

# Newbridge Newsletter

January 2013

*Newbridge is the awesome school located inside the Rogue Valley Youth Correctional Facility*



*DillonM* installing a soap dispenser



## What Has the RYCF Work Crew Been Up To?

by *DillonM*

What has the RYCF Work Crew been up to? Well here, I'll tell you about some of the things we do.

### Outdoors

- Mow, weed-eat, edge, aerate and fertilize the grass around the building
- Repair the mowers, put on new blades when needed
- Transplant plants
- Repair sprinklers with the help of *StaffD*
- Paint the walls and the yellow/white lines in the courtyard
- Power wash the walls, cement, and underneath the basketball court
- Set up for outside sports activities (football, soccer, softball)
- Blow and bag leaves
- Wash windows
- Back in the day, there was a big pile of dirt and rocks in the corner of the sweat lodge area. We took all the big rocks down and made a small mound over it. We placed black lining, netting, bark and flowers in the empty space.
- We have put down sod. Sod is grass strips like turf that we plant where the grass has died. We tilled up the dead areas with a rototiller, used the wheelbarrow to haul some of the dirt out, then laid the sod. We loaded the heavy dirt on tarps into a truck. Whew!

### Indoors

- Strip, buff, wax floors
- Clean the flats in the Manufacturing Technology classroom, Clinic, and gym
- Deep clean and power wash the flats in all units
- Polish the mirrors
- Repair broken soap dispensers
- Dust the cameras
- Clean the gym floor, gym walls, library
- Sanitize the weights
- Vacuum the library
- Clean IPR (Individual Placement Rooms) and CIU (Crisis Intervention Rooms)
- Clean the intake area and visitation
- Repair the dryers
- Clean out the sink and shower drains when they are clogged. This is a very nasty job! You take an "air ram," which is a tool that shoots air, and put it down the drain. When you pull the trigger, you hope it doesn't get all over you too much. Hey, it's dirty but it has to get done. If we can't get it out with the air ram, then we "snake" it with a plumbing tool. A snake is a long metal coil that goes down the drain either pushing the clog out or grabbing it to pull out.
- The boxes that you see around your bed, well we're the ones who clamp them on. We epoxied four squares from a fire blanket on the bottom of each one so the box doesn't scratch the floor and isn't as loud.
- Set up the beds. We turn the single beds into doubles. It's simple and for a "motor head" like me, anything to do with wrenches is a real privilege. For new guys with no experience with tools, being on the work crew is the perfect opportunity to learn about them, so when they leave they can say, "I know how to do that."



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That's most of the stuff we get to learn how to do. The work crew is a great opportunity for anyone. I've met a lot of cool people while I've been on the work crew. Being able to work with them, getting to know them and hearing their stories has been a real privilege. Another great thing about being on the work crew is being able to get out and enjoy the fresh air. It's doing something that makes you feel good about yourself because you can say "I did that" or "I can do that for you." The best thing about the work crew is working with *StaffB*, *StaffP*, *StaffM*, *StaffL*, and *StaffD*. If you listen to them, you can learn so much and without them, not much around here could get done.

## Winter Break Activities and Participants

### 4 on 4 Basketball

Thank you StaffC!

ShawnQ & BrandonF (winners)  
 AlfredoC & ConnerB (winners)  
 EricS                      AnthonyV  
 BrodyS                     ErikG  
 MasonD                    KameranD  
 KonnorL                   ChristopherF  
 RodneyH                   MauricioT  
 BryceH                     AnthonyM  
 EthanG                     AlexanderH  
 QuintnE                    DillonM  
 IanH

### High Point Challenge

Thank you StaffG, StaffV &  
 SOU Coach Minor!

EthanG (winner of SOU sweater)  
 DillonM (winner of SOU sweater)  
 JuanM                      KonnorL  
 ErikG                        RodneyH  
 EricS                        KameranD  
 ChristopherR              KevinM  
 AlexG                        LucianoO  
 BrodyS                      ThomasR  
 JeremyF                     MasonD  
 BryceH                      JesseM  
 DavidD                      BrandonB  
 DanielC                     JavierM  
 JuanE                        BrandonD  
 ChristopherF              ConnerB  
 PaulC                        LeandreM  
 BrandonG                  IsaiahH  
 QuintnE                      KeithT  
 AlexanderH                DylanB  
 AnthonyM                  CocoaT  
 FranciscoC

### Call of Duty Video Tournament

JackG & AnthonyV (winners)  
 KameranD                JeremyF  
 AlexG                        IanH  
 KonnorL                    CadeC  
 KevinM                     WilliamA  
 RodneyH                    TravisM  
 DavidO                      BradyC  
 EricS                        LucianoO  
 BrandonF                  DustinW  
 AustinC                     DavidD  
 BryceH                      BillyW  
 DevinP                      JonathanL  
 BrandonK                  AlexanderH  
 MasonD                     JessieA  
 DanielC                      QuintnE  
 BrandonG                  EthanG  
 CoreyW                      ChristopherF  
 BrodyS

Please forgive us if we missed you!

## Christmas Eve Burgers

by BrettG

Christmas Eve dinner at RVYCF was fantastic! We each received two quarter pounders and fries. Who wouldn't be excited about that? It was pretty awesome to see everyone's face when the volunteers walked out of the kitchen pushing the cart full with bags from McDonalds. The moment the food was in the door you could hear people oohing and aahing at the smell and sight. The first bite was amazing, almost like someone drinking water after a week without it. We are very thankful that we have such awesome *volunteers* to bring in all that food which can't be cheap.



## Cold Vs. Flu, Know the Differences by DustinJW and publichealth.va.gov

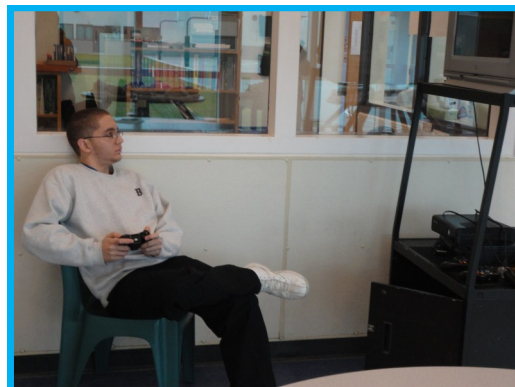
<i>Symptoms</i>	<i>Cold</i>	<i>Flu</i>
<i>Fever</i>	<i>Rare</i>	<i>Usual - can be 100 to 102° or higher, Lasts 3-4 days</i>
<i>Chills</i>	<i>Uncommon</i>	<i>Common</i>
<i>Muscle Aches and Pains</i>	<i>Uncommon or Mild</i>	<i>Common - can be severe</i>
<i>Headache</i>	<i>Uncommon</i>	<i>Common - can occur suddenly and be severe</i>
<i>Feeling tired and weak</i>	<i>Sometimes - usually mild; you don't feel tired</i>	<i>Common Moderate to severe Can last 2-3 weeks Occurs suddenly</i>
<i>Coughing</i>	<i>Common - mild to moderate hacking</i>	<i>Common-can become severe and last for several weeks</i>
<i>Sneezing</i>	<i>Common</i>	<i>Sometimes</i>
<i>Stuffy Nose</i>	<i>Common</i>	<i>Sometimes</i>
<i>Sore Throat</i>	<i>Common</i>	<i>Sometimes</i>
<i>Chest Discomfort</i>	<i>Sometimes - can be mild to moderate</i>	<i>Common - can be severe</i>

### How can you prevent the spread of colds or flu?

**Keep your hands clean.** Wash with soap and water or use hand sanitizer.

**Cover coughs and sneezes.** Cough and sneeze into the inside of your elbow. Dispose of tissues in the garbages provided.

**Keep surfaces clean.**



### Madden NFL 08 Xbox Tournament by JesseK

During the holiday break, level 2 and above youth on Bravo participated in the Madden NFL tournament with StaffJ. The winner was BrodyS with the Chargers. DustinJW came in second place with the Redskins. Everyone who participated enjoyed having the opportunity to play the Xbox 360. I think it was good because it was a positive incentive during the two weeks.

## Volleyball

by *ShawnQ*

Every Sunday and Tuesday, selected youth level 2 and higher participate in a volleyball league in the gym. It's been a very interesting time. Along with playing, we learn all of the ways to properly hit the ball and get the ball into the air where you want it. We start our volleyball time with a warm up, which is usually one of the many versions of tag. After our warm up we go into the library area to learn how to correctly stand on the court, how to bump, set, spike, block and overhand serve (harder than it sounds). When playing we try to get the opponents to hit the ball out using the blocking skills we were taught. If you're skilled and have a good jump height, you could possibly spike and get your team the points to win. Thank you *StaffK*, *StaffW* and *StaffG* for offering this activity and I look forward to more of the sports that come around each season.

## Holiday Caroling

by *ReydK*

Jingle bells, jingle bells, jingle all the way. Last month was Christmas and what always comes around during Christmas? Caroling! On December 24th, after we ate our McDonalds dinner, carolers from each unit sang to us. Their song selection included *Feliz Navidad*, *Jingle Bells*, and *Up on the Housetop*. After the caroling was over, the singers gave us each a candy cane. Caroling brought the joy of Christmas spirit to those of us in need. Hope you had a Merry Christmas! Thank you *StaffK* for putting it all together and making it happen because we really appreciate it.

## January and February Fun Facts

January Birthstone: Garnet

February Birthstone: Amethyst

Astrological Signs:

Capricorn (12/ 22 - 1/19)

Aquarius (1/20 - 2/18)

Pisces (2/19—3/20)

Number of Days in January: 31

Number of Days in February: 28

January Flowers: Dianthus or Galanthus

February Flowers: Violet or Primrose

Famous People Born in January: Alicia Keys, Benjamin Franklin, Dick Cheney, Edgar Allan Poe, Ellen DeGeneres, Elvis Presley, Justin Timberlake, Martin Luther King Jr., Oprah Winfrey, Wolfgang Amadeus Mozart

Famous People Born in February: Garth Brooks, Ronald Reagan, James Dean, Charles Darwin, Steve Irwin, Steve Jobs, Levi Strauss



## Christmas Gifts

by *JesseK*

Pajama pants	Photo albums	Basketballs	Footballs
Soccer balls	Cards	Posters	Journals
Radios	Puzzles	Socks	Puzzle books
	Legos	Address books	

## Peace Choir

by *DavidD*

On Sunday, December 14, 2012, a choir came to our facility. They put on a really good show. They sang about hardship, peace and war in *Man in the Mirror*, *We Are Family*, a Christmas song in Spanish, *Happy Christmas the War is Over* (which is a song that John Lennon made right before he died), and *Away in a Manger*. Near the end of their performance, they asked for volunteers to come up and sing. *BillyW*, *KodeyS*, *MasonD*, *ShawnQ*, *JuanE*, and *JusticeB* joined them. The Peace Choir really put their hearts and souls into their music. As we left the gym they sang *Silent Night*.

## - - - Happy Birthday in February - - -

Name	BDate	Favorite Sports Team	Favorite Restaurant	Favorite Car	Favorite Food
ManuelS	4	Dallas Cowboys	Muchas Gracias	Shelby Mustang	Pozole
IsaiahH	6	San Francisco 49ers	Friends House	1963 Chevy Impala	Chili Rellenos
ConnerB	12	Oregon Ducks	Subway	Sports Bike	Chinese
CoreyW	13	San Francisco 49ers	None	Bugatti	Pizza
MichaelM	13	San Francisco 49ers	Muchas Gracias	Chevy Nova	Native American Fry Bread
PharaohD	16	Oregon Ducks	Applebee's	Ferrari	Chinese
AnthonyM	18	Oakland Raiders	Muchas Gracias	1970 Chevy Monte Carlo	Carne Asada
JamesD	24	Atlanta Falcons	Popeyes	Range Rover	Chinese Food
PrestonC	28	Houston Texans	Sonic	Acura NSX	Chili Cheese Dogs



## Rogue Ambassadors

Rogue Ambassadors is a merit scholarship for high school graduates. Students selected as Rogue Ambassadors (RA) are required to have an outstanding academic record in high school, agree to perform service hours in the community, and enroll in mandatory courses. The RAs' scholarship begins in the fall each year and pays one half of recipients' tuition (up to nine credits) in the first year following high school graduation. If eligibility requirements are met, full tuition up to eighteen credits per term is paid in the second year. Summer term enrollment is not covered. RA's are responsible for payment for their books and other college fees.

Rogue Ambassadors are looked upon as leaders and role models in class, on campus, and within the community. Rogue Ambassadors are therefore required to complete volunteer community service each year within the program. Community service jobs must serve the RCC or greater community in some way and cannot be paid positions. Students who accept a RA Scholarship should meet with their advisor to plan their first term and register for RA specific classes, as established by their academic advisors.

Interested in this opportunity? Please see *TeacherD* for more information.

## A Rogue Community College Opportunity

## Christmas Decorating

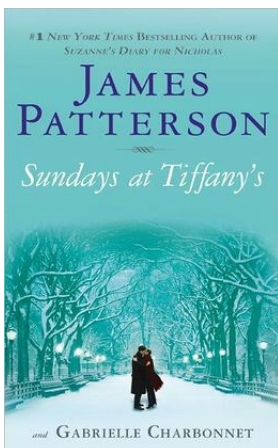
Decorating the unit for the holidays is much more intriguing than it looks. When a group of youth on Alpha saw all the paper left over from Thanksgiving along with the new paper we received for Christmas decorations, they knew right away what they were going to do. We spent an entire weekend cutting, gluing, folding and hanging paper decorations around the unit. There were chains streamed about the unit. It may seem like a waste of time since it was taken down so soon, but it was well worth it. There were multiple mistakes that I made in the snowflakes, but they turned out great when finished. I was reminded of the saying about how failure is only a fact when you give up. Everyone gets knocked down so the question is, "Will you get back up?" It's up to you what to do after your mistakes. It turned out that my unit Alpha won the Unit Holiday Decorating Contest in December! Our prize you ask? Banana splits and sundaes. Mmmm!

by *WilliamA*

## Sunday's at Tiffany's

*Sunday at Tiffany's* is a book I recently read from the RVYCF library. I have to say that it is the best book I have ready by James Patterson. It is a heart pulling story with breathtaking and emotional twists that make it hard to stop turning pages. The book is about a lonely 8-year-old girl named Jane. Her mother is a Broadway producer, who takes personal time only once per week to spend time with Jane to go on a Sunday trip to admire jewelry at Tiffany's. Jane has an imaginary friend named Michael who is funny, handsome and comforting. He can't stay forever, so on Jane's ninth birthday he leaves and promises that he will be forgotten. When Jane is in her 30's, she works with her overbearing mother as a successful playwright. She never forgot Michael and was as lonely as she was when she was a child. But, something magical happens to Jane. She meets someone. He is funny, handsome, comforting and his name is Michael. Will they be together forever? Check out the book to find out!

A Book Review by *BrettG*



## What's New in Manufacturing Technology?

by *BillyW*

Are you into playing the guitar? Can you find anything around that is home made out of wood like guitar picks? Let me answer that, no. Wooden guitar picks are extremely hard to find and difficult to make. They may be a little stiff for your liking but I have no problem with it. In class, I made a genuine guitar pick out of purple heart, a wood that is fairly dense and hard, and it turned out to be really cool. *TeacherH* says that the other woods we have are too soft. I haven't had the chance to test it but I have the confidence that it will work. I am going to see if I will be allowed to make some more for the guitar players at RVYCF. That is the new thing happening in the Manufacturing Technology class.



Guitar picks made by *BillyW* in Manufacturing Technology class using purple heart wood.

## Survey Questions Answered

- Q: Favorite to Play: Basketball, Football, Volleyball or Baseball  
A: Football 42%
- Q: Hair Color: Black, Brown, Blonde, Red  
A: Black 27%, Brown 55%, Blonde 9%, Red 9%
- Q: Favorite Cereal:  
A: Cinnamon Toast Crunch 24%
- Q: Left or Right Handed?  
A: Right 78%
- Q: Do you like broccoli?  
A: Yes 79%
- Q: Have you ever had to wear a Cast?  
A: Yes 58%
- Q: Have you ever ridden a horse?  
A: Yes 76%

*Teachers are TeacherA or TeacherB, OYA Staff are StaffC or StaffD, Cooks are CookE or CookF, Students are FirstNameLastInitial. There's no spacing, that's "our thing."*

## Family Days

by *CadeC*

On December 8, 9, 15, and 16, each unit had the opportunity to have their family come into the gym, enjoy a meal together, and have an extended visit with activities.

- The meal included spaghetti, garlic bread, salad, and chocolate chip cookies.
- We were able to have pictures taken without using one of our picture tickets.
- We could play board games.
- We had the opportunity to just sit and visit with our families.

The gym was decorated with various Christmas decorations and tables were covered with holiday themed items. It was a really pleasant sight for us—some happiness and color to brighten our day. This added some excitement to the repetitive schedule that we're used to.

Family Days was a very positive incentive and activity for the top youth on each unit who were able to participate. We were able to see that our staff and treatment managers appreciated our cooperation within the facility. Youth that have families that are far away really appreciated this special opportunity. Hopefully in the future there will be more family days. Thank you to everyone who helped set this up for us and help make Family Day a success.

## Staff Who Am I?

- My favorite times are on my Harley.
- Black, green, and yellow are my favorite colors.
- Bob Seger's "Old Time Rock And Roll" is my favorite song.
- I need to go on another cruise!
- Don't you just love BBQs? Mmmm Ribs, Chops, Steaks, Burgers, Dogs
- Go Ducks!
- Disney movies, I like 'em and Disneyland.
- CSI and Last Man Standing are great shows to watch.
- I wear shorts every day and have many, many Harley shirts.
- I admit it, I like to play computer games.



## Student Who Am I?

- Chicken is yummy. You know that saying, "it tastes like chicken?" It really tastes like chicken because it is chicken.
- My favorite sport is hockey and Tri-City Americans is a great team.
- *The Walking Dead* is a great show and it's on AMC.
- I like to read, write, draw, listen to music and create digital arts stuff. Do you know what digital art is? It's a range of artistic works and practices that use digital technology as part of the creative and/or presentation process. [wikipedia.com](https://en.wikipedia.org/wiki/Digital_art)
- I like "high and tight" haircuts.
- I have college aspirations: Blue Mountain Community College, Eastern Oregon University, Corban University, Oregon Institute of Technology or Rochester IT.

## Time for Some Riddles from Mystery Marvin

- The name of four animals are hidden in the sentence below. Can you find them? "He is rich or seems to be, since he buys from expensive catalogs and ogles million dollar homes for sale."
- I have holes in the top and bottom. I have holes on my left and on my right. I have holes in the middle yet I still hold water.. What am I?
- A word I know, six letters it contains, subtract just one, twelve is what remains. What is the word?



## February Dates to Remember

- 3 - NFL Super Bowl XLVII in New Orleans, LA
- 12—Mardi Gras
- 14 - Valentines Day
- 18 - Presidents' Day, No School
- February is African American History Month

## Black History Month

by *JuanM* and Encarta.com

Black History Month, also known as African-American History Month, is an annual observance in the United States, Canada, and the United Kingdom for the remembrance of important African-Americans and events in history. Historically, it was African-American organizations that took on the cause for change in American society. These groups helped make our world a better place. Interesting people, organizations, and facts about Black History Month include:

- Abraham Lincoln issued the Emancipation Proclamation, which reinforced the ending of slavery in 1863.
- In 1915, Carter G. Woodson, created the Association for the study of Negro Life and History and in 1926 introduced Negro History Week.
- In 1963, on the steps of the Lincoln Memorial, Martin Luther King Jr. delivered one of the greatest speeches in American History. King seemed to sense the historic importance of the moment as he opened his "I Have a Dream" speech during the March on Washington for Jobs and Freedom (the greatest demonstration for freedom in the history of our nation). He worked for change through non-violent action.
- In 1976, as part of America's bicentennial celebration, the week was extended to a month and officially became known as Black History Month
- Frederick Douglass, 1800's was a highly regarded leader in American Civil Rights He was a reformer, orator, writer and statesman. After escaping from slavery, he became a leader of the abolitionist movement, gaining note for his dazzling oratory and incisive antislavery writing.

## More Winter Break Activities and Participants

### Ironman Competition

Thank you StaffG!

EricS (winner)

AlfredoC	JuanG
Kamerend	DillonM
JuanE	RodneyH
BryanP	LucianoO
AlexG	MauricioT
BryanP	

### Spades Tournament

Thank you StaffT & StaffW!

NicolasR	BrandonF
QuintnE	RodneyH
JackG	KonnorL
EricS	KevinM
EthanG	AnthonyM
ConnerB	PrestonC
DillonM	

### Holiday Caroling

Thank you StaffK!

BrettG	MarcoD
JesseM	AlfredoC
TallanC	ChristopherH
EricS	

### Scorekeepers and Referees

PrestonC	JackG
LucianoO	DillonM
ConnerB	EricS
ChristopherF	QuintnE
AnthonyV	JesseM

### Dodgeball

Thank you StaffC!

ThomasR	JeremyF
QuintnE	RodneyH
ShawnQ	MasonD
DevinP	JesseM
BryceH	LucianoO
JonathanL	CoreyW
AlfredoC	AlexanderH
IanH	BrodyS
EricS	DennisL
DustinW	WilliamA
BrandonG	JuanE
CadeC	BillyW
KodeyS	BrandonF
BrandonK	

Please forgive us if we missed you !

## 2013 Hyundai Genesis Coupe

by *BrettG* & *caranddriver.com*

The Hyundai Genesis Coupe was introduced to the showroom floors in 2010 by a company that started off in America with only one car. Hyundai has grown in quantity and quality since that date. The lineup now includes 14 vehicles including the Hyundai Genesis Coupe, which I think is the best. The Genesis has more oomph and a new suspension along with many other improvements this year. It's in the sports car market with a cheap price tag (\$25—\$40g) and high thrills. It's nice to drive every day. When you step on the throttle, the engine roars to life and you get a sweet sounding dual exhaust roar. You can choose from two engine options: a 2.0 liter turbo four cylinder with 274 horsepower or a 3.8 liter direct injection V6 with 348 horsepower. The 2013 Hyundai Genesis stands out for its many positive attributes and I highly recommend saving up and buying one someday.



### Chili Cheese Dip Recipe

A Super Bowl Appetizer from *tasteofhome.com*

1 pound lean ground beef  
 1 cup chopped onion  
 1 can (16 oz) kidney beans, drained and rinsed  
 1 can (15 oz) black beans, rinsed and drained  
 1 can (14 1/2 oz) diced tomatoes in sauce  
 1 cup frozen corn  
 3/4 cup water  
 1 can (2 1/4 oz) sliced ripe olives, drained  
 3 teaspoons chili powder  
 1/2 teaspoon dried oregano  
 1/2 teaspoon chipotle hot pepper sauce  
 1/4 teaspoon garlic powder  
 1/4 teaspoon ground cumin  
 1 package (16 oz) Velveeta, cubed  
 Corn Chips



### Directions:

- In a large skillet, cook beef and onion over medium heat until no longer pink; drain. Transfer to a 5 quart slow cooker. Stir in the beans, tomatoes, corn, water, olives, chili powder, oregano, pepper sauce, garlic powder and cumin.
- Cover and cook on low for 4-5 hours or until heated through; stir in cheese. Cover and cook for 30 minutes or until cheese is melted. Serve with corn chips. Yield: 8 cups

### Nutritional Facts

1/4 c (without chips) equals 87 calories, 3g fat, 12 mg cholesterol, 330 mg sodium, 9g carbohydrate, 2g fiber, 7g protein.

### Answers

Mystery Marvin Riddles:

- Horse, cat, dog, lion
- Sponge
- Dozens

Who Am I? Staff DS, Student EY

There are 18 different animal shapes in the Animal Crackers cookie zoo.

In Tokyo, a bicycle is faster than a car for most trips taking less than 50 minutes.

## Operation Joy by *RobertC*

Some senior citizens in assisted living homes don't get anything during the holidays. Because of this, many of us decided to write them Christmas cards. It must not be very pleasant to spend Christmas alone with no one writing you letters or anything. We all spend the holidays away from our families but we get letters, phone calls, and visits. Some of us don't get that and can truly empathize with the elderly. I think Operation Joy brought a lot of elderly people some happiness on Christmas, maybe even made them feel a little less alone, hopefully. I bet they appreciated what we said in the cards. It's always nice to make others smile.

