

### The True Meaning of Giving

On Wednesday, December 16<sup>th</sup>, JDHS students came together to spread holiday cheer to the less fortunate. Members of the MITH Club (Mental Illness Teen Health), sponsored by NAMI-Juneau went down to Polaris House and handed out holiday gift bags. Polaris House is an International Clubhouse that gives people with mental illness hope and opportunities to reach their full potential.

MITH Club members were asked to gather thoughtful items for adult men and women in transitional living environments or in less fortunate situations. The bags were decorated and filled by the MITH Club members on their own time, with their own money. The day of the gift bag drop off, students brought in items such as hats, gloves, socks, hand-warmers, toothpaste, shampoo, soap, etc. Stuart Thurston, CJ Mariano, Carly Gunnerson, and Annie Street gave up their lunch period to drop off over 40 bags that MITH members created.

Members of Polaris House were incredibly thankful to the students. One teary eyed individual said, "I've never gotten anything with absolutely no strings attached. Thank you for being so kind and thinking of us." At the same time, students received a valuable lesson without any gifts; the true meaning of giving. "At first I was worried about being around mentally ill people, but when we got there, they welcomed us like family. That was the best lunch I've ever had," said one student. "It really makes you feel good inside!"

MITH Club (Mental Illness Teen Health) is the first student-run mental health advocacy club in the country, sponsored by NAMI-Juneau (National Alliance on Mental Illness). MITH's mission is to reduce negative stigmas by improving the mental health education support and advocacy at JDHS and in the Juneau community.

For more information, contact: Laura Manley, NAMI-Juneau Executive Director (907) 463-4251 or [lmanley995@gmail.com](mailto:lmanley995@gmail.com)

### Counseling Corner

Kudos to Zoey Bigelow for tutoring Math to a fellow student. Way to Go !

Counseling is energetically working on the Course Descriptions for 2010-2011 in preparation of Course Fair in February.

The entire Counseling Dept. wishes all students and their families and wonderful and safe Winter Holiday Break !

**Welcome Mischa!** Johnson O'Malley Program for Alaska Native/American Indian Students – Mischa Plunkett has recently been hired as the J.O.M. Counselor/Tutor at JDHS after Mr. Hamley's retirement last year. Please encourage your students to stop by room 105 to learn about new programs and services that will be offered in January. Feel free to call her at 523-1639 with any comments, questions, or concerns you may have. Gunalchéesh.

### CAPITAL CITY CLASSIC 2009 SCHEDULE

#### Monday, December 28<sup>th</sup>

2:00 PM	Service v Palmer	Girls
3:45 PM	Service v Palmer	Boys
6:15 PM	Juneau-Douglas v East Anchorage	Girls
8:00 PM	Juneau-Douglas v Wrangell	Boys

#### Tuesday, December 29<sup>th</sup>

2:00 PM	Palmer v East Anchorage	Girls
3:45 PM	Palmer v Wrangell	Boys
6:15 PM	Juneau-Douglas v Service	Girls
8:00 PM	Juneau-Douglas v Service	Boys

#### Wednesday, December 30<sup>th</sup>

10:00 AM	Wrangell v Service	Boys
11:45 PM	East Anchorage v Service	Girls
5:00 PM	Juneau-Douglas v Palmer	Girls
6:45 PM	Juneau-Douglas v Palmer	Boys
8:15 PM	Awards	

**Capital City Classic Dance (open to high school students)  
Sunday, December 27<sup>th</sup>, 8pm – 11pm. MUST HAVE ID!**