



# John D. O'Bryant NJROTC

Plan of the Week  
October 20, 2019 - October 26, 2019

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Contact information:

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Naval Science Instructor: **Chief Barros** : [abarros2@bostonpublicschools.org](mailto:abarros2@bostonpublicschools.org)



<b>Executive Officer:</b> Juliana Tamayo (781) 492-1347	<b>Commanding Officer:</b> Jorge Ubiñas (617) 697-7231	<b>Adjutant:</b> Samantha Flores (857) 406-6650
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Chain of Command:

Operations Officer: William Doyle  
Senior Chief: Jahne Shepherd  
Admin Officer: Monica Tran  
Supply Officer: Grace Colon  
Public Affairs Officer: Mariah Wharwood  
Master at Arms: Michael Mangum  
First Lieutenant: Cendy Daveiga

Drill Captains:

Overall Drill CDR: Samantha Flores  
NS1 CDR: Saniya Antoine  
Unarmed CDR: Ciarra Frederick  
Armed CDR: William Doyle  
CG CDR: Maureen Baumiller  
PT CDR: Noah Boudreau  
Academic CDR: Samantha Flores  
Inspection CDR: Juliana Tamayo



**Quote of the Week:**

*“You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.”*

-Michelle Obama

**Tips of the Week:**

- Help NJROTC raise money by helping the unit with our bake sale this Wednesday, October 23, 2019. Contribute by bringing in food, or helping out during the bake sale. Also make sure to use the sign-up sheet if you plan on participating.
- If you guys have any concerns/ questions that you would like to address, please contact the unit Adjutant, XO, or CO. They're always here if you need anything.
- Continue to be on top of your work. If you have anything that needs to get done, be sure to conquer it, before it becomes a bigger bigger challenge down the road.
- If you won a five dollar gift card in the past 2 weeks, be sure to come pick it up this Wednesday.

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<p><b><u>General Military Training:</u></b></p> <p>What famous war was fought to secure control of the Turkish Straits in order to insure Greek control of the Aegean-Black Sea trade?</p> <ol style="list-style-type: none"><li>1) The Trojan War (correct answer)</li><li>2) The Crusades</li><li>3) The French and Indian War</li><li>4) The Punic War</li></ol>	<p><b><u>Upcoming Events:</u></b></p> <p>October 23: NJROTC Bake Sale November 2: Quabbin Drill Compt November 16: Coventry Drill Compt. December 14: North Drill Compt.</p>
<p><b><u>Jokes of the Day:</u></b></p> <ol style="list-style-type: none"><li>1. Where do spaghetti and sauce go to dance?... The Meat-Ball</li><li>2. What did the hot dog say after the race?... I'm the weiner!</li><li>3. What kind of band plays snappy music?... A rubber band.</li><li>4. Why did the foot smile?... He was toe happy.</li></ol>	<p style="text-align: center;"><b><u>Activity of the Day</u></b></p> <p style="text-align: center;">As many of us believe, Monday is always unbearable, let's lighten the mood with a quick game of Tic Tac Toe!</p> <p style="text-align: center;">(5-10 minutes)</p>

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## **Weekly Schedule:**

<b><u>Commander</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>NS-3</u></b>	NS3 Book	NS3 Book	NS3 Book	NS3 Book	NS3 Book
<b><u>NS-4</u></b>	NS4 Book	NS4 Book	NS4 Book	NS4 Book	NS4 Book

<b><u>Chief</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>NS1/Period 1</u></b>	NS1 Book; Unit 5	NS1 Book; Unit 5	Peer Health Exchange: Navigating your health	Wellness/BPA C/HRC	<b><u>Physical Fitness</u></b> 2 laps Stretching Push-ups Sit-ups 5 laps
<b><u>NS2/Period 2</u></b>	NS2 Book: 1.1	NS2 Book;	Test/Influence of Sea Power on Western Civilization	-Uniform Inspection -Wellness/BPA C/HRC	<b><u>Physical Fitness</u></b> 2 laps Stretching Push-ups Sit-ups 5 laps
<b><u>NS1/Period 3</u></b>	NS1 Book Ch.1: Overview of NJROTC	NS1 Book Ch.1: Overview of NJROTC	Peer Health Exchange: Navigating your health	-Uniform Inspection - Basee Rull	<b><u>Physical Fitness</u></b> 2 laps Stretching Push-ups Sit-ups 5 laps
<b><u>NS2/Period 4</u></b>	NS2 Book: 1.1	NS2 Book;	Test/Influence of Sea Power on Western Civilization	-Uniform Inspection -Wellness/BPA C/HRC	<b><u>Physical Fitness</u></b> 2 laps Stretching Push-ups Sit-ups 5 laps
<b><u>NS1/Period 5</u></b>	NS1 Book: 1.1	NS1 Book Ch.1: Overview of NJROTC	Peer Health Exchange: Navigating your health	-Uniform Inspection - Basee Rull	<b><u>Physical Fitness</u></b> 2 laps Stretching Push-ups Sit-ups 5 laps

## **This Week in Naval History:**

### **October 20**

1864 - A boat expedition under Acting Master George E. Hill, with the screw steam gunboat Stars and Stripes, ascends the Ochlockonee River in Western Florida and destroys an extensive Confederate fishery on Marshs Island, capturing a detachment of soldiers assigned to guard the works.

## **IMPORTANT NOTES:**

Please be sure to continue to show up to practice on time. Also, as I said earlier, be sure to try to contribute to our bake sale this Wednesday our unit depends on our contributions. Lastly, If you're on the academic team for drill, we will be tested the week of our next drill competition, so be sure to Study your military knowledge sheet.

Here are some words from your Adjutant, Samantha Flores: "Begin to prepare for our second drill compt, November 2nd, 2019, by showing up to practice, The goal is not to be better than the other man, but to be better than your previous self."

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Submitted by OPS XO,  
Maureen Baumiller

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Reviewed by XO,  
Juliana Tamayo

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Reviewed by CO,  
Jorge Ubiñas

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Approved by Chief Barros/CDR Sturges

# Data show worrisome rise in youth vaping

Growth comes as officials report increase in vaping-related lung injuries

AIMEE CUNNINGHAM

OCT 16, 2019 — 6:45 AM EST



Around one in 8 U.S. high school seniors vape daily, according to a new federally funded survey. Such heavy use, the authors say, points to these kids being addicted to nicotine.

ALEKSANDRYU/ISTOCK/GETTY IMAGES PLUS

The share of U.S. teens and tweens vaping in school bathrooms and nearly every other place continues to grow. These new data worry health officials. One in every four high-school seniors reported recent vaping, according to an annual survey of teen behaviors. Among sophomores, one in five reported vaping. For 8th-graders, one in every 11 had vaped. And a growing number of studies show vaping can be harmful, in some cases very harmful.

Explainer: What are e-cigarettes?

This growth in teen vaping comes as health officials are witnessing a growing outbreak of severe vaping-related illnesses and deaths. As of October 10, the Centers for Disease Control and Prevention, or CDC, reports 1,299 cases of lung injury linked to vaping since this summer. Of these, 15 percent of cases were under 18 years old. Another 21 percent were between 18 and 20. The cases come from 49

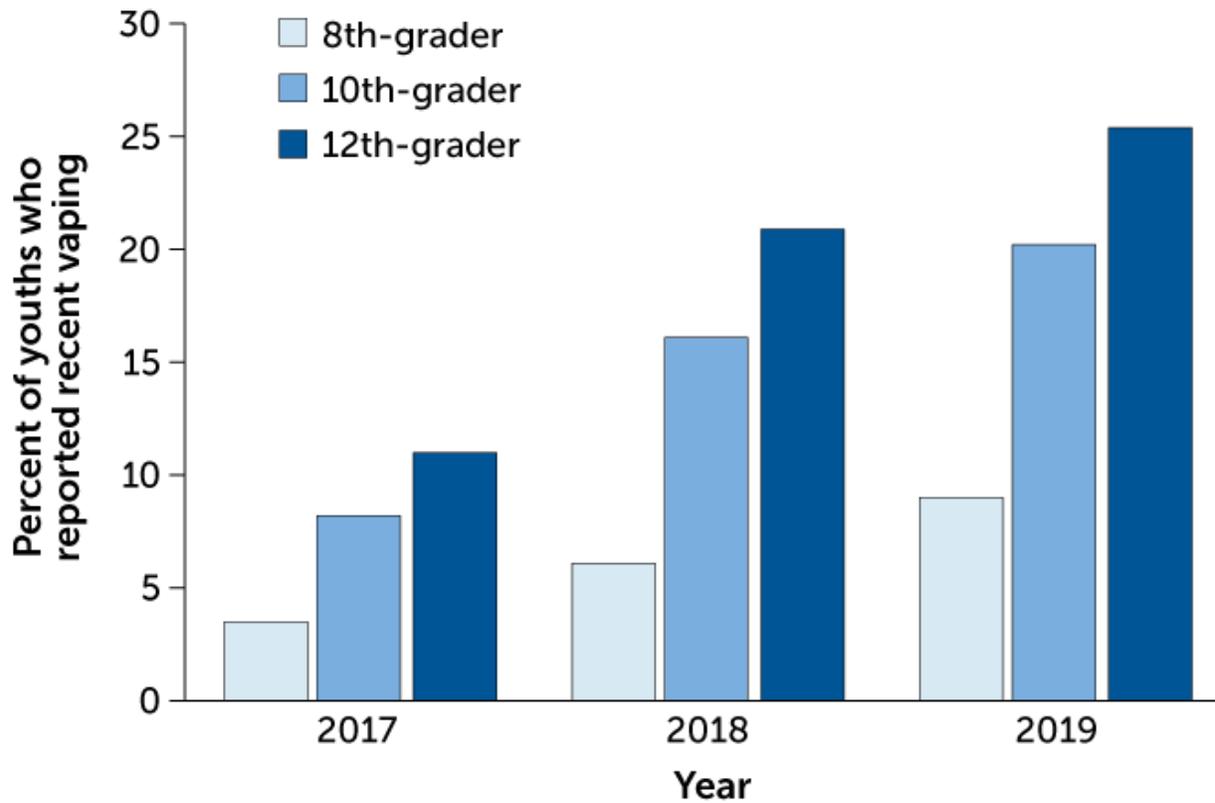
states, the District of Columbia and one U.S. territory. Of these, 26 people have died. Officials don't yet know what substance or product is fueling the lung injuries.

The new student vaping stats come from Monitoring the Future. It's a nationally representative survey of U.S. teens that is conducted by the Institute for Social Research. That's at the University of Michigan. The survey is funded by the U.S. government. It asked vaping-related questions of more than 4,500 students in each of the three grades.

The new vaping data mark a 4.5-percentage-point rise among 12th graders. The rate is up 4.1 percentage points among 10th graders. Among 8th graders, there has been a rise of 2.8 percentage points over the past year. Richard Miech of the University of Michigan in Ann Arbor and his team reported their findings September 18 in a letter to the *New England Journal of Medicine*.

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Vaping trends in U.S. middle and high school students



The popularity of vaping continues to increase, as more 8th graders and high school sophomores and seniors report using e-cigarettes each year from 2017 to 2019.

E. Otwell, Source: R. Miech *et al*/*New England Journal of Medicine* 2019

“Unfortunately, I am not at all surprised by these increases,” says Susanne Tanski. She’s a pediatrician at the Dartmouth Geisel School of Medicine in Hanover, N.H. “Use [of e-cigs] among teens and young adults is incredibly common, frequent and leading to addiction,” she notes.

Most e-cigarettes vaporize a liquid that contains nicotine, an addictive drug. So this year’s survey for the first time attempted to quantify how many teens might be addicted to e-cigs. To get at that, it asked if students were vaping daily, or at least on 20 of the 30 days before taking the survey. Nearly one in every eight 12th graders had. So had roughly one in every 14 10th graders. Among 8th graders, one in every 50 said they had vaped.

Nicotine can alter how a teen’s brain develops. It can harm its ability to learn, to pay attention and to control impulses.

“We are seeing young people who are struggling with nicotine addiction,” Tanski says. In fact, that addiction “is more intense than we saw with regular cigarettes,” she says.