Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class:\_\_\_\_\_\_\_\_\_

**A Closer Look at News, Feature, Sports, and Op/Ed Articles #2**

Directions: Read the listed articles and answer the questions. You will identify each article as follows: News Article, Sports Article (identify the type of sports article), Features Article, and Op/Ed Article.

**Article Headline: “Struggling parents of kids who miss school do care about education”**

1. What type of article is this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Can this type of article include the writer’s bias/opinions? Yes No
3. Identify the following within the article: **WHO:** (nut graph)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(specific ID)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Copy 1-2 complete sentences which most strongly show which type of article this is:

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**Article Headline: “Fire breaks out at east Charlotte chemical company”**

1. What type of article is this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Can this type of article include the writer’s bias/opinions? Yes No
3. Identify the following within the article: **WHO:** (nut graph)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(specific ID)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Article Headline: “Bluegrass music brought these Japanese musicians together. Bluegrass week will reunite them again”**

1. What type of article is this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Can this type of article include the writer’s bias/opinions? Yes No
3. Identify the following within the article: **WHO:** (nut graph)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(specific ID)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WHAT:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**WHERE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**WHEN:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Copy 1-2 complete sentences which most strongly show which type of article this is:

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**Article Headline: “Wina Sturgeon: Always allow recovery time after working out”**

1. What type of article is this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Can this type of article include the writer’s bias/opinions? Yes No
3. Identify the following within the article: **WHO:** (nut graph)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(specific ID)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WHAT:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**WHERE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**WHEN:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Bluegrass music brought these Japanese musicians together. Bluegrass week will reunite them again

BY STACY CHANDLER

*Correspondent*

SEPTEMBER 27, 2017 8:00 AM



The music echoes from the mountainsides, cascades of fast-played notes riding on the wind and a blanket of good cheer settling over the landscape, warming listeners and players alike.

It’s not a bluegrass festival in the North Carolina mountains, or anywhere near the music’s Appalachian ancestral home. It’s the sound of the Japanese bluegrass scene, packed with its own festivals, monthly jams and big-name bands.

And [Bluegrass 45](https://www.bluegrass45.com/)may be the biggest name of all of them.

Fifty years after they started playing music together in a Kobe coffeehouse called Lost City, the six members of Bluegrass 45 are bringing their brand of bluegrass to Wide Open Bluegrass.

It won’t be their first time in North Carolina. They reached that milestone during their first U.S. tour in September 1971, which started with a performance at Bill Monroe’s Bean Blossom Festival in Indiana. After meeting many of their heroes there, Bluegrass 45 continued winning fans and making friends in bluegrass on the road, eventually coming to music promoter Carlton Haney’s festival in Camp Springs. That gig is captured in a documentary called [“Bluegrass Country Soul,”](https://www.amazon.com/Bluegrass-Country-Soul-Albert-Ihde/dp/B000GDI2KG) which shows the 45 bringing some levity to their traditional performance by playing their instruments behind their heads.

Akira Otsuka, Bluegrass 45’s mandolin player, remembers the festival well. He was still learning English then, and as he sat alone at a table selling the band’s albums, a man sat next to him.

“Obviously he liked what we played,” he recalled with a chuckle. “He talked to me for an hour – I didn’t understand a word he said!”

Otsuka, who has lived in the U.S. for many years, now speaks English with ease – and bluegrass was an early teacher.

He learned the bluegrass repertoire in the ’60s, long before the internet and home printers.

“Somebody would write down the lyrics of a song, then I would borrow their song book and copy them into my notebook,” Otsuka explained. “And that made my English skill much better.”

Borrowing was essential to learning the music, too. “The albums we could get hands on were very limited,” he said. “There were some bluegrass LPs released in Japan, but also we bought some imported bluegrass albums – Bill Monroe, Stanley Brothers, Don Reno and Red Smiley, and Country Gentlemen.”

Records were expensive – particularly the imports – so albums got loaned out, taped and passed around, Otsuka said. And bluegrass fans would get together frequently for “LP listening concerts.”

Not long after that 1971 U.S. tour, the members of Bluegrass 45 – Otsuka and his brother, Tsuyoshi “Josh” Otsuka; another set of brothers, Toshio Watanabe and Saburo “Sab” Watanabe Inoue; Hsueh-Cheng “Ryo” Liao; and Chien-Hua Lee – went their separate ways, though all continued to make music.

Sab Watanabe founded [Moonshiner](http://frobbi.org/slides/ms-feb2010/), Japan’s longest-running bluegrass magazine. He and Toshio run [B.O.M.](http://www.bomserv.com/) (Bluegrass and Old-Time Music), a mail-order lifeline for bluegrass fans in Japan, as well as the famed Takarazuka Bluegrass Festival, which has brought bluegrass to the mountains outside Kobe since 1972.

Except for Akira Otsuka, Bluegrass 45’s members still live in Japan. But they still regroup periodically to perform, and they’ve been using Skype to prepare for this 50th-anniversary performance at Wide Open Bluegrass. Most of their rehearsing, Otsuka admits, has been for songs they already have down.

“(Red Hat Amphitheater) seats 6,000 people, but only probably 10 of them have seen us before. So we don’t have to learn any new songs,” he said with a hearty laugh. “We are concentrating on what we do the best. Our average age is over 70 now, and we don’t have the techniques today’s bluegrass bands have. We just get up there and have a good time, and the audience has a good time, that’s our plan.”

**DETAILS**

**What:** Wide Open Bluegrass with Bluegrass 45, Chatham County Line, Steve Martin with Steep Canyon Rangers, Hot Rize, Balsam Range, Sierra Hull and others

**When:** 11 a.m.-11 p.m. Saturday; Bluegrass 45 will be onstage at 2 p.m.

**Where:** Red Hat Amphitheater, Raleigh

**Tickets:** $40-$80

**Details:** [redhatamphitheater.com](http://www.redhatamphitheater.com/event/ibma-wide-open-bluegrass-8690)

Fire breaks out at east Charlotte chemical company

BY LAVENDRICK SMITH

*lvsmith@charlotteobserver.com*

SEPTEMBER 27, 2017 8:24 AM

A fire erupted at a chemical company in east Charlotte Wednesday morning.

The three-alarm fire occurred in the 6100 block of Orr Road at Dow Chemical Company around 7:30 a.m., a Dow Chemical spokesperson said.

Crews were able to control the fire after about 40 minutes. There were no injuries, officials said. The chemical plant also evacuated nearby buildings, spokesman Jarrod Erpelding said.

“We will continue to work closely with all agencies to ensure the site and the surrounding community remains safe,” Erpelding said in a statement.

Investigators are looking into what caused the fire, officials said.



Crews battled a fire at Dow Chemical Company on Wednesday

morning in the 6100 block of Orr Road in east Charlotte.

**Struggling parents of kids who miss school do care about education**

* Author: **Lori Pickett**
* **Published 9/25/17, *Alaska Dispatch News***

[](https://www.adn.com/opinions/2017/09/24/struggling-parents-of-kids-who-miss-school-do-care-about-education/#7049)

*Anchorage School District (Loren Holmes)*

When I read [Charles Wohlforth's column](https://www.adn.com/opinions/2017/09/18/a-fourth-of-alaska-students-are-chronically-absent-no-wonder-test-scores-are-so-bad/) about how parents are to blame for statewide educational failures, I was caught off guard by my visceral response of anger and pain. Charles' column felt so personal and direct in its attack on me and so many others who have confided in me their stories.  "A major reason for Alaska's poor school performance is that too many parents don't care about education." "Not many of us are born lazy. We learn these values." "No one wants to point blame where it belongs, which is in the mirror."

His patronizing and ignorant views shook me so personally and deeply that I lost a night of sleep. I read his piece three times and tried to tell myself that it is the opinion of one man based on his personal experiences and his interpretation of data and he is entitled to his opinion. But the key word there is entitled.

I can see why, based on his life experience, Charles jumps to blame parents for their kids' education failure. Schools are an easy and comfortable place for him and probably his entire family. He has done well for himself, the son of prominent and respected Alaskans, a Princeton graduate, an accomplished author, and a local celebrity.  I'm making assumptions now but I see him as someone who views school as an amazing and wonderful place,  where community is built and futures are enriched. What kids wouldn't want to come to school? Only terrible, education de-valuing parents would cause this behavior in their children.  But his premise assumes so much and negates the experiences of so many.

Back in the beginning of my ongoing 25-year career in social services, as a recent college graduate, I served as a social worker visiting the homes of those struggling with all the social ills (poverty, addiction, domestic violence and abuse, etc.). In the dozens and dozens of families I interacted with, I did not come across any parent who was not concerned about their child's education. Now, many of them were failing to get their children to attend school regularly, but it was not because they didn't care. A parent working two jobs, who is not home in the morning, who must rely on older siblings or neighbors to get their kids to school, is not the "reason" the kid didn't get to school.

When I had kids of my own, I experienced another factor that Charles may not understand — prejudice and institutional indifference that makes school a demoralizing place for many students. My kids went to the same magical private preschool that Charles' kids attended, had the same amazing preschool teachers. But after preschool, I expect that our families' school experiences diverged. You see, mine is a blended-Native family with dyslexics and that is a difficult combination in a system built for a majority culture of natural readers.

Less than two weeks into my oldest son's kindergarten year, he came home with a request to change his ethnicity. "I know it is bad to be Native at school, please mom, tell the school I'm white so I can be good in school; I will only be Native at home with my family." What could make my smart, beautiful son say such things? He shared that teachers in the hallway were talking about how Native children were bad students. Did Charles' kids hear that it was the expectation of their teachers that they perform poorly? After two weeks of kindergarten I experienced the first of three times my son demanded to drop out of school.

Both my boys struggle with reading, my oldest with dyslexia, and we fought a yearslong, emotionally draining fight (and I use the word "fight" literally) with the schools to save them from being left behind and branded with the scar of low expectations.

More times than I can count I sat in my car before walking into their elementary school doing breathing exercises, wiping tears, and practicing what I was going to say to try to get the school to understand what my boys were experiencing.

But my emotional turmoil paled in comparison to what my boys went through nearly every day. The tears, stomachaches, the loss of recess, anxiety, and self-harm they endured was heartbreaking. Yes, they missed a lot of school. They visited private tutors, they went on enriching trips, or they just stayed home as a break from the emotional strain of school. Yes, they did poorly on standardized tests. These tests were simply not designed to measure what my boys could do. Ultimately, they persevered and they learned what they needed to do to succeed.

My boys have reached their potential. They are in an educational setting that is working well for them; they have been taught by many amazing teachers. My oldest son often credits his private reading tutor as having saved his life. But they are the lucky ones, the privileged ones, because my husband and I have the resources and the ability to give them opportunities most struggling parents can't.

I've experienced enough both personally and professionally to know that a struggling or absent student is not caused by an anti-education parent. To make such a claim is irresponsible and demonstrates an utter misunderstanding of the fault that lies in all of us.

Wina Sturgeon: Always allow recovery time after working out

BY WINA STURGEON *Adventure Sports Weekly*

SEPTEMBER 21, 2017 4:00 AM

This is the time of year when gyms and other workout places start to fill up. The lazy lull of summer has passed, school has recently started and there becomes a rise in activity levels. A sense of the changing seasons turns some people into exercise addicts.

Are you one of the many who have suddenly increased your training program? Are you spending a lot more time at the gym? If so, you need to examine whether you have allowed enough time off to physically recover from the effects of your increased exercise.

You may already be familiar with the term 'overtraining syndrome.' But while overtraining syndrome is an actual thing, that's not what we're referring to here. A sudden sharp increase in the duration and intensity of your exercise routine can be almost like a small version of the much more serious syndrome. You may be pushing your body too hard, and it may not be completely recovering between workouts.

First, the science: When most folks think of changing their body, they think of losing fat or building muscle. But training your body, whether for improved athletic skills or the way you look at the upcoming holiday family reunion, doesn't happen in the gym while you're lifting weights or doing aerobics. It happens afterwards, while your body is replenishing itself, recovering from the draining effects of the exercise routine.

This recovery actually happens on a cellular level. As you work out, the muscle cells exude their nutrients to keep you going. Later, the cells rebuild and refill those nutrients. But they need time to do that. If the cells are given that time, they will rebuild stronger than they were before, in order to withstand another such draining process. That's where the science comes in.

Of course, the whole cellular rebuilding thing takes time. It doesn't happen overnight, or even in 24 hours. For some folks, especially those who are new to a regular exercise program, it can take two, three or even more days to recover completely from a workout.

It's the same when you increase the duration of a training program. Suppose you started with occasional workouts, maybe two or three times a week, and then suddenly became religious about your routine. Perhaps you began working out five or more days a week, hoping to speed up the process of physical transformation. But you could wear down your muscle cells because you keep draining them before they have a chance to fully recover.

It doesn't only happen with gym workouts. This is also the time of year when many people want to transform their bodies into a thinner version. They say they want to lose weight, when what they actually mean is that they wish to lose fat. So they begin doing a lot of jogging, walking or aerobics; perhaps all three. Often, they up their activity level at the same time they are decreasing the amount of nutrients which they feed their body.

While this will result in burning calories that have been stored as fat, it will soon make the body go into a kind of survival mode, causing the metabolism to slow down in order to maintain that stored fat. Some of the symptoms of overtraining syndrome will actually appear. These include feeling tired all the time, having constant sore muscles especially in the legs, being unusually thirsty, and feeling irritable.

It's hard to be aware of your own changes in mood, but keep a sharp lookout for a new feeling of irritation or frustration over things which rarely bothered you before. If you notice this symptom, cut back on your activity level and give your body a chance to recuperate. If all of this is a relatively new thing, it certainly hasn't yet reached the syndrome stage. Take a week or even two weeks off from all exercise and go into an active rest mode. This doesn't mean you become a couch potato during that time. Instead, continue your normal life except for workouts or exercise sessions.

When you return to working out, reduce it to a less intense level. Meanwhile, you'll be surprised at how much closer to your goals your body has become.