

KING COVE

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This Day In History

- 1947: Spruce Goose (the largest aircraft ever built) flies.
- 1777: John Paul Jones sets sail.
- 1948: Truman defeats Dewey.
- 1983: MLK federal holiday declared.
- 1895: First gasoline powered contest in America.
- 1989: A nurse's aide gets life imprisonment.
- 1982: Truck explosion kills 3,000 in Afghanistan.
- 1913: Burt Lancaster born.
- 1920: Dawn of radio.
- 1795: James Polk is born.
- 1865: Warren G. Harding is born.
- 1986: Grete Waitz wins her eighth NYC marathon.

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KCS CELEBRATES RED RIBBON WEEK

by: Shauna

This year's Red Ribbon Week in King Cove was held from Oct 23rd-30th. Red Ribbon Week is the oldest and largest drug prevention campaign in the country. The date that Red Ribbon Week is held all depends on the source. RRW (Red Ribbon Week) is normally held in the last full week of October. RRW, for some people, is the chance to take a stand for the hopes and dreams, for making a commitment to living a drug free life, and creating a drug free America.

RRW wasn't just some random made up thing. The reason we have RRW is because of a man named Enrique "Kiki" Camarena. Kiki was just a boy with a dream, and then became a man that wanted to make a difference. After college Kiki moved on to serve in the Marines, and then became a police officer. A couple of years later he decided to join the U.S. Drug Enforcement Administration (DEA). Kiki was sent to work undercover in Mexico to uncover drug traffickers. Being in the DEA was Kiki's dream, and he had his chance to fight illegal drugs and to keep our country and children safe. On February 7, 1985, the 37-year-old ex-marine left his house to meet his wife for lunch. Once he stepped outside five men went to the agent's side and shoved him in a car. One month later Kiki's body was found in a shallow grave. According to the autopsy he was tortured to death.

By March 1985 Kiki's friends started campaign in his honor. During the beginning efforts they wore red badges of satin, or red ribbons as a symbol of Kiki's memory. The King Cove School celebrated RRW by having a pep assembly, and also drug awareness themed spirit week.



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SCHOLASTIC BOOKFAIR COMES TO KING COVE

by: Kaylee B.

From the 19th through the 24th, Marie, the librarian, held a book fair. She said, "This was the most profitable book fair so far since I was the librarian." The library made approximately \$2500, 55% profit. The good part was that instead of the novelty items selling, the books sold the best. Because of better profit, she will use some of the money for Accelerated Reader prizes and school supplies. The best selling books for the elementary were the Battle Books. Marie's favorite books are from Scholastic Readers. My classmates' favorite books are the following: Deep, Dark, and Dangerous, Ruby Bridges Goes to School, and Miss Spitfire. If you are a person who likes to get grossed out, the books I would recommend are Bugs and Ripley's Believe it or Not. If you are interested in books about baking with chocolate, I would recommend Hershey's; there are about 100 pages of ways to cook with chocolate Hershey kisses. Out of all of the novelty items, the items that sold the best were the bendy pencils and the long erasers.

King Cove Spotlight

BRENDA WILSON WAS BORN IN SAND POINT, ALASKA ON SEPTEMBER 3RD, 1961 IN A LITTLE HOUSE ON THE C/ A. THEN SHE MOVED TO KING COVE, ALASKA. SHE IS MARRIED TO WARREN WILSON AND HAS 2 KIDS, ROSE AND DEREK. BRENDA WILSON IS A WELLNESS MANAGER SHE DOES COUNSELING, SUBSTANCE ABUSE, AND TRAINING. SHE IS A CHEERLEADER FOR YOUTH AND ELDERLY. WHEN SHE WAS GROWING UP SHE WANTED TO BE A MOM AND TO GET HER MASTER'S DEGREE (WHICH SHE IS TRYING TO GET NOW). HER FAVORITE COLOR IS BLUE AND BLACK AND GOLD, SHE SAID SHE IS A BIG FAN OF THE ROOKIES AND T-JACKS AND SHE SAYS WE WILL BE GOING TO STATE THIS YEAR. THE BEST THINGS ABOUT KING COVE TO BRENDA ARE THE KIDS. SHE SAID THAT EVERYWHERE SHE WENT THERE WERE NO KIDS LIKE KING COVE KIDS. SHE SAID WE ARE MORE EXCITING AND HAPPY.

HER HOBBIES WHEN SHE IS NOT DOING WORK ARE MAKING ALEUT ART LIKE MAKING HEADDRESSES AND REGALIA DRUMS. WHEN I ASKED HER WHAT SHE THOUGHT ABOUT PRESIDENT OBAMA SHE SAID SHE LIKES THE EXCITEMENT OF THE PRESIDENT, THE OPTIMISMS, AND THE HOPE. SHE ALSO THINKS HE IS TOO YOUNG AND HAS A LOT TO SHOW AND PROVE. BRENDA TRAVELS A LOT AND HER FAVORITE PLACE THAT SHE LIKES TO GO TO IS HAWAII.



WASHINGTON, DC, 2009 - MARK MITCHELL, A TEACHER AT KING COVE HIGH SCHOOL IN KING COVE, AK, WAS ONE OF 40 TEACHERS NATIONWIDE CHOSEN TO PARTICIPATE IN A FOOD SCIENCE WORKSHOP DEVELOPED AND IMPLEMENTED IN A PARTNERSHIP BETWEEN THE FOOD AND DRUG ADMINISTRATION (FDA) AND THE NATIONAL SCIENCE TEACHERS ASSOCIATION (NSTA). THE WEEK-LONG WORKSHOP FOR MIDDLE AND HIGH SCHOOL TEACHERS TOOK PLACE IN WASHINGTON, DC, AND LOCATIONS IN MARYLAND THIS SUMMER. THIS YEAR MARKS THE 10TH ANNUAL WORKSHOP, WHICH HAS NOW TRAINED 460 MIDDLE AND HIGH SCHOOL TEACHERS FROM ALL 50 STATES, THE DISTRICT OF COLUMBIA, THE U.S. VIRGIN ISLANDS, AND PUERTO RICO.

THE WORKSHOP IS PART OF THE FDA/NSTA PROFESSIONAL DEVELOPMENT PROGRAM IN FOOD SCIENCE, A SUSTAINED EFFORT THAT ALSO FEATURES CURRICULUM IMPLEMENTATION, A FOLLOW-UP CONFERENCE, AND PARTICIPANT-LED WORKSHOPS. THE GOAL OF THE PROGRAM IS TO EDUCATE TEACHERS AND STUDENTS ABOUT CRITICAL FOOD SAFETY ISSUES SUCH AS FOODBORNE ILLNESSES BY EXPLORING THE SCIENCE BEHIND THEM. THE PROGRAM ARMS TEACHERS WITH A UNIQUE CURRICULUM AND RESOURCES WITH WHICH TO TEACH SCIENCE. IN ADDITION, PARTICIPANTS LEARN ABOUT NUTRITION AND FOOD ALLERGIES FROM FDA EXPERTS AND RECEIVE NUTRITION MATERIAL TO HELP TEACH THEIR STUDENTS HOW TO USE THE NUTRITION FACTS LABEL TO MAKE BETTER FOOD CHOICES.

"MANY TEENAGE STUDENTS HAVE JOBS IN THE FOOD SERVICE INDUSTRY OR HAVE FOOD PREPARATION RESPONSIBILITIES AT HOME," SAID LOUISE DICKERSON, FDA'S PROJECT MANAGER FOR THE SCIENCE AND OUR FOOD SUPPLY PROGRAM. "THIS PROGRAM WILL BETTER EDUCATE THEM ABOUT THE IMPORTANCE OF HANDLING FOOD SAFELY AND WHY PRECAUTIONS MUST BE TAKEN. FROM FDA'S PERSPECTIVE, OUR PROFESSIONAL DEVELOPMENT PROGRAM FOR TEACHERS IS AN EFFECTIVE WAY TO SUPPORT OUR GOAL OF REDUCING THE INCIDENCE OF FOODBORNE ILLNESS IN THIS COUNTRY."

AT THE WORKSHOP, TEACHER PARTICIPANTS LEARNED FIRSTHAND ABOUT THE DEVELOPMENT AND SPREAD OF FOODBORNE ILLNESSES; THE VULNERABILITY OF AT-RISK POPULATIONS; AND THE SCIENCE BEHIND SAFE FOOD HANDLING, STORAGE, AND PREPARATION. THESE TEACHERS ALSO LEARNED HOW TO BETTER USE THE NUTRITION FACTS LABEL TO ASSESS THE NUTRITIONAL VALUE OF FOODS. IN ADDITION, THE TEACHERS TALKED WITH SCIENTISTS FROM FDA AND CONDUCTED LABORATORY EXPERIMENTS AT THE UNIVERSITY OF MARYLAND TO FURTHER INCREASE THEIR UNDERSTANDING OF FOOD SCIENCE.

FOR EXAMPLE, THE TEACHERS INVESTIGATED HOW A SINGLE BACTERIA CELL CAN MULTIPLY TO MILLIONS IN JUST A FEW HOURS, AND THEY OBSERVED HOW DIFFERENT TEMPERATURES (HEATING, ROOM TEMPERATURE, CHILLING, AND FREEZING) AFFECT THE GROWTH OF BACTERIA. THE TEACHERS EXPLORED THESE CONCEPTS BY PUTTING THEIR CULINARY SKILLS TO THE TEST. AFTER COOKING HAMBURGERS TO VARIOUS TEMPERATURES, THE TEACHERS USED MICROBIAL DETECTION TECHNIQUES TO TEST THEM FOR BACTERIA AND OTHER ORGANISMS THAT CAUSE DISEASE.

"THOUGH THE TEACHERS HAVE COMPLETED THE WORKSHOP, THE PROFESSIONAL DEVELOPMENT EXPERIENCE HAS NOT ENDED," SAID AL BYERS, ASSISTANT EXECUTIVE DIRECTOR OF NSTA'S GOVERNMENT PARTNERSHIP AND E-LEARNING. "THEY WILL BE IMPLEMENTING THE CURRICULUM IN THEIR SCHOOLS, PARTICIPATING IN A FOLLOW-UP ENHANCEMENT CONFERENCE AT THE NSTA AREA CONVENTION IN PHOENIX, ARIZONA, IN DECEMBER, CONDUCTING WORKSHOPS FOR THEIR TEACHER COLLEAGUES, AND RECEIVING CONTINUING ONLINE SUPPORT FROM NSTA. THIS PROGRAM IS A MODEL OF A SUSTAINED PROFESSIONAL DEVELOPMENT EXPERIENCE FOR TEACHERS THAT WE HOPE TO DUPLICATE IN OTHER PROGRAMS."

THE FOOD SCIENCE PROGRAM IS CENTERED ON A STANDARDS-BASED CURRICULUM DEVELOPED BY FDA IN PARTNERSHIP WITH NSTA. THE SCIENCE AND OUR FOOD SUPPLY CURRICULUM IS AVAILABLE AT NO CHARGE TO ANY MIDDLE LEVEL OR HIGH SCHOOL SCIENCE TEACHER; IT EXPLORES THE SCIENCE BEHIND THE PRODUCTION, TRANSPORTATION, STORAGE, AND PREPARATION OF OUR NATION'S FOOD SUPPLY, AND CONTAINS A VIDEO, HANDS-ON EXPERIMENTS AND ACTIVITIES, AND EVALUATION TOOLS. OTHER PARTS OF THE CURRICULUM EXPLORE LITTLE-KNOWN FACTS ABOUT FOOD SCIENCE THAT AFFECT MILLIONS OF PEOPLE EVERY DAY, SUCH AS HOW THE PASSAGE OF TIME AFFECTS THE NUTRITIONAL VALUE OF PRODUCE, THE LIKELIHOOD OF CERTAIN FOODS TO CAUSE FOODBORNE ILLNESS MORE THAN OTHERS, AND REASONS WHY SALT SERVES AS A GOOD PRESERVATIVE. FOR INFORMATION ON THIS EXCITING CURRICULUM AND INFORMATION ON HOW TO APPLY TO PARTICIPATE IN THE FDA FOOD SCIENCE PROFESSIONAL DEVELOPMENT PROGRAM IN SUMMER 2010, PLEASE EMAIL THE PROGRAM'S GRADUATE SCHOOL ADMINISTRATOR, ISABELLE HOWES, AT ISABELLE.HOWES@GRADUATESCHOOL.EDU.

BIANCA TELLS THE FUTURE

ARIES- EARLY ON THIS WEEK THINGS WILL BE MOVING A BIT SLOW. SOMETIMES YOU HAVE FAST DAYS BUT THIS JUST ISN'T ONE OF THOSE TIMES. BY WEDNESDAY AND THURSDAY YOUR GOING TO BE RUNNING AROUND LIKE A HEADLESS CHICKEN. BE SURE TO STILL STAY IN TOUCH WITH YOUR HOMIES WHILE EVERYTHING ELSE IS GETTING CRAZY. BY THE END OF THE DAY FRIDAY, YOUR NEED SOME SERIOUS RELAXATION TIME. GO FOR A PEACEFUL RIDE WHILE LISTENING TO TAYLOR SWIFT. THROUGHOUT THE WEEKEND JUST CHILL OUT, DON'T GET OUT OF BED TIL IT'S ABSOLUTELY NECESSARY.

TAURUS- YOUR FEELING PRETTY GOOD TODAY, SO GOOD YOU DON'T KNOW WHAT TO DO. THE SUN'S RAYS WILL BE SHINING DIRECTLY ON YOU. IT'S A GREAT OPENING TO A AWESOME WEEK. WEDNESDAY EVERYTHING IS GOING TO GO A BIT FASTER. YOU'LL BE JUGGLING 3 THINGS AT ONCE AND STILL HAVE TO SQUEEZE IN TIME TO SIT ON YOUR THRONE. THIS WEEKEND YOU'LL HAVE TIME TO WIND DOWN AND CHILL OUT. YOU'LL BE ABLE TO SPEND SOME TIME WITH FRIENDS AND EAT GOOD FOOD. SO THIS PROBABLY MEANS THAT THEY'RE GOING TO BE MAKING YOU FOOD.

GEMINI- YOU THOUGHT TODAY WOULD BE AS SMOOTH AS BUTTER. WELL THE BUTTER IS PRETTY FROZEN MY FRIEND. FOR THE NEXT COUPLE OF DAYS LET THOSE AROUND YOU KNOW WHAT YOU THINK AND WHAT YOU NEED. THERE WILL BE MUCH HELP AROUND SO DON'T WORRY. KEEP YOUR HEAD UP BECAUSE SOME LOVE MIGHT JUST COME AROUND THE CORNER FOR YOU. JUST A TIP, THEY'LL BE FLIRTING HARDCORE THURSDAY AND FRIDAY SO BE SURE TO BE ON YOUR FLIRTY SIDE. THIS WEEKEND YOU'LL FINALLY GET TO WHERE YOU'VE BEEN WAITING TO GO.

LEO- THE WORLD IS A BIG AND COMPLICATED PLACE SO BE SURE YOU KNOW WHAT YOU WANT WHEN THE WEEK STARTS. BE SURE TO HAVE A HEAD START ON ALL YOUR SCHOOL WORK ALSO, BASKETBALL IS RIGHT AROUND THE CORNER SO BE ELIGIBLE! IF YOUR HAVING A HARD TIME CATCHING UP JUST ASK A FRIEND; THEY'D BE HAPPY TO HELP YOU OUT. IF YOU'RE ALL CAUGHT UP YOU SHOULD BE WORRYING ABOUT GAINING ALL THE WEIGHT FROM ALL THAT CANDY. WOOSH! IF YOU'RE A LITTLE CONCERNED GO SEE MS. LINDQUIST. AS THE WEEK MOVES ON SPEND SOME TIME WITH YOUR BUDS, IT'S BEEN A WHILE EH? ALSO BE READY FOR AN ACTION PACKED WEEKEND!

VIRGO- TODAY AND TOMORROW YOUR SEARCHING FOR THE TRUTH TO EVERYTHING. IT'S NOT LIKE YOU AND YOU MAY FIND YOURSELF DOING UNUSUAL THINGS. BUT DON'T WORRY AS WEIRD AS YOUR GOING TO GET THIS WEEK YOU'LL STILL GET A LOT DONE. WHEN YOUR DAYDREAMING YOU'LL PROBABLY GET THROUGH MS. LINDQUIST'S LOONG WORKSHEETS. AS THE WEEK MOVES ON YOU'RE MOST LIKELY GOING TO BE SWALLOWED WITH SOME WORK. BE SURE TO COMMUNICATE WHILE YOU'RE GETTING STUFF DONE, PEOPLE MIGHT NOT UNDERSTAND THE WAY YOU WORK. BUT SWEET! THIS WEEKEND YOU'LL JUST HANG OUT WITH THE PEOPLE THAT KNOW YOU WELL.

LIBRA- TODAY EVERYTHING JUST SEEMS BEAUTIFUL. YOUR RECENTLY GOING TO TURN INTO A HIPPY AND THINK PUDDLES ARE JUST DAZZLING. BUT MAKE SURE TO NOT GET TOO AHEAD OF YOURSELF AND REMEMBER THAT NOT EVERYONE IS BEAUTIFUL. SOME PEOPLE AROUND YOU ARE JUST GOING TO BE CRANKS PARTICULARLY ON TUESDAY AND THURSDAY. YOU MAY NOT WANT TO DEAL WITH IT BUT JUST BE NICE. WHY LET SOMEONE BRING YOU OUT OF YOUR HIPPY STAGE DOWN TO A CRABBY STAGE. KEEP THIS IN MIND AND YOUR WEEK SHOULD GO BY JUST SMOOTHLY. THIS WEEKEND YOU'RE GOING TO SEE ONE OF THE MOST BEAUTIFUL SUNSETS YOU'VE EVER SEEN, LITERALLY OR HYPOTHETICALLY.

SCORPIO- HOWEVER YOU'RE FEELING, TRY TO BE OPEN MINDED TO A PERSON IN NEED. THEY'RE NOT JUST A TEACHER THAT YOU JUST IGNORE EVERY TIME THEY TALK. THEY'RE A REAL PERSON (UNLIKE TEACHERS, THEY'RE MONSTERS) YOU'LL START TO REALIZE THIS WEDNESDAY AND THURSDAY. YOU'VE CONFUSED WORK WITH PLAY. IT SEEMS THAT YOU'VE COVERED YOUR PRIVATE LIFE WITH WORK. THIS WEEKEND JUST LET IT ALL GO AND LET LOOSE. GO TO CHING CHOW.

SAGITTARIUS- IT SEEMS TODAY THAT YOU HAVE A LOT OF SMALL THINGS TO DO. IF YOU FEEL SWAMPED JUST MAKE A TO-DO LIST AND GET CRACKING SISTER! ONCE YOU START GETTING THINGS FINISHED YOU'LL FEEL THE WEIGHT LIFT OFF YOUR SHOULDERS. THURSDAY OR FRIDAY A BUDDY MIGHT INVITE YOU TO A PARTY OR NIGHT OUT. YOU SHOULD TOTALLY GO! THERE'S KIND OF A LOT AROUND YOU THAT YOU NEED TO GET IN ON. WHEN THE WEEKEND COMES FOLLOW YOUR MOOD ON IF YOU REALLY WANT TO GO OUT AGAIN.

CAPRICORN- YOU AND YOUR OFF THE WALL FRIENDS ARE PROBABLY GOING TO PLAY A GAME THAT YOU HAVEN'T PLAYED SINCE YOU WERE LITTLE. GUESS WHAT? IT'S GONNA BE WAY MORE FUN THAN WHEN YOU WERE LITTLE. THIS WEEK IS GOING TO BE GREAT BUT SOME FRIENDS MAY NOT BE ABLE TO HANDLE IT ON THURSDAY OR FRIDAY, HOW LAME. OVER THE WEEKEND YOUR GOING TO FIND OUT WHO YOUR REAL FRIENDS ARE AND YOUR GONNA FIND THIS AS A HUGE RELIEF.

AQUARIUS- AN OLD RELATIVE IS GOING TO TRY TO CONTACT YOU TODAY, PROBABLY BY AN UNEXPECTED PHONE CALL. THEY'RE JUST CALLING TO SAY HI, BUT IN THE CONVERSATION YOU'RE GOING TO LEARN SOMETHING THAT MAKES YOU THINK OF THEM IN A WHOLE NEW WAY. IT'S FUNNY HOW FAMILY MEMBERS CAN SEEM BOTH LIKE OLD FRIENDS AND PERFECT STRANGERS AT THE SAME TIME, AND YOU'RE REMINDED OF THIS AGAIN ON WEDNESDAY. TOWARD THE END OF THE WEEK, ANOTHER UNEXPECTED DEVELOPMENT IS GOING TO COME YOUR WAY, THIS ONE IN THE FORM OF A SUDDEN AND INCREDIBLY FUN ROMANTIC FLING. AH, LIFE. IT NEVER FAILS TO SURPRISE.

PISCES- AN OLD LOVE LETTER (MAYBE EVEN AN OLD EMAIL) IS GOING TO COME TO MIND TODAY, AND IT'S GOING TO START BUGGING YOU ABOUT A RELATIONSHIP FROM BACK THEN. WEIRD HOW THE PAST CONTINUES TO LIVE ON IN THE PRESENT, ISN'T IT? AND ISN'T IT FUNNY TO THINK ABOUT ALL OF THE THINGS YOU USED TO BE SO SURE OF? IT STARTS TO MAKE YOU THINK THAT ANYTHING YOU'RE SURE OF NOW SEEM A BIT UNCERTAIN. BUT YOU USE THIS FOR THE BETTER BY THE MIDDLE OF THE WEEK. THE WORLD IS A CONTINUOUSLY TURNING TO AN UNEXPECTED PLACE AND IF YOU LET LOOSE YOU CAN MAKE THE MOST FUN OUT OF IT. MUSIC AND POETRY FIGURE STRONGLY INTO YOUR WEEKEND, AS DO CREATIVITY AND LOVE.