Alternative Education Program Students Study Environmental Sustainability

Students in the Alternative Education Program having been studying how products we use are recycled, reused, and composted. This research has been done as part of a larger unit on environmental sustainability. As part of its research, the Alt Ed program had a guest speaker from the Addison Solid Waste District come to give a presentation on the importance of reducing the waste stream and why we should be working on keeping products out of landfills. He made a huge impact on the students when he talked about composting. He discussed how if a banana were composted at your home it would move from your kitchen to your composter and turn into rich soil within a year. The other path was to throw the banana in the garbage. He asked the students, how many different vehicles running on diesel fuel would it take to get this banana from their garbage to the landfill in Coventry VT? The answer was seven different vehicles. He further explained that once the banana was at the landfill, it would be buried and would not break down for a very long time, emitting methane gas along the way.

The next day, students took a field trip to the Middlebury Transfer Station where they saw a hands-on tour of the facility. Students were impressed with how organized the facility was and how most of the “trash” coming in was separated and reused. The following week students took a second trip to Williston to the Material Recovery Facility (MRF). This facility is where most of the zero-sort recycling in the state goes. The building was impressive with a combination of machines and humans sorting all of the recycled material. Students also were able to see the final products of cardboard, cans, glass, etc. that where sorted, bundled, and ready to be shipped out to be turned into new materials. The tour guide reinforced that recycling is a renewable resource and that every effort should be made to recycle at home as well as at school.
Paying for College Night

On Thursday, **November 15th at 6:30 p.m.**, Carrie Harlow from the Vermont Student Assistance Corporation (VSAC) will be presenting the annual “Paying for College” evening program. Held in the auditorium, Carrie will help clarify issues related to the financial aid process including: how to apply for financial aid, which forms are required, how financial aid is awarded as well as many other points. She will also be available to answer any questions parents may have about financial aid. For more information about the evening presentation, please contact the Guidance Office.

NCAA Eligibility Center

Student athletes planning on participating in an intercollegiate sport in college at the division 1 or 2 level have very specific academic guidelines that they need to meet to be eligible to compete in college. Information regarding guidelines and approved courses at Middlebury Union High School are available at the eligibility centers Web site which can be accessed through our Guidance Web site.

Grade 10 Career Program

Starting the week of November 12th, tenth grade students will be participating in the Guidance Department’s career program. This program introduces students to Naviance, a comprehensive Web-based guidance program. Our tenth grade students will use the career interest inventory, learn specific information about careers, and gain exposure to the programs available at the Hannaford Career Center. Naviance can be accessed at home through the school’s Web site. Students will be able to continue to investigate their interests and update potential career and college choices at home. Additionally, we will be using Naviance with your students throughout the remaining years of high school for the college selection and application process.

ASVAB

The Armed Services Aptitude Battery, (ASVAB) Career Exploration Program will be administered at MUHS on Wednesday, December 5th in the Guidance Conference room. This program is valuable for 10th through 12th grade students by providing information on an individual’s aptitudes or abilities for career planning and particularly for those interested in the military. Students wishing to take the ASVAB need to register in the Guidance Office by November 30th.
Calling All Baby Photos!!!

The *Quatrain* is once again asking for baby photos of this year’s Seniors. Parents, please find your son or daughter’s best (cutest, embarrassing, funniest) baby photo. Send it into the school by December 1st to ensure that the photo gets into the yearbook. If you would like the photo returned, please put your address on the back and we will send it back to you after we scan it in. If the baby photo is digital, please e-mail it to mottinger@addisoncentralsu.org. If you have any questions, please call Mr. Ottinger at 382-1039. Thank you and we look forward to your photos. Please send in your photo with your son/daughter (Room B101) or to the following address:

MUHS
Attn: Yearbook
73 Charles Avenue
Middlebury, Vt. 05753

Reminder: Parent ads due by November 30th

**Yearbook ordering information:** Everyone will be receiving a letter in the mail from our publisher with yearbook ordering information. If there are any questions or concerns, please call Mr. Ottinger at the above number. This is the third year that we have been using this method which allows parents to use their credit cards. Books can always be ordered directly from us at a later date if that works better.
On October 31st, MUHS Peer Leaders hosted the annual MUHS 9th grade Halloween competition. There were definitely some creative costumes, including the top 3 winning advisories dressed as "Frankenstorm," "cowboys and cowgirls," and the "zombies." Great participation and fun was had by all!

MUHS advisories recently celebrated Red Ribbon Week, October 23rd-26th. Red Ribbon Week serves as a vehicle for students and teachers to take a stand against drug and alcohol use and to send a positive message about living drug-free lives.

The activity during this week was for students and advisors to decorate a poster promoting drug-free messages. Upon completion of the poster, advisories placed the posters on or near their advisory room doors. There was terrific participation and very creative, positive and thoughtful contributions.
Ms. Koretz's Spanish III classes recently finished a thematic unit based on Fairy Tales. The grammatical focus was having the students correctly use two different past tenses, the preterit and imperfect. The students in those two classes each wrote and illustrated an original fairy tale. Their books are currently on display in the MUHS learning center. Please check them out!
Volleyball ended with a regular season record of 5 – 3 making it into the post season play. The Tigers beat Rutland with a decisive win 42 – 14 in the quarter-finals but in the semi-finals Middlebury lost to Hartford, the #1 seed, 0 – 34.

Varsity Boys’ Soccer team had a tremendous regular season with a 12 – 1 record earning the number one seed in the Division I Soccer Post-Season Tournament. In the play downs, the Tigers defeated Spaulding (#16), 3 – 1 and in the quarter-finals Middlebury beat St. Johnsbury Academy (#9), 3 – 0. In the semi-finals, the Boys’ Soccer team lost to Burlington (#5), 2 – 0. Congratulations to the Boys’ Soccer team for a great season!

Varsity Girls’ Soccer ended its regular season with a 5 – 8 – 1 record making it into the post-season play as the 14th seed. In the play downs, Middlebury lost to Mt Anthony (#3), 7 – 2.

Varsity Field Hockey had a 1 – 11 – 1 record for the regular season and in the first round of the post-season lost to Mt Mansfield (#8), 1 – 3.

Cross Country had a solid season. The Girls placed 4th in the NVAC small school division and 6th in Division II at the State Championships. The Boys placed 3rd in the NVAC small school division and 6th in Division II at the State Championships.
Health Office News

Flu season is here!

Flu season generally runs from October through March each year. The best way to protect yourself and close contacts is to get your flu vaccine, engage in proper hand hygiene, stay away from sick people, and stay home if you are sick.

Can the flu vaccine make me sick?
No. Flu shots are made from killed or weakened viruses. It can take up to 14 days for your body to produce antibodies to protect against the flu virus once you have been vaccinated. Therefore, you may become sick after getting the flu shot, but not from the vaccine itself. It is likely that you were exposed to a different virus prior to getting the vaccine that made you sick.

How can I tell the difference between the flu and the common cold?
The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu. When in doubt, seek medical attention.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Sometimes, usually mild</td>
<td>Usual; higher (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days</td>
</tr>
<tr>
<td>Headache</td>
<td>Occasionally</td>
<td>Common</td>
</tr>
<tr>
<td>General Aches, Pains</td>
<td>Slight</td>
<td>Usual; often severe</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Sometimes</td>
<td>Usual; can last 2 to 3 weeks</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Usual; at the beginning of the illness</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>
Sneezing  Usual  Sometimes
Sore Throat  Common  Sometimes
Chest Discomfort, Cough  Mild to moderate; hacking cough  Common; can become severe

**Flu Prevention**

1. **Avoid close contact.**
   Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**
   If possible, stay home from work, school, and errands when you are sick. If you have a fever over 100°F or any flu-like symptoms, stay at home. You will help prevent others from catching your illness.

3. **Cover your mouth and nose.**
   Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. **Clean your hands.**
   Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub. When hands are visibly soiled, an alcohol based hand rub is NOT as effective as proper hand washing.

5. **Avoid touching your eyes, nose or mouth.**
   Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.**
   Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

The 'Brain Science Club' is off to a great start this year with six eager Middlebury College neuroscience undergraduates: Dana, Kathryn, Shannon, Remi, Flo, and Deirdre. Usually two students volunteer their time each Monday on topics from the 'Brain Facts' 80 page booklet that is downloadable from the site, [www.brainfacts.org](http://www.brainfacts.org). Weekly sessions, that are open to any interested high school student, are on topics such as: brain development, neurons, brain anatomy, perception, senses, learning, memory, language, movement, aging, neural disorders and more. Involved students are learning about the brain and neuroscience to become and stay educated about this important topic for teens. The club also prepares the students for participating in the 4th Annual Vermont Brain Bee on February 9, 2013 at the Medical Education Building, University of Vermont in Burlington. This is a neuroscience competition and activity day for high school students. For more information about the Vermont Brain Bee check out: [http://www.vermontbrainbee.com](http://www.vermontbrainbee.com).
ACT values teen culture as an essential part of the broader community. It provides a fun, safe and welcoming place for teens to hang out, and promote teen contributions through programs, activities, and outreach.

**Drop-in Hours**
Monday, Tuesday, Thursday: 3 – 6pm
Wednesday and Friday: 3 – 7pm

ACT is open to all youth in 7th to 12th grade from the ACSU school district. Through its Youth Advisory Council (YAC), ACT sponsors dances, fund raisers, community service projects and much more—by and for teens. ACT provides a fun, safe and welcoming place for teens to hang out, be with their friends, listen to music, play foosball, pool, board games, be creative and do art projects and eat snacks.

**UP-COMING EVENTS AND ACTIVITIES:**

**Youth Advisory Council Meeting:** Wednesday November 14th and 28th 4:30 to 6pm (pizza at 5:30pm) “DREAM - ACT - DO” is the motto of our YAC meetings. Teens decide what they want to see happening at the Teen Center and plan, organize and implement programs and activities.

**Magic on Mondays:** Every Monday from 4 – 6pm
Stop by Addison Central Teens every Monday from 4 – 6pm to play MAGIC the Gathering, trade cards, build decks, or learn how to play the game. Staff and experts will be on hand to answer questions, build decks or to simply play against. All levels and abilities are welcome and encouraged to play!

**DJ SKATE NIGHT:** Saturday Nov. 10th, 24th 8:00 – 10:00pm
Co-sponsored by Friends of Middlebury Hockey and Addison Central Teens. Enjoy classic roller rink style skating on the ice at the Memorial Sports Center, 296 Buttolph Drive, Middlebury. All ages and abilities welcome - $5 adult - $3 students. Skates are available for rent and the concession stand is open.

**Red Cross Babysitting Training Course:** Saturday November 17th 9am – 4pm
The training class is approx 6.5hrs, and is recommended for students ages 11-15. This is a fantastic class that covers not only childcare skills, but also leadership and communication skills, first aid, safety and emergency preparedness, and best practices for finding babysitter jobs and interviewing with parents. For more information please contact Jutta Miska. (802) 388-3910 - jutta@addisonteens.com

**Clothing Swap at MUHS:** Tuesday, November 13 and Wednesday, November 14
Addison Central Teens is hosting a Clothing Swap and Shop at MUHS in the hallway outside the Main Office 11:30 am to 3 pm (for students only) and 3 pm to 5:00 pm (open to the public). Bring in teen friendly, gently used clothing, accessories, jewelry, and CD's and swap for “new” used items. No clothing to swap? Bring your money and shop! Everything very inexpensively priced. For more information call Jutta at 802-989-8934.

**Clothing Swap at MUMS:** Wednesday, November 15
Addison Central Teens is hosting a Clothing Swap and Shop at MUMS in the choir room upstairs 11:00 am to 3 pm (for students only) and 3 pm to 5:00 pm (open to the public). Bring in teen friendly, gently used clothing, accessories, jewelry, and CD's and swap for “new” used items. No clothing to swap? Bring your money and shop! Everything very inexpensively priced. For more information call Jutta at 802-989-8934.

**Nutritional Outreach and Mentoring (NOM) Cooking Class:**
Love to COOK? Love to EAT?? Middlebury College volunteers will be hosting cooking classes at the Teen Center. The cooking classes will focus on shopping, preparing, cooking, and of course eating healthy meals, while being conscious of staying on a budget. Help us decide what you would like to prepare, shop for and make for NOM cooking classes.

**Community Supper:** Friday December 7th 3:30 – 7pm
The community supper is an annual Friday Night tradition at the Congregational Church in Middlebury. Help Addison Central Teens choose a menu, cook and serve members of our community. This is a really fun event and a great opportunity for community service. You get to a have a wonderful home cooked meal and delicious desserts!

**WANT MORE INFO?** Check our Web site at: [www.addisonteens.com](http://www.addisonteens.com), call ACT at: 388-3910
Co-Directors: Colby Benjamin: colby@addisonteens.com
Jutta Miska: jutta@addisonteens.com
ACT is located in the Middlebury Municipal Building; enter on College Street across from Samas Café.
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Newsletter: www.muhs-school.org/information/newsletters.html