



Superintendent Update: February 21, 2014

Quote for the week: “If you are in a bad situation, don’t worry it will change. If you are in a good situation, don’t worry it will change.”—John A. Simone, Sr.

There are many possible negative things that can happen to us in a day—from the little things like coffee spilling, being caught in a traffic jam, losing our keys, having [people criticize you](#), to the bigger mishaps like getting into a car accident, losing our valuables, [breaking up from relationships](#), or losing our jobs.

Whenever something bad happens to us, it’s easy for us to slip into one of the following behaviors:

- **Self-victimization.** We ask ourselves “Why is this happening to me? Why am I so unlucky? Why doesn’t this happen to anyone else? It’s not fair!”
- **Reacting in anger.** We lash back at the situation, or even people around us, for what’s happening.
- **Self-blame.** We make self-depreciating comments like “Why am I so stupid to have done that?” “Only someone like myself can make such a dumb mistake.”
- **Slipping into depression.** We might fall into depression if we’re not careful at managing our emotions.
- **Dejection or giving up.** We lose hope, or worse still, we [give up](#). We decide it’s not worth it, that life is out to get us, and we should just stop trying altogether.

## 9 TIPS TO COPE WITH NEGATIVE SITUATIONS

The thing is, as long as we live in this world, we are subjected to the same chaos, the ups and downs, the good and bad, the positives and the negatives of life. Remember, you are not the only person facing this.

What sets each of us apart from others is how we choose to deal with our difficult situation. Here are 9 steps to cope with bad situations and create something good out of them. I bet each of us could list several items which help us work through our situations.

### 1. Release your frustrations.

Don’t bottle them up because you might just implode. Talk to a friend about it. A listening ear does wonders. Go exercise and release the tension. Journal it out! I personally like to go for a little run and listen to my music.

### 2. Realize you are not alone.

No matter what you may think, you’re not alone in this. Somewhere around the world, someone else is thinking the exact same thing as you. Someone out there is feeling down and out too, wondering why he/she is experiencing this. Knowing it’s not just you helps you to get out of a self-victimizing mindset I believe it is always good to get out and be around other folks when one is feeling alone.

### 3. Being frustrated isn’t going to solve anything.

The problem will still remain whether you go berserk at it or whether you think about it calmly. The former will create more problems as your agitation prevents you from making good decisions. I wish I was good at following my own advice at times as I do get frustrated and make bad decisions. If those bad decisions affect others negatively, it is important to say “I’m sorry” to those affected.

### 4. Know you always have a choice.

Realize no matter what happens, [you always have a choice](#) in how you react. While you may not be able to control what happens to you, you can most certainly control your behaviors. You can face the worst things in the world, but if you make the choice not to let yourself be affected by them, you won’t be.



Again, good advice...which I don't always follow! It is good to have a reminder and simply rededicate when we make a bad choice. Don't continue on the same bumpy road. Do a 180 degree turn and make good choices.

### **5. Objectify it.**

An incident is an incident; we're responsible for the feelings attached. Remove the feelings and look at the situation objectively. This will help us cope a lot better.

### **6. Focus on what you can do.**

Action creates empowerment. It **brings possibilities**. It creates results. By taking action, you are no longer a passive recipient. You are a conscious creator. As the cliché goes, action speaks louder than words. Do positive things and positive results will follow.

### **7. Ask for help if you need to.**

It's okay to ask for help if it makes the situation easier. Remember, you are not alone in this (#2). Maybe it is someone for the congregation you attend or maybe it is just a good friend at work. Maybe it is your spouse. I always find great support from my wife.

### **8. See it as an obstacle to be overcome.**

Life is a journey of learning and growth, and everything happens for a reason. Obstacles are the things stopping you from obtaining your goals, and if you keep overcoming these obstacles, you'll eventually reach that goal.

### **9. Identify the lesson learned.**

There are always things to be learned from every situation. Our character cannot grow without overcoming adversity. It is in that adversity that our good character gets even better. No matter what bad stuff life throws your way, as long as you cope with it constructively, nothing can get you down permanently. You will become an even better person and learn to navigate your way between the bad and good times.

### **News for the week:**



The Bomb Squad FIRST Robotics team unveiled their robot on Tuesday evening at ASUMH. It was a very exciting evening and this year looks to be another successful year for our team.

Guy Berry College and Career academy senior students, Marissa Andres, Shayla Galla and Dalton Reed along with Joe Grabowski's students from Nelson Wilks Herron, went to the state capitol for Alternative Education Day. While there they attended a luncheon and other activities throughout the day.





Congratulations to the Junior Lady Bombers! The team won the 6A East District Tournament on Thursday night.

We had another very successful board meeting on Thursday evening. I love working with our board as they are so committed to our students and staff. The board approved our district textbook committee, approved an easement for Entergy along College Avenue in front of Pinkston and rehired our principals, assistant principals and district level supervisors.

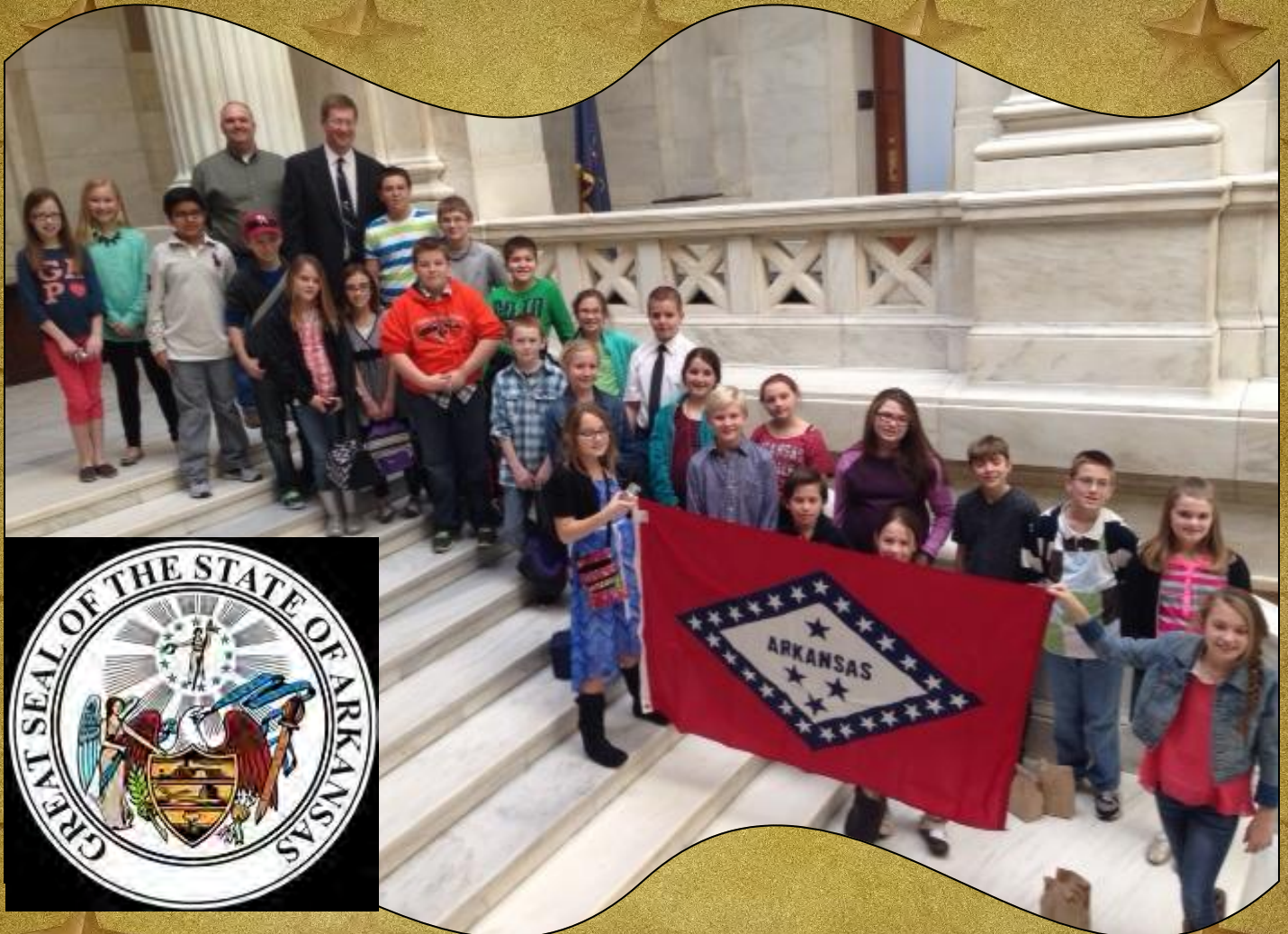
The board accepted the resignation of Mrs. Dorothy Cook, our Federal Programs Coordinator. Dorothy is one of my favorite colleagues from the past 38 years. I liked Dorothy immediately upon moving here because I very quickly realized she was all about being a team member dedicated to finding solutions to problems. I can't even begin to tell everyone about all the support Dorothy gave me in four years to find innovative ways to assist our students and staff. Dorothy, we love you and I am going to miss all the joy, fun, and positive outcomes you brought to the workplace. God bless and keep you!



Have a great weekend,

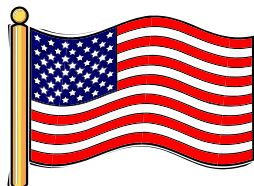
Lonnie

## 5<sup>TH</sup> GRADE GATE STUDENTS VISIT STATE CAPITAL



Students attending: Grace Hilvert, Bria Digiandomenico, Emma Martin, Tyler Firment, Gaby Gross, Luke Hinson, Whit Lawrence, Lauren Dewey, Tanner Connelley, Cheyenne Williams, Jackson Jones, DAnielle Sepulvado, Victoria Bevel, Harrison Bullard, Samad Akher, Olivia Wham, Ethan Johnson, Matthew Mahan, Gage Hershberger, Dawson Tabor, Josie Kelly, Mandelyn Smeltzer, Tennessee McClelland, Kammeron Delgado.

The 5th grade *GATE* students traveled to the State Capitol on Tuesday, February 18, 2014, to see our state government in action. Our students were greeted by Senator Key upon arrival and were presented with an Arkansas flag and a flag of the United States of America. Each student also received a collectable coin with the state seal on one side and the Arkansas State Senate seal on the back.





The students were then lead on a guided tour through the capitol building learning much of its history. They ate a picnic lunch on the grounds and then joined Governor Mike Beebe in the conference room for pictures and a greeting. The students toured the state treasury and sat in the Senate gallery to observe a bill being passed by the senate.

**Thank you GATE students for representing Hackler!**

# HACKLER'S ARTIST AT WORK

Mr. Pevril's 5th grade art class works with a grid painting of the "Weeping Lady"



Pictured are: Haley Bell, Cadence Farnam, Kaylee Anderson, Kaitlyn Miller, Katie Claire Stewart, Mallory Pierski, Riley Rowden, Gracie Brown, Delaney McManigell, Reagan Buckley, Krissi Harris (Not pictured: Allie Fouts, Tennessee McClellan & Gauge Way)

A Picasso work(WEEPING LADY) was created larger by dividing it in rectangles. Each student duplicated each rectangle larger, then the works were assembled back together.

**AWESOME WORK HACKLER STUDENTS!**



The 4th grade Topaz and Emerald classes recently finished reading the novel, *The Mouse and the Motorcycle*. In order to make a text to world connection, Dr. Myers generously offered his time to bring his motorcycle for students to see. He discussed several important facts about motorcycles and gave wonderful safety tips as well.

**Thank you Dr. Myers!**

# Hackler Intermediate School

965 West Road, Mtn. Home, AR 72653 ~ Phone 425-1288 / Fax 425-1290

Principal: **Sondra Monger**

Asst. Principal: Kevin Roach  
Asst. Principal: Cassy Fowler

Counselor: Terry Berry  
Counselor: Kristyn Goodwin



Where Individual Learning Develops

February 20, 2014

## AROUND OUR SCHOOL

- Progress reports are in Thursday folders.
- Benchmark Testing will begin April 7<sup>th</sup> and last through April 11<sup>th</sup>. Please do not schedule any appointments during this week.
- All lunch charges need to be paid as soon as possible. If you have any questions, call Mrs. Debbie at Food Service 425-1225.
- February 28<sup>th</sup> is the last day to order a yearbook online. Go to [www.inter-state.com/yearbook](http://www.inter-state.com/yearbook) and use code 410069.



Hackler Intermediate Spring Book Fair

Monday, March 3-Friday, March 7

8:00-3:00 each day. Closing at 2:00 on Friday

Parent Night Tuesday, March 4<sup>th</sup> from 4:30-6:00



Hackler raised \$315.91 through Hats for Hearts fundraiser!  
All the proceeds will go to the American Heart Association. Great Job!

## 5th grade Top Flight Basketball Tournament Champs

Emily Payne  
Addison Yates  
Kaylee Crownover  
Kate Gilbert



Lauren Loving  
Reagan Hasselwander  
Hannah Langhammer  
Gracie Uchtman



HEAA Jonesboro Tournament

The girls competed in a tournament held in Jonesboro, Arkansas on February 15th, 2014  
And held a perfect record with 5 wins and 0 losses .

# CONGRATULATIONS GIRLS!



## Donald W. Reynolds Library

Join us at the Library for **Lego Day** this Sunday, February 23, 1:00pm – 4:00pm. Kids and adults alike will enjoy Lego building challenges. Use the Library's Legos and your imagination to assemble creations inspired by building challenges provided for you. Bring your camera or smart phone to take pictures of your creations. Enjoy entertaining videos about the history of Legos and how Legos are made. Then test your knowledge with an interactive Lego timeline. Also, be sure to add your pieces to the Lego community sculpture. The sculpture will be a collaborative, artistic effort, as each person adds a few Lego pieces to it, and watches it turn into a piece of art!



<p>Austin is a Mountain Home, Pinkston student battling Osteosarcoma and Leukemia at St. Jude Children's Research Hospital in Memphis, TN</p>	
<p><b>Menu</b></p> <ul style="list-style-type: none"><li>•chicken salad croissant or BBQ pulled pork on bun</li><li>•chips</li><li>•triple chocolate brownie</li><li>•tea or lemonade</li></ul>	<h1>Austin Snyder</h1>
<p><b>Kids meal</b> hotdog, chips, brownie</p>	
<h2>Luncheon Benefit</h2>	
<p><b>tickets</b></p> <p>\$10 adults \$5 children</p>	<p>Dine in or carry out Sunday, February 23rd 10:00 am to 1:00pm</p>
<p>Advanced tickets available at Nelson-Wilks-Herron, Hackler, Pinkston &amp; First United Methodist Church</p>	
<p>Proceeds Will Benefit Austin, Robyn, Danny, &amp; Erika Snyder Family Medical Expenses</p>	
<p>First United Methodist Church UMAC</p>	



**Would you like for your child to take piano lessons? An online Piano course is available for \$10 a month. Email: Mrs. Mohler if you are interested @ smohler@mtnhome.k12.ar.us**



**UPWARD Soccer sign up at East Side Baptist Church. Last date to sign up is March 15<sup>th</sup> at [www.esbcmh.com](http://www.esbcmh.com) or come by the church office for registration. Spring practice begins the week of March 17<sup>th</sup>. Upward is for players 4 years old through 6<sup>th</sup> grade. Any questions call East side Baptist Church office at 425-3689.**



# Pinkston Middle School

Week ending 2.21.14

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Students use a variety of presentation methods in 6<sup>th</sup> grade. Students have been researching and presenting their findings of Courageous Characters in history.

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Girls on the Run



Girls on the Run is an after school running program that promotes positive self image, healthily eating and an active life style though running. Our goal is to train for 12 weeks and run a local 5k at the end of our training. Girls on the Run is sponsored by Mrs. Kristi Majors, Mrs. Dewey and joined by other staff members such as Officer Love and Mrs. Jennifer Martens!

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Students are preparing for EAST conference!



*Jordan G. 7<sup>th</sup>*

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## Pinkston's C3 Partnership Donald W. Reynolds Library

Join us at the Library for Lego Day this Sunday, February 23, 1:00pm – 4:00pm. Kids and adults alike will enjoy Lego building challenges. Use the Library's Lego's and your imagination to assemble creations inspired by building challenges provided for you. Bring your camera or smart phone to take pictures of your creations. Enjoy entertaining videos about the history of Lego's and how Lego's are made. Then test your knowledge with an interactive Lego timeline. Also, be sure to add your pieces to the Lego community sculpture. The sculpture will be a collaborative, artistic effort, as each person adds a few Lego pieces to it, and watches it turn into a piece of art!

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### Pinkston Middle School IMMUNIZATION UPDATE - IMPORTANT UPDATE

The Arkansas Dept. of Health has revised the Rules & Regulations Pertaining to Immunization Requirements. In summary, the changes include:

- All students who are 10 years old or older are required to have a Tdap (Tetanus, Diphtheria & Acellular Pertussis) vaccination.
- All 7<sup>th</sup> grade students will be required to have one MCV4 (Meningococcal) vaccination.
- All students in K-12 will be required to have 2 varicella (chickenpox) vaccinations, unless documentation by a medical provider (MD, APRN, OR PA) is provided.

Thank you, Nurse Karen

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Austin is a Mountain Home, Pinkston student battling Osteosarcoma and Leukemia at St. Jude Children's Research Hospital in Memphis, TN



**Menu**

- chicken salad croissant or BBQ pulled pork on bun
- chips
- triple chocolate brownie
- tea or lemonade

**Kids meal**

hotdog, chips, brownie

Dine in or carry out  
Sunday, February 23rd  
10:00 am to 1:00pm

**Austin Snyder**

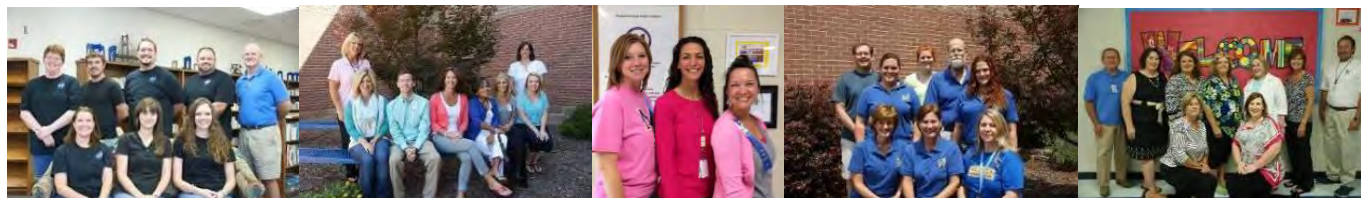
## Luncheon Benefit

Advanced tickets available at Nelson-Wilks-Herron, Hackler, Pinkston & First United Methodist Church

First United Methodist Church UMAC 605 w. 6th Street

**tickets**

\$10 adults  
\$5 children



Pinkston Middle School is a great place to be! Post acts of kindness that you see or that you do #pinkstonkindness

**Pinkston Middle School @Pinkstonmiddle**

**EAST at Pinkston @AdunavanEast**

**7<sup>th</sup> Grade Promise @deniselauerman**

**Pinkston Choir @Pinkstonchoir**

**DARE @mandeelove32**

**Pinkston Media Center @pmslibrary12**

## Upcoming Events for Pinkston Middle:

**February 24 – Progress Reports**

**February 27 – Band Concert @ Dunbar**

**March 3-10 – Pinkston Book Fair**

**March 6 – PASTA NIGHT!**

**March 19-21 – EAST conference**

**March 27-28 - Spring Break**

# MOUNTAIN HOME JUNIOR HIGH

Mrs. Susan Gatewood's Pre-AP Physical Science classes recently completed a Project-Based Learning Activity that directly addresses Common Core State Standards. The students were asked to research rare-earth elements and decide which one they would recommend the United States exports to make money and help our nation reduce the national debt. The only instructions given to the students by Mrs. Gatewood were:

1. Students must perform authentic internet research on companies currently mining rare-earth metals.
2. Students must contact people working for rare-earth metals mining companies by phone, e-mail, or social media.
3. Students must propose which rare-earth metal the United States should mine and why we should export that rare-earth metal.
4. Students must present to a community panel the necessary information about the rare-earth metal so the panel will accept their mining and export proposal.



Mrs. Susan Gatewood's Pre-AP classes and the entire MHJH Faculty and Staff would like to thank the community members in the picture above for giving of their time to make the project-based learning activity regarding the mining and exporting of Rare-Earth Metals a success! Members of the community panel from left to right are: **George Hill** (Vice President Computer Automation), **Ros Blagg** (ASU-MH), **Ken Klug** (financial planner), **Ralph Harris** (Former Supervisor at Yellowstone National Park and EPA Advisor), **Dr. Lonnie Myers** (Mtn. Home Public Schools Superintendent), **Jackson Rhodes** (Branch Manager | Managing Director - Rhoades Wealth Management Group), and **Dr. Leigh Ann Gigliotti** (Mtn. Home Public Schools Asst. Superintendent).



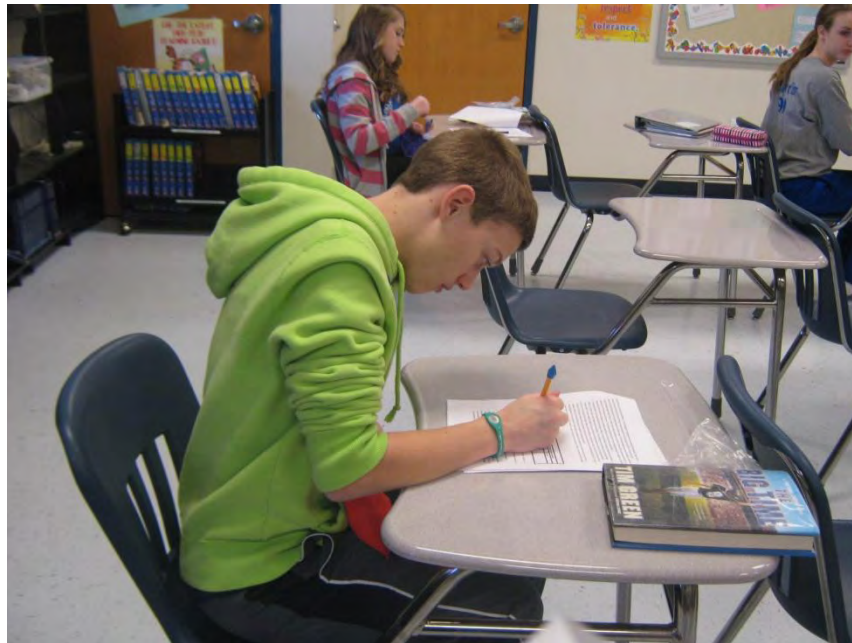
Two of the rare-earth metal presentations to the community panel are pictured above. The students did an awesome job, even though about half of them have not had a public speaking class yet!

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Mrs. Susan Gatewood's Physical Science classes also made valentines using "chemistry puns." Students used elements from the Periodic Table of the Elements to create the valentines below.



The 8<sup>th</sup> grade science classes of Mr. Randy Barnhill, Mrs. Harvie Beaver, and Mrs. Stephanie Dement have been doing a lab on population density in a predator/prey relationship. After gathering their data using beads, they placed it into tables and graphs showing their findings and answered questions regarding their findings.



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MHJH students in the CAB Academy took a trip to the Vada Sheid Center at ASU-MH to learn about all the functions of the building. ASU-MH staff members were very friendly and helpful, and our students acted very well. It was a great learning experience for all! Thank you ASU-MH!!!



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The girl's PE class of Mr. Brad Morris recently had a dance choreography competition. Each group of girls was to develop their own dance, and then perform it a panel of teacher judges. The winning group had the honor of teaching the other groups the winning dance. All the girls in the class then performed the winning dance together. There was a lot of friendly competition during the Common Core State Standards activity.





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**CONGRATULATIONS** to one of our MHJH Computer Applications III Stock Market Teams!!!

The team of **Jay Gore, Hunt Nosari, & Brian Lofton** is currently ranked **5<sup>th</sup>** in the state of Arkansas out of 300+ junior high teams!!!

- They are ranked 44<sup>th</sup> out of 1632 Arkansas teams in all age categories.
- They began January 27<sup>th</sup> with \$100,000 to invest in the stock market.
- Today their portfolio is worth 104,992.64 after transaction fees of \$706.35 have been recovered.
- They are currently \$538.23 from the 4<sup>th</sup> place team immediately ahead of them.
- They are currently, \$1866.07 from 1<sup>st</sup> place!!

**KEEP UP THE GREAT WORK!!**



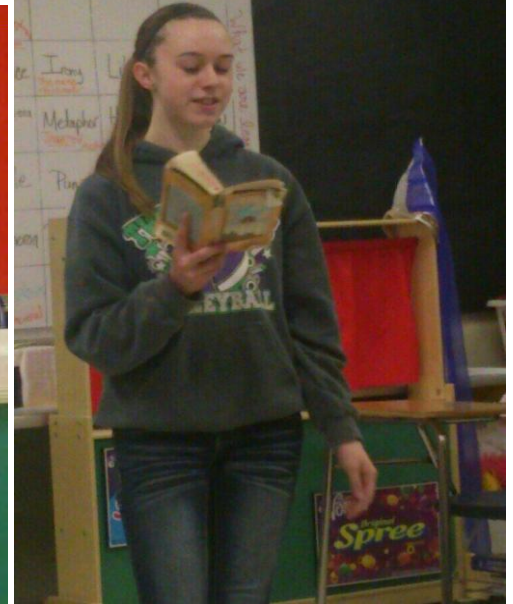
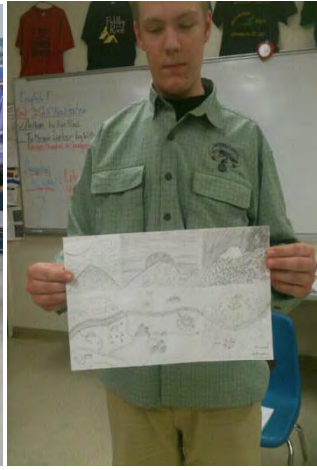
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The MHJH Boys Basketball Team wore t-shirts in support of Austin Snyder the past few weeks. The players wore the t-shirts at school on game days when the team played against Batesville and Harrison. Below is a picture with our boys basketball team showing their support for Austin. The players are throwing the "A" in support of Austin. The team raised nearly \$900 to help Austin's family. A BIG THANKS to our wonderful players and parents for all the help in this endeavor!



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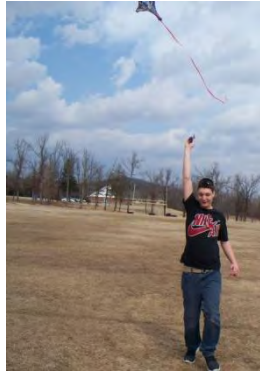
Mrs. Hickey's eighth grade classes "swapped" novels, and engaged in another choice project. Some created **movies**, while others constructed various **artistic portrayals**, **presented puppet shows**, **created PowerPoint presentations**, **presented skits**, and **delivered dramatic readings** from *The Hobbit* and *The Adventures of Tom Sawyer*.



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# A Great Day to Fly a Kite

The students in Mrs. Ginger Parker's and Mrs. Susie Teague's Community-Based Instruction classes had a great time making and flying kites on a recent warm and windy day!



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The students pictured above are C3 Representatives for MHJH. They presented Hayden Padgett Safe in His Arms Foundation at the C3 program at Dunbar Auditorium on Thursday, February 20.

Feb. 21, 2014

# MHHS CAREER ACADEMIES

## Arkansas All-State Musicians



Congratulations to Alaina Tuberville, Mason Smith, Olivia Dyer, and Claire Gist for being selected to the Arkansas All-State Honor Bands. Cameron Hopper was an alternate. These students, along with six other students from Mountain Home High School Career Academies advanced from all-region to the state round. They competed with over 1000 students across the state through a competitive audition, playing prepared etudes, performing scales, and sight reading new music. They will be attending the All-State Music Conference in Hot Springs February 20-22. The conference will conclude with the All-State Orchestra, Choir, and Band Concerts on Saturday, February 22, at the Hot Springs Convention Center.



The next band concert is scheduled for Thursday, February 27, at 7:00 p.m. in Dunbar Auditorium. Admission is free and everyone is invited to attend. The all-region and all-state students will be recognized and select students will be receiving their band letter.

## All-Region Honor Band Students



### **Congratulations to the following high school band students for qualifying for the All-Region Honor Bands:**

Alaina Tuberville, Madison Childress, Natasha Barker, Abbi Manchester—**Flute**

Mackinzie Goeke, Marie Kisling—**Clarinet**

El-Noor Akhter—**Contrabass Clarinet**

Cameron Hopper, Nell Holleman, Sydney Blevins, Sydney Allen—**Alto Sax**

Branden McMaster—**Tenor Sax**

Mason Smith—1<sup>st</sup> Band, 1<sup>st</sup> Chair Trumpet; Heather Pyszka, Quinn Carson—**Trumpet**

Olivia Dyer—1<sup>st</sup> Band, 1<sup>st</sup> Chair French Horn; Claire Gist, Jenny Matthews, Kaylee Shaw, Meredith Markwell—**French Horn**

Michael Wayland, Alex Robbins, Blake Poush—**Trombone**

David Lewis, Brady Robbins—**Tuba**

Travis Chism, Teagen Showalter—**Percussion**



Congratulations to Olivia Dyer!!! Ron Brammer Fund Raising is in his 30th year of helping groups raise money & in honor of this, he had a special drawing for all of the schools he services in Arkansas & Missouri for those students that sold 40 or more units of product. Olivia Dyer's name was drawn and she was awarded the special prize of \$1,000.00. Olivia is a senior French Horn player. She is a 3-year All-Stater and plans on attending the University of Arkansas and major in music next fall.





# 2014 CTE: Celebrate Superheroes Pathways to Greatness

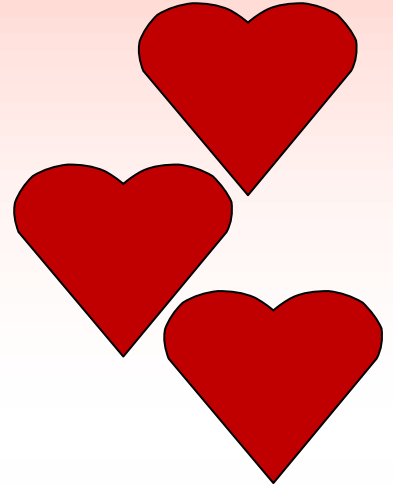
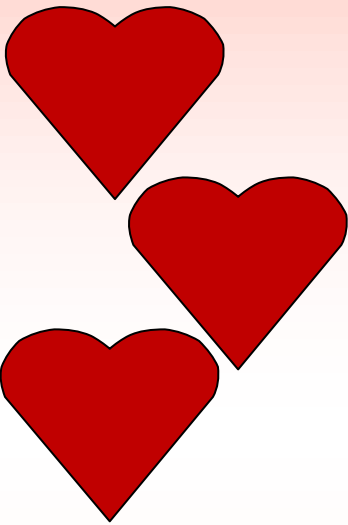
On Tuesday, February 11, CTE students who completed at least one program of study were honored at our annual CTE breakfast. There were 127 students who completed CTE programs of study this year with a total of 178 programs of study completed. Bailey Turner was recognized for completing five programs of study, that is a record.





# MHHS FRENCH CLUB

Thanks to all you who were involved with the  
MHHS French Club's L'Amour 5K Run!



**Congratulations to the Top Female Runner Kelsie Harris and the Top Male Runner Kaden Harris! They tied first place**

## WINNERS

Ages 14 and under: 1<sup>st</sup> place—Madelyn Lynch

Ages 15-17: 1<sup>st</sup> place-Kaden Harris

2<sup>nd</sup> place-Kylie Long and Mercedes Cummins

Ages 18-29: 1<sup>st</sup> place-Kelsie Harris

2<sup>nd</sup> place-Genevea Milholland

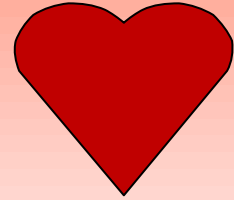
Ages 30-39: 1<sup>st</sup> place-Andy Farmer

2<sup>nd</sup> place-Colleen Lynch

3<sup>rd</sup> place-Amy Farmer

Ages 40 and up: 1<sup>st</sup> place-Cindy Reese

# MHHS FRENCH CLUB



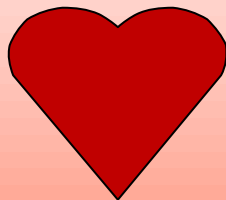
French Club members pose with DJ Peace



Renee Daniel and Courtney Guthrie display the 5K sponsors' poster



40 and up 1<sup>st</sup> place winner Cindy Reese shows off her medal





**Lodging Management:** Seniors Bailey Turner and Kristin Baergen completed their first rotation of observation/internship with two local lodging facilities. Both Bailey and Kristin are also on track to be a completer in Hospitality Program of Study through the CTE Business & Marketing Department.

We would like to extend a special *Thank You* to Holiday Inn Express and the Comfort Inn for allowing Bailey and Kristin to participate in the real-life career experience.

## **MHHS Extracurricular Events**

**Feb. 17-21 - FFA Week**

**February 20 - Band/Choir All-State Clinic @ Hot Springs**

**February 21- Band/Choir All-State Clinic @ Hot Springs**

**February 21- MHHS Bomber Basketball @ LR Central**

**February 22- Band/Choir All State Clinic @ Hot Springs**

**February 22 - FFA Hog Wild CDE Festival @ Fayetteville**



# GBCCA

## receives special recognition at Arkansas State Capitol Alternative Education Day

For providing academically challenging, nontraditional, positive interventions that support students and allow them to excel!



GBCCA Seniors, Dalton Reed, Marissa Andres, and Shayla Galla represented their school at the Alternative Education Leadership Day at the Arkansas State Capitol on Thursday. GBCCA received state-wide recognition for its stellar activities in Arkansas Alternative Education.



Thank you to  
Senator Johnny Key  
for meeting with our  
students and  
staff and presenting  
GBCCA with new flags.



