

Chapter 1 : Growing Up Super Average by Bob Smiley

Growing Up Super Average is a funny look at real-life for transitioning, young believers. A host of topics important to tweens is covered, such as making and maintaining friends, sibling relationships, making and handling money, media discernment, anger, getting along with parents, etc.

Lisa Ko May 24, Last week, a report published by the Centers for Disease Control and Prevention disclosed that out of nearly raw meat samples purchased from 30 Detroit supermarkets, six samples tested positive for the bacterium MRSA. Resistant to antibiotics and growing tougher by the year, MRSA has been touted as a superbug for our end times, responsible for 19, deaths each year in the U. Are its rising rates a true public health calamity or an overblown cause for alarm? Gone unchecked, it attacks the immune system and can lead to complications such as blood poisoning, pneumonia, organ failure and even death. Though characterized as a flesh-eating superbug, MRSA infections can start off as simple as a boil or pimple and can become an abscess, blister or sore. See a list of symptoms. The sick are getting sicker. MRSA infections are occurring with rising frequency in hospitals, where staph bacteria wreak havoc on patients who are already weakened. Hospital-acquired infections are blamed for more than 98, deaths in the U. Sixty-three percent of staph infections were caused by MRSA in , in contrast with only 22 percent in and 2 percent in MRSA germs can live for hours on the surfaces of blood-pressure cuffs or other medical equipment, and are transmitted easily between patients and health care workers. Screening patients for MRSA, or even requiring health care workers to wash their hands more often, would help stem infections, but cost is often cited as an issue. Treating a MRSA infection is even more pricey: Gym equipment, tattoo parlors and shared towels or razor blades are some common ways of spreading infections. Outbreaks are more likely to occur where people are in close proximity to one another, such as in schools, gyms and prisons. Another culprit may be the prevalence of antibiotic use, which has produced more virulent strains of bacteria that are harder to wipe out. Blame the animal farm. Pig farmers in the Netherlands were reported to be times more likely to have MRSA than the general population. One study concluded that healthy livestock consumes 70 percent of all antibiotics in the U. The future is murky. The strain of MRSA discovered in the Detroit grocery stores was a human strain, possibly passed on by food handlers or in processing plants. The infection could be passed on to consumers if they handled raw meat while having open cuts on their hands, for instance wear gloves for protection if this is the case. Cooking your meat thoroughly and washing any kitchen utensils it touches can get rid of the bacteria. But as it evolves, MRSA may cease to be treatable. May 24, at 9:

Chapter 2 : Number of Super Bowl viewers (TV) | Statista

Growing Up Super Average: The Adventures of Average Boy by Jesse Florea, Bob Smiley, Gary Locke Since introducing *Average Boy* to the *Clubhouse* readers in June , the monthly humor column has quickly become the most popular part of the magazine.

In fifth grade, I was the tallest in my class, earning me the moniker "tree. Research shows that your stature can influence everything from your risk of heart disease and cancer to your income and perceived attractiveness. Read on to learn more interesting tidbits about your height. Researchers found that the shortest adults under 5 feet 3 inches had a higher risk of having and dying from cardiovascular disease than taller people. Other studies have found that low socioeconomic status " and its connection to poor nutrition and infections early in life " may be to blame for the heart disease-height link. You Grow Fastest In Your First Year Kids seem to sprout quickly " just ask any parent who has to keep buying new clothes month after month, year after year. But how exactly does growth happen? People grow at their fastest rate as babies in the first year of life, adding about 10 inches to their height from birth to age 1, after which height increases somewhat steadily and nowhere near as rapidly until adolescence, according to the American Academy of Pediatrics. Girls usually stop growing two to three years after they get their period, and while some boys reach their adult height in high school, others continue growing into their early twenties. Ever swear that your child has grown taller overnight? You may be right. Today, Dutch men and women average 6 feet and 5 feet 6. Why the slip in comparative stature? As you sleep, your spine decompresses, and you regain the lost length. Curious how tall your kids will ultimately grow? However, it does act as a stimulant and can cause irritability, sleep problems, and headaches, which is why doctors recommend that kids avoid it. What can stunt growth: One study in the *Annals of Epidemiology* found that boys who smoked frequently between ages 12 and 17 were about an inch shorter than their non-smoking peers, although a similar effect was not seen in girls. Most boys are still growing during this period and girls are not, which could explain the difference. With Height Comes Cancer Risk The taller you are, the greater your risk of cancer , according to a study in the journal *Lancet Oncology*. After examining medical records of more than one million British women whose height ranged from less than 5 feet 1 inch to 5 feet 8 inches and taller, researchers found that the tallest women had a 37 percent greater risk of developing cancer. Similar results may also apply to men. Instead, focus on reducing the cancer risk factors you can do something about, like not smoking , maintaining a healthy weight, and limiting alcohol intake. Taller People Make More Money Numerous studies have found that, on average, taller people not only hold jobs of higher status for instance, sales managers are taller than salespeople , they also earn more money. The findings help up even after researchers controlled for things like gender, weight, and age. In addition to factors such as power and self esteem, leg length may be a surprising influence. People with shorter-than-average legs were viewed as being less attractive than people with slightly longer gams, a study in *Evolution and Human Behavior* found. The study also found that having excessively long legs decreased attractiveness. There may be an evolutionary explanation for the effect, note the researchers. About one in 15, people have dwarfism, defined as an adult height of 4 feet 10 inches or less. Genetic mutations that cause bones to grow short are the main causes, according to Michael J. At the other end of the spectrum is a more rare condition called gigantism, in which people grow very tall, usually due to an excess of growth hormones during childhood often caused by a benign tumor on the pituitary gland. Both men and woman may begin slipping in stature as early as age 40, decreasing by half an inch a decade, says John Whyte, MD, MPH, chief medical expert and vice president for health and medical education at The Discovery Channel and author of *Is This Normal?* Osteoporosis , a bone-weakening disease that affects up to 10 million Americans, can exacerbate the problem. The good news is that working on your posture may help counter height loss. Stretching, strength exercises, yoga, and working with a chiropractor or physical therapist can help. First, dress in monochromatic, tonal palettes. Avoid wearing sharp contrasts in color like white and black, which breaks up your body and makes you appear shorter. If you want to don monster heels, wear pants that cover your shoes to visually add length. Finally, choose tailored clothing to avoid looking boxy, which will make you look wider and shorter.

Chapter 3 : MRSA, the superbug | Need to Know | PBS

Average Boy is perfectly happy being average and can show other average kids how to have the same happiness. A host of topics important to tweens is covered, such as making and maintaining friends, sibling relationships, making and handling money, media discernment, anger, and getting along with parents.

It might be girls feeling too tall and boys feeling too short. In other words, your body grows on its own schedule. For kids concerned about their height, there are two big questions: When will I grow taller or stop growing? How tall will I be? Kids get taller more quickly during growth spurts, times when their bodies grow fast – as much as 4 inches or more in a year during puberty, for example! When Does Height Happen? Your biggest growth spurt happened when you were a baby. In that first year of life, you grew about 10 inches as you got bigger and stronger. Uh, oh – we can see your ankles! After babyhood, the next big growth spurt for kids comes during puberty, a time of many changes when boys and girls grow bigger and start to look more like adult men and women. Puberty starts at different ages for different kids and it is a process that takes a couple of years. So the getting taller part will happen at different ages, depending on the kid, and whether he or she is a boy or a girl. In general, puberty starts: So that means girls who start puberty the latest will still be getting taller in their mid-teens. For boys, the latest to reach puberty will still be getting taller into their late teens. A few of these boys may grow taller even into their early twenties! How Tall Will I Be? You might want to know how tall you will be. Will you be nose to nose with your mom or dad someday? Look at your parents and the other adult members of your family. How tall are they? But you could be taller or shorter, too. Boy, there are a lot of "buts" when it comes to height! Genes tell your body how to grow and determine lots of things, including how tall you are. If you have brothers and sisters, you know this is true. Brothers and sisters can look very different even though you have the same parents. Even identical twins can end up being different heights! Height-Related Worries Here are some things some short or tall kids might have to deal with: This one is upsetting. Sometimes, you will be allowed to ride with an adult, so try to have one handy. You still have to use a booster seat in the car. The seats are meant to position the seat belt properly in case of a crash. On the plus side, sitting higher makes it easier to see and might help if you get carsick and need to keep looking out the window. This can make a girl feel awkward, especially when it comes time to be paired up, like at a school dance. Eventually, this evens out, but it takes a little while because many girls have their growth spurts before the boys do. Someone teases you about being too tall or too short. This kind of teasing is the worst. As with most teasing, try not to let it bother you. If you are still worried about your height, talk to your parents and your doctor. But you can do something right now: Eat healthy and take care of yourself. Just stick to a healthy diet if you want to be the tallest you can be! As they get older, most kids learn to feel comfortable with their height, whether they turn out tall, short, or somewhere in between.

Chapter 4 : Skipper (Barbie) - Wikipedia

Growing Up Super Average has 14 ratings and 2 reviews. Since his introduction to readers of Focus on the Family's Clubhouse magazine in , Average Bo.

Chapter 5 : Growing Up Super Average: The Adventures of Average Boy - Bob Smiley, Jesse Florea - Good

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Chapter 8 : Feeling Too Tall or Too Short

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