



# THE CURRENT

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## Feeling Blue, Got the Flu

by Pablo Orta  
Staff Writer

It's that time of the year again, flu season is back and now more than ever precautions must be taken in order to avoid getting sick. According to school secretary Kelli Auger, the amount of kids that call in sick a day doubles during this season from 5% of students to 10%. On Dec. 1, 60 kids did not attend school, 23 of which called in sick, most of which had sore throats or high fevers. There are popular flu-prevention methods such as taking up an Emergen-C regimen, or an Airborne at the first symptom of flu, and less traditional methods.

"My grandma used to put Vicks on my feet and then put socks on and go to bed," said junior Arik Huddleston. "Works every time."

Everyone knows the most conventional methods of avoiding the flu like washing your hands, covering your mouth and nose, and avoiding contact with eyes, nose and mouth. Many people believe that failing to do any of these won't always be the cause of getting sick and that there are other things that contribute to making you ill.

"I don't always get all my vitamins or enough sleep," said senior Eliah Anderson.

Some students have been able to stay illness free this year which they credit to drinking Emergen-C whenever they have flu-like symptoms. Getting the right vitamins and nutrients is as big of a factor to people, when it comes to avoiding illness. Students aren't the only ones getting sick, teachers are also having to take precautions to avoid getting sick.

"Wear your coat, wash your hands, and eat your fruit," advised teacher Allegra Machado.

So unless you want to be laying in bed with a killer headache, a sore throat, and a stuffy nose make sure to get your vitamins, eat your fruit, wear your coat, and get a good night's sleep this flu season.

The Centers for Disease Control recommends the following to people:

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your nose, mouth or eyes.
- Practice good health habits

## Classroom Courtesy: Why Students Misbehave in Class

by Eliah Anderson  
Staff Writer

Every student at some point in their life has questioned if they will ever use the information they learn at school again. Is it worth it to pay attention? That is a question that students across the country ponder on a regular basis.

Often when students don't pay attention it is for one of two reasons according to Kayhi Principal Bob Marshall. Either they are confused about the content or they have personal problems going on. Kayhi students suggested a third category which was laziness.

Kids have either the potential to disrupt class or to learn Marshall said and hopes that students choose the latter. Part of the job of the teacher is to discipline when necessary and try and figure out why the kid is distracting. "That kid may have not had breakfast that morning or Mom and Dad may have been fighting all night," he said. "A teacher is not a friend or a buddy but someone who is empathic and wants to help you learn."

D.J O'Brien has been a teacher for 25 years and in that time has witnessed a wide variety of students.

"The most rewarding part of teaching is watching kids grow and



With the advent of cellphones, the problem of bad manners in the classroom has intensified

Picture by Eliah Anderson

succeed," O'Brien said but on the flip side, it is hard as a teacher to watch kids not get the most out of school. "If you show up to class but don't pay attention you're not getting your money's worth. Nothing's free and it's a shame to put time in but not get the full value," O'Brien said.

Jeffrey Lund has been an English teacher at Kayhi for two years and feels that he has personal responsibility to help students get on the

right track but ultimately it is up to the students.

"At sixteen and seventeen they don't know the consequences to not paying attention. It is hard to see human beings make those decisions. It feels like a slap in the face," Lund said.

Lund also said that as a teacher he can get creative and find unique ways to heighten content appeal for the student. To him students have different areas of potential and need

varying levels of pressure to reach their greatest potential. However, it still remains up to the student to put in the work.

"You have students who don't have to do anything. There is so many ways for students to get away with not trying, so why should they try in school?" Lund questioned.

O'Brien reiterated the importance of hard work. "Life is work..."

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## AVTEC, an Alaskan Alternative to a College Education

by Quentin Yuill  
Staff Writer

Finding jobs in Alaska is becoming harder and harder unless, you have special training in either a trade school or a degree in a specific field. Kayhi Vice Principal Mike Rath believes that in Ketchikan it may not be as hard to find a job than other parts of Alaska.

"Locally, it's pretty easy to find a job, but in other parts of Alaska it's a bit harder to find a job but not necessarily," said Rath. "In the next few years it may become harder with the new budget."

Most jobs in Alaska require some sort of training such as training from a trade school or some sort of apprenticeship in the field you would like to pursue.

"It is by far easier to get a job with special training," said Rath.

One of the top vocational schools in Alaska is AVTEC, it stands for Alaska Vocational Technical Education Center. AVTEC is a vocational and technical training center based out of Seward, Alaska. Their mission and goal is to train a diverse and effective workforce that supports the economic growth and stability of our state.

The AVTEC Construction Tech-



nology training program requires trainees to have a total number of 87 training days or 609 on the clock training hours. The program is Jan. 5 to May 6 and is a Monday through Friday 8:30 a.m. to 3:30 p.m. class schedule.

The average age of enrolment is 26 but they also have some students as old as 56.

The annual cost for some of AVTEC training programs are around \$7,000-\$20,000 depending on what trade you want to learn.

However the construction program is very affordable with an annual fee of only \$8,245, which includes tuition, student service fee, tech fee, room & board, as well as books and supplies.

There are an average of 380 year long students from all trades and has a graduation rate of about 88% to 100% depending on the year.

"The construction program at AVTEC only has 24 students a year and 12 students a semester. It is a first come first serve basis and

- The average age of enrollment is 26, but they also have some students as old as 56.
- Applying for the school is very easy. All you do is find your career path and click 'enrollment' in any of the four options displayed, then click 'apply now'.
- There is an average of 380 students
- Depending upon the year, the graduation rates range from 88% to 100%
- AVTEC training programs cost between \$7,000-\$20,000.

has a graduation rate of 90%," said AVTEC staff member Ben Evland.

AVTEC is not the only vocational school in Alaska, there are other vocational training schools that are similar to the program at AVTEC, but AVTEC has its own training path.

Northern Industrial Training (NIT) is another good school for training. It's located in Palmer Alaska. They offer construction programs such as Advanced Carpentry Level One, where students will receive training for Carpentry Level One with key elements of Carpentry Level Two. The program combines classroom and practical hands-on experiences. The annual cost is \$6,500.