



MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Monday, January 14, 2013

Cafeteria Menus



Today - 1/14 (M)

Lunch

CHICKEN FILLET SLIDERS ON
WHOLE GRAIN BUN
SWEET POTATO FRIES
ROASTED BROCCOLI
AU GRATIN
FRESH TANGERINES
MIXED FRUIT
MILK

Tomorrow - 1/15 (T)

Breakfast

BREAKFAST PIZZA

Lunch

CHILI W/ CRACKERS
YUKON GOLD POTATO
GARDEN SALAD
GALA APPLES
PEACH CUP
MILK

Student of the Week



Amber Rogers

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

Daily Attendance

- **Absences:** Spenser Hendrix, James Nelson, Justin Seabolt, Matthew Hughes, Cory Phillips, Cody Armitage, Jacob Haynes, Brent Ledford, Anthony Hill, Cody Jones, Britni Crisp, Jessie Gibby

Student Announcements

- Congratulations to CJ Hobson, Sam Kendrick, and Tommy Thorley for their excellent presentation at the school board meeting last Thursday. Their efforts earned the school a \$500 grant for our school garden! Great job!
- Students, you have noticed we have a new intercom and bell system. Please help your teachers by changing classes when the tone sounds as quickly as possible.
- REMINDER: No cell phones, iPods, or electronic devices are to be used during the day. If they are seen, they will be taken.
- Please check in with your teachers before using the restroom.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Crouch; Hallway: Crosby
- Daunted by the new iPad you were just issued? Tri-County Early College will be providing a staff training on Wednesday, January 16 at 2:30 PM. For details, see page 4.
- All staff: there will be a staff meeting after school on Thursday, January 17 to discuss Indistar objectives.
- Ladies: Kathy Cardwell from Christian Martial Arts in downtown Murphy is hosting a Free Women's Self Defense Seminar on Saturday, January 19 from 10:00 AM to 2:00 PM. The event will feature a free lunch. If you are interested in attending, please contact Kathy at (828) 835-4800.

Quote of the Day

“Pride sings and dances; humility sighs.”

– Mason Cooley

I N T H I S I S S U E :

- Teacher article: Beat the winter blues – p. 2
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Note: This article is from "NIH News in Health," the monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services. For details, see <http://newsinhealth.nih.gov/home>.

NIH News in Health **Beating the winter blues**

As the days get shorter, many people find themselves feeling sad. You might feel blue around the winter holidays, or get into a slump after the fun and festivities have ended. Some people have more serious mood changes year after year, lasting throughout the fall



and winter when there's less natural sunlight. What is it about the darkening days that can leave us down in the dumps? And what can we do about it?

NIH-funded researchers have been studying the "winter blues" and a more severe type of depression called

seasonal affective disorder, or SAD, for more than 3 decades. They've learned about possible causes and found treatments that seem to help most people. Still, much remains unknown about these winter-related shifts in mood.

"Winter blues is a general term, not a medical diagnosis. It's fairly common, and it's more mild than serious. It usually clears up on its own in a fairly short amount of time," says Dr. Matthew Rudorfer, a mental health expert at NIH. The so-called winter blues are often linked to something specific, such as stressful holidays or reminders of absent loved ones.

"Seasonal affective disorder, though, is different. It's a well-defined clinical diagnosis that's related to the shortening of daylight hours," says Rudorfer. "It

interferes with daily functioning over a significant period of time." A key feature of SAD is that it follows a regular pattern. It appears each year as the seasons change, and it goes away several months later, usually during spring and summer.

SAD is more common in northern than in southern parts of the United States, where winter days last longer. "In Florida only about 1% of the population is likely to suffer from SAD. But in the northernmost parts of the U.S, about 10% of people in Alaska may be affected," says Rudorfer.

As with other forms of depression, SAD can lead to a gloomy outlook and make people feel hopeless, worthless and irritable. They may lose interest in activities they used to enjoy, such as hobbies and spending time with friends.

"Some people say that SAD can look like a kind of hibernation," says Rudorfer. "People with SAD tend to be withdrawn, have low energy, oversleep and put on weight. They might crave carbohydrates," such as cakes, candies and cookies. Without treatment, these symptoms generally last until the days start getting longer.

Shorter days seem to be a main trigger for SAD. Reduced sunlight in fall and winter can disrupt your body's internal clock, or circadian rhythm. This 24-hour "master clock" responds to cues in your surroundings, especially light and darkness. During the day, your brain sends signals to other parts of the body to help keep you awake and ready for action. At night, a tiny gland in the brain produces a chemical called melatonin, which helps you sleep. Shortened daylight hours in winter can alter this natural rhythm and lead to SAD in certain people.

Read the entire article at:

<http://newsinhealth.nih.gov/issue/Jan2013/Feature1>

Apple iPad App of the Day

Today's featured app is one that we can all use and appreciate, no matter what subject you teach ...

Calculator Pro is available for free at the Apple App Store, which can also be accessed through

<http://www.apple.com/ipad/from-the-app-store/>.

If you're trying to access it from your computer, free apps can be found all the way at the bottom of the page. When you click on any app, or on the View all Free Apps link, you will be prompted to allow iTunes to open on your computer. You can search and browse dozens of free apps.

Student of the Week: Amber Rogers

Nickname: Lulu

Birthday: March 1

Birthplace: Murphy, NC

Siblings: One brother, one sister

Favorite color: Black

Favorite dessert: Vanilla cookies

Favorite pastime/hobby: Write, sing, swim

Favorite band/group/singer: Rehab

Plans after graduation: Go to college and get a teaching degree

What she wanted to be when he was a kid: A singer, because I loved to sing

If she could go anywhere in the world, it would be: Italy, because it's a nice place

Something she is good at: Writing

Role model: My grandmother, because she's been there for me my whole life. She is a good woman. She will do anything for anyone. She'll give the shirt off her back if someone's freezing.

If she could describe himself in one sentence: I'm loving and careful when I want to be. I'm funny to be around, I like laughing a lot, and I like smiling a lot.

What teachers say about Amber: "I have seen a tremendous improvement in Amber's behavior. She's well-behaved. She's had a positive attitude, and she's putting forth effort and participating."

– Ms. Scott



Note: This article is from Education Week, a national online newsletter for educators.

The cost of when students drop out

When students drop out of school, the course of their lives may be totally reset. Dropouts typically earn less than their peers with more education, and they are more likely than high school graduates to end up in prison. According to the U.S. Census Bureau's American Community Survey, the population of U.S. 18- through 24-year-olds not enrolled in school and without a high school diploma or General Educational Development, or GED, credential was 16.4 percent in 2009.

The economic value attached to completion of ever-greater levels of education is well documented. In 2009, adults ages 25 and older who had dropped out of school or had not acquired a GED earned up to 41 percent less than those who had completed high school or had GEDs, census data show. The gap widened when comparing the incomes of high school dropouts with people with bachelor's degrees. In 2009, male and female college graduates earned \$57,714 and \$39,263 respectively, while male and female high school dropouts earned \$21,629 and \$13,943, respectively (U.S. Census Bureau, 2011).

But the value of a high school education cannot be measured in dollars alone. Among 16- to 24-year-olds who were incarcerated during 2006-07, only 1 in 1,000 had a bachelor's degree, while 6.3 percent were high school dropouts who didn't have a GED. (Sum, Khatiwada, McLaughlin & Palma, 2009).

To read the entire article, visit www.edweek.org/ew/issues/dropouts.

Mountain Youth School Spring 2013 Master Schedule

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

Updated 1-3-13