# Mountain People

People that live in the mountains are brave. They have to adapt to steep slopes, rocky environments, and freezing weather.

Did you know that for mountains near the equator, there is no such thing as seasons?

A mountain is a hill that is 1,000 feet above sea level or more.

<table>
<thead>
<tr>
<th>Obstacles</th>
<th>Way Of Living</th>
<th>Impacts</th>
</tr>
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<tbody>
<tr>
<td>In the mountains the temperature is all over the place! Usually in the</td>
<td>Since there is very little oxygen in the mountains, the people born here are</td>
<td>If you were to go to school in the mountains, you would have to</td>
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<tr>
<td>daytime it's a nice 50 or 60 degrees. But at night it's freezing, it can</td>
<td>born with larger lungs and hearts so they can breathe more oxygen. They</td>
<td>approximately climb 9,186 feet above sea level! But it would be even</td>
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<tr>
<td>get -36 degrees fahrenheit! Other than than the mixed up weather, they</td>
<td>are also born with shorter arms, and legs so more blood can flow through</td>
<td>harder if it's steep.</td>
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<td>have to adapt to high altitudes, which causes extremely thin air. They</td>
<td>their body. Low oxygen isn't the only problem, there's also freezing air,</td>
<td>Another effect is that no trees grow. That means they have to find a</td>
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<tr>
<td>also have to adapt to a lot of avalanches, and earthquakes.</td>
<td>so they use llama wool to make warm cloths.</td>
<td>substitute most commonly known as bricks to build their homes.</td>
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<td></td>
<td>In the mountains people fish titicaca trout. They also hunt, and farm by</td>
<td>Also, the thin air causes normal gas for cars to not work, so instead</td>
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<td></td>
<td>building a platform.</td>
<td>they put more oxygen in the gas.</td>
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Most people that live in the mountains struggle because of all the pollution and litter. This can cause the air to get even thinner, so the people try there hardest to keep it, and the things on it safe. You may be wondering why anyone want to live in such a high altitude. Here's why, they have all the resources they need, well paying jobs, and family!
Mystical Mountains

By Rania

Introduction

Some people might think living on a mountain is weird. But not Maya McLamond from the mountains of Nepal. She thinks that living on a mountain is a glorious experience she will never forget. McLamond also states that living on a mountain is something very hard to adapt to and live on. She will also tell us how to live and adapt on a mountain.

Why do people have to adapt in the mountains?

People have to adapt in the mountains to protect themselves; to have the right clothing, and to have the right shelter to survive. For example, the summit has less oxygen. You might need an air tube or something related to that if you aren’t used to less oxygen. Also, people need to protect themselves from tall heights and avalanches. There are also volcanoes on mountains. If you don’t protect yourself from these things, you might die!

How does adaptation impact the culture of people in the mountains?

Adaptation impacts the culture of people in mountains in many ways. For example, if you are a visitor, you could do fun activities like hiking, skiing, biking, and mountain climbing. Also, some jobs are just like jobs anywhere else. Schools are also different. They could be in caves. They can also have as few as seven students! Cool, right?

What are some ways people adapt in the mountains?

Not everything is the same on the mountains than on ground level. They eat differently, dress differently, and build their houses in a special way.

Houses in the mountains are different than houses on ground level. Maya McLamond, a mountain climber and hiker, says, “In some houses in the mountains, they use solar panels for electricity and wifi.” Houses also have insulated walls, fireplaces, and a furnace for heat because it is really cold on mountains. They also have sloped roofs and thick walls to make sure the cold air from outside doesn’t get into houses.

It is very cold on mountains. Here are some things that are recommended to wear. You should wear a hat to protect your head. You should also wear a heavy jacket to make sure that you don’t get cold and sick from being outdoors.

People on mountains eat a lot of different things than us. For example, they eat wheat, rice, and other grains. They also eat potatoes, corn, and other vegetables. Another few things they eat are goats, llama, cattle, and sheep. These are just some of the things they eat. Wow, this is a lot of info for ways people adapt.

Conclusion

Maya McLamond recommends you to take a visit to the mountains. But don’t forget to try all of their amazing activities like hiking, skiing, mountain climbing, and much more! Also make sure to make an impact on the people that you met.
Introduction
Most people would be scared to swim in the ocean with sharks, whales, octopus, and parans. Not Duke Blanch! He is used to swimming with scary animals in the Atlantic Ocean because his job is a shark shooter. Blanch has found many ways to adapt near around water.

General Information about around water
Around water people use water for many reasons like drinking water, showering with water, and they use water for their gardens to water their flowers, plants, and crops so don't die. On the other hand, when people are swimming in the ocean they have to protect themselves from whales, sharks, and octopus. They could harm or kill you. Lastly, the ocean covers 71% of the earth’s surface. There are 7 sea in the world. There is the red sea, the black sea, the Mediterranean sea, the Adriatic sea, and last the Persian Gulf sea. Well the information is cool right? Keep reading to find more and more information about around water!

How does adaption impact the culture of people in the water?
Around water usually the culture is to work on oil rigs, getting place to place by boats because there is lots of water everywhere, and they easily trade with other people. Also, some jobs are like being a fisherman, working at a hotel, and being a lifeguard because there is a lot of swimming. Some fun things they do are swimming, fishing, and they go on walks or runs. So that is how people around water impact the culture of people and how they do many fun things and have jobs.

What are some ways people adapt in the water?
Around water people have to live different or ways things around. Things they have to change are shelter, clothing, and what they eat. Sometimes there houses are made out of wood and there houses are on stilts mostly. Duke Blanch says “Around water homes are made out if stilts and made out of twigs.” Sometimes houses are attracted by lighthouses. Next, clothing and shoes that they wear are flip flops, sandals, shorts, tank tops, t-shirts, sundresses (only girls wear the sundresses), sunhats, and sunglasses. They also eat, food from the ocean and lakes like fish, seaweed, squid, crab, locks, lobster, sushi, and shrimp. They can eat many different fish because there are 22,000 fish species in the world. So if you are thinking about living around water you are going to have to change lots of things.

Why do people have to adapt in the water?
Some ways people have to adapt is they have to learn how survive from Tsunamis. Tsunamis are a series of waves that send lots of water onto land. In addition, Tsunamis are made from earthquakes and kill lots of people. People who live around water also have to learn from floods. Floods also hurt people and destroy places. Also, Around water people have to adapt to the sandy soil and wetland. These are some ways people have to adapt and survive around water and have a successful life around water.

Conclusion
So now you know how people adapt in the Around Water and their Culture. Lots of seafood, swimming, and lots and lots more interesting things about around water and how many people adapt their.
Looking For a Break?  
Try The Beach!

Most people would hate
The warm environment
of a beach. Oliver
Richmond sure doesn't!
Living along the
California has become
easy for him to adapt
over the 3 years.

Know Your Facts!
Water biomes are filled with
Beaches and lakes oceans
and rivers. However, there's
one body of water that
spreads through other
bodies of water and 5
oceans. The Pacific the
Antarctic the Indian and
Atlantic these then spread
out to lakes and oceans.
People have learned to build
light-houses for ships and to
trade with boats people use
docks to let ships in easily in
addition to that, people have
jobs like surf boarding and
tourists. People have
schools on boats as well!

The Pluses of Living
here
People adapt around
water because it's easy
for vegetation and it
can be windy near a
body of water. If you live
by water, the land is
most likely to be good
farm soil as well as
that, you can use
water turbines to
generate power.

How People Adapt.
People build their houses
different. Some people build
their houses on stilts. Some
people make triangle roofs so
water can flow off it. These are
ways people build their houses.
Also Jonathan Jung, the owner of
Oli Foods says, "People get food
from fish and other sea creatures
and fresh water from the nearby
lakes." The last thing is clothing
lastly People wear light clothing
like shorts and sleeveless shirts or
hats to block the sun.

Conclusion:
Living on California bay has its perks and
downs. Remember to keep the beach clean!
Rain comes Down! Umbrellas come UP!

INTRODUCTION

So, you have decided that you want to go on vacation. You want to go to a place where: thousands of wild animals roam, the air is warm and wet, millions of plants grow and it is peaceful. Where should you do? A tropical rainforest! But once you get there... Woah! An enormous jaguar just ran past you (and it was chasing something)! Then, ah! There’s a forest fire! Now, splash! Rain is being poured on you. Before you go on vacation, Layah Vasser, a biologist, thinks you should adapt first.

Why People Adapt

There are some reasons why people have to adapt to the rainforest. Layah Vasser points out, “There are: Jaguars, Gorillas, Bears oh my! You must learn to avoid them. Also, it is very humid there. It rains 10 meters per year and the temperature is about 80 degrees F. But, temperate rainforests are from 50-70 degrees F. Lastly, it is very easy to be killed in forest fires. At least 1 acre of rainforest is destroyed every minute.” Luckily, there are ways to survive. You can learn by reading the paragraph named: What are some ways to Adapt in the Rainforest.

Things You Should Know

Layah Vasser says, “For starters, a rainforest is a biome filled with lots of plants, animals, and of course, rain. For example, it takes up only 6% of the world but 50% the number of animal species. So, it should be pretty big. Also, there are 4 layers: The Emergent, The Canopy, The Understory and the ground. Lastly, there are lots of different rainforests, there’s the Tropical, Temperate, Monsoon and Montane. I live in the Tropical Rainforest.”

The 3 Musketeers in Adaptation

SHELTER

Layah Vasser points out, “When you are living in a rainforest you build a hut out of leaves, reeds and straw. If reeds were bricks, it would be like the 3 little pigs! Also, your hut should be made with a pointy roof to keep out the rain. In temperate rainforests they would be good to keep out the snow. Lastly, there’s no electricity in a rainforest.”

CLOTHING

According to Vasser, “You make clothes out of animal skins. Also, people wear hats so that when it rains they won’t get rain in their face. It would be smart to bring a poncho or raincoat too. Lastly, tribes paint themselves in show tribal markings.”

FOOD

Vasser states, “For food, men learn how to hunt deer, fish, birds, lapins, monkeys and other large rodents, at a very young age. While women gather fruits, vegetables and cassava roots. To sum up, everyone farms and eats crops. My favorite food are tree nuts.”

Rain and Culture

People who live in the rainforest have different kinds of culture than us. In fact, Layah Vasser says, “At ceremonies, some tribes wear elaborate headdresses.” A dress on your head?” You might ask. “Something like that.” Layah replied. “In addition, different tribes dance different dances, craft different crafts, sing different songs, speak different languages and use different medicines. To pass the time we make pots out of clay. To conclude, some tribes have rituals and believe that the spirits can heal a member of the tribe. In fact, I think it healed my mom!”

CONCLUSION

So, how's that vacation going for you? Now, you can adapt and enjoy the glorious biome. A wonderland like this doesn’t deserve to be burned and cut down. Layah Vasser reminds you, “Don’t forget to inform people about how tragic the rainforest problem is. Together we can save the rainforest from its manish enemy, us.”
# The Arctic Tundra

## Unique Life
The Inuits from the Arctic Tundra live an extraordinary life. It gets as low as negative 50 degrees Fahrenheit, they only get a few hours of sunlight a day in the winter, and barely any darkness during summer! However, these people create unique and special ways to adapt to this remote and dry environment.

The word "Tundra" means "treeless plain".

## Frigid Obstacles
This terrain can get to dangerously cold temperatures. Even so, the Inuits use caribou skin, polar bear fur, musk oxen wool, and seal skin to provide clothing.

Although these people keep warm, once outside, your eye brows, eye lashes, and breath instantly freeze with a risk of falling brows and lashes.

To avoid contact with the ground's harsh condition while traveling, "bush planes" are used. The word "bush" means "remote area".

According to *This Place is Cold* by Viki Cobb, "They bring food, medicine, mail, and contact with the outside world." It also says, "One person in every sixty-one has a license."

## Warm Actions
Even though animal meat is the most valuable food, the Inuits eat other food such as polar bears, caribou, fish, berries, roots, seaweed, and many other things.

Some of these animals are also used for other uses, like blubber, ivory, and thread. Caribou tendon is like thread, walrus tusks for ivory art carvings, and whales or seals for warm blubber.

What about Inuit homes? They are sturdily built on stilts because the permafrost below thaws and causes shifting and sliding.

In the endless summer days, dark drapes make it feel like bedtime. Due to the cold, special chargers in the garage keep the cars from freezing!

## Dying Environment
Everyday, pollution is set free. The smoky gases let out by cars and factories don't just stay there, though.

In the book *Explore the Tundra* by Linda Tagliaferro, "Winds push the polluting gases north to the Tundra."

The warm gases melt the snow and ice, causing Global Warming. The average temperature has raised 35 degrees Fahrenheit, and that's a lot! This makes surviving harder for the innocent animals, and without them, it means no meal time for the Inuits. It also means no natural resources to help them survive.

Inuits depend on others to help stop pollution from invading, causing the horrible Global Warming!!!

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## Take Action
Living in the Arctic Tundra can be a struggle, but the Inuits nail it by using what they have to survive. However, Global Warming is a threat to both them and their environment, caused by pollution. Scientists and concerned people yet still work together to prevent losing this fascinating habitat.
### Q’s and A’s:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do they make boats to hunt on and travel?</td>
<td><strong>Umiaks</strong> are the most common types of boats. They are made by tying walrus and seal skin on a wooden frame.</td>
</tr>
<tr>
<td>How do Inuits hunt marine life?</td>
<td>Well, seal hunting is the easiest. Inuits scratch the top of the ice with seal claws to attract them.</td>
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<tr>
<td>How are young Inuits carried while mothers are working?</td>
<td>The hoods on their coats are specially made to carry the young ones while at work.</td>
</tr>
<tr>
<td>How do scientists find out the old history of the Tundra, when they weren’t even alive?!</td>
<td>The “old” history is passed on through art and stories.</td>
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### Words Decoded

**Bush**
Remote area.

**Permafrost**
The frozen ground below.

**Global Warming**
The increase in the overall temperature in Earth’s atmosphere.
# People Living In Mountains

<table>
<thead>
<tr>
<th>Surviving In Mountains</th>
<th>Everyday Life</th>
<th>Natural Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>The strong people in the mountains have to build their houses out of mud bricks, or out of a sun baked mixture made out of dirt, water, and sand to survive. Not to mention people living in mountains prepare for the icy weather by making bulky clothes made of the fur and skin of a yak. Brrrr! Mountain people need the shaggy coated yak to survive. The yak hauls goods and provides them wool, meat, milk, cheese, and butter. Did you know that 1 of every 12 people live in the mountains? <strong>Altitude</strong>: The height of an object or point in relation to ground level. Mountain people's everyday life are normal and peculiar. When kids go to school in the mountains, it's just like your everyday class. But to get there, is a whole different story. Kids have to climb 9,186 feet above sea level! The mountain kids are fearless! Mountain people love to hike (of course!). They also mountain bike, and in winter they ski and snowboard. Mountain car's gas is different because the air around them is different. Mountain people hunt ibey goats, and bears but they hardly fish. Mountain people have different bodies than us. According to <em>This Place Is High</em> by Vicki Cobb, &quot;Mountain people have larger hearts to pump more blood they also have larger lungs to produce more oxygen.&quot; Mountain people have different bodies because of altitude. Last and worst of all, mountain people are ruining mountains. For example, mining has polluted mountain air, soil, streams and animal homes. And they cut down way too many trees. If there are no trees, soil washes away and mountain people need those natural resources to survive.</td>
<td>Mountain people have different bodies than us. According to <em>This Place Is High</em> by Vicki Cobb, &quot;Mountain people have larger hearts to pump more blood they also have larger lungs to produce more oxygen.&quot; Mountain people have different bodies because of altitude.</td>
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Fun Facts

* People who climb mountains are called mountaineers

* Most of the world's fresh water comes from mountains

* A person who studies mountains is called an orographic

* Mountains make up one fifth of the world's landscape, and provides homes to at least one tenth people

Futures For Mountains

Mountains are beautiful high places and mountain people are working to protect them. Some people in mountains plant trees and use solar panels to produce energy instead of using wood. Scientists and mountain people are working to protect this unique place.