

Student Name \_\_\_\_\_ Grade & Team \_\_\_\_\_  
What Exploratory Class are you in? (Circle One)  
Band, Choir, Agriculture, PE, Health, Art

# NTI DAY #3

(weather-closed school day)

# PACKET

## THREE

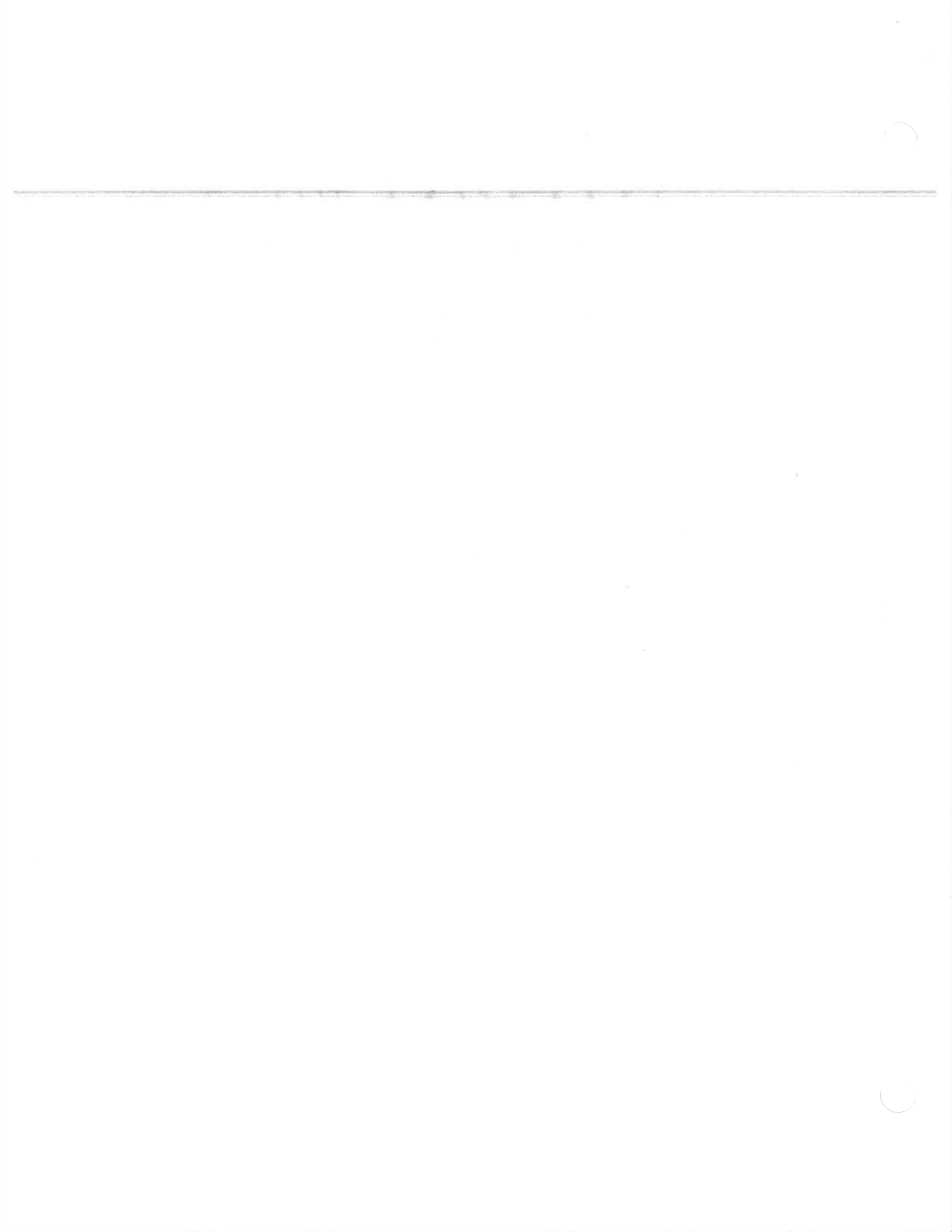
(Music, Health, PE)

*Please note: All parts of THIS packet are to be done regardless of what Explore class (or if student is in band) your student has.*

### General Directions:

Due to weather, Harrison County Schools are closed. In an effort to utilize this day on the school calendar, your child is assigned and should work on this “packet” of school work today. It will count as a grade for this subject. The work attached is specific to the subject listed above. Please contact your child’s teacher of this subject at 234-7123 in the event you/your student have questions on this packet. Staff and teachers reported to HCMS today and are available should you have questions.

While this is DUE two (2) weeks after our return to school, we **strongly encourage** students to turn it in to their teacher **as soon as it’s complete** (soon after the NTI day) to avoid it being lost, eaten by the family pet, burned to keep warm, etc 😊



# NTI Assignment-Music

Scan the code or enter this address to complete the assignment online: <https://tinyurl.com/ycpffhw7>.

\* Required

## QR Code



## The History of Classical Guitar Strings

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Read the article on the history of guitar strings, listen to the examples, and answer the questions.

### Catgut Strings

In the past, the most common material used for stringed instruments was what came to be known as "catgut". It was used in the stringing of harps, lutes, guitar, violins and other stringed instruments, as well as older marching snare drums. This material is made from the intestinal lining of cattle and sheep. Historically both cattle (cows and bulls) and sheep were referred to as cattle. Hence one possible origin of the word catgut is that it is an abbreviation of the term cattlegut. Another origin may be from folk etymology whereby the term kitgut (the word kit meaning fiddle) may have been confused with another use of the word kit, that being for "little cat". Bass strings were also made with catgut, although here the catgut was wound around a core made of silk thread.

### The Egyptian Harp

The use of catgut for musical instruments is referred to in Greek Mythology : Hermes the son of Zeus made a lyre by disemboweling a tortoise, then laying cow-skin over the shell for a sound board, and finally adding seven strings made from the intestines of sheep.

In his play Much Ado About Nothing, William Shakespeare refers to the use of catgut to make music, and the rapturous result in it's listeners : One of the characters says "Is it not strange that sheep's guts should hale souls out of men's bodies?".

### Production of catgut

The thinnest part of the sheep's intestine is used for catgut. It is also known as "saitling" in German from the word "saiten" meaning strings. The intestines are cleaned and steeped in water. The external membrane is then scraped off with a blunt knife. After being steeped in alkaline lye they are then smoothed and equalized by drawing out. The fumes from burning sulphur are then used to sanitize the

gut, after which they are dyed and sorted into sizes. Finally various numbers of strands are twisted together to form cords, the number of strands being dependant on the use of the catgut. Besides musical strings, other uses of catgut include tennis racquet strings, and also sutures for surgical work.

#### Metal-wound strings

Strings with a metal winding first appeared in 1659 and by the end of that century they were often used on the lower strings on bass instruments, as well as french violins. Undoubtedly these new wound strings played an important part in guitar evolution. For centuries the guitar had featured strings set in pairs, or courses. In the 18th century guitarists began using single strings as Giacomo Merchi mentions in his *Traité des Agrèmens de la musique executés sur la Guitarre* published in 1777 : I am taking advantage of this foreword to say a word about the way to string the guitar with single strings. It is very easy now to find a great number of true strings. The single strings are very easy to tune and pluck cleanly. They make a pure sound, strong and mellow, and approach that of a harp, especially if one uses thicker strings. There were many negative aspects of catgut strings for the guitar player :

- They were difficult to tune
- A sensitivity to changes in humidity meant that the strings were regarded as unstable, particularly for travelling musicians
- Intonation problems
- Frequent breakage of the strings

#### Du Pont nylon

Du Pont first invented Nylon in 1935, and in the early 1940's guitarists began to experiment with the new material as a substitute for catgut.

#### The new material Nylon

During World War II there was a high demand for surgical sutures made from catgut, and as a consequence there was a shortage of guitar strings made from this material. During a concert tour of the United States Andrés Segovia had difficulty finding his favourite Pirastro strings. He mentioned this problem at a party for foreign diplomats, one of the officials in attendance, a General Lindeman of the British Embassy, later obtained some nylon strings from some members of the Du Pont family and presented these to the Maestro. Segovia found the strings were perfectly adequate other than possessing a metallic timbre which he hoped could be eliminated. An instrument maker from New York City, Albert Augustine, was the first to use nylon as a material for guitar strings. His wife Rose Augustine remembered he had difficulty finding source materials during the war, and experimented with the new material after he chanced upon some nylon line in an army surplus store in Greenwich Village. Subsequently Augustine approached the Du Pont company to assist him in production of the new strings, but the company was unconvinced that guitarists would accept nylon's sonic characteristics. Segovia and Augustine finally were introduced by their mutual friend Vladimir Bobri, the editor of *Guitar Review*. Together they decided to pursue the development of nylon guitar strings. Du Pont, skeptical of the idea, agreed to supply the nylon if Augustine engaged in the actual development and production of the strings. After three years of development Du Pont was won over, and Augustine classical guitar strings were first commercially manufactured in 1948, this in conjunction with Olinto Mari, President of E. & O. Mari/La Bella Strings at their factory in Long Island City, New York.

The first Augustine strings were only treble strings, metal wound strings using a nylon core were found to be problematic. However the intrepid Augustine succeeded in producing these as well after experimenting with various types of metal, and employing smoothing and polishing techniques. Interestingly the Brazilian guitarist Olga Coelho is often quoted as having been the first to use nylon strings on stage in a 1944 performance in New York. As she was living with Andrés Segovia at the time we can surmise that she too was involved in the strings' development.

The Ancient Egyptian harp was strung with catgut, which is made from animal intestines.



1. What was used in the stringing of harps, lutes, guitar, violins and other stringed instruments, as well as older marching snare drums? \*

*Mark only one oval.*

- Wire
- Catgut
- Fish guts
- String

2. Catgut is made from what? \*

*Mark only one oval.*

- Cat intestines
- Cat fur
- Cattle and sheep intestines
- String

3. According to Greek mythology, Hermes made a lyre (stringed instrument) from disemboweling a: \*

*Mark only one oval.*

- Sheep
- Cow
- Cat
- Tortoise

4. What famous playwright mentions music played using sheep guts? \*

Mark only one oval.

- Shakespeare
- Tennessee Williams
- Oscar Wilde
- Roger's and Hammerstein

## William Shakespeare



5. Which part of the sheep's intestine is used to make the string? \*

Mark only one oval.

- Thickest
- Thinnest
- Longest
- Shortest

6. Which step of catgut production is missing? "The intestines are cleaned and steeped in water. The external membrane is then scraped off with a blunt knife. They are smoothed and equalized by drawing out. The fumes from burning sulphur are then used to sanitize the gut, after which they are dyed and sorted into sizes. Finally various numbers of strands are twisted together to form cords." \*

Mark only one oval.

- They are stretched on a drying rack.
- They are steeped in alkaline lye.
- They are bleached with chlorine.
- They are braided.

7. Besides musical strings, additional uses for catgut include: \*

Mark only one oval.

- Tennis racquet strings and sutures for surgical work
- Baling twine
- Yarn for clothing
- Clothesline

8. Strings made with metal first appeared in \*

Mark only one oval.

- 1492
- 1659
- 1776
- 1935

9. There were many negative aspects of catgut strings for the guitar player. Which listed reason is missing? They were difficult to tune, a sensitivity to changes in humidity meant that the strings were regarded as unstable, particularly for travelling musician, and frequent breakage of the strings. \*

Mark only one oval.

- intonation problems
- expensive
- difficult to make
- caused blisters on fingers of musicians

10. Who invented nylon in 1935? \*

Mark only one oval.

- Bayer
- Jacobs
- Edison
- Dupont

## Nylon advertisement



11. When Andrés Segovia had difficulty finding his favourite catgut Pirastro strings, who found gifted him with a nylon replacement? \*

Mark only one oval.

- General Lindeman of the British Embassy
- Rose Augustine
- Vladimir Bobri
- Olinto Mari

## Listening Selections

A video of classical master Andres Segovia. Classical musicians play nylon string guitars:

### Classical Guitar master Andres Segovia



<http://youtube.com/watch?v=9xGrjWt1hco>

12. How is the way Andres Segovia is holding the guitar different from the way guitarists who play contemporary styles? \*

### Spanish Flamenco Music master guitarist



<http://youtube.com/watch?v=HIXLC5SRC7w>

13. What other instruments are playing with the guitarist in this video? \*



## Just Get Movin'!

"Can you believe that those adults next door are running around like a bunch of kids, playing tag?" Kathleen asked. "I've never seen anything like it in my life. Who are these people anyway, Juanita?"

"Believe it or not, that's my P.E. teacher," Juanita replied. "She invited some friends over to show them that fitness can be fun."

Would you believe a story like this one? According to the Green Bay Press Gazette, it's true. Stephanie Giannunzio, a physical fitness teacher at Franklin Middle School in Green Bay, Wisconsin, actually played tag with a bunch of adults.

Adults are learning that physical activity is important if they want to live long, healthy lives. The same is true for children.

According to a report by the Surgeon General, about half of the young people in America ages 12 to 21 are not vigorously active on a regular basis. About 14 percent reported no recent physical activity. This has led to a serious problem in American children. One out of every four kids is overweight.

Being overweight doesn't just affect how you look; it affects your health too. Exercise, even a little bit of exercise, will help you to use up some calories that might otherwise stay with you as extra fat that you don't need. If you get moderate exercise regularly, your body will burn the calories and keep you at a healthy weight. Being active regularly can also put you into a better mood when you are feeling down, and keep anxiety away.

Believe it or not, the path toward heart disease and high blood pressure can begin in childhood. Fortunately, regular activity can lower blood pressure and reduce the risk of heart disease. It can also reduce the risk of other health problems like diabetes, colon cancer, depression, and osteoporosis (oss-tee-oh-puh-ROE-sis; weak bones).

### Fitting Fitness Into Your Day

Your life is busy with school, homework, friends, chores, favorite TV shows, and video games. So where do you find time to get up and move around? Here are some ways to fit fitness in.

- Are you planning a family night? Try a night of bowling, miniature golf,

skating at the rink, going to an aquatic park, or even walking around the mall instead of sitting through a movie.

- Are you staying home and watching TV? Use the commercial breaks as fitness breaks instead of snack breaks. Each time there is a commercial, see how many times you can trot up and down the stairs, jog in place, jump rope in the garage, run up and down the hall, or grab your little brother and march around the house until the show is back on. During the next commercial break, do sit-ups, push-ups, or stretches. Each evening you can concentrate on a different part of the body. Work up to doing more activities as you feel yourself getting stronger. The next time you watch the show on TV, challenge yourself to see if you can outdo what you did the last time.
- Are you trying to think of what you want for a holiday or birthday gift? Why not ask for a membership to an indoor pool, a pass to the ice rink, new in-line skates, a skateboard, or those dance lessons you have been thinking about?
- Are your parents driving you everywhere? Why not ride your bike instead? Or walk whenever possible. How about taking the stairs instead of the elevator?
- Are you trying to think of ways to earn a little extra cash? Offer to do more than your weekly chores around the house to help you and your bank account get in shape. You could vacuum, mop, wash the car, mow the grass, weed the garden, shovel snow (in season, of course), paint the fence, scrub the walls, walk the dog, or take the neighbor's child for a walk in the stroller. Think of some other chores that will get you moving.

At school, join an athletic club or try out for a sport. It will help you get some regular activity. You'll make friends who want to be active too.

## Movin' Schools--And More

Many people in America are becoming concerned about the shape Americans are in. As a result, many groups are partnering with communities to encourage children and teens to become more active. The Centers for Disease Control and Prevention (CDC) is one agency that is putting money into communities that are willing to be active.

One program that the CDC is helping to fund is called "Movin' Schools." This program is currently in use throughout Wisconsin and may be used in other states soon. "Movin' Schools" offers points to students for exercise. And the point total is doubled if the student exercises with a parent. At the end of the year, 30 of the winning schools are granted up to \$2,000 for the

activities they accomplished.

The CDC has also sponsored a program called Kids-Walk-to-School. It involves the community and the school in providing students with safe walking and bicycling routes to school.

The President's Council on Physical Fitness and Sports (PCPFS) states that "One of the most important messages of the new century is [that] physical activity is essential for the highest quality of life for all ages." To encourage regular activity, the PCPFS has an award called the Presidential Active Lifestyle Award (PALA). To qualify, you must be active 60 minutes a day, five days a week, for six weeks. There is an activity log on-line at [www.fitness.gov](http://www.fitness.gov) under the President's Challenge for PALA and other fitness awards. It must be filled out and signed by an adult in order for you to receive your award. You can keep qualifying for the award throughout the year.

As you can see, there are plenty of fun ways to exercise more. And the key to any exercise program is to just get movin'.

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

1. According to the Surgeon General, how many American kids are overweight?

- A one out of every four kids
- B one out of every five kids
- C one out of every six kids
- D one out of every seven kids

2. This passage describes the problem of childhood obesity. According to the passage, the author suggests all of the following are solutions EXCEPT

- A take the stairs instead of the elevator
- B exercise during TV commercial breaks
- C try out for playing a sport at school
- D drink beverages containing caffeine

3. Which of these conclusions is supported by the passage?

- A Exercise only helps if you do it every single day.
- B Being active regularly has many health benefits.
- C To exercise properly, you have to belong to a gym.
- D Fit kids won't need to exercise when they are adults.

4. Read the following sentences from the passage:

"One program that the CDC is helping to fund is called 'Movin' Schools...' The CDC has also sponsored a program called Kids-Walk-to-School. It involves the community and the school in providing students with safe walking and bicycling routes to school

As used in the passage, the word **sponsored** means

- A talked proudly of
- B stopped watching
- C thought of an idea
- D paid the cost of

5. The primary purpose of this passage is to describe

- A why American children and adults are so overweight and unhealthy
- B the reasons why people's lives are too busy to find time for exercise
- C why physical activity is important and how to fit exercise into the day
- D why physical fitness teacher Stephanie Giannunzio plays tag with adults

# Pick Your Portion

By Meredith Matthews

## How to right-size your meals

It's an ordinary morning. You wake up and help yourself to a bowl of cereal. But do you ever stop to think about exactly how much you're pouring into the bowl? And if you have pancakes instead, how many should you eat?

For many people, the amount of food they eat—their *portion size*—is decided by their eyes, their stomachs, or both. They might put as much food on their plates as they think they want, and then eat it simply because it's there. Or they might decide to put their forks down only once they begin to feel full. But neither of those is the healthiest way to figure out portion sizes.

## Serving Size vs. Portion Size

So how do you know what the right portion size is? Nutrition information on the package is a good place to start. The label shows how much of each nutrient is in a given amount of food, explains Tandalayo Kidd. She's a nutrition expert at Kansas State University in Manhattan. But the serving size on the label is one thing. The amount a person thinks is a portion size might be somewhat different. In other words, the serving size listed on the package may not be the same amount you actually eat.

For example, a 3-ounce package of chips may actually contain three 1-ounce servings. So what happens if you wolf down the whole bag? You guessed it: You've actually eaten three servings of chips, not just one. The same goes for a lot of foods.

Without a nutrition label, it can be hard to tell exactly how much food is the right amount. When you have a slice of lasagna at your grandma's house or a dish of ice cream at a sundae party, how do you know whether you're eating a healthy portion size or going overboard? Nutrition experts have come up with ways to figure out portion size at a glance. Those guidelines won't give you the exact amount for every food, but they are a good estimate.

## Portion Distortion

Portion sizes have been getting bigger through the years. Today's 20-ounce soft drink is roughly double the size of the bottle of cola your parents might have had when they were your age. Those types of changes make it easy to ignore the serving size on the label and instead treat the whole package as one serving. (Have you ever put the cap back on a 20-ounce drink to save the rest for the next day?)

Eating or drinking more than one serving at a time means you're getting more calories, according to Kidd. "Increased portion sizes encourage *overconsumption*<sup>1</sup>," she says. Larger portion sizes affect the amount people think they should eat. Brothers Jason J. and Patrick J., of Connecticut, have noticed that restaurant portions are often a lot bigger than they need to be. Patrick, 11, had an enormous breakfast recently at a diner. It had large portions of pancakes, eggs, toast, and potatoes. "I ate it all, though," he said.

Jason, 9, knows what happens when you fall for that, though. "If you're real hungry, you would probably eat it all," he says. "Then it makes you feel stuffed." But most of the time, the boys agree, that extra food goes to waste.

Large portions are often the norm at fast food restaurants as well. So-called value-sized or supersized meals, which are usually just a few cents more than a regular-sized meal, sure are tempting. They make you think that you are getting more bang for your buck, says Kidd. People like to get the most food possible for the money they are spending. But if you opt for supersized foods and meals, you're also choosing more calories, fat, and carbohydrates. A healthier option is to take advantage of the "value" of a value meal. Order the larger size, but split it with a friend.

## Sensible Choices

Whether you're getting takeout, grabbing a snack, or cooking at home, it helps to pay attention to portions. Aim for balance. "You don't always want to be eating big portions all the time, and you don't want to be eating just tiny little portions that give you no protein or nutrients," says Sabrina F., 15, of Missouri.

The solution? Right-size your portion sizes! Sabrina's favorite food is chili. But she makes sure not to pig out when it's on the menu. "I don't usually get too big of a portion," she says. "I don't want to get full before my brain is able to realize that I'm full." That takes about 20 minutes. Eating slowly can help your brain get the message before you've eaten way more than you should.







Knowing what's a healthy portion is helpful when it comes to all types of food, from breakfast to dessert and everything in between. Sabrina's classmate Rita W. knows that. "Serving sizes can make the difference between enjoying a little pie or gaining 5 pounds," Rita says.

## A Healthy Portion Looks Like ...

Nutrition expert Tandalayo Kidd offers some serving size guidelines. Use the visual reminders to help you keep your portions in line.

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<sup>1</sup> When a person eats, or consumes, too much food

Food Group	One Serving Size Equals ...	What a Serving Looks Like
<b>Grains</b> <i>6 ounces per day</i>	1 slice of bread 1 cup ready-to-eat cereal ½ cup cooked rice, cooked pasta, or cooked cereal	 Ice-cream scoop
<b>Fruits</b> <i>1½ cups per day</i>	1 cup fruit 1 cup 100 percent fruit juice ½ cup dried fruit	 one piece of fruit the size of a baseball, tennis ball, or lightbulb
<b>Vegetables</b> <i>2½ cups per day</i>	1 cup raw or cooked vegetables 1 cup vegetable juice 2 cups raw leafy greens	 one vegetable the size of a baseball, tennis ball, or lightbulb
<b>Dairy</b> <i>3 cups per day</i>	1 cup milk or yogurt 1½ ounces natural cheese 2 ounces processed cheese	 four dice (one serving of cheese)
<b>Meat &amp; Beans</b> <i>5 ounces per day</i>	3 ounces meat, poultry, or fish ¼ cup cooked dry beans 2 tablespoons peanut butter ½ ounce nuts or seeds	 deck of cards (meat) Ping-Pong ball (peanut butter)
<b>Oils</b> <i>5 teaspoons (that's less than 2 tablespoons) per day</i>	2 tablespoons butter, mayonnaise, or salad dressing 1 slice of bacon	 tip of a thumb

Stephanie Wolfsteiner/Getty Images

Think About It

Why, do you think, are portions at restaurants often larger than what one person should eat at a time? How can you eat the right amount when you're eating out?

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

6. What is portion size?

- A the amount of food someone eats
- B the amount of nutrients in a given amount of food
- C the number of items that someone orders at a restaurant
- D the number of people you can split a "value-sized" meal with

7. What does the author contrast with portion size?

- A waist size
- B shoe size
- C clothing size
- D serving size

8. Read this sentence from the text.

"Portion sizes have been getting bigger through the years."

What evidence in the text supports this statement?

- A "When you have a slice of lasagna at your grandma's house or a dish of ice cream at a sundae party, how do you know whether you're eating a healthy portion size or going overboard?"
- B "Today's 20-ounce soft drink is roughly double the size of the bottle of cola your parents might have had when they were your age."
- C "So-called value-sized or supersized meals, which are usually just a few cents more than a regular-sized meal, sure are tempting."
- D "Knowing what's a healthy portion is helpful when it comes to all types of food, from breakfast to dessert and everything in between."

9. Read these sentences from the text.

"Large portions are often the norm at fast food restaurants as well. So-called value-sized or supersized meals, which are usually just a few cents more than a regular-sized meal, sure are tempting. They make you think that you are getting more bang for your buck, says Kidd. People like to get the most food possible for the money they are spending. But if you opt for supersized foods and meals, you're also choosing more calories, fat, and carbohydrates. A healthier option is to take advantage of the 'value' of a value meal. Order the larger size, but split it with a friend."

Based on this paragraph, what can you infer about consuming calories, fat, and carbohydrates?



- A Consuming lots of calories and fat is healthy, but consuming lots of carbohydrates is unhealthy.
- B Consuming lots of calories, fat, and carbohydrates has no effect on a person's health.
- C Consuming lots of calories, fat, and carbohydrates is unhealthy.
- D Consuming lots of calories, fat, and carbohydrates is healthy.

10. What is the main idea of this text?

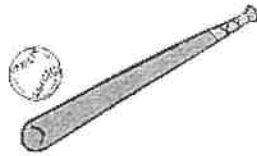
- A If you are eating food that comes in a package, you should look at the nutrition label to figure out what the right portion size is.
- B Nutrition experts have come up with ways for people to figure out portion size when eating food without a nutrition label.
- C People should pay attention to serving size as well as portion size to make sure they are eating a healthy amount of food.
- D So-called value-sized or supersized meals contain more calories, fat, and carbohydrates than regular-sized meals do.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

# JACKIE ROBINSON

(1919-1972)



Jackie Robinson was born in Cairo, Georgia, on January 31, 1919, to Jerry and Mallie Robinson. Jackie's father left the family when Jackie was six months old. His mother moved with his four brothers and sisters to Pasadena, California, to make a better life for her family.

Jackie loved sports. He went to college at Pasadena Junior College for two years, where he broke records in basketball, football, baseball, and track. Then, Jackie went to UCLA in 1938.

World War II began in Europe in 1939. Jackie was drafted into the U.S. Army in 1942. He applied for the Officers Candidate school with several other black soldiers. They were all told they would not be admitted.

Jackie left the army in 1944 and returned to sports.

Jackie played baseball for the Kansas City Monarchs of the Negro American League in 1945. He played for the Montreal Royals, a minor league in 1946.

Jackie Robinson was recognized as an outstanding athlete and a strong-minded man. He made history when he joined the Brooklyn Dodgers in 1947. He was the first black American to play major league baseball.

Jackie played with the Dodgers for ten years. He won the national league's most valuable player award in 1949. Jackie Robinson was elected to the National Baseball Hall of Fame in 1962.

## ANSWER THE QUESTIONS:

1. What is the purpose of this writing?
  - a. to inform
  - b. to persuade
  - c. to entertain
  - d. none of these

NAME \_\_\_\_\_ DATE \_\_\_\_\_

2. Which of the following sports did Jackie Robinson play at Pasadena Junior College?
  - a. baseball
  - b. basketball
  - c. football
  - d. all of these
  
3. Why did Mallie Robinson move to California?
  - a. She wanted to live near her relatives.
  - b. She wanted Jackie to go to UCLA.
  - c. She wanted a better life for her children.
  - d. She loved movies.
  
4. Why do you think Jackie and the other black soldiers were not admitted to Officers Candidate School?
  - a. because they were athletes
  - b. because they were all from California
  - c. because they were all baseball players
  - d. because they were all black
  
5. Jackie Robinson made history when he \_\_\_\_\_.
  - a. went into the army
  - b. attended Pasadena Junior College
  - c. became the first black American to play major league baseball
  - d. became a player with the Kansas City Monarchs
  
6. Jackie Robinson was probably successful because \_\_\_\_\_.
  - a. he was from California
  - b. he was strong-minded
  - c. he was in the army
  - d. he was born in Georgia

