

Cancer

THE NUMBER TWO KILLER IN NORTH CAROLINA

Your tribe must survive cancer by using the tools of education and action.

Your challenge is to write an informational news article on cancer.

Survival Plan: In the News

By Scott Crisco

Stanly Community College

Background

Level: My class is a mix of intermediate and low-intermediate students. An instructor can adjust this project satisfactorily for other levels of English competence.

Objective: To create a news article on cancer.

Time: My class meets Monday through Thursday, for four hours a day. We spent a little over two weeks on this challenge, interspersing it with other classroom activities.

Education and Action

Day One

Our ESL class spent the first day discussing the various body parts and organs in the human body. (A handout on body parts follows this project plan.)

Day Two

We approached our survivor challenge—to write a news article about cancer—by discussing various types of cancer and what parts of the body these cancers can destroy. We focused on four main cancers: breast, colon, lung, and skin cancer.

I used many resources from the Internet and textbooks to educate myself and to find useful handouts. Two particularly good resources are:

- http://www.cancerproject.org/protective_foods/index.php The Cancer Project
- <http://www.webmd.com/diet/guide/top-cancer-fighting-foods> Top Cancer Fighting Foods

We also learned some vocabulary words that students might see while learning more about cancer. We defined the vocabulary together as a class, and I wrote the definitions on the board. Our words are shown below, with definitions adapted from <http://www.cancer.gov/dictionary/>.

- **Antioxidant** a substance that protects cells
- **Nutrition** food and drink
- **Folic Acid** a B-complex vitamin
- **Carcinogens** substances that cause cancer
- **Immune System** organs and cells that protect the body from illness
- **Malignant** cancer
- **Benign** not cancer
- **Tumor** a mass of tissue that is not normal. A tumor may be malignant or benign.
- **Metastasized** spread
- **Chemotherapy** drug treatment that kills some cancer cells
- **Radiation** high energy rays used to treat cancer

Students then had to write sentences with these words and put them on the white board.

Day Three

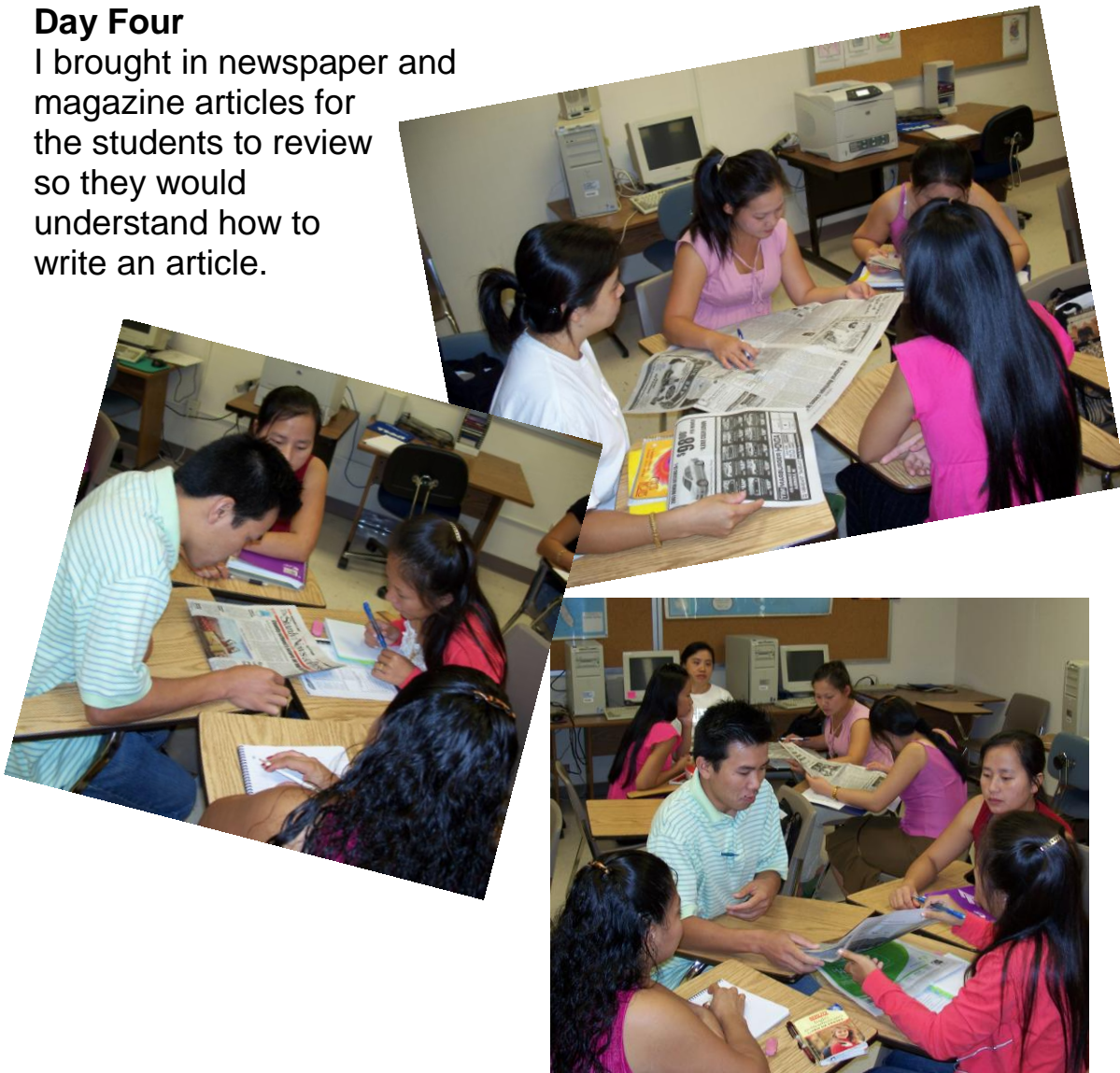
We discussed healthy habits for healthy living. We discussed the healthy foods that help stop or prevent some cancers from forming. We spent much time talking about vegetables and fruits.

In preparation for this discussion, I used many lesson plans from <http://nc-net.info/>. This web site of the NC Community College System includes *A Virtual Library of Lesson Plans for English as a Second Language*. Health lessons are included in following materials from this site:

- The North Carolina Curriculum Guide (Domain Five)
- A Collection of ESL Lesson Plans (Unit 3)
- SALSA (entire project)

Day Four

I brought in newspaper and magazine articles for the students to review so they would understand how to write an article.



After we looked at the articles, we talked about them individually. We identified what an article related to, identified the main points, and tried to answer the questions of *who*, *what*, *when*, *where*, and *why* as given in each article. (Note: For some helpful graphic organizers, see <http://www.enchantedlearning.com/graphicorganizers/> and click on 5W's or <http://www.eduplace.com/graphicorganizer/> and click on 5W's chart.

Day Five

We divided up the class into two separate groups. (Carefully mixed groups get less-verbal students active and make them feel included in a project.) Each group was given the topic to write about. We reviewed the “who, what, where, when, and how method” of writing an article that we looked at the previous day.

Each group had one hour to do a first draft. I did not help in this process, but I was there if they asked for my help. One student from each group served as note taker, and one typed the group composition on the computer. The two groups printed enough copies for everyone to have a copy. When the hour was up, we distributed the two first drafts and we all discussed the grammar and spelling errors.

Day Six

I made enough copies of both articles for the whole class. I then gave the first draft back to the groups and gave them one hour to make any changes they felt needed to be made. This proved to be an excellent way to build team work and computer skills.

Day Seven

I gave each group the other group's second draft and had them to take an hour to find any mistakes or errors.

Sometimes they would just fix the error, and other times they would ask me, “Is this right?”





Next, each group got back their draft, corrected by the other group, and began to create their final writing.

Day Eight

We watched a rental movie entitled “My Life” starring Michael Keaton and Nicole Kidman. This is a story about a man named Bob Jones and his wife Gail. They are expecting their first child when Bob is diagnosed with cancer that may take his life before his child is born. Bob decides to make a video about himself and his life so his child will know him.

After the movie, we talked about how cancer can affect the human body. This movie created much discussion and some tears.

Day Nine

We brought our ESL students to our Allied Health building and the nursing instructors and students showed them a power point presentation on lung cancer--the leading cause of cancer death in the United States. Our ESL students took advantage of this opportunity to ask many questions of the nursing instructors and nursing students.

Day Ten

Students were given the opportunity to stand up in front of the class and tell others what they learned the past two weeks. They also worked on a handout about a specific fruit or vegetable. (A copy follows this project plan.) Many students said that they were going to change their eating habits because of what the class had learned.

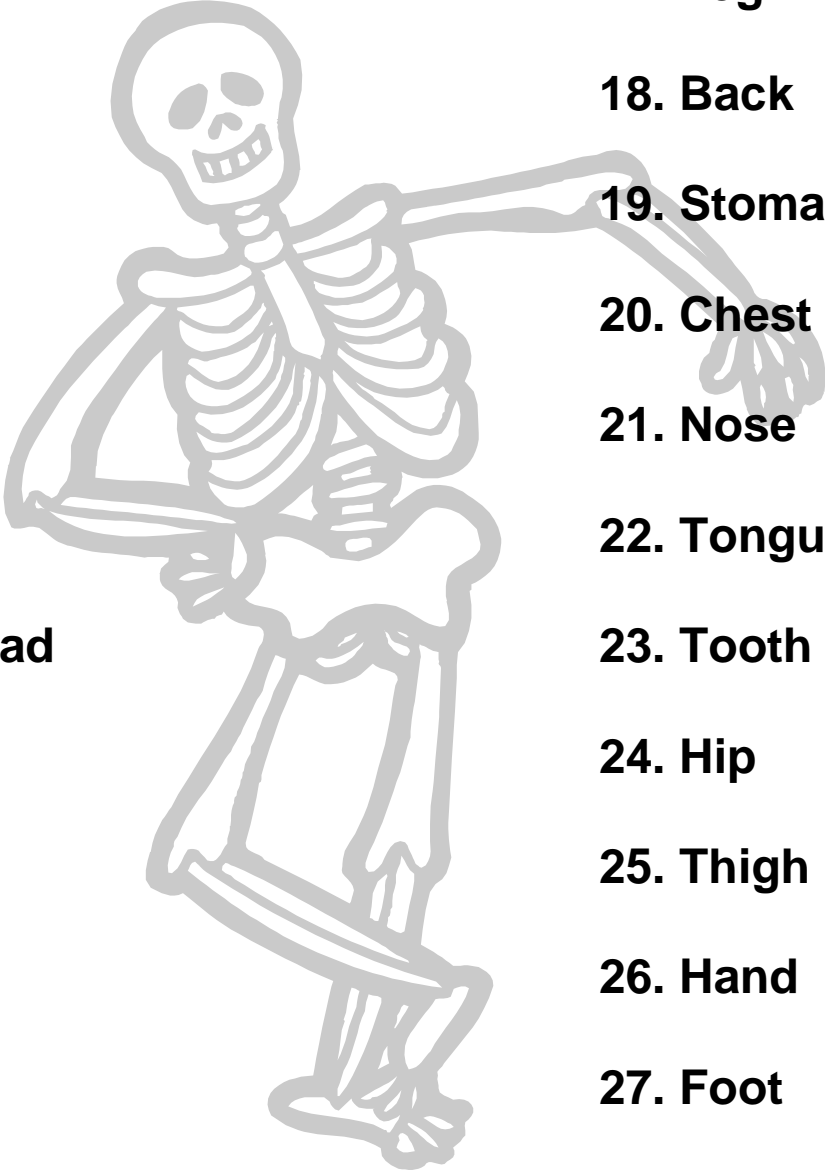
Results

We Met Our Challenge!

Our two news articles are included at the end of this project plan. They are typed to preserve the spelling, spacing, and punctuation that the students used. Due to the interactive efforts of class members on both articles, all students are credited on each article.

Both articles were printed in the Stanly Community College **Adult Literacy Student Newsletter** (on the second page). This was a most exciting and rewarding event for the ESL student authors!

Handout on Body Parts

- | | |
|-------------|-------------|
| 1. Shoulder | 15. Toe |
| 2. Knee | 16. Arm |
| 3. Cheek | 17. Leg |
| 4. Chin | 18. Back |
| 5. Lips | 19. Stomach |
| 6. Eye | 20. Chest |
| 7. Ear | 21. Nose |
| 8. Elbow | 22. Tongue |
| 9. Forehead | 23. Tooth |
| 10. Hair | 24. Hip |
| 11. Head | 25. Thigh |
| 12. Wrist | 26. Hand |
| 13. Ankle | 27. Foot |
| 14. Finger | 28. Calf |
- 

Cancer and the Dangers of Smoking

By ESL students

Va Yang, Phetsamai Vang, Mor Vang,
Maria Zelaya, Mee Moua, Aloun Mady,
Sammy Mady, Xee Vang, Sergio Mata, Evlin Lourith

Cancer is very dangerous it can happen to anybody who is using cigarettes or tobacco. We have a lot of different types of cancers that people can get. Cancer can kill you. About 50 to 75 percent of cancer deaths in United States are caused by human behaviors such as smoking and physical inactivity. In the United States 30% of deaths are from smoking and 25% to 30% may be caused from obesity and inactivity. Cancer is the second leading cause of death in the United States. Some cancers can grow and form masses abnormal cells and tumors. Abnormal cells can destroy the body and can harm the body. Tumors are masses of cells that may not be harmful. It is important that you go to the doctor for a check up. We want every immigrant to have a healthy life. A person can get lung cancer if he smokes everyday and for along time. If a person never goes to the doctor for a check up it could be too late. Cancer can destroy your body if you wait too long to see a doctor and it could be too late for you. You could find out that you only have 5 or 6 months to life.

You can prevent some cancers by not smoking and drinking alcohol, eating enough vegetables, fruits, fiber, and exercising. You also can prevent skin cancer by staying out of the sunlight. We also recommend that you drink green and black tea to keep some cancer away.



Cancer and the Dangers of Smoking

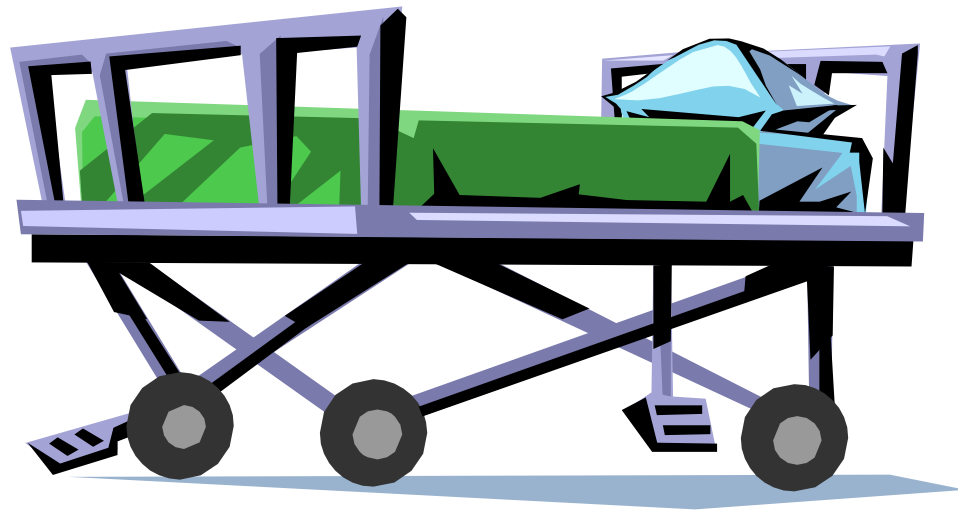
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father one last time. Soon after, the doctor took the oxygen out from his nose and he died.

If you read about this story we hope it will stop you from smoking and drinking too much.



Our Articles in Print

(See second page of newsletter)

Volume 2, Issue 7

October 2007



STANLY COMMUNITY COLLEGE
ADULT LITERACY STUDENT NEWSLETTER

Read All About It

Golden Dreams

Every accomplishment starts with the decision to try.



Author unknown

After more than four decades of having lived without a high school diploma, Betty Stuart and Florence Honeycutt enrolled in Mr. Barker's High School Prep class to pursue a lifelong goal. For both women, the circumstances causing them to drop out of high school are very similar. When these ladies were teenagers not much was expected of women in the workforce. A woman's role was simply to be a wife, mother, and homemaker.

Despite Betty's desire to remain in school and graduate, her father felt it was not important for a woman to have a high school education. So upon completing the 8th grade, her father required her to drop out of school and assume duties at home. After years of experiencing her five children and

several grandchildren graduate, Betty felt determined to achieve the goal that was denied her many years earlier. Her goal is to become a beautician once she graduates.

Florence also had to drop out of school to help with responsibilities at home. An auto accident left her confined to a wheel chair. Although this has caused her to miss out on a lot in life, she dreams of becoming a paralegal. She is currently working toward that dream.

When asked what message they would give to young people, both said, "Set a goal and pursue it, no matter how difficult it might be."

Reminder
Daylight Savings Time ends at 2 AM, Sunday, November 4. Turn back clocks one hour.



GRADUATES

Adult High School

Brittany Adcock

Shasta Barbee

Nicolas Bradford

Jennifer Desourdy

Brandon Furr

Sydney Henderson

Crystal Hill

Candace Waskiewicz

Clarence Wilson

GED

Angela Crump

Jeffrey Furr

Melissa Garcia

Matthew McClamrock

Justin Wood

October Yum-Yum (submitted by Jane McManus M/W class)

Apple Bake

- 4 Granny Smith Apples
- 1 cup sugar
- 2 Tablespoons cinnamon
- 2 Tablespoons butter
- Pam Butter Spray

Core middle of apples out. Spray baking dish with Pam Butter Spray. Place apples on dish. Mix sugar and cinnamon together. Put sugar cinnamon mix into apple hole. Put a pad of butter on top of each apple. Bake in 350 degree oven for about 45 minutes or until apples/sugar bubbling.

1 can sweetened condensed milk

Pumpkin Pie

- Buy a pie crust or make your own
- 1 can Pumpkin Pie Mix
- 1 egg
- 3 Tablespoons cinnamon
- 1 Tablespoon nutmeg
- 1 can sweetened condensed milk

Mix together pumpkin pie mix, egg, milk, cinnamon, and nutmeg. Pour mixture into pie crust. Dust top of pie with cinnamon and dot with butter (optional). Make in 350 degree oven for about 45 minutes.

Sweet Potato Boats

- 4 Sweet Potatoes
- 1 cup sugar
- 2 Tablespoons cinnamon
- 1/2 stick margarine, melted
- 1 bag marshmallows

Bake sweet potatoes for 45 minutes at 400 degrees or until tender. When cool, scoop potatoes from skins but do not discard. Combine potatoes, sugar, cinnamon, and margarine. Put mixture back into skins and place marshmallows on top. Bake until bubbly.

Twenty-four Things to Always Remember and One Thing to Never Forget

(submitted by Barbara Caldwell, ABE/GED Instructor)

- | | |
|---|--|
| 1. Your presence is a present to the world. | 13. Nothing wastes more energy than worrying. |
| 2. You are unique and one of a kind. | 14. The longer one carries a problem, the heavier it gets. |
| 3. Your life can be what you want it to be. | 15. Don't take things too seriously. |
| 4. Take the days just one at a time. | 16. Live a life of serenity, not a life of regrets. |
| 5. Count your blessings, not your troubles. | 17. Remember that a little love goes a long way. |
| 6. You will make it through whatever comes along. | 18. Remember that a lot... goes forever. |
| 7. Within you are so many answers. | 19. Remember that friendship is a wise investment. |
| 8. Understand, have courage, be strong. | 20. Life's treasures are people...together. |
| 9. Don't put limits on yourself. | 21. Realize that it's never too late. |
| 10. So many dreams are waiting to be realized. | 22. Do ordinary things in an extraordinary way. |
| 11. Decisions are too important to leave to chance. | 23. Have health and hope and happiness. |
| 12. Reach for your peak, your goal, and your prize. | 24. Take the time to wish upon a star. |

AND DON'T EVER FORGET....FOR EVEN A DAY....HOW VERY SPECIAL YOU ARE.

Christopher Columbus

(Expand as a Social Studies' class activity)

Not much is known for certain about the early life of Christopher Columbus. According to most accounts, he was born in 1451 in Genoa, Italy. His brother Bartholomew was a chart maker in Lisbon, Portugal. Columbus probably studied chart making with him.

Columbus believed that the world could be circumnavigated and wanted to travel the seas to prove it. He was very interested in exploration. Although most people of Columbus' time knew that Earth was round, not many believed that it was possible to get all the way around it by boat. It was also believed that a ship would run out of supplies before it reached land again.

At that time, spice merchants were looking for a new route to Asia. Asia was a large trading area, but it was very difficult to reach by traveling east across land. Columbus believed that it would be possible to reach Asia by traveling west across the sea. Columbus requested support from many people to help him travel the seas. Queen Isabella and King Ferdinand of Spain granted his request, and gave him the money he needed for his voyage.

On August 3, 1492, Columbus and ninety men set sail on the Santa Maria along with two other ships, the Nina and the Pinta. The voyage was hard and many men were sick and tired. On October 11, at ten o'clock at night, they finally saw land. On October 12, 1492, they landed and set foot on what they thought were the Indies (in Asia). He and his crew expected to see people that were Indian. Even when they found out that they were not in Asia, they were happy to have found a new place that they could trade with. Columbus named the area where they landed San Salvador, and claimed the area for Spain. Columbus continued to explore the New World and made several other voyages.

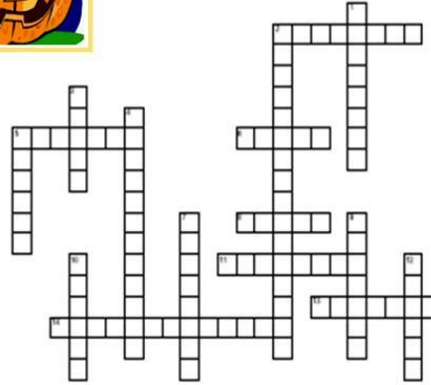
Today Columbus Day is observed in the United States on the second Monday in October. Banks and government offices are closed to honor the explorer who is believed to be the first European to have discovered the New World of the Americas.

Questions

1. Columbus went on his famous voyage because
2. What was Columbus' nationality?
3. Which ship did Columbus sail on?
4. About how long did it take Columbus to reach the new land?
5. Who probably most influenced Columbus' interest in sailing and exploring?
6. Who supported and financed his voyage?
7. What country was Columbus trying to find?
8. When is Columbus Day observed in the United States?



HALLOWEEN CROSSWORD



ACROSS

2. Don't let this creature cross your path (2 words)
5. The scariest month of the year
6. A rich, sweet confection made with sugar
8. A gathering for merrymaking
11. You carve these for Halloween
13. These types of houses will scare you silly
14. Three words for Halloween

DOWN

1. A body with no muscles or skin
2. To grab floating fruit with your teeth (3 words)
3. The spirit of a dead person
4. Used as a greeting by children to get candy (3 words)
5. A color and a fruit
7. Wolves howl at it (2 words)
9. An outfit or disguise
10. An ugly elfin creature of folklore
12. _____ crawly

STUDENT SHOWCASE



Them Streets

(by RJ Hopkins, Crutchfield GED student)

You know it's tuff out in them streets
 Trying not to get ruffed up making beats.
 All we got is beef with each other
 And we don't listen to our mothers
 And our fathers were never there.
 You couldn't go anywhere without being
 Aware of the guns and drugs everywhere.
 You never know if you're gonna make it
 With the gunfire and drugs in the air.
 You know it's hard out there in them streets
 Trying not to get ruffed up making beats.
 You never know if you make it because
 Somebody takes it away.
 Then you will be gone that day
 Saying "God let me make it"
 So I don't fly far away.
 Pray for them in the streets,
 Maybe it won't be so hard for them
 To make it outta here.
 But for us it's way too late.
 I guess I'll see y'all later
 Cause I might be gone tomorrow
 Somewhere outta these streets.
 So please pray for me,
 Maybe I'll be one who makes it.
 I guess we will see tomorrow
 If I get away from this sorrow.
 Maybe it will be tomorrow.
 Please God, get us out of this sorrow.
 For now, let's pray for tomorrow.
 Maybe it will be a better day.

Cancer and the Dangers of Smoking

(by ESL students Va Yang, Phetsamai Vang, Mor Vang, Mania Zelaya, Mee Mousa, Aloun Mady, Sammy Mady, Xee Vang, Sergio Mata, Evlin Lourith)

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