

### ***A Problem at Work***

1. Abdi has a job.
2. He has a job at a warehouse.
3. Abdi works hard at the warehouse.
4. Abdi hurts his back.
5. His back hurts all week.
6. Abdi talks to the manager.
7. He talks about his back.
8. The manager tells Abdi to rest.

9. He needs to see a doctor.
10. The doctor tells Abdi to rest his back.
11. He needs to rest for two weeks.
12. The doctor writes a note.
13. Abdi gives the note to his manager.

Source: Bow Valley College, ESL Literacy Readers  
<https://esl-literacy.com/readers/>

---

### ***Inge Cuts Hair***

1. Inge is a hairdresser.
2. She cuts hair.
3. She cuts men's hair.
4. She cuts women's hair.
5. She cuts boys' hair.
6. She cuts girls' hair.
7. She cuts long hair.

8. She cuts short hair.
9. She cuts curly hair.
10. She cuts straight hair.
11. Inge is a good hairdresser.

Source: Bow Valley College, ESL Literacy Readers <https://esl-literacy.com/readers>

---

### ***Abdul's Story***

1. Hi. My name is Abdul. I'm from Morocco. In my country I was an accountant. When I came to the U.S., I needed a job. My friend told me about a job in a restaurant.
2. I went to the restaurant. The boss said, "Do you speak English?" I was scared, I said, "Yes." I didn't tell him that I can't read.
3. I got a job as a dishwasher. The boss gave me a schedule. The schedule had: Abdul – morning shift, 6:00. I came to work at 6 o'clock in the evening.
4. The boss was mad! He said, "What happened?" I was confused, but I stayed calm. I said, "I'm sorry. I don't understand. It's 6 o'clock." I said, "Please help me. I am a hard worker."
5. The boss explained the schedule. He told me to ask questions when I don't understand. I will work hard and I will ask questions. I will learn to read and write in English.

Source: REEP World English Practice for Beginners <http://www.reepworld.org/englishpractice/>

## ***I Left My Son and Daughter Behind*** By Gladis Ecano

1. When I came to the U.S., I felt sad because I left behind my son and daughter.
2. The decision to come to the U.S. affected my family and me so much.
3. Every day, my children would ask my parents about me.
4. Some days, they cried and said, "I want my Mama to come back to us."
5. When I talked to my son on the phone, he always cried.
6. I wanted to see my family, but it was impossible.
7. Because of the type of visa I had, I could not travel easily.
8. In any case, I didn't have the money to buy a ticket to go home.
9. After several years, I brought my son to the U.S.
10. He was 10 years old.
11. I haven't seen my daughter again, but I am hoping and praying every night that she will be able to come and visit me this year.

Source: *The Change Agent* Immigration Issue 38 March 2014 [www.changeagent.nelrc.org](http://www.changeagent.nelrc.org)

---

## ***How to Tell if You Have Lead in Your Home***

Lancaster Newspapers March 15, 2015 By Susan Baldrige and Gil Smart [http://lancasteronline.com/how-to-tell-if-you-have-lead-in-your-home/article\\_d5e9f8fe-c993-11e4-b673-ffc8b1530a07.html](http://lancasteronline.com/how-to-tell-if-you-have-lead-in-your-home/article_d5e9f8fe-c993-11e4-b673-ffc8b1530a07.html)

1. How do you know if your home is contaminated with lead?
2. "If your home was built before 1950, there's a 100 percent chance it has lead paint," said Dr. Marilyn Howarth, director of Occupational and Environmental Consultation Services at the Hospital of the University of Pennsylvania.
3. "If it was built before 1978, there's a very good chance it has lead paint. If it was built after that, it really shouldn't have lead paint in it."
4. As lead paint ages, it can chip or crumble into dust. Exposure can cause serious health problems, especially in children and pregnant women.
5. To determine whether you or your family has been exposed to lead, start with a blood test. The Environmental Protection Agency recommends all children ages 1 and 2 be tested; children are considered to have a high blood lead level if the test result is 5 micrograms per deciliter of blood. The blood test can be done through a family doctor.
6. You can't tell if paint contains lead by looking at it. Do-it-yourself lead test kits are available at hardware stores; some contain chemically coated swabs that change color if lead is present on wood, metal, vinyl, plastic or in dust.
7. But experts warn the home tests aren't 100 percent reliable; the EPA recommends hiring a certified professional. The EPA website allows consumers to search for certified firms by location; there are several dozen certified lead renovation, repair and painting firms in Lancaster County.