

LESSON 2

reading text

NEW YEAR'S RESOLUTIONS

CARLOS



Well, I have to admit I'm a little heavy, and I detest exercising and eating healthy food. But I really want to get on the football team, so my New Year's resolutions this year are all about having a healthier lifestyle. I need to lose some weight, so I'm going to ride my bike to school every day instead of taking the bus. That will help. I also need to eat healthier food, so no more hamburgers and pizza for lunch!

My grades were pretty bad last year, so my New Year's resolutions are about getting better grades. I usually avoid studying. After school, I prefer to hang out at the mall with my friends. And when I'm at home, I like to watch soap operas in the afternoon . . . um, but don't tell anyone about that, OK? Well, this year I'm going to go straight home after school every day to study. I'm also going to join a lot of study groups and get help with my homework. It's really important for me to keep these resolutions, because if I get better grades, I'll be able to get into college. I know I can do it!

NATE



EMMA



People are pretty friendly at this school, but I'm really shy, so I don't have very many friends. My New Year's resolution is to make a lot of new friends this year and have a better social life. Hey, maybe I'll even find a boyfriend; it would be nice to go to the prom this year.

I'm tired of spending all my time studying math, history, and science. I don't mind learning all of those things, I mean, I know they're important, and I want to do well in school. But this year, I want to learn something new and different too. I really enjoy listening to music and singing, so one of my New Year's resolutions is to learn how to play a musical instrument, maybe the guitar. I also want to exercise more this year, so I'm thinking about learning how to ride a skateboard or maybe even learning how to surf. I can't wait!

KAREN



GREG



I'm going to get my driver's license soon, and I really want my own car. My parents said they would pay for half, but I still need to pay for the rest. Plus I'll need money for gas. Well, my parents give me an allowance every week, but I usually spend it on stupid stuff. So my New Year's resolutions are to save as much money as possible and to get a part-time job. I'm going to get a really cool car. Just wait. Everyone will want to ride to school with me!

LESSON 10

reading text

EVERYTHING YOU NEED TO KNOW ABOUT

911

In case of an emergency, you need to know how to get help fast. Calling 911 is the fastest way to get help for yourself or someone else.

Sometimes there is an emergency, but it is not a reason to call 911. For example, if your cat is stuck in a tree, that is not a reason to call 911. If there's a problem with a sink in your house and there's water all over the floor, that is not a reason to call 911.

But what if you are in one of these situations?



- You see a strange person trying to enter your house or your neighbor's house.



- You are in a car accident and people are hurt, or if a person you are with cannot breathe.



- Your house is on fire.



Then you had better call 911 in a hurry!

Never call 911 as a joke, just to see what will happen, or in a situation that is not an emergency!

How do you call 911?



- Stay calm.
- Get a phone.
- Push the "9" button, then the "1" button, then the "1" button again.



- When a person answers, speak in a calm and clear voice so that he or she can understand what you are saying.
- Explain what kind of an emergency there is.
- Be ready to answer every question, such as, *Where are you calling from? Who needs help? Is the person who needs help breathing?*

In an Emergency:

The information you've just read is very important, so you had better not forget it! In an emergency, it's normal to feel afraid or upset, but if you follow this advice, then you will be able to get help fast and everything will be OK.