

Newbridge Newsletter

September
2012

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

Pow Wow

by DyamiE

On Saturday, September 8, RVMCF hosted a Pow Wow to celebrate and honor American Indian culture. Native American Dancers and Drummers came in to share this event. Traditional Dancers performed the "Duck and Dive" and the "Sneak Up". They performed a healing ceremony as well. We were able to dance during the intertribal so it was fun to participate instead of just watch. The drumming was great and the fry bread, made by Mary a famous tribal grandmother, was delicious. There was a "Fancy" dancer who performed. Two drummers and I were exhibitioners for a "Grass Dance" category. The youth came out and danced a "Crow Hop" song. Much laughter and cheers were passed. You could see unity among us and everyone had a good time. We were and are very privileged to have dedicated volunteers and community support, as well as great staff to organize the event. We thank them sincerely.

- **Traditional Dance** The icon of the Pow Wow, it's dancing to the beat of a drum and dancers wear eagle bustles
- **Duck and Dive** Dancers motion down with their shoulders during the Traditional Dance
- **Sneak Up** Fast paced, kneeling, looking around, moving sticks in hands (similar to tracking an animal)
- **Fancy** Fast paced, also called war dance, dancers spin and twirl sticks, a free style splits/duck walking/cartwheels can be added
- **Old Style Grass** Slick movement, fringe on breech cloth mocks grass swaying on the prairie, dancers stomp down on grass, one leg mirrors the other leg
- **Contemporary Grass** Faster paced, more spins, free style can be added
- **Crow Hop** Hops added to every style of dance



Fancy Dancer

English Education Spotlight

by DavidD

We welcome MrsD to Newbridge School and RVMCF as our English teacher! I have seen her enthusiasm for learning shared with youth for a month now. Would you like to know more about her? I asked her some questions for us:

- Why did you want to become a teacher? My parents were teachers and I saw how much they enjoyed working with their students. My dad taught English also.
- Have you ever worked in a correctional facility? Yes, at RVMCF for five years, several years ago.
- What is your favorite part of English to teach? Reading and discovering clues in literature.
- Do you have a favorite writer? Absolutely, two of them. Mark Twain who authored The Connecticut Yankee in King Arthur's Court and Sherman Alexie who authored The Absolutely True Diary of a Part-Time Indian
- Music is said to be a form of poetry. What is your favorite music genre? The blues and jazz tell stories. The Top 40 is fun.
- Why do you like being a teacher? It's a new experience each day and I never get bored.
- Do you have a hidden talent? Airbrushing. Being an artist is my second career choice.
- Other items of interest? I enjoy wearing and collecting ring watches. I know that reading and writing skills are very important in order for youth to get jobs. I hope to help students improve their skills in these areas. I look forward to working with all of you so let's plan on having a great year!



Nick & Terese Hall, Volunteers

OCTOBER 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	31	1	2	3

Cultural Corner

www.americanfamilytraditions.com

American Culture: Only in America

There is a culture in this country whether spoken or unspoken that manifests itself in everything we say, do or think. For example, in the United States we expect to compete in every aspect of our lives. At the same time we expect to compete, we also expect to be given equal opportunity to grow to our potential. We believe we all have equal rights under the law. We expect American Industry to put out a quality product and for our Nation to be a leader in the world. Sometimes we even find ourselves "on the soap box" spouting expectations of our Nation's performance not realizing that unless we each live up to these expectations, our Nation and our Industries cannot. Frequently, many of our competing interests and our strong desires to ensure individuality, result in extraordinary events taking place that can only be explained by the expression: "Only in America".

Meals Served at RVYCF

Our kitchen serves a variety of foods, mostly nutritious. I've worked in the kitchen for eight months and have seen how the meals are made, all while helping to prep for the next day's meals. CookB makes great spaghetti and chicken, CookA bakes great desserts, CookL makes a yummy stir fry, CookJ prepares great pizza, CookS makes great bread and buns. I don't eat everything that is included with our meal, but that's because I'm focused on losing weight. Everything the cooks do is appreciated though!

by EdwardY



The food our main kitchen serves is very good and we appreciate it. Some of the best fare is the ethnic food and special meals served on holidays. The kitchen prepared a BBQ on Labor Day. From what I was hearing on the unit, youth thought everything was delicious. My favorite meals are pizza, pastas, casseroles and many more. We are served a variety of desserts including cookies, pies, cakes and ice cream.

by ChrisF

The meals served at RVYCF are very nutritious. I mainly eat the salads because I'm trying to become healthy before I leave. They have great pot roast, macaroni and cheese. Breakfast is great because we get a oatmeal and eggs often. The pasta and pizzas are great, snacks are too. I wish for more salads though. I hope to work in the kitchen soon so I can participate in making the meals.

by KodeyS

People will forget what you said, people will forget what you did,
But people will never forget how you made them feel.

Student Who Am I?

Skate shoes, fitted jeans, and a flat bill hat are cool
Rob Dyrdek's Fantasy Factory is ridiculously funny
My favorite colors are black and white
I like to ride ATVs at the coast
My favorite sport is football
The New Orleans Saints are #1
I enjoy hanging out with friends
Mmmmm . . . Mexican food

October 12 - No School
October 25 - Last Day 1st Quarter
October 26 - No School

Sport Jerseys, What Was That All About?

by JuanM

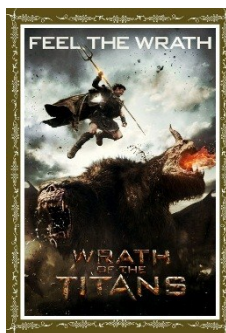
From August 31 – September 3, many staff at RVYCF donated to the youth incentive program fundraiser and showed their college football and NFL team spirit by wearing their favorite jerseys and T-shirts. All sorts of teams and colors were shown. It was interesting to see which team each staff was a fan of. Some staff wore various teams just to support the fundraiser. Each staff that supported the fundraiser donated \$5 to participate. The money went towards "rewards" for youth that show positive behaviors and leadership on their units and around the facility. Beaver or Duck, everyone put aside their rivalries and had a great time.



Success is a journey, not a destination.

Movie Review

by ChrisF



September 8th was the day to watch *Wrath of the Titans*. This Saturday movie was one of the best! A young heroic demigod, Perseus, is challenged with saving the world from Ares (son of Zeus) and Hades (Zeus' brother). Ares and Hades threaten to take over the world with the almighty Titan Kronos. Perseus races to save his father from being killed and drained of all his powers to awaken Kronos. Hades joins Zeus to help save the world from the wrath of Kronos. These two brothers put aside their differences and keep Kronos from killing the human race. Perseus kills Kronos. This is a great movie that will keep you on the edge of your seat.

And a Message from . . . Mystery Marvin

Hello All! My name is Mystery Marvin. Once in awhile, I'll feed you different bits of information. I'll tell you or ask you a variety of different things; from fun and crazy facts to riddles, jokes and mysteries. Here are some silly state laws that I found to share with you:

- In Alabama, it is illegal to play dominoes on Sunday.
- In California, women may not drive while wearing a bathrobe.
- In Florida, it is illegal to sing in public while wearing a swimsuit.
- In North Dakota, it is illegal to fall asleep with your shoes on.
- In Wyoming, it is illegal for adults to take a bath more than once a month when the cold weather arrives. All winter, it is illegal for children to take a bath (at all).
- In Florida, it is illegal to skateboard without a license.



Well there you have it, these laws are all ridiculous and some are pretty funny. I'd hate to live in North Dakota because I always fall asleep with my shoes on. See you next time!

How Can I Get Over My Bad Mood?

www.webmd.com

Bad moods not only ruin your day, they can potentially ruin your life. Here are some tips for teens:

- Think about something or someone you are thankful for. Stop the bad feelings by remembering those in your life who care about you or who have done nice things for you.
- Do something nice. Think of someone you can help. It's hard to be in a bad mood when you're helping someone.
- Listen to some upbeat and uplifting music. Put in your favorite CD or your favorites on your MP3 player, and let the music soothe you.
- Realize that you are not alone. Nearly every teen has mood changes to some degree. Talk to a friend about your moods. You might be surprised to find that others are going through the same mood swings as you.
- Talk to somebody. If a friend or parent is not immediately available, staff are good listeners. Don't keep your feelings to yourself. They can fester inside you, making problems seem much worse than they actually are.
- Get some exercise. Get outside if you can. Go for a walk or just take a deep breath and enjoy the fresh air.
- Get 8 1/2 to 9 1/2 hours of sleep every night. Getting enough rest, as hard as it is sometimes, is important. Tiredness can lead to gloom and irritability, and it greatly decreases the ability to cope with our moods.
- Just let it all out. Yes, cry! Sometimes, a good cry just makes you feel better.

Bad moods come; bad moods go. But keep in mind that if your feelings of sadness, irritability, boredom, or hopelessness occur often, and you just can't seem to shake them, you may need help from a professional.

Don't let what you can't do
stop you from doing what you can do.



Labor Day Activities on September 3

by TailerH

The events were well planned for this extra day off from school. We started out with a water balloon toss which was perfect during the hot weather. My partner ChrisP and I won it! Each unit had teams for tug of war, three legged and wheelbarrow races. The watermelon eating contest was my personal favorite. The watermelon was tasty and extremely cold and my lips were numb by the end of the contest. Covered in juice from head to toe was ChrisP who won again. Prize options drawn from a bag were: 30 minutes of game time, one night of later bed time, a stamp and a phone call. All in all, it was an awesome Labor Day because it was very fun and extremely positive. The kitchen crew did an amazing job running the activities! The BBQ included a pulled pork sandwich, potato salad, a tomato cucumber salad, baked beans, and cookies. Congratulations to EthanG, BrandonF, JuanE, QuinlinE, AnthonyV, BrandonD, AlexG, and DyamiE for their softball game win. Good job everybody!

Staff Who Am I?

I like to go on vacation
My favorite movie is *Lonesome Dove*
Football, Baseball and Wrestling are my favorite sports
I enjoy watching my kids play sports
Coaching is something I relish
My favorite TV shows are *Modern Family* and *Man vs. Food*
The Raiders and the Giants are #1 & #2
Mmmm . . . Mexican food



- - - HAPPY BIRTHDAY in October - - -

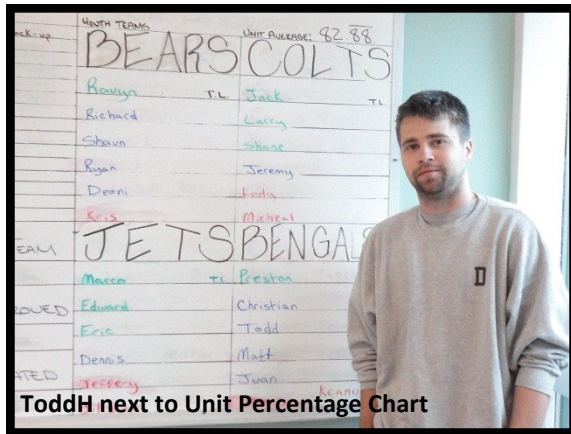
Name	BDate	Favorite Sports Team	Favorite Restaurant	Favorite Car	Favorite Food
RyanB	1	Boston Celtics	Red Lobster	Range Rover	Mexican
TailerH	6	Detroit Red Wings	Benihana	Dodge Charger	Japanese
IsaacR	6	Portland Trailblazers	My Mom's House	Ford Pinto	Peanut Butter & Bananas
KevinM	6	Oakland Raiders	Jack in the Box	Crown Victoria	Beans and Rice
ToddG	7	Surfing	Lucky Dragon	Dodge Challenger	Sushi
BrandonF	20	New York Giants	China Town	2003 cr250r Dirt Bike	Chinese
ReydK	21	Green Bay Packers	Bonsai Teriyaki	Ford GT V10	Sushi
DavidD	21	Pittsburg Steelers	Yami's	Chevy Camaro	Pizza
LatraveonW	26	Washington Nationals	Church's Chicken	Rolls Royce Phantom	Hot Chicken Wings
LucianoO	28	Oklahoma City Thunder	Jack in the Box	Yukon Denali	Carne Asada
IanH	31	Miami Heat	Applebees	Chrysler 300	Bacon Cheeseburger

Soccer League

by JuanM

Get fired up! Soccer league has begun and practices are on Sundays and Tuesdays. "I can't wait until soccer this week," expressed many participants. Soccer is a difficult sport but when you work as a team, everything seems so much easier and fun. On Tuesdays, we do skill building, which is learning how to move with the ball, passing, etc. On Sundays, we divide up into three teams and play scrimmages against each other. I look forward to soccer every week. Be careful not to kick the ball over the wall - else it's a mile!

On September 4th, approximately 25 youth participated in a scrimmage. The **Blue** team was led by EthanG, the **Green** team by JuanE, and the **Grey** team by IsaacR. All of the participants set aside their differences and gave it their all and had fun.



Delta Life in the Limelight

by ToddH

Living on Delta Unit is pretty simple as long as you follow the rules. Which, I guess, could be said for all units. We get up around 7:00a, make beds, and do meds from the dorm. When this is finished, we move out to the day room and place our books and items away. Then we move into the dining room for breakfast, eat and clean up. After breakfast, we leave the unit and go to school/treatment classes from 8:15a - 4:15p. At 4:30, we have everyone back on the unit and get an hour of free time to write letters, read, play video games or cards. From 5:30 - 6:15p, we have dinner. After that we take showers and have some more free time.

On Mondays, we have team rewards. That's when the highest team percentage gets an extra rec period. On Wednesdays, we have unit rewards. That's when everyone who passed their percentages, gets an extra rec period. During the weekend, we can ask to watch movies or TV. Our rec on weekends is from 10:30 - 11:30a and 1:20 - 2:20p.

The newly relocated canteen is on Delta. We also have a electric stove and a cabinet full of cookware for the Culinary Arts Program, a class run on Delta unit. We have a Fantasy Football League. Our staff is involved and they guide youth who are new to it, as well as those who have done it before. Fantasy Football makes for an overall exciting and fun experience for all.



Super Chicken Football Soup

www.meals.com

1 cup curly pasta
1 cup chopped carrots
1 cup chopped celery
1 onion, peeled and chopped
2 cloves garlic, crushed
2 bay leaves
1 teaspoon crushed dried parsley
1/2 teaspoon crushed dried thyme
8 cups chicken broth, divided
1 1/2 cups diced cooked chicken
1/4 teaspoon salt
1/4 ground black pepper

Preparation time: 15 min
Cooking time: 25 min
Makes 6 Servings

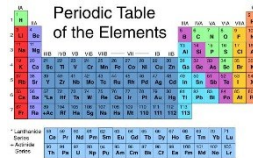


Cook pasta according to package directions; drain and set aside. Meanwhile, in a large microwave safe dish combine carrots, celery, onion, garlic, bay leaves, parsley and thyme. Stir in 1 cup of the chicken broth, cover, and cook on high for 10 minutes or until vegetables are tender. Stir in remaining 7 cups chicken broth and chicken. Cover and cook on high for 10 minutes or until boiling. Add cooked pasta, salt and pepper. Cook on High for 5 minutes more. Remove bay leaves before serving. Enjoy!

Chemistry

by RobertB

MrJ teaches a brilliant chemistry class 2nd period that really gets students' attention. We have very exciting discussions about how certain things work in the chemistry world. For example, we learn how the world today actually uses the elements on the Periodic Table of Elements. My favorite thing about chemistry class is when we get to watch cool videos of chemical reactions. For any geeks out there (like me and MrJ) who want to learn cool and exciting things about the science world, I recommend taking the class.



Gold Price Per Ounce \$1,792
Silver Price Per Ounce \$33

How to Get Your GED

by JaimeC

Interested in getting your GED? Hold on, it's not that easy. There are requirements you have to meet first. If you want to see if you're qualified for the program, bring it up at your next MDT when you are level 2 or above. GEDs are appropriate for youth unable to obtain their high school diplomas. If you meet the requirements and are still interested, here's my advice:

- Put all your time and energy into classes and try hard to learn things that you struggle with.
- Pass the pre-test with a score above 500.
- Be willing to learn and practice when given the opportunity to do so.
- Ask for help from your instructor, MrsB, when you don't understand.
- Before you take the "real deal" GED test, get a good night's sleep!
- Don't let anything negative get in your head. Focus!

What Car Logos Do You Know?



Leading the Change Activity

by QuintnE

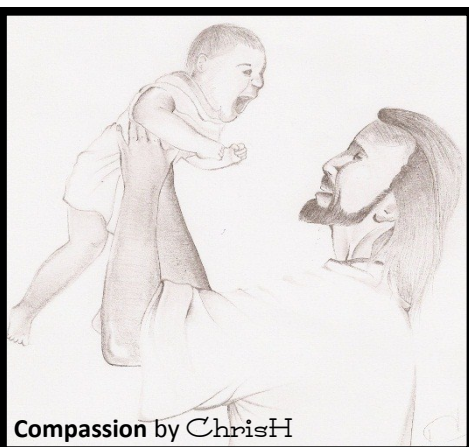
On September 2nd, Leading the Change (LTC) youth gathered in the gym for food and a movie from 6-9p. We were able to watch *The Hunger Games* while eating hot wings prepared in the main kitchen by IsaacR. The book has been sweeping the facility (and nation) so it was good to watch the characters come to life.

*Coca Cola was originally green.
An ostrich's eye is bigger than its brain.*

The Wonderful Life of Poetry

by JeffH

Being a part of the poetry group is great because you get to express your talents. We choose the type of poetry that we want to learn more about. Did you know there was more than one kind of poem? We are able to free write our own poems and are able to share with others. I am thankful that StaffR has a gifted and down-to-earth poetry style that she shares with us. This is a fantastic and fun way to learn how to write poetry and it has been truly worth signing up for and joining. We meet Wednesday evenings at 6:30p so come join us. Thank you StaffR for teaching us more about the wonderful life of poetry. Count me in!



Compassion by ChrisH

Compassion

by JeffH

A kiss of a rose's
new morning dew
A heart of compassion
like an ocean's misty spirit
Love for a child is
everlasting and unchangeable
I will never let you go
For you are the child I'll hold forever

Book Review

by QuillianH

The Stand, by Stephen King, is in our library and it's the un-cut version instead of what the publishers first released. Our version is a full 400 pages longer than the original release, just how Mr. King wanted it. The book is about how a super flu pandemic is released from a government facility unto the earth whereupon it spread rapidly and consumed an enormous portion of the world population. It doesn't stop there; it turns out that there is a faction from the forces of light and darkness that are in competition for the rest of the unpopulated world and the survivors are joining either side for better or worse. The faction of light is led by an old lady more than a hundred years old and the faction of evil is led by a demon that everyone calls the walkin' dude. There are multiple story lines and each person is so in depth and characterized that you can almost see their faces and the grief etched upon them. The book is over a thousand pages long but is an excellent read filled with intrigue, war, death, love, strife and victory. A must-read, if you know what I mean.



Where I Would Like to Travel

by ChrisP

The open roofed Maracana Stadium in Rio De Janeiro, Brazil, is one of the places I'd love to travel to and see. I enjoy traveling to all sorts of different places and have been all over the U.S. Recently, Brazil, has caught my eye for being an amazing place. I'm a sports fan and I found out this stadium will be used for the next Olympics, the FIFA



Confederations Cup, and the next World Cup. Capacity is 85,000 people and I want to be one of them during the World Cup and Olympics. I recommend that you get out and travel to a place that really interests you and enjoy the beauty of nature and all the places on our planet.

Locks of Love

Changes barbering program is now accepting donations to the Locks of Love Program. Locks of Love is a non-profit organization that creates and provides hairpieces to financially disadvantage children suffering from long-term medical hair loss. The hairpieces help to restore self-esteem and confidence, enabling children to face the world and their peers. Twelve inches is the minimum length of hair required with no coloring or chemical treatment, so if your interested in donating, please see a barbering student.

Answers

Who Am I? Staff AM, Student CF

Car Logos:

Infiniti, Mercedes-Benz, Mitsubishi, Buick, Toyota, Mazda, Jaguar, Dodge, Chevrolet, Cadillac, Audi, Volvo, Opel, Honda, Porsche, Volkswagen, Renault, Subaru, Pontiac, Hyundai, Lamborghini, Acura, Peugeot, Lexus, Maserati, Mercury, BMW, Saab, Suzuki, Fiat, Vauxhall, Citroen, Chrysler, Ferrari, Nissan, Saturn, Bentley, Daewoo, Alfa Romeo, Holden, Aston Martin, SEAT

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