



MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Wednesday, April 3, 2013

Cafeteria Menus



Today - 4/23 (W)

CAESAR TURKEY WRAP
BAKED POTATO WEDGES
CAESAR SALAD
GALA APPLES
FRUIT AND NUT TRAIL MIX
WHOLE GRAIN CRACKERS
MAYONNAISE, MUSTARD
STRAWBERRY JELLO

Tomorrow - 4/4 (TH)

Breakfast

EGG & CHEESE BISCUIT

Lunch

FISH STICKS
COLE SLAW
SWEET POTATO FRIES
FRESH KIWI
SPICED APPLES
KETCHUP, TARTAR SAUCE

Teacher of the Year



Mr. Keith Payne

For details on the Teacher of the Year, see page 3.

CONGRATULATIONS TO THE 2013 TEACHER OF THE YEAR "COACH" KEITH PAYNE

Daily Attendance

- **Absences:** Johnny Anderson, Mateo Bonilla, Steven Brendle, Britni Crisp, Jeremy Lovingood, Preston Smith, Nikki Wooten
- **Tardies:** Brent Ledford, Samuel Kendrick
- **Work Smart:** Megan Hicks

Student Announcements

- All students participating in Pacesetters need to complete the permission form by this week.
- Permission slips for the Folk School field trip are due TOMORROW! Students will not be allowed to call home to obtain permission.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Worley; Hallway: Payne
- Faculty and Staff, please return the Teacher of the Week questionnaire and see Ms. Herr to have your portrait taken as soon as possible if you have not done so. Two faculty members will be featured each week through the remainder of the school year.
- The middle school class is dressing up as a "live wax museum" today!
- Upcoming events:
 - Field trip to John C. Campbell Folk School will be TOMORROW, Thursday, April 4. Bus will depart at 8:45 AM and return by 11:10 AM.
 - Spring Break is from April 8-12.
 - The "Art in Geometry" unit has tentatively been *postponed* until April 15-19. More details TBA.
 - A needs assessment team from Raleigh will be coming for a two-day site visit on April 23-24.

Quote of the Day

"Happiness resides not in possessions, and not in gold;
happiness dwells in the soul." — Democritus

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

- Getting a good night's sleep – p. 2
- Master schedule & Roster – p. 4
- April calendar, countdown – p. 5

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From NIH News in Health

The benefits of slumber: Why you need a good night's sleep

We have so many demands on our time—jobs, family, errands—not to mention finding some time to relax. To fit everything in, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being.

Of course, sleep helps you feel rested each day. But while you're sleeping, your brain and body don't just shut down. Internal organs and processes are hard at work throughout the night.

"Sleep services all aspects of our body in one way or another: molecular, energy balance, as well as intellectual function, alertness and mood," says Dr. Merrill Mitler, a sleep expert and neuroscientist at NIH.

When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. "The fact is, when we look at well-rested people, they're operating at a different level than people trying to get by on 1 or 2 hours less nightly sleep," says Mitler.

"Loss of sleep impairs your higher levels of reasoning, problem-solving and attention to detail," Mitler explains. Tired people tend to be less productive at work. They're at a much higher risk for traffic accidents. Lack of sleep also influences your mood, which can affect how you interact with others. A sleep deficit over time can even put you at greater risk for developing depression.

But sleep isn't just essential for the brain. "Sleep affects almost every tissue in our bodies," says Dr. Michael Twery, a sleep expert at NIH. "It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health."

Research shows that lack of sleep increases the risk for obesity, heart disease and infections. Throughout the night, your heart rate, breathing rate and blood pressure rise and fall, a process that may be important for cardiovascular health. Your body releases hormones during sleep that help repair cells and control the body's use of energy. These hormone changes can affect your body weight.

"Ongoing research shows a lack of sleep can produce diabetic-like conditions in otherwise healthy people," says Mitler.

Recent studies also reveal that sleep can affect the efficiency of vaccinations. Twery described research showing that well-rested people who received the flu vaccine developed stronger protection against the illness.

A good night's sleep consists of 4 to 5 sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM) sleep, when we dream. "As the night goes on, the portion of that cycle that is in REM sleep increases. It turns out that this pattern of cycling and progression is critical to the biology of sleep," Twery says.

Although personal needs vary, on average, adults need 7 to 8 hours of sleep per night. Babies typically sleep about 16 hours a day. Young children need at least 10 hours of sleep, while teenagers need at least 9 hours. To attain the maximum restorative benefits of sleep, getting a full night of quality sleep is important, says Twery.

Sleep can be disrupted by many things. Stimulants such as caffeine or certain medications can keep you up. Distractions such as electronics—especially the light from TVs, cell phones, tablets and e-readers—can prevent you from falling asleep.

As people get older, they may not get enough sleep because of illness, medications or sleep disorders. By some estimates, about 70 million Americans of all ages suffer from chronic sleep problems. The 2 most common sleep disorders are insomnia and sleep apnea.

People with insomnia have trouble falling or staying asleep. Anxiety about falling asleep often makes the condition worse. Most of us have occasional insomnia. But chronic insomnia—lasting at least 3 nights per week for more than a month—can trigger serious daytime problems such as exhaustion, irritability and difficulty concentrating.

Common therapies include relaxation and deep-breathing techniques. Sometimes medicine is prescribed. But consult a doctor before trying even over-the-counter sleep pills, as they may leave you feeling unrefreshed in the morning.

People with sleep apnea have a loud, uneven snore (although not everyone who snores has apnea). Breathing repeatedly stops or becomes shallow. If you have apnea, you're not getting enough oxygen, and your brain disturbs your sleep to open your windpipe.

Apnea is dangerous. "There's little air exchange for 10 seconds or more at a time," explains Dr. Phyllis Zee, a sleep apnea expert at Northwestern University. "The oxygen goes down and the body's fight or flight response is activated. Blood pressure spikes, your heart rate fluctuates and the brain wakes you up partially to start your breathing again. This creates stress."

Apnea can leave you feeling tired and moody. You may have trouble thinking clearly. "Also, apnea affects the vessels that lead to the brain so there is a higher risk of stroke associated with it," Zee adds.

If you have mild sleep apnea, you might try sleeping on your side, exercising or losing weight to reduce symptoms. A CPAP machine, which pumps air into your throat to keep your airway open, can also help. Another treatment is a bite plate that moves the lower jaw forward. In some cases, however, people with sleep apnea need surgery.

"If you snore chronically and wake up choking or gasping for air, and feel that you're sleepy during the day, tell your doctor and get evaluated," Zee advises.

NIH is currently funding several studies to gain deeper insights into sleep apnea and other aspects of sleep. One 5-year study of 10,000 pregnant women is designed to gauge the effects of apnea on the mother's and baby's health. Zee says this study will shed more light on apnea and the importance of treatment.

Good sleep is critical to your health. To make each day a safe, productive one, take steps to make sure you regularly get a good night's sleep.



Teacher of the Year: Mr. Keith Payne

Birthday: September 3

Birthplace: Asheville, NC

Family: Rachel (wife), Anna (daughter), Ben (son)

Favorite color: Carolina Blue

Favorite subject when you were in school: Math

Favorite food: BBQ

Favorite dessert: Red velvet cake

Favorite pastime/hobby: Running, CrossFit, fishing, writing

Favorite band/group/singer: Bon Jovi

Favorite sports team: Pittsburgh Steelers, Pirates, Penguins

Where he went to college: University of North Carolina at Asheville, Western Carolina University

What did he do before coming to MYS: QMRP

What he wanted to be when he was a kid: Pro football

If he could go anywhere in the world, it would be: Alaska

Something interesting few people know about him: I have been arrested twice (for trespassing).

Something he is good at: Being a daddy.

Role model: My father, because he gives support and advice.

What you consider to be a good role model: Someone who helps/motivates you.

If he could describe himself in one sentence: I would like to think that I know a little about everything.

Anything else we should know about you? I was the 1990 State 3A track champion in 4x800 and the 800m.

What students are saying about Mr. Payne: "He's awesome, the best teacher I've had, because he gives you chance after chance, and helps you do your work." – Andrew Watts



Mountain Youth School – Master Schedule – Spring 2013

Teacher	1 st Period		2 nd Period		3 rd Period		4 th Period	
Dougherty	English IV		English II		English III		English I	
	Johnny Anderson Eileen Corbin Britni Crisp Chelsea Davenport Brianna Elkins Jessie Gibby Cody Jones Charlotte Haigler	Samuel Kendrick Brent Ledford (Eng III) Jeremy Lovingood James Nelson Cory Phillips Tommy Thorley Heather Tillmes Mike Williams	Alex Harper Sydney Hibberts Aaron Moore Justin Seabdt Preston Smith	Britni Crisp (SH) Mike Williams (SH)	Mateo Bonilla Britni Crisp Alston Fillio Nikki Wooten	Johnny Anderson (Eng III)	Jamie McLean Noah Killian Eileen Corbin (SH) Chelsea Davenport (Eng III) Alston Fillio (Eng II)	
Crosby	Civics		U.S. History		Geography		World History	
	Sydney Hibberts Aaron Moore Amber Rogers	Justin Seabolt Preston Smith (US)	Eileen Corbin Brianna Elkins Alston Fillio	Jessie Gibby CJ Hobson Heather Tillmes (SH)	Brianna Elkins Jamie McLean	Noah Killian Amber Rogers	Alex Harper Heather Tillmes (Civics) Nikki Wooten	
Crouch	8 th Grade/Study Hall		Algebra II		Analytical Geometry		Alegbra 1B	
	Megan Hicks (SH) Brent Ledford (SH) Mateo Bonilla (R) Nikki Wooten (R)		Johnny Anderson Mateo Bonilla Charlotte Haigler Megan Hicks Cody Jones	Samuel Kendrick Brent Ledford Jeremy Lovingood Cory Phillips Amber Rogers	Chelsea Davenport Jessie Gibby CJ Hobson James Nelson	Justin Seabolt Heather Tillmes Michael Williams	Cory Phillips Austin Rowland	
Worley	Earth Science		Physical Science		Biology		Biology	
	Alston Fillio Hunter Green Alex Harper	Noah Killian Austin Rowland	Jamie McLean Nikki Wooten		Eileen Corbin Sydney Hibberts Samuel Kendrick Aaron Moore	Preston Smith Cody Jones (PE) Johnny Anderson (R)	Mateo Bonilla Brianna Elkins Jessie Gibby 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	
	CJ Hobson (AS)		Chelsea Davenport James Nelson Tommy Thorley Noah Killian		Alex Harper Cory Phillips		Preston Smith Mike Williams Johnny Anderson Sydney Hibberts Samuel Kendrick Aaron Moore	

Updated 3-19-13

Spring Student Roster – Week of April 1-5, 2013

High School

Anderson, Johnny - 12
Bonilla, Mateo – 10
Corbin, Eileen - 12
Crisp, Britni – 12
Davenport, Chelsea - 12
Diesz, Julian – 12
Elkins, Briana - 12
Elkins, Jordan – 12
Emerick, Matthew – 12
Fillio, Austin - 10
Fleming, Jon - 12
Gaddis, Trae – 12
Gibby, Jessie – 12

Green, Hunter - 9
Haigler, Charlotte - 12
Hamby, Lindsey – 12
Harper, Alex - 9
Henson, Hailey - 12
Hibberts, Sydney - 9
Hicks, Megan - 12
Hobson, CJ* - 10
Holder, David – 12
Howard, Tessa - 9
Jones, Cody* – 12
Kendrick, Samuel – 12
Killian, Noah - 9
Ledford, Brent* - 12

Lovingood, Jeremy – 12
McLean, Jamie - 9
Moore, Aaron – 10
Morgan, Kaylyn - 12
Mosley, Courtney – 12
Nelson, James - 10
Phillips, Cory – 10
Riggs, Daniel - 12
Rogers, Amber* – 9
Rollins, Keith – 12
Rowland, Austin -
Seabolt, Justin – 9
Stiles, Robert - 12
Smith, Preston - 10

Thorley, Tommy – 12
Tillmes, Heather - 12
Whitener, Emily – 12
Williams, Michael - 12
Wooten, Elizabeth – 12

Middle School

Brendle, Steven - 8
Dillard, Easton – 6
Hill, Anthony - 6
Hughes, Matthew* - 6
LaTour, Milo – 7*
Sanders, Joseph* - 6
Watts, Andrew* - 8

Mountain Youth School shared master calendar – April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Easter	1 April Fool's Day SIX-BLOCK SCHEDULE 11:40am - Pacesetters 11:40am - Stacked Deck	2	3	4 Six-block schedule for folk Student Services meeting 8:50am - Folk School field 2pm - C. Herr out 2pm - Counselor's Mtg. @	5	6
7	8-12 Spring Break					
14	15-19 Art in Geometry unit (new dates) SIX-BLOCK SCHEDULE Tax Day 8am - Progress Report 11:40am - Pacesetters 11:40am - Stacked Deck 8am - Progress Reports					
21	22 Earth Day SIX-BLOCK SCHEDULE 11:40am - Stacked Deck	23 DPI comprehensive needs assessment End of 8th school month	24	25 Alternative school meeting 8am - Alt School Mtg -	26	27
28	29 SIX-BLOCK SCHEDULE 11:40am - Pacesetters 11:40am - Stacked Deck	30	1	2	3 11:30am - Counselor's Mtg	4

Year-End Countdown

Tentative Date for Graduation: Thursday, May 23

Tentative Last Day of School: Friday, May 24

Weeks of School: 7 (not including one week for Spring Break)

Days of School: 32 ½