Name: _____

1. W.8.1. I can write arguments to support claims with clear reasons and relevant evidence.
2. W.8.2. I can write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.

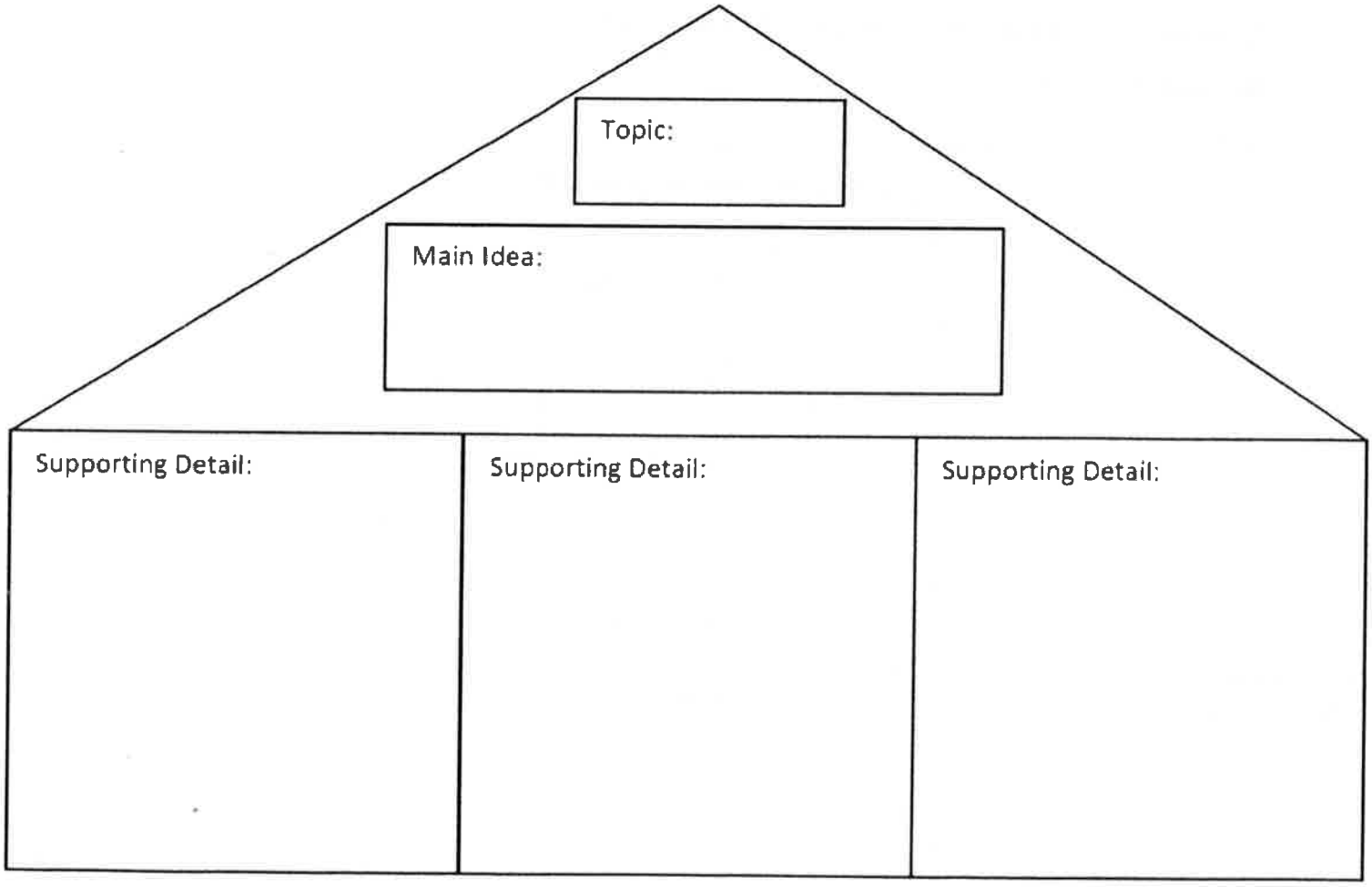
PART I:
Article
~~**Aericle I:**~~

Read and annotate the article. Address the following items.

Name of the article_____

Author_____

Central Idea and Supporting Details



PART II:

Thesis from the article:
Remember the formula: **TOPIC+OPINION+REASONS**

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Second Article:

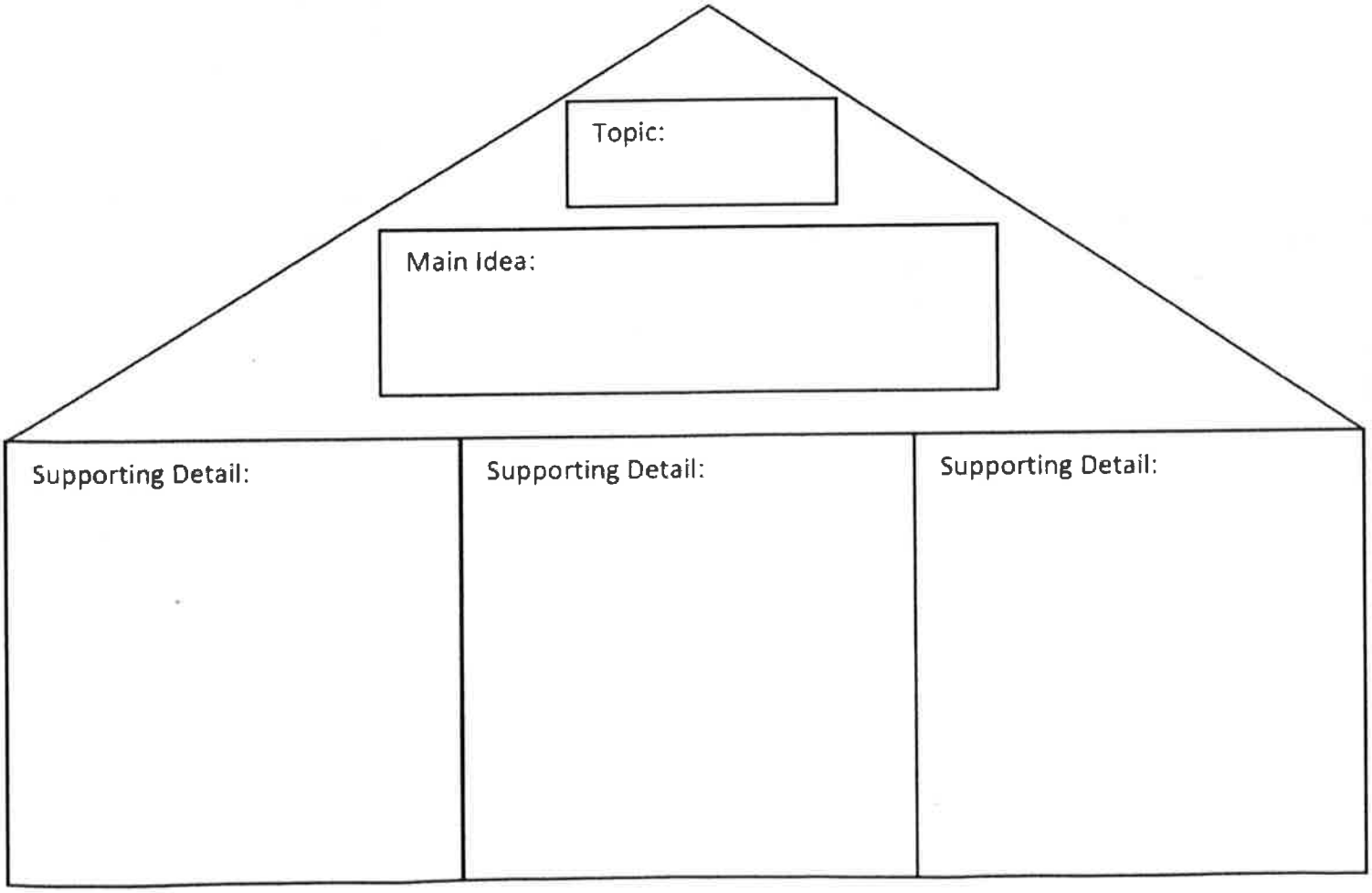
PART I:

Read and annotate the article. Address the following items.

Name of the article_____

Author_____

Central Idea and Supporting Details



PART II:

Thesis from the article:
Remember the formula: **TOPIC+OPINION+REASONS**

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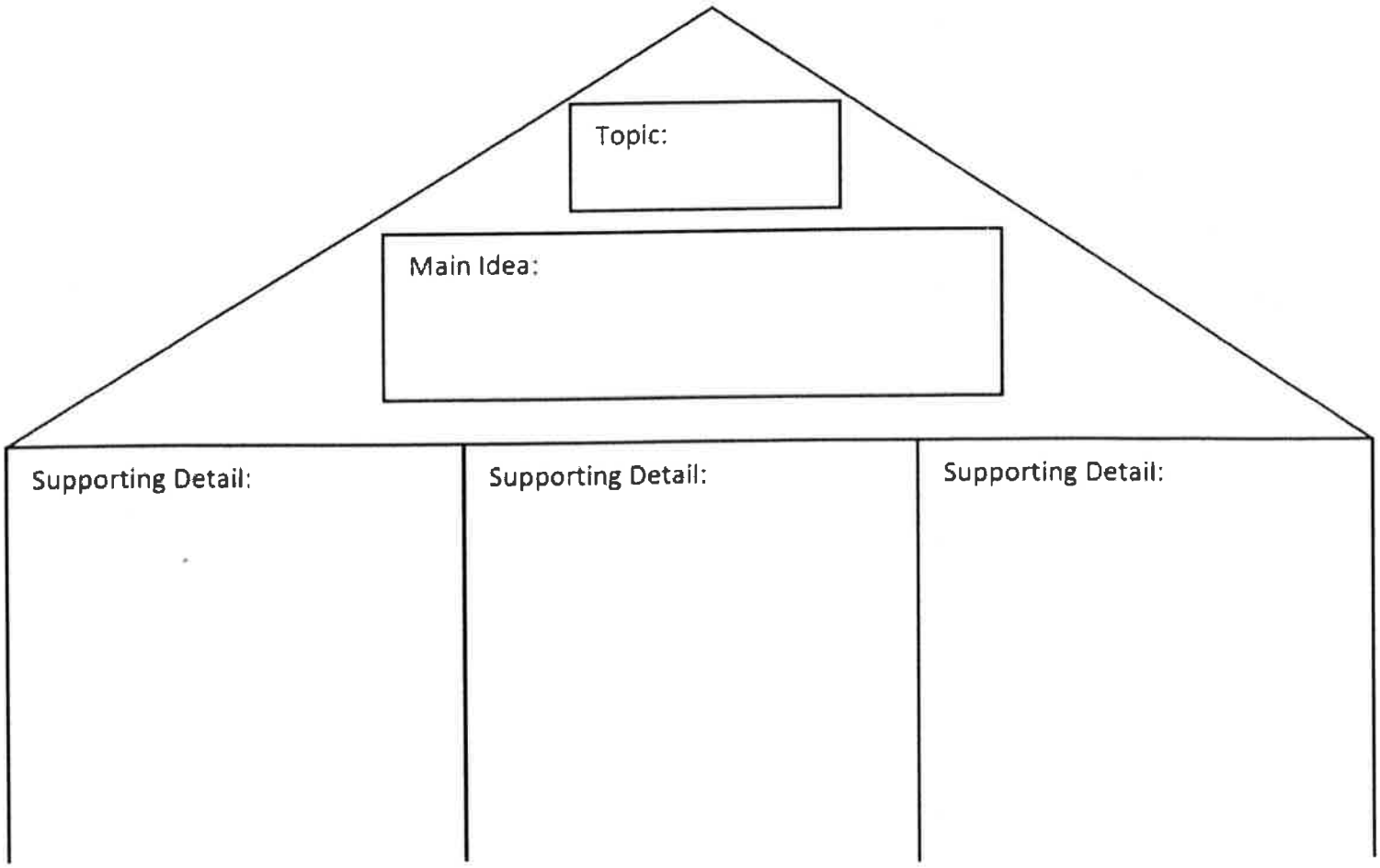
Third Article:
PART I:

Read and annotate the article. Address the following items.

Name of the article_____

Author_____

Central Idea and Supporting Details



PART II:

Thesis from the article:
Remember the formula: **TOPIC+OPINION+REASONS**

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Original Article

Op-Ed

Help the planet: Stop wasting food

Producing it and then getting rid of leftovers require a lot of fossil fuel. Just taking a few simple steps can ease the problem.

November 07, 2010 | By Jonathan Bloom

Let me guess: You're concerned about the environment. You recycle, buy the right light bulbs, drink from a reusable water bottle (preferably one made of metal) and wish you could afford a hybrid. You try to remember your reusable shopping bags when you go to the market and feel guilty when you don't.

But there's something you could be doing that would make a much bigger difference, and it's not one of those really hard things like carpooling to work or installing solar panels on your roof.

All you need to do is minimize your food waste. If you buy it and bring it home, eat it. That alone is one of the easiest ways to aid the environment.

About 40% of the food produced in the United States isn't consumed. Every day Americans waste enough food to fill the Rose Bowl. And our national food waste habit is on the upswing: We waste 50% more food today than we did in 1974.

Squandering so much of what we grow doesn't just waste food; it also wastes the fossil fuel that went into growing, processing, transporting and refrigerating it. A recent study estimated conservatively that 2% of all U.S. energy consumption went to producing food that was never eaten. To give you a sense of perspective, every year, through uneaten food, we waste 70 times the amount of oil that gushed into the Gulf of Mexico during the three months of the Deepwater Horizon spill.

That waste of resources continues after we throw away food. There is the energy required to haul the discarded food to the landfill. And once there, food decomposes and creates methane, a greenhouse gas 23 times more potent a heat trapper than carbon dioxide. Landfills are the second-largest human-related source of methane emissions, and rotting food causes the majority of methane there. It's climate change coming directly from your kitchen.

Not only will cutting your food waste help the planet, but it also will make you a slightly more ethical person. The number of hungry people, in Los Angeles and the state, is steadily increasing. From 2005 to 2009, the amount of Los Angeles County residents receiving food assistance swelled by 46%. Meanwhile, Angelenos throw away about 18 million pounds of food every day. At supermarkets, restaurants and, of course, our homes, we're discarding a potential solution for our neighbors' needs.

Avoiding waste will also save you money. The average family of four, conservatively, throws out an estimated $1,350 annually. Cutting that food waste in half and giving the money to a soup kitchen would provide 700 meals. Though many of us feel unable to donate much money these days, we could keep the pantries of relief organizations better stocked by keeping ours less full.

Food waste crosses racial, class and gender lines. It's a systemic problem rooted in our culture of abundance and busy lifestyle. But it's also one we can change. And, happily, that change starts with simple actions:

• Buy smarter. Plan the week's dinners and make a detailed shopping list. Stick to the list; don't buy more food than you can possibly eat before it goes bad. When planning meals, consider your reality. If you often don't have time to cook dinner after work, don't shop as if you do. And scheduling a leftover night is always wise.

• Rethink portion size. We have a warped idea of what's a sensible amount to eat, in part because of what counts as a "serving" at restaurants these days. As a result, we often take or receive too much, prompting us to either overeat or scrape the food we don't eat into the trash.

• Love your leftovers. If you've invested the money, time and energy in cooking, why not save the remaining portion? And remember, saving food only to throw it out a week later defeats the purpose. If you're not a leftover lover, try halving recipes to prevent excess or repurposing your accumulated extras into another dish.

• Compost! Those of us without dogs (or pigs or goats) will always have some food waste. But we don't have to send it all to the landfill. Composting, whether by backyard, worm or Bokashi bin or the indoor NatureMill, creates a usable soil amendment rather than methane. That way, you return your food's nutrients to the soil instead of just throwing them away.

Chances are you're already conscientious about food in several ways. You probably know what a "locavore" is, and you shop at a farmers market once in a while. You buy organic — at least a few items — and perhaps observe Meatless Monday. But a few easy strategic changes in your kitchen will yield a real effect on our world. All that's required is doing the seemingly self-evident: Keep your food out of the trash.

Jonathan Bloom is the author of "American Wasteland: How America Throws Away Nearly Half of Its Food (and What We Can Do About It)." He lives in North Carolina, where he writes the blog WastedFood.com.

NATIONAL

SUGAR WARS

To combat obesity, New York City wants to ban the sale of large sugary drinks. Is your diet the government's business?

BY VERONICA MAJEROL

Wendy's discontinued the "Biggie" name in 2006, but kept its jumbo drink sizes.

The question has become a routine part of the movie-going experience for Americans: "Would you like the jumbo-size drink for only 50 cents more?"

But if Mayor Michael Bloomberg of New York has his way, movie theaters, restaurants, fast-food joints, and other places that sell prepared food in New York won't be able to offer sodas or any other sugary drinks larger than 16 ounces. (Grocery and convenience stores like 7-Eleven would be exempt.)

The proposed ban is intended to help fight obesity, which has reached nationwide epidemic proportions. According to health agencies, more than one third of Americans are obese; in New York City, more than half of adults are either overweight or obese. High consumption of sugary drinks is linked to heart disease, diabetes, and long-term weight gain, so the city says it has an interest in preventing these conditions and the medical costs associated with them.

"Obesity is a nationwide problem," says Mayor Bloomberg. "I think [this is] what the public wants the mayor to do."

▶ TAKE THE SODA QUIZ
WWW.UPFRONTMAGAZINE.COM

New York isn't the only city taking aim at soda consumption. Philadelphia and several California cities are proposing a tax on sugary drinks, and a sales tax for sweetened drinks is already on the books in 30 states, including Texas and Iowa. But critics see these efforts as part of a "nanny state" mentality in which government tries to legislate good behavior.

"Fundamentally, I don't think we need the government to protect us from ourselves," says Justin Wilson of the Center for Consumer Freedom, which represents the beverage industry and has run ads poking fun at the mayor *(see facing page)*. "I think that's rooted in a paternalistic ideology that most Americans reject."

Supersize Me

Ronald Bayer, a professor at Columbia University's Mailman School of Public Health, agrees that the proposed ban is paternalistic—but that doesn't stop him from supporting it.

"We know that people die from bad consumption patterns," says Bayer. "The goal of all this seems to be to change public norms."

Mayor or Nanny? A beverage industry ad mocks New York Mayor Michael Bloomberg and his proposed sugary-drink ban.

Much like the candy bars, bagels, and french fries we eat today, the portion sizes of soda have exploded over the years. The 1920s Coca-Cola bottle was just 6.5 ounces *(see chart)* and in 1955, a 7-ounce soda was the only size you could buy at McDonald's.

But by 1999, the fast-food chain had begun offering 42-ounce "Supersize" cups, six times the size of the 1955 container. Most other fast-food chains followed suit with their own jumbo sizes.* Research suggests that when given larger portions of food and beverages, people will consume more without realizing it or feeling more full.

"How far should government be able to go to protect us?"

The Nanny State?

The sugary-drink debate is part of a larger question about the role of government in managing people's behavior. While government has an interest in protecting the well-being of its citizens, some argue that individuals should be free to make their own decisions—even if they end up choosing poorly.

Like New York's proposed sugary-drink ban, which carries a $200 fine for vendors and is expected to be approved by the city's Board of Health this month, other measures around the country are also raising questions about the proper balance between personal freedom and government regulation. This summer, the town of Middleborough, Massachusetts, made it an offense to curse in public, punishable by a $20 fine. In April, the governor of Tennessee signed a law prohibiting students from wearing sagging pants or any other clothing "that disrupts the learning environment." And in May, police officers in Fort Lee, New Jersey, began handing out $85 tickets to people texting while crossing the street.

On the food front, then-Governor Arnold Schwarzenegger signed a law in 2008 forbidding California restaurants from using trans fats (sometimes called partially hydrogenated oils), affecting 80,000 eateries across the state. Trans fats, most of which are laboratory-made, have been shown to clog arteries more than other fats.

In New York, the proposed sugary-drink ban continues to be hotly debated. Some people say banning sugar alone is misguided since plenty of other foods and drinks contribute to health problems. Others point to how easy it would be to cheat the law by buying, for example, several 16-ounce containers of soda at a time. There's also the argument that the city would be better off focusing on instituting better physical education programs in schools.

And, of course, there are those like Zara Atal, a 20-year-old college student in New York, who say that none of this is any of the government's business.

"If people want to drink 24 ounces, it's their decision," he says.

But Bayer, the public-health professor, thinks that some health and safety matters do need government attention. Laws that require motorcyclists to wear helmets, for instance, have been shown to dramatically reduce fatal accidents.

Still, he says, "I think that at the end of the day, people have to ask the question, 'How far should government be able to go to protect us?'" •

With reporting by Michael N. Grynbaum of The New York Times.

*In 2004, McDonald's mostly phased out the Supersize in the U.S.; the 32-ounce soda is currently the biggest size on its regular menu.

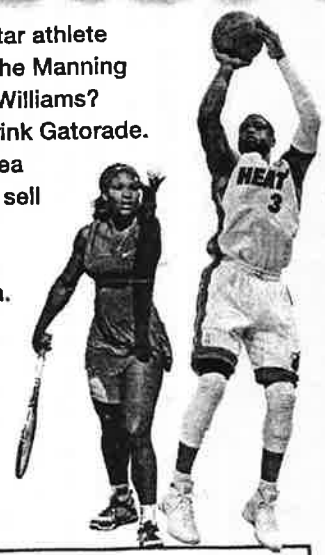
© THE CENTER FOR CONSUMER FREEDOM (HANDY POSTER); NYC DEPARTMENT OF HEALTH AND MENTAL HYGIENE (SODAS)

Claim Busters

Is Gatorade better than water?

Want to be a superstar athlete like Dwyane Wade, the Manning brothers, or Serena Williams? Then you'd better drink Gatorade. At least that's the idea Gatorade's trying to sell you with their multimillion–dollar marketing campaign. But what's the real story?

Find related activities online!



*WARNING

According to the American Academy of Pediatrics, "excessive intake of caloric sports drinks can substantially increase the risk for obesity in children and adolescents."

Don't be fooled by the calorie count. A serving size is less than half the bottle—if you drink it all, that's 200 calories.

This additive lends a unique flavor. But the acidity can damage tooth enamel, boosting your risk of cavities.

Nutrition Facts

Serving Size: 12 fl oz (355 mL)
Servings Per Container: About 2.5

Amount per Serving	
Calories 80	
	% Daily Value*
Total Fat 0g	0%
Sodium 160mg	7%
Potassium 45mg	1%
Total Carbohydrate 21g	7%
Sugars 21g	
Protein 0g	

Not a significant source of Calories from Fat, Saturated Fat, Cholesterol, Dietary Fiber, Vitamin A, Calcium, Iron.

*Percent Daily Values are based on a 2,000-calorie diet

Water, sucrose, dextrose, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, modified food starch, red 40, glycerol ester of rosin, caramel color.

There are 52.5 grams of sugar in this bottle—the equivalent of 15 Oreo cookies.

Red 40 creates the rosy color, but has also been known to cause rashes, stomach aches, and nausea.

*Super Drink or Sucker Punch?

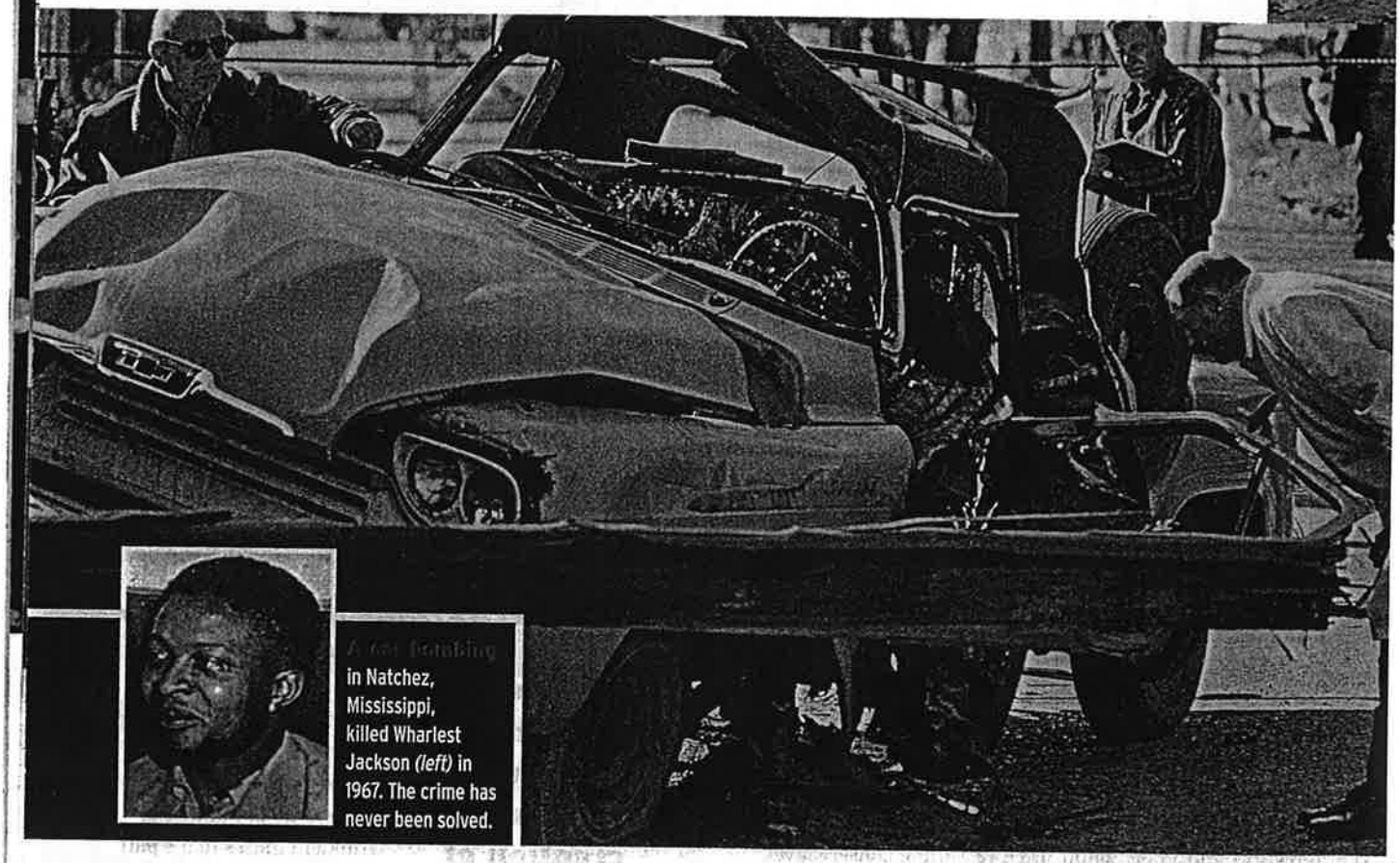
WHAT THEY SAY	WHAT WE SAY	BUT . . .	THE TRUTH
In the heat of battle, your body burns through more than water. You need Gatorade to replenish, refuel, and restore.	For your typical workout, water is all you need to "replenish" fluids. Gatorade's high sugar content and lack of nutritional value makes it full of "empty calories"—a very unhealthy choice for refueling. The salt and minerals (like potassium) that Gatorade claims you need to restore are exaggerated.	Teens often don't drink enough water when they are active—especially on hot days. The sugar in Gatorade encourages them to drink more and stay hydrated. If you need some extra sweetness, try adding just a splash of fruit juice to your water.	If you work out for 40 minutes or longer, you need some protein (peanut butter, cheese, yogurt, nuts), some carbs (crackers, fruit), and *plenty* of water.

NATIONAL

Justice Denied

Fifty years after a string of racially motivated killings in the South, it looks like most cases will remain unsolved

BY DAN BARRY, CAMPBELL ROBERTSON, AND ROBBIE BROWN



A car bombing in Natchez, Mississippi, killed Wharlest Jackson *(left)* in 1967. The crime has never been solved.

In the spring of 1965, the Federal Bureau of Investigation received a letter from northeastern Louisiana pleading for justice in the killing of a well-respected black merchant.

One morning a few months earlier, Frank Morris had seen two white men in front of his shoe-repair shop in Ferriday, Louisiana. One had pointed a shotgun at him, the other held a canister of gas. A match was lit, a fire began, and Morris died four days later of burns without naming the men, perhaps fearing retribution against his family.

The letter to the F.B.I. expressed grave concern that the crime would go unpunished because, it said, the local police were probably complicit. "Your office is our only hope, so don't fail us," the letter read. It was signed: "Yours truly, The Colored People of Concordia Parish."*

The case of Frank Morris is one of dozens of racially motivated killings that took place across the South in the 1950s and '60s. At the time, many of these crimes were barely noted, much less investigated. Relatives of victims were often afraid to come forward, lacking faith in the judicial system and fearing retaliation from groups like the Ku Klux Klan, which waged a campaign of racial terror across the South and was responsible for many of the murders.

READ THE LETTERS F.B.I. Letters on Civil Rights Era Cases
WWW.UPFRONTMAGAZINE.COM

Little Hope of Resolution

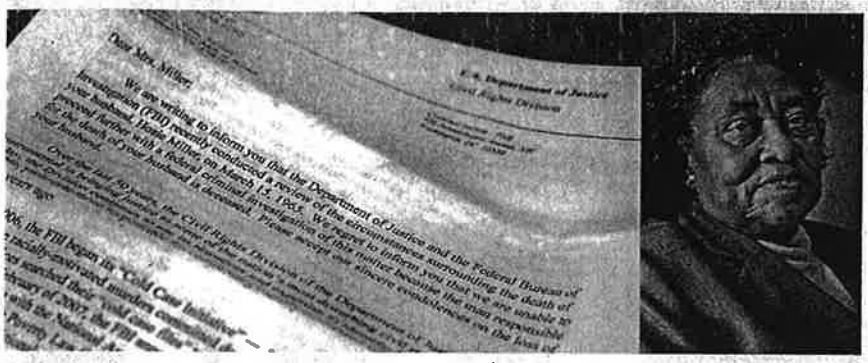
Five decades later, many of these cases remain unsolved, despite hopes raised several years ago with the reopening of civil rights criminal cases from that era.

"The reality is that justice in a few cases is going to have to serve as a proxy for justice in them all," says Richard Cohen, president of the Southern Poverty Law Center, in Montgomery, Alabama.

In 2006, the F.B.I. began a cold-case initiative described as a comprehensive effort to investigate racially motivated

*Louisiana has parishes rather than counties.

Frank Morris (with arms crossed) was killed when his shoe-repair shop was set on fire in 1964.



Grace Hall Miller and the F.B.I. letter saying the case of her husband's murder has been closed

COURTESY CONCORDIA SENTINEL; FERRIDAY, LA/THE NEW YORK TIMES (MORRIS); SARAH BETH GLICKSTEEN/THE NEW YORK TIMES (LETTER); SARAH BETH GLICKSTEEN/THE NEW YORK TIMES (MILLER)

AP PHOTO (ALL PHOTOS)

murders from the civil rights era. That effort became a mandate two years later when Congress passed the Emmett Till Unsolved Civil Rights Crime Act. (Till was a 14-year-old black boy who was tortured and killed in Mississippi in 1955 for supposedly flirting with a white woman.)

From the outset, the government faced formidable challenges: limited federal jurisdiction in some cases, the statute of limitations in others, and, of course, the passage of time. Suspects and witnesses die. Evidence is lost. Memories fade. In addition, the law authorized tens of millions of dollars for the project, but just $2.8 million has come through.

The window of opportunity to bring anyone to justice for these crimes has mostly closed.

So far, the initiative has resulted in just one successful federal prosecution: In 2007, James Ford Seale was convicted in connection with the 1964 deaths of two young black men in Mississippi. The Ku Klux Klan apparently believed the two men, Charles Moore and Henry Dee, both 19, were black Muslims plotting an armed uprising. Moore and Dee were tied to trees and whipped, then tied to an engine block and thrown into a river with tape over their mouths.

Seale died in 2011 at age 76 at the prison where he was serving three life sentences.

'Sincere Condolences'

In most of the cases the F.B.I. has reopened, it's been hard to gather enough evidence to bring any suspects to trial. The F.B.I. has sent letters to all but about 20 victims' families saying that their cases have been closed. The letters are, in effect, an acknowledgement that no one is likely to face justice for these crimes.

Grace Hall Miller of Newton, Georgia, received such a letter two years ago. It recounted a day in March 1965 when a man named Cal Hall Jr. fatally shot her husband, Hosie Miller, a farmer and church deacon, in a dispute over cows. Hall, who was white, shot Miller, who was black, in the back.

"After careful review of this incident, we have concluded that the now-deceased Cal Hall Jr. acted alone when he shot and killed your husband, and therefore, we have no choice but to close our investigation," the letter said. (Hall, who claimed he acted in self-defense, was tried but never convicted.) "We regret that we cannot be of further assistance to you. Again, please accept our sincere condolences for the loss of your husband."

Miller, now 80, says she cannot understand why the F.B.I. reopened the case to give it only a cursory review. "I guess they were just trying to make a show," she says.

The Frank Morris case remains open. In 2011, a new suspect was identified and a grand jury began investigating, but so far no charges have been filed.

Adam Lee, who oversees civil rights at the F.B.I., says the bureau worked hard to pursue these cold cases, following any evidence that might lead to prosecutions. But, he adds, "that doesn't bring the emotional closure that the public wants, or needs, in cases like this."

Margaret Burnham is the founder of the Civil Rights and Restorative Justice Project at the Northeastern University School of Law in Boston. She says the letters do matter, even if they don't offer resolution.

"Setting aside whether the F.B.I. could have done more, I respect the dignity with which they are accepting responsibility for letting families know how justice failed them," Burnham says. "Whether it's a sufficient thing, I don't know. But it's a necessary thing." •

Dan Barry, Campbell Robertson, and Robbie Brown are reporters for The New York Times.