

# The DAILY BULLETIN

MONDAY · OCTOBER 21, 2013

## Today in History



Thomas Edison invented a workable incandescent electric lamp in 1879. An incandescent light bulb is an electric light which produces light with a filament wire heated to a high temperature by an electric current passing through it, until it glows. The hot filament is protected from oxidation with a glass or quartz bulb that is filled with inert gas. The light bulb is supplied with electrical current by feed-through terminals or wires embedded in the glass. Most bulbs are used in a socket which provides mechanical support and electrical connections.

### NUTRITION TIP OF THE WEEK

Protein foods include both animal (meat, poultry, seafood and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein - but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

### ·L·I·B·R·A·R·Y·

Students!  
The library is now the place to come for homework support.

Faculty and staff are ready to welcome you and help you with your assignments.

Please take advantage of this resource to you.

The end of first quarter is on November 1st. This is only a week away.

### ACT AT MSD ON THURSDAY

THIS THURSDAY OCTOBER 24TH FROM 8:00 AM TO 12:00 PM THE ACT WILL BE ADMINISTERED TO THOSE STUDENTS WHO HAVE ALREADY REGISTERED. PLEASE REPORT TO THE SEMINAR ROOM.

### "QUOTE OF THE DAY..."

Morning without you  
is a dwindled dawn.  
-Emily Dickinson



### Academic Bowl Trivia

What is the smallest number into which 8, 18, and 28 all divide?

### PERIOD 5 SCHEDULE

**Monday, Wednesday, and Friday:**  
Students attend Enrichment classes. Revised schedule is posted on central bulletin board

**Tuesdays:**  
Anti-Bullying Meetings will be held. Teacher teams will facilitate discussion with students

**Thursdays:**  
Advisory groups: Meet with the same teacher as you do on Thursdays. This a time to get updated on current news at MSD and get support.

### THE MENU

#### Lunch

CREAM OF POTATO SOUP  
FIESTA BEAN TACO/HARD & SOFT SHELL  
PB & J UNCRUSTABLE  
LETTUCE/TOMATO/CHEESE  
SALSA/SOUR CREAM/CORN  
WATERMELON



#### Dinner

SOUP OF THE DAY  
CHICKEN PARMSEAN  
PENNE PASTA/SAUCE/CHEESE  
BROCCOLI SPEARS  
GARLIC BREAD  
PB & J SANDWICH  
COOKIES & CREAM TART

### Today's Forecast

HIGH—70°  
LOW—46°

