

1 America's Bald Eagles

Three hundred years ago, bald **eagles** were quite common in the United States. Scientists estimate that in 1700, there were **between** 300,000 and 500,000 bald **eagles**. That number **decreased** significantly to just 20,000 **eagles** by 1950. And by 1960, there were fewer than 1,000 **eagles**.

This drastic **decrease** was mainly caused by humans. Following World War II, **fields** and crops were sprayed with a bug-killing liquid called DDT. DDT washed off plants and **leaked** into lakes and **streams**. Plants and little animals absorbed it. Fish ate the plants and animals. And then **eagles** ate the tainted fish. As a result, DDT made **eagles** lay eggs that had thin, **weak** shells. These eggs failed to hatch.

In 1972, DDT was widely banned in the U.S. And since then, bald **eagles** have made an amazing comeback. Today, more than 65,000 **eagles** live in the U.S.

Word Count: 149



Glossary Links

absorbed
tainted



Tell why bald eagles are making a comeback.



Use with Teaching Guide, page 344.



Resource Links

Decodable Digest: p. 142

SAM Keyword: DD 17.5

2 Sleepy Teens!

It may not shock you, but a **teen** dozing in class may not be getting enough **sleep!** A daily dose of at **least** nine hours of **sleep** is **ideal**. Yet only about 20% of **teens** get that much **sleep**.

Why can't **teens sleep?** A big **reason** is that lots of **teens** can't fall **asleep** until late at night. Yet, they still **need** to get up for class on time the next day. Family problems and stress can also affect **teens** and **keep** them up late at night.

Studies show that the risks for **sleep-deprived teens** are huge. These **teens** may be less active. They concentrate less, get lower grades, and **feel** depressed more than **teens** who get plenty of **sleep**.

If you have problems getting to **sleep** at night, try following these simple tips:

- do not drink coffee, tea, or cola after lunchtime.
- follow the same **sleep** schedule each day. Go to bed and get up at the same time on **weekdays** and **weekends**.
- spend less time online and watch less TV before bed.

Word Count: 177



Glossary Links

concentrate
schedule



What are some effects of not getting enough sleep?



Use with Teaching Guide, page 344.



Resource Links

Decodable Digest: p. 143

SAM Keyword: DD 17.5