



Cafeteria Menus



Today - 12/5 (W)

Lunch

CAESAR TURKEY WRAP
CRISPY OVEN FRIES
COLLARDS
FRESH GRAPES
PEACHES
OATMEAL RAISIN COOKIE
MILK

Tomorrow - 12/6 (TH)

Breakfast

BISCUITS AND GRAVY

Lunch

FISH STICKS
COLE SLAW
SWEET POTATO FRIES
ORANGES
MIXED FRUIT
MILK

Student of the Week



Trae Gaddis

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

MOUNTAIN YOUTH SCHOOL

Mustang Moment

Wednesday, December 5, 2012

Daily Attendance

- **Absences:** Jordan Elkins, Anthony Hill, Colby Phillips, Michael Veasey
- **Suspensions:** Justin Seabolt

Student Announcements

- Students: school picture packets and order payments are due TODAY.
- The following students need to be present for CTE WorkKeys assessment tomorrow, Thursday, December 6th: Jon Fleming, Keith Rollins, Kalyn Morgan, Lindsay Hamby. Please report to the graduation classroom.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Herr; Hallway: Dougherty
- Please collect any students school picture packets/order payments TODAY.
- The graduation classroom will be in use for testing at the following times: Today, third and fourth block; Thursday, all day; Friday, third and fourth blocks. Please make other arrangements for your students on those days.
- Teachers, please note the testing locations in some cases differ from the room of the teacher serving as administrator. Please see the chart on page 4 or the e-mail from Ms. Maxey for details. Also, please speak with your students about the Common Exams. Stress the importance of the students being here on test days. They cannot receive credit for the course if they don't take the Common Exam.
- Per Ms. Maxey: Shepherd of the Mountains Church made gift bags for all of our students and will deliver them on Monday, December 17th. Please encourage the students to be present that day.
- Countdown to winter break: 11 days!

Quote of the Day

"Time is the scarcest resource and unless it is managed nothing else can be managed." – Peter Drucker

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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 Don't just sit there: Move for your health

Had an exhausting day? Think you deserve to kick back and relax? You might want to think again. If you're like most people nationwide, you've spent more than half of your waking hours sitting or inactive for long stretches of time—at work, at school, in the car or watching TV or another type of screen. Maybe it's time to try standing up instead of putting your feet up.



Scientists estimate that Americans ages 12 and up now spend most of their time—about 8 to 10 hours a day—sitting and doing things that require little energy. The groups who sit the most are teens and older adults.

What's so bad about sitting? Sedentary behavior—which usually means sitting or lying down while awake—has

been linked to a shorter lifespan and a wide range of medical problems.

Studies have found that any time you get up and move, you're improving your chances for good health. "Some of us are sort of forced into sedentary lifestyles by our jobs, by school or by commuting," says Dr. Donna Spruijt-Metz, who studies childhood obesity at the University of Southern California. "But research suggests

that breaking up sedentary time with even short bouts of activity—like getting up from your desk and moving around—is associated with smaller waist circumference and other indicators of good health."

When you're upright and active, even briefly, your body is at work. "You're engaging a wide range of systems in your body when you move throughout your day," says Dr. Charles E. Matthews, who studies physical activity and cancer risk at NIH. "Your muscles are contracting, you're maintaining your balance, and you're resisting the force of gravity."

When you're sitting, Matthews says, "muscle contractions go way down, and your body's resistance to gravity decreases." When you sit for long periods, your body adapts to the reduced physical demand and slows down its metabolism. When metabolism slows, you burn fewer calories and boost the chance that extra energy will be stored as fat.

The best way to raise your metabolism is simply by moving. The more you move, the better. A new study led by NIH's Dr. Steven Moore looked at data on more than 650,000 adults, mostly age 40 and older. The researchers found that leisure-time physical activity was linked to a longer life expectancy, regardless of how much people weighed.

"We found that even a low level of physical activity—equivalent to about 10 minutes a day of walking—was associated with a gain of almost 2 years in life expectancy. High levels of activity—equivalent to about 45 minutes a day of walking—were associated with a gain of 4 years or more," says Moore.

To read the full article, click [here](#).

Fun idea of the day

This section of the newsletter is dedicated to our students and what they are learning.

Today's idea is inspired by Ms. D. and her interest in other cultures, and to students who think learning a second language is fun. "Duolingo" teaches users basic words in one of four languages: Spanish, French, German, or Portuguese. It only takes an e-mail, Twitter, or Facebook account create an account, and learning begins instantly! Go to www.duolingo.com for info.



NOTE: In an effort to learn more about our students and highlight each student's individuality, the Mustang Moment is beginning a new series that will feature a different student each week. We hope to feature every student who is with us at least 20 school days by the end of the year, beginning with our pending December graduates.

Student of the Week: Trae Gaddis

Full Name: Trae Hal Gaddis III (Trae means "three")

Birthday: April 9

Birthplace: Murphy, NC

Siblings: One older brother

Favorite subject: Shop class – Mr. Davenport

Favorite pastime/hobby: Hunting, camping

First vehicle: A green Toyota Tacoma extended cab

Dream vehicle: Dodge/Ram Cummins Diesel 4-door

Senior Exit Project: Woodworking; making a picnic table for the school

Plans after graduation: Work

Dream job: Logging, even extreme logging

What he wanted to be when he was a kid: Cowboy

If he could go anywhere in the world, it would be: Colorado, Montana, or Italy

Something interesting few people know about him:

He doesn't mind shopping at the mall with his girlfriend.

He also played basketball and football.

Something he is good at: Playing guitar – he can play whatever by ear and can even read some music

Role model: Superman, because he has superpowers and he can fly.

Quote: "I wish I could fly, I'd save a lot on gas money."

If he could describe himself in one word: Wild

If he could describe himself in one sentence: I'm pretty easy to get along with until I get mad.

What teachers say about Trae: "Trae is one of the most popular students in school. He's very well-liked by his peers, and by the staff, too." – Ms. D.

Mountain Youth School Common Exam Testing

December 11-14, 2012

Course	English IV	Earth Science	ELPS	English III	Phys. Science	Geometry	World History	U.S. History
Date	12.11.12	12.11.12	12.11.12	12.12.12	12.12.12	12.13.12	12.13.12	12.13.12
Administrator	Crosby	Dougherty	Scott	Scott	Dougherty	Crosby	Crouch	Dougherty
Location	Dougherty	Crosby	Scott	Scott	Dougherty	Crouch	Crosby	Dougherty
Students	J. Diesz J. Elkins T. Gaddis L. Hamby H. Henson M. Hicks D. Holder B. Ledford K. Morgan K. Morrow C. Mosley D. Riggs K. Rollins R. Stiles E. Whitener	J. Seabolt	C. Armitage K. Morrow CJ Hobson S. Kendrick P. Smith	C. Jones S. Kendrick J. Lovingood C. Phillips T. Thorley	C. Armitage H. Henson S. Hibberts CJ Hobson A. Moore A. Rogers P. Smith	J. Anderson J. Fleming C. Jones S. Kendrick A. Moore J. Nelson	S. Hibberts J. Seabolt	J. Elkins J. Haynes M. Hicks D. Holder C. Jones J. Nelson C. Phillips T. Thorley E. Whitener PM

Fall 2012 Master Schedule

Teacher	1 st Period	2 nd Period	3 rd Period	4 th Period
Dougherty	English IV		English III	
	Julian Diesz Jordan Elkins Trae Gaddis Lindsay Hamby Hailey Henson Megan Hicks David Holder Brent Ledford Kalyn Morgan	Kristen Morrow Courtney Mosley Daniel Riggs Keith Rollins Robbie Stiles Emily Whitener Jeremy Lovingood (R-Eng II) Johnny Anderson (R)	Cody Jones Sam Kendrick Jeremy Lovingood Courtney Mosley (R) Cory Phillips Tommy Thorley	Cody Armitage Jacob Haynes CJ Hobson Amber Rogers
Crosby	US History		Geography	
	Jacob Haynes Cody Jones James Nelson Cory Phillips Tommy Thorley	CJ Hobson (ELPS) Sam Kendrick (ELPS) Amber Rogers (R-WH) Preston Smith (ELPS)	Johnny Anderson Jacob Haynes Brent Ledford Kristen Morrow James Nelson	Justin Seabolt Jordan Elkins (US) Megan Hicks (US) David Holder (US) Emily Whitener (US)
Crouch	Algebra IA		8th	
	Cody Armitage (R) Aaron Moore (R) Jon Fleming (Geom)	Trae Gaddis (R) Jon Fleming	Geometry	
Worley	Earth Science		Physical Science	
	Sydney Hibberts (R) Justin Seabolt	Cody Armitage Hailey Henson Sydney Hibberts CJ Hobson	Aaron Moore Amber Rogers Preston Smith	Special Topics
Payne	MS		MS	
			Jon Fleming	
Davenport	MS		MS	
			Intro T&I	
	Daniel Riggs (Graphic Design) Keith Rollins (Horticulture) Robbie Stiles (Foods I)		Cory Phillips (AS) Preston Smith (AS) Tommy Thorley	
			Intro T&I	
			CJ Hobson David Holder Sam Kendrick Aaron Moore	
			Jeremy Lovingood Daniel Riggs Courtney Mosley Cory Phillips Robbie Stiles Tommy Thorley	
			Johnny Anderson Julian Diesz Jordan Elkins Lindsay Hamby Jacob Haynes Sydney Hibberts Megan Hicks Cody Jones Brent Ledford	
			Jeremy Lovingood Kalyn Morgan Courtney Mosley Cory Phillips Daniel Riggs Preston Smith Robbie Stiles Tommy Thorley	