



# First Semester Fluency Scores

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WPM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	

# Q1 Weekly Fluency Scores



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WPM	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8

# Fluency Week 1

Start Here

**Extraordinary**, Ordinary People: A **Memoir** of Family

7 By all accounts, my parents approached the time of  
16 my birth with great **anticipation**. My father was certain that  
26 I'd be a boy and had worked out a deal with my mother: if  
40 the baby was a girl, she would name her, but a boy would  
53 be named John. Mother started thinking about names for  
62 her daughter. She wanted a name that would be **unique**  
72 and musical. She **settled** on Condoleezza.

78 Meanwhile, my father prepared for John's birth. He  
86 bought a football and several other pieces of sports  
95 equipment. John was going to be an all-American running  
104 back or perhaps a linebacker.

109 Johnny, it's a girl!"

113 Daddy was **floored**. "A girl?" he asked. "How could it  
123 be a girl?"

126 Daddy told me that the first time he saw me in the  
138 nursery, the other babies were just lying still, but I was trying  
150 to raise myself up. Now, I think it's **doubtful** that an hours-old  
162 baby was strong enough to do this. But my father insisted  
173 this story was true. In any case, he said that his heart melted  
186 at the sight of his baby girl. From that day on he was a  
200 "**feminist**"—there was nothing that his little girl couldn't do,  
210 including learning to love football. **(215)**

Monday

Tuesday

Wednesday

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Friday

# Challenge Words Week 1

Write this week's challenge words in sentences!

extraordinary

memoir

anticipation

unique

settled

floored

doubtful

feminist

# Fluency Week 2

Start Here

## How To Eat A Guava

5 There are **guavas** at the Shop & Save. I pick one the size  
18 of a tennis ball and finger the **prickly** stem end. It feels familiarly  
31 bumpy and firm. The guava is not quite ripe; the skin is still a  
45 dark green. I smell it and imagine a pale pink center, the seeds  
58 tightly **embedded** in the flesh.

63 A ripe guava is yellow, although some varieties have a  
73 pink **tinge**. The skin is thick, firm, and sweet. Its heart is bright pink  
87 and almost solid with seeds. The most delicious part of the  
98 guava surrounds the tiny seeds. If you don't know how to eat a  
111 guava, the seeds end up in the **crevices** between your teeth.

122 When you bite into a ripe guava, your teeth must grip the  
134 bumpy surface and sink into the thick **edible** skin without hitting  
145 the center. It takes experience to do this, as it's quite tricky to  
158 determine how far beyond the skin the seeds begin.

167 Some years, when the rains have been plentiful and the  
177 nights cool, you can bite into a guava and not find many  
189 seeds. The guava bushes grow close to the ground, their  
199 branches **laden** with green then yellow fruit that seem to ripen  
210 overnight. These guavas are large and juicy, almost seedless,  
219 their roundness **enticing** you to have one more, just one more,  
230 because next year the rains may not come.

238 As children, we didn't always wait for the fruit to ripen. We  
250 raided the bushes as soon as the guavas were large enough to  
262 bend the branch. **(265)**

Monday

Tuesday

Wednesday

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Friday

# Challenge Words Week 2

Write this week's challenge words in sentences!

guavas

prickly

embedded

tinge

crevices

edible

laden

enticing

# Fluency Week 3

Start Here

Introduction to Polio

**Polio** is a serious and **contagious** illness caused by a virus. The polio virus spreads through contact with **feces** or less commonly, being coughed or sneezed on. Most people infected with the virus have no symptoms. For others it results in flu-like symptoms such as fever, sore throat, **nausea**, headache, and tiredness. But when the polio virus affects the brain and spinal cord it is very serious and can cause severe symptoms, including muscle weakness and **paralysis**, which may be temporary or permanent. While polio can infect anyone, it mostly affects children.

Stories and drawings from as early as the year 1500 BCE suggest that people have gotten sick with polio for a long time. In 1789 British **physician** Michael Underwood published the first description of polio in medical literature, and in 1840 a German doctor named it: "**infantile** paralysis."

Polio epidemics increased in the late 1800s, and polio **epidemics** occurred regularly in the United States throughout the first half of the 20<sup>th</sup> century. Because polio is so contagious, these epidemics were very frightening, and communities treated the treat very seriously. Swimming pools closed, and children were not allowed in other public gathering places, such as movie theaters. In the summer, when polio epidemics were most likely to occur, some parents kept their children indoors or made them wear gloves. **(223)**

Monday

Tuesday

Wednesday

Thursday

Friday

# Challenge Words Week 3

Write this week's challenge words in sentences!

polio

contagious

feces

nausea

paralysis

physician

infantile

epidemics



# Fluency Week 4

Start Here

## The **Diagnosis**

2 Dr. Wright came, took my temperature, listened to my  
11 breathing, and talked with Mother. Mother sponged my forehead  
20 with a cold cloth. I **dozed**, woke, and slept again. At midnight, I  
33 began to vomit. Mother and Dad helped me to the bathroom; we  
51 all **assumed** I had the flu.

60 Dr. Wright returned before breakfast the next morning and  
71 took my temperature again. "Still one hundred and two," he said.  
82 He helped me sit up, with my feet dangling over the side of the bed.  
97 He tapped my knees with his rubber **mallet**; this was supposed to  
109 make my legs jerk. They didn't. They hung **limp** and **unresponsive**. I  
121 was too woozy from pain and fever to care.

130 He ran his fingernail across the bottom of my foot, from the  
142 heel to the toes. It felt awful, but I couldn't pull my foot away. He did  
158 the same thing on the other foot, with the same effect. I wished he  
172 would leave me alone so I could sleep.

180 "I need to do a **spinal tap** on her," he told my parents. "Can  
194 you take her to the hospital right away?"

202 When Dr. Wright got the results, he asked my parents to go to  
215 another room. While I dozed again, he told them the diagnosis, and  
227 they returned alone to tell me. Mother held my hand.

237 "You have polio," Dad said, as he stroked my hair back from  
249 my forehead. "You will need to go to a special hospital for polio  
262 patients in Minneapolis."

265 Polio! Panic shot through me, and I began to cry. How could I  
278 have polio? I didn't know anyone who had the disease. Where did  
290 the **virus** come from? How did it get in my body? **(301)**

Monday

Tuesday

Wednesday

Thursday

Friday

# Challenge Words Week 4

Write this week's challenge words in sentences!

diagnosis

dozed

assumed

mallet

limp

unresponsive

spinal tap

virus

# Fluency Week 5

Start Here

An Oxygen Tent and a Chocolate Milkshake

7 Because of my fever, it was important for me to drink lots  
19 of liquid. I tried to drink some ice water each time my parents  
32 and the nurses held the glass for me. I was also given apple  
45 juice, grape juice, and 7-Up, but they were no easier to swallow  
57 than water. I was not offered milk even though I drank milk at  
70 home. Because milk creates **phlegm**, or **mucus**, in the throat,  
80 patients with **bulbar polio** were not allowed any milk or ice  
91 cream for fear it would make them choke.

99 One evening, a particularly **patient** nurse **coaxed** me to  
108 drink some 7-Up. She put one hand behind my head and lifted  
120 it gently, to make it easier for me to swallow. "Just take little  
133 sips," she said.

136 I wanted to drink the 7-Up, to please her and because I  
148 was thirsty. I sucked a mouthful through the straw, but when I  
160 tried to swallow, my throat didn't work and all the 7-Up came  
172 out my nose. As the fizzy liquid stung the inside of my nose, I  
186 **sputtered** and choked.

189 The choking made it hard to get my breath, and that  
200 frightened me. If I couldn't breathe, I would be put in the **iron**  
213 **lung**.

214 After that, I didn't want to drink. I was afraid it would  
226 come out my nose again; I was afraid of choking. Only the  
238 constant **urging** of my parents and the nurses got enough fluids  
249 into me. **(251)**

Monday

Tuesday

Wednesday

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# Challenge Words Week 5

Write this week's challenge words in sentences!

phlegm

mucus

bulbar  
polio

patient

coaxed

sputtered

iron lung

urging

# Fluency Week 6

Start Here

Welcome to the Middle Ages

5 If you know anything about knights, castles, or Robin  
14 Hood, then you already know something about the Middle  
23 Ages in Europe. "The Middle Ages" may seem to be an  
34 **unusual** name for a historical period – especially one that  
43 lasted for more than 1,000 years. People in the Middle Ages  
54 did not know they were in the middle of anything. They  
65 thought they were **modern** – just as you and I do today. In  
77 fact, the Middle Ages was not a phrase used by the people  
89 who lived during that time period. It is a term modern  
100 **historians** use today to refer to that time period between  
110 **ancient** and modern times.

114 We begin our journey into medieval Europe – another  
122 name for the Middle Ages – by examining some key events  
132 that happened long before this age began. The first major  
142 event that helped to **transform** western Europe occurred  
150 when the mighty Roman Empire, having grown too big for  
160 one **emperor** to rule, broke apart into the eastern and  
170 western parts of the empire. This division had a major  
180 impact on western Europe. With the Roman Empire split into  
190 two parts, different tribes took the opportunity to **seize** some  
200 of its lands. Interestingly, some of these people were given  
210 the name barbarian from the Latin word barbarous,  
218 meaning foreigner, or not Roman. The Romans may have  
227 considered these people to be **uncivilized** because they  
235 did not speak Latin, the language of the Roman Empire.  
(245)

Monday

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# Challenge Words Week 6

Write this week's challenge words in sentences!

unusual

modern

historians

ancient

transform

emperor

seize

uncivilized

# Fluency Week 7

Start Here

If You Were A Boy **Serf**

6 From an early age, you work a full day. You wake up just  
19 before sunrise and go to sleep when it is dark. For breakfast, you  
32 have rye bread and water, or perhaps watery ale. Even before  
43 the sun is fully risen, and regardless of the weather, you begin your  
56 work on the land. In springtime, you are busy **plowing** and  
67 planting seeds. You help the sheep and cows deliver baby lambs  
78 and calves. At **midday**, you walk home from a simple meal of rye  
91 bread and maybe a small piece of cheese. After lunch, you  
102 return to work, cutting logs for the lord's fire.

111 In summer months, you **tend** to the crops you planted in the  
123 spring. You keep the hungry birds and insects away from the  
134 growing crops.

136 Autumn, the time to **harvest** crops, is perhaps the busiest  
146 time of all. You help your mother and sisters pick fruits and berries,  
159 which they **preserve** and store for the winter. Using a simple tool  
171 called a **scythe**, you harvest grain crops such as wheat, oats, rye,  
183 and barely. You help store grain. A good harvest makes  
193 everyone, especially the lord, very happy. It means there is food  
204 to eat during the winter months. A good harvest is a time of  
217 celebration for all.

220 Nevertheless, you have to get used to having less food in  
231 the wintertime, and to feeling hungry and cold more often than  
242 not. At times, your parents find it difficult to make ends meet. Even  
255 if ice and snow lay upon the frozen earth, you still have jobs to do.  
270 You have to feed and care for the **livestock**. You repair fences  
282 and barns. All the while, you continue to work on your family's  
294 strips of land. **(297)**

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# Challenge Words Week 7

Write this week's challenge words in sentences!

**serf**

**plowing**

**midday**

**tend**

**harvest**

**preserve**

**scythe**

**livestock**



# Fluency Week 8

Start Here

## Gloomy Castles and **Jousting** Knights

5 Whether rich or poor, young men in the Middle Ages  
15 learned how to use a weapon of some kind. **Rivalries**  
25 between nobles, wars with other nations, even violence  
33 between neighbors required that they be able to fight. When  
43 a lord needed to raise an army, he turned to those he  
55 governed.

56 In the Middle Ages, ordinary foot soldiers were trained  
65 to fight with an axe and a long spear called a pike. Others  
78 were trained to be skillful **archers** and crossbowmen. Some  
87 foot soldiers might have worn chainmail, an early form of  
97 metal armor, but most had padded coats and carried  
106 daggers. However, the most **esteemed** soldiers were knights.

114 Knights were soldiers who fought on horseback, and  
122 sometimes on foot, for their lord. If you wanted to be a knight,  
135 you had to be able to afford horses and armor. You also had  
148 to find someone willing to train you. Because it was very  
159 expensive to become a knight, these mounted warriors were  
168 usually sons of **wealthy, influential** members of society.

176 Being a knight was one way of making a **fortune**. If you  
188 were involved in successful battles and wars, you might  
197 receive money or land as payment for your services.  
206 Sometimes a king might also reward you with a title. Having a  
218 title usually meant that you were an influential member of  
228 society. Knights also made money by looting and by holding  
238 certain people for **ransom**. (242)

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# Challenge Words Week 8

Write this week's challenge words in sentences!

jousting

rivalries

archers

esteemed

wealthy

influential

fortune

ransom

# Q2 Weekly Fluency Scores



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WPM	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16

# Fluency Week 9

Start Here

Cold, Dark, and Gloomy

4 Many kings and nobles lived in castles. Castles  
12 provided the **inhabitants**, or people who lived there, with a  
22 certain amount of protection from the enemy. They were  
31 also fairly safe places to store weapons and food supplies.  
41 The first castles were wooden forts. Later, people built  
50 stronger castles made of stone.

55 Castle walls sometimes **enclosed** a series of small  
63 buildings, like a little town. The castle had a water supply  
74 within the walls. **Residents** also needed a good supply of  
84 food inside so they could withstand a **siege**. For added  
94 protection, some castles were surrounded by **moats**. The  
102 moat was a deep trench, often filled with water. Sometimes  
112 there was a drawbridge that could be raised or lowered.  
122 Over time, castles became more **elaborate** with interior  
130 courtyards, living quarters for soldiers, and stables.

137 By today's **standards**, life in a castle was not very  
147 pleasant. Castles were cold and gloomy. They were  
155 designed for protection, not comfort. Most castles had only  
164 a few rooms. There was typically a Great Hall, a kitchen,  
175 and two or three private chambers, or rooms, for the lord  
186 and his family. There was no bathroom, just a tiny **alcove**  
197 that jutted out of the castle wall. The contents of the toilet  
209 emptied into the moat or a pit directly below. Can you  
220 imagine the smell? (223)

Monday

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# Challenge Words Week 9

Write this week's challenge words in sentences!

**inhabitants**

**enclosed**

**residents**

**siege**

**moats**

**elaborate**

**standards**

**alcove**

# Fluency Week 10

Start Here

Towns in the Middle Ages

5            It is raining again! You stand in a puddle on the edge of a  
19 **narrow** street. You have just entered town through one of two  
30 gates. The gates are the only ways in and out of this walled  
43 town. Inside the walls, tiny townhouses stand side-by-side. As  
54 you move through the crowd, you spot rats scurrying about,  
64 feeding on **discarded** trash. Nearby, you hear the **varied** cries  
74 of people selling fruits, vegetables, eggs, and pies. It is market  
85 day and people have set up their stalls in the town square.

97            As you make your way through the muddy streets, you  
107 hear the sound of church bells. They ring out to sound the hour  
120 and to call people to church.

126           You have just caught a **glimpse** of a town in Europe  
137 during the late Middle Ages.

142           In the early part of the Middle Ages, most people lived in  
154 the countryside. Between the years 1000 and 1350 CE, **fueled**  
164 by trade, towns began to grow. New jobs **emerged**, and, as a  
176 result, more and more people left the countryside to live and  
187 work in towns.

190           With this growth in trade, an increased number of people  
200 became involved in **commerce**, or business. As a result, a class  
211 of people, called the middle class, grew in importance.  
220 **Merchants** and craftsmen were part of the middle class. Towns  
230 grew as the middle class created successful businesses, and  
239 therefore jobs. Some merchants became rich and influential  
247 members of town communities. (251)

Monday

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# Challenge Words Week 10

Write this week's challenge words in sentences!

narrow

discarded

varied

glimpse

fueled

emerged

commerce

merchants

# Fluency Week 11

Start Here

Arabia

1 The Middle Ages (Part One) revealed a time in Western  
11 Europe when the Christian Church slowly replaced the Roman  
20 Empire. You learned about the **extraordinary** power of the  
30 Church and its **complex** relationship with rules and the nobility.

39 While Western Europe became Christian, other powers and  
47 ideas arose in the rest of the **former** Roman Empire. In the East, a  
61 new religion **emerged**: Islam. From the seventh century CE, the  
71 followers of this religion, Muslims, created enormous empires that  
80 lasted hundreds and hundreds of years.

86 Muhammad, the founder of Islam, was born hundreds of  
95 years after Jesus, but both men had such a tremendous **influence**,  
106 shaping the world in which we live. Today, Christianity and Islam  
117 are the two largest religions in the world. More than half of the  
130 world's **population**, over four billion people, is either Christian or  
140 Muslim.

141 Muhammad was born at a time of enormous change. The  
151 Roman Empire had **dominated** for centuries. It had covered land  
161 that more than forty different countries occupy today. Europe,  
170 large parts of Africa, and the Middle East were all once part of  
183 the Roman Empire. Many believed it would last forever. They were  
194 wrong.

195 The Roman Empire became too big to govern, splitting into  
205 two. Over time, the Western Empire **collapsed**, and Medieval  
214 Europe emerged. In the East, the Empire continued for 1,000 years  
225 under a different name: The Byzantine Empire. **(232)**

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# Challenge Words Week 11

Write this week's challenge words in sentences!

extraordinary

complex

former

emerged

influence

population

dominated

collapsed

# Fluency Week 12

Start Here

## The Birth of a New Religion

6 No one present at Muhammad's birth could have  
14 guessed his future. He had an **inauspicious** beginning. Although  
23 he belonged to the tribe that ruled the town of Mecca and  
35 looked after its **shrine**, Muhammad's father died before he was  
45 born. In the sixth century in Arabia, your father's death meant  
56 you were legally an **orphan** – and your position in society was  
67 not secure.

69 How did an orphan, born in a **remote** part of Arabia,  
80 become one of the most influential religious figures of all time?  
91 How did a boy in the desert grow to found a new religion and  
105 might empire?

107 While still a baby, Muhammad was sent by his mother to  
118 be nursed and raised, as was traditional for infants in Mecca, in  
130 the desert among the **Bedouins**. Removing a child from its  
140 mother may seem **cruel**, but at the time it was actually a way  
153 of keeping babies safe. Illness was more common in crowded  
163 towns, and if babies became ill there was no modern medicine  
174 to cure them. The desert was healthier.

181 Life for the Bedouins was difficult and dangerous. Finding  
190 enough water in the desert to survive was a constant struggle,  
201 and there were barely enough crops and cattle to feed  
211 everyone. From a very young age Muhammad worked for his  
221 **foster** family. As a boy he would have tended to the camels,  
233 taking them to the well to drink and watching out for hyenas  
245 and other **predators**. (248)

Monday

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# Challenge Words Week 12

Write this week's challenge words in sentences!

inauspicious

shrine

orphan

remote

Bedouins

cruel

foster

predators

# Fluency Week 13

Start Here

## The Revelations

2 Muhammed lived quietly and peacefully for many  
9 years, busy with his business and his family. He was a  
20 thoughtful man, and sometimes he would leave the city for  
30 several days for the peace and **solitude** of the mountains. It  
41 was on one of these trips, in **approximately** 610, when  
51 Muhammad was around forty years old, the Muslims believe  
60 he had his first vision of the angel Gabriel. Muhammad heard  
71 Gabriel commanding him to **recite** a verse that would later  
81 become part of the Qur'an, the main religious text of Islam.

92 Up until this moment, Muhammad had been a  
100 **polytheist**. But through his visions he came to believe there is  
111 only one God, the God of Abraham who is worshiped by  
122 Jews and Christians.

125 At first, Muhammad was terrified by his experiences. He  
134 first told only his wife, who **comforted** him and believed him.  
145 Then he shared what he had seen and heard with some of  
157 this closest relatives and friends, who also believed what he  
167 was saying. In 613, Muhammad started publicly **preaching** his  
176 message.

177 Muhammad left a great **legacy**. He overcame many  
185 challenges as a young boy and became the most important  
195 religious and political leader in Arabia. It was in many ways his  
207 continued influence after his death that was most  
215 extraordinary. **(216)**

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# Challenge Words Week 13

Write this week's challenge words in sentences!

revelations

solitude

approximately

recite

polytheist

comforted

preaching

legacy

# Fluency Week 14

Start Here

## Medicine

1 Medieval Europeans did not know much about **hygiene**  
9 or medicine. Cities and homes were often dirty: people did  
19 not bathe often, and sickness and death were very common.

29 The Islamic world was more advanced. Every city had  
38 many **bathhouses**, and the streets and homes were much  
47 cleaner than in Europe. This prevented the spread of illness  
57 and disease.

59 The Muslims also made many discoveries in medicine.  
67 For example, a famous **physician** called Ibn Sina **pioneered** a  
77 method of setting broken bones that is still used today. His  
88 book, The Canon of Medicine, collected all of the most  
98 **sophisticated** medical knowledge of the day. It was used  
107 throughout the empire and traveled to Europe, where it  
116 helped Europeans advance their own understanding of  
123 medicine.

124 Another Islamic physician, Abu al-Qasim Al-Zahrawi,  
130 wrote the first illustrated book about surgery and invented  
139 several surgical instruments. He offered **practical** advice  
146 about skincare and hair care, strengthening gums, and tooth  
155 whitening. He also discussed sunscreen, deodorants, an early  
163 form of lipstick, and ways of straightening curly hair.

172 Some discoveries that Europeans made during the  
179 Renaissance were only possible thanks to the **translation** of  
188 Arabic texts and scientific knowledge into Latin. (195)

Monday

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# Challenge Words Week 14

Write this week's challenge words in sentences!

medicine

hygiene

bathhouses

physician

pioneered

sophisticated

practical

translation

# Fluency Week 15

Start Here

Little Red Riding Hood and the Wolf

7 As soon as Wolf began to feel  
15 That he would like a **decent** meal,  
22 He went and knocked on Grandma's door.  
29 When Grandma opened it, she saw  
35 The sharp white teeth, the **horrid** grin,  
42 And Wolfie said, "May I come in?"  
49 Poor Grandmamma was terrified,  
53 "He's going to eat me up!" she cried.

61 And she was absolutely right.  
66 He ate her up in one big bite.  
74 But Grandmamma was small and tough,  
80 And Wolfie **wailed**, "That's not enough!  
86 I haven't yet begun to feel  
92 That I have had a decent meal!"  
99 He ran around the kitchen **yelping**,  
105 "I've got to have a second helping!"  
112 Then added with a frightful **leer**,  
118 "I'm therefore going to wait right here  
125 Till Little Miss Red Riding Hood  
131 Comes home from walking in the wood."  
138 He quickly put on Grandma's clothes,  
144 (Of course he hadn't eaten those).  
150 He dressed himself in coat and hat.  
157 He put on shoes, and after that  
164 He even brushed and curled his hair,  
171 Then sat himself in Grandma's chair. (177)

Monday

Tuesday

Wednesday

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Friday



# Challenge Words Week 15

Write this week's challenge words in sentences!

decent

horrid

wailed

yelping

leer

Write the rhyming words from the poem!

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
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_____	_____

# Fluency Week 16

Start Here

My First Memory (of Librarians)

5 This is my first memory:  
10 A big room with heavy wooden tables that sat on a creaky  
22 wood floor

24 A line of green shades—bankers' lights—down the center  
34 Heavy oak chairs that were too low or maybe I was simply  
46 too short  
48 For me to sit in and read  
55 So my first book was always big

62 In the **foyer** up four steps a **semi-circle** desk **presided**  
72 To the left side the card **catalogue**  
79 On the right newspapers draped over what looked like  
88 a quilt rack  
91 Magazines face out from the wall

97 The welcoming smile of my librarian  
103 The **anticipation** in my heart  
108 All those books—another world—just waiting  
115 At my fingertips.

118 A Dream **Deferred**

121 What happens to a dream deferred?  
127 Does it dry up like a raisin in the sun?  
137 Or **fester** like a sore — And then run?  
145 Does it stink like rotten meat?  
151 Or crust and sugar over — like a syrupy sweet?  
160 Maybe it just **sags** like a heavy load.  
168 Or does it explode? **(172)**

Monday

Tuesday

Wednesday

Thursday

Friday

# Challenge Words Week 16

Write this week's challenge words in sentences!

foyer

semi-circle

presided

catalogue

anticipation

deferred

fester

sags