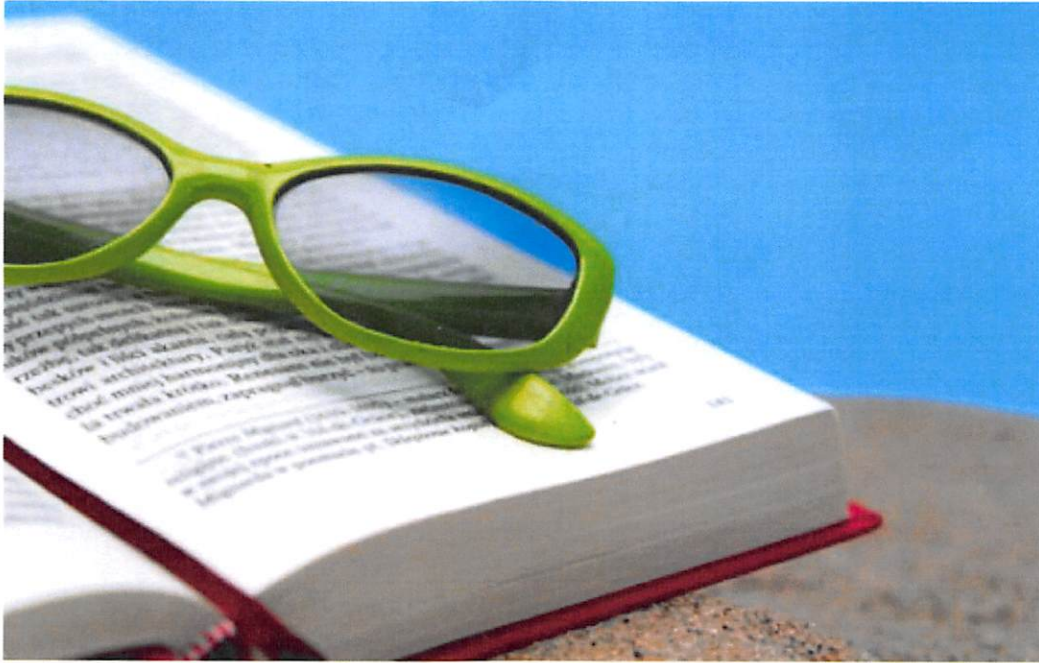


GPA

A UCSD PARTNERSHIP



Summer Reader

Class of 2022



Incoming 7th Grade Summer Reader - Checklist

Check off the articles once you read and annotate them. Once you complete them all - reflect in writing on the final page. You are expected to read and annotate ALL of the articles in this reader. Thank you! :) This will be collected and graded your first week of school! Be ready! :)

<u>Date</u>	<u>Article Title</u> (Always put article titles in quotes)	<u>Read and Annotated</u>	<u>Notes</u> (Anything that helps you remember main ideas)
3/16	Example: "Your School Loves You"	Ex: ✓	Example: <ul style="list-style-type: none"> • GPA supports students by making sure all are learning. • Gratitude is the KEY.
	"We Celebrate Women but They Don't Make Equal Pay, Have Adequate Rights"		
	"Families Eating Healthier as Food Companies Cut Calories, Study Says"		
	"Going Places with Mathematicians"		
	"Irena Sendler- A Real Life Heroine"		
	"Kayaker Sets Record Running Grand Canyon Rapids"		
	"70-story Slide Coming to LA"		
	"Scoping Out the Skies: Three New Gigantic Telescopes Will Study the Universe Like Never Before"		
	"Woman Becomes NFL's First Female Full-Time Coach"		
	Enter your own reading choice here (book, article, song lyrics, poem, recipe, etc.) Add title below... _____		
	Reading Reflection (Always use your best writing skills)		

Don't forget to complete your reading reflection at the end of your reader using your BEST writing skills. We are so proud of you!

Your Name _____

Parent/Guardian Signature _____

Student Name: _____

Evaluator Name: _____

2016 Summer Reader Grading Rubric - Grades 6 -11

Categories for Evaluation	5	4	3
Annotation Skills	<p>Text has been thoroughly annotated with questions, observations, and reflections of the content as well as the writing. Comments demonstrate analysis and interpretation – thinking goes beyond the surface level of the text. Thoughtful connections are made to other texts, life experiences. Marginal comments accomplish a great variety of purposes. Consistent markings appear throughout text (not bunched).</p>	<p>Text has been annotated reasonably well with questions, observations, and/or reflections of the content as well as the writing. Comments demonstrate some analysis and interpretation – thinking somewhat beyond the surface level of the text. Attempts at making connections are evident. Marginal comments accomplish a variety of purposes. Some lapses in entries exist; may be sporadic.</p>	<p>Text has been briefly annotated. Commentary remains mostly at the surface level. The commentary suggests thought in specific sections of the text rather than throughout. There is little or no attempt to make connections</p>
Written Reflection	<p>Demonstrate a thoughtful understanding of the writing prompt and the subject matter. Use relevant examples from the texts studied to support claims in your own writing, making applicable connections between texts.</p>	<p>Demonstrate a basic understanding of the writing prompt and the subject matter. Use examples from the text to support most claims in your writing with some connections made between texts.</p>	<p>Demonstrate a limited understanding of the writing prompt and subject matter. This reflection needs revision. Use incomplete or vaguely developed examples to only partially support claims with no connections made between texts.</p>

Point Conversion Chart (ADDING the two categories together):

Points Possible: 10 (A)

9 (A-)

8 (B)

7 (C)

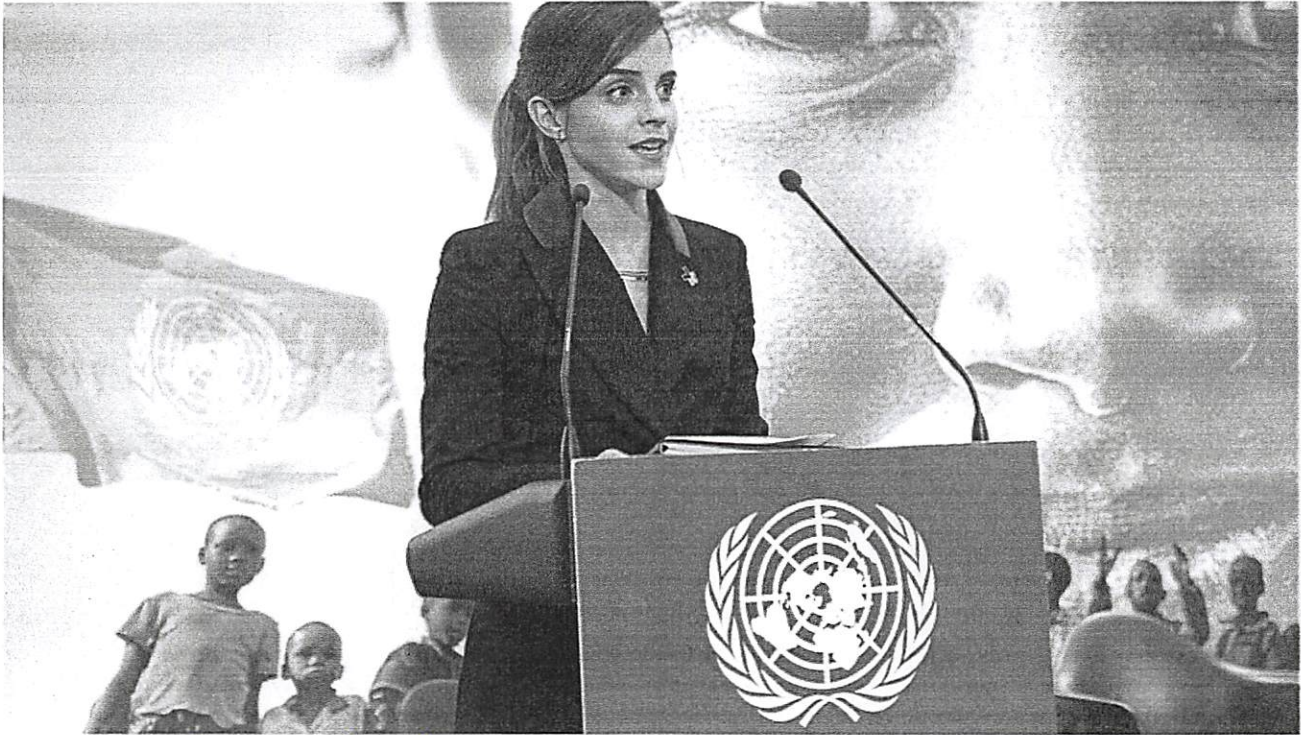
6 (D)

*Circle Student Score

We celebrate women but they don't make equal pay, have adequate rights

By Associated Press, adapted by Newsela staff on 03.11.16

Word Count **511**



→ Harry Potter!

Actress Emma Watson speaks at the World Economic Forum in Davos, Switzerland, Jan. 23, 2015. Watson is a goodwill ambassador for the United Nations. Photo: UN Women / Flickr

International Women's Day on Tuesday celebrated women and their accomplishments. Yet it also offered a strong reminder of how wide the gender gap still is in rights, leadership and pay.

The day carried the theme "Pledge for Parity." The phrase and hashtag came from the World Economic Forum's recent projection that the progress on gender equality around the world is slowing down.

Google's home page on Tuesday featured a video of women and girls dreaming and doing big things. Twitter and Facebook were filled with quotes from inspirational women and calls to action.

↓
to bring awareness to gender inequality

like who?
why?

What is that?

→ being equal (dictionary.com)

↳ equality of men + women

Faint, illegible text covering the upper and middle portions of the page, possibly bleed-through from the reverse side.

Handwritten notes on lined paper, including a circled word and a small diagram.

Handwritten text: *Handwritten notes on lined paper, including a circled word and a small diagram.*

Handwritten notes in the bottom right corner, including a list of items.

- Handwritten list of items.

Wow! Too many girls with no education!

16 Million Girls Robbed Of Chance To Read Or Write

But the United Nations' (U.N.) cultural agency also offered sobering statistics: More than 63 million girls are excluded from school in more than 200 countries across the world. Almost 16 million girls between the ages of 6 and 11 — compared with about 8 million boys — will never get the chance to learn to read or write in primary school "if current trends continue."

!
 → alarming

What would my life be like if that was me?

How did I not know this?!?!?!
 → or go to college + think for themselves!

Women also account for 70 percent of the world's hungry, according to a report from UNESCO's Institute for Statistics. In part, longstanding discrimination has meant that they do not get enough food.

President Barack Obama is a father of two daughters. He said in a statement that allowing women and girls around the world to rise and achieve their full potential will mean a "brighter, more peaceful and more prosperous future for us all." → educated female leaders can improve the world + represent women.

Stronger Women's Rights Mean Stronger Nations

Hillary Clinton wants to become the country's first female president. She tweeted Tuesday that advancing the rights of women and girls will make economies grow and nations more secure.

"It's the right — and smart — thing to do," she wrote.

→ reminding them they're equal

U.N. Secretary-General Ban Ki-moon stressed empowering women as he spoke of deaths that could be prevented during childbirth.

United Nations

Actress Emma Watson kicked off a weeklong U.N. arts event Tuesday aimed at beginning a conversation about gender. She said it's not enough for people to understand the importance of gender equality with their heads.

"It's also about making them feel it in their bones," she said.

→ what exactly does that mean? Not enough to talk about it — must do something or feel it deeper

Diverse Cultures, Diverse Celebrations

strong observance

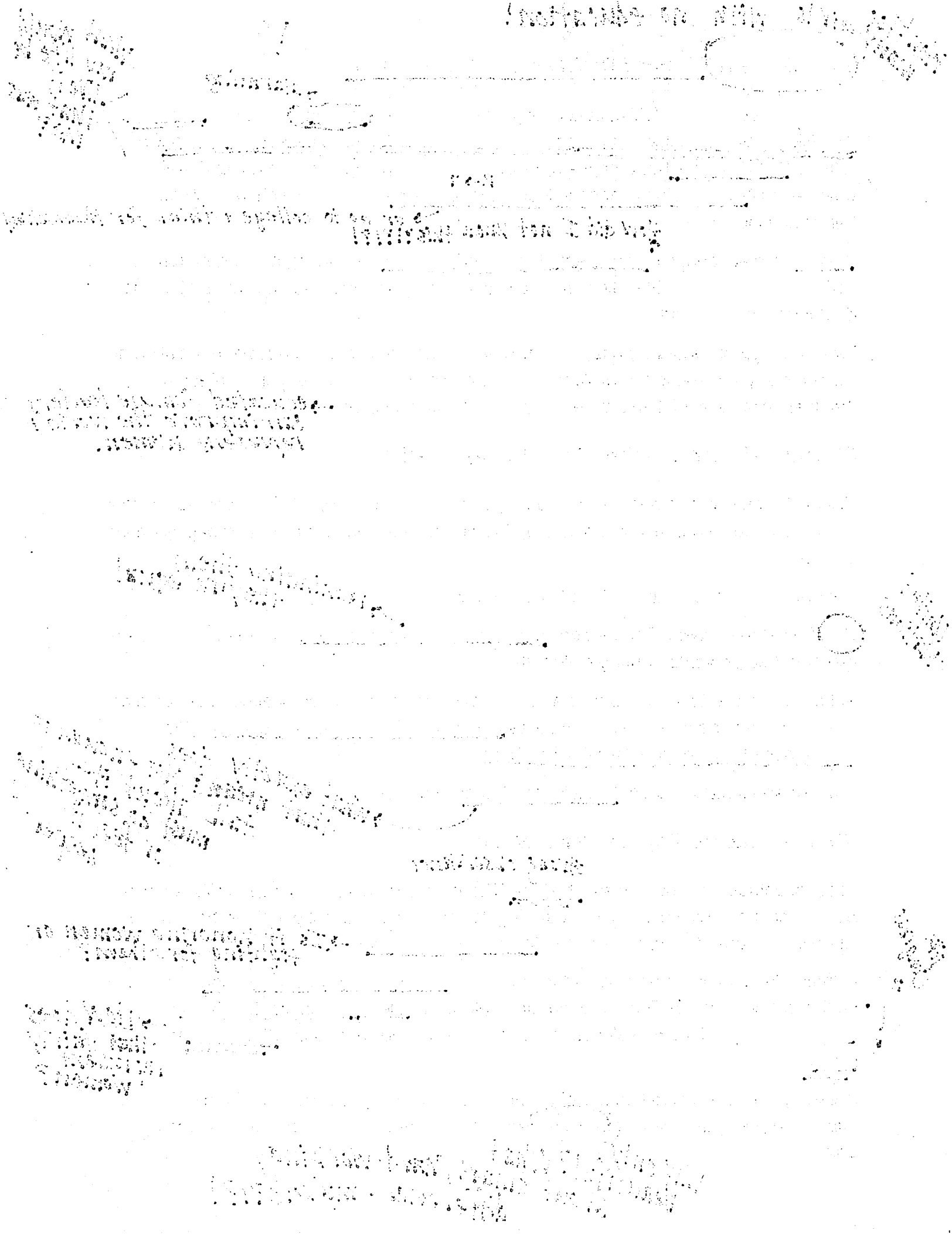
Some countries treat the day as a holiday. Women could be seen on a sunny Tuesday in Bucharest, the capital of Romania, carrying flowers, the traditional gift. Elsewhere in the city, women carried a banner saying, "March 8 is for fighting." → Is it honoring women or fighting for them?

In India, Prime Minister Narendra Modi called for only female lawmakers to speak in Parliament on Tuesday. The day included stretches of silence because there weren't enough women. Of the 543 elected members in India's lower house, 12 percent are female. → How does that fairly represent women?

like Congress

In China, the state media has a slightly different take on the day. They are fond of publishing photo galleries of "Beautiful Women Reporters" during International Women's Day.

Why only beautiful? What about smart, hard-working, difference-makers?!?!?



↑ political party

→ magazine

The Communist Party-run People's Daily made no mention of female leadership roles in a front-page editorial Tuesday. It said women "can not only help to make homes more pleasant and lively, but also contribute their valuable female perspective and efforts to the progress of the entire society."

↓ Women are more than home-makers.

→ Duh! of course they can...

↓ and the whole world!

Families eating healthier as food companies cut calories, study says

By Los Angeles Times, adapted by Newsela staff on 09.22.14

Word Count **918**



A convenience store customer walks past a shelf of Frito-Lay products, July 12, 2005, in Boston, Massachusetts. Photo: AP Photo/Lisa Poole

American families with kids are eating healthier than they did seven years ago, according to a new study.

Parents bought packaged foods containing 101 fewer calories per person per day in 2012 than they did in 2007, the study found. But experts said that would not be enough to reverse the epidemic of childhood obesity.

The study analyzed the results of a pledge by big food companies to reduce calories in their products. It was published Wednesday in the American Journal of Preventive Medicine. The study followed an earlier report on the work of the Healthy Weight Commitment Foundation.

The group is made up of 16 big food companies that agreed to cut out 1.5 trillion of the total calories from the packaged food they sold by 2015. Together, the companies make products that contain about a third of all the calories sold in America.

The companies reduced the number of calories sold by an average of 78 per person. That comes to 6.4 trillion total calories.

Lower-Calorie Products

An independent evaluation of the project called it an “impressive” accomplishment. However, the analysis said it won’t reverse the epidemic of childhood obesity, which is too much unhealthy body fat, especially among poor people and some minority groups. The independent evaluations were conducted by scientists funded by the Robert Wood Johnson Foundation.

“There has been a cultural shift in this country — especially households with kids have really started buying fewer calories,” said Barry Popkin. He is a professor in the School of Public Health at the University of North Carolina. Popkin and another professor at the university wrote the evaluation of what people bought.

“The calories purchased has really gone down. And most of the decline is in the kind of food you and I would call junk food or junk beverages,” Popkin said.

But not all the news is positive, he said. “What we don’t have is an increase in beans, whole grains, produce” — which people might buy if those foods became cheaper than packaged food.

“The steepest declines in sales were reported for the least healthy products,” said Derek Yach, executive director of the health research firm the Vitality Institute. As foods have become lower in calories, people are buying healthier foods. “In other words — both food quantity and quality is starting to improve,” he said.

The 16 companies worked to reduce calories by introducing new lower-calorie products, single-serve packages and changing the recipes of existing products, said Lisa Gable. She is president of the Healthy Weight Commitment Foundation.

"To Go Even Further"

The 16 food companies include ConAgra Foods, General Mills, Kellogg, Kraft Foods, Coca-Cola and Unilever. They are selling more lower-calorie versions of popular products, but that doesn’t mean they’re healthy, several experts said.

“The lower-calorie products are driving the bus,” said Hank Cardello of the Hudson Institute. He is a food industry analyst and former food industry executive. He found that 99 percent of the \$485 million in sales growth for the 16 companies came from lower-calorie foods.

There has been other progress in the war against obesity among some groups of Americans. But the overall average reduction of 78 calories a day is not enough to reduce obesity in children ages 2 to 19, Popkin and others wrote. It’s actually less than half of what’s needed to bring the obesity rates down to where they were before the obesity epidemic began. Even larger reductions are needed among African-American young people and low-income Americans.

Big food companies have a “tremendous influence” on what people eat, Dr. Risa Lavizzo-Mounry, C. Tracy Orleans and Dr. James Marks wrote. “Therefore we both congratulate these companies and call upon them and other industry leaders ... to go even further.”

Marks, senior vice president at the Robert Wood Johnson Foundation, said researchers still need to keep watch on the food companies..

“If you were to catch me at my most optimistic, I might say that this is clearly not the end of where we need to be. But we might be at the end of the beginning,” he said.

What Families Bought

This week's evaluations follow an earlier evaluation by the Healthy Weight Commitment Foundation. Popkin and other researchers wanted to look at the other end of the process — what families actually bought. They said the actual calorie decline was even greater, about 206 calories per person per day for households with children.

The companies' pledge was part of first lady Michelle Obama's campaign to end childhood obesity, which is called "Let's Move."

“It's all part of the culture. She focused on kids and kids eating healthy. She brought a lot of attention to it,” Popkin said. “She did a big announcement with these companies and that put some pressure on them.”

“The Healthy Weight Commitment Foundation was met with initial skepticism but has resulted in tangible progress in reducing calories,” Yach said.

Packaged foods account for nearly two-thirds of the calories Americans eat, the researchers wrote. Some of the criticism of the companies' pledge came from the belief that people need to eat more fresh produce, legumes and whole grains, rather than packaged foods.

Food companies “recognize that the challenge of reducing obesity is one that requires everyone to do their part,” the Grocery Manufacturers of America said. The food makers group said the industry has introduced more than 20,000 products with fewer calories, less fat and sugar and more whole grains, among other steps. The group also noted that full-calorie soft drinks are no longer sold in schools.

Going Places with Mathematicians

Stage: 2 and 3

Article by NRICH team

Published February 2011.



The idea of representing places and spaces is very important in mathematics. It is important to us all if we don't want to keep losing things - especially ourselves as we move from one place to another. Many famous mathematicians have spent time working on problems that involve moving and mapping things. Some of them have come up with ideas that have helped us find our way around the world, others have designed intriguing puzzles based on moving around.



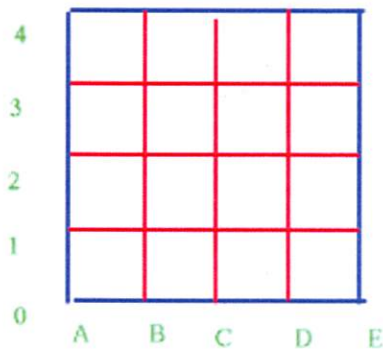
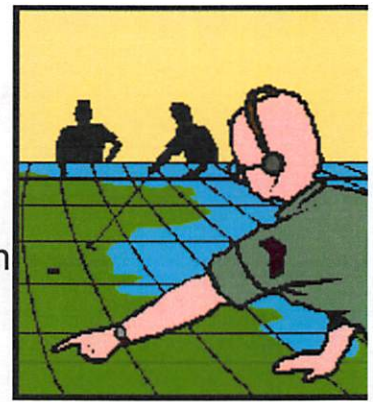
Rene Descartes

http://members.tripod.com/s_kichu/descartes.html

http://members.tripod.com/s_kichu/descartes.html was one of those people. Descartes was a French mathematician, philosopher, and anatomist who lived from 1596 to 1650. He contributed to many modern ideas, mainly those associated with science and the scientific method. He developed a design for an improved telescope and mapped the pathway of nerves from the eye to the optical centre in the brain and traced the path of pain receptors from limbs to the brain.

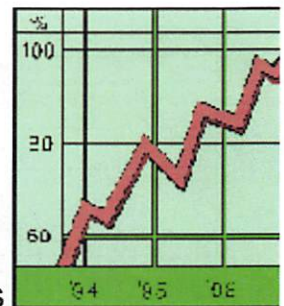
One of the things that Rene Descartes is most famous for is **The Cartesian Coordinate System** that is named after him. It is interesting how Descartes came to develop Cartesian coordinates. He was lying on his bed watching a fly. Slowly, it came to him that he would be able to accurately describe the fly's

position at any time by just three numbers. He had to use three numbers because the room was three-dimensional. The three numbers would describe the fly's position in relation to where it was to the floor and two adjacent walls. Today this is known as the **x,y,z** coordinate system. Most modern cities are laid out in Cartesian fashion, tell a stranger to go three blocks down the Main Street and then turn right on Jackson Avenue and go along 10 blocks and you are actually using Cartesian coordinates. If you have been lost in an old town, or even in new developments, you will understand how useful The Cartesian Coordinate System is. The system is used by the military and rescue services as well as air traffic controllers and map makers to accurately describe where to find people and places. As a mathematician Descartes was credited with developing the system that serves as the foundation for graphing some 350 years after his death.



If you ever play `battleships' then you are using cartesian coordinates. To set up the grid people often use a system of letters and numbers. This way you can describe a particular point on the grid. For instance X here is at (C,2). To make sure people communicate information in the same way, we have a system for giving the location of a point. We give the horizontal information first followed by the vertical. You will find a grid like this as the board in [the Criss Cross Quiz game](http://nrich.maths.org/public/viewer.php?obj_id=1259&part=index) http://nrich.maths.org/public/viewer.php?obj_id=1259&part=index.

This is also the same system used for constructing graphs. Rene Descartes' coordinates are the foundation for graphing. Most graphs use a grid with only numbers to show positions. In the lower left corner is a point called the origin, this is the beginning of the graph and it is at the point located at (0,0). The bottom line of the graph and the line at the left hand side of the graph are known as the x and y axes (plural of axis). The x axis runs horizontally, the y axis vertically, and locations within the graph are described using (x,y) pairs. It's easy to remember the order that you name the points because x comes before y in the alphabet. Other graphs show specific information along the x and y axes depending on what the graph is trying to convey.



More than 350 years after his death, Rene Descartes' system of describing the position or location of things is still very important in many different ways. Another mathematician who was interested in problems concerning motion and maps was **Leonard Euler** who lived in the 1700's in Switzerland and then later



Russia. He is remembered today for his work in a new branch of mathematics called [topology](http://www-groups.dcs.st-and.ac.uk/~history/HistTopics/Topology_in_mathematics.html#17) http://www-groups.dcs.st-and.ac.uk/~history/HistTopics/Topology_in_mathematics.html#17. Topologists are mathematicians who study problems and puzzles about geometrical structures. Topology sometimes gets called 'rubber sheet geometry' - because topologists study the properties of shapes that stay the same when the shapes are stretched or

squashed.

They don't ask questions such as, How big is it? They are much more interested in answering unusual questions like; Are there any holes in it? Are all the parts connected together? Can the whole thing be separated into smaller parts? One example of what topologists might be interested in is a network - like a network of train lines that cross each other and have certain points where the lines connect together and then separate. If you made a plan of a rail network on a rubber sheet and stretched it or squashed it up, while the map might look funny, it does not change the plan of the network.

So, if topologists were using the map of the London Underground network they wouldn't be investigating how far it is from Kings Cross to Paddington, or even the direction you are travelling in. They would probably be looking to see if the underground lines connect up and how many different ways you can travel to the same station without passing through the same place twice.



Euler worked on and created problems about networks. He designed a very famous problem based on a town, a river and a network of bridges. You can read about it [here](http://nrich.maths.org/public/viewer.php?obj_id=1869&part=index) http://nrich.maths.org/public/viewer.php?obj_id=1869&part=index.



Irena Sendler – A Real-Life Heroine

By Carlo D'Este



I've grown weary of stories that routinely misuse the word hero and heroic. It seems to be a description all too commonly applied to acts that have no bearing on the true meaning of the term. Yet there are real heroes among us: men and women who every day save lives with no thought of their own that we rarely hear much if anything about. Heroic deeds are part of what sustain us as human beings, of knowing that there are unselfish people out there who are prepared to do the right thing – even at the cost of risking and sometimes giving their lives up in return.

Sendler was horrified by what she encountered on a daily basis, and took matters into her own hands.

One such real life heroine died last year without much notice. Her name was Irena Sendler (Irena Sendlerowa in Polish) and when she passed on at the age of 98 on May 12, 2008, it was the end of a truly extraordinary and heroic life. For those who have not heard of her, Irena Sendler was a social worker in Warsaw during World War II who saved the lives of 2,500 (and possibly as many as 3,000) Jewish children who would have otherwise perished from starvation, disease or in a Nazi gas chamber.

Oskar Schlinder, who was made famous by Stephen Spielberg in the film *Schlinder's List*, saved approximately 1,100 Jews, yet Irena Sendler, who saved far more, was barely known outside of Poland. Although her story finally began to come to light a few years ago after a dedicated group of high school students in Uniontown, Kansas learned of her story and wrote a play called *Life in a Jar*, I doubt much was known about her here in the United States until Sunday, April 19, when CBS television aired a Hallmark Hall of Fame presentation called *The Courageous Heart of Irena Sendler*.

Taught by her parents to always do the right thing, Sendler, whose maiden name was Irena Krzyzanowska, was born in 1910 in Otwock, a town fifteen miles southeast of Warsaw. The only child of a physician who was one of the first Polish Socialists, her father exerted a strong influence on her, in no small part for his compassion for his patients, most of whom were Jewish poor he treated. He died from typhus when she was nine, a disease he probably contracted from one of his patients. The lesson she learned growing up that was instilled in young Irena was that one person in this world can indeed make a difference, just as her father had done by example.

When the Nazis occupied Poland in 1939 she was a senior administrator in the Social Welfare Department of Warsaw. Her work of providing for the poor and downtrodden brought her in contact with Jews who faced increasing deprivation and persecution. By 1942 the Nazis had walled off a sixteen-square block area of the city that earned the infamous name of the Warsaw Ghetto, where some 5,000 people a month died from disease and starvation rations that were not enough to sustain life. Unable by virtue of her job to gain access to the Ghetto, Sendler successfully passed herself off as a nurse. Granted access to bring food, medicine and clothing, Sender was horrified by what she encountered on a daily basis, and took matters into her own hands by smuggling Jewish children from the Ghetto, often past the very noses of the Germans. Her mission

became saving what children she could. Not only did she face the problem of removing them from the Warsaw Ghetto, she also had the difficult task of persuading reluctant parents to let her take their children, knowing that the chances were high that they would never see them again – but that if they remained they would not survive. As a parent, I cannot imagine a more difficult or heart-wrenching choice. Moreover, a great many Orthodox Jews objected to the fact that their children would have to become (temporary) Christians in order to survive. Yet, the awful choice was either to let their children go or condemn them to certain death. The question often asked of Sendler was if she could guarantee they would live. All she could do was to tell the parents that she could guarantee they would die if they did not. A steady stream of children were successfully spirited to safety and given new identities.

To carry out her work, in 1942 Sendler joined Żegota (the code-name given for the Council to Aid Jews), a Polish underground organization that functioned with the support of the Polish Government in Exile, based in London. As the leader of a group of conspirators that numbered twenty-five, nearly all of them women, Irena Sendler arranged forged identity papers reflecting that the children were Catholics. Some were smuggled from the Warsaw Ghetto by various ingenious means: in sacks, toolboxes, coffins, body bags or concealed in vehicles. Once outside the Ghetto they were given sanctuary in private homes with Polish families and in orphanages but most were sheltered in Roman Catholic convents. As Sendler later said, the nuns never turned her down when she brought children to them.

The name of each child and where and to whom it was sent was carefully recorded on pieces of paper that Irena Sendler placed in fruit jars she buried in a nearby garden so that after the war they could be dug up and with the information the children might be reunited with parents that survived the war. Sadly, most of the parents died in Nazi concentration camps like Treblinka and Auschwitz.

Inevitably the Gestapo learned what she was doing and in October 1943 she was arrested, sent to the notorious Pawiak political prison that was taken over by the Gestapo after the occupation. Despite frequent torture that included broken legs and feet Sendler never gave up the names of her colleagues or of a single child. She was sentenced to death but was saved at the eleventh hour when the Żegota managed to bribe a Gestapo officer and she was able to escape after being listed as executed. Although relentlessly hunted by the Germans, Irena Sendler refused to leave Warsaw (in the film she is shown to seek sanctuary in the Polish countryside using false papers) and continued to defy the Germans.

Both Sendler and her precious jars survived the war, after which she was able to locate and reunite the children with whatever family or relatives were still left alive. Yet her incredible story went largely unnoticed. Instead of being honored for her great humanitarian achievements, she was again persecuted, this time by the new Communist government of Poland for having been a part of the Polish government in exile and for helping the Polish Home Army. Sendler was imprisoned and according to her obituary in *The Economist* narrowly averted a second death sentence. "Both outfits were now reviled as imperialist stooges. In 1948 repeated interrogations by the secret police in late pregnancy cost the life of her second child, born prematurely. She was not allowed to travel, and her children could not study full-time at university. 'What sins have you got on your conscience, Mama?' her daughter asked her." Amazingly, Sendler always felt she had not done enough. When finally recognized in the 1980s by both the Pope and Israel, this humble woman could only say: "I feel guilty to this day that I didn't do more." In 2007 Irena Sendler was finally accorded the honor she richly deserved when both the presidents of Israel and Poland nominated her for the Nobel Peace Prize. She lost out to Al Gore.

The four Kansas school girls who memorialized her in the play *Life in a Jar* traveled to Poland several times to meet with Sendler, the last time only a short time before her

death last year. Staff writer Elaine Woo wrote in the *Los Angeles Times*, May 12, 2008: "The lesson Sendler taught them was that 'one person can make a difference,' Megan Felt, one of the authors of the play, said. 'Irena wasn't even 5 feet tall, but she walked into the Warsaw ghetto daily and faced certain death if she was caught. Her strength and courage showed us we can stand up for what we believe in, as well,' said Felt, who is now 23 and helps raise funds for aging Holocaust rescuers."

Irena Sendler has redefined what the word heroic is all about. Thanks to this great humanitarian 2,500 children were granted the precious gift of life.



In this Sunday, Jan. 24, 2016 photo provided by Pamela Wolfson, Arthur Orkin, left, and Craig Wolfson, right, help Ben Orkin, out of his kayak at Pearce Ferry near the Arizona-Nevada border. (Courtesy of Pamela Wolfson via AP)

Kayaker sets record running Grand Canyon rapids



By Felicia Fonseca Associated Press January 28, 2016

A Denver man has logged the fastest Grand Canyon river trip on record, battling blisters and rapids as he paddled his kayak down a 277-mile stretch of the Colorado River in 34 hours and two minutes.

Ben Orkin reached the end of his journey Jan. 24, exhausted after navigating the water in the dark and swimming part of it when a rapid toppled his kayak. Orkin beat a record set the previous week by more than an hour and one set by three men in a non-motorized boat in 1983, according to Tom Martin, secretary of the Grand Canyon Historical Society.

"I'm super happy I beat it," Orkin, a 25-year-old certified public accountant, said. "I'm never trying it again."

The unofficial records kept among river rafters started with Maj. John Wesley Powell, who rowed the river in 29 days in 1869.

Most people take their time on the river, stopping to hike within the canyon and camp. But river rafting enthusiasts say doing the trip as quickly as possible is becoming a personal challenge for some.

Orkin and a friend from college, Harrison Rea, attempted an overall speed record in January 2015 but fell an hour short. They lost time after Rea's kayak got stuck and cracked, forcing them to repair it on shore.

Orkin launched his latest venture in the dark Jan. 23 from Lees Ferry near the Arizona-Utah border, aiming to beat the 1983 record of 36 hours and 38 minutes that was set when the water was flowing much faster. On his way to the river, he got an email from a fellow kayaker that would make it even harder: Four men just finished the trip in 35 hours and five minutes.

Orkin said he knew within hours that he could beat that time if he kept up his pace of just over 8 miles an hour. He grew up in a family of whitewater river rafters, spent years developing a relationship with the Grand Canyon and trained hundreds of hours for a speed trip.

He was confident about a record run until he hit the Lava Falls Rapid, one of the most challenging on the river. The rapid rolled his kayak and sent him swimming for about half a mile to shore. He emptied the water in his kayak and kept going.

Taking a break is otherwise out of the question, Orkin said. He carried food that was easily accessible and wouldn't upset his stomach, a lighting system and a spreadsheet with the river miles. He launched his kayak based on the time of day he was expected to hit certain rapids.

"The planning is huge. It's a very specialized skill set," Orkin said. "Not only running rapids in the dark, but you have to be comfortable doing so alone and exhausted."

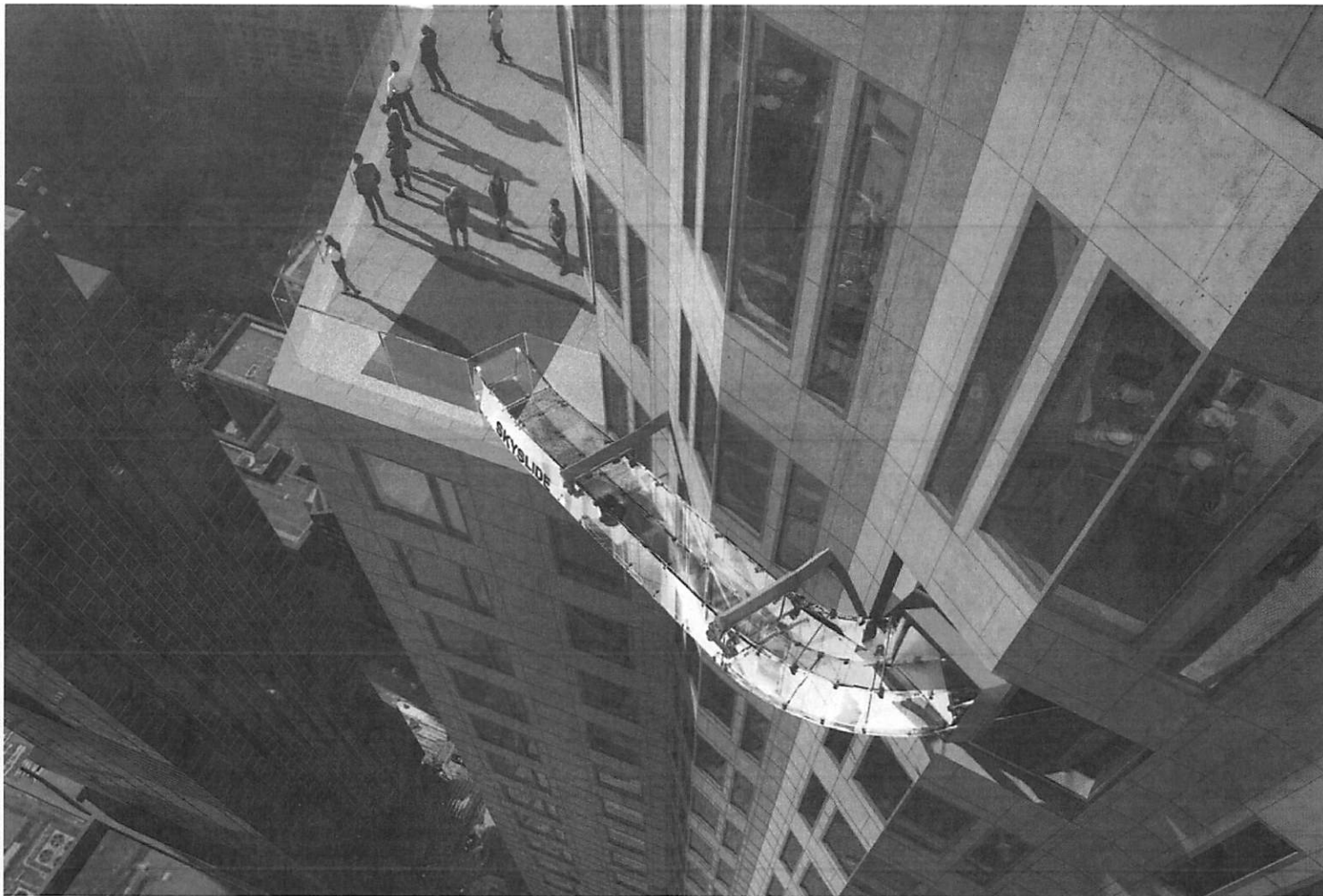
He got a boost from other river rafters who cheered and clapped as he paddled by. But he said he went the last 22 hours of the trip without seeing anyone. And when the river calms about 30 miles after the last rapid, exhaustion set in.

"You have to paddle the hardest you've ever paddled to break the record at that point," he said.

Martin, of the Grand Canyon Historical Society, and others tracked Orkin's progress online, until he lost the GPS device in the water with less than an hour to go. A backup GPS gave him the exact coordinate that signaled the end of his trip at Lake Mead on the Arizona-Nevada border.

Veteran river rafter Craig Wolfson helped greet Orkin as he finished. He and Orkin's father, Arthur Orkin, helped the record-setter off his kayak.

"It's an amazing feat," Wolfson said. "I stood there looking at him and was in awe of what he had accomplished."



This updated artist's rendering provided by Overseas Union Enterprise Limited shows a glass slide 1,000 feet above the ground off the side of the U.S. Bank Tower in downtown Los Angeles. (Michael Ludvik/OUE Ltd. via AP)

70-story slide coming to L.A.



By John Rogers Associated Press March 07, 2016

Thrill-seekers looking to take their fear of heights to a new level can come to downtown Los Angeles this summer and careen down a clear glass slide atop the tallest building west of the Mississippi.

The "Skyslide" is scheduled to begin sending urban adventurers down the relatively brief ride 1,000 feet above the ground in June. It will span 45 feet from the 70th to the 69th floor of the U.S. Bank

Tower.

Nothing but inch-and-a-quarter glass separates riders from the ground, promising to provide both a thrill and quite the view for anyone willing to open their eyes along the way.

On a clear day, the 72-story tower provides panoramic views that extend to Catalina Island 22 miles off the Pacific Coast and over the Santa Monica Mountains to the city's sprawling San Fernando Valley.

"There will be nothing like it in the U.S.," said Lucy Rumantir, head of U.S. operations for the building owner OUE Limited of Singapore.

And that is just the reason for building a giant slide in the sky, Rumantir said.

"When you do something new in LA, you've got to be creative," she said, adding there are already plenty of things to see in the area. But the building owners' thinking goes, that a wild slide through the sky might drive more thrill-seekers downtown rather than to the beaches, Disneyland and other traditional attractions.

Downtown nightlife has exploded in recent years with the addition of upscale hotels, The Broad museum, the LA Live entertainment district and trendy bars and restaurants.

Skyslide also continues a trend of creating attractions designed for urban thrill-seekers who for some reason seem eager to laugh in the face of acrophobia.

Grand Canyon Skywalk, the horseshoe-shaped bridge that opened nine years ago, allows visitors to stroll right off the edge of the canyon's north rim and stare through 2,000 feet of nothingness to the canyon floor. The Las Vegas Strip's X-Scream roller-coaster sends riders on a wild plunge off the top of the 1,100-foot Stratosphere Hotel and Casino.

Chicago's Willis Tower (formerly the Sears Tower) renovated its 103rd floor observation deck in 2009 to add all-glass balconies, allowing people to actually step several feet off the ledge.

In Los Angeles, Skyslide is part of a \$50 million renovation that will also put an open-air observation deck and bar on the tower's top floors.

Admission to the Skyspace observation deck will be \$25. Tickets to Skyslide will be \$8.

Tickets go on sale March 18. Rumantir said the building is already receiving hundreds of calls from people who want to slide.

Asked if she'll actually slide down the thing when it opens, she laughed.

"Oh yeah, of course. We're going to be the ones who actually test the whole thing before it goes public. The risk is on us."

SCOPING OUT The Skies

Three new gigantic telescopes will study the universe like never before

The early 2020s will be a very exciting time for astronomers. That's when the three biggest and most powerful telescopes ever built for observing optical light—the kind we see—will start peering deep into the universe. To gather light from distant stars, optical telescopes use enormous mirrors, wider than three school buses lined up end to end.

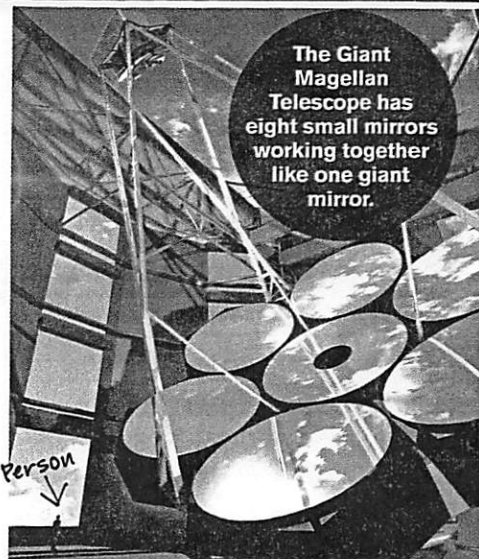
Light hits the giant primary mirror, which bends the light and sends it to a secondary mirror. This smaller mirror focuses the image, sending it to a detector attached to a computer that stores the data.

Larger mirrors collect more light, leading to sharper images. With their record-setting mirrors, the new mega-telescopes will see more distant, fainter, and smaller objects than ever before. These supersized telescopes will gather key new details about asteroids, planets, stars, and giant clusters of galaxies.

Two of these telescopes are under construction in the Andes Mountains in northern Chile. The Giant Magellan Telescope (GMT) and the European Extremely Large Telescope (E-ELT) will sit atop peaks about 400 miles from each other. Their high and dry locations far from city lights are ideal for gathering optical light.

But things are not going quite as smoothly out in the Pacific Ocean for the Thirty Meter Telescope (TMT) on the Big Island of Hawaii. The TMT is slated to be built atop Mauna Kea, where 13 telescopes already sit at the summit. Some native Hawaiian groups, who consider Mauna Kea to be sacred grounds, have protested over the new mega-telescope. As of press time, the construction permit for the TMT was revoked, so the future of the project is uncertain.

Even if the TMT doesn't get built, astronomers look forward to the other two cutting-edge telescopes opening for business. Patrick McCarthy, an astronomer at the



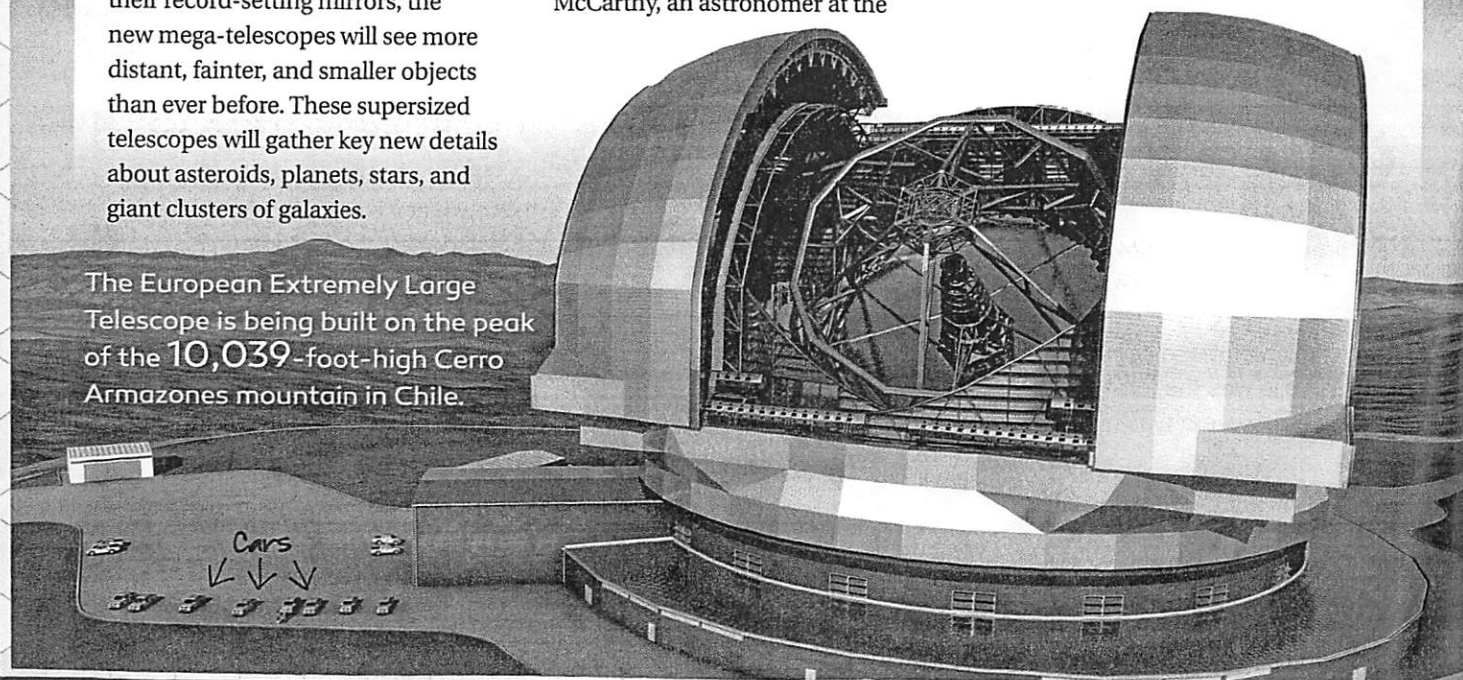
The Giant Magellan Telescope has eight small mirrors working together like one giant mirror.

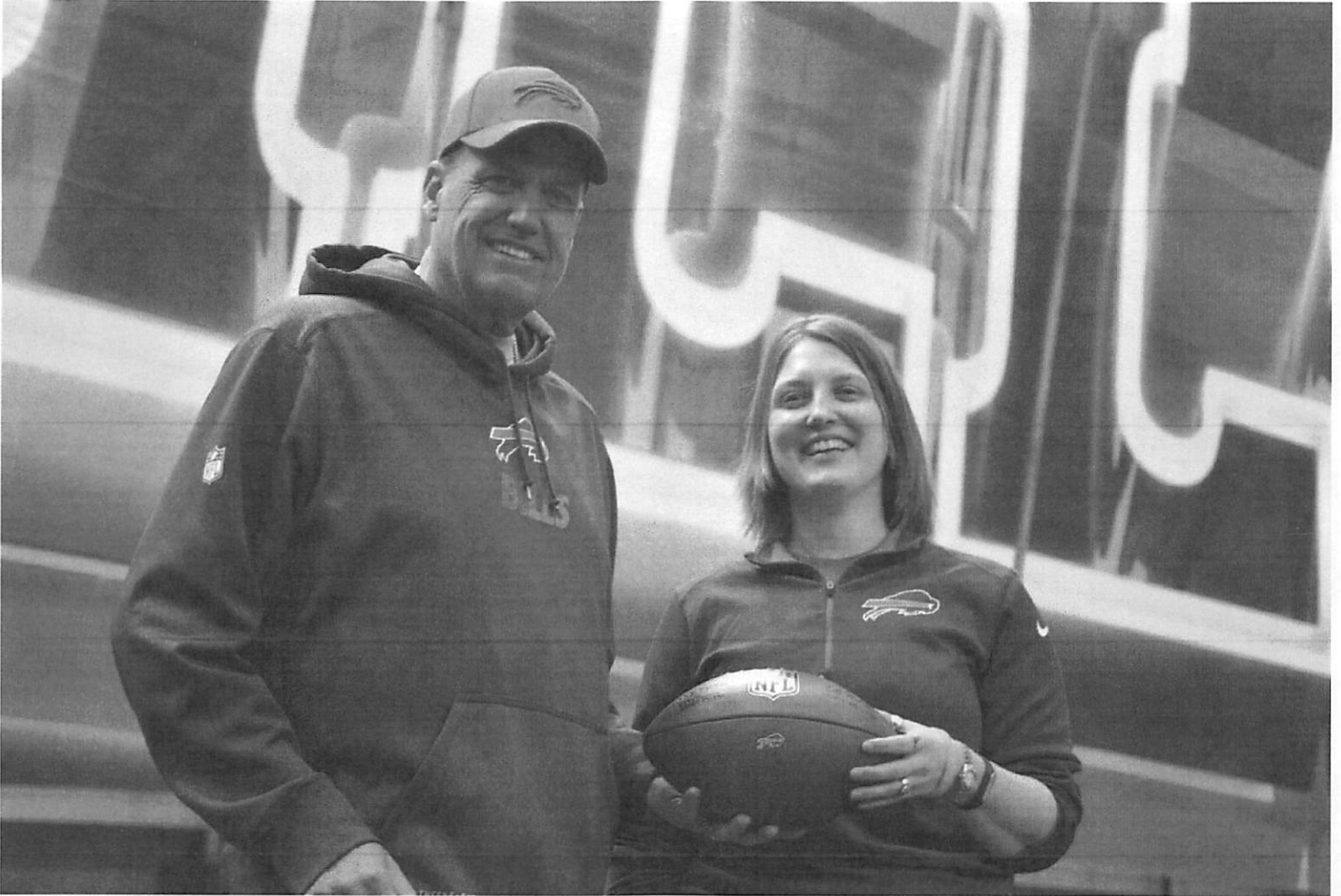
Carnegie Observatories in Pasadena, California, and president of the GMT project looks forward to the day when these instruments can complement each other's discoveries.

"There is only one sky," says McCarthy. "Having more access for more people to observe the sky is a good thing."

—Adam Hadhazy

The European Extremely Large Telescope is being built on the peak of the 10,039-foot-high Cerro Armazones mountain in Chile.





In this provided by the Buffalo Bills, Bills' Head coach Rex Ryan poses with assistant football coach Kathryn Smith Thursday, Jan. 21, 2016, in Orchard Park, N.Y. Smith, who has worked with Ryan for seven years, has become the first, full time, female assistant coach in the National Football League. (Anna Stolzenberg/Buffalo Bills via AP)

Woman becomes NFL's first female full-time coach



By Dennis Waszak, Jr. *Associated Press* January 29, 2016

Armed with notepads, pens and a keen eye for talent, Connie Carberg is still scouting football players.

She simply can't get enough of breaking down film. That's why the 64-year-old Carberg was in front of her television at home Jan. 23 in Coconut Creek, Florida, watching the East-West Shrine Game and the NFLPA Collegiate Bowl.

"I love it," Carberg said. "When draft time comes, I've got all my notes on every player."

Carberg was the first woman to serve as a scout for an NFL team, working with the New York Jets in the 1970s. She was excited this month when the Buffalo Bills hired Kathryn Smith as the league's first full-time female assistant coach.

"It caught me totally by surprise," Carberg told The Associated Press in a phone interview. "I started seeing things on the news and on Twitter, and then I was like, 'Wow!' I just got really excited. I think it's a great opportunity for women."

Bills coach Rex Ryan promoted Smith to special teams quality control coach, an entry-level, assistant position, but a path that prominent coaches such as Jon Gruden, Eric Mangini, Tony Sparano and Todd Haley took on their way to getting top jobs in the

<http://tweentribune.com/article/teen/woman-becomes-nfls-first-female-full-time-coach/>

league.

The 30-year-old Smith worked for Ryan with the Jets since 2009 as the team's player personnel assistant, and she joined the coach in Buffalo after he was fired by New York after the 2014 season. She was an administrative assistant for Buffalo's assistant coaches, working on various projects.

"The fact she has been around for a long time is important," Carberg said. "She has proven herself. It's not just something like, 'Let's just put a woman in there and let's make history.'"

As special teams quality control coach, Smith will deal with things such as charting and diagramming plays, and scouting blocking schemes and tendencies of kickers and punters.

"To me, the best part of this is that Kathryn has a chance to just learn so much and ask questions and pick up so many things," Carberg said.

Carberg served as a scout for the Jets from 1976-80, breaking a gender barrier in the NFL while watching game films, traveling and scouting college players. She is credited with bringing attention to then-little known defensive end Mark Gastineau, who became one of the league's top pass rushers after being drafted by the Jets in 1979. Gastineau invited Carberg to be his guest when he was inducted into the team's Ring of Honor in 2012.

Carberg, who will be the subject of an upcoming book about her life in the NFL, helped open the door for other women.

In 1986, the late Linda Bogdan, daughter of then-Bills owner Ralph Wilson, was hired by the team as a full-time scout.

Amy Trask was the Raiders' chief executive officer for owner Al Davis from 1997 until she resigned in 2013. The Jets promoted longtime executive Jacqueline Davidson to director of football administration last summer. Miami's Dawn Aponte (executive vice president of football administration), Cincinnati's Katie Blackburn (executive vice president), San Diego's Jeanne Bonk (executive vice president and chief financial officer) and San Francisco's Hannah Gordon (vice president of legal and government affairs) are among a growing list of high-ranking women in football front offices.

Jen Welter became the NFL's first female position coach last summer when she worked as an intern for the Arizona Cardinals while coaching linebackers.

"I still believe it's going to take a little bit of time," Carberg said. "I think Jen Welter would make an ideal scout because she has played the game and loves the sport. As far as the scouting world, that's the one thing I can't believe in 40 years other than myself and Linda that there haven't really been other women scouts. I can definitely see even more opportunities opening up there. It's just not looked upon as weird anymore where it might have been perceived in the past to talk to players and coaches and travel."

Carberg, whose father, Dr. Calvin Nicholas, was the Jets' internist, was hired by New York coach Charley Winner in 1974 as a team receptionist and then became the scouting secretary before being sent on the road to places such as alma mater Ohio State, Boston College, New York- and New Jersey-area schools, and the Orange Bowl in Miami to watch and interview players.

She was charged with making the Jets' 17th-round draft selection before leaving her role after the 1980 season to focus on her family.

Despite being in such a male-dominated environment, Carberg said she never felt awkward or intimidated.

"My biggest boosters in the world were men," she said. "Maybe because I felt so comfortable doing what I did. You might get some resistance, like anything else. But this younger generation right now is used to having their moms working, and working in very high

