



# MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Monday, January 7, 2013

## Cafeteria Menus



### Today - 1/7 (M)

#### Lunch

CHEESE PIZZA  
STEAMED BROCCOLI  
GOLDEN CORN  
FRESH PEARS  
MANDARIN ORANGES  
MILK

### Tomorrow - 1/8 (T)

#### Breakfast

BREAKFAST PIZZA

#### Lunch

CHICKEN CHUNKS  
CREAMED POTATOES  
WHOLE GRAIN ROLLS  
STEAMED CARROTS  
FRESH ORANGES  
APPLESAUCE  
MILK

## Student of the Week



**Brent Ledford**

*For details on the Student of the Week, see page 3.*

## Daily Attendance

- **Absences:** Anthony Coffey, Jesse Gibby, Samuel Kendrick, Aaron Moore, Elizabeth Wooten
- **Suspensions:** Joseph Sanders, Justin Seabolt

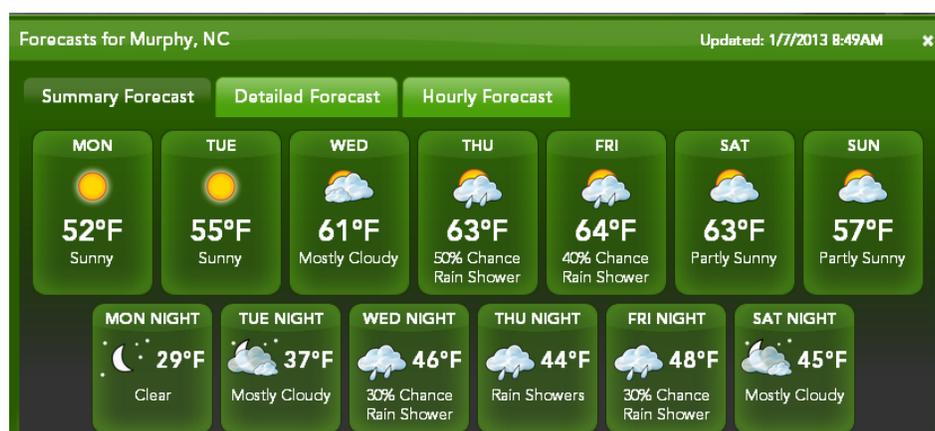
## Student Announcements

- Please check in with your teachers before using the restroom.
- Students, we will be forming a student leadership council soon to discuss school issues and improvement. Please look for an announcement soon.

## Faculty/Staff Information

- Weekly Duty — Cafeteria: Dougherty; Hallway: Crouch
- Teachers, if you have any interesting items to add to the school board presentation on Thursday about what you did in your classes the first semester, or have planned for the second semester, please send them to Ms. Herr by Tuesday.

## Weekly Weather Forecast



## IN THIS ISSUE :

- Teacher article: Tomato pie recipe – p. 2
- Student of the Week – p. 3
- Quote of the day: Calorie secrets – p. 2
- HealthBeat podcast – p. 4

**Mountain Youth School**  
William Gaither, Principal  
4533 Martins Creek Road  
Murphy, NC 28906

PHONE: (828) 837-6775  
FAX: (828) 837-7979  
E-MAIL: mountainyouth@cherokee.k12.nc.us  
WEBSITE: <http://mys.cherokee.k12.nc.us>

*Note: This recipe is from Bobby Deen's television series, "Not My Mama's Meals," featuring lower calorie, high flavor versions of his mother's, Paula Deen's, famous Southern fare. The recipe is from the Cooking Channel, [www.cookingchanneltv.com](http://www.cookingchanneltv.com).*

## Revisited low-cal tomato pie a warm Southern comfort food sure to please

In honor of our New Year's resolutions to be healthier without sacrificing happiness, today's feature is about cooking popular comfort food with a healthy twist.

In the new television cooking series "Not My Mama's Meals," Bobby Deen takes his mother, Paula Deen's, recipes and transforms her Southern comfort food into lighter, lean, yet still delicious dishes. Each week, the series follows Bobby as he tries to recreate one of his Mama's famous meals with healthy substitutes that cut down on calories and fat, but still deliver on taste. Watch the show Wednesdays at 9:00 PM on the Cooking Channel.

### Bobby's Tomato Pie

Total Time: 24 hr 40 min

Prep: 25 min; Inactive Prep: 24 hr 5 min; Cook: 10 min

Level: Easy

Yield: 8 servings

#### Ingredients

- Olive oil spray
- 1 Whole Wheat Pizza Dough (see recipe)
- 1/2 cup grated Parmesan cheese
- 4 large Roma tomatoes, cut into 1/2-inch-thick slices
- 1 cup caramelized onions
- 2 tablespoons fresh rosemary, picked from the stem
- 2 tablespoons torn fresh basil

#### Directions

- Preheat oven to 500°F.
- Spray an 18-by-13-inch nonstick cookie sheet with olive oil spray. Gently work the Whole Wheat Pizza Dough until it covers the entire surface of the cookie sheet.
- Top the pizza dough with a thin layer of cheese, tomato slices and caramelized onions. Sprinkle with the remaining cheese and the rosemary. Spray or drizzle lightly with olive oil and place into the oven. Cook the pizza until the tomatoes are wilted and slightly browned and the crust is cooked through, about 10 minutes. Take out of the oven and let cool for 5 minutes before serving.
- Garnish the pizza with basil and serve immediately.



#### Whole Wheat Pizza Dough

##### Part 1:

- 2 cups white high-gluten flour
- 1 cup whole-wheat flour
- 2 tablespoons garlic powder
- 1 to 1 1/2 tablespoons salt
- 1 teaspoon yeast

##### Part 2:

- 1 cup warm water (96.5 degrees F)
- 2 tablespoons honey
- 2 tablespoons oil, plus more for bowl
- 1 tablespoon brown sugar

For part 1: Combine the flours, garlic powder, salt and yeast in the mixing bowl of a stand mixer. Attach the hook and mix on slow speed for 2 minutes.

Meanwhile, for part 2: Whisk together the warm water, honey, oil and brown sugar. Then slowly incorporate part 2 into part 1. After 5 minutes, the dough should be combined enough to adjust the speed from low to medium. The last 2 minutes, put on high speed to finish the kneading process. Stop the mixing. Place in an oiled bowl and cover with plastic wrap. Refrigerate for 24 hours.

Yield: 1 dough.

*Recipe courtesy SlicePerfect.com*

## Quote of the Day

“No one ever said on their deathbed, ‘Gee, I wish I had spent more time alone with my computer.’ ”

– Danielle Berry

## Student of the Week: Brent Ledford

**Better known as:** Bacon

**Birthday:** October 6

**Birthplace:** Murphy, NC

**Favorite subject:** U.S. History

**Favorite pastime/hobby:** Video games

**Favorite band/group/singer:** CCR

**Favorite sports team:** Boston Red Sox

**Senior Exit Project:** The Holocaust

**Plans after graduation:** Attend a two-year college

**What he wanted to be when he was a kid:** In the Army

**If he could go anywhere in the world, it would be:** Italy, because it's beautiful

**Something interesting few people know about him:** He's very persuasive and a good listener

**Something he is good at:** Eating bacon ... that's how he got his nickname

**Role model:** His grandfather, because he's a very good man

**If he could describe himself in one word:** Fun

**Anything else we should know about you?** That's good enough. If you want to know me, talk to me.

**What teachers say about Brent:** "Brent has a wonderful personality. He's a people person, and all the kids like him, and so do the teachers and staff. He's a student who's interested in a lot of different things. He's just a neat kid." – Ms. D



U.S. Department of Health & Human Services
[www.hhs.gov](http://www.hhs.gov)

## HHS HealthBeat (January 3, 2013)

### Teens and marijuana

+ SHARE

What teenagers have been saying about marijuana recently is worrying experts in the field. The 2012 Monitoring the Future survey of eighth, 10<sup>th</sup> and 12<sup>th</sup> graders reports continued high use of the drug, along with a drop in the teens' perception of its potential harm. At the 12<sup>th</sup> grade level, for instance, only 44 percent saw regular use as harmful.



[Listen to the full Podcast](#)

Take the Next Step  
[The Effects of Marijuana](#)

Use this button to share this message: + SHARE

## Mountain Youth School Spring 2013 Master Schedule

Teacher	1 <sup>st</sup> Period	2 <sup>nd</sup> Period	3 <sup>rd</sup> Period	4 <sup>th</sup> Period
	English IV	English II	English III	English I
Dougherty	Johnny Anderson Jessie Gibby Cody Jones Samuel Kendrick Jeremy Lovingood James Nelson Cory Phillips Tommy Thorley	Sydney Hibberts Aaron Moore Justin Seabdt Preston Smith	Cody Armitage Jacob Haynes	
	Civics	U.S. History	Geography	World History
Crosby	Sydney Hibberts Aaron Moore Amber Rogers Justin Seabdt Preston Smith (US)	Jessie Gibby CJ Hobson	Amber Rogers	
	8 <sup>th</sup> Grade/Study Hall	Algebra II	Analytical Geometry	Alegbra 1B
Crouch	Megan Hicks (SH) Brent Ledford (SH)	Cody Armitage Johnny Anderson Jacob Haynes Megan Hicks Cody Jones Samuel Kendrick Brent Ledford Jeremy Lovingood Cory Phillips Amber Rogers	Jessie Gibby CJ Hobson James Nelson Justin Seabdt	Cory Phillips
	Earth Science	Physical Science	Biology	Biology
Worley/ Scott	Jacob Haynes	James Nelson	Sydney Hibberts Samuel Kendrick Aaron Moore Preston Smith Cody Jones (PE) Johnny Anderson (R)	Cody Armitage Jessie Gibby Jacob Haynes CJ Hobson Cody Jones James Nelson Amber Rogers Justin Seabdt
	MS	MS	MS	MS
Payne				
	Intro T&I	Intro T&I	Carpentry I	Carpentry I/Advanced Studies
Davenport	Cody Armitage CJ Hobson (AS)	Tommy Thorley	Cory Phillips	Preston Smith Johnny Anderson Sydney Hibberts Samuel Kendrick Aaron Moore