



In the Aftermath

Glossary

abdomen: the part of the body that contains the digestive organs

acceptance: the act of receiving willingly; coming to terms with loss or change

accomplishments: achievements; things done successfully; work completed

active voice: a verb form in which the subject of the verb carries out some action

aerobics: exercise that conditions the heart and lungs by increasing the efficiency of the body's oxygen intake

antonym: a word that is opposite in meaning to another word

assumption: taking for granted

attainable: able to be reached (as in a goal) or achieved

attribute: a characteristic or quality of a person or thing; trait

bias: prejudice, partiality; a mental leaning or inclination

body: the main part of a news story. In a hard news story, the body supports the lead and is organized so that the facts and quotes are written in declining importance.

breaking news: non-routine, unpredictable news; unplanned, live coverage of an event

broadcast journalist: a news reporter who gathers, writes and edits news through an electronic media outlet (television, radio)

budget: the amount of money needed or set aside for a specific use; a plan adjusting expenses for a specific period of time to the expected income for that period

calcium: a silver-white metallic element important for bones and teeth

carbohydrates: energy-rich substances found in some foods; organic compounds that form an important class of foods in animal nutrition, supplying energy to the body



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cause and effect: the relationship between something that happens or is made to happen—an act or event (**cause**)—and the outcome or result of that act or event (**effect**)

celebrate: to rejoice; to give or feel joy

change: making or becoming distinctly different; transformation

chimerical: imaginary, unreal, fantastic

city planning: determining and drawing up plans for the future physical arrangement and condition of a community

comfort zone: a term used to denote a type of mental or emotional training resulting in artificially created mental boundaries within which an individual derives a sense of security

commemoration: a celebration in memory of someone or something

community: people living together in the same place

community leaders: people who guide or direct activities related to the well-being of the people who live together in the same area

continuing coverage: news coverage of an event for a period of time after the initial event has occurred, often following up on the human impact and economic costs of the event

cope: to deal with problems, troubles

coping skills: methods used to deal with stressful situations

criteria: standards, tests or rules by which something can be judged or measured

critical viewing: the ability to use critical thinking skills to view, question, analyze and understand issues presented overtly and covertly in movies, videos, television and other visual media

culture: a people's ideas, skills, customs, arts, etc., that are passed down through generations

cultural diversity: the variety of human languages, social structures, traditions and belief systems in one locale

cycle: a period of time occupied by a series of events that repeat themselves regularly and in the same order

damage: loss or harm due to injury to people or property

deep breathing: in relaxation therapies, a method of breathing slowly and deeply to relax the muscles and release tension



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details: any of the small parts that go to make up something

differences: a point, feature or instance in which things are not the same or alike (different)

elegiac: fit for an elegy; expressing sorrow for something now past; sad, mournful, plaintive

emotional: showing emotion, particularly strong emotions

emotions: strong feelings, such as love, hate, fear, anger

endorphins: a chemical secreted by the brain that has a pain-reliever effect

exercise: activity to train the body and the mind

fact versus opinion: understanding the difference between a thing that has actually happened (**fact**) and one's belief or judgment about what has happened (**opinion**)

familiar: closely acquainted with; friendly, informal

far-reaching effects: an act or event that has a wide range, influence, or effect

five Ws and an H: who, what, where, when and why and, sometimes, how. Complete news reports answer these questions.

flexibility: elasticity; the ability to bend without breaking; changeable

food pyramid: a graphic aid to a healthy diet; the foodstuffs at the bottom of the pyramid are encouraged as being low calorie/high volume; the foods at the top are those that should be consumed in small quantities, as they are high calorie/low volume foods. The pyramid is divided into six sections: grains; vegetables; fruits; fats and oils; milk and dairy products; and meat, beans, fish and nuts.

friendship: a relationship based on mutual respect or affection

goal-setting: identifying and setting specific goals as a means of motivating an individual or group toward a specific outcome

government: an established system of political administration by which a nation, state or city is governed

grief: intense emotional suffering caused by loss, disaster, or misfortune; deep sadness



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headline: a line or lines, usually in larger print, at the top of an article in a newspaper or magazine briefly describing the story that follows, often in attention-grabbing style

historical event: an event or occurrence of significance in the past

hopeful: feeling optimistic; feeling or showing hope

humor: the quality that makes something seem funny; funniness

imagery: mental images produced by memory or the imagination

immediate effects: the impact an event or events have right after they occur

infrastructure: basic systems and facilities on which communities depend, such as transportation and communications systems, roads and schools

insignificant: having little or no importance; trivial

interdependence: dependence on each other; mutual dependence

interview: a meeting where a person is asked about his or her activities, views, plans, etc.

journalist: a person who gathers, writes, edits, and publishes or disseminates news through a media outlet

label: a descriptive word or phrase applied to a person or group as a means of classification

landmarks: prominent features of the landscape that help to identify a locale

land use: how a certain area of land is used; for example, residential, business, recreation

lead: the first paragraph in a news story. The lead generally contains all of a news story's five Ws and sometimes the H.

letting go: the releasing of tension surrounding issues and concerns

life-changing: altering the course of an individual's life

long-term: for or extending over a long period of time

loss: damage or deprivation caused by losing something; harm or injury

measurable: something that can be measured; quantifiable



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media/medium: a system or systems of communication, information or entertainment, including newspapers, magazines, television, radio, computer and the Internet

media literacy: the ability to read, analyze, evaluate and produce communication in a variety of media forms

memories/memory: reminiscences, recollections; the power, act or process of recalling facts previously learned or past experiences

minerals: any element or inorganic compound that plants and animals need for growth and functioning

national response: a nation's policy and plan for taking action in response to an event or situation

needs: items and conditions essential to human survival

needs assessment: a systematic process for determining goals and establishing priorities for action

news source: a person, book, document, etc., that supplies information about something that has lately taken place

normalcy: the state or condition of being normal or usual; constancy

nostrils: the openings in the nose

observe: to celebrate or keep a religious tradition or holiday; to watch closely

ongoing effects: the continued positive or negative impact of an event or events on the people, places, etc., affected

op-ed (opposite editorial): a spoken piece or written article expressing a personal opinion; a page in a newspaper or news magazine that features columns, articles and letters expressing different opinions and observations

optimism: hopefulness; the tendency to take the most hopeful or cheerful view or to expect the best outcome

optimist: a person who expects the best outcome of a situation; a hopeful person

personal: private, individual; of or peculiar to a particular person

personality: distinctive, individual qualities of a person

pessimism: the tendency to expect the worst outcome in any circumstance

pessimist: a person who expects the worst outcome of a situation



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photojournalist: a journalist who presents a story primarily through the use of photographs

physical: involving the body as distinguished from the mind or spirit

point of view: the perspective from which a story is told

prejudice: a judgment or opinion formed before the facts are known

prioritize: to put in order of importance

protein: a substance used to build and repair cells. Proteins are present in all animals and vegetables and are essential to the diet of animals.

purpose: reason, function; a targeted object or result

reaction/reactions: response or responses to a stimulus or influence

realistic: the tendency to face facts; practical as opposed to visionary

recovery: regaining something lost or taken away; restoring health or usefulness; getting back to normal

relaxation: the state of releasing from tension, concentration, or hard work; taking it easy

remembrance: a memory or recollection; a commemoration

response: a reply or reaction to an act or an event

ripple effect: the spreading effect experienced as the result of a single event

risk: the potential for loss of life and/or property in the event of a disaster; hazard

routine: a regular, mostly unvarying, schedule

scale: an ordered reference standard by which things can be measured and compared

schedule: an agenda; a plan organized by dates and times for matters to be attended to

services: systems or methods of providing people with the use of something, such as gas, electricity, water

short-term: for or extending over a short period of time; temporary

significant: important; full of meaning



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similarities: points, features or instances in which things are the same or similar

simile: a comparison between two dissimilar objects, using like or as (For example: He ran like a deer.)

source: a person, book, document, etc., that supplies information

specific: precise, definite explicit; peculiar to or characteristic of something

stereotype: a fixed notion or idea of a person or group held by a number of people and allowing for no individuality or critical judgment

strength training: resistance training exercise usually involving weights or some other form of resistance designed toward improving an individual's strength

stress: mental or physical tension or strain

stressor: an internal or external factor or stimulus that produces stress and can be physical, biological, environmental or psychological

structure: something composed of interrelated parts forming an organism or organization; something put together systematically

support system: a structure or group that provides support to another structure, person or group

survival: continued existence

symptoms: any condition accompanying or resulting from a physical or mental disorder and serving as an aid in diagnosis

synonym: a word having the same, or nearly the same, meaning as another

tapestry: a heavy cloth woven by hand or machine with decorative designs and pictures and used as a wall hanging or furniture covering

tension: mental or nervous strain; nervousness

thesaurus: a book containing a store of synonyms and antonyms

time frame: an interval of time, particularly in relation to a specific activity, event or process

time management: a set of skills, tools, and systems that work together to help individuals get more value out of their time and use it to accomplish what they want



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tradition: an inherited, established or customary pattern of thought or action; custom, practice

trigger: an act, event or sensation that sets off other actions or reactions

uncomfortable: not pleasant

uncomfortable feelings: feelings that are conducive to or that cause emotional discomfort

uncomfortable thoughts: thoughts that are conducive to or that cause mental discomfort

utilities: services useful to the public, such as electricity, water, gas, telephone

visualization: the act of forming a mental picture of something not present to the sight; mentally picturing or envisioning an image

vitamins: nutrients that help regulate growth and normal body functioning; organic substances found in foods or made by the body, in small amounts, that regulate the metabolism and normal growth and function of the body

wants: items that are desirable, but not essential

whole grains: foods made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm

zoning: the division of a locale into areas determined by specific restrictions on types of construction; for example, business, residential



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