

# Newbridge Newsletter

March 2013

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

## American Red Cross Program

by Brandon F

Have you ever thought about what you would do in a medical emergency? We learned what to do in Teacher Z's class. I feel that the most important thing we learned was how to give CPR. We had adult and infant mannequins to practice on so in a real situation we could know what to do. In any situation it is important to stay calm.

## Checking an Unconscious Person

by Jack G

Would you know what to do if someone you cared about went unconscious in front of you or if you found them that way? This is what you would do:

- Check to make sure the scene is safe,
- Tap on their shoulder and ask, "are you OK?"
- Listen and feel for breathing for 10 seconds. If they aren't,
- Lift the chin and give 2 rescue breaths. If they go in,
- Give 30 chest compressions (2" deep for adults, 1 1/2" for infants)
- Repeat rescue breaths and compressions



AlexG, DustinJW, CoreyW, DustinMW

## April Dates and Fun Facts

1 - April Fool's Day  
12 - End of 3rd Quarter  
15 - Tax Day  
22 - Earth Day  
National Poetry Month  
National Arab American Heritage Month  
Birthstone - Diamond  
Zodiac Aries: March 21 - April 19  
Zodiac Taurus: April 20 - May 20  
Flower - Daisy or Sweet Pea

## Conscious Choking Adult

- Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.
- Give 5 abdominal thrusts
- Continue until object is forced out, person can cough or breathe, or person becomes unconscious.

## Choking Infant

- Give 5 back blows with the heel of one hand between the shoulder blades.
- Give 5 chest thrusts with two fingers in the center of the infant's chest.
- Keep the head lower than the abdomen

## AED (Automated External Defibrillator)

by Jack G

We learned where to place the pads (upper right and middle left chest areas) and to wipe the area with a towel or gauze pad first. Before giving the shock it is important to make sure no one is touching the person. Follow the directions that the AED gives you.

## First Aid

by Dylan B

When should you call 911? For any of the following conditions:

- Unconsciousness or altered level on consciousness
- Breathing problems including not breathing
- Chest pain lasting more than 3 to 5 minutes that goes away and comes back or that radiates to the shoulder, arm, jaw, neck, stomach or back
- Persistent abdominal pain or pressure
- Severe external bleeding
- Vomiting or passing blood
- Severe burns
- Suspected poisoning
- Seizures
- Stroke
- Suspected or obvious injuries to the head, neck or spine
- Painful, swollen, deformed areas (indicates possible broken bone) or an open fracture.



JaredG, Leel, ChrisR, JasonS

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### The Easter Bunny and the Soldier by Lee & James Schmidt

'Twas the night before Easter, he lived alone  
in a one bedroom home, made of plaster and stone.  
I had come through the window with eggs to give,  
and to see just who in this home did live.  
A strange sight I did see,  
no nest, no eggs, not even a tree.  
No toys for kids, just boots filled with sand  
and on the wall pictures of far distant lands.  
With medals and badges, awards of all kinds,  
a sobering thought came to my mind.  
For this house is so different, so dark and so dreary,  
the home of a soldier, now I could see clearly.  
The soldier lay sleeping, silent and alone,  
curled up on the floor in this one bedroom home.  
His face appeared gentle but the room in disorder,  
not how I pictured a United States Soldier.  
Was this the hero of who I'd just read,  
curled up in a poncho on the floor for a bed?  
I couldn't help wonder how many lay alone,  
on a cold Easter in a land far from home.  
The very thought brought a tear to my eye,  
I dropped to my knees and started to cry.  
The soldier awakened and I heard a rough voice,  
"Easter Bunny don't cry, this life is my choice.  
I fight for freedom, I don't ask for more  
My life is my God, Country and Corps."  
The soldier rolled over and soon drifted asleep  
I couldn't control it, I continued to weep.  
I kept for hours, so silent and still,  
we both shivered from the evening's chill.  
I didn't want to leave on that cold dark night,  
this guardian of honor so willing to fight.  
Then the soldier rolled over and with his voice soft and pure,  
whispered "carry on Easter Bunny, we're all secure."  
I looked at my watch and I knew he was right.  
Happy Easter my friend, and to all a good night.



### Video Production Class by BillyW

In TeacherJ's Video Production class, we are learning how to use Photoshop and Movie Maker. To learn Photoshop, we chose a photo and made something else out of it. The goal was to make our changes unnoticeable to the untrained eye. We'll be adding this skill to our resumes! Our future jobs may require this program so we'll be ready.

Movie Maker is more fun in my opinion. We can go to approved websites and download media to use. We add effects, transition, and music to our slideshows. I placed pictures of games and cars in Movie Maker and added a rock orchestra song called Vanquished. It turned out to be a really awesome video. This class is a great opportunity!

Losers visualize the penalties of failure.  
Winners visualize the rewards of success.

### Mystery Marvin Riddles

- At night they come out without being fetched. By day they are lost without being stolen. What are they?
- There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What is it?
- What is in seasons, seconds, centuries and minutes but not in decades, years or days?
- What is black when you get it, red when you use it, and white when you're all through with it?
- Lighter than what I am made of, more of me is hidden than is seen.



Find the barber pole in JaimeC's haircut!  
Designed by EricS

### Types of Auto Insurance

by PaulC

from What Young Adults Need To Know About Money

Do you know what type of Auto Insurance you'll need?

- Liability:** Covers legal obligations to others involved in a car crash that you cause. It covers injury to others as well as damage to other people's property.
- Collision Coverage:** Covers repairs to return your car to its pre-crash condition.
- Comprehensive coverage:** Covers repairs needed to your car that are not related to a crash, such as storm damage, theft or fire.
- Underinsured Motorist:** Covers you if the other driver is at fault in an accident and does not have enough insurance.
- Uninsured Motorist:** Covers you if the other driver is at fault and does not have any insurance.

Regulations on auto insurance vary from state to state. Required liability limits are often much lower than the amounts recommended by experts.



Thank you Staff and Students for your contributions to the Newbridge Newsletter. You are Great! TeacherZ



## Football

by JasonS

Football is the most loved and watched sport in the United States. There are certain ways and rules on how to play. There are also certain characteristics you need if you're interested in playing football. There are two types of football games to play: tackle and flag.

Tackle football has an offense and a defense. The object of the game is to get to the other side of the field without getting a fumble, interception, turnover, or being forced to punt on your fourth down. Each time a team switches the ball, the team with the ball is the offense. Offensive players are running back, wide receiver, quarterback, tight end, offensive lineman, full back, center, guard and punter. Defensive players are defensive end, linebacker, safety, free safety, corner back and defensive lineman.



Flag football is played like regular football but you wear flags on your waist to grab instead of tackling. To stop the play, one of the flags must be removed. This determines where the line of scrimmage is and where the play will resume. From the line of scrimmage there are four downs. On the fourth down you can run the ball but if you don't make it you have to kick it to the other team. The object of the game is to get to the other side to score a touchdown worth 6 points.

A different version of flag football is called Capture the Flag. In this game you have to get the ball from the other side and bring it back to your side. When you get the ball in the safe zone, you can run it back to your side. If you get your flag pulled, you go to jail and your teammate has to tag you to get a free run back.

## Red Tails

a Movie Review by BillyW

This is a fun movie for all viewers, fast paced and action packed. It takes place during World War II in 1944. The Tuskegee Airmen, an African American fighter group division, are stationed in Italy. They are assigned to flying ground cover behind the lines. Their colonel is in the U.S. fighting for this top secret group to stay in the war. The "white men" believe that the division is inferior and can't fly complicated machines. The colonel gets his way and keeps the Tuskegee Airmen flying, but has to have them prove themselves in aerial combat. They do this in Operation Shingle and several bomber escorts. Many men died but they proved themselves. This is my favorite World War II video yet!



~ ~ ~ Happy Birthday in April ~ ~ ~

Name	BDate	Favorite Sports Team	Favorite Restaurant	Favorite Vehicle	Favorite Food
BryceH	3	San Francisco 49ers	Red Robin	Chevrolet Chavelle	Spaghetti
AlexG	6	Los Angeles Lakers	Panda Express	Hummer	Subway
JaredG	9	Baltimore Ravens	Chapala Restaurante	Mercedes Benz	Mexican
DylanB	11	San Francisco 49ers	Lupita's Taqueria	Subaru Impreza SRX	Fruity Pebbles
ChrisH	11	Oregon Ducks	Applebees	Pontiac Solstice	Chinese Beef and
CocoaT	13	Oakland Raiders	HomeTown Buffet	Chevrolet Capri	Quesadilla
JacobK	14	Portland Trail Blazers	Muchas Gracias	Cadillac Escalade	Carnitas
JasonS	18	San Francisco 49ers	Sizzler	Hummer	Chicken Fettuccini
JesseA	18	Los Angeles Lakers	Taco Bell	Lamborghini	Chicken
DillonM	23	New York Giants	Toni's	Chevy Stepside	Fried Zucchini
JackG	27	Indianapolis Colts	El Mirador	Nissan Skyline	Pizza



## Where I Would Like to Travel by NicolasR and Encarta.com

If I could travel anywhere in the world it would have to be Italy. Italy has lots of churches and amazing restaurants. There are lots of Italians who know what they're doing when it comes to cooking food. Italy is well known for its tourism industry and historical sites. The sites include the Colosseum, the Greek and Roman ruins in Sicily, Paestum and Pompeii. Italy is a beautiful place and many people love to travel there to see the Lakes of Lombardy and the hill towns of Tuscany and Umbria. Italy is well known for their beach resorts in: Rimini on the Adriatic coast, Taormina in Sicily, and Positano on

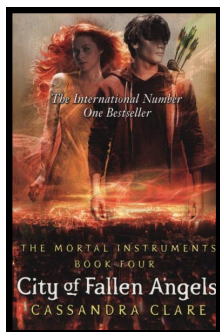


the bay of Sorrento. Milan, population 1.3 million, is the second largest city in Italy after Rome. It is Italy's industrial and financial heart as well as a center of design and fashion. I have a goal to travel to Italy some day and hope it will be in the near future.

## City of Fallen Angels

A Book Review by DanielC

This book is the fourth book in the Mortal Instruments series by Cassandra Clare. The movie is scheduled to come out in August this year. The mortal ended in the previous book. Clary's father Valentine is dead and the Downworlders and Shadowhunters are at peace. Clary was able to get training in her new unique power of creating "Marks." She was able to be with Jase but their happiness didn't last long because tension started again. Clary tried to get the bottom of the tension and realized she could lose everything including Jase. Clary's friend Simon Lewis, the only vampire that can walk in daylight, had a difficult time dealing with the tension because many attempts were made on his life. Simon has the Mark of Cain which means that anyone who tries to kill him will have a horrible death. Camille, a female vampire and recent leader of the Manhattan clan, wanted Simon to help her get her power back and promised knowledge and power to him. Clary brought a dead Shadowhunter back to life and whispered that Camille was the killer. At the same time, Simon's band gets a new singer. Kyle is a werewolf and part of the Wolf Guardians who help new Downworlders enter their new life. Clary's mother finds out someone is trying to create a demonic version of Shadowhunters when a baby at the hospital dies when baptized. What will happen next? Read it and find out. It's in our library!



## Mitsubishi Lancer Evolution by BillyW & mitsubishicars.com

The new 2013 Mitsubishi Lancer Evolution MR series is probably one of the few new cars I like. It comes with a 291-hp turbo charged 2.0 liter MIVEC engine, all wheel control and has an available twin clutch sportronic shift transmission. The outside body has changed considerably. It has a new look with smooth curves to help out with better aerodynamics. The Lancer was originally built to dominate the World Rally Championship. I think it has done a good job of holding its own, but still has a ways to go before it dominates. The Lancer excels in road and track performance as well as safety. It has a seven airbag system, active stability control and an advanced sport-tuned anti-brake lock system. The Lancer comes with ultra supportive racing seats, a 710 watt sound system, hands free link and keyless entry systems. Overall, the 2013 Lancer is amazing in all aspects.



We are what we repeatedly do.

Excellence, therefore, is not an act but a habit.

Aristotle

## Student Who Am I?

Taco Bell and McDonalds . . . mmm  
My favorite movie is Kung Fu Panda 2  
Magic: The Gathering is so much fun  
Baseball and football are my favorite sports  
My favorite TV show is Robot Chicken  
I love to read and play the Halo Series  
Go Seattle Seahawks!



## Staff Who Am I?

Portland Trail Blazers rock the court!  
I like to read but let's face it, video games are more fun  
Mmm . . . Sushi  
I enjoy the outdoors: especially hiking, rafting and golfing  
Fashion . . . what's that?  
I like to play soccer  
My favorite winter activity you ask? Hibernation

## Survey Questions Answered

Q: What is your favorite milk flavor?  
A: 50% Chocolate, 50% Strawberry, 0% white  
Q: Have you ever been to the circus?  
A: 60% Yes, 40% No  
Q: What is your favorite game?  
A: 0% Chess, 31% Video, 8% Computer, 8% Card

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."

## Look at What We Earned at the Award Ceremony, February 25, 2013

Alpha Unit	JavierJM, TravisLM, LeandreM
Bravo Unit	DavidD, JeremyF, JesseM
Charlie Unit	JaimeC, RyanD, EricS
Delta Unit	PrestonC, JamesD, EdwardY
Culinary	EricS, ShawnQ, JuanE
Food Safety & Sanitation Completion	EdwardY, JavierJM
Music	ErikG, ChristopherH
Arts and Crafts Education	RyanD, DillonM, ChristopherF
Recreation and League	JamesD, RodneyH, DillonM, LeandreM, EricS
Leading the Change	EthanG, AnthonyV
PAWS	ErikG, LucianoO, EricS
Work Crew	RyanD, DillonM
Superintendent	EdwardY
English	CoreyW, Reydk
Oregon Assessment of Knowledge and Skills in Reading, Scores Passed: ShawnQ, MauricioT, JuanG, BryceH, RyanH, ChristopherH, JesseM, AnthonyM, BrettG, ErikG, JuanE, MarcoD, BrandonB	
Oregon Assessment of Knowledge and Skills in Reading, Scores Exceeded: BillyW, Reydk, TravisLM, DevinP, DavidO, AlfredoC JackG, BradyC, JaimeC, SilasC, JavierJM	
Skill Building	KeithT
Manufacturing Technology	JuanE, MarcoD, ChristopherR
VESOY Manufacturing	DillonM
Science	JavierJM, JuanM, JacobK, BryceH
Math	KashL, JuanM, DevinP, BrandonB, AlexG
Oregon Assessment of Knowledge and Skills in Math, Scores Exceeded: ShawnQ, ErikG, DavidO, JamieM, AlexanderH, JackG, DevinP, DustinJW	
Social Studies	BrandonB, DylanB, ErikG, JackG, JavierJM, ShawnQ
Business	DustinJW, ShawnQ
Top Newsletter Contributors	EdwardY, JuanM, Reydk
PE	DeloyE
National Fitness	JuanE, JavierJM, KashL, JonathonL, LucianoO
Presidential Fitness	JuanM
Outstanding Fitness: Shuttle Run 8.13 JuanE, Sit Ups 69 MichaelIN, Pull Ups 36 JuanE, One Mile Run 5.41 JuanE, Sit and Reach 50 cm IsaiahH, ShawnQ, BrettG	
Spanish	LeeL
Barbering	PrestonC, ConnerB, EricS
Be Safe	MarcoD
Be Respectful	RyanH
Be Responsible	JavierJM
Dedicated & Hard Working	JasonS
Most Improved	DevinP
Outstanding Academic Performance	Reydk
Grit	DavidD

Many Awards went to DillonM, Reydk, JuanM, RyanH



Whether you think you can  
or think you can't, you're right.

Henry Ford

## Kitchen Cook Off

by Edward Y

On February 18, some of the main kitchen youth workers participated in a cook off hosted by Supervisor Cook J and myself. The youth had one hour to prepare and cook meals which contained proteins, starches, fruits and vegetables. The staff cooks and three youth judged the meals based on appearance and taste. It was just like a "Reality TV" show with all the running around going on.

Three youth teams included:

Brandon F and Eric S  
Cade C and Daniel C  
Ravyn D, Juan E and myself



Meals created:

- Chimichangas and Jalapeno poppers with horchata
- Stuffed pork
- Chicken breasts with rice
- Sweet and sour chicken chow mein
- Grillots
- Socailie (hot sauce) marinated pears
- Spicy cheese rice and pina colada beverages

The food turned out great and the cook off was a success. No one won this time but it was fun and we might do another one later in the year.



Kitchen Fun With Daniel C

## Oxy-Morons

Working vacation

Soft rock

Pretty ugly

Good grief

Childproof

Taped live

Almost done

All alone

Sanitary landfill

Plastic glasses

Anxious patient

Same difference

Alone together

Act naturally

## Graduation Requirements

by Principal W

For the Class of 2013:

Credits Subject

- |   |                                |
|---|--------------------------------|
| 4 | Language Arts                  |
| 3 | Math                           |
| 3 | Science (2 in lab based class) |
| 3 | Social Studies                 |
| 1 | PE                             |
| 1 | Health                         |
| 3 | CTE/Arts/2nd Language          |
| 6 | Electives                      |

24 credits PLUS these Essential Skills:

Meet OAKS Reading Assessment (236)

Meet OAKS Writing Assessment (41)

Career Related Learning Experiences

(Note: Work Samples may replace OAKS Assessment scores that do not meet proficiency.)

When all credits have been earned in each subject AND the Essential Skills have been met, a Three Rivers High School Diploma will be issued.

For the Class of 2014:

All of the above and:

- Math will require 3 credits with the content at Algebra 1 level and above.
- Meet OAKS Math Assessment

## Credit Retrieval

Credit retrieval is an opportunity for students (who have previously failed classes) to go back and complete school work to earn missing credits. It is not issued to earn "extra" credits. There is no need to ask about getting credit retrieval. If you need it Principal W or School Staff M will come to you.

## Answers

Mystery Marvin Riddles:

Stars

A Watermelon

The Letter "n"

Charcoal

Iceburg

Who Am I? Student DC, Staff IC

## Fun Facts

from djtech.net and jayp.net

- Most American car horns honk in the key of F.
- The maximum weight for a golf ball is 1.62 ounces.
- The game of pool is referred to as a "frame."
- Reindeer like to eat bananas.
- The Kentucky Derby is the oldest continually held sports event in the U.S.
- Women manage the money and pay the bills in 75% of all American households.
- Chris Ford scored the first ever NBA three-point shot.
- The two quickest goals scored in the NHL were three seconds apart.
- Nearly 80% of all animals on Earth have six legs.
- The strongest muscle in proportion to its size in the human body is the tongue.

Do you have ideas for the Newbridge Newsletter? If yes, please see Teacher Z in the Computer Lab!