

Newbridge Newsletter

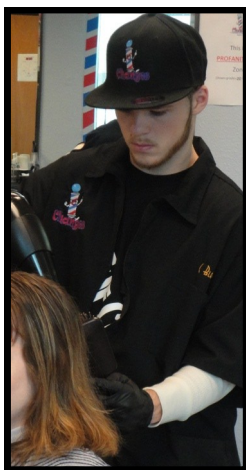
February 2013

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

Changes Barber Shop Cuts Women's Hair Too

by Youth Barbers: **ConnerB**, **PrestonC** and **EricS**

Our adventure began with a client consultation with **TeacherZ** on day 1, which was January 24th. Barbering InstructorG had us begin by asking her several questions to simulate being in the workforce out in the community. She told us about her hair and it's challenges (cowlicks, waves, coloring and styling damage, very fine, etc.). On day 2, we washed, cut, dried, and styled her hair. On day 3, we completed our first woman's haircut experience with a follow up visit. Since she has a challenging natural wave pattern, we re-trimmed her bangs while they were dry. We discussed how it looked after she styled it. The process of washing, cutting, drying and thermal styling her hair was a great learning experience and we look forward to more opportunities to cut women's hair in the future. We thank you **TeacherZ** for your willingness to help us learn.



ConnerB
Blow Drying

I shampooed her hair before her haircut and blew it dry afterwards. It's best to cut hair when it is wet. The person-to-person hands on experience was awesome because it's different than working on a manikin.



PrestonC
Cutting

Cutting **TeacherZ's** hair was very intimidating. I started by separating her hair into five sections to establish a guideline to blunt cut the crown (top of her head). After that I used the original guide and cut a 2" x 2" parting down the center back of her hair holding it at a 45° angle. I went from the crown to the hairline, then worked both sides until I reached the front. It seemed like a quick and efficient way to do a woman's haircut but it took me 1 and 1/2 hours.



EricS
Thermal Styling

I completed her look with a thermal styling process that looked amazing. When she first walked in I couldn't help but think, "wow, what a task!" Once I got further into the thermal style, it became more comfortable. I was pretty confident about the style but on the edge about burning her. The curling irons get hot! I gave her big long curls which brought out the highlights in her hair.



Ta Da!

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Interested in Joining the Changes Barber Shop?

The Changes Barber Shop is looking for new barbers!
Requirements include:

- Staying at RYVCF for the next 9 months
- MAP Scores: R226, W223, M237
- Preparation Level 2 or above
- Recommendation from Staff
- Great hand-eye coordination, social and communication skills
- High School Graduate or GED Recipient



If you meet all of the requirements above, please fill out an application, available on your unit, and turn into School StaffK.

Changes Barber Shop Services

Services for everyone includes: haircuts, hairstyling, grooming, beard trims, shaving, facials and light therapy (scalp stimulation for hair growth).

Over the next several weeks, Changes Barber Shop will establish the cost for services provided to staff. Staff who are educational clients will not be charged. Some of the funds raised will go towards the barbering program, the other towards the Youth Incentive Fund at RYVCF. More to come as the process is defined.

Puffy Pictures in the Sky

by DeloyE

At night I watch the sky
Observing slowly traveling clouds sauntering from the west
With the naked eye, view violet blue from twinkling starlight
I see shapes and pictures blended splendidly
Reminding me of memories so blissfully
I vividly mill through past scenes and future dreams
Wishing to evade these evil schemes of this thing of mine called life
I tear up inside but reside to confide
To escape these evil lies as time passes and flies
I'm mystified at times
It's hard to come out with my true self and let my soul rise
Despite the pressure I measure worth and size
Of happiness I'll receive from letting go of this life of tedious crimes
Dimes drop

People toss their precious futures aside, you can't take it back
It's obvious time stops - never
Soiling my cleverness so self digest pesters
I'll render to what I wish for . . .
It all comes down to what I miss more . . .

These thoughts flood from pictures in the sky
I wonder why and sigh and try to let the feeling pass by
Without tears dropping from my eye.
I'm giving myself to good, I'm moving on
Flying away from the hood staying strong
While hoping many will come along
To the other side of life we all belong
Negativity is wrong, within it I'm lost

Back to when it starts
I was too blind to grasp the cost of death and depression
Constantly stressing

Out, I'm grateful, now I count my blessings
This all originates from puffy pictures in the sky
I'm destined to climb to happiness
I'm having this dream coming true soon
Emancipating sadness

An idea born from clouds around the moon
With maybe a sliver of outlandishness
Although I don't think so

I'm capable to manage this self change objective
If I'm selective

Success is near if pursued without fear
Finished with this, I am no longer willing to stay locked in cells
Staring off into space with an empty look upon my face

I gaze at stars thinking of someone loved by me
Then deciding that a certain star is who they are
I yearn to be free like the deceased, rest in peace, and
Maybe someday fly to Mars

It's hard submitting everything I've grown to know
But by doing so, happiness will glow
I have to go be a young family man
Die AFTER not BEFORE mother
Present for sisters and brothers I wonder
When time will come

Will I grow old or will I die young? I'm spring
Of a girl I love her with everything I've got to give
I want to make our life fun
Someday have a son
Just three . . . Living as one

Mystery Marvin Riddles

- What object has keys that open no locks, space but no room, and you can enter but not go in?
- Light as a feather, there is nothing in it; the strongest man can't hold it for much more than a minute?
- What eats rocks, levels mountains, rusts metal, pushes the clouds across the sky, and can make a young man old?
- Unscramble the 10 letters below to form a polite, four word greeting that sounds like a question but rarely involves any curiosity on the part of the asker.



O D O O D O W H Y U



Basketball League

by BrandonF

Every year at RYCF, we have a basketball league. We get the opportunity to learn basic basketball skills. It's also a time to have fun and compete against other teams. At practice, for the first couple of weeks we do conditioning. Then we start running plays, setting screens and staying on defense. StaffC, StaffG and StaffC are the main coaches. We thank them for inspiring and teaching us to be better players.

OYA is developing a traveling basketball team where youth and a manager are chosen from each facility to go and compete at another correctional facility. We're getting ready for this opportunity. We going to have our Newbridge logo printed on our jerseys and order team basketball shoes. There will be JV and Varsity teams but only the varsity will travel. The JV players will get the opportunity to improve and move up to varsity. Good luck!

Bonnie is sitting in a chair made by the Manufacturing Technology Class. Bonnie is a volunteer with her owner Steve Roe.



Detecting Skin Cancer

by **NicholasR**

The rules for detecting skin cancer are below. If you notice any of these on your skin, please see your doctor to have it checked and evaluated.

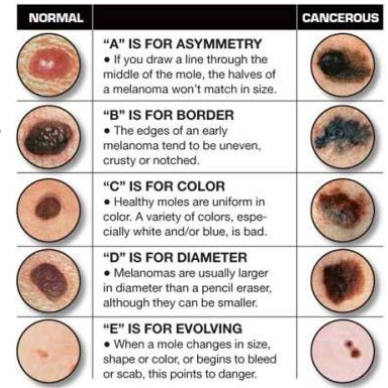
A is for Asymmetry - One half of the spot does not match the other half. If you were to draw a line through a spot, it would not look the same on both sides. Normal moles and freckles are the same on both sides.

B is for Border Irregularity - The edges are ragged, notched or blurred.

C is for Color - The color is not uniform and there are shades of brown, black, tan, red, blue, or white.

D is for Diameter - The spot is larger than a pencil eraser or is growing.

E is for Elevation and Evolving - The spot rises above the normal skin surface and has an uneven feel or it changes shape, size, shade or bleeds.

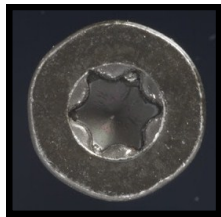


Facts About Skin Cancer

by skincancer.org

- Skin cancer is the most common form of cancer in the U.S.
- Over the past three decades, more people have had skin cancer than all other cancers combined.
- Basal cell carcinoma is the most common form of skin cancer and squamous cell carcinoma is the second most common.
- One person dies of melanoma skin cancer every hour.
- Melanoma is the most common form of cancer for young adults 25-29.
- A person's risk for melanoma doubles if he or she has had more than five sunburns at any age.
- One or more blistering sunburns in childhood or adolescence more than doubles a person's chances of developing melanoma later in life.

What Are These Pictures Of?



- - - Happy Birthday in March - - -

Name	BDate	Favorite Sports Team	Favorite Restaurant	Favorite Vehicle	Favorite Food
BrandonB	1	San Francisco 49ers	Alejandro's Taqueria	Chevy Silverado	Cornbread Casserole
TravisL	2	Dallas Cowboys	Schlotzsky's Deli	Harley Motorcycles	Sweet Potato Pie
BradyC	3	New York Giants	McDonalds	1955 Chevy Pickup	Faygo Soda
CasenH	4	Oregon Ducks	Mae's	Fords	Chimichanga
EricS	7	New Orleans Saints	Willie Mays	Cadillac	Beans and Rice
JuanE	8	Chivas Guadalajara	In and Out Burger	Ford Mustang GT	Mexican
BillyW	9	Miami Heat	Nonna Emilia	1969 Dodge Charger RT	Lasagna
KashL	16	Boise State Broncos	Cheesecake Factory	Ferrari	Chinese
ThomasR	25	Oakland Raiders	McDonalds	Camaro	Pepperoni Pizza
AlejandroL	26	San Francisco 49ers	Subway	Buick Skylark	Italian
DustinMW	27	Oregon Ducks	Carl's Jr.	1971 Dodge Challenger	All
CadeC	28	Oakland Raiders	Olive Garden	2013 Chevrolet Camaro	Italian

Where I Would Like to Travel by JasonS and Encarta.com

There are four provinces (states) in western Canada. They are Saskatchewan, Manitoba, British Columbia and Alberta. I would like to visit Alberta because I have a family member who lives there. Alberta is described as “the Land of Contrasts.” It’s covered by plains, the Rocky Mountains and its foothills to the south, and forests and lakes to the north. Calgary is the largest city in Alberta. Some history about Alberta includes:

- Many of Alberta’s early settlers were British
- Alberta’s flag and coat of arms bear the cross of Saint George, a symbol of Alberta’s link to the United Kingdom
- Alberta received its name in 1882 from the Marquess of Lorne, the governor-general of Canada. Lorne named the territory for his wife, Princess Louise Caroline Alberta.
- Alberta became a province in 1905

Alberta contains Canada’s largest deposits of oil and natural gas. The manufacture of petrochemicals (chemicals derived from petroleum and natural gas) is a leading industry in Alberta.

I found out that in July, the high temperature averages 60° in the north and 70° in the south of Alberta. In January, the low temperature averages from 6° to 16°. The capital of Canada is Edmonton. The provincial motto is *Fortis ET liber* which means strong and free.



Australian Cultural Meal by EdwardY

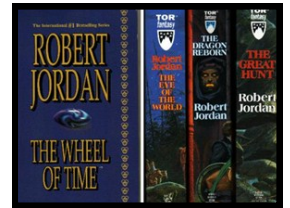
Every month we have a different cultural meal to experience different foods from different cultures. It’s food we might not have had before. On January 31st, we had an Australian meal for dinner. It included sausage rolls, fruit salad, green bean casserole, chips and Anzac biscuits (cookies, pictured below). Australian meals aren’t that different from American meals, they’re just cooked differently according to the information **CookL** found when researching. She went out of her cooking comfort zone to give us a different tasting experience and we appreciate that.

The sausage rolls and Anzac biscuits turned out to be pretty tasty, at least to my liking. I heard positive comments about the food from my peers. The sausage rolls were made with sausage, onions, breadcrumbs, salt, pepper, milk, egg, water and bread dough (for wrapping the sausage). The Anzac biscuits were made with oatmeal, coconut, flour, baking soda, sugar, butter, syrup and water. Don’t just eat boring old meals, eat something different from time to time. Get out of your food comfort zone!



The Dragon Reborn A Book Review by DanielC

The third book in the Wheel of Time series is called *The Dragon Reborn*. Three thousand years ago, in the age of legends, Lews led the hundred companions to fight against the shadow. The war of shadow ended when they sealed the dark one back into his prison with the most powerful Aes Sedai. The dark one created a counterstroke that taints the male half of one power. Any male to touch Saidin would die from a wasting sickness or eventually go mad. Lew and the hundred companions went mad and started the “Breaking of the World” where they created seas of the land and raised land where there was seas. This “Time of Madness” ended when the last of the male Aes Sedai was killed. During that time Lews gave those that were close to him the name Kinslayer which meant that the dragon would be born again to fight the dark one, Tar Gaideon, in the final battle. Rand Al’tor, who is the Dragon Reborn, has to fight the dark one in his final battle. In order for him to be the Dragon Reborn, he had to make the Stone of Tear fall. Everyone fights against the shadow. The world lies on Rand’s shoulders. You’ll have to read the book in our library to find out if he will be able to defeat the dark one forever and somehow not go mad in the process.



**Share the very best of yourself with others
and you will become the very best.**

Student Who Am I?

I enjoy cooking
My favorite colors are green and purple
Boom Box by Bassnectar is cool
Parowki sausage . . . Mmm
San Francisco 49ers all day, every day
Learning Polish is fun

Staff Who Am I?

I was named after an archangel
Ribs . . . Mmm
Hey Mickey, by Toni Basil, is so fine
White Christmas is my favorite movie
History Channel’s *Ancient Aliens* is an awesome TV show
I like to fix things, yep, anything that’s broke
There’s no need for warm clothing, ever
My favorite color is sky blue



**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.”**

Super Bowl Fun

by **HunterM**

On Charlie Unit, we watched the Super Bowl on February 3, 2013. We had peanut butter & jelly sandwiches and brownies for snacks. There was a great amount cheering going on because many youth were rooting for the Ravens and many for the 49ers. We were able to sit where we wanted. We played our own game where you had to guess what you thought the score would be at the end of each quarter. It was fun. The Ravens were in the lead through halftime. The 49ers played hard in the third and fourth quarters but the Ravens were able to take Super Bowl XLVII. My favorite commercial was the Fast and Furious 6 movie preview.



March Dates and Fun Facts

17 - St. Patrick's Day

23-31 Spring Break

31 - Easter

Women's History Month

Fire Prevention Month

Birthstone - Aquamarine

Zodiac Pisces: February 19 - March 20

Zodiac Aries: March 21 - April 19

Flower - Daffodil

How do you say March in:

Spanish: Marzo

Italian: Marcia

French: Mars

Polish: Marsz

Latin: Iter

Famous March Birthdays: Theodore Seuss

"Dr. Seuss," Alexander Graham Bell

(telephone inventor), Carrie Underwood

(singer), Darryl Strawberry (baseball player),

Sam Walton (WalMart Founder)

Women's History Month

by history.com and wikipedia.com

Women's History Month is an annually declared month worldwide that highlights the contributions of women to events in history, culture and society. It is celebrated in March in the U.S. American women's history has been full of pioneers: women who made great strides in the fields of science, politics, sports, literature and art. Examples include

- 1921 Edith Wharton won a Pulitzer Prize
- 1928 Amelia Earhart crosses the Atlantic in an airplane
- 1977 Janet Guthrie is the first woman to drive in the Indy 500
- 1981 Sandra Day O'Conner is the first woman nominated to the Supreme Court
- 1984 Joan Benoit won the first women's Olympic Marathon
- 2010 Kathryn Bigelow became the first woman to win an Oscar for Best Director.

21st Century Technology Skills

by **EdwardY**

Have you ever heard of 21st Century Technology Skills? I can tell you what they are if you haven't. The skills are ways of thinking, working, and living with technology. They include: creativity, critical thinking, problem solving, decision making, communication, collaboration, information technology, communications technology, information literacy, personal responsibility, social responsibility, life skills and career skills. They are important in society today and you should learn them because almost every job requires them.

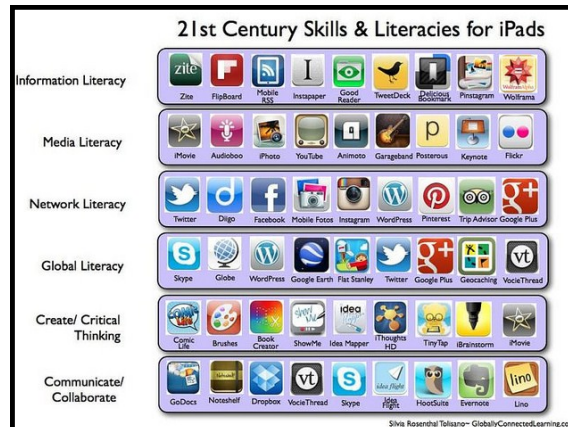
Everyone is a student of something every day whether it is in school, the job market, or just random learning. Ways to learn 21st Century Technology Skills include: friends, family, school, co-workers, job trainings, mentorship programs and apprenticeships.

For at least the last ten years, and as technology changes, the government has been updating technology standards for schools. The standards are used as guidelines for students to demonstrate proficiency skills to enhance student learning and problem solving. Education covering how technology affects society and how to communicate using technology are two examples of the standards. In schools, students are put into career and technical classes to learn 21st Century Technology Skills. These classes include: manufacturing, woods, welding, keyboarding, computers, computer hardware, etc. Learn technology skills today so you don't get left behind!

Rock of Ages

A Movie Review by **ChrisR**

Sherrie and Drew meet and fall in love in Hollywood. They both have a huge passion for rock music. Drew helps Sherrie get a job at the same location former rock stars got their first gig. The movie is a "have to see." It is a great story and has great music by Journey, Def Leppard, Poison, Whitesnake, Bon Jovi, Joan Jett and REO Speedwagon. I got to see the movie in December as a reward, so when you have the opportunity to see it, I suggest watching it.



Sports Safety

by kidshealth.org

Eye Protection is a Must for Many Sports:

- The most protective eye gear is made from a plastic called polycarbonate and has been tested especially for sports use.
- Facemasks or polycarbonate guards or shields that attach to a helmet are worn in sports such as football, ice hockey, and softball and baseball when batting.
- Goggles are often worn for soccer, basketball, racquet sports, snowboarding, street hockey, and baseball and softball when fielding.
- If you wear glasses, you'll probably need prescription polycarbonate goggles - don't just wear your regular glasses when you're on the court or field.
- All eye protection should fit securely and have cushions above your eyebrows and over your nose.

Mouthguards Protect your Mouth, Teeth, and Tongue:

- You should wear a mouthguard if you play a contact sport or other sport where head injury is a risk, such as football, basketball, hockey, volleyball, martial arts, boxing, or wrestling.
- Mouthguards can be fitted for your mouth by a dentist or purchased at sports stores.
- If you wear a retainer, always take it out before you start to exercise, practice, or play.

Seek Medical Treatment Whenever You Experience:

- Moderate to severe pain
- Pain that interferes with daily activity or sleep
- Swelling of the injured area
- An inability to perform normal activities

Proper techniques also promote safety. This goes for any sport, from motor racing to baseball. Baseball players know not to spike the opposing player who's covering the bag, even when sliding hard into second base. And when two tennis players rush the net, an expertly angled volley is the correct shot - not a hard smash socked directly at an opponent's face! So whether you're following rules, regulations, or proper techniques, remember that they aren't there to restrict you - they're there to keep you safe and injury free.

Answers

Mystery Marvin Riddles:

- A Keyboard
- Breath
- Time
- How do you do?

What Are These Pictures Of: celery, torx screw, cracker, nickel, carrot
Who Am I? Staff ML, Student SC

Sports Trivia

by jayp.net/trivia/sports

The only bone not broken so far during any ski accident is one located in the inner ear.
Soldiers Field is the oldest field in the NFL.
A forfeited game in baseball is recorded as a 9-0 score.
The sport with the highest ratio of officials to participants is tennis.
In the entire history of ice hockey, only one player has died from an injury received on the ice.
The silhouette on the NBA logo is Jerry West.
Official dartboards are made out of horse hairs.
When piloting a dogsled, shout "Jee!" to make the dogs turn left and "Ah!" to go right
There are 336 dimples on a regulation golfball.

Savannah Sloppy Joes

by JesseA

Are you in the process of planning a Women's History Month celebration? How about incorporating themed foods into your festivities? Tollhouse Cookies might be a fun choice. The person responsible for the yummy treats is Ruth Graves Wakefield. She was a hotelier (hotel manager) and cookbook author from the 1900's. Her cookbook remains in print today.

Paula Deen has also made history with her great sloppy joes recipe. Check it out below.

- 3 pounds ground beef
- 1 cup chopped sweet onion
- 1/2 cup chopped green pepper
- 6 tablespoons flour
- 1 jar barbeque sauce
- 2 tablespoons steak sauce
- Salt and pepper to taste
- 8 slices cheese
- 8 sandwich buns, split and toasted



Directions: Cook ground beef, onion and pepper until beef is no longer red, stirring to break up. Sprinkle flour over beef, stir to blend thoroughly. Add barbeque sauce, steak sauce and simmer stirring often for 15 to 25 minutes until thickened. Add salt and pepper to taste. Add water to thin (if too thick). To serve, top the toasted buns with a large scoop of the hot sloppy joe mixture and a single slice of cheese.

Survey Questions Answered

- Q: Freckles on your face?
A: 11% Yes, 89% No
- Q: Chew on pens or pencils?
A: 39% Yes, 61% No
- Q: Enjoy watching cartoons?
A: 82% Yes, 18% No
- Q: Milk or water with dinner?
A: 60% Milk, 40% Water
- Q: Ran out of gas in car you were in?
A: 50% Yes, 50% No
- Q: Attacked by bear or swarm of bees?
A: 62% Bear, 38% Bees