

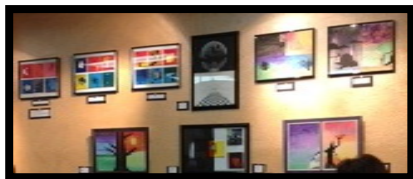
NEWBRIDGE NEWSLETTER

October 2012

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



Summer Session Artwork on Display at Rogue Coffee Roasters in Grants Pass



What's Happening in Spanish Class

by QUILLIANH

The Spanish class in Newbridge School is being taught using a unique teaching style called *Total Physical Response and Teaching Proficiency Through Reading and Storytelling*. The reason that this style is unique is because instead of teaching us the translations from English to Spanish, we are learning the language by seeing pictures or gestures and learning it orally first. This means we are provided with a picture, object, or gesture and are told its name in Spanish without any English translations. This makes it easier for a person to retain the language and become fluent faster. The class is pretty laid back, but there is quite a bit of work that needs to be done, including answering questions in Spanish and telling stories in Spanish. We have already learned several hundred words and are learning more every day, along with grammar and spelling. The hardest part of the class is learning all the different meanings for words. Did you know Spanish words can be accented differently which changes their meaning, and sometimes one word can mean different things depending on the context that it is put in? Thank you MRSR, the Spanish class is pretty fun but can be difficult as well.

Basketball Life Skills and Mini Camp

by ANTHONYM & IANH

On Sunday, October 7th, from 6:30 to 7:30, Brant Minor came to RVYCF and held a Skills Camp in the gym for level 3 and approved level 2 youth. Brant is an assistant basketball coach at Southern Oregon University and he is the head athletic recruiter. Brant came up with a great idea to let everyone have a chance to play. We started out by splitting up into teams of 4 and played to 2 points. Everyone got an opportunity to play and it was a lot of fun for all of us to do. BRANDOND and ERICS did a couple of drills with Brant which looked easy, but were really difficult. He lined us up in the middle of the gym and we numbered off 0-5. We formed teams and I was on a team of 4. We started playing and Brant made it seem like it was easy to beat his team, but, they ended up beating every team. He told us that it was not about how good you are but how much effort you put into your teamwork. He was very inspirational and at the end, Brant dunked the ball. He told us when he came back that he would be able to do a spin around dunk. One thing he said to us that was motivational was, "If you do something right all of the time then no one can make fun of you for who you are." That was something that made me feel good as a person and I'm sure the others did, too. I talked to him personally after the game and I told him that he reminded me of Howard White. He told me, "I'm just the person I am." He told me to not let anything get in my way in life. - IANH I think that if he continues what he is doing, he will impact a lot of lives, just like he impacted mine. He motivated me to change my life for the better and pursue my dreams. - ANTHONYM

November 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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It's Time to Say Goodbye

by JEFFH

When I first got to RVYCF, I blamed others for being placed here. I was told to trust staff. I said to myself, "yeah, like that's ever going to happen." Looking back, I was angry and chose to create drama on the unit. Today I realize that I would be the same person if it weren't for the staff and positive youth I've met here. They have taught me many things about life, hope, the journey ahead and determination. As I leave, I'm hoping all the youth will also leave and be successful and not return to the system. I've learned so much from everyone here and I'm truly grateful. When I leave, everyone will continue to help me, even though you won't see me face-to-face. My choices and actions will be in response to the help you have given me. Thank you for everything. I will never forget it.





Pumpkin Cranberry Bread www.meals.com

A moist and delectable pumpkin bread with tart fresh cranberries. Have a slice for breakfast or enjoy as an afternoon snack.

- 3 cups all purpose flour
- 1 Tbsp plus 2 tsp pumpkin pie spice
- 2 tsp baking soda
- 1 1/2 tsp salt
- 3 cups granulated sugar
- 1 can (15 oz) 100% pure pumpkin
- 4 large eggs
- 1 cup vegetable oil
- 1/2 cup orange juice or water
- 1 cup fresh, frozen or sweetened dried cranberries



Preheat oven to 350°F. Grease and flour two 9x5 inch loaf pans. Combine flour, pumpkin pie spice, baking soda and salt in large bowl. Combine sugar, pumpkin, eggs, oil and juice in large mixer bowl; beat until just blended. Add pumpkin mixture to flour mixture; stir just until moistened. Fold in cranberries. Spoon batter into prepared loaf pans.

Bake for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely.

WHAT YOU DO TODAY IS IMPORTANT BECAUSE YOU ARE EXCHANGING A DAY OF YOUR LIFE FOR IT.

The Avengers A Movie Review by QUILLIANH

On Saturday, September 29, the top ten scoring youth on each unit were rewarded with the opportunity to watch the movie *Avengers*. It is about how Loki comes through a portal made by the Tesseract, a source for unlimited clean energy, and starts to take over the world by opening another larger portal to bring in his alien army. The *Avengers* are called back into duty by Nick Fury, director of S.H.I.E.L.D, to negate the threat. The *Avengers* are composed of Hulk, Iron Man, Black Widow, Hawkeye, and are now joined by Thor and Captain America, and are asked to once again, save the world. The movie started off with action and continued with a stream of action all the way to the end. It was quite comedic in some parts and the storyline was easy to follow. The *Avengers* was a great movie and the Hulk was definitely a favorite. I can't wait to see it again. It is a must see!



NuCity Christian Concert by RYAN

On Sunday, September 23, Christian rappers Harmony HiSee & C2 performed for us. They rapped about God and how he can help us. They talked about their past lives including how one of them was incarcerated at this facility eleven years ago. He told us about some of the struggles he has had in his life, how he got out of them and how he became who he is now. I could relate to what they were talking about and the struggles they have been through. I enjoyed hearing them rap. They had some really good songs and we all had a good time. We also got to hear STAFFM sing. It was pretty awesome and I hope we can do something like it again.



HOW DO YOU SAY OCTOBER IN:

Spanish: octubre	Italian: ottobre
French: octobre	German: Oktober
Polish: październik	Latin: Octobris
Russian: октябрь	

And Another Message from . . . Mystery Marvin

Hello again my friends. How did you like September's newsletter? I hope you enjoyed it as much as I did. I had fun listening to people try and guess who I am and I heard a lot of people talking about those absurd laws. How did you like the Pow Wow? Was that not amazing? I enjoyed the good fry bread. I also saw a good movie, *The Hunger Games*. I look forward to reading the rest of the trilogy as well.

Pop Quiz time! Who knows what a palindrome riddle is? Well, a palindrome is a word, phrase, verse, or sentence that reads the same backwards or forwards. Let's see how you do when you try this example:



What word, when written in capital letters, is the same forwards, backwards, and upside down? Try and guess it! The answer is . . . NOON.

Now you're ready to try these palindrome riddles

1. What call for help, when written in capital letters, is the same forwards, backwards and upside down?
2. What word becomes a palindrome when viewed upside down and backwards?
3. Pronounced as one letter but spelled with three, only two different letters are used to spell it, I'm read from both ends and the same either way, I'm double, I'm single and I can be brown or green

There are thousands of different cool and interesting palindromes. How many can you think of?

If you were still a young kid and were at home for Halloween, what would you dress up as? Next year I might go as an RVYCF GLC Staff!!! Have a good month and happy trick-or-treating on the

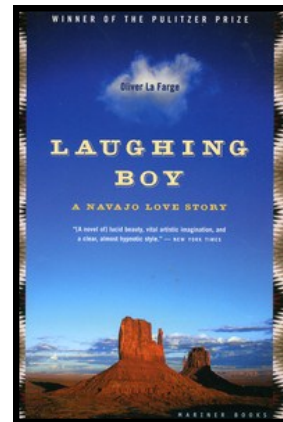
Laughing Boy

Laughing Boy, a 1930 Pulitzer Prize winner, is in our library! It is a 1929 novel by Oliver LaFarge and is the story of a Navajo Indian trying to build his family in the southwest. He attends a native dance where he meets and falls in love with Slim Girl, a young woman who was raised in a white mission school. Laughing Boy is idealistic and artistic, loving Slim Girl no matter what, and he immediately marries her.

Most of her life, Slim Girl has seen how whites have taken advantage of Indians. Full of bitterness and fueled by the desire for revenge, she becomes the mistress of a white farmer, taking his money and saving it up for herself. When she marries Laughing Boy, an artist who deeply values his Native American roots, she continues in her affair, saving her money so she and Laughing Boy can have the life they want. They do find happiness, but eventually Slim Girl's secret comes out. Together they begin to move north, away from town, with their money, to be free from Slim Girl's past. However, on their way, a man shoots at them and Slim Girl is killed. Laughing Boy continues on his journey north, mourning her and seeking his family where he hopes to find peace.

This was a short book and very interesting. It was perhaps one of the first stories in 1929 from a Native American's perspective and unique in the way it treated Native Americans, sympathizing with the minority group over the whites. If you like western books, this is a wonderful choice. In my opinion, it is right up there with Louis L'Amour's books. Enjoy reading it!

A Book Review by BRITAINM



Bravo Unit in the Limelight

by REYDK

On Bravo, we wake up at 7:00, make our beds and take our meds. At 7:30, we leave the dorm to eat breakfast until 8:00. We hygiene and talk afterwards. We head out to school at 8:15 and return for lunch at 12:30. We head back to school at 1:30 and continue to increase our education until 4:15. After



we get back to the unit and shoe down, we go back to the dorm and take showers from 4:20 to 5:15. Once we finish showers, we head to the dining room and eat dinner from 5:30 – 6:10. We have ½ hour of si-

lent writing time after supper to do treatment work and write to our families. At 6:40 we get an office call (where games are stored) and have free time until 8:00. That's when we take meds and level 0's and 1's go to bed. Level 2's go to bed at 9:00. Level 3's go to bed at 9:45.

Every now and then, we have a twist in the basic schedule. On Wednesdays, we have rewards and go to the library. We also have rewards on Sunday nights. Weekends are pretty cool because we have plenty of free time to play monopoly and cards. We also get two hour long recs, one on Saturday at 9:30 and the other at 4:15. On Sunday we have our first rec at 9:30 and another at 12:30. Did you know that we're the only unit with couches? That's a wrap for the limelight on Bravo.

Halloween Fun

- What is a Mummie's favorite type of music?
Wrap
- What has webbed feet, feathers, fangs and goes quack-quack?
Count Duckula
- What does Tweety Bird say on Halloween?
Twick or Tweet
- Where do ghosts buy their food?
At the ghost-ery store
- What did the boy ghost say to the girl ghost?
You look boo-tiful tonight
- Why does Dracula consider himself a good artist?
Because he likes to draw blood
- What do you call a witch who lives at the beach?
A sand-witch
- Why don't angry witches ride their brooms?
They're afraid of flying off the handle
- What kinds of roads do ghosts haunt?
Dead Ends
- What kind of makeup do goblins wear?
Mas-scara
- What does a skeleton order at a restaurant?
Spare ribs



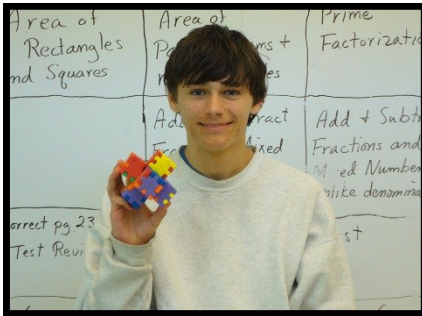
× × × **HAPPY BIRTHDAY IN NOVEMBER** × × ×

Name	BDate	Favorite Sports Team	Favorite Restaurant	Favorite Car	Favorite Food
DevinP	2	Don't have one	Don't have one	Chevy Camaro	Sushi
DeloyE	11	Oregon Ducks	Dairy Queen	Taco Trucks	Ice Cream
AlexanderC	13	San Francisco 49ers	Mongolian Grill	'67 Camaro SS	Mom's Enchiladas
DylanM	13	San Francisco 49ers	D's	Shelby Mustang GT500	Mac & Cheese with Tomato Soup
EdwardY	30	Mariners	Hong's Garden Restaurant	1967 Ford Mustang	Chicken

Geometry Class

by DEVINP

MSJ'S 5th period Geometry class is fun and puzzling. One day, when I finished my work, I tried one of the last of the nine challenges of the foam cubes. The foam cubes are an activity that MSJ has for students to do after they finish their work in class. I've tried the last of the nine challenges at least ten times while at RVYCF. I followed the image on the demonstration cardboard just as far as I could. I had to guess at the back part of the creation. It took me awhile but I finally created the Mathieu Star! Two days later, to test myself, I put it back together and finished it again. MSJ says, DEVINP is hooked on the ManipuLite Cubes and working with them always puts a smile on his face. She appreciates that.



What is Web Literacy?

Career World Magazine

You may know how to use Google and Yahoo to search for information but can you tell whether the information is from an authoritative source? Do you know whether it is accurate? Can you detect bias from the source? There is so much information available on the Internet that it's overwhelming. Web literacy is the ability to access, analyze, and evaluate online information. There are questions you should ask of your sites: Is the information up to date? Is the information coming from a marketing site or a place trying to sell a point of view? Who owns the site? What is the web site address and what clues does the address offer? Examples:

.com is a commercial site

.edu is for an education institution

.org is a nonprofit agency

.gov is for a government agency

Asking and answering these questions can save you a lot of time in research. It can also help prevent you from spreading false or biased information and ensure that your work - whether for school, job, or fun - is top notch.

For My Brother in Honor of Veteran's Day

by ROBERTB

This goes out to all the people with fallen heroes and the pain you feel for your loss. For I felt the same pain as you when I lost my brother. He did what he loved to do and paid for it by taking his own life. Military existence took a toll on him and it became too much for him to cope with. I am sure I speak for everyone when I say we appreciate his bravery in his fight for our freedom. RIP

Day is done, gone the sun
From the lake, from the hill, from the sky
God is nigh
Thanks and praise, for our days
'Neath the sun, 'neath the sky, 'neath the stars
As we go, this we know
God is nigh

THE PAST IS LIKE AN ANCHOR HOLDING US BACK.
YOU HAVE TO LET GO OF WHO YOU ARE TO BECOME WHO YOU WILL BE.

Staff Who Am I?

- My favorite color is green but all neon colors rock!
- I enjoy snow skiing and boating, but not at the same time
- *Grey's Anatomy* is my favorite show and *Breakfast at Tiffany's* is my favorite movie
- Both cooking and baking are fun, but eating Italian is the best!
- I enjoy all kinds of music, that is except Taylor Swift
- I can make some neat jewelry with beads
- I delight in going to school, plays, concerts and movies
- Go Ducks!

Student Who Am I?

- My favorite song is *Unconditional Love* by 2PAC
- Football is my favorite sport and the Oakland Raiders are #1
- I enjoy eating Mexican food
- Playing cards, drawing, and writing letters are the things I enjoy doing in my free time
- I'm a good challenge on the Xbox game *Magic: The Gathering*
- I like to joke around with staff
- My favorite color is lime green

What's That Job?

Career World Magazine

- Cake Stripper: Operates a machine used in cottonseed oil production
- Camp Tender: Supervises and coordinates the work of sheep farm employees
- Comp Capper: Releases honey from commercial honeycombs
- Dolly Pusher: Moves camera equipment around the scenes during TV recordings or broadcasts
- Faller: Specializes in cutting down trees
- Impregnation Operator: Tends machines that fill fiber tubings or pipes with pitch (tar)
- Pad Hand: Cuts, assembles, and joins fabrics, leather, or other materials to form cushioned seats of saddles
- Snailer: Operates a machine that polishes and inscribes clocks and watches
- Tonsorial Artist: A barber



TEACHERS ARE MRA OR MRSB. OYA STAFF ARE STAFFC OR STAFFD. COOKS ARE COOKE OR COOKF.

STUDENTS ARE FIRSTNAMELASTINITIAL. THERE'S NO SPACING. THAT'S "OUR THING."

October is Disability Awareness Month

Did You Know?

Almost everyone will develop physical or other disabilities at some point. We are all "temporarily-abled". Many disabilities, including learning disabilities, diabetes, and psychological disabilities, are invisible. Have you ever thought about that before?

Why Celebrate It?

- To learn about an important group that is struggling for full inclusion in U.S. society.
- To understand that laws have been created to protect people with disabilities.
- To appreciate the great and small contributions people with disabilities make to our society.
- To help improve attitudes and eliminate stereotypes that hold back people with disabilities.
- To learn to separate people from their disabilities, so accomplishments are recognized without an inappropriate focus on disability.
- To recognize that we all are just a heartbeat away from becoming disabled through illness or accidents.

What Can You Do?

- Support the efforts of people with disabilities to lead full lives, work at rewarding jobs, and participate in all aspects of life.
- Correct and challenge stereotypes and slurs in media, advertising, and everyday conversations.
- Support local groups working for diverse multicultural institutions.

ACE by **CHRISF** & www.arttherapyblog.com
ACE is Arts and Crafts Education. It is a group taught by **STAFFD** and we are in our third session. We are currently learning about what a collage is and what it means. The term collage originates from the French word *coller*, which means "to glue." A collage is created by gathering many different things; in our class, it's magazine pictures and words, and gluing them onto a poster to create a unique piece of artwork. A collage can also be a variety of different drawings, bits of newspaper, ribbons, old clothing, fabric, food labels, etc. put together. We are creating a magazine collage of how we feel and/or what our favorite hobbies are. ACE group is very educational and I very much like working in this group. The group is a place where you can escape your thoughts, have fun, relax and enjoy art.

Minimum MAP Score Admission Requirements (MAP - Measure of Academic Performance)

	Reading	Writing	Math
GED	220	220	230
Barbering	222	221	233
College Testing	226	223	237

Coping With Colds

by **JOHNL** & www.kidshealth.org

Ugh, it's cold season again. The common cold is the most common infectious disease in the United States. Most teens get between two and four colds a year. Luckily, there are ways to feel better when you catch one.

What Causes Colds? Most colds are caused by viruses called rhinoviruses that are in invisible droplets in the air you breathe or on things you touch. More than 100 different rhinoviruses (the name comes from "rhin," the Greek word for nose) can get through the protective lining of the nose and throat. This triggers an immune system reaction that can make the throat sore, cause a headache, and make it hard to breathe. No one knows exactly why people become infected with colds at certain times. But no matter what you hear, sitting or sleeping in a draft, not dressing warmly when it's chilly, or going outside with wet hair will not cause someone to catch a cold. Rhinoviruses can stay alive as droplets in the air or on surfaces for as long as 3 hours or even more. So if you touch your mouth or nose after touching someone or something that's been contaminated by one of these viruses, you'll probably catch a cold (unless you're already immune to the virus from having been exposed to it before). Air that's dry — indoors or out — can lower resistance to infection by viruses. So can allergies, lack of sleep, stress, and not eating properly.

When Should I Put in a Medical Slip? Teens who catch colds usually don't get very sick and don't need medical attention. However, talk to a the nurse if any of these things happen to you:

- Your cold symptoms last for more than a week or appear at the same time every year or whenever you're exposed to pollen, dust, animals, or some other substance (you could have an allergy)
- You have trouble breathing or wheeze when you catch a cold (you could have asthma)
- Your symptoms get worse after 3 days or so instead of better (this might mean strep throat, sinusitis, bronchitis, or some other bacterial infection, especially if you smoke)
- If you are prescribed antibiotics, be careful to take the medication exactly as directed. If you stop taking it too soon, even if you start feeling better, the infection may not go away and you can develop other problems.

How Would you Vote on November 5?

During the week of October 22-26 the ELD class will send a ballot around for each of you to "mock" vote on current political issues. In our next newsletter we will publish the results.

Breaking Chains

by **JESSEM**

Breaking Chains is a treatment group led by **STAFFG**. We meet on Sunday's from 2-2:45p. This group is great because we are preparing to talk to youth from the community. We want to help them avoid making the same poor decisions we made and tell them how our decisions impacted us.

We have spent time talking about community outreach and what we have in mind for careers after we leave. Some of the things we will be doing include victim empathy, overcoming personal obstacles and building teamwork, trust and accountability. Communication, public speaking and entrepreneurship are coming up. We hope to help our peers from the community by mentoring them to make the right decisions to avoid coming to a place like this. We need to stop the Criminal Cycle now!

Do you know these logos?



Where I Would Like to Travel

by **JUANM**

Our majestic world has lots of big and breath taking places to see like the Mayan Pyramids of Tikal, the Roman Coliseum and Yankee Stadium. In 1986, the Ghermezian brothers decided to create a place that combined both retail shopping and attractions to the public. This great and ostentatious (flashy) entertainment venue is known as the Mall of America and it is located in Minneapolis, Minnesota. This mall fascinates me because of its immense size, so I would like to go check it out. This mall is run by solar power, so 70% of the lighting is produced by sunlight. There are over 35 rides inside the Nickelodeon attraction and over 1,200 different sea animals inside the SeaCorp area. Athletes, music performers, actors, etc. all visit and promote their stories. If you spent 10 minutes in every store it would take you 86 hours to tour. The Mall of America is a place to make unforgettable memories so I recommend going to this mall sometime in your life. The trip is on!



Yoga

by **DUSTINW**

Yoga class began on October 2 and it's being taught by **STAFFR**. Each session is 1 hour and 20 minutes and it's offered every other Tuesday. Mats are laid out in the gym when we arrive at each session. There is about a 2 foot area around each mat so that everyone has space. We warm up with a set of stretches and breathing exercises. Relaxing music is played in the background. One of the poses we do is the tree pose where you balance on one leg while stretching your arms out above your head. It's awkward but it feels great. While doing yoga, it is important to keep control of your breathing. Every time you finish the class, you feel very relaxed and stress free.

Meditation

by **REYDK**

Every other Tuesday, we have meditation class instead of yoga. Some people think that meditation is all about sitting still for days but it's really about finding inner peace and relaxing your mind. In today's society, we are surrounded by movement noise and stress but in meditation it is quiet to help control your thoughts. While in meditation you learn to think of nothing except your breathing and feel how your body moves. It is very relaxing and I advise everyone to try it at some point. Thank you **STAFFR**, you are an excellent instructor and I'm glad to be a part of your activity.

Do You Play Chess?

by Chess Player Extraordinaire **HENRYL**

No one knows exactly how the game got started. But, it has been around for about 1,600 years and has spread all over the planet. When you start playing chess for the first time, the game can be very frustrating. Most players will play on the edge of the board, which is not a good plan. The first step is to have a good plan and to know the value of the pieces. When playing the game, you always have to keep the king safe because its value is infinite. The queen is worth 9, rooks 5, knights and bishops 3, and pawns 1 to 9. When a pawn gets to the other side of the board, it can be anything it wants to be except a king or a pawn. The bishops and knights are the same because one can have more power on the board than the other depending how the game is played. Once you have that down, try to know the board's notation. It is 1 to 8 going up the board and A to H along the sides. A good starting move is D4. This helps you take the queen pawn that is on D2 and move it up the board two spaces. The way you would weight it is PD2-D4 and with all the pieces it is the same. The knight is different though. You use an N instead of a K and you still use the K for the king. When you take a piece, you weight it like this: NF3-X-PE5. When you are playing your game, find a way to take over the middle of the board without leaving yourself weak in other spots.



No School November 12, 22, 23

Time

by **DELOYE**

Thinking back, sad
All bad, low times had
Homesick for my pad
A young man, still growing without a dad
I've made it this far, should I be glad?
It's been a long road, falling onto a dangerous path
Under the pressure of agony's wrath
Relentless friends and gang affiliations
Led to cremations
Adding depressing sensations
To all family relations
Reality shows no remorse, it is a horse
We must ride it out, allowing destiny to run its course
It's time to make a commitment to success
'Cause it will relieve the distress
It's time for me to express
That I refuse to transgress

Answers

Palindrome Riddles: 1) sos, 2) swims, 3) eye

Who Am I: Staff MS, Student JC

Logos:

Facebook, Twitter, Google, Amazon, Imeem, Yahoo
Tumblr, The Onion, LinkedIn, Pandora, Hulu, Skype
Reddit, E*Trade, Bebo, AOL, Napster, Wikipedia
Digg, Fark, Blogger, StumbleUpon, Word Press, Delicious
Meebo, Technorati, Flickr, MySpace, MSN, Metacafe