



# John D. O'Bryant NJROTC

Plan of the Week  
November 10, 2019 - November 16, 2019

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Contact information:

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



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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:**

*“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”*

-Martin Luther King Jr.

**Tips of the Week:**

- If your class ordered t-shirts and sweatshirts, please be sure to bring in your money ASAP. The order will not be placed until everyone brings in their money.
- 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 challenge down the road.
- This week is our third drill compt. We need to make sure that we come back with a bang and surprise the other schools with our amazing talents. So like I said before and will continue to say, come to drill practice (especially this week).

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<p><b><u>General Military Training:</u></b></p> <p>The speed of a ship is stated in...</p> <ol style="list-style-type: none"><li>1) kilometers per hour (kph)</li><li>2) nautical miles per hour (knots) (correct answer)</li><li>3) miles per hour (mph)</li><li>4) watts per hour (wph)</li></ol>	<p><b><u>Upcoming Events:</u></b></p> <p>November 16: Coventry Drill Compt.</p> <p>November 20: Bake Sale</p> <p>November 25: Color Guard Performance at Celtics game.</p> <p>December 14: North Drill Compt.</p> <p>December 18: Bake Sale</p> <p>January 22: Bake Sale</p> <p>February 14: AMI</p>
<p><b><u>Jokes of the Day:</u></b></p> <ol style="list-style-type: none"><li>1. <b>What do you call a snobbish criminal going down the stairs?...</b> A condescending con descending</li><li>2. <b>Why can't your nose be 12 inches long?</b> Because then it would be a foot</li><li>3. <b>Why did the golfer bring 2 pairs of pant?</b> Because he got a hole in one!</li><li>4. <b>How did the barber win the race?</b> He knew a shortcut.</li></ol>	<p><b><u>Activity of the Day</u></b></p> <p>Yesterday was Veterans day. First let's take a moment to thank chief for his service, and then share out if we have family members that are in the military. (10-15 minutes)</p>

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## Weekly Schedule:

<u>Commander</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>NS-3</u>	Holiday	Military Law	Military Law	Military Law	Military Law
<u>NS-4</u>	Holiday	Ethics	Ethics	Ethics	Ethics

<u>Chief</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>NS1/Period 1</u>	Holiday	Choosing the right exercise program for you; Pg. 175, Slides #35-58	Peer Health Exchange: Accessing Resources	Wellness/BPAC/HRC	Physical Fitness
<u>NS2/Period 2</u>	Holiday	The Age of Discovery Pg. 12 Slides #44-63	Test/Influence of Sea Power on Western Civilization	-Uniform Inspection -Wellness/BPAC/HRC	Physical Fitness
<u>NS1/Period 3</u>	Holiday	Focus on You Slides #1-25	Peer Health Exchange: Accessing Resources	-Uniform Inspection -Basic Drill:	Physical Fitness
<u>NS2/Period 4</u>	Holiday	The Age of Discovery Slides #1-30	The Age of Discovery Slides #31-62	-Uniform Inspection -Wellness/BPAC/HRC	Physical Fitness
<u>NS1/Period 5</u>	Holiday	Overview of NJROTC Slides #26-51	Peer Health Exchange: Accessing Resources		Physical Fitness

## This Week in Naval History:

## **November 11 (Happy Veterans Day)**

**1861** - Thaddeus Lowe conducts an aerial observation of Confederate positions from balloon boat G.W. Parke Custis. This observation paves the way for the Navys present effective use of the air as an element of sea power.

**1870** - The Navy expedition to explore the Isthmus of Tehuantepec, Southern Mexico, commanded by Capt. Robert W. Shufeldt, enters the Coatzacoalcos River to begin a survey for a possible inter-oceanic canal. Support is provided by the gunboat Kansas and the screw tug Mayflower.

**1918** - Fighting ceases on the eleventh hour of the eleventh day of the eleventh month when an armistice is signed between Germany and the Allied nations, regarding this day as the end of World War I. In Nov. 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day.

# **IMPORTANT NOTES:**

- Bring in your Drill Compt permission slips ASAP
- The Unit will be having a bake sale in 2 weeks, help out by signing up to bring in things or volunteer to help out during the bake sale
- The ASVAB TEST will take place on December 9th at 1:30pm in the basement cafeteria: All 10th, 11th, and 12th graders who are interested in taking the exam please see Chief Barros for more information and to sign-up.

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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

# Vitamin E acetate is a culprit in the deadly vaping outbreak, the CDC says

An ingredient often used as a dietary supplement was found in all tested lung fluid samples



In September, New York state health officials announced that they had found high levels of vitamin E acetate in samples taken from these vaping products. The ingredient may be toxic when inhaled.

NEW YORK STATE DEPARTMENT OF HEALTH/FICKR (CC BY 2.0)

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By [Aimee Cunningham](#)

NOVEMBER 8, 2019 AT 3:29 PM

For the first time, a chemical potentially responsible for widespread vaping-related lung injuries and deaths in the United States has been found in lung fluid from patients.

Researchers detected vitamin E acetate, widely used as a dietary supplement, in every sample of lung fluid collected from 29 patients suffering from the severe illness, health officials announced November 8 in a news briefing and a report. Vitamin E acetate is also an ingredient in some skin care products but could be toxic when inhaled.

“We are in a better place than we were two weeks ago, in terms of having one very strong culprit of concern,” said Anne Schuchat, principal deputy director of the U.S. Centers for Disease Control and Prevention in Atlanta. “We still have more to learn.”

CDC researchers obtained bronchoalveolar lavage fluid, a sample that contains fluid from the lining of the lungs, from health care workers caring for patients with the injuries, called e-cigarette or vaping-associated lung injury, or EVALI. Twenty-nine patients from 10 states provided the specimens. [Vitamin E acetate was the only chemical detected in all of the fluid samples](#), CDC researchers reported online November 8 in *Morbidity and Mortality Weekly Report*. [Vitamin E acetate was previously identified](#) by health officials in some vaping products used by patients (*SN: 9/6/19*).

Vitamin E acetate is used as a diluting and thickening ingredient in vaping products that contain tetrahydrocannabinol, or THC, the psychoactive ingredient in marijuana. Most EVALI patients have reported using vaping products containing THC; some also used nicotine-containing products. Although vitamin E acetate is considered safe when used in skin creams and as a dietary supplement, research indicates that it could be harmful when inhaled.

The researchers also tested for, but did not detect, other chemical additives that are used as diluting ingredients, such as plant and mineral oils.

Schuchat called the findings a “breakthrough,” but said that more work needs to be done to understand how vitamin E acetate is harming the lungs. And it’s still possible that more than one ingredient could be responsible, she said.

As of November 5, 2,051 patients with EVALI have been reported in all states except Alaska, and 39 people have died.