

## CASAS Reading 185/186 and 187/188 Practice

The Westview Health Care Center is planning to offer a four-week program to educate teens aged 13 to 18 on healthy weight-loss strategies and good nutrition. The focus will be on self-image, fitness, and food. Participants will identify healthy meals, develop exercise plans, and examine lifestyle choices.

1. What is the purpose of the new program?
- A. to provide nutritious meals for children
  - B. to interest teenagers in health care careers
  - C. to learn about the health problems of teenagers
  - D. to teach young people how to control their weight and eat healthy food

### Riverview Gas and Electric Company

#### *You May Qualify for Energy Assistance*

RG&E has a variety of energy assistance plans and services to accommodate customers on a fixed or limited income, or who have certain special living situations. These include:

- 20% discount on monthly energy bills for seniors whose income meets established guidelines
- Lower rates for customers with a medical condition that requires greater energy use
- Advance notice of rolling blackouts for customers vulnerable to the health risk of extreme heat who require a constant temperature in their living space
- Flexible temporary payment plans for customers undergoing sudden and/or emergency economic hardship (please contact us immediately)
- Free energy-saving home improvements for homeowners on fixed and/or limited incomes

Visit [www.riverviewge.com](http://www.riverviewge.com) or call 1-800-RGE-HELP (1-800-743-4357).

2. Which of the following does RG&E offer?
- A. advance notice of rate increases for customers on a fixed income
  - B. special equipment for customers requiring a constant room temperature
  - C. lower rates for low-income homeowners who conserve energy
  - D. discounted rates for customers who use more energy for health reasons
3. If you are a customer who is experiencing emergency economic hardship, what should you do?
- A. email RG&E
  - B. get a home loan
  - C. contact them right immediately
  - D. apply for a discount

## What Are Today's Employers Looking For?

What are today's employers looking for in a new employee? Why does candidate A get the job when candidate B seems better qualified? The answer may lie in the fact that, in addition to traditional job qualifications, personal qualities are now often being given substantial weight in the hiring process. Technical skills, education, and work experience in themselves may not be enough to land a particular job. Employers are looking for more, and have improved their hiring process to gain the information they need to make what they feel is the right choice in a new hire.

Skilled job interviewers ask questions that provide insight into an applicant's ability to problem-solve and to perform under stress. They try to gain a sense of the person's flexibility, motivation and self-direction, and how well they would fit in and work with others. They assess oral communication skills and writing skills. Finally, interviewers factor in whether or not the attributes and skills of the prospective employee are transferable in the event of a promotion or relocation.

Don't underestimate a job interview. Even though you may have exactly the résumé an employer is looking for, it's only one part of the process.

4. Interviewers are looking for "more".

According to the article, what are two of the qualities interviewers are looking for in new employees?

- A. Punctuality and frugality
- B. Physical fitness and money management
- C. Height and weight
- D. Problem-solving and ability to perform under stress

5. Which of the following statements is supported by the above information?

- A. Employers are often unrealistic in what they expect of job applicants.
- B. An interview is still an important part of the hiring process.
- C. Many of today's employers have relaxed their hiring standards.
- D. Interviewers tend to focus too much on personality in the questions they ask.

## AUTHORIZATION, AGREEMENT AND CERTIFICATION OF TRAINING

### Employee's Agreement

1. I AGREE that, upon completion of the Government-sponsored training described in this authorization, if I receive salary covering the training period, I will serve in the agency three (3) times the length of the training period. If I received no salary during the training period, I agree to serve the agency for a period equal to the length of training, but in no case less than one month. (The length of part-time training is the number of hours spent in class or with the instructor. The length of full-time training is eight hours for each day of training, up to a maximum of 40 hours a week).

6. What obligation does an employee agree to in point 1?

- A. to complete at least one month of unpaid training
- B. to serve in the agency at least three times during the training period
- C. to continue working for a specified period of time after training
- D. to attend training classes part-time or full-time as assigned

## Coffee – To Drink or Not to Drink?

Most of us know little about caffeine other than that it is in coffee, tea, cola and chocolate and that it is stimulating. Is it healthy? Is it unhealthy? Some people drink bottomless cups of coffee, while others avoid caffeine because they fear potential health risks. The most common and accurate perception is that caffeine is not exactly good for you, but it isn't really bad for you either.

Caffeine is a stimulant, however, and a mild form of addiction can occur with heavy consumption. There is no question that the coffee habit produces withdrawal symptoms when people suddenly quit. They experience drowsiness, headaches, and restlessness for a short time after abruptly stopping. Even with moderate

consumption, its stimulant effects cause most people, especially as they age, to limit their intake of caffeine and not drink it too late in the day so it does not interfere with their sleep. The most negative aspect of caffeine seems to be that it can create nervousness or stomach discomfort in some individuals. Researchers state that there is no link between coffee and high blood pressure, although people with those conditions should check with their physician about whether or not to drink coffee. For most people, though, moderate consumption has no ill effects, and that cup of coffee first thing in the morning or as a late afternoon "pick-me-up" is just fine.

7. What claim is supported by the above information?
- A. Caffeine addiction poses considerable health risks.
  - B. The benefits of caffeine outweigh perceived risks to health.
  - C. There is no reason for most people to fear caffeine.
  - D. Not enough research has been done on the positive effects of caffeine.

8. What is the tone of the article?
- A. objective and balanced
  - B. uncertain and tentative
  - C. generally biased towards caffeine
  - D. generally biased against caffeine

## TeleHealth Service

Now you can obtain health information 24 hours a day directly from your home telephone. Call in to our toll-free number and choose one of over 200 recorded messages that give you information on everything from common diseases to immunizations to lowering cholesterol.

9. What does TeleHealth offer?
- A. home health care
  - B. information on health
  - C. a 24-hour appointment line
  - D. direct access to medical staff

### INSTRUCTIONS

1. Take out the screw that holds down the cover. Lift off the cover.
2. Pull out the filter and discard it. Put in a new filter.
3. Replace the cover and fasten it with the screw.

10.

What do you do after you put in a new filter?

- A. take the cover off
- B. pull the filter out
- C. remove the screw
- D. put the cover back on

### FITNESS TODAY MEMBERSHIP FEES

MEMBERSHIP CATEGORY	DUE UPON JOINING	
	Monthly	One Time Joiners Fee
Adult	\$36	\$100
Family*	\$51	\$150
Single Parent Family**	\$42	\$100
Senior Adult (60+ yrs.)	\$30	\$100
Student (18-22 yrs.)***	\$23	
* Includes 2 adults and all children under 18 within the same household ** Includes 1 adult and all children under 18 within the same household *** Full-time student with ID		

11. What is the monthly fee for a family with one adult and two young children living in the same house?

- A. \$51.00
- B. \$42.00
- C. \$150.00
- D. \$100.00

12. Which type of member has the lowest joiners fee?

- A. Student
- B. Adult
- C. Family
- D. Senior

**City Health Services** announces a new project to educate young people on maintaining good health. CHS will coordinate with local schools to reach out to teens identified as having potential health issues. Teens aged 13 to 18 will receive a complete health appraisal. Training topics will include nutrition, exercise, and healthy weight-loss strategies. The focus will be on self-image, fitness, and food. Participants will identify healthy meals, develop exercise plans, and examine lifestyle choices.

13. What is the purpose of the new project?
- A. to teach young people how to stay healthy
  - B. to identify schools with unhealthy conditions
  - C. to provide nutritious meals for young people
  - D. to interest teenagers in health care careers
14. What will participants focus on?
- A. Healthy weight and mind
  - B. Delicious food
  - C. Healthy meals
  - D. Self-image, fitness, and food

From: Gary Tan  
To: Building tenants  
Subject: Status of the elevator

As you may know, over the last few months I have received complaints from tenants in many of the offices in our building that the elevator has been malfunctioning. When the elevator first stopped working in June, I called the service manager at the elevator company, who sent out a technician. The technician got the elevator working again, but three weeks later I received more reports of employees getting stuck in the elevator. I again called in a technician for repairs.

After another breakdown two weeks ago I asked for a thorough assessment of the elevator to see why problems are recurring. The company reported that they would need to replace a set of relays in the controller and said they had ordered the parts. Repairs are scheduled for next week.

I am very concerned that your employees, a number of whom are disabled, still cannot use the elevator. I understand that this situation is frustrating for all, and I apologize for the inconvenience to your staff. I do hope the next repair will be the last one.

Gary Tan  
Property Manager

15. What is delaying the next repairs on the elevator?
- A. The elevator company has not responded.
  - B. The technicians are not available now.
  - C. The parts needed are not in stock.
  - D. The exact problem needs to be identified.

Handy Hardware store is a small, family-owned business that has managed to survive despite the fact that there are several large chain hardware stores throughout East City. Handy's has a loyal customer base and they do a good business. Many people go to Handy's because of the friendly service and fair prices. It is located not far from a residential area, so many people can walk there. The owner, Ed Handy, knows many of his customers and they like and trust him.

Ed has heard that a large chain store, Home Helper, is opening a new store not far from Handy's, and he is very concerned that he won't be able to compete. His prices are reasonable, but because his store is small, he doesn't have the huge volume of merchandise and the many selections that Home Helper has. His store cannot carry large items such as lumber and appliances, and it doesn't have nursery or gardening supplies either. Ed realizes it is convenient for shoppers to be able to buy many things in one store.

16. According to the situation described, what is Mr. Handy's concern?      What is one reason people shop at Handy Hardware?

- |   |  |
|---|--|
| A. He may not be able to maintain his prices.           | A. The store has a very large volume of sales.     |
| B. He will lose customers to the larger store.          | B. The store sells many products besides hardware. |
| C. His store may not be able to carry many large items. | C. The store has many locations in East City.      |
| D. The larger store will buy up all the merchandise.    | D. The store is owned by someone they know.        |

17. What are some reasons Ed could lose customers to the larger store, Home Helper?

- A. He doesn't have enough employees and he is only open in the morning.
- B. His customers like and trust him.
- C. They will have lumber, appliances, and gardening supplies – many selections of merchandise.
- D. They will have free wifi and coffee at the store.

Answers:

- |       |       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. D  | 2. D  | 3. C  | 4. D  | 5. B  | 6. D  | 7. C  | 8. A  |
| 9. B  | 10. D | 11. B | 12. A | 13. A | 14. D | 15. C | 16. B |
| 17. D | 18. C |       |       |       |       |       |       |