
Unit 7 - How Else to Be

7A Introduction

We all experience loss in our lives, whether it's a friend moving out of town, a girlfriend/boyfriend breaking up with us, or a relative passing away. Usually, at some point, the pain turns into strength. Like the old saying goes, "What doesn't kill you, makes you stronger."

7B Song Lyrics

Now I thought you'd be **constant** in my life,
Always there somewhere like the stars at night.
But life comes in ways that you can't **predict**,
Know in advance, the phone rang, I answered quick.
You were my Queens, like where the Mets play,
You said that you were leaving out on a jet plane.
You ended and **terminated** it quick,
Like the Terminator did, "I'll call you later kid."

Our relationship had had a long **duration**,
It lasted a while, till you put it on vacation, .
The pain I felt was **immense**, larger than life,
We had started so tight, now you were gone from my sight.

At first, I didn't know how to **cope**,
Deal with the situation, at the end of my rope.
I had to **stifle** my tears, hold 'em back,
Every time I saw your photograph.
I felt on the edge or the **verge** of a breakdown,
But I'm a fighter, girl, I won't lay down.
So, as they say out on the playground,
You're either in or you're out, so go away now...

*You say you need to leave, but I'm so strong...
I don't know how else to be.*

I have hope for the future, I'm an **optimist**,
Like sprinkles, man, I'm topping this.
Faced with a storm, I have **composure**, stay calm,
Though life can knock you down, you gotta stay strong.
Some people feel intense pain and **agony**,
I understand, but it's kind of sad to me.
Just when I couldn't stand the storm,
I found **refuge** and shelter in this song.

If you cry, have a tissue, it's **beneficial**,
It can help you if you have an issue.
Memories **dissolve** like salt in water,
But if you write them down, then they might be stronger.
For all my people that like the **genre**,
This category of art, I feel honored.
To spit a little verse that's personal,



And if you're feeling down, I hope it helps you out...C'mon.

Hook

7C Words Defined

Below you'll find each vocabulary word that was used in the song. Each word is followed by the part of speech, a simple definition and a meaningful sentence. Some words will also have synonyms, antonyms and other forms of the word listed.

1. **agony** (noun) intense suffering

The little boy who had ninety percent of his body burned in the car accident was in *agony* in the hospital.

Synonyms: misery, anguish

Antonyms: pleasure, bliss

Other forms: Melissa often *agonizes* (verb) over studying for her vocabulary tests; she puts out a great effort.

2. **beneficial** (adj) helpful

We got a *beneficial* tip to avoid the amusement park on the weekends.

3. **composure** (noun) a state of calmness or self-control

The principal kept his *composure* despite his toupee falling off in front of all the students while he spoke.

Synonyms: dignity, poise

Antonyms: panic, anxiety

4. **constant** (adj) not changing; continuing without pause

There was *constant* chatter from the dugout while the other team went to bat.

Other forms: My parents were *constantly* (adverb) badgering me about my choice of friends and where I was going with them.

5. **cope** (verb) to deal with

It was hard for Daryl to *cope* with the loss of all of the kittens at one time.

Synonyms: to manage, handle

6. **dissolve** (verb) to melt away or break apart

Martha was desperate to *dissolve* her marriage with Daniel because she wanted to move on with her life and forget about him.

7. **duration** (noun) the length of time that something happens or exists

The *duration* of the flight delay was five hours, and most of the passengers were upset.

Synonyms: period, length, extent

8. genre (noun) a class or category

Mrs. Longman required us to choose a book from a specific *genre* that she had chosen.

9. immense (adj) huge

The new building was so *immense* that our tour took three hours.

10. optimist (noun) someone who believes that things will be good

The bride was such an *optimist* in her belief that it would not rain on her wedding day in the middle of January.

Antonyms: pessimist

Other forms: *Optimist* can also be an adjective, *optimistic*, as in: Bob was *optimistic* about his surgery; he felt sure it would go off without a hitch. And it can be a noun, *optimism*: Because of his *optimism*, Bob had lots of friends.

11. predict (verb) to guess what will happen in the future; to forecast

Many geologists are trying to *predict* when the big earthquake will hit San Francisco.

Other forms: Jerry made a *prediction* (noun) that it would snow on Christmas day.

12. refuge (noun) a shelter or safe haven

The tourists found a *refuge* from the rain under the awning of a building.

Synonyms: hideaway, retreat, safe place

13. stifle (verb) to hold something back or cut something off

It was difficult to *stifle* my excitement when the celebrity sat down next to me.

Synonyms: to prevent, repress

Antonyms: to encourage, let out

Other Forms: *Stifling* can be an adjective meaning “stuffy,” as in: The atmosphere was so *stifling* that I had to leave the party immediately.

14. terminate (verb) to end or conclude

The parade *terminates* in Central Park.

Other Forms: At the *termination* (noun) of the speech, the entire audience gave a standing ovation.

15. verge (noun) the edge of something

The scientist told everyone he met that he was on the *verge* of an amazing scientific breakthrough.

Synonyms: border, brink

7D Fix the Mistake

Each of the sentences below has a mistake. The wrong vocabulary words have been used, so the sentences don't make sense. Rewrite each sentence using the correct vocabulary word from this unit.

1. During the tornado, Dorothy found **verge** in the underground basement of her farmhouse.

2. The Empire State Building is a(n) **beneficial** architectural structure in New York City.

3. My favorite **composure** of book to read for pleasure is historical fiction.

4. A student's planner is a **constant** organizational tool for school because it's a good reminder of what daily homework needs to be completed.

5. After focusing in on the author's foreshadowing, I successfully **coped** what would happen to the main character at the end of the story.

6. Melissa is an **agony**; she always sees the best in each difficult situation.

7. My mother had a difficult time **terminating** with my grandmother's death.

8. If you soak a raw egg in a cup of white vinegar for 48 hours, the vinegar will **stifle** the egg shell but leave the rest of the egg intact.

9. Surprisingly, the normally very emotional bride kept her **optimist** throughout the entire wedding ceremony.

10. After she arrived late to work for the third time, her job at the shopping mall was **dissolved**.

11. My grandmother is **immensely** reminding me to brush my teeth before I go to bed.

12. Joseph experienced extreme **genre** when he broke his ankle while sumo wrestling.

13. Even though the movie was really bad and I wanted to leave before it was over, my friend convinced me to stay and we watched it for the **refuge**.
- _____
14. When the bullies on the playground made fun of me I didn't want to show them that my feelings were hurt so I **predicted** my emotions.
- _____
15. Though the wooden glider was ugly, my brother knew they were on the **duration** of flying.
- _____

7E Pick the Winner

Circle the word that best fits into the sentence. Then write a sentence below that uses the word you didn't pick in a meaningful way.

1. The lottery winner had a difficult time keeping his **(composure OR duration)** when he discovered he had won the jackpot.
2. _____
3. Hannah had to **(stifle OR terminate)** her friendship with Hailey when she discovered that Hailey had stolen her math homework from her backpack.
4. _____
5. The M&M candy **(dissolved OR verge)** in my mouth, not in my hand.
6. _____
7. Some people argue that video games can be **(constant OR beneficial)** for developing hand-eye coordination.
8. _____
9. During earthquake drills at school we practice seeking safe **(agony OR refuge)**.
10. _____

7F Draw the Relationship

In each grouping of eight words below, draw straight lines between the synonyms (words that mean similar things) and squiggly lines between any antonyms (words that mean nearly opposite things). Every word should have at least one line connected to it. Some may have more.

| | | | | |
|-------|-----------------|-----------------|----------------|--------------------|
| 1 | appear | place of safety | length of time | terminate |
| | start | dissolve | duration | refuge |
| | | | | |
| 2 | give up | stifle | predict | cope |
| | harmful | beneficial | let it all out | guess what's next |
| | | | | |
| 3 | steady | verge | constant | on the brink |
| | delight | composure | agony | self control |
| | | | | |
| 4 | bring to an end | optimist | genre | terminate |
| | tiny | category | immense | happy for tomorrow |

7G Understanding What You Read

Read the passage below. Then answer the questions.

Oh, summer at last! It seemed like it took forever for summer to arrive that year, probably because my seventh grade teacher was the meanest teacher I had ever had. I can remember that all I wanted to do that summer was learn how to ride the unicycle that my dad had given me. Yes, I know that most kids don't ride around on unicycles, but I come from a family of acrobats and jugglers, so it doesn't seem weird to me. For anyone who doesn't know, a unicycle is like a bike with only one wheel.

I was really optimistic about the whole thing. I predicted that I would master the unicycle in about two weeks. I figured that it couldn't be much harder than riding a bike. I knew I would have to work hard and practice on it constantly, but hey, it was the summer. What else did I have to do?

My plan didn't exactly work out, though. Within the first week I was crashing more than I was riding. I had more bumps and bruises than most professional wrestlers. It was tough, but the worst accident came on the third day. I took a face-dive into a brick wall and smashed my chin up pretty bad. I'm not going to lie: I was in agony. I tried not to scream and cry, but I was on the verge of both. Somehow I managed to walk back to my house, covering my face with my hands. As soon as my dad saw my chin, he decided to take me to the hospital.

For the entire duration of the ride to the hospital, my dad told me stories about his own

injuries. He told me about how he had once fallen from an immense platform at the circus and broken both his arms. He told me about how he had once been trampled by a horse. He told me about one time that a bear bit his leg in two places. Honestly, the stories made me feel much better. They made me realize that I came from a long line of daring people, and that getting injured was a family tradition.

By the time the doctor saw me at the hospital, I wasn't crying at all. He told me the cut on my chin was pretty bad, but that he had never seen that kind of composure in someone so young. Then he told me I needed stitches. I asked him how many stitches I would need. He told me I would need thirty or forty. I don't know if it was my new bravery talking or what, but I remember exactly what I said next: "bring it on."

1. This writing piece is best described as

- (A) a biography
- (B) a letter
- (C) a personal narrative
- (D) a nonfiction report

2. This writing piece is written in

- (A) first person
- (B) second person
- (C) third person
- (D) fourth person

3. According to the text, which of the following statements is TRUE?

- (A) The narrator is a boy.
- (B) The narrator is a girl.
- (C) The narrator is an acrobat.
- (D) The narrator just finished the seventh grade.

4. According to the text, what reaction did the narrator have right after falling off the unicycle?

- (A) The narrator yelled loud enough for the neighbors to hear.
- (B) The narrator decided that falling down was a family tradition.
- (C) The narrator attempted to hold back tears.
- (D) The narrator got back on the unicycle.

5. When the narrator goes to the hospital, the doctor examines the cut, and then remarks that he has never seen...

- (A) a young person with such a bad cut
- (B) someone who rode a unicycle
- (C) a narrator from a story
- (D) a young person stay so calm

7H Thinking Creatively

Answer each question below. Don't be afraid to think creatively.

1. What is more **beneficial** for America: a strong army or good schools?
-

2. What do you think a space-shuttle **terminal** is?

3. Do you consider yourself an **optimist**? Why or why not?

4. What is your favorite **genre** of books and why?

5. Besides “**predict**,” list three other words that start with “pre.” What do you think “pre” means at the beginning of a word?

Word Breakdown

The word *optimism* was invented a few hundred years ago by a French philosopher. This philosopher, named Leibnitz, believed that the world we live in is the best of all possible worlds. Optimism was defined as the belief that this world is the greatest that ever could be. The very famous philosopher Voltaire thought that this theory was ridiculous and stupid. He made fun of this kind of “optimism” in his books by pointing out all the terrible things that happen every day in this world.

Nowadays, the word has a more general meaning. An old test of whether someone is an optimist or a pessimist (someone who thinks things will turn out badly) is to pour a glass of water halfway to the top. If the person says the glass is half full, he or she is an optimist. If the person says the glass is half empty, he or she is a pessimist.