



# Dragon's Lair

December 2016 ~ 2nd Nine Weeks

A Publication of Fred Moore High School

## Principal's Message

Happy holidays Dragons!

It is with much joy that I send season's greetings and express my sincere appreciation to all Fred Moore stakeholders. This first semester of the 2016-17 school year has been very exciting! Our campus is making huge forward strides as students work hard in their classes earning credits while displaying their numerous talents and gifts in the activities we've held thus far. I am looking forward to closing this semester with our December commencement exercise. Graduation is truly a rewarding time for our faculty, staff, and families because, unlike traditional schools, we get to see the fruit of our labor mid-year.

I am honored to work in such a nurturing school district and a caring and generous community. I am grateful for your trust in me and the Fred Moore team to make the best decisions when it comes to your children's education. We take our responsibility seriously, and with your help and support, we will continue to fulfill Fred Moore's mission of creating opportunities for every child to be successful and responsible citizens.

In the spirit of this season, I encourage each of you to celebrate by taking time to rest, rejoice, and rededicate yourselves to the people and causes that mean the most to you.

*Marilyn Rabsatt,*  
Principal

## Recent Fred Moore Graduates ~ Where Are They Now

*interviewed by Kelcie McDonald*

Kelcie McDonald interviewed Fred Moore graduates, Donna Burke and Jaclyn Liberg, who are both enrolled in NCTC Project Achieve. This program allows FMHS students to earn free certifications in numerous vocations.

Donna Burke says she chose Fred Moore because she needed to catch up on credits.

KM: How many credits did you have when you entered Fred Moore?

DB: About eight

KM: What, if anything, did you miss from traditional campus?

DB: Nothing

KM: Do you feel the skills learned at FMHS prepared you for your current placement?

DB: Yes (Donna is currently pursuing a Welding certification at NCTC.)

KM: Do you think you're just as ready as students in your class who went to traditional campuses?

DB: I'm just as prepared if not more because Fred Moore helped me be more independent



Jaclyn Liberg states she chose Fred Moore {over her home campus} because got behind in school after missing a week and she didn't want to go back to her home campus. She had heard about Fred Moore and thought it was the right choice to help her get back on track. She also does not like big crowds and she likes to work at her own pace.

KM: How many credits did you have when you entered Fred Moore?

JL: I believe 17

KM: What, if anything, did you miss from traditional campus?

JL: I missed the sports being able to be on a team.

KM: Do you feel the skills learned at FMHS prepared you for your current placement?

JL: Yes

KM: Do you think you're just as ready as students in your class who went to traditional campuses?

JL: I feel as where I am today I am ahead because I am in a program at NCTC that is only a semester long and I am almost finished and prepared for the next step to get a higher wage job, but in a way I feel behind because I never took my SAT or ACT.

**Believe·Achieve·Succeed**

# Here's What's Happening!

## December



- 14** Graduation Rehearsal & Senior Banquet and Bell Ringer
- 15** Fall Graduation 7:00 p.m.
- 15** Early Release 12:45 p. m.
- 16** Early Release 12:45 p. m.
- 19 - 30** Winter Break

## January

- 1** Winter Break
- 2** Staff Development - no classes
- 3** Classes Resume
- 16** MLK, Jr. Day - no classes
- 25 - 31** National Drug & Alcohol Facts Week

## February

- Relationship Awareness Month
- 22** Spring Blood Drive



## March

- 13 - 17** Spring Break
- 20** Classes Resume
- \*\*End of Course Testing\*\***
- 28** STAAR - English I EOC
- 30** STAAR - English II EOC

## SEARCHING FOR SUCCESS



### Word Search

By Lirio Linares

The puzzle below contains words that are synonymous with success. The only clue you get is that there are ten words.

Happy Hunting!

K	P	R	O	S	P	E	R	I	T	Y
I	O	S	G	W	I	N	N	E	R	E
Y	J	U	R	S	T	Y	H	A	I	M
V	A	C	X	S	W	R	K	C	U	C
K	H	C	F	E	G	O	L	C	M	U
I	C	E	H	N	K	T	H	O	P	I
T	O	S	C	I	J	C	Q	M	H	C
F	Y	S	Z	P	E	I	S	P	D	S
A	E	U	T	P	O	V	P	L	Q	B
L	A	D	V	A	N	C	E	I	Y	P
E	F	P	W	H	R	D	H	S	K	H
S	N	I	G	C	X	V	L	H	F	D

*Solution on page 11*

## Be Here! Every Day. All Day. All The Way!

The students listed below have had perfect attendance since they started at Fred Moore this school year.

- Joseph Davis
- Trevor Durante
- Kadean Long
- Warren Moore
- Max Osborne

**Perfect Attendance!**  At Fred Moore High School, our attendance goal is **98%**.

## FMHS STUDENTS PUBLISHED IN STATE MAGAZINE

Fred Moore High School students Ekaterina Farwell and Ricardo Umanzor will represent Denton ISD as contributors to the "Student Voices" column in Texas School Business Magazine. This publication is read by school administrators and district leaders statewide. Their article, which discusses their experiences within an alternative educational setting, will appear in the January/February 2017 issue.



## Teacher Spotlight

The "Teacher Spotlight" for the 2<sup>nd</sup> 9 weeks of the 2016-17 school year is Ms. Melinda Schultz.


For over the past two decades, Ms. Schultz has dedicated her career to serving Fred Moore students and families. Melinda Schultz began her career in education at Fred Moore in January 1992 initially as a volunteer for the PACE program for teen parents. A few months later she was hired on full-time at the Fred Moore Learning Center, and the rest is truly history. Melinda's employment in 1992 is significant because she was the second staff member hired when Fred Moore first opened its doors as the alternative school for the district.

As the Social Studies teacher for our campus and a lifetime Dentonite, Ms. Schultz deems it important to not only instruct students on the history and geography of places far away, but on the rich history and growth of Denton and its surrounding communities.

Her compassion and undying love for this school are exemplified in her efforts to be the first to arrive to work most days, her warm smile that greets everyone she encounters, and her fabulous array of fresh baked treats that she shares with faculty, staff, and students, during the holiday season. In return, she is adored by her students, past and present, and loved by her peers. Thank you Ms. Melinda Schultz for your unparalleled work ethic and loyalty to Fred Moore High.

Your legacy will forever be intertwined with that of Fred Moore High School's for years to come.



 <b>KEEP CALM</b> WE'RE <b>HERE TO HELP</b>	TEACHER	Content Area(s)	DAY	TIME(s)	Room #
	Brackeen, Cathleen	English	Tuesdays	8:15am – 8:45am	203
	Phillips, Julie	Mathematics; Character Education	Tuesdays	8:15am – 8:45am	303
	Schultz, Melinda	Social Studies	Wednesdays	8:00am – 8:45am	107
	Siver, April	The Learning Center	Daily	8:15am – 9:00am 4:00pm – 4:30pm	105
	Swindle, Molly	Career & Technology	Thursdays	8:30am – 9:00am	205
	Thomason, Toby	Mathematics; Spanish	Wednesdays	8:15am – 8:45am	201
	Ware Jones, Countressa	Science	Tuesdays	8:25am – 8:55am	202

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# College and Career Day ~ Passport to Success

Fred Moore hosted its College and Career Day Wednesday, October 26th from noon until 4pm. Our theme for this event was "Passport to Success." Parents, students, and the community were invited to attend.

Special guests included representatives from NCTC's Project Achieve, UNT's Emerald Eagle Scholars Program, the UNT Department of Social Work, the UNT Society of Women Engineers, the Armed Forces, and many more.

This day included an information fair, general and breakout sessions, and incentives for our students. We hoped to inspire and prepare Fred Moore High school students to attain their postsecondary goals by bringing the best local resources to our campus.

Our keynote speaker for the event was Mr. Paul Jackson. Paul Jackson, Jr. grew up in Tyler, Texas. In high school, Paul focused on academics, basketball and music.

After graduating from high school, Paul attended Wiley College for a year and then transferred to Stephen F. Austin State University (SFA) on a partial music scholarship.

Several years ago, God gave the vision for NTGG to Paul, NTGG's founder. Paul realized that God had profoundly blessed him with gifts, but understood that his gifts were undeserved and needed to be developed and appreciated. Paul also understood that he should use his gifts to the best of his ability and never take them for granted.

During his address, Mr. Jackson used basketball analogies to inspire the students. "Right now you're in the free-throw stage while you have the support of your parents. Make the shots count!"

He also spoke of the lesson he learned from a malfunctioning vehicle. "You can't get time back. You can only go forward. Don't live in the past."



Thanks to all who supported our Passport to Success event.



A special Thank You to  
Delta Public Service Foundation  
for sponsoring lunch for the presenters and Fred Moore staff.

**Believe·Achieve·Succeed**

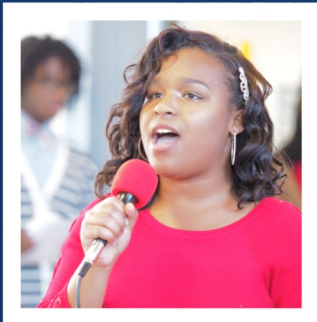
# Veteran's Day Celebration



UNT ROTC Color Guard performed a flag raising ceremony at the flag pole in honor of all Veterans that have served in our Armed Forces.

Our own veteran, Sgt. Gina Hahn, shared the purpose of this special day.

The UNT ROTC Color Guard pictured with Marilyn Rabsatt, Principal.



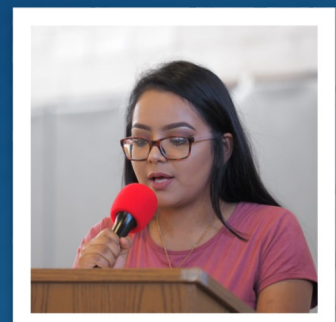
**Alaizia Depron**  
sang the National Anthem



**Joseph Davis**  
Master of Ceremony



**Miranda Hatcher**  
"My Name is Old Glory"



**Yulissa Flores**  
Introduction of Speaker



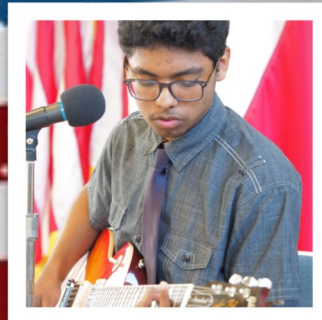
We were honored to have Peter B. Eldridge, a retired Major with the United States Army as our keynote speaker.

Major Eldridge was commissioned as Second Lieutenant Infantry with the Massachusetts National Guard in July 1965, before entering Active Service with the US Army in November, 1967.

Among his assignments in the Army were Army Aviation School and Vietnam. His first Vietnam assignment was on August 4, 1969 with the 1st Cavalry Division (Airmobile) 228th Aviation Battalion, and a second Vietnam assignment on September 3, 1971 with the 3rd Brigade, 1st Cavalry Division, 229th Battalion.

Major Eldridge graduated from the University of Southern Mississippi in June 1974 and moved his family to Texas. Soon after arriving in Texas he joined the Dallas Police Department. Major Eldridge served with Plano Police Department and the Texas National Guard

Major Eldridge has 38 years and 9 months of credited service and over 3,000 hours of combat included in his 9,000 plus hours of military flight



**Arturo Muñiz**  
America the Beautiful



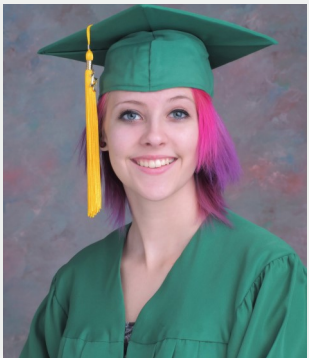
**Mr. Eldridge and Joseph** at the reception.



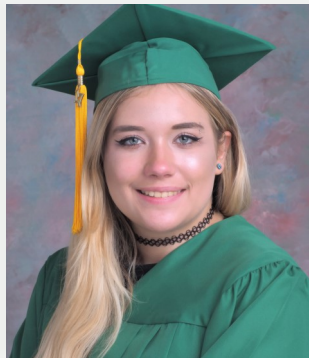
**Mr. Eldridge and program participants.**

# Fred Moore Graduates

## Fall Class 2016 - 2017



Mikayla N. Bowles



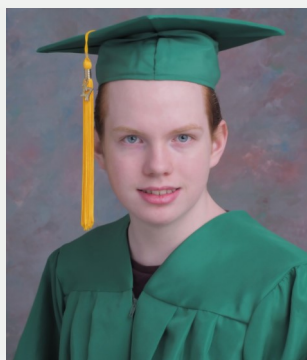
Caitlin P. Claybour



Madison M. Eddington



Jason D. Fogle



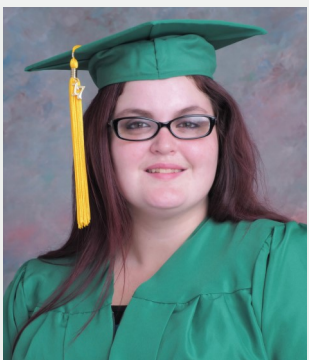
Sven D. Fulenchek



Mark A. Gonzalez, Jr.



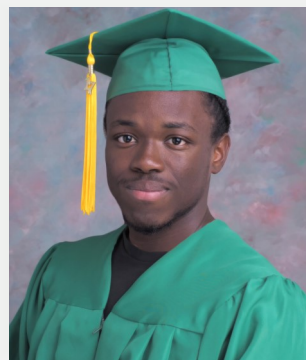
Carlos A. Guerrero



Miranda C. Hatcher



Trenton N. Henry



Anthony J. Steward, Jr.



Kendrick C. Williams

*We're delighted to share in the excitement of your graduation day and so very proud of each of you!*

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Please join us as we celebrate our graduates.

**Bell Ringer Ceremony**

Wednesday, December 14, 2016

Fred Moore High School

3:00 p. m.

**Fall Commencement**

Thursday, December 15, 2016

University of North Texas - Gateway Center

801 N Texas Blvd, Denton, TX 76201

7:00 p.m.

*(doors open to public at 6:00 p.m.)*

*We will also honor our graduates and their families with an intimate banquet.*

A special Thank You to Mr. Bruce Davis of

**Davis Photography Studio**

for capturing special memories for Fred Moore High School

Denton, TX

940-387-3747



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# Are You at Risk for Type 2 Diabetes?

## Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 7 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

**1 How old are you?**  
 a. Less than 40 years (0 points)  
 b. 40–49 years (1 point)  
 c. 50–59 years (2 points)  
 d. 60 years or older (3 points)

Write your score in the box.



**2 Are you a man or a woman?**  
 a. Man (1 point)  
 b. Woman (0 points)

**3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?**  
 a. Yes (1 point)  
 b. No (0 points)

**4 Do you have a mother, father, sister, or brother with diabetes?**  
 a. Yes (1 point)  
 b. No (0 points)

**5 Have you ever been diagnosed with high blood pressure?**  
 a. Yes (1 point)  
 b. No (0 points)

**6 Are you physically active?**  
 a. Yes (0 points)  
 b. No (1 point)

**7 What is your weight status?**  
*(see chart at right)*

Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
	<b>(1 Point)</b>		<b>(2 Points)</b>		<b>(3 Points)</b>	
You weigh less than the amount in the left column (0 points)						

..... Add up Your Score

### The higher your score, the higher your risk.

..... **If you scored 5 or more:** You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

..... **If you scored below 5:** Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. NDEP has special information for these groups.

### National Diabetes Education Program

1-800-866-8747 • TTY: 1-866-569-1162

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.

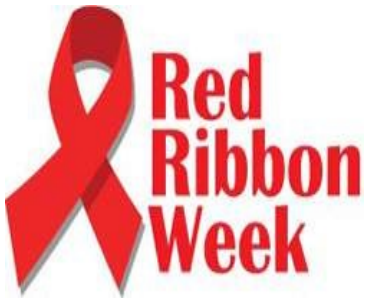


Adapted from the American Diabetes Association's Diabetes Risk Test.

[www.ndep.nih.gov](http://www.ndep.nih.gov)

**Believe·Achieve·Succeed**





Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October.



- Monday Hugs Not Drugs
- Tuesday Team up against Drugs
- Wednesday Career Day (Parents Invited)
- Thursday Put a Cap on Drugs
- Friday Shade Out Drugs

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# Get Involved!



## CLUB

SKETCH ~ PAINT ~ CREATE  
PHOTOGRAPHY  
CAMPUS VISUAL ART  
PROJECTS

&

just *COOL* artistic things  
you will want to Participate in!

**"But I can't draw"  
Don't worry, still come!**

with Mrs. Brackeen & Ms. Hahn  
Every Friday @ Lunch /Rm 203

The Denton ISD Adult Education and Literacy Program provides free English, GED, and EL Civics classes that are open for all people 18+.

<http://www.dentonisd.org/adulted>

(940) 369-0400

spoken word

Meets on Thursday  
during lunch in  
room 107

Interact



Meets every  
Wednesday

at lunch in room 205  
Lead Connect Serve

[www.rotary.org/interact](http://www.rotary.org/interact)

***Dragon's Lair***

Everyone is welcome.

Meetings are every Tuesday at lunch in room 202.



***Believe·Achieve·Succeed***



Original Art work by Ekaterina Farwell.

*“Untitled”*

Ekaterina is a junior at Fred Moore planning to graduate in June 2017.



When deciding on an **Academic major** to study in college .....think about academic goal that allows you to **pursue your passion.**

For example: my passion is helping people; therefore I became an Academic Advisor and pursued an Associate of Arts degree at my local community college.

*Dr. Roxanne Del Rio and Tangee Rucker of NCTC-Corinth Campus are regular contributors to the College Tips column.*



## Meet the Dragon's Lair Team

by Kadean Long



**Christopher Alanis**  
He's not ignoring you; he's in deep thought.  
Concert: none



**Ethan Bourns**  
Ethan enjoys fishing.  
Concert: Set it Off



**A'Larya Cruz**  
A'Larya loves Law and Order and C.S.I.  
Concert: Beyoncé



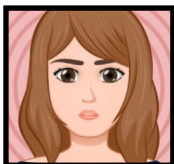
**Lirio Linares**  
Lirio is left-handed.  
Concert: Faith No More or Deftones



**Kadean Long**  
Kadean likes anime.  
Concert: Chance the Rapper



**Omar Martinez**  
Omar claims he is an introvert.  
Concert: Rob Curly



**Kelcie McDonald**  
Kelcie really likes dogs.  
Concert: Blink-182



**Mrs. Ware Jones**  
She likes to try new recipes.  
Concert: Luther Vandross

### Word Search Solution



**Believe·Achieve·Succeed**

## Nurse News



Be sure to take the  
Diabetes Survey on  
Page 8



## Fight the flu

- Protect yourself, protect others—get a flu vaccine every year.
- Prevent the spread of germs—cover coughs and sneezes.

To learn more, visit [www.cdc.gov/flu](http://www.cdc.gov/flu)



On October 19, FMHS students and staff donated a total of 17 units saving up to **51+ lives in our community.**

The Spring blood drive is scheduled for Wednesday, February 22, 2017.

Delta Sigma Theta Sorority, Inc. | Denton County Alumnae Chapter

## 10<sup>th</sup> Annual HBCU Information Session

**JAN. 19  
6-9 P.M.**

Denton High School  
1007 Fulton Street  
Denton, Texas 76201

for High School Juniors & Seniors in Denton County

Historically Black Colleges & Universities - Jarvis Christian College • University of Arkansas @ Pine Buff • Southern University • Morehouse College • Xavier University • Texas College • Prairie View A&M University • Dillard University • Tennessee State University • Paul Quinn College • Spelman College • Grambling State University • Florida A&M University • Alabama A&M University • Langston University



**PROGRAM GOAL:** To promote awareness of Historically Black Colleges and Universities, their academic programs and admission processes.

**SCHOLARSHIPS:** Academic Scholarships may be awarded on site. To be considered for a scholarship, please bring an official transcript and your ACT or SAT Scores.

For more information:  
Sonia Clark, Committee Chair at (817) 235-7768 or  
Cleo Birckbichler, Chapter President at (940) 390-0816



### Winter Break Experiment



**Try this experiment:** Choose a few of the questions below and try to anticipate your parents' answers. Then, ask the questions and compare their answers with what you thought they would say.

**Ask your parents questions such as the following:**

**MARRIAGE:** How did you and Mom (or Dad) meet? What first drew you to each other? Where did you live after you were married?

**CHILDHOOD:** Where were you born? How well did you get along with your siblings? Were your parents strict or lenient with you?

**EDUCATION:** What was your best subject in school? What was your worst? Did you have a favorite teacher? What made that teacher so special?

**SECULAR WORK:** What was your first job? Did you enjoy it? If you could choose any line of work, what would it be?

**INTERESTS:** If you could visit any place in the world, where would it be? What hobby or skill would you like to develop?

**VALUES:** What do you think are the most important factors in a good friendship? in a happy life? in a successful marriage? in being a good parent? What is the best piece of advice you ever received? What is the best piece of advice you have for me?



**LIVE**  
*Well*  
**LAUGH**  
*Often*  
**LOVE**  
*Much*

Thank you to all the faculty, staff and students who submitted content and ideas to the Dragon's Lair.

C. Ware Jones - Editor

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