

NEWS BREAK

Sunday's News Break selects an article from Sunday, April 9, 2017 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

***Please remember to always preview the content of the article before sharing with your students.**

Article: Dancing may be the best brain booster (NW ARTS & LIFE, H6)

Vocabulary: Match the words to the numbered definitions in the chart below.

A. alter	1. unyielding; unalterable
B. concomitant	2. to doubt or mistrust
C. inexorable	3. to make different in some particular, as size, style, course, or the like; modify:
D. potent	4. accustomed to sit or rest a great deal or to take little exercise.
E. sedentary	5. existing or occurring with something else, often in a lesser way; accompanying; concurrent
F. suspect	6. producing powerful physical or chemical effects

Comprehension

1. A new study that compared the neurological effects of country dancing with those of walking and other activities suggests that there may be something unique about learning what?
2. Neuroscientists and those in middle age or beyond know that brains alter and slow as we grow older. What area of our brain is hit the hardest when we age?
3. Scientists suspect that this decline is due in large part to a concomitant fraying of our brain's white matter, which is its _____.
4. What does white matter consist of? How does it change when people are young vs. older?
5. So for the new study, which was published this month in *Frontiers in Aging Neuroscience*, researchers from the University of Illinois in Urbana and other schools decided to look at the effects of what factors?
6. Who did they recruit for the study? What groups did they create and what did they do with them for the study?
7. The degeneration was especially noticeable in which group?

8. What group showed improvement in their white matter?
9. How did dancing affect the biochemistry of the brain tissue in the fornix?

Discussion Questions, Extension Essay Questions or Journal Prompts:

- Do you enjoy dancing?
- Why do you think dancing makes people happy?
- Think about the different cultures in the world. How many have dancing as an integral part of their cultural heritage? Can you name a few?
- Did you know, prior to reading this article, that dancing was connected to boosting human's brain power? Does this information surprise you? Why or why not?
- Will this new information change how active you want to be now and when you get older? Will you take up dancing? Did this make you realize that exercise and dancing helps your body and your brain remain strong compared to a sedentary lifestyle?

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