



John D. O'Bryant
NJROTC

Plan of the Week

January 26, 2020 - February 1, 2020

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Contact information

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Bullying & Hazing: C/LCDR Ubiñas, Jorge
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Chain of Command:

Operations Officer: William Doyle
Senior Chief: Jahne Shepherd
Admin Officer: Monica Tran
Supply Officer: Kevin Magaña
Public Affairs Officer: Mariah Wharwood
Master at Arms: Michael Mangum
First Lieutenant: Vialexa Vasquez

Drill Captains:

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



Quote of the Week:

"I can't relate to lazy people. We don't speak the same language. I don't understand you. I don't want to understand you."

-Kobe Bryant (RIP)

Tips of the Week:

- There is a cleaning roster on the back of the plan of the week. Check the dates that you are cleaning the classroom, and make sure you show up, the unit runs better with everyone's efforts. Everybody has been assigned a cleaning duty day since the beginning of the school year, so by now everyone should know what day their cleaning duty is, and should be showing up for cleaning duty, since it is going towards your grade.
- AMI is 2 weeks away. Please continue to go to practice as it is essential not only to the unit doing well at AMI, but also for your grade on ASPEN.

<p><u>General Military Training:</u></p> <p>Where is NSTC (Naval Service Training Command) located?</p> <ul style="list-style-type: none">a) Pentagon, Washingtonb) San Diego, CAc) Great Lakes, IL (correct)d) Pearl Harbour, HI	<p><u>Upcoming Events:</u></p> <p>February 14: AMI</p> <p>February 17-20: New York Field Trip</p> <p>February 26: Bake sale</p> <p>March 18: Bake sale</p> <p>April 29: Bake Sale</p> <p>May 14-17: Basic Leadership Training</p> <p>May 20: Bake sale</p> <p>June:10: Bake sale</p>
<p><u>Jokes of the Day:</u></p> <ol style="list-style-type: none">1. What do you call a pig that does karate? Pork Chops.2. Why did the bicycle fall over Because it was too tired.3. Why are there gates around cemeteries? Because people are dying to get in.4. Do you like raisins, how do you feel about a date?5. If you were a chicken, you would be impeccable.	<p><u>Activity of the Day</u></p> <p>More pick up lines: Julie and I were crying over these.</p> <ul style="list-style-type: none">• Do you like Star Wars? Because Yoda only one for me!• Is your name Google? Because you have everything I've been searching for.• Baby, if you were words on a page, you'd be fine print• I'm no photographer but I can picture you and I together• Wanna hear a joke about my love life: It's existence• What did one oar say to the other oar? How about a little row-mance?

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 Maritime History Revolutionary War	Ethics Maritime History Revolutionary War	Ethics Maritime History Revolutionary War	Ethics Maritime History Revolutionary War

<u>Chief</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>NS1/Period 1</u>	-Military Knowledge Quiz CFM, CH1, Uniform Regulations -Assemble Uniforms	CFM, CH1, Uniform Regulations -Assemble Uniforms	Peer Health Exchange	-Wellness/BPAC/HR C -Uniform Inspection	Basic Drill/ AMI Practice
<u>NS2/Period 2</u>	-Military Knowledge Quiz -Military Knowledge Quiz -Ch.2/Sec 2, The Crucial year 1777; Slides #1-30	-Ch.2/ Section 2; The Crucial Years 1777 Slides #31-65	-Chapter 2, The American Revolution 1775-1783, Final	-Wellness/BPAC/HR C	Basic Drill/ AMI Practice
<u>NS1/Period 3</u>	-Military Knowledge Quiz -Ch.1, Sec. 5, NJROTC Program Benefits, Slides #1-27	-Ch.1 Intro to the NJROTC Program, Final	Peer Health Exchange	-Uniform Inspection	Basic Drill/ AMI Practice
<u>NS2/Period 4</u>	-Military Knowledge Quiz -Ch.2/ Section 2; The Crucial Year 1777; Slides #27-52	-Ch.2/ Section 2; The Crucial Year 1777; Slides #53-65	-Ch.2, The American Revolution 1775-1783, Final	-Wellness/BPAC/HR C -Uniform Inspection	Basic Drill/ AMI Practice
<u>NS1/Period 5</u>	-Military Knowledge Quiz -Ch.1, Sec. 5, NJROTC Program Benefits, Slides #1-27	-Ch.1 Intro to the NJROTC Program, Final	Peer Health Exchange	-Uniform Inspection	Basic Drill/ AMI Practice

This Week in Naval History:

January 26

1913 - The body of John Paul Jones is laid in its final resting place in the Chapel of the Naval Academy, Annapolis, Md.

1943 - USS Wahoo (SS 238) sinks entire convoy of four Japanese supply ships north of New Guinea.

1944 - USS Skipjack (SS 184) sinks the Japanese destroyer Suzukaze and the aircraft ferry Okitsu Maru in the Caroline Islands area. Also on this date, USS Hake (SS 256) sinks the Japanese auxiliary netlayer Shuko Maru off Ambon and USS Crevalle (SS 291) sinks the Japanese gunboat Busho Maru 175 miles southeast of Cape St. Jacques, French Indochina.

IMPORTANT NOTES:

Like I said, I will keep this on the plan of the week until the forms are brought in: Make sure you turn in all of your forms, if you look outside of the office or on the bulletin board in the classroom there is a master list of all the important forms. If there is a blank where your name is for a form, that means you haven't turned it in, and you need to contact Chief Barros, or the Admin Department to get it fixed immediately.

Guys, please start coming to AMI practice. This is going towards your grade and you will receive a zero for missing practice without an excuse. If you cannot make it to practice **find some type of way to contact your platoon commander (it takes like 2 minutes or less to send a text)**. The list of the platoons is in the classroom and right outside the office, check what platoon you are in and start. Coming. To. Practice. Do your part in the unit to help AMI go by very smoothly.

If you are in the Chain of Command please make sure that all of your slides for your AMI presentation are done by today.

Department check ups are coming up in the following week. C/LT Tamayo, will be in contact with each department very soon.

Heads up: Armed and NS1 practice will commence soon: Once the dates are out, drill team members on Armed or NS1, please show up to practice.

BLT dates are May 14-17. If you are interested in participating, please contact Chief Barros.

Submitted by OPS XO,
Maureen Baumiller

Reviewed by XO,
Juliana Tamayo

Reviewed by CO,
Jorge Ubiñas

Approved by Chief Barros/CDR Sturges

Bullying, Sexual Harrasmment, and Suicide Prevention

Bullying: To seek or to harm, intimidate, or coerce somebody and make them feel vulnerable.

When someone is being bullied, they are being consistently intimidated by someone for various reasons. However, there is no valid reason to bully someone. Ever. Bullying has had a ton of horrible consequences not only in younger kids in grade school, but a great portion of teenagers. The suicide rates in America have gone up so high in America as time has went on. Many teens who are bullied find themselves in a tough position, they might not know whether to stand up for themselves, tell someone or even retaliate. And so, many go about their day being harrassed by bullies and suffering in silence. The John D. O'Bryant has a ZERO tolerance for bullying, whether is verbal, physical or cyber as there are very serious consequences for bullying your peers. Which is why in our Unit we have someone to go if you feel as though you are being bullied or think someone is being bullied in order to report it.

Suicide: The act of intentionally causing one's own death

Like stated earlier, suicide rates in America have risen as time went by. The rates in teens, especially have gone up. There are many reasons and warning signs that contribute to one taking their own life. Bullying is one of the major reasons why and often times those who are bullied show warning signs heading in the direction of harming themselves. Warning signs include, social withdrawal, loss of interest in activities or change in behavior. If you see someone who is going through these warning signs, please speak to a trusted adult, or to our Suicide Prevention conselour in our unit.

Sexual Harassment: behavior characterized by the making of unwelcome and inappropriate sexual remarks or physical advances in a workplace or other professional or social situation.

The John D. O'Bryant also has a ZERO tolerance policy for sexual harassment, everyone should feel safe to come to school and not feel vulnerable about their body. No one should be touching or making inappropriate remarks about anotherone's body. This can make someone feel very uncomfortable in a professional area such as school. Whether it's a joke about someone or touching in a flirtatious manner, it is completely wrong. Which is why as a community we must come together to make sure no one feels uncomfortable at school.

How one woman became the exception to her family's Alzheimer's history



A cruel twist of genetic fate brought Alzheimer's disease to a sprawling Colombian family. But thanks to a second twist, one member of the clan, a woman, managed to evade the symptoms for decades. Her escape may hold the key to halting, or even preventing, Alzheimer's.

The inherited version of Alzheimer's disease erodes people's memories early, starting around age 40. In this family and others, a mutation in a gene called *presenilin 1* eventually leaves its carriers profoundly confused and unable to care for themselves. Locals around the Colombian city of Medellín have a name for the condition: *la bobera*, or "the foolishness."

The woman in the afflicted family who somehow fended off the disease carried the same mutation that usually guarantees dementia. And her brain was filled with plaques formed by a sticky protein called amyloid. Many scientists view that accumulation as one of the earliest signs of the disease. Yet she stayed sharp until her 70s.

Researchers were stumped, until they discovered that the woman also carried another, extremely rare genetic mutation that seemed to be protecting her from the effects of the

first one. This second mutation, in a different Alzheimer's-related gene called *APOE*, seemed to slow the disease down by decades, says Joseph Arboleda-Velasquez, a cell biologist at Harvard Medical School.

“There was this idea of inevitability,” he says. But the woman’s circumstances bring “a different perspective” — one in which amyloid buildup no longer guarantees problems. Arboleda-Velasquez and colleagues reported [the details of the woman’s exceptional case](#) November 4 in *Nature Medicine*, omitting the woman’s name and precise age to protect her privacy.

Although the discovery is based on one person, it points to a biological weak spot in the degenerative disease that affects an estimated 5.8 million people in the United States alone. So far, nearly every clinical trial designed to slow or stop the disease has failed. Those heartbreaking disappointments have prompted scientists to expand their search for treatments.

Perhaps this unusually resilient woman in Colombia shows a way to halt the disease, or at least slow it down. “Can we come up with a drug that does this to people who don’t have a mutation?” asks Arboleda-Velasquez. “The potential for that is tremendous.”

The vast majority of people with Alzheimer’s have a sporadic form of the disease with no clear genetic culprit. These people often reach their 70s or 80s before signs of dementia appear. Mutations that cause trouble much earlier, such as the Paisa mutation found in the Colombian family, are unusual. But despite their different origins and

different timelines, these two versions of Alzheimer's are thought to progress in somewhat similar ways.

Normally, *presenilin 1* makes a protein that helps chop up the long, sticky amyloid precursor protein. One of the resulting small bits is called amyloid-beta. Those smaller pieces are harmlessly washed out of the brain. The mutated *presenilin 1* gene found in the Colombian family, however, creates a kink in the chopping process that leads to an abundance of a version of amyloid that knits itself into plaques between brain cells.

This pileup is already visible in brain scans of people in their 20s who carry the mutation. By their mid-40s, many of these people have trouble remembering; they typically develop full-blown dementia by age 50.

Inheriting just one copy of the mutation is enough to lead to excess amyloid, and ultimately dementia. The mutation's powerful effect in this family is "one of the strongest arguments for the fact that amyloid plays a critical role" in Alzheimer's, says immunologist and aging expert Richard J. Hodes, director of the National Institute on Aging in Bethesda, Md. Since taking on the role in 1993, Hodes has helped set the course for U.S.-funded Alzheimer's research, allocating support for promising projects, including studies happening in Colombia.

The Colombian family, 5,000 members strong, includes an estimated 1,000 or so people who carry the Paisa mutation in the *presenilin 1* gene. Their involvement in the research has been invaluable. Access to hundreds of people known to be at high risk for the disease allows scientists to study how Alzheimer's unfolds, particularly at its earliest stages, and has led to reports of early signs of Alzheimer's, both in the brain

and the blood. Family members have gone to great lengths to help, “walking or taking a bicycle to the nearest bus stop, and then taking a bus to a train, for many hours, to come to the clinic,” Hodes says.

During Hodes’ recent visit to the Medellín area, a resident told him how the disease is just a part of their lives: “If I have the disease, I know that my family, my brother and my sister, will take care of me. And if I don’t, I will take care of them.”

A unique brain

When Colombian researchers learned of the woman who stayed sharp until her 70s, they arranged for her to travel to Boston in the summer of 2016, accompanied by family members and a research assistant. There, neuroimaging researcher Yakeel T. Quiroz and her colleagues used brain scans to measure levels of amyloid and other markers of brain health, including another Alzheimer’s-related protein called tau, which can tangle up inside nerve cells.

Those scans revealed a brain loaded with amyloid, says Quiroz, of Harvard Medical School. This woman had most likely been accumulating amyloid for decades. On a scale commonly used to quantify amyloid in the brain, she scored 1.96, well above the threshold of 1.2 that signifies extensive amyloid buildup. Her score was, “pretty much the highest that we have seen in anybody we have scanned so far,” Quiroz says.

In the general population, old age is the biggest risk factor for Alzheimer’s. As the number of older people balloons, so too will the number of people with dementia. By 2050, an estimated 13.8 million people in the United States will have Alzheimer’s.

Worldwide, an estimated 50 million people have dementia; Alzheimer's accounts for the bulk of those cases.

The family in Colombia continues to help. A clinical trial testing a drug that is designed to lower amyloid is under way in Colombia. People who have the Paisa mutation but have not shown Alzheimer's symptoms, as well as people without the mutation, are receiving the drug. The drug, crenezumab, is an antibody that's thought to mark amyloid for destruction by immune cells. It's being developed by Roche/Genentech.

Quiroz and her colleagues also plan to follow the Colombian woman and other members of the family over time, as part of a research exchange between Fundación Universidad de Antioquia in Medellín, which has led the studies on this family, and Massachusetts General Hospital in Boston.

Each month, the project, called COLBOS, for Colombia-Boston, flies a new group of about five adult participants to Boston for extensive evaluation, including thinking and memory tests, brain scans and measurements of smelling ability, fitness and music perception. Participants being studied in Colombia are as young as 9 years old.

The project may yield insights about how Alzheimer's takes hold early on. But in a way, the initial trigger might not even matter. It could be that the cause — or more likely, causes — of Alzheimer's might ultimately be poor targets for drugs, Arboleda-Velasquez says.

People with loved ones suffering from Alzheimer's, including the Colombian family, don't necessarily care what causes the disease, Quiroz says. "They are more interested in

seeing if there is anything that can help them to get better. That's what the patients and families are waiting for."