



C⁴OMMUNITY NEWS

2019

*Serving Northern Minnesota Communities
Hill City, Jacobson, and Swatara*

Articles in this
Newsletter:

School News

School Board
Minutes

City of Hill City
News

Ideas For Parents

Hill City Community
News

**Community
Ed News/
Classes**

Lunch Calendar

ACTIVITY
CALENDARS

Hill City Schools conducts strategic planning; district looking for community input via survey

The Hill City School is in the initial stage of developing a strategic plan. The School Board is working with the Minnesota School Boards Association (MSBA) to provide guidance and assist with the planning.

The School Board is seeking input from school district residents and staff to help in identifying the school district's strengths and areas for improvement. School district residents and staff can give the School Board feedback by completing a survey or attending a Community Forum scheduled for **March 5th at 6:00 pm**. The information gathered from the survey and Community Forum will be analyzed by the MSBA and used to help identify school district strategic priorities.

- You can provide input by filling out the online version of the "Hill City Strategic Planning Survey." Just go the website, isd002.org, and click on the Internal or External Strategic Planning Survey" **March 5st, 2019**, to fill it out;
- You can stop by the Hill City School office at 500 Ione Ave, Hill City, to pick up a copy and fill it out. Completed surveys should be returned by **March 5st, 2019**, to the district office at the above address;
- Or, you can attend the Community Forum scheduled for **Tuesday, March 5th, at 6:00pm, in Hill City School Community Room #230**.
The survey will be open until March 1st, 2019.

Your participation will be greatly appreciated by the Hill City School Board. If you have any questions about the survey or strategic planning process, please contact Superintendent *Pat Rendle* at 507-934-2450, or 218-256-5466, or prendle@isd002.org.

Hill City School Board



Sue Kaslow, Chairman PO Box 165 Hill City, MN 55748	Joell Miranda, Clerk PO Box 253 Hill City, MN 55748	Bambi Lange, Treasurer 505 Ione Ave Hill City, MN 55748
Dorie Barnes, Vice Chair 35990 678th Street Hill City, MN 55748	Mark Meyer PO Box 42 Hill City, MN 55748	Sarah Kingsley 67767 Hwy 169 Hill City, MN 55748

Committee Assignments for 2018

Committee

MSHSL
 Negotiations Committee

Curriculum Committee
 Community Education Advisory Council
 Meet and Confer

Staff Development
 School and Community Health Team
 Recertification Committee
 ARCC
 Comparable Worth
 NESC Board
 Safety/Transportation Committee
 Athletic Advisory Committee

Itasca Area Schools Collaborative

Representative

Mark Meyer
 Sue Kaslow, Mark Meyer and
 Dorie Barnes (Sarah Kingsley, Alt.)
 Joell Miranda (Bambi Lange, Alt.)
 Mark Meyer (Joell Miranda, Alt.)
 Dorie Barnes and Joell Miranda
 (Bambi Lange, Alt.)
 Joell Miranda (Bambi Lange, Alt.)
 Joell Miranda and Dorie Barnes
 Bambi Lange
 Sue Kaslow
 Sue Kalsow
 Sue Kaslow
 Sarah Kingsley
 Dorie Barnes and Mark Meyer
 (Sarah Kingsley, Alt.)
 Bambi Lange (Mark Meyer, Alt.)

For School Closings and Emergency Information Broadcasts

RADIO STATIONS	INSTANT ALERT	TV STATIONS										
<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 60%;">RADIO USA</td><td style="text-align: right;">99.9 FM</td></tr> <tr><td>KOZY Grand Rapids</td><td style="text-align: right;">1320 AM</td></tr> <tr><td>KMFY Grand Rapids</td><td style="text-align: right;">96.9 FM</td></tr> <tr><td>WTBX Grand Rapids</td><td style="text-align: right;">93.9 FM</td></tr> <tr><td>KAXE Grand Rapids</td><td style="text-align: right;">91.7 FM</td></tr> </table>	RADIO USA	99.9 FM	KOZY Grand Rapids	1320 AM	KMFY Grand Rapids	96.9 FM	WTBX Grand Rapids	93.9 FM	KAXE Grand Rapids	91.7 FM	<p>Infinite Campus' Voice Messenger system will call parents between 5:00 - 6:00 a.m. for school closings.</p>	<p>WDIO/WIRT KDLH KBJR WCCO</p>
RADIO USA	99.9 FM											
KOZY Grand Rapids	1320 AM											
KMFY Grand Rapids	96.9 FM											
WTBX Grand Rapids	93.9 FM											
KAXE Grand Rapids	91.7 FM											

Community Newsletter Deadline

Just a reminder, if you would like an article put in the Community Newsletter, it must be turned in to the school office by the 15th of the month to be put in the following months' newsletter. Newsletters are generally prepared and presented by the 27th of the month. If you have any questions regarding this, please feel free to contact Jessica Lathrop at
 (218) 697-2394, ext. 101 or jlathrop@isd002.org



Support Within Reach serves Aitkin county residents. Our mission: To reduce the impact and harm of sexual violence in the communities we serve. Free and confidential 24 hour Crisis Line:
Call 218-326-5008 or 1-866-747-5008
 MEDICAL/LEGAL SUPPORT & FOLLOW-UP PEER COUNSELING COMMUNITY REFERRALS & EDUCATION

INDEPENDENT SCHOOL DISTRICT NO. 2
HILL CITY, MINNESOTA

The Organizational Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Sue Kaslow at 6:00 p.m. on Monday, January 10, 2019.

The Pledge of Allegiance was recited.

Roll Call by clerk showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer, Dorie Barnes and Sarah Kingsley. Board Members absent: None. Also present was Superintendent/Principal Pat Rendle, Business Manager Ellie Hill, Building & Grounds Director Eric Hill and Payroll Clerk/Administrative Secretary Lynn Major.

1. Approved the Agenda as Presented.
2. The Oath of Office was taken by Joell Miranda, Bambi Lange and Sarah Kingsley with a copy attached to the Minutes and made a part thereof.
3. Sue Kaslow was nominated for Chairman and elected as Chairman.
4. Dorie Barnes was nominated for Vice Chairman and elected as Vice-Chairman.
5. Approved the annual salary for the Chairman to be \$450.00 per year.
6. Joell Miranda was nominated for Clerk and was elected as Clerk with an annual salary of \$450.00 per year.
7. Bambi Lange was nominated as Treasurer and elected as Treasurer with an annual salary of \$450.00 per year.
8. Approved to set the salary for all Board Members at \$60.00 per meeting.
9. Approved to set the salary for filling in for the Chairman and/or Clerk in addition to the regular meeting rate at \$40.00 per meeting. (There was a typo and this is the amount from the 2017-2018 meeting.)
10. Approved to set the fixed asset threshold at \$5,000.00. This meets the Federal Guide Lines
11. Adopting Depository Services Resolution for Government Entities was not needed.
12. Appointed the following Representatives to the Minnesota State High School League: Mark Meyer - Board Representative; Andy Dokken - Boys Sports; Andy Dokken - Girls Sports; Laurie Holm - Speech; Jennifer Pierce - Music and Pat Rendle - School Representative.
13. Appointed Sue Kaslow, Mark Meyer and Dorie

Barnes to serve on the Negotiations Committee with Sarah Kingsley as alternate and the alternate is to be paid for all Negotiation Meetings attended.

14. Approved to set the Regular Board Meetings on the 4th Monday of each month beginning at 6:00 p.m. with adjournment by 9:00 p.m.
15. Approved to set the Reimbursement for mileage for personal vehicles on school business at the Federal Rate of 58.0 per mile.
16. Approved to designate John Colosimo and/or the Firm of Ratwick, Roszak, Maloney & Bartel as School Attorneys.
17. Approved to set posting places for Regular and Special Board Meetings as follows: Hill City Post Office, bulletin boards at front door and North door of Hill City School and at the Fire Hall in Jacobson.
18. Approved to designate the following radio and television stations for emergency school closings: KOZY 1320 AM; KMFY 96.9 FM; WTBX 93.9 FM; KAXE 91.7 FM; Radio USA 99.9 FM; KBAJ 105.5 FM; WCCO TV; KDLH TV and WDIO/WIRT TV.
19. Appointed Joell Miranda to serve on the Curriculum Committee with Bambi Lange as alternate.
20. Appointed Mark Meyer to represent the Board on the Community Education Advisory Council with Joell Miranda as alternate.
21. Approved the following reimbursement rates meals and lodging: \$250.00 per night for lodging; lodging over \$250.00 per night will be subject to Superintendent approval; Breakfast \$10.00; Lunch - \$12.00; Dinner \$20.00. The reimbursement rate for meals includes any tips and receipts are required. (There was a typo in the agenda. These are the rates that were set in 2017-2018.
22. Appointed Dorie Barnes and Joell Miranda to serve on the Meet and Confer Committee with Bambi Lange as alternate.
23. Appointed Joell Miranda to serve on the Staff Development Committee with Bambi Lange as the alternate.
24. Appointed Joell Miranda and Dorie Barnes to serve on the School and Community Health Team.
25. Appointed Bambi Lange to serve on the Recertification Committee.
26. Appointed Sue Kaslow to represent the Board with ARCC.
27. Appointed Sue Kaslow to serve on the Comparable Worth Committee.
28. Appointed Sarah Kingsley to serve on the

- Safety/Transportation Committee.
29. Appointed Sue Kaslow to represent the Board with NESC Board.
 30. Appointed Dorie Barnes and Mark Meyer to serve on the Athletic Advisory Committee with Sarah Kingsley as alternate.
 31. Appointed Bambi Lange to serve on the Itasca Area Schools Collaborative with Mark Meyer as the alternate.
 32. Discussion was held on Conflicts of Interest.
 33. Approved the Contract changes for the Shared Superintendent Contract with Northland Community Schools. A copy of the Shared Superintendent Contract with northland Community School is attached to the Minutes and made a part thereof.
 34. Approved setting the date for Superintendent negotiations for Thursday, January 24, 2019 at 5:00 p.m.
 35. Approved posting for a K-12 Principal in-house for 5 days after which it will go out to the Public.
 36. Approved splitting the Senior High Knowledge between Laurie Holm and Adam Johnson with the pay as \$594.40 each.
 37. Meeting adjourned at 7:41 p.m.

Respectfully submitted, Joell Miranda

These are Unofficial Minutes. Complete Minutes of the above Board Meetings and all Board Meetings are on file in the administration office and may be viewed at any time during regular business hours.

CITY OF HILL CITY

CITY COUNCIL VACANCY

The City Council of Hill City will fill a vacant seat on the Council by appointment. The term expires December 31, 2020. To be eligible a person must be a U.S. Citizen, at least 21 years of age and a resident of the City. Interested persons may apply at City Hall or print an application off the city website at www.hillcity-mn.com.

Mail or drop off at City Hall,
125 Lake Ave., PO Box 160,
Hill City, MN 55748

between the hours of
8:00 a.m. & 4:00 p.m.
Monday – Thursday.

The City will accept applications until
March 4, 2019 @ 4:00 p.m.

HILL LAKE TOWNSHIP CLERK/TREASURER POSITION

Hill Lake Township has an immediate opening for a combined Clerk/Treasurer Position. The township board meets at 6:30 p.m. on the second Monday of every month. To be eligible to apply, you must be a Hill Lake Township resident.

The township pays \$325.00 per month for the Clerk/Treasurer duties which includes preparing a monthly agenda, minutes, claim forms for requested payments, payroll for elected officials and Balance Sheet and Statement of Account.

If you are interested in this exciting opportunity contact Duane Niesen, Board Chair at (218) 244-1808 or Terry Herrick at (218) 259-1816.

City of Hill City Council Meeting February 12, 2019

1. Call to Order/Pledge of Allegiance
 - A. Mayor Dan Kingsley presided over the meeting and called the meeting to order at 6:00 p.m.
 - B. Everyone joined in the Pledge of Allegiance.
 - C. Council present: Mayor Dan Kingsley, Council members Terry Christensen, Nate Rollins and Wayne Lindquist. Neal Roettger was absent.
2. Addition or Corrections to the Agenda

There were no additions or corrections to the agenda.
3. Public Forum

There was no one for the Public Forum
4. Consent Agenda

Motion made by Christensen to approve the Consent Agenda as presented, second by Rollins. MPU
5. Reports

Maintenance/Water/Sewer/Parks/Airport/Streets

 - George Casper reported that he had got new cutting edges for the plows and grader.
 - The John Deere tractor needs a new battery, alternator and voltage regulator.
 - Zack Thein was present from Thein Wells and went through a proposal for the rehab of Well 2.

Motion made by Rollins to accept the estimate from Thein Wells of \$16,990.00 to rehab Well 2,

second by Christensen. MPU

- A sewer pump needs to be pulled and unplugged.
- The cylinder on the sewer lift crane needs to be replaced. The cylinder will cost \$1,100.00 and can be taken out of the sewer improvement fund.
- There is a problem with the sewer line on Summit Ave. that is starting to freeze up. This was flushed and will continue to be flushed on Mondays to prevent it from freezing up.
- The Hill Lake Park road was plowed out for the Lion's Club Fishing contest on February 9, 2019.
- The airport was plowed February 12, 2019.
- People need to be careful when driving in town because of the high snow banks. The banks have been plowed back as far as they can be but are still difficult to see around.

Fire Dept.

- Fire Chief Jeremy Nelson gave the January Fire Dept. and 1st Responders report and stated that the month of February has started out with multiple 1st Responder calls.
- The Fire Relief Association has started doing Pull Tabs at Zorba's in Grand Rapids.
- March 7, 2019 at 7:00 p.m. is a meeting at the Fire Hall with townships to go over Fair share amounts, etc.
- Assistant Fire Chief Ron Saxton said that the Fire Relief Association will be starting Bingo at Zorba's every Thursday night from 6:30 - 9:00 starting March, 2019. If anyone is interested, they could use help with the Bingo on Thursday nights.
- Saxton said that Dan Kingsley has resigned from the Trustee Board for the Relief Association and now need a Council member to represent the city on the board.

Motion made by Rollins to appoint Dan Kingsley as the representative for the city on the Trustee Board for the Relief Association, second by Lindquist. Kingsley abstained from voting and all others voted yes. Motion carried.

Police Dept.

- Police Chief Josh Kimball gave the Police Dept. monthly report.

Mayor

- Mayor Kingsley reported that the city had an ordinance that does not allow for delays or waiver of payments for utilities bills.
- A DNR grant meeting was held on January 28, 2019 to discuss the possibility of applying for a grant for the Hill Lake Park. The grant deadline is March 29, 2019. It was decided to work on the grant and apply for it next year so there is more time to get everything together for the grant.
- Mayor Kingsley thanked the Council members and the department heads for their participation

in the workshop that was held on January 15, 2019. Fire Chief Jeremy Nelson let the Council know that the Fire Dept. had received 2 grants from Enbridge. One grant in the amount of \$4,000.00 and one grant in the amount of \$1,000.00, both grants were for equipment.

Clerk

- Clerk McManigle reported that all of the year end reports were completed and that the office has been working on all of the copying of documents that the new CPA requested to start the 2018 city audit.

· Clerk McManigle explained the report that she had provided the Council in regard to hours employees worked, PTO time taken and accrued and vacation time taken, accrued and cashed out per each pay period. Mayor Kingsley explained that this shows what the city's liability is.

Council

The Council had nothing to report.

Committees

Personnel - A Personnel Committee needs to be appointed but this was tabled until a full Council is present.

Facilities/Equipment - This committee consists of Council members Lindquist and Rollins.

Land Use - This committee consists of Council members Christensen and Roettger, but Roettger has submitted his resignation letter from the Council so another member needs to be appointed. Mayor Kingsley volunteered to be on this committee.

Motion made by Christensen to add George Casper to the Land Use Committee with Pat Jordan as an alternate, second by Lindquist. MPU

Motion made by Rollins to appoint Mayor Kingsley to fill the vacancy on the Land Use Committee, second by Christensen. Kingsley abstained from the vote, all others voted yes. Motion carried.

6. Old Business

A. Detachment from City - Chris Wojciechowski & Joshua Philippi

Chris Wojciechowski and Joshua Philippi were present in regard to their request to have their property "detached" from the city limits. There was discussion on this and the Council decided to take a vote on the issue.

Motion made by Rollins to deny the request for Chris Wojciechowski and Joshua Philippi to detach their property from the city limits, second by Christensen. A roll call vote was taken and all members voted to deny the request. Motion carried to deny.

B. Walking Trail

George Casper said that he would have to try and get ahold of the City Engineer again as he has not got back to him.

C. Water budget – increase for water tower
George Casper had got rates from surrounding communities on their water and sewer rates. Hill City's rates are basically in the middle of all the rates received.

Motion made by Rollins to hold a Public Hearing on March 12, 2019 at 5:30 p.m. at the Fire Hall to discuss the possible water rate increase to help fund the water tower rehab, second by Christensen. MPU

D. IBEW – J. Kimball

The city had received a letter from the Mn Bureau of Mediation Services in regard to Police Chief Josh Kimball joining the Electrical Workers Local 31 Union. The findings were that the Electrical Workers 31 is the certified exclusive representative for the employee falling within the appropriate unit. Mayor Kingsley explained that the Council needs to sit down with the IBEW and come up with an agreement. The city also needs to check with the City Attorney as Chief Kimball is currently under a contract with the city.

Approve Justin Clasen & Co., LTD (CPA) audit rate
Motion made by Rollins to approve the audit rate as presented, second by Lindquist. MPU

7. New Business

A. Approve Resolution #2019-05 – Accepting Resignation and Declaring a Vacancy on Council
Motion made by Rollins to approve Resolution #2019-05 accepting the resignation of Neal Roettger from the Council and declare a vacancy on the Council, second by Christensen. MPU

There was discussion on filling the vacancy and it was decided to advertise for the vacancy and take applications. Applications will be due by March 4, 2019 at 4:00 p.m.

Motion made by Christensen to hold a Special Meeting on March 11, 2019 at 6:00 p.m. at the Fire Hall for the interviews of the Council applicants, second by Rollins. MPU

B. Need to appoint a Park Improvement Committee

Motion made by Christensen to appoint Council member Lindquist, Mayor Kingsley, George Casper, Tami Meyer and a citizen as the Park Improvement Committee, second by Rollins. MPU

C. Park Attendant

It was decided that the Park Improvement Committee would be in charge of how to obtain a Park Attendant for the 2019 park season.

D. Approve Resolution #2019-06 Joint Powers Agreement with State of Minnesota

Motion made by Christensen to approve Resolution #2019-06 approving State of Minnesota Joint Powers Agreements with the City of Hill City on Behalf of its City Attorney and Police Department, second by Rollins. MPU

E. Approve 2019 Grant for Aquatic Invasive Species

Motion made by Rollins to approve the 2019 Grant application for Aquatic Invasive Species, second by Lindquist. MPU

F. Phased Retirement Option for Clerk/Treasurer McManigle and change weekly hours for Clerk/McManigle and Deputy Clerk Meyer

Clerk/Treasurer McManigle is requesting the Council to approve her going under the PERA Phased Retirement Option. This would require her to go to 20 hours per week, the city would not need to pay into PERA for her any more. Clerk McManigle had given the Council breakdowns of currently what the total cost to the city is for her at 40 hours week and Deputy Clerk Meyer at 32 hours per week and also breakdowns of Clerk McManigle at 20 hours per week and Deputy Clerk Meyer at 40 hours per week. The total annual savings would be \$29,402.01 for the city. There was discussion on this and there would be a lot of things that would need to be checked into before this could come up for a vote. Clerk McManigle is to get ahold of the Union Rep. for Hill City to set up a meeting time to discuss issues that would need to be dealt with. Fire Chief Nelson asked the Council for approval to put Fire truck Unit 1 up for auction.

Motion made by Rollins to approve the Fire Dept. to put Unit 1 up for auction, second by Christensen. MPU

The March 12, 2019 will be at the Fire Hall immediately following the Public Hearing at 5:30 p.m. due to the fact that the Hill Lake Township will be holding elections and their annual meeting in the Community Room.

Motion made by Lindquist to move the March 12, 2019 Council meeting to the Fire Hall, second by Christensen. MPU

George Casper let the Council know that he would be gone March 2, 2019 through March 5, 2019.

Motion made by Rollins to adjourn the meeting at 8:02 p.m.

Respectfully Submitted:

Diana McManigle, Clerk/Treasurer

Daniel Kingsley, Mayor

The Elementary Spring Arts Program is Back...

This Event will be held
on
Friday, March 15, 2019
at 1:30 p.m.
High School Gymnasium



Hope to See you There!



Leapin' Leprechaun

March 15, 2019
5:00 - 7:00 pm

Come join the hunt for the leprechaun's gold at the Hill City School! Families will begin the night with a "Green Potluck" at 5 pm in the commons. Next we will gather in Community Room to read a story and break into groups. Each group will go to 3 stations, where the families will go on a scavenger hunt and create a leprechaun trap and do St. Patrick's Day crafts and activities! Traps will be set and checked to see if we get the gold about 7 pm.

This event is for families with children ages 1 through 4th grade.

For questions please contact Tami at 218-697-2394 ext 172 or email tmeyer@isd002.org.

Hill City High School Athletics Hall of Fame

The Hill City High School Hall of Fame is currently being created in 2019. All nominations will come from the public. Hill City has a long and storied tradition in athletic competition and accomplishments. The Hall of Fame is a way to remember, recognize, and honor the outstanding achievements of past Hill City players, coaches, contributors, and teams.

The nominee must, during and following his or her career, shown great pride in being a Hill City Hornet and carried themselves with the highest of character.

Nominate as many as you wish in any of the four categories that align with criteria found above.

Induction will be on a Friday announced at a later date.

Send a typed or written resume of the candidate that follows the criteria for each of the four categories. Applications can be found online or in the office. Please make sure to include your name and address.

Mail nominations to:

Hill City School Athletic Hall of Fame
To Adam Johnson
500 Ione Ave
Hill City, MN 55748

Or email to: ajohnson@isd002.org

Purpose

To recognize athletes, coaches, contributors, and teams that have accomplished great things in their time working with Hill City Schools. The Hill City Athletics Hall of Fame is being created to honor the best of Hill City.

Athlete Criteria

- Nominee must be a graduate of Hill City High Schools.
 - The candidate shall be eligible to be nominated no earlier than ten years after their graduation.
 - The candidate must have made a positive impact on the team(s) for which they played.
 - The candidate must have conducted themselves with honor and demonstrate a high character both during and after high school.
- Suggested Benchmarks for Consideration
- All-State teams
 - Team accomplishments (State tournaments, Conference championships)
 - Individual school records/accomplishments
 - Elite performance in multiple sports
 - Outstanding college/post-secondary career
 - Academic All-State

Instructions for nominating athletes
Please attempt to visit with the nominee about their accomplishments, attach newspaper clippings, certificates, statistics, letters of recommendation, and anything else to help validate your nomination and make sure to complete the nomination form.

Coach/Administrator Criteria

- Open to any coach or administrator who have made significant contributions to Hill City athletics, demonstrated by the success of their teams and their exemplary leadership.
- Instrumental in developing and building a successful athletic program.
 - Demonstrated an ongoing commitment to, and the promotion of, athletic excellence, character values, and good sportsmanship.
 - Contributions to the community of Hill City, Conference, Section, State, and Minnesota State High School League.
 - Recognition, achievements, and honors by their peers and other professional associations.
 - Nominees must have coached or been an administrator for at least 10 years.

Instructions for nominating coaches
Please attempt to visit with the nominee about their accomplishments, attach newspaper clippings, certificates, statistics, letters of recommendation, and anything else to help validate your nomination and make sure to complete the nomination form.

Contributor Criteria

- Any nominee who has made significant contributions to Hill City School Athletics in roles other than participation in or coaching a sport.
 - Modeling of sportsmanship and dedication, while inspiring similar traits in others is valued.
- Instructions for nominating contributors
Please attempt to visit with the nominee about what they have done for Hill City Athletics. Please include a letter of recommendation about the nominee and what they have meant to Hill City Athletics and complete the nomination form.

Hill City School & Community Health Fair

Please join us at Hill City School on Thursday, March 7th from 1:30 to 5:30pm for the Hill City School & Community Health Fair!



Visit all the exhibitors to fill your bingo card for a chance to win one of these great prizes!!

More Prizes Not Pictured!



Door Prizes!

EXHIBITORS

Taste Testing!

Child Vision Screenings & Diabetes Information Provided by The Lions Club!

Aitkin County Public Health	ACCRA Care
Aitkin County Sheriff's Department	TZD—Toward Zero Deaths
PAL Medical Systems	North Homes Children & Family Services
Epilepsy Foundation of MN	Hill City Area Food Shelf
Fare for All	Senior LinkAge Line
Second Harvest North Central Food Bank	Recover Health
Hill City School Nurse	Hill City School Counselor
Spang 4H	CAPS - Committee for Awareness & Prevention of Suicide
Lions Hearing Foundation	CMH - Children's Mental Health

Fundraiser Dinner to Support the Hill City 4th of July Event Offered by the Hill City Area Chamber of Commerce!

And More!!

Bring your old medications with your personal info removed from bottle



Aitkin County Sheriff's Department will be there to dispose of it safely!

ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

**ASSET #14:
Adult Role
Models**

Youth are more likely to grow up healthy when parent(s) and other adults model positive, responsible behavior.

27%

*of youth surveyed by Search Institute have this asset in their lives.**

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Adult role models" is one of six boundaries and expectations assets.

* Based on Search Institute surveys of almost 100,000 6th- to 12th-grade youth throughout the United States.

What a Difference a Hero Makes

As a single parent, Eileen felt strongly that her 10-year-old son, John, needed a male role model in his life. Her father and two brothers enjoyed being with her son, but all three lived out of state.

One day, Carlos, a neighbor, mentioned how much he and his wife missed being around children. Their two children had recently left for college, and Carlos was wishing he could find another child to spend some time with.

That was the beginning of an important relationship that developed between Carlos and John. The two would attend special events together or just hang out to talk. For one of John's birthdays, Carlos wrote and taped a story called 'John's Fictitious Adventure.'

'The more time they spent together, the more John's self-esteem grew,' Eileen says. 'Grandparents, uncles, aunts, and cousins are important, but an adult who singles out a child and chooses to spend time with that child makes a unique difference.'



time together

Three ways to be an adult role model for your child:

- 1.** *Treat your child with love and respect.*
- 2.** *Model appropriate behavior during difficult times. When you make mistakes, admit them.*
- 3.** *Spend time together. Often. Be involved in your child's life on a daily basis.*

Kids' #1 NEED

What 10- to 15-year-olds need most is positive social interaction with adults, says Dr. Peter C. Scales, a Search Institute author and researcher. These interactions expose young people to real-life heroes.

Reflect Back



Think back to your childhood. Who were your role models when you were a child? A teenager? A young adult? How about now?

Newsletter Sponsors:

Aitkin Lions Club, Hill City Lions Club,
McGregor Lions Club, Palisade Lions Club,
& Aitkin County Family Collaborative: (Aitkin
ISD #1, Hill City ISD #2, McGregor ISD #4, Mille
Lacs Band District II, Aitkin County Corrections,
Aitkin County Health & Human Services)

What Teens Want to Know from Adults

Sometimes adults can feel awkward around children and teenagers and not know what to talk about. They usually don't see themselves as 'heroes' or even 'role models.' Yet when adults take time to be themselves with young people, children and youth learn a lot. Psychologist Tore Hayden asked several hundred young people what they would like to talk about with adults:

1. Family matters and decisions
2. Controversial issues
3. Emotional issues
4. Big questions and the "whys" of the world
5. The future
6. Current affairs
7. Personal interests
8. What their parents were like at their age

Quick Tip:
You are your child's most important role model.

talk together

Questions to discuss with your child:

- Which famous people do you admire most? Why?
- Which adults (whom you know) do you look up to? Why?
- What have you learned from adults that has helped or inspired you?

More Stuff You Can Use

Heroes: Shaping Lives Through Family and Culture. This book is a practical handbook of helping children find positive 'heroes.' (Available from Fairview Press, 2450 Riverside Avenue South, Minneapolis, MN 55454; 1-800-544-8207)

FINAL WORD

"Without heroes, we are all plain people and don't know how far we can go."
—Bernard Malamud, novelist



This newsletter and other asset resources are produced by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-888-7822. Copyright © 1997 by Search Institute. Major support for Search Institute's Healthy Communities • Healthy Youth initiative is provided by Lutheran Brotherhood, a fraternal benefit society that specializes in insurance, annuities, and investment products.

ATV TRAINING

April 13th at 10:00 a.m.
QMP - Quadna Mountain Park
OPEN TO ALL AGES



Pre-Registration is required along with the pretest.

You will be told about the Pre-Test when you call to Register.

Class will be given by State Certified Instructors

Call to Save your spot!!!
Ginny: 218-360-1913

COACHES NEEDED for Summer Baseball



Coaches Needed for:

- T-Ball (5-6 yrs)
- Coaches Pitch (7-8 yrs)
- Minors (9-10 yrs)
- Majors (11-12 yrs)



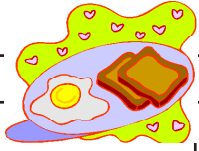
The more help we can get the better the program is!

If you are interested in coaching or have any

questions contact:

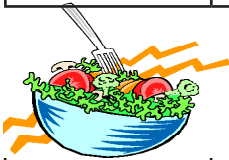
*Tami with Community Ed at
697-2394 ext. 172
tmeyer@isd002.org*

ISD #2 Breakfast Menu March 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 Cinnamon Roll Cheese Stick, Cereal, Graham Cracker	
3	4 Cereal, Graham Cracker, Yogurt	5 Oatmeal, Cereal, Graham Cracker	6 French Toast, Cereal, Graham Cracker	7 Oatmeal, Cereal, Graham Cracker	8 Cinnamon Roll Yogurt, Cereal, Graham Cracker	9 Fruit, Juice and Milk served Daily
10	11 Cereal, Graham Cracker, Cheese Stick	12 Oatmeal, Cereal, Graham Cracker	13 Breakfast Pizza Cereal, Graham Cracker	14 Oatmeal, Cereal, Graham Cracker	15 Cinnamon Roll Cheese Stick Cereal, Graham Cracker	16
17	18 Cereal, Graham Cracker, Yogurt	19 Oatmeal, Cereal, Graham Cracker	20 Maple Pancakes, Cereal, Graham Cracker	21 Oatmeal, Cereal, Graham Cracker	22 Cinnamon Roll Yogurt, Cereal, Graham Cracker	23
24	25 Cereal, Graham Cracker, Cheese Stick	26 Oatmeal, Cereal, Graham Cracker	27 Muffins, Cereal, Graham Cracker	28 Cinnamon Roll, Cheese Stick, Cereal, Graham Cracker	29 NO SCHOOL	30 Menu subject to change at anytime

ISD #2 Lunch Menu March 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 BBQ Chicken on a Hoagie Bun, Green Beans, Peas	
Offer-vs-Serve Build a healthy Meal. Select a full or 1/2 serving of	4 Breaded Chicken Patty on a WG Bun, French Fries, LTO	5 Sausage Pizza, Salad Bar	6 Fish Sticks, Potato Salad, Coleslaw, Roll	7 Beef Taco Soup, Cheese, Tortilla Chips, Salad	8 Chicken Wrap w/ the Fixings, Corn	9 Fruit & Milk Served Daily with Lunch
fruit or veggie & a minimum of 2 other full meal components.	11 Tomato Soup, Grilled Cheese, Veggie Cup, Goldfish Cracker	12 Chicken Nuggets Cali Blend Veggies, Orange Pineapple	13 Turkey Tacos w/ Fixings, Corn, Black beans	14 Spaghetti w/ Meat Sauce, Green Beans, Garlic Bread	15 Chicken Ala King, Peas Breen Beans	16
5 meal compo- nents are offered daily. Students must select a	18 Chicken Strips, Tater Tots, Green Beans	19 Chicken Wild Rice Soup, Tiurkey on a Bun LT, Carrots	20 Cheese Quesadillas w/ Fixings, Refried Beans	21 Turkey w/ Gravy Mashed Potaotes, Corn Roll, Peaches	22 Shrimp Poppers Rice, Broccoli Roll	23
One of the components must be a fruit or veggie.	25 Pepperoni Pizza, Salad Bar	26 Chili, Corn Bread, Veggie Sticks	27 Hot Dog or Brat WG Bun, Baked beans, Coleslaw	28 FARM 2 SCHOOL BREAKFAST	29 NO SCHOOL	30 Menu subject to change at anytime




This institution is an equal opportunity provider. For the Full Non-Discrimination statement see:
<http://education.state.mn.us/MDE/SchSup/FNS/CivilRight/048413>

Independent School District No. 2
 500 Ione Avenue
 Hill City, MN 55748

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ISD #002 Hornet Activities March 2019

					1	2
3 OPEN GYM 6-8	4	5	6 OPEN GYM 7-9	7 School & Community Health Fair 1:30	8 Movie Night	9 Archery Tournament
10 OPEN GYM 6-8	11 	12	13 OPEN GYM 7-9	14	15 Spring Arts Program 1:30	16
17 OPEN GYM 6-8 	18 	19	20 OPEN GYM 7-9	21	22	23
24 OPEN GYM 6-8	25 School Board Meeting 6:00 p.m.	26	27 OPEN GYM 7-9	28	29	30