



MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Tuesday, January 22, 2013

Cafeteria Menus



Today - 1/22 (T)

Lunch

TACO W/ CHIPS & CHEESE
MEXICAN BEANS
LETTUCE & TOMATOES
ORANGES
MIXED FRUIT

Tomorrow - 1/23 (W)

Breakfast

SCRAMBLED EGGS

Lunch

VEGETABLE BEEF SOUP
W/ CRACKERS
PEANUT BUTTER SANDWICH
GARDEN SALAD
FRESH GRAPES
SLICED PEACHES

Student of the Week



James Nelson

For details on the Student of the Week, see page 3.

Daily Attendance

- **Absences:** Jacob Haynes, Spenser Hendrix, Sydney Hibberts, Cody Jones, Brent Ledford
- **Tardies:** Aaron Moore

Student Announcements

- If you haven't completed a "Student of the Week" form yet, please see Ms. Herr and fill it out today. All students will also have their portrait taken this week, or need to supply a school photo or similar picture by Friday.
- REMINDER: No cell phones, iPods, or electronic devices are to be used during the day. If they are seen, they will be taken.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Crouch; Hallway: Crosby
- The technology department is hosting trainings on iPads at the Network Operations Center in Marble on several Mondays in February. Please refer to the January 18 e-mail from Jennifer White for details.

Weekly Weather Forecast



Quote of the Day

"Anybody who thinks money will make you happy, hasn't got money." — David Geffen

I N T H I S I S S U E :

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Mountain Youth School
William Gaither, Principal
4533 Martins Creek Road
Murphy, NC 28906

PHONE: (828) 837-6775
FAX: (828) 837-7979
E-MAIL: mountainyouth@cherokee.k12.nc.us
WEBSITE: <http://mys.cherokee.k12.nc.us>

Apple iPad App of the Day



Today's featured app is the ShowMe Interactive Whiteboard, which allows you to turn your iPad into an interactive whiteboard. It also allows you to record voice-over whiteboard tutorials and share them online.

Features include:

- Record your ShowMe tutorial right away — no manuals or complicated menus needed
- Drop in images onto the whiteboard
- Easily switch between drawing and erasing (as well as pausing and playing) to make your ShowMe flow between concepts
- Voice-record
- Multiple brush colors
- Pause and erase
- Import pictures from your photo library, built-in camera, or web image search
- Unlimited lesson length
- Free to upload and share your recordings with friends
- Easy embedding for sharing anywhere

ShowMe is available for free at the Apple App Store, which can also be accessed through www.apple.com/ipad/from-the-app-store/.



Note: This article is a commentary from the Character Counts! newsletter, "What Will Matter," by Michael Josephson.



Satisfaction: Finding a balance

It's both a strength and weakness of human nature that we're never satisfied for long. Whatever we have, wherever we are, most of us want more and better. When focused on money or power, our insatiability can turn into happiness-crushing greed, avarice, and obsessive ambition.

But in many other areas of our life, our desire for more and better can be a very good thing. For example, in business we should continually strive for improvement and innovation. Similarly, when we assess the quality of our educational or healthcare systems, government integrity or efficiency, or the general state of social justice, we should never be satisfied.

Even in our personal lives, we should strive for better relationships

by improving communications and organizing our lives better. And there's nothing wrong with wanting a better job, one that's more intellectually challenging, emotionally rewarding, financially remunerative, and socially significant.

To live and enjoy a good life, we need to find a healthy balance between wanting more and appreciating enough. You see, it's possible to realize that what we have is worthy of gratitude and appreciation, even as we strive for more.

Not being satisfied doesn't have to be the same as being dissatisfied. Dissatisfaction is a negative state of mind. It's a form of unhappiness. Thus it's important to find a comfortable place between



satisfaction and dissatisfaction. That place can be the state of contentment marked by true appreciation of what one has and the ability to enjoy it.

In the progression of good, better, and best, better and best are superior to good. But good is still good. Enough can be good.

This is Michael Josephson reminding you that character counts.

For more, see whatwillmatter.com

Student of the Week: James Nelson

Nickname: Jamie, Bubba

Birthday: October 17

Birthplace: Murphy, NC

Siblings: Cassie, Candee, Christy, Meagan, John, Patric, Jacob, Mary

Favorite color: Red

Favorite food: Meat and potatoes

Favorite pastime/hobby: Piano

Favorite band/group/singer: Frank Sinatra

Favorite sports team: Atlanta Braves

Plans after graduation: College

What she wanted to be when he was a kid: An adult, because I had cancer

If he could go anywhere in the world, it would be: Paris

Something he is good at: Strategy

Something interesting few people know about him: He likes playing piano

Role model: My dad, because he's strong and kind

What you consider to be a good role model: Courage

If he could describe himself in one sentence: One of a kind.

What teachers say about James: "I think Jamie is probably one of the most intelligent students I have ever known in a variety of subjects; one of the few students who will say, 'I want an intellectual conversation today.' He is a very friendly, neat young man. He's very bright, and he can be anything he wants to be. He's polite and considerate, and the kids and adults like him." – Dr. Crosby





XLVII Super Bowl lessons

As we prepare to launch the second semester of our “Stacked Deck” problem gambling prevention curriculum, teachers may find it interesting to play a game of probability using the 2013 NFL playoff brackets as a game, or create lesson plans using the Super Bowl as a platform for life.

Math: Who did your students choose to win the playoffs? Did they use each team’s regular season record, statistical probability, or did they select teams they liked or “had a feeling about?” Which method is more accurate?

English: How do you feel about the two teams that made it into the Super Bowl? What pros and cons might this opportunity have for the two head coaches, who are brothers? How might the prestige affect the players?

History: Who played in the last ten Super Bowls? The first ten? What is your first Super Bowl memory?

Science: How might the climate these teams normally play in affect the outcome of the game, since the Super Bowl is being played in a dome? What is artificial turf?

Mountain Youth School Spring 2013 Master Schedule

Teacher	1 st Period	2 nd Period	3 rd Period	4 th Period
	English IV	English II	English III	English I
Dougherty	Johnny Anderson Britni Crisp Jessie Gibby Cody Jones Charlotte Haigler Samuel Kendrick	Brent Ledford (Eng III) Jeremy Lovingood James Nelson Cory Phillips Tommy Thorley Mike Williams	Alex Harper Sydney Hibberts Aaron Moore Justin Seabdt Preston Smith	Study Hall Britni Crisp Mike Williams
	Civics	U.S. History	Geography	World History
Crosby	Sydney Hibberts Aaron Moore Amber Rogers Justin Seabdt	Preston Smith (US) Jessie Gibby CJ Hobson	Jamie McLean Health/Teen Living Amber Rogers	
	8th Grade/Study Hall	Algebra II	Analytical Geometry	Alegbra 1B
Crouch	Megan Hicks (SH) Brent Ledford (SH)	Johnny Anderson Jacob Haynes Megan Hicks Cody Jones Samuel Kendrick	Brent Ledford Jeremy Lovingood Cory Phillips Amber Rogers	Jessie Gibby CJ Hobson James Nelson Justin Seabdt
	Earth Science	Physical Science	Biology	Biology
Worley/ Scott	Jacob Haynes		Sydney Hibberts Samuel Kendrick Aaron Moore Preston Smith	Cody Jones (PE) Johnny Anderson (R) Jessie Gibby Jacob Haynes CJ Hobson Cody Jones
	MS	MS	MS	MS
Payne				
	Intro T&I	Intro T&I	Carpentry I	Carpentry II/Advanced Studies
Davenport	CJ Hobson (AS)	James Nelson Tommy Thorley	Cory Phillips	Preston Smith Mike Williams Johnny Anderson Sydney Hibberts Samuel Kendrick Aaron Moore