



ALL ABOUT PROFESSIONAL FOOTBALL

THE PRO FOOTBALL DRAFT



by Jim Gigliotti



ALL ABOUT PROFESSIONAL FOOTBALL

FOOTBALL AND PLAYER SAFETY



by Phil Barber

CHAPTER 1



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Words To Understand

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Black
Achievement
IN SCIENCE

Chemistry



By JANE GARDNER

Black
Achievement
IN SCIENCE

Space



Astrophysicist
Neil DeGrasse Tyson

By MARI RICH

CRIME AND DETECTION

DAILY PRISON LIFE

BY **Joanna Rabiger**

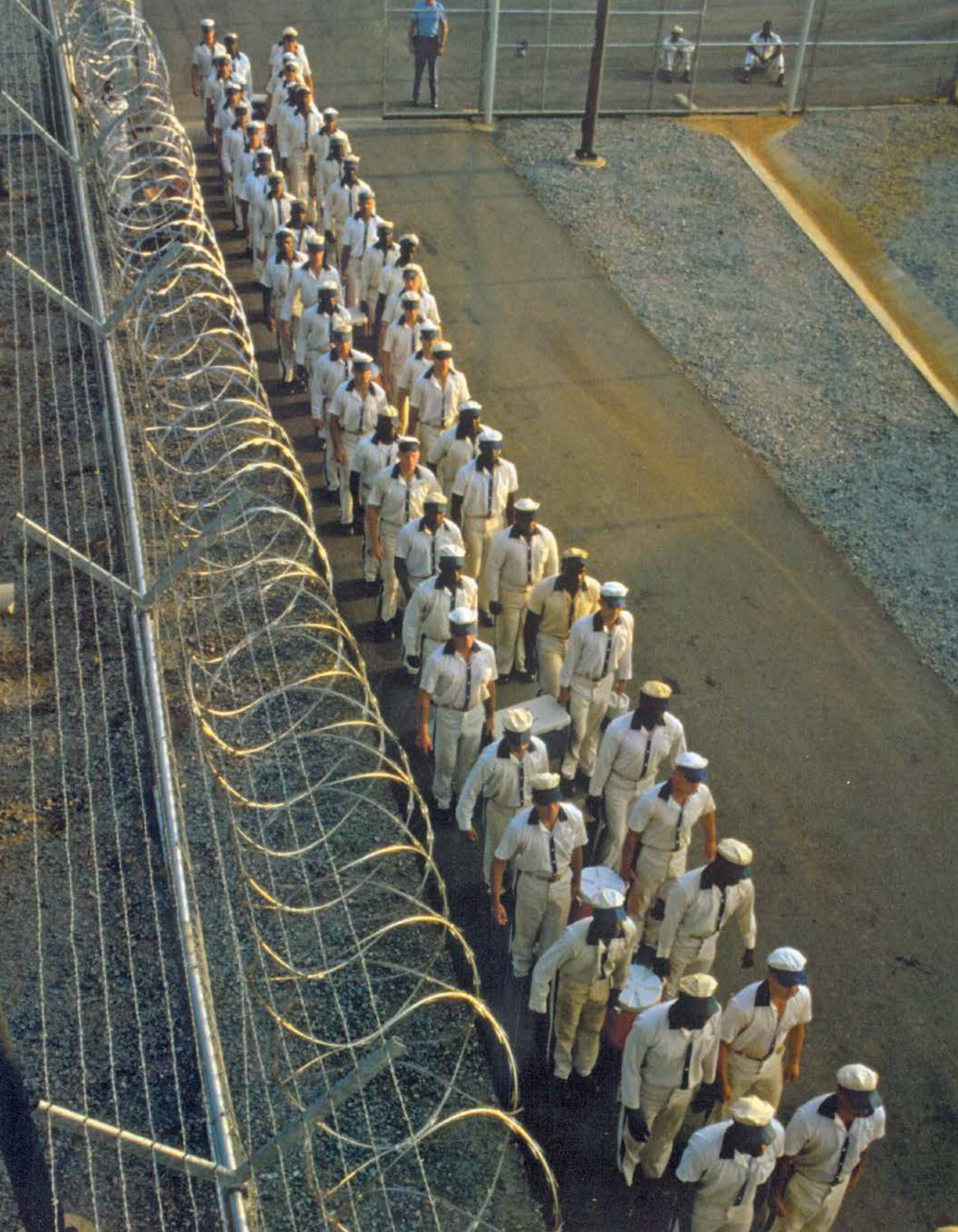
FOREWORD BY

Manny Gomez

Expert on Terrorism and Chairman of the National Law Enforcement Association

- ✓ Admission and classification
- ✓ Daily Routine
- ✓ Violence and gang warfare
- ✓ Getting out

THE U.S. PRISON SYSTEM



Words to Understand



Conspiracy: planning with other people to commit an unlawful act (often for political motives)

Epidemic: higher than usual occurrence

Felony: a crime considered serious enough that it must be punished by imprisonment

Incarcerate: to imprison

Misdemeanor: a crime that need not be punished by imprisonment, or that merits a short sentence only

Money laundering: to transfer illegally obtained money through an outside party to conceal the true source

Parole: when an inmate is conditionally released before his or her sentence is served, on strict condition that he or she report regularly to a parole officer

Penitentiary: a state or federal prison in the U.S.

Probation: the action of suspending the sentence of a convicted offender and giving the offender freedom for good behavior under the supervision of a probation officer

Racketeering: to conduct a fraudulent scheme or business activity

Recession: a period of reduced economic activity

Regimen: a systematic plan designed to bring benefits as it is carried out

Left: Inmates at a “boot camp” in Georgia perform a military-style drill. “Boot camps” are a special type of short-term prison program used mainly for the rehabilitation of younger offenders. For those who may never have worked or held down a steady job, “boot camps” provide an opportunity to develop a sense of personal responsibility.

THE U.S. PRISON SYSTEM IS THE LARGEST IN THE WORLD AND THE MOST COMPLEX. INSTEAD OF A SINGLE NATIONAL SYSTEM, IT IS MADE UP OF A NETWORK OF PRISONS RUN BY THE FEDERAL GOVERNMENT, STATE GOVERNMENTS, AND LOCAL GOVERNMENTS OR MUNICIPALITIES. THE U.S. ALSO HAS THE LARGEST PRISON POPULATION IN THE WORLD. MANY STATES ACROSS THE U.S., AS WELL AS THE FEDERAL GOVERNMENT, ARE CURRENTLY CONSTRUCTING NEW PRISONS. BECAUSE OF THIS CONTINUING EXPANSION OF THE PRISON SYSTEM, THE U.S. NOW HAS SOME OF THE MOST MODERN AND TECHNOLOGICALLY ADVANCED PRISONS IN THE WORLD.

The U.S. prison population first began to rise during the 1980s and early 1990s. During this period, North America experienced the effects of a profound economic **recession**, high unemployment, and soaring crime rates. Drugs and gangs were major causes of concern, and urgent action was necessary to combat the new **epidemic** of crack cocaine addiction and gang-related activity. The president at the time, Ronald Reagan, declared a “War on Drugs,” and the criminal justice system in the U.S. became accordingly “tough on crime.” As a result, more people were sent to prison for drug-related offenses. The state of California led this change in 1994 with a harsh law that stated, “Three strikes and you are out.”

This law meant that anyone convicted of three felonies might end up facing life in prison. A **felony** offense is categorized as a serious crime, while a **misdemeanor** is a less-serious crime. For example, occasional shoplifting is generally considered a misdemeanor, while car theft is more often classified as a felony. Many other states followed the example of California and tightened their drug violation laws so that they were empowered to remove persistent offenders and gang members from the streets of the larger American cities.

By the 2010s, a backlash was growing against these mandatory minimums. By 2010, the vast majority of defendants convicted of federal offenses were subject to mandatory minimum sentences. Most of these offenses had to do with drugs. In 2010, almost half of drug offenders were convicted of an offense carrying a ten-year mandatory minimum penalty. Critics argued that these policies put huge numbers of men behind bars and left judges no latitude to create sentences that might be less destructive to the convicts and their families. One unintended consequence of the policies was extreme overcrowding of prisons.

Prisons were becoming overcrowded in the 1990s, which led to a vigorous program of prison construction. By the teens, some states were trying to reverse



An inmate leads a discussion in a drug rehabilitation group meeting at a state prison in Montana. Most inmates have a history of drug and alcohol addiction problems. Effective drug and alcohol rehabilitation programs form an essential part of nearly all prisons' daily routines.

this trend. California, for example, reduced its crowding situation from 199 percent of capacity in 2007 (in other words, prisons were housing twice the number of inmates as they were intended to) to 143 percent of design capacity in 2013; still crowded, but improved. In 2012 voters decided to change the three strikes law so the third strike had to be a serious or violent felony, and to allow inmates serving third-strike sentences to reduce their sentences.

As the U.S. prison system has grown, so have state governments, and the federal government increasingly turned to security specialists. Private security companies, such as Corrections Corporation of America (CCA) and Wackenhut Corrections Corporation, now manage several major prisons in the U.S. The federal govern-

DRUG ADDICTION AND RECOVERY



Adderall, Benzos, and Other Prescription Drugs

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DRUG ADDICTION AND RECOVERY



Oxy, Heroin, and Other Opiates

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An artist's rendering of the communication between two synapses, which is conducted through neurotransmitters (represented by the bright specks in between the synapses).

There are a few different ways that drugs affect neurotransmitters. For example, some drugs such as marijuana contain chemicals that actually mimic the behavior of natural neurotransmitters, so the user's brain receives a flood of these extra chemicals. Other drugs, such as cocaine, prevent neurotransmitters from being absorbed by the brain, leading to an increase in the overall amount.

Commonly misused prescription drugs have the potential for long-term and even permanent effects. The chapters that follow will discuss the specific impacts of painkillers, tranquilizers, and stimulants.

DOPAMINE

If you try something new—a new food, a new activity, whatever it might be—and you enjoy it, chances are you'll want to repeat that new thing in the future. On a chemical level, the reason you want to repeat the experience is because you enjoyed a spike in your dopamine levels. Dopamine is a neurotransmitter, which is a type of chemical that passes information from one part of the brain to another. The brain registers all pleasure the same way, whether it originates with eating a burger, scoring a goal, or taking a drug. The experience of pleasure is a result of the dopamine. The more you enjoy something, the more dopamine you are likely to have in your system.

Since dopamine is part of normal human function, you might wonder why using drugs to raise dopamine levels is even a problem. Don't drugs just recreate a natural process? The answer is yes and no. It's true that everyone—drug user and non-user alike—experiences daily changes in dopamine levels. However, drugs tend to raise the levels far above what ordinary experiences would do. That's a big part of what makes drugs tempting. But when used repeatedly, the brain adjusts to these inflated levels, producing less dopamine on its own or making it harder for the brain to absorb dopamine, adaptations that are similar to turning the volume down on a radio. In addition, a user can get used to surges in dopamine and come to expect the **euphoria** of drugs. This can make it extremely difficult for regular users to cope with “normal” (that is, not artificially inflated) rewards.

“GOOD” DRUGS AND “BAD” DRUGS

One of the biggest dangers of prescription medications is the assumption that they aren't dangerous because they are made and sold by legitimate companies. People tell themselves that prescription drugs are completely different from the ones sold on the corner.



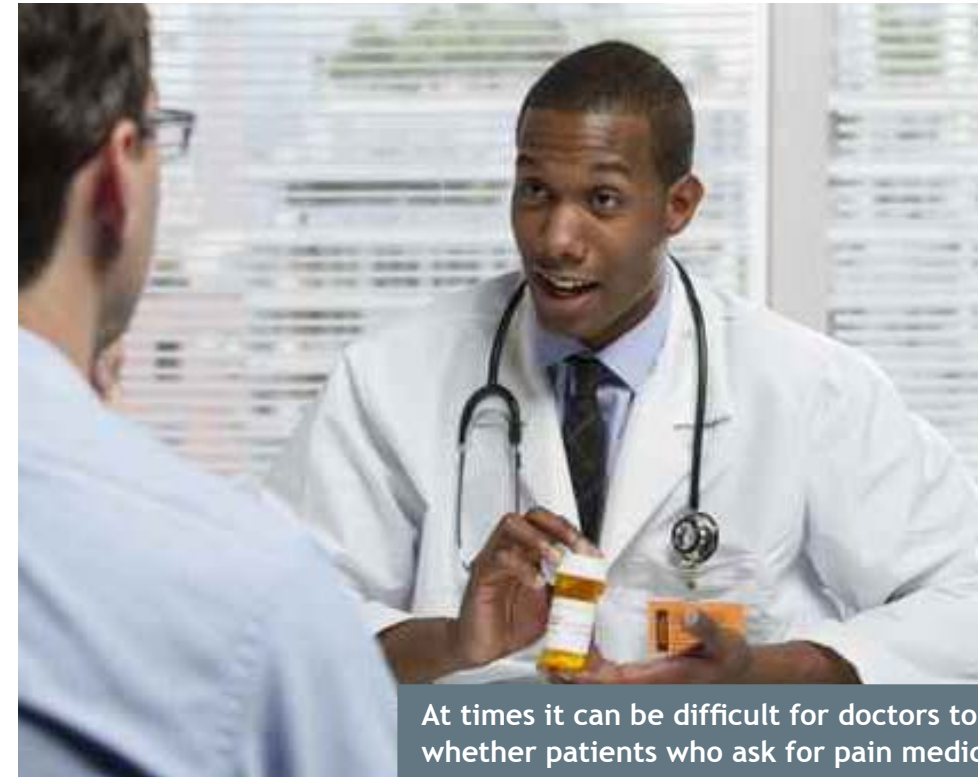
DOCTOR SHOPPING

By definition, the drugs discussed in this volume should only be taken under a doctor's orders. The reasoning behind this is clear: in the interest of public safety, laws try to ensure that dangerous drugs are only used when they are absolutely needed. But this assumes that a doctor can know precisely what a patient does and does not need. In the real world, it doesn't always work this way.

There is no test that can prove whether or not a patient is in pain. There's also no way for a doctor to know how many other doctors a patient has visited. So it is something of a guessing game as to whether or not the patient is being honest about his need for medication.

People seeking prescription drugs for nonmedical uses have been known to lie to doctors about their symptoms. They have also been known to visit more than one doctor, to obtain prescriptions from each. This practice is called "doctor shopping."

Different states have different laws regarding doctor shopping, but in most places, it is considered a criminal act to lie to a healthcare provider in order to obtain prescription medicine. Another problem with doctor shopping is that the practice can make healthcare providers deeply suspicious of anyone who comes in looking for pain medicine. Sometimes people with legitimate medical needs have trouble getting treated, because doctors have had so many run-ins with doctor-shoppers. I love this sidebar—and wonder if maybe it should end with an implication or actionable advice? Or maybe something like... Many states are cracking down on doctor shopping by creating prescription medicine registries and enacting harsh penalties for individuals caught in the act.



At times it can be difficult for doctors to tell whether patients who ask for pain medications truly need them or not.

There is one tiny element of truth here. Prescription drugs are safer than illegal drugs in the sense that they are more pure. As long as they were made by a reputable company, they were not "cut" with potentially toxic additives, as so-called "street" or "hard" drugs often are. Also there is usually (not always) far less physical danger involved in acquiring prescription drugs.

But in every other sense, there is no real difference between hard drugs and the ones that come from the pharmacy. The popular painkiller called OxyContin has the same chemistry as heroin. Medications for attention deficit hyperactivity disorder (ADHD) are members of the same drug family as both cocaine and meth. And all the drugs covered in this volume can be highly dangerous if they are used in ways other than how they are



People who struggle with drug dependence don't always look the way they are portrayed in the media; you can't know who has a problem by looking at them.

prescribed. A perfect example is prescription sleep-aids with brand names like Ambien and Lunesta: used properly, they are generally safe and non-addictive. But used improperly—in too-large amounts or mixed with other drugs—they can be risky and even deadly.

If prescription drugs are misused, it doesn't matter whether they were purchased in a dark alley or a well-lit pharmacy. These medications contain powerful chemicals that can save lives or destroy them.

TEXT-DEPENDENT QUESTIONS



1. What's the difference between OTC and prescription drugs?
2. How does a drug like cocaine affect the brain and how is it different from how a drug like marijuana affects the brain?
3. How are prescription drugs like or unlike illegal drugs?

RESEARCH PROJECT



Download a copy of *Monitoring the Future*, a wide-ranging study that collects surveys of American teenagers on the subject of drug use. (It's available at http://www.monitoringthefuture.org/pubs/monographs/mtf-vol1_2014.pdf). Look at Chapter 10, which is the one covering prescription drugs in general and ADHD medication in particular. Study the ADHD medication tables and make some observations about trends in stimulant use over time. Consider questions like these:

- When and where have the greatest increases in misuse taken place?
- What ages and ethnic groups have experienced the greatest rise in misuse of stimulants?
- Where do most teenagers get the stimulants to misuse?
- How do most teenagers perceive what their friends are doing?
- What do these trends suggest to you about the future?

Families Today



FAMILIES AND MENTAL & PHYSICAL CHALLENGES

H.W. Poole

Families Today



MULTIGENERATIONAL FAMILIES

H.W. Poole



Bill de Blasio with his family—wife Chirlane McCray, daughter Chiara, and son Dante—at a civil rights march in New York City in 2012.

Chapter One

WHAT IS A MULTIRACIAL FAMILY

Words to Understand



census: a survey of a particular population.

demographers: people who study information about people and communities.

ethnicity: to come.

transracial: involving more than one race; across racial lines.

When Bill De Blasio was sworn in as mayor of New York City on January 1, 2015, the moment was significant for several reasons. For one thing, the election of De Blasio, a Democrat, was a political change for the city. But for many people around the country, De Blasio's victory represented something more personal. De Blasio is white, his wife Charlaine McCray is black, and together they have two biracial children, Chiara and Dante. This made De Blasio the first white politician with a black spouse to be elected to a major office. A multiracial family would now occupy the mayor's residence of America's largest city.

MAKING A MULTIRACIAL FAMILY

How are multiracial families made? There are two main ways. The first is when two people of different racial backgrounds fall in love. They are usually referred to as an interracial couple, and any children they have together would be considered bi- or multiracial. Or someone might marry, have children, divorce, and

Hispanic Origin



When filling out a form—for example on a standardized test—you might notice that there is one question about your race, and a separate one about “Hispanic origin.” Some people find this confusing, because they think of someone who is “Latino” as being a different race from a white, black, or Asian person. But in fact, the term *Hispanic* includes a huge range of individuals. People of Hispanic **ethnicity** can be of different races. Latinos can be white or black or neither or both! That's why the question about Hispanic origin is often listed separately.

This may be changing, however. The U.S. Census Bureau revised the ethnicity question for its 2010 count, and it looks likely to do so again for the next census in 2020.



According to the U.S. Department of Health and Human Services, 40 percent of adoptions are transracial.

then remarry. If the new spouse is of a different race, this situation also creates a bi- or multiracial family.

The other major way multiracial families are made is when a person or couple adopts a child who has a different racial background. So for example, two white parents might adopt a black or Asian child. This is called **transracial** adoption, because *trans* means “across,” and a transracial adoption takes place across racial lines. There are two types of adoption: domestic and international. A domestic adoption involves a child already in the United States, while an international one involves bringing a child from another country to the United States.

COUNTING MULTIRACIAL FAMILIES

In the 2010 **census**, more than 9 million Americans described themselves as being of more than one race. This group includes celebrities such as the

I am the son of a black man from Kenya and a white woman from Kansas. I have brothers, sisters, nieces, nephews, uncles and cousins of every race and every hue scattered across three continents. And as long as I live I will never forget that in no other country on Earth is my story even possible.

—U.S. President Barack Obama, 2008



The Obama family, December 2011.

musicians Drake and Rhianna, the actors Halle Berry and Dwayne “The Rock” Johnson, and athletes including Derek Jeter, Gabrielle Reece, Carmello Anthony, and Tiger Woods. And let’s not forget President Barack Obama, who is the son of a white mother and black father.

Demographers say the number of people who identify as two different races (biracial) or more than two (multiracial) will continue to grow. In fact, some experts predict that the number of bi- or multi-racial people will increase by almost 200 percent by 2050. That’s a far larger increase than is predicted for any single race or ethnicity.

MARRIED-COUPLE HOUSEHOLDS IN THE UNITED STATES, 2010

	Number	Percent
Total Interracial/Interethnic Couples	5,369,035	100
Non-Hispanic White/Hispanic (any race)	2,020,825	37.6
Non-Hispanic White/Non-Hispanic Black	422,250	7.9
Non-Hispanic White/Non-Hispanic American Indian and Alaska Native	280,780	5.2
Non-Hispanic White/Non-Hispanic Asian	737,493	13.7
One Partner Reporting Multiple Races*	838,190	15.6
Both Partners Reporting Multiple Races*	341,255	6.4
Hispanic/Non-Hispanic	390,650	7.3

*Includes Hispanic and non-Hispanic.

Source: U.S. Census Bureau, 2010 Census. https://www.census.gov/hhes/socdemo/marriage/data/census/InterracialMarriages_PAA2013_FINAL.pdf

FOUNDATIONS OF DEMOCRACY JUSTICE, POLICING, AND THE RULE OF LAW

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FOUNDATIONS OF DEMOCRACY



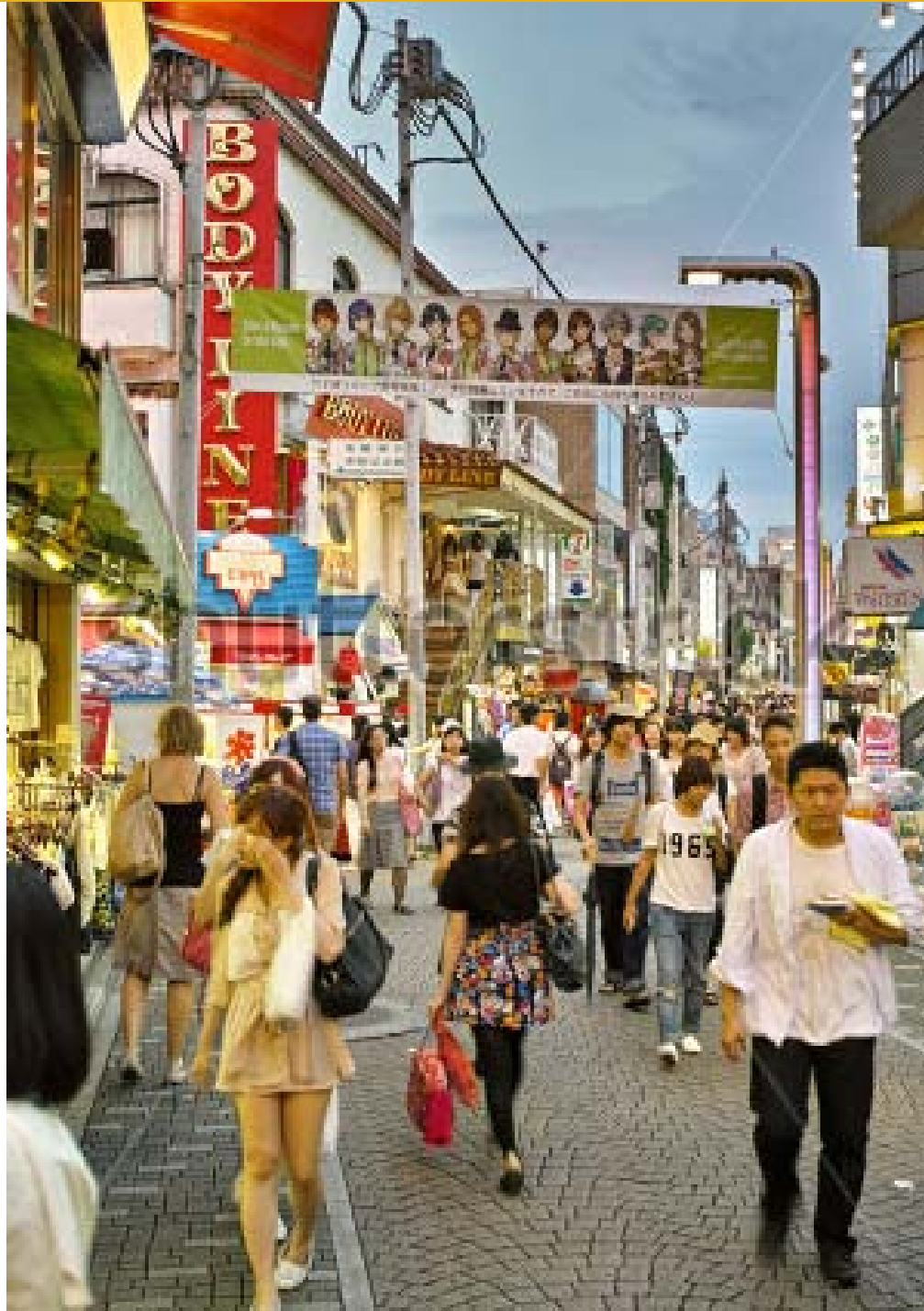
FOUNDATIONS OF DEMOCRACY

JUSTICE, POLICING, AND THE RULE OF LAW

AUTHOR NAME

JUSTICE, POLICING, AND THE RULE OF LAW

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Shoppers on Takeshita Street, in Tokyo. Japan has one the highest rates of citizenship in the world.

expected to participate in governance through a variety of activities ranging from paying taxes to voting. Non-citizens may reside in a political community, but often do not have the same economic, political or social rights as the citizens of that area.

Within any country, the majority of the populace are citizens. For instance, 92.3 percent of the people who live in Germany are citizens, as are 87.1 percent of those in the United States, while Japan has one of the highest rates of citizenship in the world at 98.8 percent. The most common way to obtain citizenship is through birth. Countries around the globe usually confer citizenship on the children of their citizens. In some instances when one parent is from one country, while the other is from a different nation, their children may be granted **dual citizenship**. Some nations forbid dual citizenship and require children to renounce citizenship of other countries when they turn 18.

Citizenship may be restricted for residents who were not born in a particular country, but who live there. Countries may impose conditions before an individual can gain citizenship. Common conditions include residency for a specific period of time and no history of criminal activity.

RIGHTS AND RESPONSIBILITIES

Citizenship comes with both rights and responsibilities. Citizens have access to the full range of a nation's civil liberties--legal protections against unwarranted government interference or action, such as arbitrary arrest or the indiscriminate confiscation of property. Common civil liberties include freedom of religion, free speech, and the right to a fair trial. In addition, citizenship usually allows individuals to work in restricted occupations closed to non-citizens. For instance, most nations restrict the ability of non-citizens to work in national security fields such as weapons research and design.

Citizenship is a vital component of **democracy**. Citizens are the building blocks of democratic governments. Governments rely on citizens to help make decisions about major issues and to run the country. Citizenship also grants people the right to seek



THE RISE OF DEMOCRACY

Democracy has spread rapidly to become the most common type of government in the world. Democracy expanded dramatically between 1990 and 2000, but declined slightly between 2000 and 2010.

Year	1970	1980	1990	2000	2010
Number of Democracies in the World	45	58	75	120	115

Source: Freedom House (www.freedomhouse.org).

elected office. One of the key rights of any citizen is the ability to vote in elections. All countries restrict voting by non-citizens in elections with some notable exceptions. For instance, countries in Western Europe allow non-citizens to vote in local elections once they lived in an area for a certain period of time. Furthermore, many members of the Commonwealth of Nations, an organization of former colonies of the United Kingdom, permit British citizens to vote in their elections.

While voting is considered a right, it is also seen as a responsibility. Democratic governments need citizens to cast ballots in order to ensure the legitimacy of elections. Twenty-two nations even require citizens to vote or face penalties such as fines, an obligation known as compulsory voting. For example, failure to vote in Australia can result in a \$26 fine.

Citizenship also comes with a range of other responsibilities. Citizens are expected to obey a nation's laws and pay their taxes. They are also often required to serve on juries in legal cases. Citizens have a duty to defend their country by serving in the military when required. Many countries still have compulsory military service, known as conscription, whereby citizens must serve a specific period in the national armed forces. Usually the compulsory military service lasts 1-2 years and begins after someone turns 18. Countries

ranging from Austria to Brazil to Israel to South Korea continue to have conscription, although many nations also allow alternative forms of national service. With the exception of Israel, only men are subject to conscription in peacetime. Alternatives to conscription might be public service, teaching, or even working on construction projects. Those countries without conscription retain the authority to force citizens to join the military during times of national emergency.

Besides the formal responsibilities of citizenship, countries also expect their citizens to be active members of their local communities. Governments also want their citizens to stay informed of local and national issues and participate in public meetings and events. Finally, democratic systems require that citizens respect the rights and views of others, even if they disagree with those opinions.



Soldiers at Israel's School of Infantry Professions take a break during a drill. Israel is one of the few countries in the world where military service is compulsory for both men and women.

BECOMING A CITIZEN

Because citizenship binds individuals to their government, countries offer various ways for residents to become citizens. As mentioned above, most people gain citizenship through their parents. In addition, some countries grant citizenship to anyone born on their soil. All children born in the United States are automatically U.S. citizens.

Residents who are non-citizens may also go through a process known as **naturalization** to acquire citizenship. The naturalization process varies from country to country, but generally requires an applicant to live continuously in a nation for a designated period of time and meet certain other requirements. Among Western European countries, the average residency threshold is 5-7 years. Countries also often require the applicant to be fluent in one of the national languages and pass a citizenship exam. Applicants generally are disqualified if they are a **felon** or have a substantial criminal record. To become a British citizen, an individual must have lived in the United Kingdom for a minimum of five years, demonstrate a proficiency in one of the nation's



CITIZENSHIP REQUIREMENTS IN ARGENTINA AND SPAIN

Naturalization is simple and straightforward in some nations, but highly complicated in others. In Argentina, an applicant for naturalization must be 18 years old, a resident of the country for two years, and not have been in prison for more than three of the past five years. On the other hand, Spain requires prospective citizens to reside there for five years and become permanent residents. After an additional five years, one can then apply for citizenship, but you have to prove you are integrated into Spanish society by demonstrating, among other things, competency in the Spanish language and participation in Spanish cultural activities. You also have to provide a statement of good conduct from the police.



A memorial to the many people who fled Ireland during the famine of the the mid 1800s. To encourage Irish ex patriates to return, Ireland has long had a policy in place that anyone with at least one grandparent born in Ireland is welcome to apply for citizenship.



LIVING PROUD! GROWING UP LGBTQ

FINDING COMMUNITY

Foreword by
Lorem Dolores,
Human Rights
Campaign



Robert Rodi and Laura Ross

- The Importance of Community
- LGBT Pioneers
- Gay Liberation and AIDS
- Going Mainstream
- And More



LIVING PROUD! GROWING UP LGBTQ



BEING TRANSGENDER

**Foreword by
Lorem Dolores,
Human Rights
Campaign**



Robert Rodi and Laura Ross

- Feeling Wrong in Your Body
- Finding Your Place on the Gender Spectrum
- How Gender Relates to Sexual Preference
- The Truth About Surgery
- And More

girls who don't feel comfortable with these gender roles will have to struggle to be free of them, and that process can be difficult.

“**Ambiguity** has never been popular,” said Rachel Kahn, a student at Bryn Mawr College who researched binary gender systems in sports. “We like to categorize, and we don't like it when people do not fit neatly into our categories.”



Notice how similarly these male and female businesspeople are dressed. Appropriate clothing for businesswomen is very much the same as men's. Why should women be expected to dress and act like men in order to be respected in the business world?

Gender Roles: Still Evolving

To summarize what we've been discussing, *gender* is the collection of behaviors and traits that society typically assigns to each sex. Gender roles change when society changes how it regards men and women. For centuries, society considered women to be of less value than men, but as culture progressed, women achieved some basic equalities—such as the right to vote and run for office.

“If you look back in history books at the changes that have occurred in our society in the last hundred years, even, there have been so many ways that the roles of men and women have changed and expanded,” Barrett says. “It just stands to reason that things will change just as much, if not more, in the next hundred years. It's arrogant for us to think that the way we look at things now is the only way they will ever be. We are constantly moving forward, constantly progressing.”

Barrett herself was raised in a strict religion that adhered to very traditional gender roles. She always wore skirts, and her mother ingrained in her that “the purpose of life is to get married and have children.” She wasn't encouraged to go to college or leave her parents' house until she was married and ready to live with a husband.

“I don't think there's anything wrong with behaving that way, but only if that's what someone actually wants,” she says. “The problem is that it starts so early, when we're just little kids. We don't know enough to know who we really are yet. So all we can do is follow what people around us say and do, no matter whether or not it actually fits who we are. Would I have worn skirts every day if I had my own choice? I don't know. All I know is that I don't wear them now. Ever. And I know I'm still a woman.”

But what about someone born biologically female who abandons skirts in favor of pants and jackets because she really doesn't *identify* as a woman? What if she self-identifies as male?

Clearly this goes beyond gender nonconformity. This is known as being *transgender*.



TEXT-DEPENDENT QUESTIONS

- How does gender-nonconforming differ for transgender and cisgender people?
- Can you name some examples of gender characteristics we don't mention in the chapter?
- Why do you think people dislike gender ambiguity?
- Is gender conformity a religious issue?



Even before their babies are born, these mothers are shaping their gender identities by choosing pink clothes for girl babies and blue for boy babies.



CLOSE-UP: GENDER PROGRAMMING FROM BIRTH

For many parents today, the surprise of finding out if their child is male or female comes earlier than birth. Although initially used to detect problems prenatally, ultrasound technology is now routinely used to let the parents know whether they'll be having a boy or girl. Once parents, friends, and family members know the child's sex, clothing and toys are purchased, many with a specific gender bias. Even the decorating of the nursery—and certainly the selection of potential names—is influenced by the newborn's sex. These choices begin to set the stage for the development of gender identity in the child, even before that child comes into the world.

Within each culture, and even each family unit, preconceived ideas exist about what it means to be male or female. As soon as the baby is born, the individuals with whom he or she interacts will treat that child as they believe a person of that particular sex should be treated. Parents tend to cuddle and hold female children more than males. Assertive play is often encouraged in male children while females are encouraged to be more gentle. In most cases (though not all, of course), many aspects of the way a baby is treated from the earliest days are based on his or her physical sex.



RESEARCH PROJECTS

- Make a list of jobs and occupations once reserved for one sex that are now open to both (for instance, flight attendant and garage mechanic).
- Watch an old movie from several decades ago—preferably a romance or romantic comedy. Think about whether the story would be plausible today, with our more flexible gender roles.
- If you're religious, think about ways in which your religion has changed to allow for more diverse gender roles—or has resisted doing so. How do you feel about this?



SERIES GLOSSARY

TK Normative: Behavior that is considered normal and acceptable.

Effeminate: A man who is seen as being overly feminine. Lorem ipsum dolor sit amet lorem ipsum dolor. Lorem ipsum dolor sit amet lorem ipsum dolor.

Binary: A system made up of two, and only two, parts. Lorem ipsum dolor sit amet lorem ipsum dolor.

Ambiguity: Something unclear or confusing.

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SOCIAL PROGRESS AND SUSTAINABILITY

Shelter • Safety • Literacy • Health • Freedom • Environment

NORTH AMERICA





INTRODUCTION

SOCIAL PROGRESS IN NORTH AMERICA

North America is a vast region that stretches from the steamy jungles of the tropics to the permafrost wilderness of the Arctic Circle. This book explores the level of social progress in the three countries of North America: Canada, the United States, and Mexico. Social progress is a society's ability to meet the basic human needs of its citizens, create the building blocks that individuals and communities use to improve the quality of their lives, and make it possible for them to reach their potential.

The Social Progress Imperative (SPI) calculated an overall Social Progress score for 133 countries based on the following categories:

Basic Human Needs: *Do all people have food, water, shelter and access to basic medical care? Are they safe?*

Foundations of Well-being: *Do all people get a basic education? Does everyone have healthcare? Is the environment sustainable?*

Opportunity: *Do people have personal rights and freedoms? Can they participate in the political process?*

Social Progress Scores and World Rankings

	CANADA Very High Social Progress		UNITED STATES High Social Progress		MEXICO Upper Middle Social Progress	
	Score	Rank	Score	Rank	Score	Rank
Basic Human Needs	94.89	14th	91.23	21st	71.81	73rd
Foundation of Well Being	79.22	14th	75.15	35th	68.82	71st
Opportunity	86.58	1st	82.85	8th	60.88	40th
Overall Social Progress Score	86.89	6th	82.85	16th	67.50	54th

This table shows the Social Progress Index scores and rankings for the countries of North America. Red numbers highlight where a country's score is relatively weak compared to other countries with economies of a similar size. Blue numbers show a relative strength and black numbers show where each country performs about the same as countries with similar wealth.

After scores were calculated, the countries were ranked from the highest score (best) to the lowest score (worst) and placed in one of six groups ranging from Very High Social Progress to Very Low Social Progress.

The chapters that follow explore some of the stories behind the scores and look at some of the reasons for relative strengths and weakness. You'll see how wealth and social progress are not always related and how a high score does not mean that high social progress applies to everyone.



A big horn ram stands at the edge of the Grand Canyon.

EUROPEAN COUNTRIES AT A GLANCE

AUSTRIA

QUICK STATS

Population: 8,665,550

Urban Population: 66% of total population

Comparative Size: slightly smaller than Maine

Gross Domestic Product (per capita): \$43,000 (37th in the world)

Gross Domestic Product (by sector): agriculture, 0.8%; industry, 21.1%; services, 78.1%

Government: federal parliamentary democracy under a constitutional monarchy

Language(s): German (official nationwide) 88.6%

SOCIAL PROGRESS SCORECARD

Social Progress 84.45 (23.45 points above world average of 61)

Basic Human Needs 95.04 (26.71 points above world average of 68.33)

Foundations of Well-being 82.53 (16.08 points above world average of 66.45)

Opportunity 75.77 (27.54 points above world average of 48.23)

Once the center of power for the large Austro-Hungarian Empire, Austria was reduced to a small republic after its defeat in World War I. It was annexed by Nazi Germany in 1938 and subsequently occupied by the Allies in 1945. It wasn't until 1955 that a State Treaty ended the occupation and recognized Austria's independence. Austria joined the European Union in 1995 and entered the EU Economic and Monetary Union in 1999.



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BULGARIA



QUICK STATS

Population: 7,186,893
Urban Population: 73.9% of total population
Comparative Size: slightly larger than Tennessee
Gross Domestic Product (per capita): \$17,900
Gross Domestic Product (by sector): agriculture, 4.9%; industry, 31.2%; services, 63.9%
Government: parliamentary democracy
Language(s): Bulgarian (official) 76.8%, Turkish 8.2%, Roma 3.8%

SOCIAL PROGRESS SCORECARD

Social Progress 70.19 (9.19 points above world average of 61)
Basic Human Needs 84.73 (16.40 points above world average of 68.33)
Foundations of Well-being 69.57 (3.12 points above world average of 66.45)
Opportunity 56.29 (8.06 points above world average of 48.23)

The Bulgars, a Central Asian Turkic tribe, merged with the local Slavic inhabitants in the late 7th century to form the first Bulgarian state. In succeeding centuries, Bulgaria struggled with the Byzantine Empire to assert its place in the Balkans, but by the end of the 14th century the country was overrun by the Ottoman Turks. Bulgaria became independent from the Ottoman Empire in 1908. Having fought on the losing side in both World Wars, Bulgaria fell within the Soviet sphere of influence and became a People's Republic in 1946. Communist domination ended in 1990. The country joined NATO in 2004 and the EU in 2007.



*Two children in traditional
Bulgarian costumes.*

BELGIUM



QUICK STATS

Population: 11,323,973
Urban Population: 97.9% of total population
Comparative Size: about the size of Maryland
Gross Domestic Product (per capita): \$43,000
Gross Domestic Product (by sector): agriculture, 0.8%; industry, 21.1%; services, 78.1%
Government: federal parliamentary democracy under a constitutional monarchy
Language(s): Dutch (official) 60%, French (official) 40%, German (official) less than 1%

SOCIAL PROGRESS SCORECARD

Social Progress 82.83 (21.83 points above world average of 61)
Basic Human Needs 93.73 (25.40 points above world average of 68.33)
Foundations of Well-being 76.57 (10.12 points above world average of 66.45)
Opportunity 78.19 (29.96 points above world average of 48.23)

Belgium won independence from the Netherlands in 1830 and was occupied by Germany during World Wars I and II. A member of NATO and the European Union, it has prospered as a modern, technologically advanced European state. In recent years constitutional amendments have granted formal recognition and autonomy to the Dutch-speaking Flemings of the north and the French-speaking Walloons of the south. Its capital, Brussels, is home to numerous international organizations including the EU and NATO.

CROATIA



QUICK STATS

Population: 4,464,844
Urban Population: 59% of total population
Comparative Size: slightly smaller than West Virginia
Gross Domestic Product (per capita): \$20,900
Gross Domestic Product (by sector): agriculture, 4.5%; industry, 26.6%; services 68.9%
Government: parliamentary democracy
Language(s): Croatian (official) 95.6%, Serbian 1.2%, other 3% (including Hungarian, Czech, Slovak, and Albanian)

SOCIAL PROGRESS SCORECARD

Social Progress 73.30 (12.30 points above world average of 61)
Basic Human Needs 87.49 (19.16 points above world average of 68.33)
Foundations of Well-being 76.09 (9.64 points above world average of 66.45)
Opportunity 56.32 (8.09 points above world average of 48.23)

The lands that today comprise Croatia were part of the Austro-Hungarian Empire until the close of World War I. In 1918, the Croats, Serbs, and Slovenes formed a kingdom known after 1929 as Yugoslavia. Following World War II, Yugoslavia became an independent communist state. Although Croatia declared its independence from Yugoslavia in 1991, it took four years of bitter fighting before occupying Serb armies were pushed back. Under UN supervision, the last Serb-held enclave was returned to Croatia in 1998. The country joined NATO in April 2009 and the EU in July 2013.

STEM IN CURRENT EVENTS

Agriculture

Energy

ENERGY

Entertainment Industry

Environment & Sustainability

Forensics

Information Technology

Medicine and Health Care

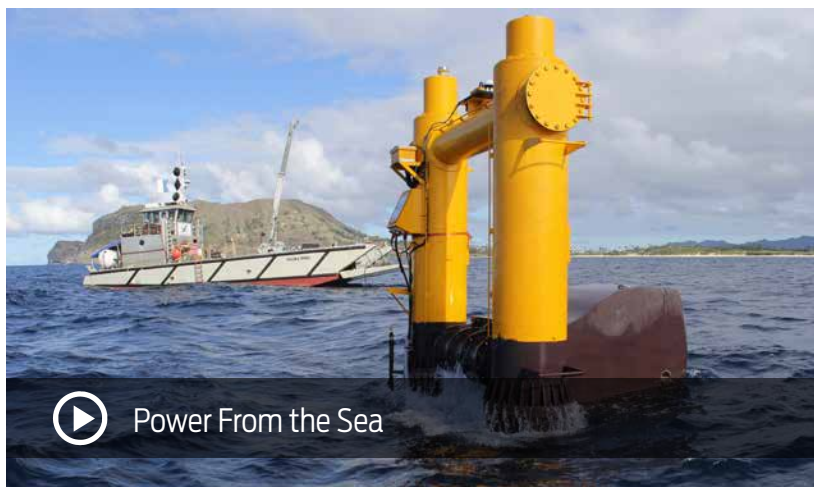
Space Science

Transportation

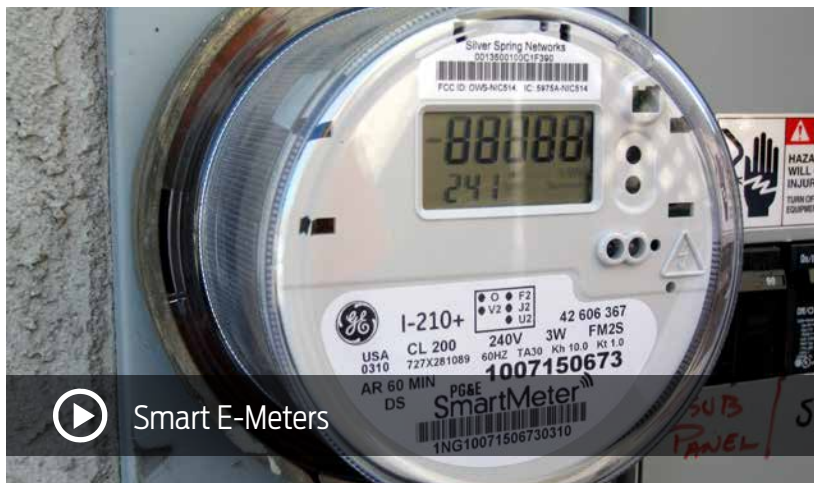
War and the Military



▶ Wind Turbine Tech



▶ Power From the Sea



▶ Smart E-Meters

look at recent scientific theories and projects related to energy production and consumption.

Creating the Sun's Energy on Earth

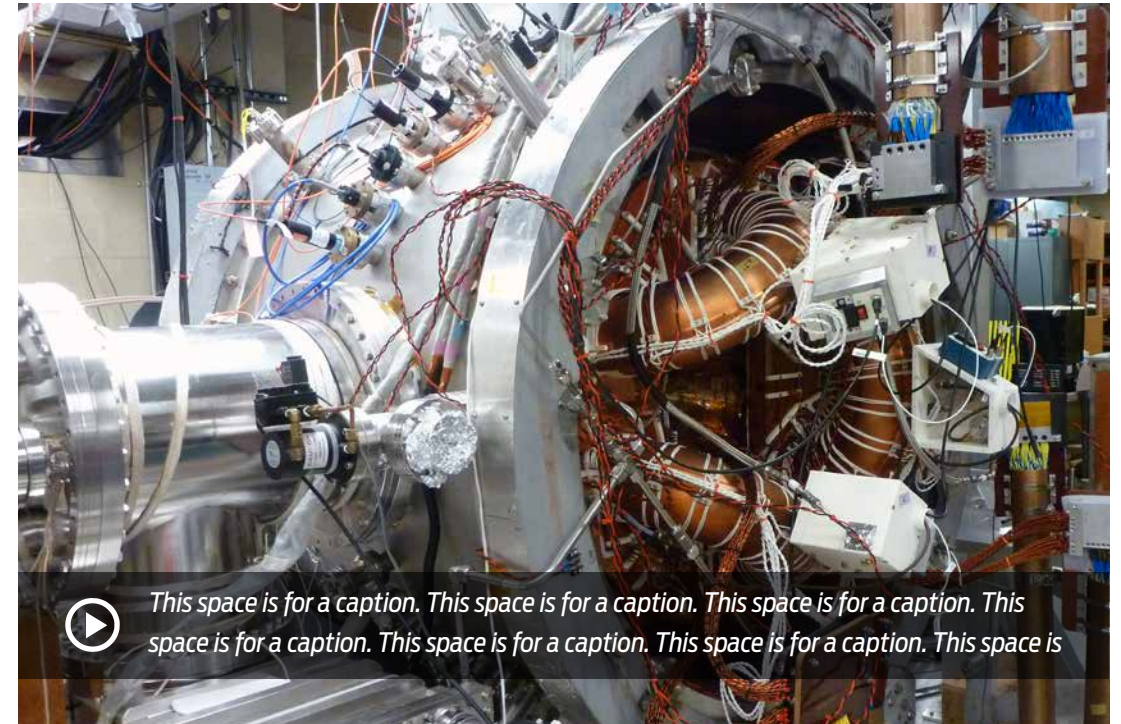
When we look up at the sun, we see a simple yellow orb. But in the core of the sun and other stars like it, a powerful process is constantly producing tremendous amounts of heat, with temperatures reaching 27 million degrees Fahrenheit. The source of that energy is a process physicists call nuclear fusion.



The Energy of Nuclear Weapons

The process of splitting atoms to release energy is called nuclear fission. It was used to create the powerful bombs that the United States dropped on Japan in 1945, just before the end of World War II. Later, even more powerful nuclear weapons called hydrogen bombs used the fission process to create an immense amount of heat to trigger the fusion process. In the weapon, however, the process is uncontrolled. Making fusion energy that can create electricity or perhaps power a vessel requires a great deal of control over the temperatures created. Only a tiny amount of fuel is heated to high temperatures at any one time, and not enough to cause an explosion.

Inside the sun, atoms of hydrogen collide into each other and fuse, or join, together. As a result, the hydrogen atoms produce helium while also releasing energy. In one second, the hydrogen inside the sun produces 600 million tons of helium, along with huge amounts of energy. During the 1930s and 1940s, scientists began to understand nuclear fusion and to look for ways to create fusion energy on Earth. The focus soon became to use the energy as a source of power for electricity. Fusion would be “clean,” not producing the harmful gases that come from burning coal, and it would produce electricity more consistently than sun or wind power can.

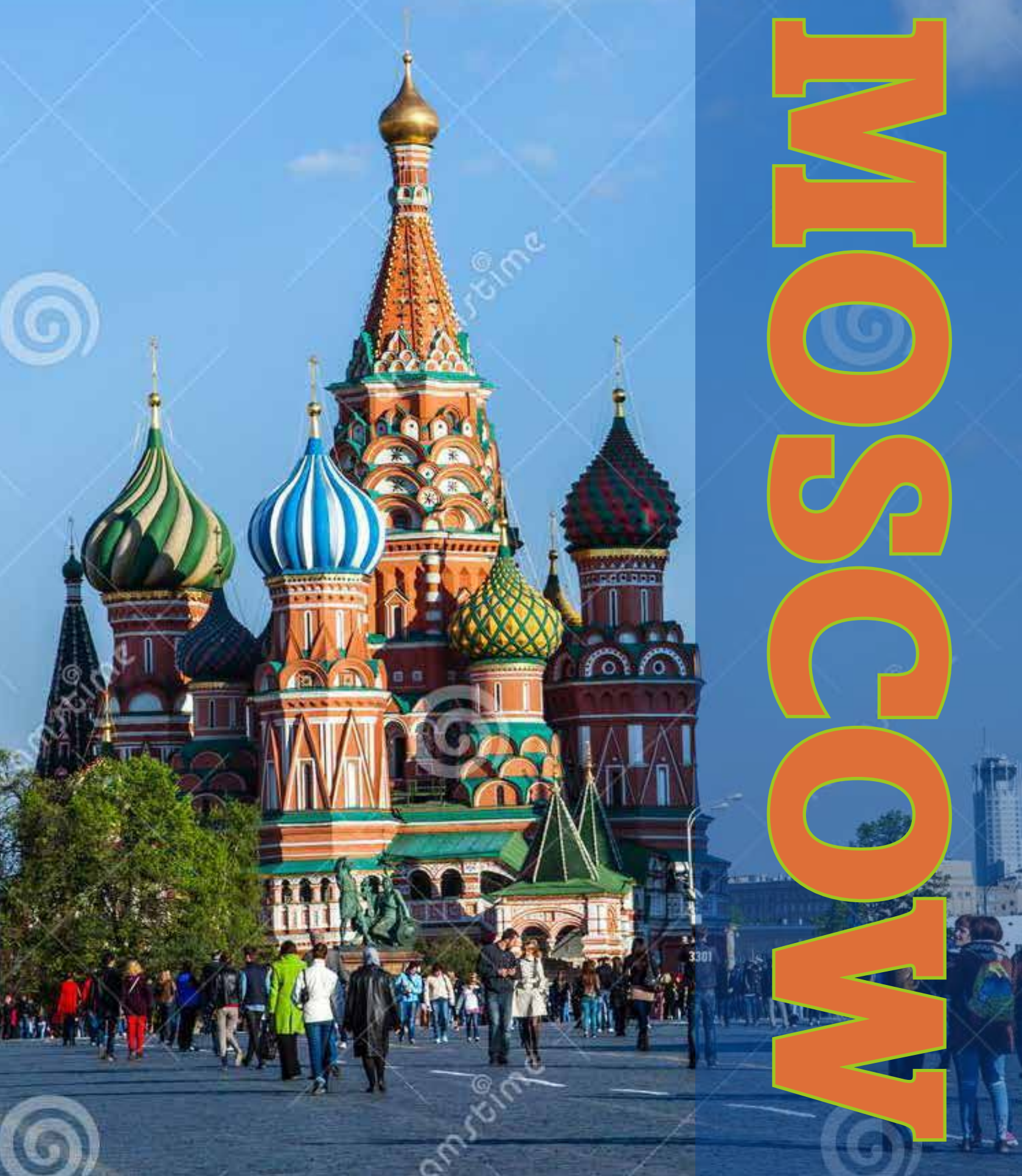


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Creating an affordable fusion reactor, however, has proven difficult. A typical coal-fired electric power plant is much cheaper to build than a fusion reactor that can generate the same amount of electricity. But in 2014, scientists at the University of Washington announced that they had a design for a fusion reactor that was more affordable. Leading the team was physicist Thomas Jarboe, an expert in plasma, the fourth state of matter (along with solids, liquids, and gases). Plasma is created when energy is added to a substance, releasing electrically charged particles called electrons from atoms.

Working from the design of an existing fusion reactor, Jarboe and other scientists created what they call a dynamak. Fusion reac-

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MOSCOW

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ROME



THE SOLAR SYSTEM

The Sun

THE SOLAR SYSTEM



Earth and Moon

The Changing Seasons

The tilt of the Earth's axis in space brings about the seasons.

The Earth spins on its **axis** as it circles the Sun. But the Earth's **axis** is not upright in relation to its **orbit**; it is tipped at an angle and stays pointing in the same direction in space all the time. This means that during the year the axis sometimes tips towards and sometimes away from the Sun.

The tipping axis causes a particular place on Earth to lean more towards the Sun at some times of the year than

at others. The more it leans, the more heat it receives. This means that during the year the temperature at a place changes, bringing about changes in the weather, which we call the **seasons**.

Following the seasons

In the tropics above and below the **Equator**, there are only two seasons, a wet and a dry. But most of the world has four seasons: winter, spring, summer, and autumn.

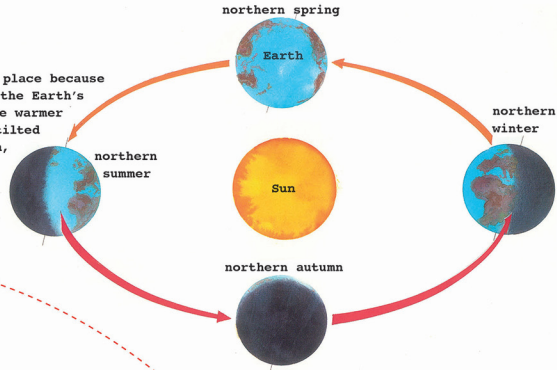
A place experiences winter when it is tilted furthest away from the Sun. In northern parts of the world, winter begins on December 21. As the Earth moves in its orbit, its axis shifts in relation to the Sun. Northern parts of the world start to tilt more towards the Sun and warm up.

The Sun is highest in summer and lowest in winter.



▲ The beautiful colors of a forest in New England in the autumn.

► Seasons take place because of the tilt of the Earth's axis. Places are warmer when they are tilted towards the Sun, and cooler when they are tilted away.



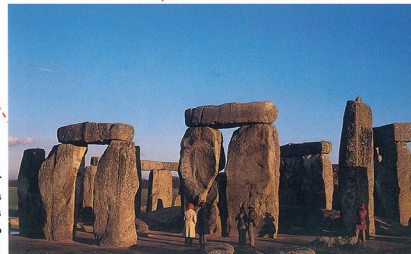
On March 21, spring begins. On this date the hours of daylight and darkness are the same all over the world. This is the spring, or vernal, **equinox** (meaning equal night).

Northern parts of the world continue heating up as they tilt more and more towards the Sun. On June 21, they are tilted most and summer begins. Then they start tilting away from the Sun and cooling down again. On about September 23, autumn begins. This is the date of the autumnal equinox. Northern parts continue cooling down until winter returns again.

Seasons in Australia

The dates given here are for seasons in northern parts of the world, or in the northern hemisphere. In the southern hemisphere, the seasons are reversed because southern parts of the world are always tilted in the opposite direction from northern parts.

► Stonehenge, near Salisbury in southern England: Ancient Britons built this monument to follow the seasons.



The Sun's Face

Dark spots often appear on the bright, bubbling surface of the Sun.



◀ This photograph (with colors added) shows slight differences in brightness on the Sun.

The whole photosphere moves up and down about 15 miles (25 km)

The face of the Sun that we see is known as the **photosphere**, meaning light-sphere. It is the part that gives off the energy the Sun produces inside its core as heat, light, and other kinds of radiation (see page 24). The temperature of the photosphere is about 9900°F (5500°C).

The photosphere is a layer about 300 miles (500 km) thick. Close-up photographs show that it is made up of boiling gases. They give the surface of the Sun a grainy appearance, which astronomers call granulation. In each granule, hot gas from below rises, gives off heat and then sinks as it cools. This process is called convection.

every five minutes. Other stars vibrate in much the same way. Some change in size so much that their brightness varies noticeably. We call them variable stars.

Spots on the Sun

The photosphere is not the same all over. Particularly bright spots occur here and there. And dark blotches called sunspots appear from time to time.

Solar butterflies

Sunspots appear furthest away from the Sun's Equator at the beginning of the sunspot cycle. They then appear closer to the equator as time goes by. A graph showing the positions of sunspots over the cycle looks like a pattern of butterfly wings.

The sunspot cycle

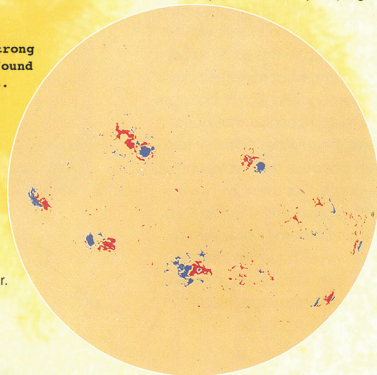
Sunspots come and go over a period of about 11 years. This is called the sunspot, or solar, cycle. At the beginning of the cycle, hardly any sunspots are found. Then, year by year, sunspot numbers increase to a maximum before falling again.

Sunspots occur in regions where the Sun's magnetism is intense—thousands of times stronger than the Earth's magnetism. This magnetism triggers off all kinds of activity in the atmosphere above (see page 28).

▶ Regions of strong magnetism are found around sunspots.

Sunspots look like ink blots on blotting paper. They look dark because they are cooler than the surrounding surface. On average, their temperature is about 2700°F (1500°C) lower.

Usually, sunspots appear in groups, with two main spots. They vary widely in size. Some may measure only a few hundred miles across, but others may be bigger than the Earth. The large ones may remain visible for months at a time.



▼ The butterfly diagram, a pattern that shows how the position of sunspots changes year by year (see Solar butterflies box above).

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