They could not speak at public meetings.

Women had to **struggle*** to get the right to vote, the right

to own property, even the right to their own children after a divorce. Women were allowed to be teachers, but they could not enter most other **professions***.

Girls could not take classes in shop, auto repair, or woodworking at school. No one went to see girls' sports. The best universities were for men only. Today's history books are now filled with women's stories.

(Read about the first woman on the U.S. Supreme Court on page 7.)



Photo: Bigstockphoto.com

Read Across America

March 3 is “Read Across America Day.” It **celebrates*** the birthday of **Dr. Seuss***. Dr. Seuss's famous *Cat in the Hat* book helped millions of children learn to read.

Schools have special **events*** to celebrate reading. Guests come to schools to read to younger children.

It doesn't matter what language you read. Reading builds ideas, knowledge, and many **skills***. Visit your public library, get a free library card, and borrow books.



Children reading a book © Darrinhenry | Dreamstime.com

Mardi Gras*

The week before Ash Wednesday is special for many Catholics. They **celebrate*** **Carnival*** (*carne vale*: good-bye meat). That's because the period of **Lent*** begins with 40 days of **sacrifice***.



Mardi Gras costumes at Rainbow Harbor, Long Beach, California. © Zepherwind | Dreamstime.com

Traditionally, Catholics did not eat meat during Lent.

In many cities with large French or Spanish populations, Carnival is a **joyful*** time with parties, **costumes*** and parades. The last day of Carnival is *Mardi Gras* [MAR dee grah] (Fat Tuesday.)

The *Mardi Gras* events in New Orleans and other southern cities are famous. Many people go there to take part and enjoy the foods, parties, parades, and excitement.

Ash* Wednesday

March 5 is Ash Wednesday. For Christians, this day marks the first day of Lent. Lent is a **season*** of 40 days (not counting Sundays) before **Easter***.

Catholics and some other Christians go to church on Ash Wednesday. A **priest*** makes the sign of the **cross*** with ashes on their **foreheads***. During Lent, Christians work hard at becoming better persons. They sacrifice some **pleasure***. They eat smaller meals. They do not eat meat on Ash Wednesday and on Fridays during Lent.



The priest at the Annunciation Catholic Church in Washington, D.C. marks the sign of the cross on Catholics' foreheads. The ashes are from burning last year's palms from Palm Sunday. © Richard Gunion | Dreamstime.com February 2, 2012.

in March

Saint* Patrick's Day

March 17 is St. Patrick's Day. Irish **immigrants*** brought this **joyful*** holiday with them when they came to America. There are more Irish people in America than in Ireland! More than 12% of Americans are of **Irish descent***.

The Irish and many other Americans have a lot of fun on St. Patrick's Day. They sing Irish songs. They tell stories about **leprechauns*** and pots of gold. They wear green clothes. They eat green cakes and cookies. They drink green beer. **Traditional*** foods on this day are **corned beef*** with cabbage.



People dress in green with many **symbols*** of Ireland: leprechaun hats, fake gold, and **shamrocks***. Green beer is a favorite drink. Some people drink too much. Bigstockphoto.com

There are parades in hundreds of cities. The biggest Saint Patrick's Day parades are in New York City and Boston.

The Irish invite everyone to be "Irish for a day." Just wear green and have a good time!

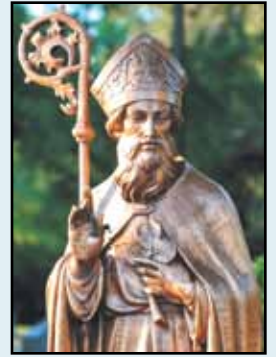
Who was Saint Patrick?

Patrick was born in England around 390 C.E.* He became a priest in the Catholic church. The **pope*** sent him to Ireland to teach the Irish about Christianity.

Patrick taught for many years. He **converted*** Irish princes and chiefs to Christianity. Their people became Christians, too. Patrick started churches and trained priests.

There are many **legends*** about St. Patrick. People said that he made snow burn, that he drove the snakes out of Ireland, and that he brought dead people back to life.

Patrick died on March 17, 461 C.E. Many years later, the Catholic church said that he was a saint.



Icon of St. Patrick Bigstockphoto.com

Spring begins



Spring tulips Bigstockphoto.com

The first day of spring is March 20. This is also called the **vernal equinox***. There are 12 hours of daylight and 12 hours of darkness on this day.

Americans will be very glad to welcome spring this year. The winter in most parts of the country has been very cold. Some places in the South usually have warm weather all year round. But this year, the cold and snow reached most of the southern states.

Daylight Saving Time

Daylight saving time begins Sunday, March 9 at 2 a.m. Clocks are set ahead to 3 a.m. Many people set their clocks ahead one hour Saturday night before they go to sleep.



Income tax time

(Word Help for this article is on page 9.)

Americans must pay their **income* taxes*** for 2013 by April 15, 2014. Most people **file*** a **tax return*** before April 15. They want to get a **refund***. They use a special tax return form called the "ten-forty" (1040).

Everyone who works as an **employee*** pays taxes during the year. The **employer*** **withholds*** taxes from paychecks and sends that money to the **Internal Revenue Service* (IRS)**.

If the employer did not withhold enough money, the person must pay the taxes they **owe*** by April 15.

You **must report*** your income if you **earned*** more than a certain amount (see page 9). There are good reasons to file an income tax return, *even if you earned less than that*. You may get a refund. You have to file a return to get it.



Photo: Bigstockphoto.com

A person with a low income may also receive **Earned Income Credit***. It's the government's **reward*** for working, even at a low-paying job. You may get American Opportunity Credit if you are a student in **post-secondary school***.

There are two ways to send in an income tax return. Some people send in their tax return by mail. Others use an Internet program to **E-file*** their return.

You can get your tax return



Photo: Bigstockphoto.com

forms (1040 Form) at **IRS.gov**. The form is in English. There is some help at their website in English, Chinese, Spanish, Vietnamese, Korean, and Russian.

An income tax return is a **legal document***. If you send it by mail, sign your name in ink at the bottom of the 1040 form and write the date. Mail the return to the IRS. The IRS has many addresses. Find the address for your state in the 1040 instruction book.

Watch out for tax scams*

Many people use a tax **preparer*** to help them. A tax preparer can save a person from paying too much tax. However, choose your tax preparer carefully. Your personal information is **valuable***. Use a tax preparer you are sure you can **trust***.

If you send in your tax return **electronically***, you will get your tax refund sooner. Your refund will be deposited electronically into your bank account.

The IRS never emails or calls taxpayers on the telephone about their taxes. If anyone does, they are not honest. Do not believe emails you get with a link to a website for help with your tax return.

Do not let someone tell you to give wrong information on your 1040 Form to get a larger return. There is a \$5,000 **penalty*** for giving false information on a tax return.

Do not take an "**instant***" refund from a tax preparer. This is a **loan*** with a very high **interest rate***. Wait for the full amount to come to you in a few weeks.

(Read more on page 8. See a practice **1040 EZ*** tax return form on page 9.)

This is your page

The rainbow

My first job in America was in a factory. At the time my English wasn't good. I worked with people from many countries. My **supervisor*** was an American lady.

One day the supervisor told us to go outside to see the rainbow.

I thought she meant the grocery store called Rainbow Foods. I didn't need anything from the store so I didn't want to go. But everyone went out to see the rainbow, so I followed them.

My supervisor pointed to the sky and said, "Look at the beautiful rainbow!" I had never seen a rainbow before. I'm glad I went outside. I would have missed it.



A rainbow
Bigstockphoto.com

May Vogel
Crystal, Minnesota
(Thailand)

Against the law

Six years ago I moved from Peru to the United States. One day I picked up the mail from my mailbox. I found two letters for another woman with the same last name as mine. I opened them. They



were for my husband's ex*-wife.

When my husband came home I told

him what I did. He said that in this country it's illegal to open someone else's mail. He told me never to do it again. At the time I was very upset because I had broken the law. Now I just think it's funny.

Karla Monter
Woodbury, Connecticut
(Peru)

Special delivery

I had an **appointment*** with my doctor to talk to her. I asked where she was.

A **receptionist*** told me, "Your doctor is in **delivery***. Would you like to wait for her?"

I said, "Yes, I'll wait." I thought that if my doctor was in delivery she was on her way to the clinic. I wondered why someone had to deliver her. Why couldn't she drive to the clinic by herself?

An hour later the receptionist said, "Your doctor is still in delivery. It may take another hour."

I said, "OK. I'll wait because I really need to talk to her." I started to get angry. I wondered why it took so long to deliver my doctor. What kind of delivery service did they use?

I was going to **complain*** when my husband called. I told him what happened. He laughed and told me that *delivery* also means that someone is giving birth to a baby. The doctor was with a woman who was having a baby. I laughed and told the receptionist she could deliver my doctor another day.

Svetlana Goldenfan
Edina, Minnesota
(Russia)

A new language

My youngest son was three years old when we came to the United States. He was just beginning to speak some words in Arabic. My husband and I thought that if we sent him to **preschool*** he would learn English faster.

At first he didn't enjoy school because he couldn't understand anything. After a while his teacher told me that she didn't understand some of his stories. She brought her notes and asked me to **translate*** them. When I heard what she said I was **shocked***. This wasn't English. It wasn't Arabic either! He was making up strange sounds.

We both laughed. I think at the time my son thought anything he didn't say in Arabic would be English.

Reneih Alratrou
Plymouth, Minnesota
(Jordan)

Not crazy

When I first came to New York I went for a walk with my friend. Whenever he **sneezed*** the people next to us said, "**Bless*** you." I didn't know what it meant. I

thought they were just crazy people.

Later I moved to Virginia. Whenever I sneezed in school people also said, "Bless you."



I asked my teacher why people say that. She said it means they want God to bless you so you won't get sick. Now I know that in New York, the people weren't crazy. They were kind.

Jaeyong Shim
Fork Union, Virginia
(South Korea)

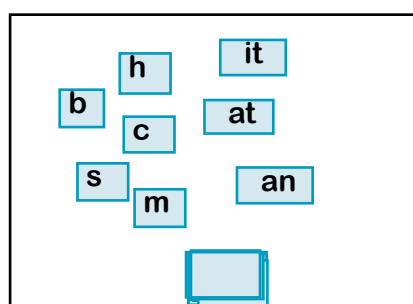
Homework headache

My son came home from school with his homework. We were supposed to use cards to make words. The directions said to put cards together to make up new simple words. I didn't know if **shuffling*** cards meant to give cards out or mix them up.

The next step was to draw cards from the **deck***. What deck? The only deck I knew was the one outside my house. Then I had two more problems. First the directions said to draw a picture out of something with the letters *a, b, r,* and *t* on the cards. Then it said to put them in the deck. I was completely lost.

The directions got more **complicated***. They were: "If the player has only letter cards or word family cards, he/she has to **discard*** one and draw a new one." I asked my son if he knew what letter cards and word family cards were. He didn't know either.

More confusion came when I read, "Play continues until all the cards have been drawn." I thought this game involved a lot of drawings! I knew something was



wrong. I waited until my husband came home from work to help me.

My husband explained the homework. It was a simple game. You had to pick cards and **combine*** them to make new words. *Deck* was the name for all the cards in a pile. *Draw* meant to pick from the deck. It didn't mean to make a picture. I was **frustrated*** because I couldn't help my child with simple first grade homework.

Fernanda Pimenta
Englewood Cliffs, New Jersey
(Brazil)

Funny and fun

I learned American history in school. I was very interested in Pearl Harbor, Hawaii. My husband was in Hawaii when he was in the Navy. I wanted to share his Navy memories. I asked if we could travel to Hawaii for his next birthday. He asked me why. I said that I wanted to visit Pearl Harbor and the other famous city *Honohoho*.

He laughed and kept repeating *Honohoho*. I didn't know why he was laughing.

Finally, he said, "Honey, it's not *Honohoho*. It's called *Honolulu*."

Then I understood that my English was funny. My English wasn't perfect but it **entertained*** my husband.

Yingyu Yu
Robbinsdale, Minnesota
(China)

Oops! Last month we wrote that the Winter Olympics would be in the beautiful resort village of Sochi in Russia.

Sochi is much larger than a village. It is actually a city of 400,000 people. Thank you to Tetyana Ovsienko.

Send your story to **ESL@elizabethclaire.com**. Write your story title and your name in the subject line.

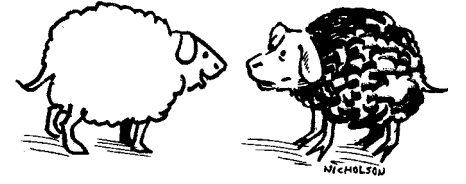
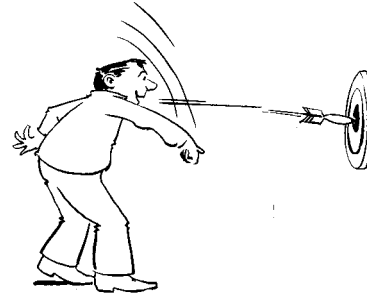
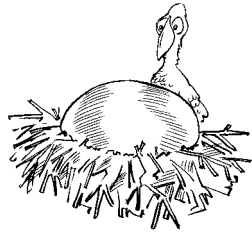
Please see our website for *writer's guidelines*. We pay \$15 for each story we publish. Write your name and mailing address so we can send you payment if we print your story. Tell us your home country, too.

Dr. Lynn Corigliano

Idiom Corner

Illustrations by Dave Nicholson

Have you heard people use these idioms?



1. an ace* up one's sleeve

a fact that a person keeps hidden, until it is needed

Boris didn't tell his boss that his dad was a Congressman. He kept that information as *an ace up his sleeve*.

Willy understood English but he didn't let anyone know. This was *an ace up his sleeve*.

2. a nest egg

money saved for a secure* future

Jan saved his money carefully. He wanted to build a *nest egg* to buy a house after he got married.

You can build a nice little *nest egg* for your old age, if you just save a few dollars every week.

3. to be right on target*

to be exactly correct about something

Dan's idea for the group's project *was right on target*.

Ho's answer to the question *was right on target*.

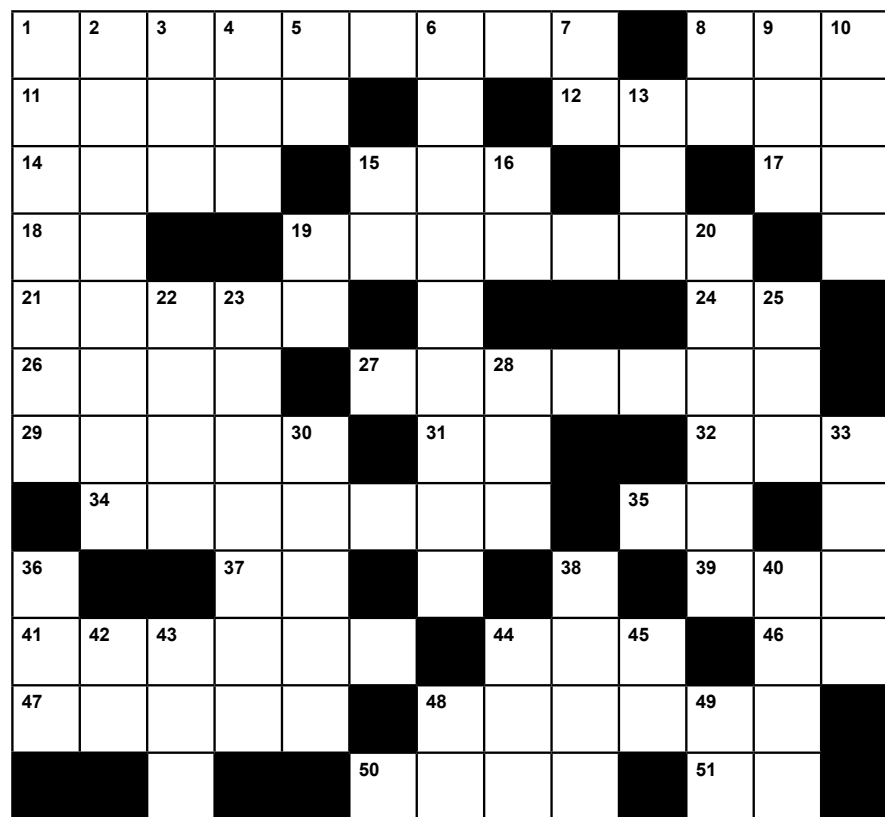
4. a black sheep

a person who has done things the family may be ashamed of

Jessica was the *black sheep* of the family. She ran away to join a circus.

My Uncle George was the *black sheep* of the family. He was often in trouble with the police.

Crossword Puzzle



Across

- 1. To say "I'm sorry."
- 8. To fix a hole in a garment with a needle and thread
- 11. One right of Americans is to have a _____ by jury.
- 12. Extra; _____ tire
- 14. Keep; contain; have in one's hand
- 15. It is (contraction)
- 17. About; regarding (short form)
- 18. Pound (abbreviation)
- 19. United States of _____
- 21. Part of the arm that bends
- 24. Louisiana (abbreviation)
- 26. Rip
- 27. Different from others; unique; extra; wonderful
- 29. Poet: _____ Dickinson
- 31. Registered Nurse (abbreviation)
- 32. Ninth month (abbreviation)

- 34. Past tense of *stain*
- 35. All right; yes; I agree.
- 37. Northeast (abbreviation)
- 39. We breathe this.
- 41. Water on the ground after a rain
- 44. Ocean
- 46. Thomas Edwards' initials
- 47. Past form of stand
- 48. The _____ of Liberty
- 50. The number after three
- 51. After noon (abbreviation for *post meridian*)

Down

- 1. A person good at sports is an _____.
- 2. Use your brains to solve your _____.
- 3. A car needs gas and _____.
- 4. Boy, in England
- 5. On-line (abbreviation)
- 6. To explain what someone is

Psychiatrist*:

What's your problem?

Patient*: Doctor, I think I'm a chicken.

Psychiatrist: How long have you been having these thoughts?

Patient: Ever since I was an egg!



- saying in another language
- 7. Letters at the end of some plural nouns
- 8. South America (abbreviation)
- 9. Make a mistake
- 10. Palm Sunday is one _____ before Easter.
- 13. Political Action Committee (abbreviation)
- 15. I am (contraction)
- 16. Señor or Sister (abbreviation)
- 19. An expression of disappointment
- 20. Largest state in the U.S.
- 22. Use this to catch a fish or a mouse.
- 23. City in Florida: Disney World is here.
- 25. Dark beer
- 28. Opposite of begin
- 30. Give the right of way to another car
- 33. Very clean; 100% of something: My ring is _____ gold.
- 36. "Life has its _____ (high

- points) and downs (low points)."
- 38. Beginning of a business letter: _____ Mr. Brown:
- 40. One thing, in a store or on a list
- 42. Utah (abbreviation)
- 43. A family pet
- 44. Short name for Stuart
- 45. Near; very close to
- 48. It was _____ cold I nearly froze.
- 49. Opposite of *down*

Answers are on page 11.



Immigrants and Stress

(continued from page 1)

Culture shock*

Each day there are worries about new things: *How do we use the stove? The washing machine? A public telephone? What do we do when the toilet runs over? How will the children learn in an American school? How do we get a driver's license? Are our documents* OK? Will any of our friends or someone in our family be deported*? What should we do or say? What should we wear?*



Some uneducated Americans may show **prejudice*** against immigrants. They may have negative feelings about the looks, dress, race, religion, or language of immigrants.

An immigrant has to face new information and new **situations*** every day. It is hard to know if he or she is making a mistake in manners. Some of the manners of Americans may seem **rude***.

Language shock

It is difficult to learn English. It can take many years. Without English, immigrants can feel **unconnected*** to their new neighbors and new **society***. **Misunderstandings*** happen every day, and cause a lot of problems. "Excuse me-can you say that again, please?"

Children and stress

Immigrant children often have a difficult time in school. They may feel **frustrated*** because they can't understand the lessons. They may feel lonely because they can't



make friends. School work may take them many hours each evening. Parents

cannot help with homework or explain school rules to them. The children feel **ashamed*** when they get bad report cards.

Dangers

There are dangers in American society. Children must learn not to talk to strangers. They must learn to "say 'NO' to drugs." Parents cannot easily **advise*** their children. The parents do not know what to expect, either.

Children may learn English more quickly than their parents. They may learn new habits and



behaviors from TV or classmates. They may choose **values*** that are different from their parents' values. This can cause **disagreements*** between parents and children.

Too much stress

Too much stress can be like a slow **poison*** for our bodies. Stress can cause headache, backache, **anxiety***, overeating, upset stomachs, sleepless nights, tiredness, sadness, and **irritability***. Stress can cause high blood pressure and heart **palpitations***. It can lower a person's **ability*** to fight illness.

Stages* of adjustment*

Newcomers may go through different stages of adjustment to their new life. At first it may seem wonderful to be in the United States. For some people, it is a dream come true.

Then the stress starts to add up. There are too many problems to handle. Learning English seems impossible. The whole family is always tired.

Then there may be a period of **depression***. The newcomers may think it was a mistake to come to the U.S.

After some years, life starts to look better. The **rewards*** for hard work start to come in. The immigrants become more comfortable. They can speak English. They feel that they are a part of America.

Managing stress

We cannot make stressful situations go away. But we can learn to manage ourselves better so stress does not hurt us.

• Take care of your body. Eat healthful foods. **Avoid*** American **junk foods*** with too much sugar, salt, and fat. Avoid **caffeine*** and alcohol.



• Get some exercise each day, or at least three days a week.

• Get enough sleep. You will need more sleep the first months of living in a new place. Go to bed at a regular time.

• Improve your English. Good **communication skills*** will **reduce*** your stress.

• Join a church, temple, club, or other **support*** group.

• Decide which things in life are most important to you. Make time to take care of these top **priorities***: health, family, job, home, education.



• When you have a problem, don't keep it inside yourself. Talk about it with a family member or a friend you can **trust***.

• Be extra **patient*** with your family. Show your love.

• Don't push yourself past your **limits*** all the time.

• Remember that **basic*** human **needs*** are really very simple. We need simple food; **shelter*** from rain and cold; something to wear; freedom from danger; work; love; and a chance to learn.

• Don't **compare*** your life with the lives of rich people. Compare your life to the lives of people hundreds of years ago. They had no electric lights, no stoves, no machines, no TV, no refrigerators, no pipes with running water, no bathrooms. That way, you can see how lucky and rich you are.

• Talk to your family about **goals*** for the future. *What do you plan to do next year? In five years? In ten?* Keep a bright picture in your mind. This will help you get through many difficult days.

• Write down all the things you have **accomplished***. This will help you see how far you have come.

• Make time to have some fun and **relax***. Bring beauty into your home with art and music. Sing, dance, tell jokes, laugh.

• Feed your spirit. **Meditate*** or pray. Read books that **inspire*** you. Go for walks in the park or the woods. Remember that the moon, the sun, and the stars belong to everyone. Take time to smell the flowers.



All photos from Bigstockphoto.com

Heroes and History

Sandra Day O'Connor, First woman on the Supreme Court

“We don’t hire* women attorneys*”

Sandra Day was born in El Paso, Texas, on March 26, 1930. She grew up on her family’s **cattle ranch*** in Arizona. She learned to shoot guns and ride horses before she was eight years old.

She married John Jay **O’Connor** in 1952. That year she graduated from Stanford Law School with high honors. Nevertheless, she had trouble getting a job as an attorney. The men in her law classes got high-paying jobs with large companies. Sandra Day **O’Connor** applied to more than 40 law **firms***. Not one of them would **interview*** her. They didn’t hire women attorneys.

“I’ll work without pay”

Finally, she offered to work for no **salary***. That got her a job as a **deputy*** county attorney in San Mateo, California. She learned how hard it was for a woman to get a **professional*** job. This experience made her go into **politics***. She wanted to help change things.

O’Connor served in the Arizona State Senate from 1969-1975. She became the first woman to serve as its **Majority Leader***. In 1975 she was elected to the Maricopa County Superior Court. In 1979 she was a judge on the Arizona **Court of Appeals***. She served on the Court of Appeals until 1981.

A phone call from the president

That year, she got a call from President Ronald Reagan. He wanted to **appoint*** her to the U.S. **Supreme Court***. She was **shocked***.



President Ronald Reagan and Justice Sandra Day **O’Connor** walk outside the Supreme Court after she was sworn in September 25, 1981. AP Photo

No woman had ever been on the Supreme Court. She would be the first! The U.S. Senate approved the appointment on September 21, 1981.

25 years on the Court

O’Connor served as a **justice*** on the Supreme Court for 25 years. At first her decisions were on the **conservative*** side. Later she became more **moderate***. She was a “**swing vote***” on **abortion*** as well as other difficult **cases***.

Not everyone agreed with her **opinions***, but she was **well-respected***. Everyone *did* agree that she was hard working, honest, and fair.

Sandra Day **O’Connor** **retired*** from the Supreme Court in 2006 to take care of her husband. He had **Alzheimer’s*** disease. Her husband **passed away*** in 2009.

A new mission*: civics education

Now **O’Connor** has a new mission. “Americans don’t know enough about **civics***,” she said. “They can’t be good citizens if they don’t know how the government works. Learning about citizenship is just as important for American children as learning multiplication or how to write their names.... Every young person needs to learn how our government works at the national level, at the state level, and at the **local*** level. They need to know how they can be part of it.”

O’Connor founded **iCivics.org***, in 2006. The iCivics website uses games to make learning about government more interesting. It’s completely free for teachers and students. Her website, iCivics.org, works with the Boys & Girls Clubs. Together, they are able to reach a large number of young people across the country.

O’Connor says, “Liberty **depends*** on citizens who *understand* the meaning of our Constitution and its **guarantees***. This understanding will keep liberty in their hearts.”

O’Connor has won many **awards***. In 2009, President Barack Obama gave her the Presidential Medal of Freedom. Arizona State University named its law school after her. The **federal*** courthouse in Phoenix,

Arizona is named in her **honor***.

The National Cowgirl Museum and Hall of Fame in Fort Worth, Texas has an **exhibit*** about her: “The Cowgirl Who Became a Justice.”



Sandra Day **O’Connor**. Photo by Chris Mantle, February 25, 2009.

The Constitution of the United States
by James Madison, Alexander Hamilton, Benjamin Franklin, George Washington and 35 others

With a Side-by-Side Translation in Simple English

by Elizabeth Claire, MA TESOL
Editor, Easy English NEWS

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United States Supreme Court Building in Washington, D.C. © Alberto Dubini | Dreamstime.com



Former* U.S. Supreme Court Justice Sandra Day **O’Connor** speaks to students and teachers at the University of Denver College of Law in Denver, Colorado on October 10, 2007. Later that day, she was honored with an award from the Institute for the Advancement of the American Legal System. AP Photo/Ed Andrieski

The W-2 Form

(Word Help for this article is on page 9.)

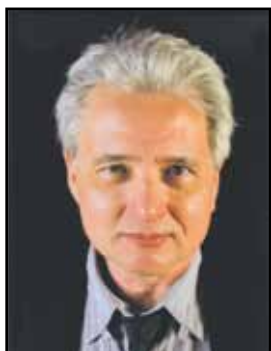
Did you get a **W-2 Form*** from an employer? You'll need it when you file your income **tax return***. The W-2 Form tells how much money you earned with an **employer*** last year (See Box 1). It tells how much money your employer **withheld*** for **federal*** tax, **Social Security*** tax, **Medicare*** tax and State Income tax. (See boxes 2, 4, 6, and 17.)

Look at your W-2 carefully. Is your name spelled correctly? Is your address correct? Is your Social Security Number correct? Are your **wages*** correct? If there are any errors, tell your employer to send an **amended*** W-2 form to you and to the IRS.

Practice **filling out*** a simple income tax return, on the Form 1040 EZ on page 9. Use the information from this W-2 for Nathan Niceman below. The Word Help for this page is on page 9, too.

Form W-2 Wage and Tax Statement 2013				Copy B, to be filed with employee's FEDERAL Tax return			
a Control number 00xx-P522		c Employer's name, address, and ZIP code		Department of the Treasury-Internal Revenue Service OMB No 100-0000			
b Employer's Identification Number 04-555-1111		d Employee's Social Security Number 055-55-4444		SIMPLE ENGLISH, INC. 2100 WELCOME WAY VIRGINIA BEACH, VA 23456		1 Wages, tips, other compensation 20533.48	2 Federal Income tax withheld 1078.05
13 Statutory Employee		Retirement Plan	Third party Sick pay	Subtotal	3 Social Security wages 20533.48	4 Social Security withheld 1273.07	
12 See Instrs. for Box 12		14 Other		Employee's name, address, and ZIP code			
		UI/HC/WD	87.27	NATHAN NICEMAN 321 PAGE STREET EDITVILLE, VA 23454			
		DI	102.68	7 Social Security tips			
				8 Allocated tips			
				9 Advance EIC Payment			
				10 Dependent care benefits			
				11 Nonqualified plans			
15 State	Employer's State ID No.	16 State wages, tips, etc.		17 State Income tax	18 Local wages, tips, etc.	19 Local income tax	20 Locality name
		20533.48		310.03			

Ask a Speech Coach



by Gene Zerna

Here are /sh/ words in sentences. Hold the /sh/ for a longer time as you say them. Then repeat the sentences at normal speed.



She shall shampoo her hair in the shower.



I have to wash my shirt.

The fish is fresh.

I brushed my shoes.

The motion of the ocean makes me feel sick.

Patricia gave me a dish of mushrooms.

For the /zh/ sound, make the /sh/ sound but add vibration of the vocal cords. Feel the strong vibrations against your teeth and the tip of your tongue. If you don't feel your teeth vibrating, you are not making a good /zh/ sound.

Feel the /zh/ vibrations as you say these words. **Sustain*** the /zh/ sound the first time. Feel a strong vibration for the /zh/. Then read the words again at normal speed:

- | | |
|-----------------|-------------------|
| Asia | Persia |
| measure | pleasure* |
| treasure | vision |
| usual | casual |
| confusion | decision |
| division | explosion |
| television | collision* |
| corsage* | garage |
| massage* | rouge* |

Try these sentences:

I do my usual exercises in the garage every day.

There was an explosion after the collision.



The women from Asia wore corsages.

It gives me pleasure to watch television.



The sounds /sh/ and /zh/

It takes an extra effort to make the /zh/ sound so it is different from the /sh/ sound.

The /sh/ is a sound like a far-away wind. Listen to a native-English speaker, and watch his or her mouth. Gently press your teeth together. Push air out quietly. There is no **vibration*** of the **vocal cords***.

Hold the /sh/ sound in the following words the first time you say them. Then repeat the words at normal speed:

- | | | |
|--------|----------|------------|
| she | short | shirt |
| shoe | shoulder | shall |
| shark | shovel | shower |
| nation | motion | ocean |
| wash | fish | brush |
| dish | rush | punish |
| crash | mushroom | Washington |

All photos from Bigstockphoto.com

Gene Zerna is the producer and director of *Master Spoken English: Feeling Phonics*. This five-DVD program helps speakers improve pronunciation and fluency. Visit masterspokenenglish.com for his new Interactive Master Lab.

Record yourself on your webcam and upload it to the lab!

Gene Zerna is available for private coaching, small groups, and teacher training.

Who must pay income taxes?

A **single*** person under age 65 who **earned*** \$10,000 or more in 2013 must **report*** his or her income to the government. This is called **filing*** an income **tax return***. Married **couples*** under 65 who earned \$20,000 or more must file. Married couples over 65 who earned \$22,400 or more must file.

The income tax return is on a Form 1040. There are three kinds. The simplest one is the 1040 EZ. It has just one page. Taxpayers can use the one-page EZ form if they:

- are under age 65.
- have **taxable*** income under \$100,000.
- **claim*** no dependents*.
- have no **adjustments*** to income (such as **contributions*** to an **IRA*** or a **401K***).
- have income only from **wages***, **salaries***, **tips***, scholarships, or **unemployment compensation***.
- earned less than \$1,500 of **taxable interest***.

Other taxpayers will need to use Form 1040 or 1040 A. They have

WORD HELP for Income tax articles and forms

1040 EZ *noun*. A one-page document for completing an income tax return.
401K *noun*. A retirement savings plan.
accurate *adjective*. True and correct.
adjusted gross income *noun phrase*. Income after things were subtracted.
adjustment *noun*. Things added or subtracted.
amended *adjective*. Changed.
applicable box *noun phrase*. A little box to mark next to your correct answer.
attach *verb*. Put together; staple or clip.
calculate *verb*. To add, subtract, divide, or multiply numbers.
check *noun*. Make a mark (✓) in a box.
claim *verb*. To say (or write) that one has dependents or expenses.
combat pay *noun phrase*. Pay for a soldier, etc., during any month served in a combat zone (Afghanistan, etc.)
contribution *noun*. An amount of money given to a retirement fund.
couple *noun*. Two people, married.
deduction *noun*. An expense that can be subtracted from one's income.
dependent *noun*. A child, spouse, or disabled person that a taxpayer supports.
directly deposited *verb phrase*. Electronically transferred from one bank account into another bank account.
discuss *verb*. To talk about.
earn *verb*. To make money from working.
earned income credit *noun phrase*. Money the government gives to low-income workers.
E-file *verb*. To send something in an email, or submit it electronically.
electronically *adverb*. Using the Internet to send information.
employee *noun*. A person who works, following instructions of an employer.
employer *noun*. A person who gives someone a job and pays them.
enclose *verb*. Put into an envelope.
federal *adjective*. National (government)
file *verb*. To send in information.
fill out *verb phrase*. To write

two or more pages. Special forms called **schedules*** can be added to the 1040 form. You can print these out from **IRS.gov**. These are some examples:

- Schedule A: to **itemize*** expenses

- Schedule B: to report interest income
- Schedule C: for business income

The government lets a single taxpayer subtract a standard

deduction* of \$6,100 from his or her income. If people have more **tax-deductible expenses***, they can itemize expenses on Schedule A. They will get a larger deduction from their income before **calculating*** their taxes.

Form 1040EZ		Income Tax Return for Single and Joint Filers With No Dependents (99)		2013		OMB No. 1545-0074	
Your first name and initial		Last name		Your social security number			
If a joint return, spouse's first name and initial		Last name		Spouse's social security number			
Home address (number and street). If you have a P.O. box, see instructions.				Apt. no.		▲ Make sure the SSN(s) above are correct.	
City, town or post office, state, and ZIP code. If you have a foreign address, also complete spaces below (see instructions).				Foreign country name		Foreign province/state/county	
				Foreign postal code		Presidential Election Campaign Check here if you, or your spouse if filing jointly, want \$3 to go to this fund. Checking a box below will not change your tax or refund. <input type="checkbox"/> You <input type="checkbox"/> Spouse	
Income Attach Form(s) W-2 here. Enclose, but do not attach, any payment.	1	Wages, salaries, and tips.	This should be shown in box 1 of your Form(s) W-2.	1			
	2	Taxable interest.	If the total is over \$1,500, you cannot use Form 1040EZ.	2			
	3	Unemployment compensation	and Alaska Permanent Fund dividends (see instructions).	3			
	4	Add lines 1, 2, and 3. This is your adjusted gross income.		4			
	5	If someone can claim you (or your spouse if a joint return) as a dependent, check the applicable box(es) below and enter the amount from the worksheet on back. <input type="checkbox"/> You <input type="checkbox"/> Spouse If no one can claim you (or your spouse if a joint return), enter \$10,000 if single; \$20,000 if married filing jointly. See back for explanation.		5			
	6	Subtract line 5 from line 4. If line 5 is larger than line 4, enter -0-.		6			
Payments, Credits, and Tax	7	Federal income tax withheld	from Form(s) W-2 and 1099.	7			
	8a	Earned income credit (EIC)	(see instructions).	8a			
	b	Nontaxable combat pay	election.	8b			
	9	Add lines 7 and 8a. These are your total payments and credits.		9			
10	Tax. Use the amount on line 6 above to find your tax in the tax table in the instructions. Then, enter the tax from the table on this line.		10				
Refund Have it directly deposited! See instructions and fill in 11b, 11c, and 11d or Form 8888.	11a	If line 9 is larger than line 10, subtract line 10 from line 9. This is your refund. If Form 8888 is attached, check here <input type="checkbox"/>		11a			
	b	Routing number		c	Type: <input type="checkbox"/> Checking <input type="checkbox"/> Savings		
	d	Account number					
Amount You Owe	12	If line 10 is larger than line 9, subtract line 9 from line 10. This is the amount you owe. For details on how to pay, see instructions.		12			
Third Party Designee	Do you want to allow another person to discuss this return with the IRS (see instructions)? <input type="checkbox"/> Yes. Complete below. <input type="checkbox"/> No						
Sign Here Under penalties of perjury, I declare that I have examined this return and, to the best of my knowledge and belief, it is true, correct, and accurately lists all amounts and sources of income I received during the tax year. Declaration of preparer (other than the taxpayer) is based on all information of which the preparer has any knowledge.	Designee's name		Phone no.	Personal identification number (PIN)			
	Your signature		Date	Your occupation		Daytime phone number	
Joint return? See instructions. Keep a copy for your records.	Spouse's signature. If a joint return, both must sign.		Date	Spouse's occupation		If the IRS sent you an Identity Protection PIN enter it here (see inst.)	
Paid Preparer Use Only	Print/Type preparer's name		Preparer's signature		Date		Check <input type="checkbox"/> if self-employed
	Firm's name		Firm's EIN		PTIN		
	Firm's address		Phone no.				
For Disclosure, Privacy Act, and Paperwork Reduction Act Notice, see instructions.							Cat. No. 11329W Form 1040EZ (2013)

information on a document.
firm *noun*. A business company.
income *noun*. Money that a person receives for working, for rent, for interest, a pension, lottery, etc.
initial *noun*. The first letter in a name.
instant *adjective*. With no waiting.
interest rate *noun phrase*. A percent that is paid for the use of money.
IRA (Individual Retirement Account) *noun*. A savings account for retirement which can lower one's taxes.
IRS (Internal Revenue Service) *noun phrase*. The government agency in charge of collecting taxes.
itemize *verb*. To make a list of expenses.
joint return *noun phrase*. A tax return by a married couple.
legal document *noun phrase*. A paper that can be used in a court of law.
loan *noun*. Money that is borrowed
Medicare *noun*. A government health insurance for people over 65.
occupation *noun*. A profession or job.
owe *verb*. To have to pay money.
penalty *noun*. Money to be paid as a punishment for doing something wrong.

perjury *noun*. The crime of giving false information on a legal document.
PIN *noun*. Personal ID Number.
post-secondary school *noun phrase*. College, University, technical school.
preparer *noun*. A person who fills out a tax return for another person.
refund *noun*. Money that is given back.
report *verb*. To tell in writing.
reward *noun*. A gift for doing something.
routing number *noun phrase*. A bank's electronic "address."
salary *noun*. Monthly or yearly pay.
scam *noun*. A plan to steal money by false information or identity theft.
schedule *noun*. A document included with a person's 1040 tax return.
self-employed *adjective*. Works for oneself at one's own business.
signature *noun*. A person's handwritten (in cursive letters) name.
single *adjective*. Unmarried
Social Security *noun phrase*. A government insurance that provides pensions for retired or disabled workers.
source *noun*. The place something is from.

spouse *noun*. Husband or wife.
tax *noun*. Money collected by the government to pay for its expenses.
taxable *adjective*. Can be taxed.
tax-deductible expense *noun phrase*. Can be subtracted from one's income before calculating taxes.
tax return *noun phrase*. The document a taxpayer uses to report income and taxes.
third party designee *noun phrase*. A person you say may talk to the IRS about your tax return.
tips *noun, plural*. Money paid to a waiter, cab driver, etc. for service.
trust *verb*. To be sure a person is honest.
unemployment compensation *noun phrase*. Money paid by the state to people who have lost their jobs.
valuable *adjective*. Important, precious.
wages *noun, plural*. Money paid per hour to a worker.
withhold/withheld *verb*. Keep money from of a person's pay and send it to the government for taxes.
W-2 Form *noun*. A statement with an employee's earnings and withholdings for the year.

Reading nutrition facts

(continued from page 1)

How much protein do we need?

It **depends*** on your age, sex, weight, and state of health. Some doctors say that a person who weighs 150 pounds should get **at least*** 55 **grams*** of protein each day.

Where do we get protein?

We get protein from eggs, milk, cheese, yogurt, fish, chicken, meat, beans, **tofu***, nuts, seeds, and peanut butter. We get some protein from **grains*** and vegetables, too.

Why do we need fat? How much do we need?

Fat is important in our **diet*** for our brains and **nervous system***. There are “good fats” and “bad fats.” **Transfat*** that is in “**partially* hydrogenated*** oil” is not healthy. Fats such as olive oil, peanut oil, flax seed oil, and omega 3 fats are OK. Some experts say “30% of our day’s calories should come from fat.” This is between 30 and 100 grams of fat.

What foods have carbohydrates?

Carbohydrates give us energy to move our muscles. Good carbohydrates are in vegetables, fruits, and **whole grains***. There are carbohydrates in sugar, white bread, cookies, candy, and desserts, too. However, these sugary foods are called “**empty-calorie*** foods.” They do not have many useful nutrients in them.

Why do we need calcium*?

Calcium is an important **mineral***. This builds bones and teeth, and helps our nervous system. We need different amounts of calcium at different ages. This can be from 1,000 to 1,500 **milligrams*** per day. We can get calcium from green leafy vegetables, broccoli, fruit, salmon, beans, tofu, milk, cheese, and yogurt.

Do we need sodium?

Sodium is a mineral in salt. We should not have too much sodium. Some experts say we should have no more than 1,500 to 2,400 milligrams (mg) per day.

What is fiber?

Fiber is not a nutrient. It comes from the part of vegetables, fruit, beans, and whole grains that are not **digested***. Fiber helps our **digestive tract*** move food so it doesn’t stay inside us too long. We need about 28 grams of fiber in our food each day.

Vitamins

Our bodies need vitamins for **optimum*** health. The government has set a **recommended* daily allowance*** of vitamins. Some doctors recommend larger amounts of vitamins to help the body heal from disease.

We can get some of our vitamins from a **well-balanced*** diet of fresh foods. Many people take vitamin **supplements*** to be sure they get enough.



Many colors on your plate help you **balance*** your meals. Vegetables should be 3/4 of the plate. A protein **source*** should be 1/4 of your plate. Bigstockphoto.com

(continued on page 11)

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Telephone: (757) 430-4308
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Send to: _____

Address: _____

Telephone: _____

Please begin with the month of: _____

Reading nutrition facts

(continued from page 10)

Compare* the nutrients in two kinds of food: carrots and hamburger.

- How big are the serving sizes?
- How many calories are in a cup of cooked carrots? In three ounces of hamburger?
- How many grams of fat are in each?
- How many carbohydrates are in each?
- Which food has more protein?
- Which food has more fat?
- Which food has more vitamin A?
- Which food has more iron?

Nutrition Facts		
Carrots, cooked: Serving Size 1 cup (242g)		
Amount Per Serving*		
Calories 52 Calories from Fat 3		
		% Daily Values*
Total Fat	0.31g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	88 mg	4%
Potassium	410 mg	
Total Carbohydrate	12.3 g	4%
Dietary Fiber	3.6 g	14%
Sugars	5.8 g	
Protein	1.2 g	
• Vitamin A 430%		• Vitamin C 13%
• Calcium 4%		• Iron 2%

g = grams mg = milligrams

Nutrition Facts		
Hamburger, cooked: Serving Size 3 ounces		
Amount Per Serving		
Calories 232 Calories from Fat 140		
		% Daily Values
Total Fat	15.61 g	24%
Saturated Fat	6.04 g	30%
Polyunsaturated fat	0.43 g	
Monounsaturated fat	7.19 g	
Cholesterol	74 mg	25%
Sodium	336 mg	14%
Potassium	241 mg	
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	21.3 g	
• Vitamin A 0%		• Vitamin C 0%
• Calcium 2%		• Iron 11%

Let's talk about it

Immigrants and Stress (pages 1 and 6)

- What is stress?
- What stresses do you feel every day?
- Tell ten ways an immigrant might feel stress.
- Is all stress bad?
- What culture shock have you experienced?
- What happens with too much stress?
- What are some stages of adjusting to a new place?
- What stage are you in?
- Tell 10 things a person can do to lower stress.
- Tell the meaning of these words: *natural disaster, pollution, challenge, adapt, stage, situation, values, adjustment, reward, junk food, reduce, basic, shelter, patient, compare, meditate, inspire.*

Reading nutrition facts (pages 1, 10, and 11)

- What are five nutrients the body needs?
- How much protein does a 150-pound person need?
- What foods have a large amount of protein?
- How many calories does an average person need?
- Why do we need calcium? What are some good sources of calcium?
- Why do we need carbohydrates? What are some sources of good carbohydrates?
- What are "empty-calorie foods?"

- Why do we need fat each day? How much?
- Tell the meaning of these words: *nutrient, calorie, gram, fiber, serving, trans fat.*

Events in March (pages 2 and 3)

- Explain what this means: "March comes in like a lion and goes out like a lamb."
- What is the purpose of Women's History Month?
- On what day do Americans turn their clocks ahead?
- What is the purpose of Daylight Saving Time?
- Is there changing of the clocks in your home country? When is it?
- Who was Saint Patrick? Who celebrates St. Patrick's Day?
- What is a legend?
- What are some legends about St. Patrick?
- Does your country have a special saint or hero? Who is it? What are some legends about that person?
- When is the first day of spring? What are some signs of spring in your area?
- When does spring come in your home country? Do you have any special traditions for the first day of spring? Tell about them.
- What is the purpose of "Read Across America Day?"
- Why is it important to read? What books have you read recently?
- By when must people in the U.S. file an income tax return?

- How does a person get a refund if too much tax was withheld from his or her paycheck?
- How do people pay taxes in your home country?
- What are some good reasons for paying taxes?
- Tell the meaning of these words: *profession, property, struggle, skills, Lent, forehead, legend, leprechaun, saint, shamrock, convert, gentle.*

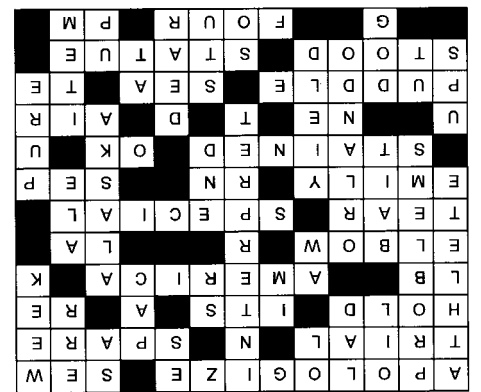
This is your page (page 4)

- Have you seen a rainbow?
- What makes a rainbow?
- What does "Bless you" mean? What do people say in your home country when someone sneezes?
- Have you lived with a small child who was learning language? Tell about it.
- What games have you played while learning vocabulary or learning to read?
- Tell the meaning of these words: *supervisor, receptionist, delivery, complain, shuffle, deck, discard, frustrated, sneeze, bless you.*

Heroes and History (page 7)

- Why was Sandra Day called the "cowgirl?"
- What problem did she have when she graduated from law school?
- Why was she surprised when President Reagan appointed her to the Supreme Court?
- How long did she serve on the Supreme Court? Why did she retire?

Answers to Crossword Puzzle



- What is O'Connor's "new mission"?
- What is civics? Why is it important to learn about it?
- How do students learn about civics in your home country?
- Tell the meaning of these words: *attorney, interview, salary, politics, well-respected, award, Alzheimer's.*

Filing a tax return (pages 3, 8, and 9)

- Who must file a tax return?
- Why would anyone else also want to file a tax return?
- How does a person report his or her income?
- Who can use the tax return Form 1040 EZ?
- What is a schedule?
- Tell the meaning of these words: *file, report, withhold, IRS, owe, claim, dependent, deduction, instant, IRA, occupation, refund, scam, valuable, tax preparer, interest, penalty, signature.*

Teacher's Guide and tests available free at elizabethclaire.com

WORD HELP

Some of the words below have many meanings. We give only the meanings you need for this month's newspaper.

ability *noun*. Power, skill.
abortion *noun*. The ending of a pregnancy.
accomplish *verb*. Achieve a goal; reach a new level.
ace *noun*. The highest card in a deck of playing cards.
adapt *verb*. Change to fit into a new situation or environment.
adjustment *noun*. Becoming comfortable in a new place.
advise *verb*. To suggest the way to do something.
Alzheimer's disease *noun phrase*. Serious loss of memory.
anxiety *noun*. A state of fear that bad things will happen.
appoint *verb*. To name a person to a job.
appointment *noun*. 1. A date to meet at a certain time. 2. The naming of a person to a job.
ash *noun*. The soft gray remains after something has burned.
ashamed *adjective*. Feeling embarrassed and bad.
at least *prepositional phrase*. Not less than.
attorney *noun*. Lawyer.
average *noun/adjective*. In the middle or between extremes.
avoid *verb*. To stay away from.
award *noun*. A prize or honor for doing something well.
balance *verb*. To have the right amount of each thing.
basic *adjective*. Fundamental; underlying; important.
bless *verb*. To ask God to be helpful or generous to.
burn *verb*. To create energy from food.
calorie *noun*. A measure of the energy in food.
carnival *noun*. A joyful time of eating, drinking, and partying.
caffeine *noun*. A chemical stimulant in cola drinks, coffee, and tea.
calcium *noun*. Ca; a mineral needed for bones and teeth.
carbohydrates *noun, plural*. A food element needed for energy; starches and sugars.
case *noun*. A disagreement, question, or an accusation of crime that must be decided in a court of law.
cattle ranch *noun phrase*. A very large farm where cattle are raised for food. (The singular form of cattle is cow [female] and bull [male].)
C.E. (Common Era) *adverb*. The calendar the world uses now. (Christians call this A.D.)
celebrate *verb*. To do something special for a birthday, holiday, anniversary, winning, etc.
challenge *noun*. A difficulty a person has to deal with; a problem to solve.
civics *noun, plural*. The study of the way government works, and the rights and obligations of people in a democracy.
collision *noun*. A sudden impact when two moving cars hit each other with great force.
combine *verb*. To put two or more things together.
communication skills *noun phrase, plural*. Abilities in speaking, understanding, reading, and writing.
compare *verb*. To notice the differences and similarities between two things.
complain *verb*. To say that you do not like something; to

express pain or disapproval.
complicated *adjective*. Having many parts; hard to understand.
Congress *noun*. The lawmaking part of government: House of Representatives + Senate.
conservative *adjective*. Interpreting the Constitution strictly; traditional; not likely to make changes.
constant *adjective*. Going continuously; never ending.
convert *verb*. To bring a person into a new religion.
corned beef *noun phrase*. Beef preserved with salt and spices.
corsage *noun*. A small bunch of flowers.
costume *noun*. Interesting or beautiful clothing and masks.
court of appeals *noun phrase*. A higher court that examines the rulings of lower courts to see if a case was decided correctly.
crime *noun*. An act that is against the law: stealing, murder, selling drugs, etc.
cross *noun*. The symbol of the post on which Jesus died. †
crowded *adjective*. Filled with too many people.
culture shock *noun phrase*. Surprises about the way people do things; stress from newness.
daily allowance *noun phrase*. The amount of vitamins or nutrients that a person should have each day to avoid illness.
daily value *noun phrase*. An amount of a nutrient that a person needs each day.
deck *noun*. 1. A stack of cards. 2. An uncovered wooden porch.
delivery *noun*. The birth of a baby.
depend *verb*. 1. To be based on some other facts; 2. To need for support.
deport *verb*. To send a non-citizen out of a country.
deputy *noun*. Second in authority; assistant.
depression *noun*. A condition of long-term sadness.
diet *noun*. The sum total of what a person eats.
digest *verb*. To change food to a form that the body can use.
digestive track *noun phrase*. The long food tube that includes mouth, esophagus, stomach, small intestine, large intestine, and rectum.
disagreement *noun*. Not having the same opinion on something; an argument over different opinions.
discard *verb*. Throw away.
divorce *noun/verb*. End a marriage legally.
document *noun*. A paper with important information.
Dr. Seuss *noun*. Theodor Seuss Geisel.
Easter *noun*. Rebirth; the Christian celebration of Jesus Christ's rising from the dead.
empty calories *noun phrase, plural*. Food that has no nutritional value, such as candy.
entertain *verb*. Amuse; make someone laugh.
event *noun*. Something that happens.
ex *noun/adjective*. Former; not any more.
exhibit *noun*. A showing in a museum; a demonstration.
federal *adjective*. National.
fiber *noun*. The part of fruit and

vegetable (the cell walls) that cannot be digested.
firm *noun*. A business organization.
forehead *noun*. The top part of the face above the eyes.
former *adjective*. The one from a time before now.
frustrated *adjective*. Upset by being unable to do something.
gain *verb*. To get, to increase; to add something.
gentle *adjective*. Not dangerous or harmful.
goal *noun*. Something that a person wants to achieve in the future.
grains *noun, plural*. Rice, corn, oats, wheat, etc.
gram *noun*. A measurement equal to 1/1000th of a kilogram; 1/454th of a pound.
guarantees *noun, plural*. The rights of people protected by the Constitution.
hire *verb*. To give a job to someone.
honor *verb*. To show respect and appreciation for someone.
hydrogenated *adjective*. Processed with chemicals to change liquid fat to a solid fat.
iCivics.org *noun*. A free website with educational games to learn about government and laws.
immigrant *noun*. A person who leaves a home country and comes to live in a new country.
inspire *verb*. To give a person energy and hope.
interview *verb*. To get information from another person by asking questions.
Irish descent *noun phrase*. Having one or more Irish parents or grandparents.
irritability *noun*. Anger at little things.
joyful *adjective*. Happy.
junk food *noun phrase*. Food not good for health: sugar, potato chips, sodas, candy, etc.
justice *noun*. A judge in a high court.
lamb *noun*. Baby sheep.
legend *noun*. An old story that some people think was true.
Lent *noun*. The 40 day period of sacrifice by Christians before Easter Sunday.
leprechaun [LEH pruh kahn] *noun*. An imaginary little person who lives in the woods, plays tricks on people, and hides gold.
limit *noun*. The outer edge of something; as far as one can go.
local *adjective*. Close to home; town or city government.
majority leader *noun phrase*. The leader of the political party that has the larger number of members of a legislature.
Mardi Gras *noun phrase*. French: Fat Tuesday; the holiday before Ash Wednesday.
massage [muh SAZH] *verb*. To rub muscles to relieve pain or tension.
meditate *verb*. To sit quietly without having thoughts.
milligram *noun*. A measure equal to one 1/1000 of a gram.
minerals *noun, plural*. Substances such as calcium, potassium, iron, etc.
miss *verb*. To feel sad that someone is not with you.
mission *noun*. An important goal to achieve.
misunderstanding *noun*. A problem that comes from not understanding.
moderate *adjective*. In

the middle; not extremely conservative or liberal.
natural disaster *noun phrase*. Earthquake, flood, tsunami, hurricane, tornado, blizzard, etc.
needs *noun, plural*. Things that are needed.
nervous system *noun phrase*. Brain, spinal cord, and nerves.
network *noun*. A group of interconnected people who can give help or information.
noise pollution *noun phrase*. Constant loud noises.
nutrient *noun*. A substance in food such as protein, fat, carbohydrate, vitamin, etc.
nutrition *noun*. The science of the body's use of food.
opinion *noun*. A decision by a judge in a court of law.
optimum *noun*. The best.
organs *noun, plural*. Important parts of the body such as heart, lungs, brain, liver, stomach, etc.
palpitations *noun, plural*. Rapid heart beats.
partially *adjective*. Partly.
partner *verb*. To work together with in some project.
pass away *verb phrase*. Die.
patient 1. *adjective*. Able to wait without getting upset 2. *noun*. A person who goes to a doctor or hospital for treatment.
pleasure *noun*. Something that one likes: sweets, cigarettes, meats, movies, TV, etc.
poison *noun*. A chemical that can kill.
politics *noun, plural*. Ideas and activities for government.
pollution *noun*. Something that dirties air, water, land.
pope *noun*. The head of the Catholic church, in Rome.
prejudice *noun*. A feeling of like or dislike for people without knowing them.
preschool *noun*. A class for children before they are old enough for kindergarten.
priest *noun*. A minister in the Catholic church.
priorities *noun, plural*. Things that are important.
profession *noun*. Career such as doctor, lawyer, teacher, accountant, etc.
property *noun*. Something a person owns: house, car, land, furniture, etc.
protein *noun*. A food element that builds muscle. It comes from meat, eggs, fish, chicken, beans, tofu, milk, cheese.
psychiatrist *noun*. A medical doctor for mental conditions.
reaction *noun*. The action in response to an event or a first action.
receptionist *noun*. A person who greets people entering an office.
recommend *verb*. To tell what seems to be a good idea about an amount of food or vitamins.
reduce *verb*. To make smaller.
relax *verb*. Rest without tension or stress; play, have fun.
retire *verb*. To stop working after a long time.
reward *noun*. A good thing that comes after working hard.
rouge [ROOZH] *noun*. A cosmetic that makes a person's cheeks red.
route *noun*. Road; way.
rude *adjective*. Not polite.
sacrifice *noun/verb*. To give up something in order to get something more valuable.
saint *noun*. A person who did

miracles and had a special relationship with God.
salary *noun*. Monthly or annual pay for a professional worker.
season *noun*. Time of the year.
secure [suh KYOOR] *adjective*. Safe.
servicing *noun*. A portion; an amount of food usually eaten.
shamrock *noun*. A clover; a type of grass with 3 or 4 leaves; a symbol of Ireland.
shelter *noun*. Protection from rain, wind, and sun; a home.
shock *noun*. A very sudden, strong surprise.
shuffle *verb*. To mix playing cards to change their order.
situation *noun*. A condition or event; a problem.
skills *noun*. Abilities.
sneeze *verb*. To suddenly expel air from the nose and mouth.
society *noun*. The people all around one; one's community or nation.
source *noun*. The place that something comes from.
stage *noun*. A step in the process of growth.
stress *noun*. 1. Things that affect a person in a negative way; 2. The body's reaction to those things.
struggle *verb*. To fight for a long time.
supervisor *noun*. A person in charge of a work project.
supplement *noun*. Something extra; vitamin or mineral pills.
support *noun*. Help, encouragement, or assistance.
Supreme Court *noun phrase*. The highest court in the U.S. Its decisions become the "law of the land."
sustain *verb*. Hold for a long period of time.
swing vote *noun phrase*. A person who votes either with conservatives or with liberals.
symbol *noun*. Something that represents another thing.
target *noun*. The place a person aims a gun or an arrow.
tofu *noun*. A white food made from soybeans.
tradition *noun*. A way of doing things the way they were always done.
translate *verb*. To explain in another language.
transfat *noun*. Unhealthy fat in fried food and packaged foods.
trust *verb*. To feel sure that a person is honest.
unconnected *adjective*. Not connected; not joined with.
values *noun, plural*. Ideals or standards of judgement.
vernal equinox *noun phrase*. A day in spring with 12 hours of light and 12 hours of darkness.
vibration *noun*. Very rapid small movements.
vitamin *noun*. A nutrient such as Vitamins A, C, D, E, niacin, folic acid, etc.
vocal cords *noun phrase, plural*. The organs that produce our voice.
well-balanced diet *noun phrase*. Eating vegetables, fruits, whole grains, proteins in the right quantities.
well-respected *adjective*. Admired by people for honesty and ability.
whole grain *noun phrase*. Wheat, oats, rye, etc., that have not had the outer covering of the grain removed.