



American Heritage School News

December 2006 & January 2007

Message From the Director

On December 16, 1862, President Lincoln sat in his office contemplating the heavy news that had just reached him: thousands of lives lost on both sides at Fredericksburg and a devastating tactical defeat for the Union. Lincoln's spirit was weighed down once again by "condoling with the mourners for the dead, and sympathizing with the severely wounded."ⁱ

On the same day, a staunch old friend, Congressman Isaac Arnold, had been invited to the White House to visit with Lincoln. Lincoln asked Mr. Arnold to sit down, after which Lincoln then proceeded to read aloud a piece of nonsensical comedy from a contemporary humorist that published under the pen name of Artemus Ward. That Lincoln should wish to read comedy while thousands of wounded were being hauled from the frozen mud flats of the Rappahannock River was "shocking" to Congressman Arnold.ⁱⁱ

"Mr. President" inquired Congressman Arnold, "Is it possible that with the whole land bowed in sorrow and covered with a pall in the presence of yesterday's fearful reverse, you can indulge in such levity?" At this, the President threw down the Artemus Ward book, tears streaming down his face, as he burst forth: "Mr. Arnold, if I could not get momentary respite from the crushing burden I am constantly carrying, my heart would break!"ⁱⁱⁱ

This glimpse into the soul of one of our nation's great leaders touches upon one of life's most underestimated, misunderstood, and overlooked spiritual tools: laughter.

Most of us take ourselves too seriously, too often. This is especially true of us who have experienced enough of life's rainy days that we suffer from chronic Adult Onset Pessimism. What a palpable difference we all feel in the presence of someone who helps us to illuminate our valleys of shadow with the sweet light of laughter! Isn't this one of the more common differences between a good teacher and a

great one? Between a good friend and a great one? Between a good leader and a great one?

There are basically two kinds of laughter referred to in scripture: the first kind is a true gift of the spirit. The second kind encompasses a host of diabolical counterfeits, including levity and light-mindedness,^{iv} mockery,^v scorn,^{vi} sarcasm, and "excess of laughter."^{vii}

To his disciples Christ taught it this way: "Blessed are ye that weep now: for ye shall laugh,"^{viii} but "...woe unto you that laugh now! for ye shall mourn and weep."^{ix} Interestingly, his teaching seems to focus upon the *timing* of laughter. Understanding and empathy come first.^x Then, in its proper "time and season,"^{xi} comes the sustaining release of laughter.

Lincoln's ability to laugh was not extraordinary in and of itself. We all have the *ability* to laugh. The truly extraordinary aspect of Mr. Lincoln's humor takes shape in a beautiful composite of adversity, power, and moral character. In his own words: "Nearly all men can stand adversity, but if you want to test a man's character, give him power."

Unfortunately, humble laughter and heartfelt smiles are some of the first casualties of power. They are certainly among the first casualties of adversity. We see this all too often in families, in government, in classrooms, and in communities.

And yet, it simply doesn't need to be this way! Have we not all experienced at one time or another a seemingly monstrous problem that resisted whole batteries of logical reasoning, counseling, and analysis – only to evaporate in a momentary ray of heaven-sent laughter?^{xii}

Of course, a smile doesn't necessarily change life's circumstances. In fact, a smile is very much like prayer in this respect. Prayer doesn't change God as much as it changes us.^{xiii} So it is with laughter – which changes us by giving us the distance we need to step back from an event, deal with it, and then move on.

“If you smile at me, I will understand – because a smile is something that everyone, everywhere, does in the same language.”^{xiv} And, though at times it may be a struggle to smile,^{xv} most would agree that even a humble, half-hearted smile is a great place to start!

Thank you parents, teachers, students, and administrators for using so well your transforming gift of smiles and sweet laughter. How often I am the recipient of this gift in our hallways and classrooms!

May the birth and life of Christ give us a “glad heart and a cheerful countenance”^{xvi} as we draw closer unto Him and to each other this Christmas and New Year!

Sincerely,

--Grant Beckwith

ⁱ Letter of December 22, 1862, President Abraham Lincoln to the Grand Army of the Potomac, conciliatory letter read to the troops.

ⁱⁱ Carl Sandburg, *Abraham Lincoln: The Prairie Years and the War Years*, p. 569.

ⁱⁱⁱ *Id.*

^{iv} D&C 84:54; 2Cor 1:17

^v Ether 12:26; Hel. 13:12

^{vi} 1N 8:33; Job 16:20

^{vii} D&C 88:69

^{viii} Luke 6:21

^{ix} Luke 6:25

^x Ecclesiastes 7:3 actually teaches that “sorrow is *better* than laughter: for by the sadness of the countenance the heart is made better.”

^{xi} Ecclesiastes 3:1,4

^{xii} This is Mr. Beckwith’s version of the American essayist Agnes Repplier’s: “What monstrous absurdities and paradoxes have resisted whole batteries of serious arguments, and then crumbled swiftly into dust before the ringing death-knell of a laugh!”

^{xiii} Credit to C.S. Lewis, Soren Kierkegaard, and others who have been attributed for this beautiful description of how prayer works.

^{xiv} Credit to my wife, who loves this quotation, which may have had its genesis in a popular song in the sixties. (Not being a personal fan of much of what the sixties contributed to our culture, I will leave it at that!)

^{xv} There are smiles... and then there are smiles! In psychology, the “Duchenne” smile refers to the most authentic and genuine type of smile – the kind that involves specific muscles around the eyes that are not used for smiles generated by less genuine emotion. Physiologically, the facial muscles involved with a Duchenne smile are difficult to control voluntarily. Therefore, it is difficult to fake a Duchenne smile unless you “smile from within”!!

^{xvi} D&C 59:15

Student Submissions

On Gratitude

(By Micaela Wright, 7th Grade)

Gratitude is the emotion of the heart when you do or receive an act of kindness. God’s love is the highest form of gratitude. When you perform an act of kindness, the feeling is indescribable. “If thou art merry, praise the Lord with singing, with music, with dancing and with a prayer of praise and thanksgiving.” (D&C 136:28). Gratitude forms everlasting links of love. It makes normal happiness into sublime pleasure! It is our duty, especially as Americans, to acknowledge the hand of God on a regular bases. We should be grateful for the bounteous blessings that He sends to us. Americans have been innumerable blessed and we should offer a plethora of thanks to Him for His goodness to us. We should observe Thanksgiving every day! I have been given so much in my life. I will try to be more thankful for what I have. I will continue what I have been doing this week and strengthen my home and family by serving them with a good attitude. I will also thank my parents and others more regularly.

On Neutrality

(By Lacy Monson, Brittney Harrison, Mariane Sorensen, Drew Bowen, & Isabelle Colledge, 7th Grade)

Neutrality is the state of being unengaged on either side. “Choose you this day whom ye will serve... but as for me and my house, we will serve the Lord.” (Joshua 24:15) We need to choose whom and how we will serve. We are neutral when we are not choosing who we will become. We cannot have one foot in the world and one foot in the church. We cannot be a good spiritual saint when we are neutral. We need to choose if we are going to be bad or good. Neutrality and conscience are connected because when we are neutral we do not know who and what we stand for. When we follow our conscience we know who and what we stand for. When we are neutral we do not know who we want to be. When we are following our conscience, we do not want to be neutral.

Reflections on a Star
(By Drew Bowen, 7th Grade)

A star is a light that is brought forth in the night sky. President Monson said that “One Star shone especially bright. It seemed to light the way and mark the path...” Christ is the star that marks the way to our Heavenly Father. He also lights the way when we are going through hard times that seem dark. “And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever.” (Daniel 12:3) If we convert many to the Gospel, then we shall shine to others like stars.

On Being a Repository
(By Stevie Moon, 7th Grade)

Our leaders, our prophets, are repositories. Strange that a *person* could be a storage place. Our prophet stores keys for our Father in Heaven so that when He calls for them the prophet can hand over the keys to God. We too, can hold keys for God in different ways. Our job is to find out how best we can be a repository for God.

Jamestown and the Hand of the Lord
(By Alex Hill, 2nd Grade)

Heavenly Father helped the people of Jamestown many times when they set sail. He sent a storm to direct them to where they should land. He also sent Pocahontas to help them with food. She saved them twice from being hurt and killed. Heavenly Father also helped the people when they were discouraged. He sent a ship with more supplies and people. He needed to help so he could set up America.

On “Riches” and Exploring the New World
(By Christopher Bowen 2nd Grade)

The most important riches are riches of eternity. They are love, families, Jesus Christ, God, angels, friends, and the Holy Ghost. The Doctrine & Covenants says beware of pride because pride will make God and Jesus Christ unhappy. Pride will make Satan happy. If you are prideful you might go to the worst kingdom!

On “Riches” and Exploring the New World
(By Breesa Nawahine, 2nd Grade)

I learned that riches of eternity are very important because it means reading the scriptures and keeping your families forever. Riches of the earth are important because you can share the riches with others that are poor. Riches of the earth are bad when people start getting greedy and prideful.

Required Parent Meeting

The next required parent meeting will be held on Thursday, January 4, from 7-8 p.m. Many important items pertaining to 2007/2008 seating will be discussed including tuition and registration procedures. Also, we will explain some important information gathering initiatives that are underway at the School, and will distribute an all-parent survey that solicits your feedback on issues such as programs and offerings, accreditation, and possible future expansion of the school. See you there!

Family Lecture Series

Don't miss our Family Lecture Series on Friday, January 12, entitled “Avalanche of Evil: Protecting our Homes from the Worldwide Epidemic of Addiction.” This extraordinary presentation will be made by Mr. David Handy, who comes with the experience and background to treat this sensitive topic in a way that is professional, practical, and consistent with critically important Restored-Gospel insights. See the attached flyer for more details. Bring friends, neighbors, teachers, ecclesiastical leaders, and anyone else who you believe could benefit from this timely and inspiring presentation!

Spelling Bee



Get a head start on studying for the Spelling Bee! The dates for the American Heritage School participation in the Daily Herald Spelling Bee are: Friday, February 2 – AHS all-school competition for grades 4-8; and Tuesday, January 30 – AHS Junior Bee competition for

grades K-3. Finalist from AHS will be submitted to the Daily Herald in mid-February for the next level of regional competition.

The Daily Herald will be publishing the spelling list to be used after the beginning of the year, or, if you would like the complete list of 4,100 words to study, please contact Mrs. Shirley Kauffman or your students teacher at the School.

Go to <http://www.spellingbee.com/> for help with the Paideia (spelling list) for 2006-2007.

To receive pronunciation helps with any word in the Paideia, go to Encarta Dictionary at <http://encarta.msn.com/encnet/features/dictionary/dictionaryhome.aspx>

Any other questions? Call our parent representative Mrs. Heather Hall: 801-796-7868.

Calendar at a Glance

Dec 19	All School Sing 8:40 a.m.
Dec 19	All Kindergarten attend AM 8:30-11:30
Dec 19	Teddy Bear Project 10:00 a.m.
Dec 19	School ends at 12:05 p.m.
20 Dec-Jan 2 – Christmas Holiday-No School.	
Jan 3	School Resumes 8:30 am.
Jan 4	Required Parent Meeting 7:00-8:00 p.m.
Jan 4	2007-2008 Registration for current patrons
Jan 12	Teachers In-Service-No School
Jan 12	2 nd Term Ends
Jan 12	Family Lecture Series 7:30 p.m. Reception & refreshments at 7:00 p.m.
Jan 15	Civil Rights Day-No School.
Jan 18	First Grade Devotional 2:00 p.m.
Jan 19	First Grade Devotional 8:40 a.m.
Jan 25	All Kinder attend PM 12:00-3:00 p.m.
Jan 25	Dance Festival 1:30-3:00 p.m.
Jan 26	Teacher In-Service-No School

Kindergarten News **Christmas Cards Wanted**

STOP!!! Don't throw those holiday cards away! Kindergarten needs the pictures for their annual ABC Christmas Book. Please save and bring to the office for Kindergarten next year. We need a total of just over 1,000 cards (45 pictures of each of the following: angels, baby Jesus, candles, donkeys, evergreen trees, gifts, holly, ice, jingle bells, Chris Kringle, lanterns, Mary, Noel carolers, ornaments, poinsettias, quiet cold winter sight, reindeer, shepherds, trees, universal peace, wise men, extra goodies, and young ones). Your help with this project is much appreciated.



Forgotten Lunch Program

Attention parents: We have had many students participate in our forgotten lunch program so far this year and in order for us to continue we will need those that use the program to remember it will only work if items are replenished on an as-used basis. Please, Please help replenish the lunches. Thank you.



American Heritage School

Honor Roll—First Term—2006-2007

Acerson, Stephanie
Allred, Cameron
Benson, Brooklynne
Benson, Mitchell
Boehme, Joryn
Boggess, Ian
Bowen, Drew
Bowen, Elizabeth
Bowen, Sarah
Breaux, Rachael
Brown, Alison
Brown, Erika
Caldwell, Kytan
Carpenter, Marina
Casey, Kilee
Cloward, Riley
Coleman, Melia
Colledge, *Isabelle*
Covey, Christian
Cox, Brayden
Cromar, Zachary
Duncan, Misha
Duncan, Steven
Edholm, Audrey
Gish, Brennen
Glenn, Madeline
Goodsell, McKell
Hall, Alexandra
Hall, Miranda
Hansen, McKenzie
Hartman, Christian
Hastings, Allan
Hawkins, Emily

Heras, Erik
Hill, Austin
Hill, McKenzie
Hilmo, Meagan
Hilton, Scott
Holmstead, Christopher
Huhem, Alauna
Huhem, Elisa
Hunt, Spencer
Jessop, Russell
Johnson, Chloe
Johnson, Kaela
Johnson, Walker
Kenney, Karissa
Klingler Nichole
Lefebvre, Allyson
Lefebvre, Lexie
Lenhart, Karly
LeSueur, Brittany
Merkley, Allyssa
Merkley, Nathan
Miner, Clark
Monson, Lacey
Moon, Stevie
Morales Llan, Shirley
Morse, Jordan
Mullen, Nathan
Nazer, Katie
Nunes, Catia
Nunes, Kaiden
Ostler, Sara
Padua, Nathalia

Pierce, McKay
Rains, Xandra
Raubenheimer, Carlynn
Ricco, Michael
Roberts, Ryan
Roberts, Sophie
Rose, Daniel
Sessions, Andrew
Smart, Jacob
Smith, Deanna
Sorensen, Mariane
Sorensen, Michael
Thomas, Mardi
Tolman, Hannah
Unrau, Camilla
Van Bloem, Eliza
Webb, Olivia
Welch, Holly
Welch, Montana
White, McKaylla
Willden, Tyler
Williams, MacKenzie
Wright, Micaela



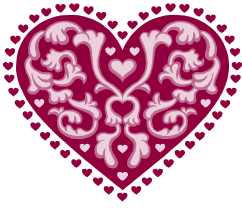
Teddy Bears For Christmas

Each December, American Heritage School holds its annual Teddy Bear For Christmas Service Project. To prepare for this event we ask that the students who are able to bring a **new teddy bear** of an average size to put under the school Christmas tree. The school will deliver the bears to a Medical Facility for the homeless in the Ogden area. The facility depends on the bears that we collect.

This is one of the most memorable activities that we do here at the School. Please feel free to join us on Tuesday, December 19 at 10:00 a.m. for a devotional presented by Mrs. Updike followed by a long hugging line and a send-off of each bear as they are gathered for the shelter.

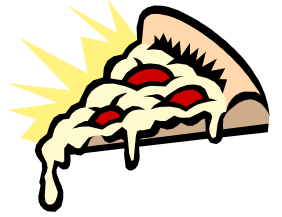
This is a great photo opportunity – so don't forget to bring a camera. Thank you for your generosity! Please bring your bears on or before December 19, 2006.



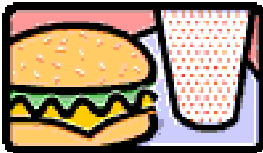


Pizza Monday Sign-ups for February

This is our pizza-ordering sheet. Your students' pizza order will be for the entire month. This means that if they want 2 pieces of pepperoni that is what they will get for all the weeks in the month. If your student wants a change, they may change next month. **The cost is \$1 per slice of pizza ordered.**

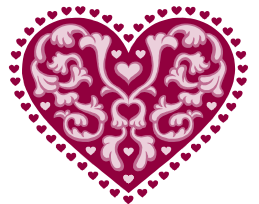


February 5 th , 12 th , 26 th					
Name of Student (First & Last Name)	Teacher	Pepperoni	Cheese	Ham	Total Pieces
Total ordered					
X 3					
weeks =					
Total price					\$



Hogi Yogi Wednesday Sign-ups for February

This is your Hogi Yogi ordering sheet. The choices of sandwiches will alternate each month between ham and turkey with **February** being **TURKEY**. Each sack lunch includes a sandwich, chips, cookie, fruit or fruit cup, and a drink. The cost is **\$2.30 for a 4'' sandwich lunch** and **\$2.55 for a 6'' sandwich lunch**. **Please indicate the drink choice** of regular milk (R.), chocolate milk (C), or bottled water (W).



February 7 th , 14 th , 21 st , 28 th ,					
Name of Student (First & Last Name)	Teacher	4'' Ham	6'' Ham	Drink (R, C, or W)	Totals
Total ordered					
X 4 weeks					
=					
Total price					\$

**** Please return your order form for the month of February with a check (NO CASH) no later than Friday, January 19, 2006. (This deadline will be firm.) All checks are made out to American Heritage School. Thank you.**

AMERICAN HERITAGE
SCHOOL & FAMILY EDUCATION CENTER

FAMILY LECTURE SERIES

WITH



DAVID HANDY

"Avalanche of Evil"

**Protecting Our Homes from the Worldwide Epidemic of
Addiction**

David Handy is a Church Service Missionary with the LDS Family Services Addiction Recovery Program. He serves on the Church's headquarter committee that produces worldwide handbook and training materials regarding addiction prevention and recovery. Mr. Handy is frequently called upon to train stake presidents and bishops on topics ranging from pornography to substance abuse. He served on the Board of American Heritage School from 1995-2005.

In addition to a degree from Brigham Young University, Mr. Handy earned his J.D. degree from the University of Utah College of Law. When he is not engaged with his Church assignments, he practices law in the area of wills, trusts, and estate planning. Mr. Handy worked for many years with Dr. W. Cleon Skousen, during which time he developed a great love for the Constitution and our Founding Fathers. From 1970-1981, Mr. Handy was a frequent guest lecturer throughout much of the western United States, speaking on the Founding Fathers and the genius of the U.S. Constitution. David and his wife, Toni, are the parents of five sons and many beautiful grandchildren.

Date: Friday January 12, 2007
Time: 7:30 pm-9:00 pm
Reception 7:00-7:25 pm
Place: American Heritage School
736 N. 1100 E. American Fork
directly east of Mt. Timpanogos Temple
Who: All are welcome - ages 14 and up
Cost: Free
Info: mpatch@ahsmail.com or 642-0055


AMERICAN HERITAGE
SCHOOL & FAMILY EDUCATION CENTER

FAMILY LECTURE SERIES

WITH



Elder Richard E. Cook

**"The Perpetual Education Fund
A Shining Ray of Hope!"**

Elder Richard E. Cook was called to the Second Quorum of Seventy in April 1997 where he served until October 2001. During that time he served in the Asia Area Presidency. Prior to his release from the Quorum, President Hinckley asked him to act as the Financial Director of the Perpetual Education Fund. He has been serving in that position since August 2001. In 1992 Elder Cook retired from Ford Motor Company after 35 years of service. His principal positions included General Auditor for the Company, Controller-Ford Tractor Operations, and Corporate General Assistant Controller. His last assignment included controllership responsibilities for all of Ford's worldwide operations. Elder Cook received his BS degree in accounting from Brigham Young University. Later, he graduated with distinction from Northwestern University with a Master of Business Administration degree. He is a Certified Public Accountant.

Elder Cook has been a member of the Brigham Young University Marriott School's National Advisory Council since 1973. He served on the Board of Directors of United Cerebral Palsy and has served as commissioner at large for the Detroit Area Boy Scouts of America. From May 1994 to July 1996 he served as a missionary and as the first Mission President in the Mongolia Ulanbataar Mission. He is married to Mary Nielsen Cook and is the father of three daughters, one son and the grandfather of sixteen.

Date: Friday February 9, 2007
Time: 7:30 pm-9:00 pm
Reception 7:00-7:25 pm
Place: American Heritage School
736 N. 1100 E. American Fork
directly east of Mt. Timpanogos Temple
Who: All are welcome - ages 14 and up
Cost: Free
Info: mpatch@ahsmail.com or 642-0055

The Family Lecture Series is offered the second Friday of each month during the school year and is free and open to the public. Our next lecture is Friday March 9th, 2007