



Mount Vernon City Schools

DISTRICT NEWS

Fall 2016

Connecting Our Community



The Best Storybook Character of East Elementary School Election!

Students at East Elementary School are learning the importance of voting, as the classes are participating in the political process which will end with a mock election to vote for their favorite candidate on Tuesday, November 8th. But when the votes are tabulated through the school's computers, the winner will not come from a list of presidential hopefuls; instead, the big winner is more likely to be Bad Kitty or Amelia Bedelia. As a school, we are not holding an election to determine the next President but instead we are going to select best storybook character.

Election season seemed to offer a fun and useful opportunity to combine the learning of literature with promoting citizenship to our students. Every student at East Elementary School will be learning about the importance of voting in a very hands on way and possibly find a new favorite set of stories.

Candidates for Best Storybook Character include Amelia Bedelia,, Greg Heffley ("Diary of a Wimpy Kid"), Encyclopedia Brown, Pete the Cat, Judy Moody, Humphrey, Mrs. Piggle-Wiggle, Bad Kitty,

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Youth Enrichment Series Concerts

Youth Enrichment Series Concerts have been in existence in our school district for over 25 years. The concerts provide quality educational entertainment for students in grades 1 to 7 each year at the Memorial Theater in Mount Vernon. The concerts happen during the school day and students are bussed from their home schools (or walk if they are close) and back after the concert.

Cultural experiences this year will be provided by the Columbus Children's Theater; Eric Paton, world class drummer; Tony West and the Imani Dancers; Ballet Met; Sarah Reed, folk artist; Opera Columbus; and Robert Post, illusionist. Each grade goes to one concert. The Knox County Schools and St. Vincent's Elementary School also come to the concerts.

The funding to pay for the artists and the rental of the Memorial Theater are provided by grants from the Community Foundation of Mount Vernon and Knox County and the Community Concert Association Outreach Program. Transportation is provided by the schools.

Student and teacher comments have been both positive and excited about the programs. Our district has been fortunate to have ongoing funding and a supportive district to provide quality theater experiences for 2,400 students each year.



Photographs courtesy of MV News



Educational Excellence - Go for the Gold

A message from Superintendent William Seder

UPCOMING EVENTS

DECEMBER 2016

COLUMBIA ELEMENTARY
13 • 6:30pm Holiday Program
Faith Baptist Church

DAN EMMETT ELEMENTARY
16 • 7pm Holiday Program • MVNU Chapel

EAST ELEMENTARY
15 • 7pm Holiday Program • MVNU Chapel

PLEASANT ST. ELEMENTARY
6 • 7:30pm Holiday Program • MVNU Chapel

TWIN OAK ELEMENTARY
14 • 7pm Holiday Program • MVNU Chapel

WIGGIN ST. ELEMENTARY
13 • 6pm Kindergarten Gingerbread Man Program
WS Gymnasium
19 • 7pm Grades 1-5 Holiday Program • Rosse Hall, Kenyon

MIDDLE SCHOOL
8 • 7pm Orchestra Concert
HS Theater
12 • 7pm Choir Concert
MVNU Chapel
15 • 7pm Band Concert
HS Theater

HIGH SCHOOL
12 • 7pm Choir Concert
MVNU Chapel
13 • 7:30pm Orchestra Concert • HS Theater
19 • 7pm Band Concert
HS Theater

Call 740-397-7422 or email Terry Strebby at tstrebby@mvcsd.us for times and other details regarding events



Whenever we observe individuals who go above and beyond normal efforts and preparation to achieve a goal, we are inspired. Examples of such efforts are certainly those athletes who participated in the 2016 Summer Olympics in Rio de Janeiro, Brazil last summer. We enjoyed watching for several weeks as the world's finest athletes displayed the results of years, often decades, of sacrifice, training and endurance to compete for Olympic Gold.

Only a few days before the culmination of the '16 Summer Olympics, our staff and students returned to school for the 16-17 school year – perfect timing - which presented us all with some great inspiration for our own goals. Drawing on this inspiration, we chose a "Go for the Gold" theme for the new school year.

Our opening day ceremony was an imitation of the Parade of Nations as representatives from each building carried banners into the auditorium. Individuals carried the torch in a relay that ended with our Mount Vernon Yellow Jacket Mascot lighting our version of the Olympic cauldron. The remainder of the morning events mimicked Olympic events. Employees participated in balance beam, Frisbee discus, noodle fencing, foam ball archery and other activities – competing with opposing teams for district honors.

When the collegial activities were completed, our focus turned to the serious business of education and became even more sharply centered on the inspiration required to do whatever it takes to make a positive impact on the lives of our students.

This isn't about being athletic. This isn't even about winning a medal or an award. "Going for the Gold" in the Mount Vernon School District is really about each of us – teachers, cooks, bus drivers, secretaries, administrators and custodians – every group – looking at the faces of the children who come through our doors every morning and realizing the potential impact we have on their lives.

Those faces and those lives will inspire us – even when we're tired or worn out – even when we've had a troubling day or just don't feel well. Kind words, encouragement, extra help or perhaps just a smile may lift the spirit of someone who is struggling at the moment. We never know what significance these actions might have on a student, or a colleague for that matter.

Like Olympic athletes, we know that the inspiration to keep doing our best in spite of the hurdles and the tough times is what will make winners out of all of us. Most importantly it will make winners of our students!

At the conclusion of our Olympic morning, each staff member was given a gold medal. They were encouraged to identify a student each month, who exemplifies the qualities of an Olympian and present them with a gold medal. Let's "Go for the Gold" together in pursuit of educational excellence.



Maintenance Update

Mount Vernon City Schools Facilities and Grounds have continued to experience significant improvements from the Maintenance Department and Director Rick Shaffer. Rick and his crew work closely with the Superintendent, Treasurer and others to identify areas needing improvements, assign a potential cost, and prioritize repairs, upgrades and maintenance that need to be completed. Once again, our project list was long, but we did our best to complete as many projects as possible making our facilities safer, more efficient, and not to mention more attractive.

One project that has received many positive comments from our community happened at Pleasant Street Elementary School. If you have driven past Pleasant Street Elementary this year you will notice a new and improved look as the 1959 building received a face-lift this past spring. New energy efficient windows were installed, replacing the 57 year old originals. Not only are the new windows more appealing in appearance, they will save the District money by reducing the thermal transfer of energy and lowering heating and cooling costs.

Students and teachers will benefit from the new window installation with decreased noise pollution from the outside. The new glass will improve the comfort for students by reducing glare and eliminating cold air drafts. Condensation problems created by the old windows will now be remedied. Additionally, the new windows will offer an added emergency escape route as these windows will open wide enough for students and teachers to safely leave the building. Previously, exiting via the old windows in an emergency situation was not an option.

Additional work done by the Maintenance Department includes:

- Resurfacing the roof at East Elementary. Installing drinking fountains with water bottle fill stations in collaboration with East PTO.
- Repainting classrooms and hallways throughout the district, and for the first time all painting requisitions were completed by the paint crew. Congrats...ladies!
- Remodeling handicapped restroom, boys restroom, and custodial closet at Dan Emmett as well as removing all exterior bushes.
- Re-carpeting the guidance area at the High School and installing laminate flooring for the cafe area in the library.
- Replacing all locks at Mount Vernon High School with ADA compliant lock sets.
- Refinishing the flooring on the High School theater stage.



Top image: New windows on the left replaced the 57 year old originals, shown on the right.
Bottom image: Pleasant Street Elementary School with window upgrade.

Our most recent project, in collaboration with Mount Vernon Athletic Boosters involves the outdated stadium sound system which is being re-engineered by Custom Wired, LLC. The new system is totally wireless which will enable the Jacket fans to hear calls made by officials on the field with no delay. The larger amplifier will increase the clarity of the sound.

As a District, we have identified our priorities for the future, being sure that they reflect the values of our community. We know that Mount Vernon residents trust us to be cautious with our spending and target the areas that are absolute necessities. Our District is large including nine buildings, playgrounds, athletic facilities and a transportation facility. Even though we believe we have done a very thorough inventory of concerns thus far, we invite your feedback. If you have noticed an improvement and want to comment, or if you see a potential safety or security matter, please let us know. You may email Rick Shaffer at rshaffer@mvcasd.us or Maintenance Secretary, Christine Hohman at chohman@mvcasd.us or phone 740 397-7422 ext 6019.

Seeking MVHS Alumni

Whether you are a recent alumni or a seasoned trailblazer, please register as a MVHS alumni on the district web page at <http://www.mvcasd.us/Alumni.aspx>.

Why should you register? By registering you can network with other MVHS alumni across various years, learn of upcoming alumni events, stay informed of current happenings within the

Mount Vernon School District, improve the school for future students, and let us know how we are impacting student lives. Mount Vernon City School District believes in the legacy, tradition and pride of connecting Mount Vernon alumni for mutual benefit and opportunities. Your registration will assist in our continued quest for Excellence in Education.



Finding Balance

High School Principal, *Scott Will*

My wife and I recently took our children fishing at Charles Mill Dam over the Labor Day weekend. We are blessed with the fact that our kids love the outdoors and we decided to hike downstream a bit and find an area where nobody else was fishing. As the boys were fishing, my youngest son cast into an area that had a number of tree branches lunging towards the stream and snagged his line. He would not settle for just cutting the line and leaving his bait, hook and bobber hanging in the tree. As he made his way from the bank to the line in branches on the other side of the stream, he had to navigate through several stepping stones that were partially or fully covered by water. I watched his apprehension and timidity in his step as he wanted to make sure that the rock would not slip out from underneath him and cause a fall into the stream. He would go from apprehension to confidence with each step and soon reached the branch and retrieved his line and gear. He then came back with a much greater confidence than the initial journey, victory on his face.

I would like to draw a comparison with finding our balance in the new assessment requirements for graduation that Ohio has adopted. We are stepping out onto a foundation we have not seen. It is going to take some work and confidence on the part of our students to understand the importance of success on these assessments while not losing the focus on the end goal.

While, as a district, we expect students to graduate with the needed requirements for earning a Mount Vernon High School Diploma, the state has redefined testing requirements for graduation. Students of the class of 2018 and beyond will now fall out of the old OGT requirements and instead, be required to achieve 18 points accumulated over the course

of seven end of course exams (English I, English II, Biology, U.S. History, Government, Algebra I and Geometry). Of the seven exams a minimum of six points must be accumulated in the areas of Science and Social Studies combined and four points in ELA as well as four points in Math. If you add the numbers you will find that the total minimum points are fourteen and that means that Ohio students must accumulate four more points in any of the given end of course assessments.

We will be working to provide our students the resources and preparation needed to be successful on these assessments. We want each student to have stable footing on each step towards graduation. I would encourage you to read more about these assessments on the Ohio Department of Education's website and contact a school counselor or administrator for more clarity if needed.



Backpacks of Hope

The vision statement of Dan Emmett Elementary School is: "All children will be successful." Like all Mount Vernon city schools, Dan Emmett has a dedicated staff who works tirelessly to help every single child who attends Dan Emmett to be successful. Yet, we all know that a growling stomach is always louder than a teaching teacher - no matter how passionate or prepared the teacher may be.

Dan Emmett is a free and reduced lunch school, which means that all of our students, regardless of income are offered a free breakfast, lunch and snack each day during the week. Yet, many families in Dan Emmett's district are facing difficult situations and would benefit from having a few meals covered on the weekend as well. This is where Lifepoint Church saw an opportunity to be a blessing to others. Each week a group at Lifepoint fills a backpack with meals for the weekend, including canned fruits, vegetables and other non-perishable food items to be sent home with an individual student on Friday. The backpacks are returned the following week and the process repeats itself.

"It's heartbreaking to know that there are children in our community who really could use more people encouraging

them, praying for them and helping them access the things they need to be successful", said Adam Pursel, Lifepoint's Teaching Pastor. He continued, "For us, we are grateful to know the love of Christ and consequently, find so much joy in seeking to extend that love to our community."

The joy in Backpacks of Hope is a shared experience; from those packing the bags, to the teachers watching, and of course, the students who peer into their bags with smiles spread across their faces. Dan Emmett Elementary thoroughly appreciates the kindness of Lifepoint Church as they demonstrate a love for the students and help take the attention off the growling stomach and to the lesson at hand.



Students Take Pride in Protecting Others

Pleasant Street Elementary School Safety Patrol

This school year an estimated 13 percent of the 55 million school-aged children in America will walk or bike to school. Congested school zones require that motorists and school staff take extra precautions to keep our students safe.

At Pleasant Street Elementary School, as well as all of our district buildings, the safety of every one of our students are paramount in importance. We have eight responsible fifth graders: Angelyna Ramos, Ben Freeman, Jace Kyle, Tara Murray, Zach Butler, Emma Dean, Georgia Robertson and Aliyah Lowry who have been trained as AAA School Safety Patrollers by their advisor, Mrs. Callia Ahlbeck. Each morning before school commences, and after school is dismissed, Safety Patrollers report to one of three posts adjacent to Pleasant Street Elementary School. Having been trained in the fundamentals of traffic safety, they assist students to cross the street safely.

Our Safety Patrollers are also responsible for raising the American flag on our flagpole each morning and lowering it in the afternoon. Once the flag has been lowered, they respectfully fold the flag and put it away for the evening.

Each day these students take great pride in helping their peers and motorists travel safely to and from school. Their service to their school is greatly appreciated!



Robotics...Education in Disguise

With the start of the 2016 school year at MVHS, uncharted territory made it's way into the halls of the high school in the form of a robotics course. With the increased focus on STEM (Science, Technology, Engineering, Mathematics) by schools across the country, and the addition of STEM courses at the Middle School last year, two MVHS teachers are pioneering this new initiative. Mr. Vanderhoof and Mr. Patterson have taken concepts initially worked in their robotics club to the classroom for a pilot group of students this semester.

Students are taking part in working with coding and android devices to program Lego Mindstorms robots to complete multi-step activities. Coupled with the device programming, students are also developing team-building skills working together to solve problems that come with initial programming construction. As students work through solving the challenges of programming robots to complete tasks, they are also blogging their successes and challenges as a reflection activity. Mr. Patterson and Mr. Vanderhoof are working hard to expand the framework of the course and hope for interest and participation to grow in the near future.



Washington D.C. Trip



Since January 2009, MVMS 8th grade students have had the opportunity to attend a class trip to Washington, D.C. and surrounding area.

The first year of

the trip took students to the inauguration ceremony of President Obama. For the past seven years, this trip has occurred in May. The trip is open to any 8th grade MVMS student, and a portion of the trip is paid for by a gracious grant from the Ariel Foundation. The staff at MVMS also holds a silent auction and bake sale during parent-teacher conferences to help with trip costs, and students have the ability to raise funds through a walk-a-thon in the Spring and Fall.

Each year the trip adds some new stops to keep the trip interesting for all involved. In addition to Washington, D.C., students have gone to Williamsburg, Yorktown, Jamestown and Baltimore. Students have even toured the Capitol building, and met with United States Senator Sherrod Brown. Not only do students get to experience a new place, but they get to put the information they have learned to work. Not all the experiences can be taught in the classroom as students get to interact personally with veterans including Honor Flights from around the nation. It isn't everyday a young adult gets to have discussions with 100 World War II veterans, and thank them for their service.

This year's trip will be from May 10-13, 2017. Planned stops on this year's trip are George Washington's Mount Vernon, the National Mall, Smithsonian Museums, Arlington National Cemetery, an MLB game, Fort McHenry and the National Aquarium. Students on the trip, and those that stay at home will complete a trip passport to reflect on their experiences. The four days of the trip are packed with new learning experiences.



Learning is Natural At Wiggin Street

Throughout the first month of school, Wiggin Street Elementary students have been taking advantage of the glorious Fall weather to learn in natural settings. Last school year our Kindergarten students raised money to create an outdoor classroom. They located a shady spot on our playground and created a learning center with gardening supplies, constructed outdoor seats made of trees, and filled it with natural materials such as rocks and shells that could be explored. This year, many of our classes have already enjoyed learning in this outdoor setting. Students have enjoyed reading books in the outdoor classroom and have studied insects and other natural creatures such as salamanders.

This emphasis on nature and the environment has carried over into our older students' study of life cycles. Students in first grade have been watching the life cycle of butterflies in their classroom. They were very excited when their caterpillars developed a chrysalis and later hatched into beautiful Monarch butterflies. They were excited to release their butterflies and to encourage them to fly off on their long trip to Mexico.

Both kindergarten and first grade have been exploring the role of bees and butterflies as pollinators. Students in Mrs. Kramp's and Mrs. Bebout's first grade are collecting milkweed pods to support the ODNR in growing more of this plant to attract natural pollinators. The students are learning how important pollinators are to farmers who grow our food. In Mrs. Bonaudi and Mrs. Zolman's kindergarten, the buzz is that bees also help with pollination and that they are a helpful insect for that reason. Kindergarten students had a honey sale recently as a fundraiser to continue to support our outdoor learning.

In other grades, the emphasis on nature continues. Mrs. Sabo's and Mrs. Loveland's fourth graders are exploring erosion and are using project-based learning to create river tables to explore how natural waterways impact the land around them. In order to share the knowledge they have researched with others, students have been creating slideshows.

Mrs. Croswell's and Mrs. Grandstaff's classes participated in a nature camp this October at the Brown Family Environmental Center. They enjoyed two days of hands-on activities at camp, and participated in a biological and environmental study of the state scenic Kokosing River. Enrichment trips such as this allow our students to go in depth into nature studies that support their learning in the fifth grade standards for science. Mason Moore enjoyed the experience, "It was fun! We learned a lot about nature and caught fish and crawdads!" Dillion Boyd strongly felt that, "It's the best field trip ever because they teach you about nature and they let you get involved in it."

Many classrooms from Wiggin Street attend special classes at the Brown Family Environmental Center to participate in collecting wild flower seeds, take part in nature walks and talks, and to learn not only about science, but also how they can be good stewards of our local environment. Ms. Waugh, second grade teacher, enjoys the time spent at the BFEC, "Everyone there is knowledgeable, kind, and patient. We love spending time there every year!" Her student, Ava Moore, felt that, "The forest was my favorite part because I learned that mushrooms grow on the north side of the tree and that owls roost in the pine trees."

Teachers at Wiggin Street combine teaching methods to teach science, reading, writing, and math in a hands-on way that not only helps the students learn, but also allows them to have FUN while they are learning.



The Best Storybook Character of East Elementary School Election! ▶▶ Continued from page 1

David, and Pigeon. Sandra Finnell, our school's librarian has made their books available that showcase a variety of characters so that students can make an informed decision. She will also be sharing their stories and traits while students visit the library.

Our student leadership team is responsible running the election and will assist with making these character candidates well known to all. Students vote in a "Primary" throughout the week of October 10th through the a Google form. Once the count has taken place, we will have two characters that will be part of our main election. Each characters will have one class from every grade level campaigning for it. Classes will be encouraged to carry out activities that support this school-wide event such as making persuasive speeches, creating campaign posters, etc... During the election process, students will likely be found campaigning to their friends on the playground to help their candidate succeed.

Voting takes place November 8th as students vote for their favorite character. Student Leadership Team members will man the voting booths, check registration cards, and hand out 'I Voted' stickers to students as they cast their votes. The Student Leadership time will tabulate the results, and report them to the principal, who will announce the results of the election at an all school assembly.

We hope the storybook election will be a special experience for our students as it merges reading, social studies, speech and art into one authentic learning experience. By holding the election we are trying to integrate these subjects into teaching students about the whole election process. This is a prime opportunity to combine learning and fun while promoting citizenship to our students. It is a unique way to teach our students about democracy and their present and future roles in it.

Ariel Foundation Supports Fast ForWord at Twin Oak

Fast ForWord is a research-based intervention program that has been used with any Twin Oak student who is not on track to attain reading mastery. As a result of the Ohio Third Grade guarantee that states that all third graders need to be reading on grade level as evidenced by passing the third grade state test, the Fast ForWord program's focus has turned toward the lower grades. Students in kindergarten, first, second and third grade work on FFW to address their literacy and language deficits. The program is progress monitored by Mrs. Mader, Twin Oak speech pathologist. She and two instructional aides work with students for 30-minutes using either a 3-day or 5-day protocol. Students are tracked and their progress is reviewed in order to move the students through the various levels within the program.



Many Twin Oak students will tell you the best part of the FFW program is the FFW store that opens once a month. Participating students earn points that are redeemed for prizes and the students proudly share how quickly they are progressing through the program. Through the use of the Fast ForWord data, the Twin Oak staff has seen at least a year's gain with many students who have not been successful using other reading interventions.

Thanks to an ongoing grant from the Ariel Foundation, Twin Oak Elementary School continues to be able to offer this computer-based language and reading intervention program at Twin Oak for many years. The students and staff continue to appreciate Ariel's generosity.

Computer Coding at Columbia *Columbia Elementary Principal, Matthew J. Dill, Ed.D*

With the overarching theme of better integrating Science, Technology, Engineering, and Math (STEM) into our classrooms, we are using a variety of strategies and techniques for our students to attain these skills: One strategy presently being used is Computer Coding Instruction. Coding develops a mindset of introducing a framework to solve problems, fostering creative and logical thinking, and working toward an end goal of getting a computer to do what you want it to do. The other strategy focuses on Problem Based Learning. Problem Based Learning allows the students to come up with specific questions and/or topics. These questions and/or topics then become the vehicle for delivering the important knowledge that each student needs to learn for that grade level. This teaching strategy also allows for more collaboration and higher level learning to occur in the classrooms with our students.

This year, we have taken the initial step of dedicating 25 minutes each week to teaching Coding to all of our students in Grades 1-5. Coding, in simplest terms, is telling a computer what to do through step by step directions. This becomes the language that the computer uses to function. Learning computer science skills, both on and off a computer, helps develop critical thinking, problem solving, and collaboration skills for students. These higher level thinking skills allow students to think on a deeper level and develop in other subject areas. In addition, we know that "there are currently 506,808 open computing jobs nationwide (Code.Org, 2016)." While "last year, only 42,969 computer science students graduated into the workforce (Code.Org, 2016)." For these reasons, we have started to implement these skills into our curriculum. Through the use of Code.Org and other coding applications, our students are gradually learning how to code. It is our goal to better integrate coding into our curriculum over the next couple of years with additional training for our teachers on how to use both plugged (computer based) and unplugged (hands on problem solving) activities. This is a learning process for both our teachers and students. Columbia Third Grader Landon Schlosser feels that the coding challenges his skills, "I like the Star Wars coding because it is challenging and I like challenging stuff. I do not like easy stuff. The last level is so fun, you can do whatever you want. I made pigs run around." Classmate Drake Seavolt, echoes his feelings, "I like coding because it helps me think. It has some levels that are hard and some that are easy. Coding is fun."

We are very fortunate to be serving our 217 students in a new and exciting way. These students are the future leaders of our community and our goal is to provide the best preparation for each and every one. It is a joy each day to see them come off the school buses and into our classrooms. Our school is headed towards excellence and we will continually strive to improve what we do for our each of our students.

Students coding left to right - Landon Schlosser, Bryce Kreager, Josiah Colon, Kaiden Schlosser, Drake Seavolt, and Seth Vance





RESIDENTIAL CUSTOMER



Fall Senior Citizens Luncheon

The Mount Vernon City Schools Board of Education invites all area Senior Citizens to our annual fall luncheon scheduled for Thursday, November 17, 2016, from noon until 2:00 p.m. The luncheon will take place at the Mount Vernon High School. Superintendent, Bill Seder, will be the host for the luncheon and looks forward to sharing with our Senior Citizens various happenings in the Mount Vernon City School District. You won't want to miss the wonderful entertainment provided by students in the District, as well as an afternoon of fellowship and a fabulous luncheon provided by our very own Food Service Department (sponsored in part by the Community Foundation of Mount Vernon and Knox County). If you would like to attend the luncheon, please R.S.V.P. to Terry Streby at 740-397-7422, extension 6025, or email her with your name and telephone number at tstreby@mvcasd.us. The deadline to register is Friday, November 12, 2016. We are looking forward to seeing you at the Fall Senior Citizens luncheon!

MVMS Newsletters Go Video

As the 2016-2017 school year approached the Mount Vernon Middle School administration was challenged by our Music + STEM teacher to leave 20th century newsletters behind and embrace the idea of weekly video newsletters. This idea comes from another Ohio middle school that has had great success in implementing their videos. They found that far more people viewed the video, and even shared it, than the traditional paper newsletters that often get lost in the bottom of a backpack. Mrs. Essex has a passion for all things music and technology and was ready to not only issue the challenge but embrace the lead role. Our goal is to produce a weekly newsletter that will show off the engaging activities our teachers plan for our students, highlight the amazing work our students produce, and keep parents informed regarding our important announcements. You can access this unique method of communication in variety of ways. Go to the district website (www.mvcasd.us) and click the "Schools" tab. Select the middle school and scroll down to find the most up to date video newsletter. The video newsletter is also shared via Twitter @MVMiddle and if Facebook is your preferred method of communication you can "Like" our page and catch the video there as well.

