

Your News

A NEWSPAPER FOR LEARNING

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Health care workers are heroes in the fight against COVID-19

All of us should be grateful for the outstanding work being done by health care workers. As the COVID-19 virus spreads around the world, doctors, nurses, medical technicians and hospital workers take great risks to care for the sick and provide them with treatment.

Although health care workers wear protective clothing and equipment to lower the risk that they get infected with the virus, there is still a chance that they could also catch the disease themselves while treating patients.

While many of us are at home, isolating ourselves from other people to reduce the spread of the disease, health care workers are still at work saving people's lives. As the number of cases of people suffering from illness caused by the COVID-19 virus climbs, health care professionals must work even harder to treat patients and to keep the disease from spreading.

If you know anyone who works in the health care industry, please send them messages of encouragement, and show your support for their valuable, heroic work. Remember that staying home and isolating yourself from other people will reduce the spread of the COVID-19 virus, which will make the work of our health care heroes less difficult.

Below: Doctors and nurses from the Jewish General Hospital in Montreal are asking people to avoid coming to the hospital unless they are sick. This will help prevent the spread of the COVID-19 virus.

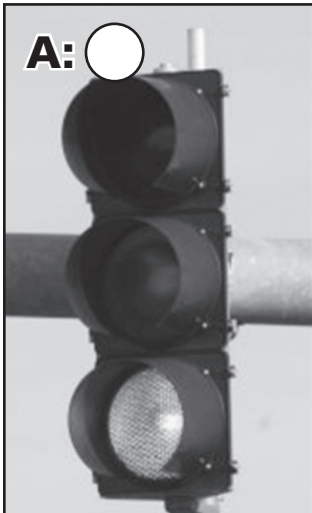


These health-care professionals are covered up to protect themselves from the COVID-19 virus while they treat patients



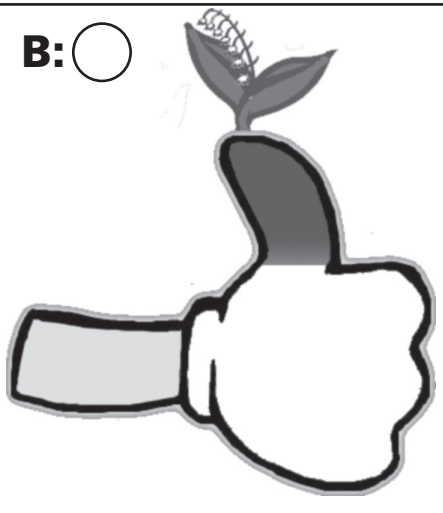
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Weird and wonderful words: green idioms



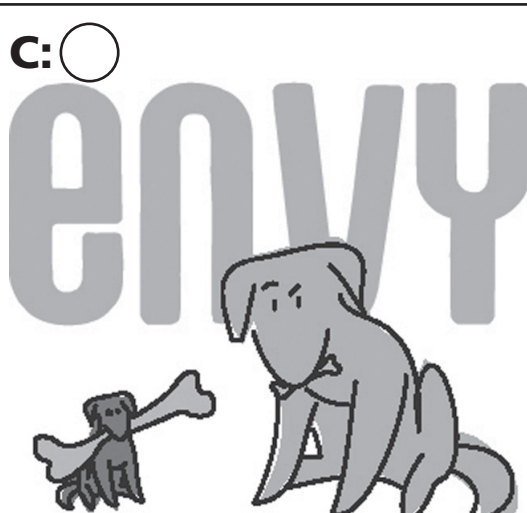
A:

Professor Jones approved my new research topic.



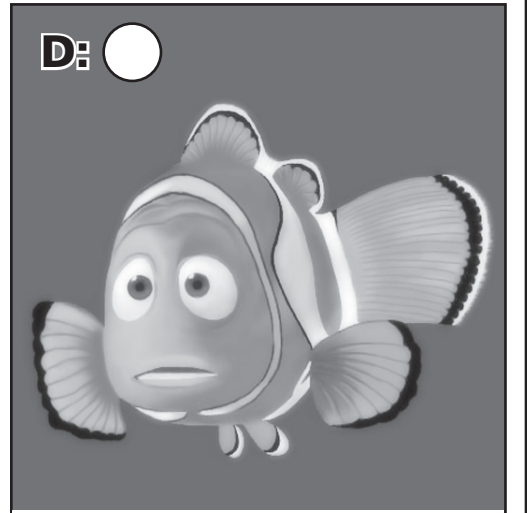
B:

Dad's garden is always a mess because he simply doesn't have a talent for caring for plants.



C:

When Belinda showed up with her new boyfriend, Fred was very jealous.



D:

After eating 14 hot dogs in a single afternoon, George looked very, very sick.

The underlined words under each illustration could be replaced by an idiomatic expression. Find the expression among those given below that best matches the picture. Write the corresponding number in the circle next to each illustration. Now say each sentence again, out loud, using the expression instead of the underlined words.

- 1) **Green with envy:** This expression means to be very jealous of somebody, to want what they have for yourself.
- 2) **Gave the green light to:** When a traffic light you are facing turns green, you are allowed to cross the street or drive forward

through the intersection. To give the green light to something means to approve it or to give it permission to start.

- 3) **Green around the gills:** When a goldfish has green stuff growing around its gills, it is a sign that it is very sick. This expression is used to describe people who look very ill or unwell, or who feel sick to their stomachs.
- 4) **Green thumb:** Green is the colour of trees and plants, so to say somebody has a "green thumb" means that a person is a good gardener, or they have a great skill at caring for plants.

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A newspaper for learning

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this newspaper



Is it important to have good manners?

Words with multiple meanings: point



The verb "**to point**" means to use a physical gesture to indicate the location of a person, place, or thing to somebody:

*"I **pointed** up at the clock to remind Bill we were going to be late."*

*"Stop **pointing** your finger at me!"*

*"My mom's camera is easy to use, simply **point** it and press the button."*

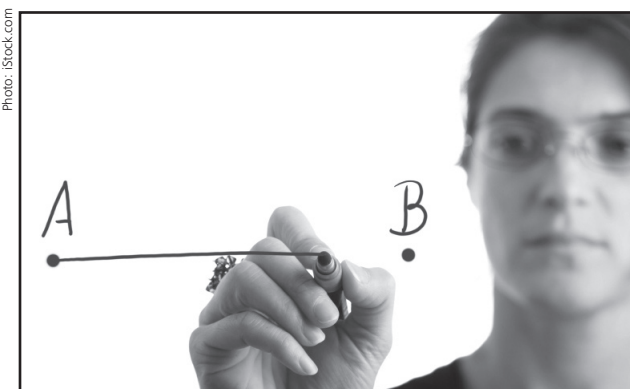


In our rapidly-paced world, where people are more likely to send a text message than meet face-to-face, it is easy to forget about politeness and good manners. Simple courtesies are often ignored by people who are too preoccupied with their busy lives to notice. What do you think? Are people becoming less polite to one another? Do you think good table manners (for example) are important in today's society, or even relevant?

The noun "**point**" represents a precise location of something in the real world, or a moment in time and space:

*"She walked to a **point** where she could see the bus coming from down the street."*

*"The group assembled at the prescribed meeting **point**."*



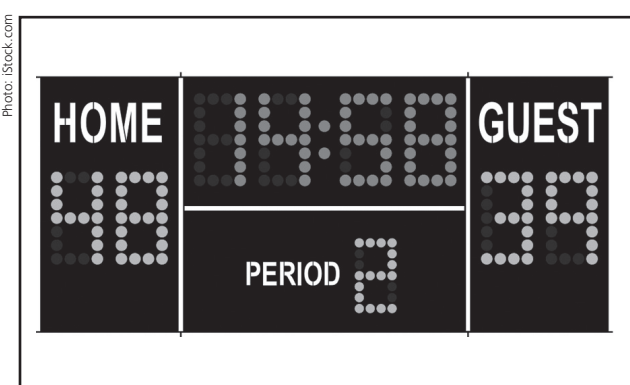
In mathematics, the noun **point** is a geometric element that describes a location in space. A point has no length, area, or volume:

*"The shortest distance between two **points** is a straight line."*

The noun "**point**" can also mean a peninsula, or an area of land that stretches out into a body of water:

*"We sailed around the **point** and into the open ocean."*

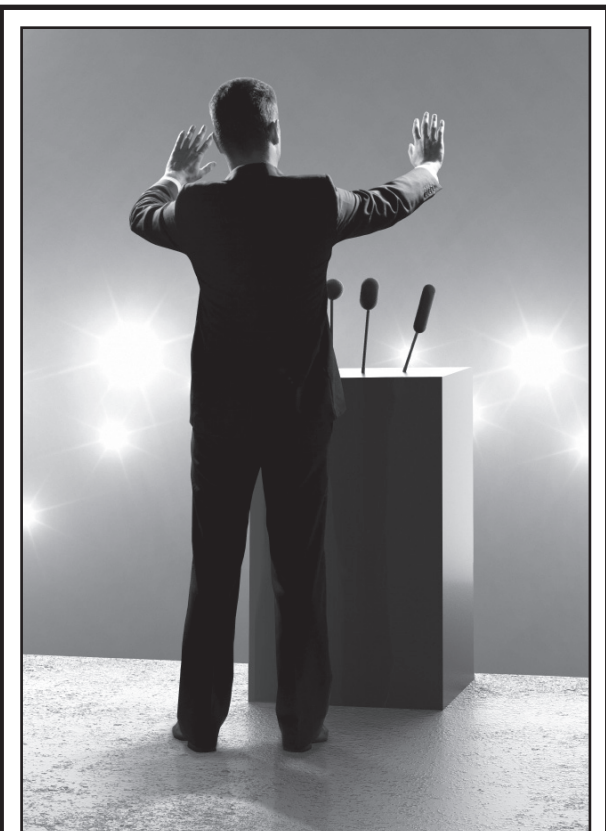
*"The waves crashed into the **point**, sending water spraying into the air."*



The noun "**point**" can also mean a unit of scoring in a game, sport, or contest:

*"Jeff scored the first **point** of the hockey game late in the third period."*

*"The trophy was awarded to the player who scored the most **points** during the regular season."*



You pick the topic!

If you have an opinion about something, or if you want to discuss an issue that is important to you, share it with our readers! It can be any subject you wish, as long as it is in good taste and appropriate for all ages to read. Send us your ideas and opinions, and we will publish as many as we can, depending on the space available. Please send your opinions to: info@yournews.ca

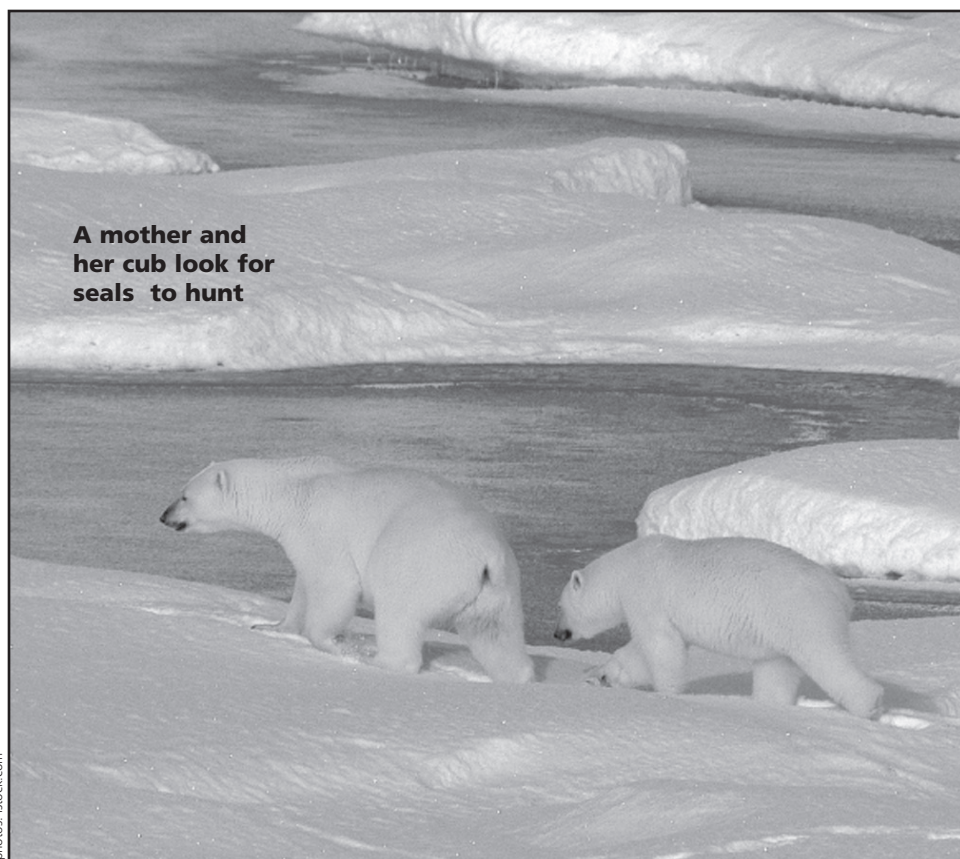
How Climate Change Affects Polar Bears



A lone bear stranded on a melting ice floe



Many polar bears are suffering from malnutrition



A mother and her cub look for seals to hunt

As rising temperatures melt their Arctic habitat, polar bears are becoming more threatened

Make sense of this story about polar bears by putting these words where they belong:
cracks; distances; food; greenhouse; habitat; monitor; scientific; summer.

- | | |
|----------|----------|
| 1) _____ | 5) _____ |
| 2) _____ | 6) _____ |
| 3) _____ | 7) _____ |
| 4) _____ | 8) _____ |

Scientists have proven that climate change is definitely threatening polar bears as it melts their icy Arctic **1**.

The latest **2** studies suggest up to two-thirds of all polar bears could be lost by the year 2050.

The Canadian government has agreed to identifying the threat of sea ice loss as a result of climate change and to **3** and control industrial development in polar bear habitats.

Bears depend on ice floes for survival

Polar bears spend most of their lives on or near sea ice. Though they are excellent swimmers, they are no match in the water for seals, their main source of **4**. For this reason, polar bears must hunt on chunks of floating sea ice called ice floes.

The bears have to lie and wait for the seals to surface for air through holes and **5** in the ice. But the best place to do this is near land, as the seals gather in shallow waters, and every year the ice is retreating further out to sea.

When the ice disappears around the shoreline, the bears can starve or drown

because of the great **6** they have to swim to find seals to hunt.

Even worse, the ice is melting earlier each year. This cuts down the amount of seals the bears can catch in the spring. Spring is a vital fattening-up time for polar bears, to get them through a long **7** where they can't hunt seals.

As a result, scientists say polar bears are now only two-thirds as large as they were 35 years ago, and that they have begun to hunt each other instead.

Pollution is a problem

Scientists have also discovered that pollutants and gases such as soot, the dirty residue from smoke, blackens the snow and makes it soak up more heat. This makes the snow and ice melt much faster.

But the good news is that these pollutants can be controlled more easily in the Arctic than carbon dioxide, the main **8** gas blamed for climate change.

The world's polar bear population is estimated at between 20,000 and 25,000 animals. Canada is home to almost two-thirds of the entire population.

Driver's Education

Do you know your road traffic signs?

Many teenagers pass their driving test around their sixteenth birthday. Although sixteen is the legal age to obtain a driver's license in most provinces, it does not guarantee that young drivers will be safe behind the wheel. Not all teens are ready to drive at sixteen. A lot depends on their willingness to learn and follow the rules of the road.

While some rules differ from province to province, most traffic regulations are the same in all parts of the country. That's especially true when it comes to traffic indicators and road signs. It's never too early to know what these road signs or symbols signify. Even pedestrians should learn to recognize them. Can you recognize the road signs below? (Circle the correct answer)



A) This sign indicates:

1. Reverse curve ahead
2. Road narrows
3. Winding road ahead
4. Narrow bridge ahead



B) This sign indicates:

1. Passing not permitted
2. Dangerous goods prohibited
3. No heavy trucks allowed
4. Parking prohibited



C) This sign indicates:

1. Lane ends
2. Narrow bridge ahead
3. Road ends
4. "T" intersection



D) This sign indicates:

1. Obstruction - keep right
2. Winding road
3. Divided highway begins
4. Divided highway ends



E) This sign indicates:

1. Yield
2. This lane must turn right
3. Stop
4. This lane must turn left



F) This sign indicates:

1. Divided highway begins
2. Divided highway ends
3. Section of roadway crossed by deer
4. Two-way traffic ahead



G) This sign indicates:

1. No left turn
2. No right turn
3. Turn right only
4. Turn right or left



H) This sign indicates:

1. Passing permitted
2. School bus stop ahead
3. No passing permitted
4. Parking prohibited



I) This sign indicates:

1. Bicycle lane
2. Bus lane
3. School crosswalk
4. Pedestrian crosswalk



J) This sign indicates:

1. Stop
2. Speed up
3. Yield
4. School zone



K) This sign indicates:

1. Two lanes merge
2. Added lane
3. Road ends
4. Cattle crossing ahead



L) This sign indicates:

1. No left turn
2. No right turn
3. No turns
4. No U-turn



Understanding Ecosystems



Ecosystems (short for ecological systems) are any group of living and non-living things interacting with each other in nature. An ecosystem does not have precise boundaries. It can be as small as a puddle or a dead tree, or as large as the Earth itself.

Ecosystems are made up of living **organisms** (plants, animals and microorganisms) all interacting among themselves and with the non-living things found in the environment in which they live (**soil**, water, light, climate conditions). Within each ecosystem, there are habitats which may also vary in size. A habitat is the place where a population lives. A population is a group of living organisms of the same kind living in the same place at the same time.

All of the populations interact and form a community. The community of living things interacts with the non-living world around it to form the ecosystem. The habitat must supply the needs of the populations that live inside it, such as food, water, temperature, oxygen, and minerals. If the population's needs are not met, a population will move to a better habitat, or it will **eventually die**.

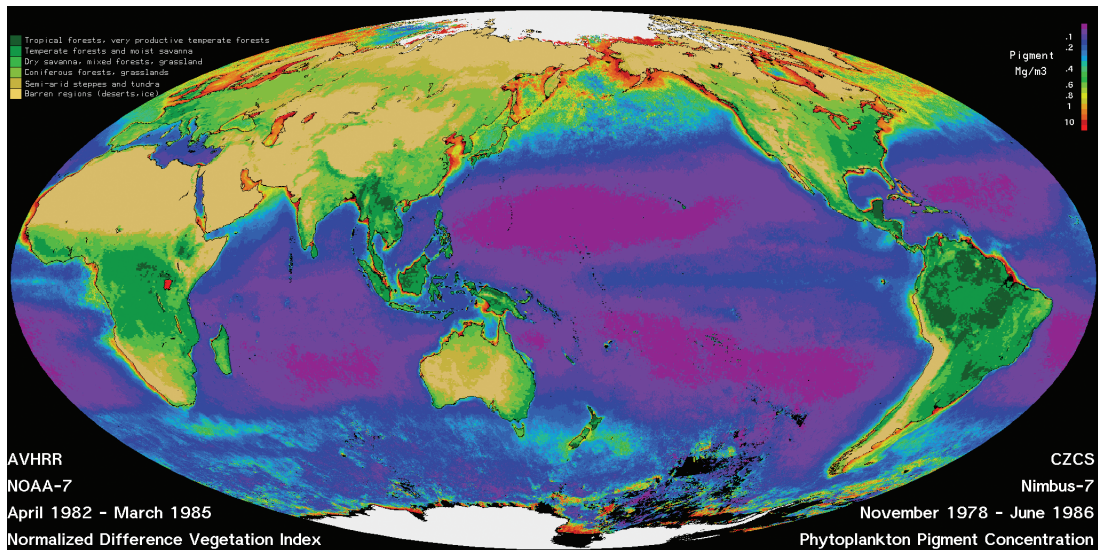
The Earth's biosphere includes all the parts of the Earth's crust, water, and atmosphere that can support life. The biosphere includes the atmosphere (air), hydrosphere (water), and lithosphere (land).

The biosphere is made up of many smaller ecosystems interlocked through cycles of energy and chemical elements. An ecosystem can also be defined by its vegetation, the animal **species** that live in it, or by the type of geography found in the area, for example.

Since energy and water are vital to the survival of an ecosystem, a system of conservation is needed. The exchange of carbon dioxide (given off by animals) and oxygen (given off by plants) is actually a process of conservation. The waste of one species becomes food for another.

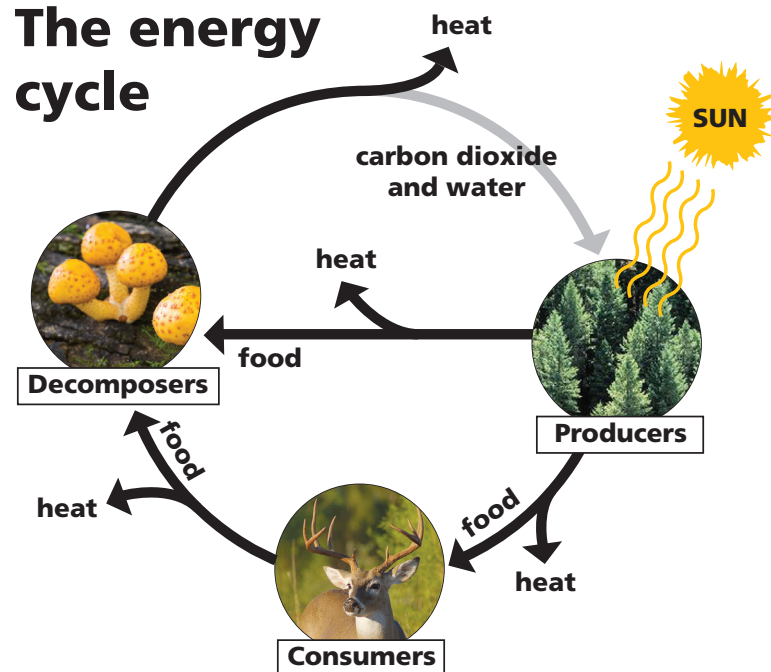
Earth Day is April 22nd

Earth Day is celebrated each year to promote awareness of environmental issues around the world. The first Earth Day was held in 1970. Earth Day is a time to connect with the Earth and the ecosystems that support life on the planet. Earth Day is the only event celebrated simultaneously around the globe by people of all backgrounds, **faiths** and nationalities. Earth Day is a chance for people to interact and learn, to have an impact on their communities, and create a positive change in local, national, and global environmental policies. To find out about Earth Day events in your area, or to learn how to start one of your own, visit <http://www.earthday.ca/>



This satellite projection image shows the different ecosystems on the Earth's surface. Each color represents a different kind of ecosystem, showing how they are spread out across the planet.

The energy cycle



All living things need energy to maintain their life functions and to grow. But unfortunately it is impossible to recycle or re-use the energy in an ecosystem once it has been used up; it must always be renewed from a power source. The power source in every ecosystem is the Sun.

The food for all living things in an ecosystem travels in an **energy cycle**. Energy is first captured from the sun by producers. The producers are then eaten by consumers. The waste from the producers and the consumers is used to feed decomposers, and the cycle repeats itself.

Energy can only enter an ecosystem from plants. Plants convert energy from sunlight through a chemical process

called photosynthesis. Plants are called producers or *autotrophs* because they make their own energy. That energy is used for growing a plant's leaves, bark, fruit and other tissues.

Animals, insects and microorganisms are fed by plants, or by eating the animals that feed on plants. These living things are called consumers or *heterotrophs*.

Decomposers such as mushrooms get their energy from all the waste created by other plants and animals in the ecosystem. Whatever is left over is broken down into basic chemicals, such as carbon dioxide, water, and nitrogen, that can once again be used by plants to create more energy by photosynthesis.

Ecosystems Match-Up Game

Read the descriptions below carefully, then match them to the pictures that are illustrated on the right side of the page:

- 1) This type of habitat is located entirely underwater:

- 2) In this ecosystem, the most common plants are grasses and shrubs:

- 3) These watery ecosystems attract many species of birds, including Canada geese:

- 4) Among the largest ecosystems in Canada are the vast northern pine forests:

- 5) This dry habitat contains very little water, few plants, and the ground is often cracked and dry:

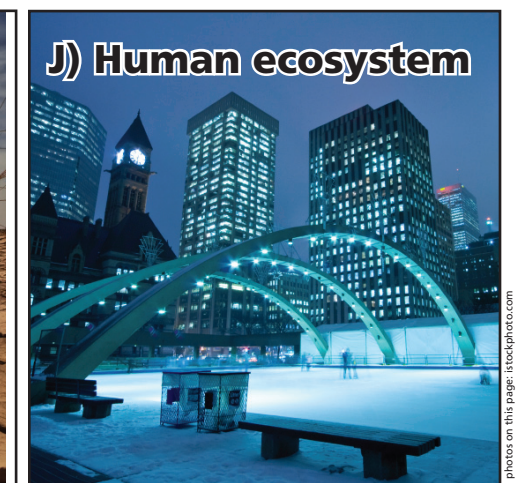
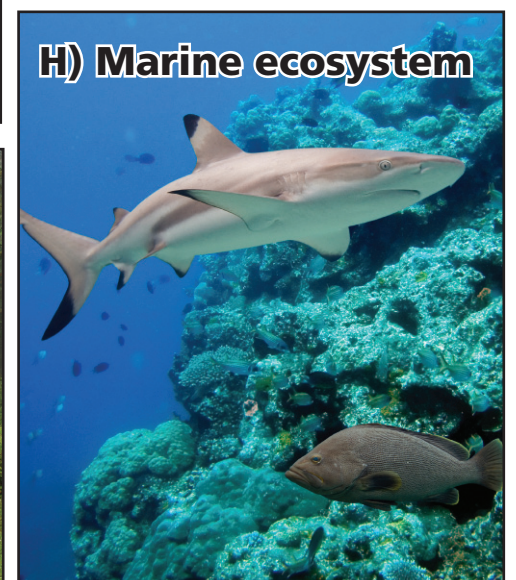
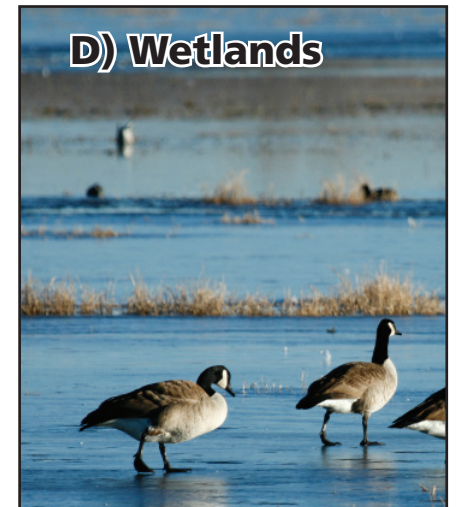
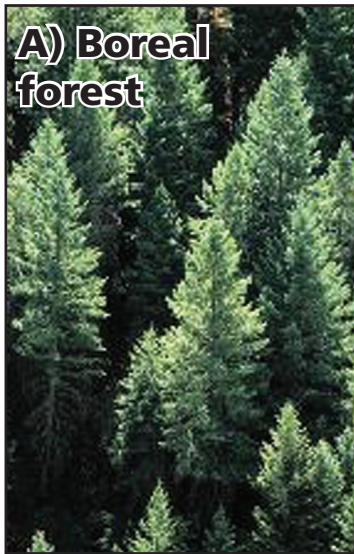
- 6) This type of forest is found on the coast of British Columbia, where lots of rain falls every year.

- 7) Cities and towns built around people form this type of ecosystem:

- 8) Very few trees grow in this ecosystem, which can be found in the far north:

- 9) There are many species of trees in this kind of forest habitat, and the leaves of some of them change to bright colors every autumn:

- 10) Ecosystems like this one exist only at high altitudes:



Vocabulary (from page 6)

- organisms** – living things
- soil** – dirt or earth in which plants can grow
- eventually** – at an unspecified future time
- species** – a single, distinct type of living creature with features that distinguish it from others; a basic unit for classifying living things
- cycle** – a period of time during which a sequence of events occurs over and over again
- faith** – religion

Express yourself: Ecosystem

With a partner or in a small group, discuss (in English) one of the following topics:

- What type of ecosystem found on Earth is your favourite? Why does that ecosystem appeal to you more than any other?
- What do you plan to do to celebrate Earth Day this year?

Please remember to give reasons for your answers. There are no right or wrong answers.

Games and Puzzles

Puzzle pages by Helen Stockton

Simply Similes

Similes are expressions or figures of speech which use "as" or "like" to show comparison between two different words or ideas. Similes are used for emphasis. Find the missing simile in each sentence below, using these words for your answers:

beet, bell, button, cucumber, drum, feather, ghost, gold, molasses, nails, picture, pin, silk, tack, whistle.

- 1) As white as a _____
- 2) As slow as _____
- 3) As cute as a _____
- 4) As neat as a _____
- 5) As red as a _____
- 6) As light as a _____
- 7) As sharp as a _____
- 8) As cool as a _____
- 9) As smooth as _____
- 10) As tight as a _____
- 11) As pretty as a _____
- 12) As hard as _____
- 13) As clean as a _____
- 14) As good as _____
- 15) As clear as a _____

What colour is that?

All the words listed below appear in the puzzle. They may be written up, down, across, diagonally, or backwards. When you find a hidden word, circle its letters, then cross it off the list. (Some letters may be used twice.) We've found a word to start you off. After you've found all the hidden words, there will be a few uncircled letters left over. These leftover letters form a secret word. Can you find out what that word is? Look for the answer in next month's issue.

aqua; burgundy; coral; ecru; emerald; fuschia; gray; indigo; ivory; jade; khaki; lemon; lime; loden; navy; olive; orchid; plum; purple; royal; ruby; rust; sage; teal.

D	L	A	R	E	M	E	T	R	A
I	C	N	A	V	Y	E	U	H	U
H	Y	L	E	I	A	S	B	R	Q
C	R	A	R	L	T	U	C	E	A
R	O	R	R	O	R	E	R	L	I
O	V	O	E	G	A	S	E	P	H
Y	I	C	U	I	E	M	M	R	C
A	B	N	E	D	O	L	I	U	S
L	D	U	A	N	M	U	L	P	U
Y	Y	J	R	I	K	A	H	K	F

This month's secret word is: _____

Correct the mistakes

The underlined words are incorrect. Write the correct word in the space on the right:

- 1) George didn't steal nothing. _____
- 2) Whose going to help clean the kitchen? _____
- 3) Look at them pretty clouds. _____
- 4) They had went home already. _____
- 5) Ann and I walked to there house. _____
- 6) Those shoes look just like Harrys. _____
- 7) He didn't let nothing stand in there way. _____, _____
- 8) Them two can take care of themselves. _____, _____
- 9) Us three can go in there car. _____, _____
- 10) That boy passed their swimming test. _____

Build a word

How many words of two or more letters can you build from the letters in this word?

INDIGO

You don't have to use every letter. You may use the letters in any order. You may also use the same letter more than once. We found at least 22 words that were not proper names. How about you?

Please Note: this puzzle is the copyright of Your News. It may not be reproduced by any means whatsoever.

April Crossword

Clues across

- 1) proportion between two quantities
- 5) type of fish
- 8) large body of water
- 13) not closed; opposite of 'close'
- 14) to be unsure or undecided
- 15) the front part of your head
- 16) intended; had in mind
- 18) opposite of 'women'
- 19) to make changes; to modify
- 20) to snoop around; to move with a lever
- 21) red flower worn to honour veterans
- 24) substance that makes dough rise
- 28) stringed musical instrument
- 29) Canadian Pacific Railway (abbreviated)
- 32) to rob; to take what is not yours
- 34) types of beer
- 35) to weave or lace strands of hair
- 37) long hair on the neck of a male lion
- 38) second day of the school week
- 39) level or smooth; equal with
- 43) any area with a fence around it
- 44) circle of light around an angel's head
- 47) flowing body of water; large stream
- 49) to damage or scratch
- 50) punctuation mark
- 51) leaf of a flower
- 52) bottom backs of feet
- 54) small piece or quantity
- 58) to hurl or throw; to toss
- 62) lyric poem
- 63) not yesterday nor tomorrow; the present time
- 67) repeated noise made by sound waves
- 68) narrow passage between buildings
- 69) dreadful; disastrous
- 70) sheds tears; cries
- 71) family room; cave for wild beasts
- 72) opposite of 'subtracted.'

Clues down:

- 1) Capitol city of Italy
- 2) large primate; gorilla
- 3) hot, soothing beverage
- 4) small hotel
- 5) to sleep in the wilderness; rustic cabin in the woods
- 6) higher than; above
- 7) to refuse to admit the truth; to contradict
- 9) Canadian Football League (abbreviated)
- 10) to take in or consume food
- 11) high or low playing card in a deck
- 12) slang word for a smart person that has few social skills
- 17) a mistake or an error in printing
- 19) years and years
- 21) a friend or buddy
- 22) half of two
- 23) pyjamas (abbreviated)
- 25) Automated Teller Machine (abbreviated)

Unscramble the circled letters to form a word:

1	2	3	4		5	6	7		8	9	10	11	12
13					14					15			
16				17		18			19				
					20								
	21	22	23					24		25	26	27	
28						29	30	31		32			33
34					35				36		37		
				38									
39	40	41	42		43					44	45	46	
47				48		49				50			
	51								52				
53						54	55	56					57
58	59	60	61			62				63	64	65	66
67					68						69		
70						71				72			

- 26) body of water
- 27) a light shade of brown
- 28) person who makes bread and pastries
- 29) dairy product
- 30) macaroni or spaghetti; food made from noodles
- 31) somebody who travels in a vehicle or on a horse
- 33) small yellow citrus fruit
- 35) insect; slang word meaning 'to bother'
- 36) another name for father
- 40) Very Important Person (abbreviated)
- 41) day before a major holiday
- 42) a mesh of string or rope used to catch fish
- 44) gardening tool
- 45) including everyone or everything; a whole quantity
- 46) the city of _____ Angeles, California
- 48) an area of reddening of a person's skin often caused by an allergic reaction
- 50) penny; 1/100 of a dollar
- 53) to spray out liquid; to vomit
- 54) brave or courageous; without fear
- 55) not busy; doing nothing
- 56) person between the ages of 12 and 20
- 57) changed the color of something; tinted
- 59) frozen water
- 60) definite article
- 61) slang word for a police officer or constable
- 64) different; unusual
- 65) past tense of the verb 'to do'
- 66) part of the verb 'to be'

Circled letters form the word: _ _ _ _ _

Choose from these words for your answer:

A.T.M.; ace; added; ages; ales; all; alley; alter; ape; are; baker; banjo; bit; bold; braid; bug; C.F.L.; C.P.R.; camp; cent; cod; colon, cop; cream; dad; den; deny; did; dire; dyed; eat; echo; eve; even; face; gated; halo; heels; hoe; ice; idle; inn; lemon; Los; mane; mar; meant; men; nerd; net; ocean; odd; ode; one; open; over; P.J.s; pal; pasta; petal; pitch; poppy; pry; rash; ratio; rider; river; Rome; sea; spew; steal; tan; tea; teen; the; today; Tuesday; typo; V.I.P.; waver; weeps; yeast.

(Advanced students: Cut out this box to make the puzzle more challenging)

Rock 'n' Roll Band

If we were a rock 'n' roll band,
We'd travel all over the land.
We'd play and we'd sing and wear **spangly** things,
If we were a rock 'n' roll band.

If we were a rock 'n' roll band,
And we were up there on the **stand**,
The people would hear us and love us and cheer us,
Hurray for that rock 'n' roll band.

If we were a rock 'n' roll band,
Then we'd have a million fans.
We'd **giggle** and laugh and sign autographs,
If we were a rock 'n' roll band.

If we were a rock 'n' roll band,
The people would all kiss our hands.
We'd be millionaires and have extra long hair,
If we were a rock 'n' roll band

But we **ain't no** rock 'n' roll band,
We're just seven kids in the sand
With homemade guitars and **pails** and **jars**
And drums of potato chip cans.

Just seven kids in the sand,
Talkin' and **wavin'** our hands,
And dreamin' and thinkin' it would be so **grand**,
If we were a rock 'n' roll band

— Shel Silverstein



Vocabulary

spangly - bright, shiny clothes covered with sequins or spangles

stand - stage; platform

hurray - type of cheer to show pleasure

giggle - nervous laugh

ain't no - dialectal form of "are not a"

pails - metal containers for carrying water

jars - glass containers

talkin' - dialectal form of the word "talking"

wavin' - dialectal form of the word "waving"

grand - wonderful; great

Think about it:

1) In the first four verses, the poet imagines what it might be like to be in a rock 'n' roll band. Name eight things he says they would do.

2) What does he imagine their fans would do? Name four things.

3) What is the narrator's band like in reality? What kinds of musical instruments do they have?

How well did you read?

1) The world-wide population of these animals is between 20,000 and 25,000:

2) What is the word used by scientists to describe all the parts of the Earth's crust, water, and atmosphere that can support life?

3) What is the name of the chemical process used by plants to convert sunlight into energy?

4) What is the name of the shell-shaped organ inside the human ear?

5) Health care professionals who help mothers give birth to infants are called:

Page 2: **Mouth idioms** — A) 4; B) 3; C) 2; D) 1.

Page 3: **Things you can wear word find**: — slacks, lacks, lack, shoes, shoe, hoes, hoe, sweater, sweat, we, eat, ate, at, robe, rob, bear, earrings, earring, ear, rings, ring, in, scarf, scar, car, flip-flops, flip, lip, flops, flop, lop, shorts, short, or, shirt, hi, tops, top, to.

Page 4: **Dr. Frederick Banting** — 1) groundbreaking; 2) veteran; 3) inspiration; 4) diabetes; 5) numerous; 6) immediately; 7) healthier; 8) cope.

Page 5: **True or False** — 1) true; 2) true; 3) true; 4) false; 5) true; 6) false; 7) true.

Page 7: **Creative activities match-up** — 1) H; 2) I; 3) E; 4) A; 5) B; 6) C; 7) G; 8) J; 9) D; 10) F.

Page 8: **Compound words** — 1) lighthouse; 2) teabag; 3) strawberry; 4) cardboard; 5) watermelon; 6) thunderstorm; 7) bookcase; 8) lifeguard; 9) sunshine; 10) doorknob.

Page 8: **Men's clothing and personal items** — Secret word: HANGER

Page 8: **This game will cheer you "up"!** — 1) cup; 2) soup; 3) upper; 4) stupid; 5) support; 6) cupcakes; 7) puppeteer; 8) cantaloupe; 9) corrupt; 10) puppies.

Page 8: **Build a word** — **RACKET**: rat, rate, rare, rack, race, racer, rear, reek, react, recreate, retake, retreat, retrace, ace, are, at, ate, arc, ark, attack, cat, cater, car, care, cart, cake, crater, crate, crack, cracker, creek, creak, create, eat, ear, err, era, eke, tea, tee, teak, tear, tack, take, tart, tartar, tat, tatter, tar, tree, trek, trace, treat, track.

Page 9: **Crossword** — Circled letters form the words: **FEAST**

Page 10: **Think about it** — 1) "The days are getting longer" so it must be early spring. 2) He watches the milkman, postman, paperboy, schoolchild, worker, and shopper. 3) He invents their lives in his mind, that is, he imagines what they do; 4) He looks forward to children playing late, lawnmowers, and couples walking dogs. 5) His days are getting shorter because he is getting old and has fewer days to live, in other words, his time on earth is getting shorter.

Page 10: **How well did you read?** — 1) Red giant; 2) Neutrinos; 3) University of Western Ontario; 4) 49 ; 5) Landport; 6) David Copperfield; 7) 1996; 8) Building materials.

Page 11: **Baseball terms** — manager, man, an, nag, age, rules, rule, shortstop, short, stop, top, to, pitcher, pitch, pit, it, itch, her, he, here, relief, lie, field, fie, dugout, dug, gout, out, go, triple, trip, rip, error, err, or, runs, run, slam, on.

Answers for March 2020

Playing music too loudly can damage hearing at any age

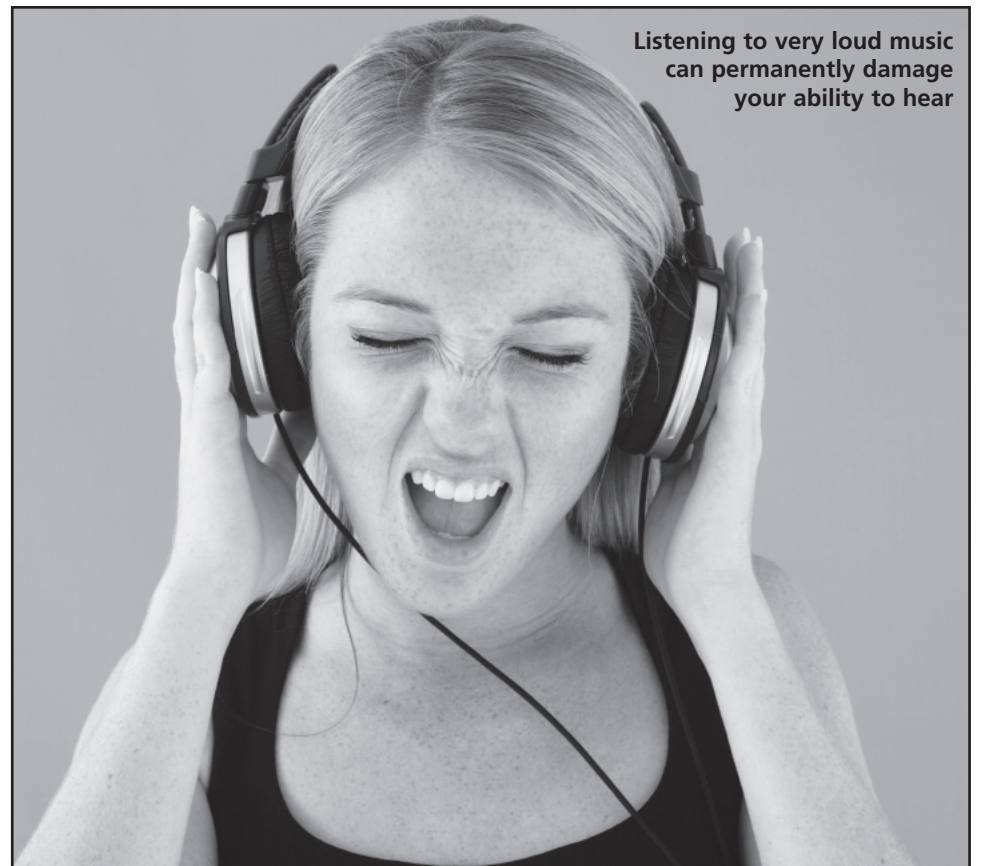
Hearing loss has often been dismissed by younger generations as a problem that affects old people. Research has shown, however, that hearing loss now affects people earlier. According to the Canadian Hearing Society, nearly one in four Canadians suffer from some form of hearing loss or damage. Of these people, one in four are under the age of 40.

Popular musicians, who tend to play at very loud concerts many times a year, are the most at risk for hearing loss. After several years, many of them start hearing buzzing and hissing in their ears, especially after performing. They complain that they can't hear through the noise in their ears, and the noise starts lasting for longer and longer periods of time. This medical condition is called tinnitus, and it is described as a persistent ringing in the ears that is caused by exposure to loud noise for long periods of time. Musicians who play loud music and do not make efforts to protect their hearing often find themselves suffering from tinnitus.

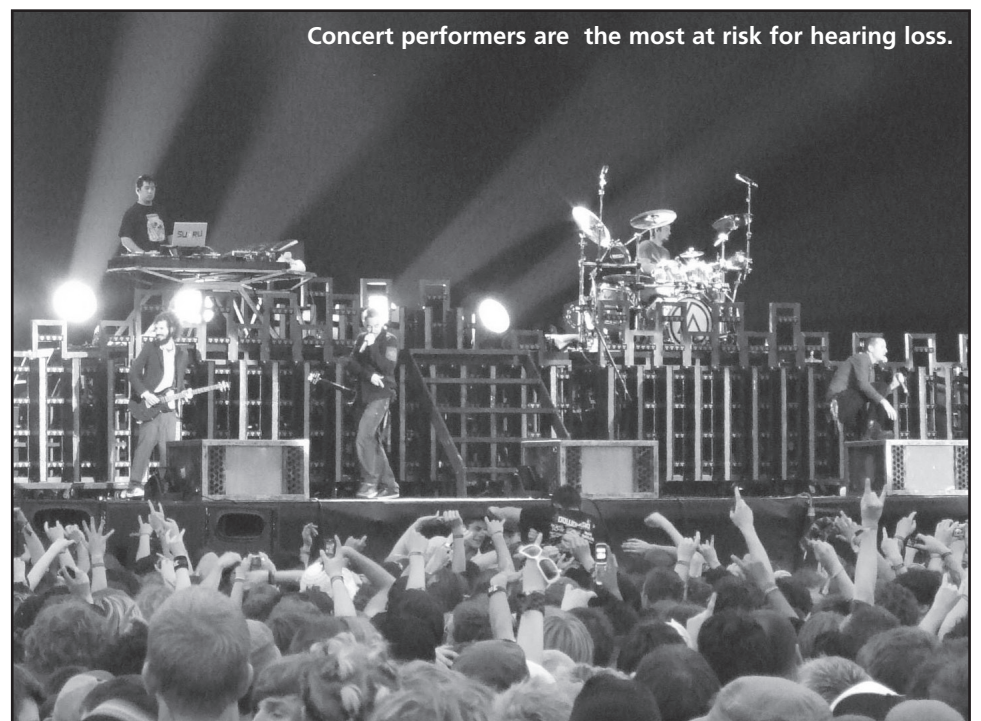
More and more people who listen to loud music are also at risk for hearing loss. Personal music-playing devices like MP3 players that have earphones are chief contributors to hearing loss in young people. The ear pieces in most MP3 players and smartphones don't fit every listener, letting other outside sounds in, such as traffic or crowd noise. Listeners often crank the volume up way too loudly simply to drown out other sounds in their environment, and this can seriously damage the ear forever. It becomes harder and harder to hear conversations in situations where there is a lot of noise in the environment, such as at restaurants or at parties.

What do you think? Are earplugs or sound-dampening headphones necessary to enjoy rock concerts, or do they ruin the experience of seeing a live band? Should electronics manufacturers place an upper limit on the volume of their devices? Will these measures stop people from hurting their hearing forever, or should it be up to individuals to protect themselves? Send your opinions to: info@yournews.ca

What do you say?



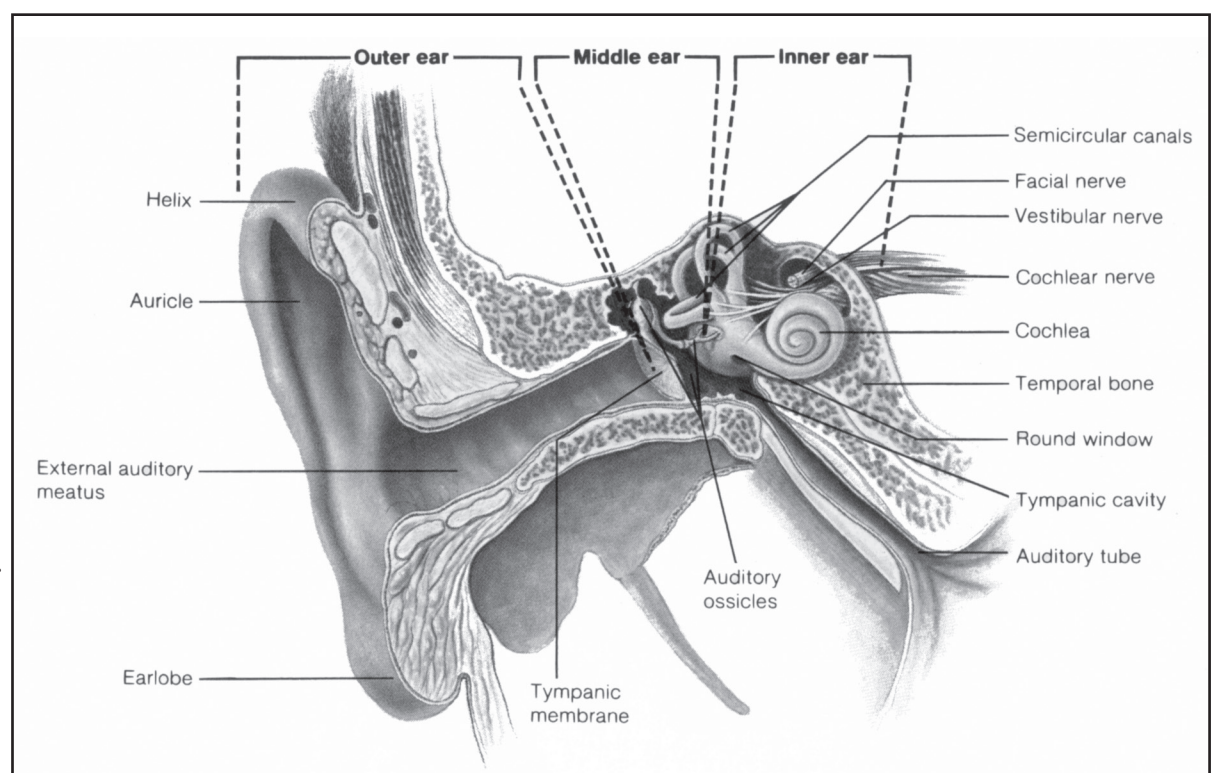
Listening to very loud music can permanently damage your ability to hear



Concert performers are the most at risk for hearing loss.

The human ear

The human ear has three main sections, which consist of the outer ear, the middle ear, and the inner ear. Sound waves enter your outer ear and travel through your ear canal to the middle ear. The ear canal channels the waves to your eardrum, a thin, sensitive membrane stretched tightly over the entrance to your middle ear. The waves cause your eardrum to vibrate. These vibrations pass into the inner ear, into a liquid-filled organ called the cochlea, which is shaped like a shell. Inside the cochlea, there are hundreds of special cells attached to nerve fibres, which transmit the information to the brain. The brain processes the information from the ear and lets us distinguish between different types of sounds.



Celebrating Nurses and Midwives

April 7 is World Health Day

This year, World Health Day celebrates the essential work of nurses and midwives and recognizes the critical role they play in keeping the world healthy. Nurses provide care for the sick and injured, and midwives help mothers give birth to babies.

Nurses and other health workers are also at the forefront of the response to the COVID-19 global pandemic. They provide access to high quality health care, give people respectful treatment, and speak out in communities to calm fears and to answer people's health questions.

Nurses, midwives, and other health care workers also collect information for scientists who conduct clinical studies. Without these dedicated professionals, responding to a crisis like the COVID-19 outbreak would be impossible.

In this International Year of the Nurse and the Midwife, World Health Day will highlight the role of health care workers around the world. This year's goal is to encourage more people to become nurses and midwives, to prevent shortages of workers in the health care industry in every country. As the world's population grows, more health care workers will be required to make sure everybody has access to medical treatment. The COVID-19 crisis also shows us how important it is for all nurses to have access to the most up-to-date knowledge they need to respond to epidemics.



World Health Day Word Find

How many words can you find around the doctor and his patients? Start at the top, then go to the right. Don't skip any letters. Some long words have shorter words within them. There are at least 44 words in all.



Photo: Doctors Without Borders

Vocabulary

heatwave – a long period of unusually hot weather that lasts for several days or weeks

drought – long periods of no rainfall and failed crops, sometimes lasting years

vulnerable – at greatest risk; likely to be hurt or damaged

Health and climate change: What people can do to help

Climate change affects everybody's health. Threats include more extreme weather conditions and rising sea levels, with heat waves, storms, wildfires, floods and droughts. By acting now, we can all help save our health, the environment and the economy.

There are many things people can do to reduce the effects of climate change on human health. Here are some practical steps you can take right away:

Inform yourself

First, learn more about climate change and its effects on health. What is causing climate change? What are its current and potential effects on your health? Who is most vulnerable? What can you do about it? What can your organizations, municipalities and countries do to protect health from climate change?

Get the word out

Send messages and talk about health and climate change with your friends and classmates. For those of you with access to the Internet, use



photo: iStockphoto.com

your Facebook, Twitter, or Reddit groups to chat about the threats of climate change. If you do not have Internet access, use your school, university, club, community, sports, and other social networks to spread the message. You can also take action by writing to your local newspaper or to your Member of Parliament. Let your government, institutions and industries know what you expect of them.

Another idea is to put on a play or a skit about the health hazards of climate change at your school or in your workplace.

Carbon footprint

Learn about your carbon footprint and develop a plan to reduce it. Your carbon footprint is a measure of how much carbon dioxide is produced as a result of your lifestyle choices for transportation, heating, cooling, and lighting. High carbon footprints are bad for community health and bad for the environment. You can find a carbon footprint calculator online at:

<http://www.footprintnetwork.org/>