

November



2015

# COMMUNITY NEWS

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

Articles in this  
Newsletter:

School News

School Board  
Minutes

Ideas For Parents

Community Ed.  
News/Classes

Hill City  
Community News

Jacobson News

Lunch/Activity  
Calendars



## Veterans' Day Program

Hill City School is holding its 4th annual Veterans' Day program. The community is invited, and we'd like to extend a special invitation to Veterans in our community. We are asking people to dress in red, white or blue to show our support to our active service men and women, as well as our veterans.

**Where: Hill City School Gymnasium**

**When: November 11, 2015 9:30 am**

We hope to see everyone there!!

## 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

Jay Zapzalka, Vice Chair  
67880 353rd Ave  
Hill City, MN 55748

Mark Meyer  
PO Box 42  
Hill City, MN 55748

Brent Welk  
62612 Osprey Ave  
Swatara, MN 55785

### **Committee Assignments for 2015**

#### Committee

MSHSL

Negotiations Committee

System Accountability 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, Jay Zapzalka, and  
Mark Meyer (Brent Welk, Alt.)  
Joell Miranda (Bambi Lange, Alt.)  
Mark Meyer (Joell Miranda, Alt.)  
Mark Meyer and Bambi Lange  
(Joell Miranda, Alt.)

Joell Miranda (Bambi Lange, Alt.)  
Joell Miranda and Mark Meyer

Brent Welk

Sue Kaslow

Brent Welk

Sue Kaslow

Jay Zapzalka

Brent Welk, Jay Zapzalka, and Mark Meyer

Sue Kaslow (Bambi Lange, Alt.)

## **For School Closings and Emergency Information Broadcasts**

#### **RADIO STATIONS**

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

#### **INSTANT ALERT**

**Infinite Campus' Voice  
Messenger system will  
call parents between  
5:00 - 6:00 a.m. for  
school closings.**

#### **TV STATIONS**

WDIO/WIRT  
KDLH  
KBJR  
WCCO

### **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 sent out by the 24th of the month. If you have any questions regarding this, please feel free to contact Jessica at (218) 697-2394, ext. 101.

### **Itasca Alliance Against Sexual Assault Now Serving Aitkin County**



**OUR MISSION**  
To educate the community about sexual violence  
and provide support for survivors

**Free and Confidential**  
**24-hour Assistance**  
**218-326-5008**  
**218-927-6226**  
**866-747-5008**

- emotional support groups
- medical/legal advocacy
- short-term counseling
- community referrals
- public education

INDEPENDENT SCHOOL DISTRICT NO. 2  
HILL CITY, MINNESOTA

The Regular Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Sue Kaslow at 7:00 p.m. on Monday, September 28, 2015.

Roll Call showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer, and Jay Zapzalka. Board Members absent: Brent Welk. Also present was Superintendent/Principal Dean Yocum, Business Manager Ellie Hill, Maintenance Supervisor Eric Hill, Food Supervisor Shawn Kingsley, Paula Nix-Vroman, and Kathy Carroll.

1. Approved the Agenda with additions.
2. Approved the following:
  - \*Minutes of the Regular Meeting of August 24, 2015;
  - \*August 2015 bills presented for payment;
  - \*Current bills through 09/09 and 09/14/15;
  - \*Investments and wire transfers;
  - \*Reviewed the Activity Fund Statement;
  - \*Reviewed Cash Receipts including donations.
3. No comments or requests from visitors.
4. There was no report from the School Attorney.
5. Transportation Report: We are off to a good year with the bus routes.
6. Swarm Student Leadership: They have been working on Homecoming planning and working on peer leadership.
7. Curriculum Committee: None to report.
8. School and Community Health Committee: They discussed the Open House/Expo, Healthy Snack Cart pilot, Girls' Health and Well Being Institute, and ECFE screenings.
9. Safety/Transportation Committee: They will be meeting in October.
10. Negotiation Committee: Approved the 2015-2016 Dean of Students Agreement.
11. Community Education Report: Approved the Community Education Annual Report for 2014-2015.
12. Maintenance Supervisor report: Maintenance Supervisor Eric Hill reported that the new phone system is complete. They are working on options for door systems and maintenance to the softball/baseball fields.
13. Superintendent/Principal Report: IASC update: Bambi Lange, Mark Meyer, Joell Miranda, and Superintendent/Principal Yocum attended the IASC meeting on September 15, 2015. The next meeting will be held on October 26, 2015.
14. Approved the Staff Development Report for the 2014-2015 school year.
15. The Special Education Director will be allowed to contact our school attorney with permission from the Superintendent.
16. Discussion was held on Northhomes Property.
17. Discussion was held on paraprofessional time and needing to add time due to special education caseloads. Approved an increase for Holly Bray from 5.5 hours per day to full time and approved to post and hire for a paraprofessional up to 1.0 FTE.
18. Approved hiring Jeff Gemmill as Head Girls' Basketball Coach for the 2015-2016 school year with salary as per HCUE Master Agreement.
19. Approved hiring David Nyback as Volleyball Linesman and Kathy Bounds as substitute Volleyball Linesman for the 2015-2016 school year with a salary of \$30.00 per night. Tabled Tami Meyer as ticket taker and David Lange as Field Down/Yard Judge until the next Board meeting.
20. Approved hiring Kathy Carroll for 46.5 hours of the ECFE Teacher position and Joni Tobeck for 63 additional hours as ECFE Teacher for the 2015-2016 school year.
21. Approved the 2015-2016 Preliminary Seniority List as presented.
22. Set the Proposed Levy Limitation and Certification 2015 Payable 2016 at the maximum.
23. Public Announcement was made that the Truth in Taxation meeting will be held December 2, 2015 at 6:30 p.m. in the Community Room at which time the budget and levy will be discussed and the public will be allowed to speak.
24. Approved the quote form for snowplowing for the 2015-2016 school year along with the list of names of firms desiring to submit quotes for these services.
25. Approved the Professional Services Agreement with Northland Community School ISD #118 for .25 FTE Spanish for the 2015-2016 school year.
26. Approved the Professional Services Agreement with Nashwauk-Keewatin ISD #319 for .25 FTE Spanish for the 2015-2016 school year.
27. Approved an increase in time for Kristy James as teacher aide from 74% to 85% FTE for the 2015-2016 school year.
28. Approve hiring Tami Meyer as Community Education Programmer was tabled until the next Board meeting.
29. Approved hiring Cheryl Burt as long term substitute teacher at Step 1/Lane 1 of the HCUE Agreement.
30. Changed the date of the regular December Board meeting to be held on December 21, 2015 at 7:00 p.m.
31. Meeting adjourned at 8:04 p.m.

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.

# ideas for parents

## Practical Suggestions for Building Assets in Your Child

### FAST FACTS

#### ASSET #11: Family Boundaries

*Youth are more likely to grow up healthy when families have clear rules and consequences, and monitor young people's whereabouts.*

**43%**  
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. "Family boundaries" is one of six boundaries and expectations assets.

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

## Clear, Concise Boundaries

**A**uthor Stephen Covey knows about the importance of setting and talking about boundaries and expectations. At a family meeting to discuss who would do which chores, Covey's seven-year-old son volunteered to care for the lawn.

Dad gave the boy a tour of the yard and pointed out which neighbor's yard he wanted the lawn to most look like. He and his son then agreed on two concise, clear expectations: clean and green.

After two weeks, Dad asked his son about the lawn. "It's fine," the boy replied, even though his dad knew he had done nothing to take care of it.

"Let's walk around the yard together and you can show me how it's going," Dad replied.

So they walked around the yard. It was obviously in bad shape, and the boy became upset. "It's so hard, Dad," he said. Dad didn't respond but wondered, "How hard is it not to do something?"

Dad then reminded his son that he—not Dad—was in charge of the yard, but he had a



few minutes to help out if the boy wanted it. The two then cleaned up the yard. When they were done, the yard was clean and green.

Over the summer, the son only asked his dad to help him a few more times and did the rest himself. The boundaries were clear. The expectations were clear, and the seven-year-old succeeded at keeping the yard clean and green.

## time together

Three ways to set boundaries together with your child:

1. Observe the boundaries of other families (neighbors, television families, etc.). Discuss what's appropriate and what's not for your family and why.
2. Post your family boundaries on the refrigerator. Have only five or six. Make sure they are concise and clear, and apply to everyone—not just kids.
3. Meet monthly to discuss boundaries. Are they fair? Do they still fit? Do they reflect the values and principles you have? Adjust them if you need to.

## Helpful Hints

Tips that make setting boundaries easier:

- **Make them positive. Say what you expect along with what you don't want.**
- **Strive for concise standards. Have each boundary be five words or less.**
- **Adjust boundaries as your child becomes older, but know that even 18-year-olds need guidelines.**
- **Set and follow boundaries for yourself. Be a role model. Admit when you fail.**

# Dos and Don'ts of Discipline

## Do

- Notice and comment when your child does something well. Be specific.
- Give your child your full attention, be affectionate, and calmly state how your child violated a boundary.
- Respond as quickly as you notice a violation.
- Respond consistently.
- Be firm about discipline and suggest better behavior.
- Be consistent by setting the same standards for boys as for girls.

## Don't

- Only notice your child when he or she violates a standard.
- Use threats.
- Use physical punishment.
- Attack or ridicule your child.
- Manipulate your child with shame, humiliation, or guilt.
- Use labels, such as 'You're lazy' or 'You're such a slob.'
- Notice the violated rule sometimes and not others.

**Quick Tip:**  
Tell your children  
why you chose the  
boundaries you  
have.

### 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)

## More Stuff You Can Use

Parenting Toward Solutions gives practical ways to create and enforce family boundaries to bring out the best in your child. (Available from Prentice Hall, Order Processing Center, P.O. Box 11071, Des Moines, IA 50336-1071; 1-800-947-7700.)

## talk together

Questions to discuss with your child:

- In our family too lenient, too harsh, or just right in enforcing boundaries? Why?
- What important lesson have you learned after violating a boundary?
- When has discipline felt more like punishment than teaching?

## FINAL WORD

**"The external structure parents provide for their children ... helps children develop their own internal structure of self-discipline for taking care of themselves and other people."**

—Jean Illsley Clarke and Connie Dawson, authors of *Growing Up Again*

This newsletter and other asset resources are produced by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-888-7828.  
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a fraternal benefit society that specializes in insurance, annuities, and investment products.

# Talking About Stranger Danger!

Do you ever wonder how to talk to your child about Stranger Danger?

Come join us on Tues. Nov. 10th from 3:30-4:30 to watch The Safe Side Chick as she helps kids figure out what a "Stranger" really is! Safe Side Chick is a zany adult that helps kids understand how to be safe in today's world.

**For families with kids ages 3 to 10!**

Kids must be accompanied by an adult.

Meet in the Early Childhood Room, where there will be childcare for the littler kids. We will go to the Community Room to watch the DVD and discuss it.

There is no cost for this event, but registration is appreciated, so that we make sure to have enough materials.

Contact Kathy with any questions at 218-697-2394, ext. 171



## AARP MN Driver Safety Program 4 Hour Refresher Class

Taking this class is an easy and sure way to reduce your motor vehicle insurance premiums. State law requires all auto insurance providers to reduce premiums by 10% for policyholders who are 55 or older, when a certificate of class completion is provided to them. If you have never taken the class before, you need to take the initial 8-hour class first, and then every three years the 4-hour refresher is taken. No tests are given. All participants will be issued a certificate at the end of the class. You must have a valid driver's license with you at the beginning of the class so that a certificate can be issued.

4 hr Refresher Class: **November 10th** 5-9 pm

Location: Hill City School, Room 250

Min. # Required: 8

Max. #: 30

Cost: \$15 for members

\$20 for non members

Register by sending in your form or calling the Community Ed. office, but you should bring your payment to the class. For questions concerning this class, please contact Tami Meyer Hill City Community Ed. at 697-2394 X172.

# TRUNK or Treat

October 31

6:00-7:00 pm

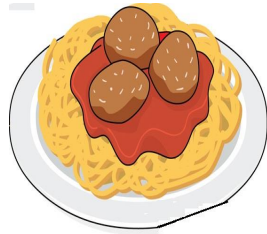
On Lake Avenue between  
City Hall and Hill City  
Assembly of God

Candy for Trick or Treaters and Coffee and  
Hot Chocolate for those getting a little chilly!

ORGANIZATIONS AND PEOPLE WHO WOULD  
LIKE TO HAVE A CAR INCLUDED MUST  
REGISTER WITH HILL CITY ASSEMBLY OF GOD  
BY OCTOBER 28TH. LEAVE A MESSAGE AT  
218.697.2662 OR EMAIL AT  
HILLCITYAGCHURCH@GMAIL.COM



# HUNTERS' SPAGHETTI SUPPER



SATURDAY, NOV 14, 2015  
 JACOBSON COMMUNITY CENTER  
 4:30 - 8:00 P.M.  
 TAKE OUT AVAILABLE

All you can eat Spaghetti and meatballs  
 Served with Garlic bread, coleslaw, beverage and  
 dessert

Jacobson Civic Club will be sponsoring  
 a BAKE SALE and WHITE ELEPHANT  
 SALE upstairs.  
 Lots of home baked items: breads, pies,  
 sweets and treats.

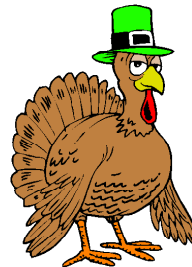
# HUNTER'S SUPPER

Swatara Community Club

Saturday, November 7th  
 5:00 pm - 8:00 pm  
 Turkey plus All the Trimmings  
 with

## Homemade Pie

Adults \$9.00  
 Kids 6-10 \$4.00  
 Under 6 FREE



Proceeds go for Community  
 Club upkeep.

Hill City Area

## COMMUNITY THANKSGIVING



### Praise Service

Thursday, November 28th  
 11:00 - 11:30 a.m.

Trinity Lutheran Church

Everyone is welcome!

### Turkey Dinner

Thursday, November 28th  
 11:30 a.m. - 1:00 p.m.

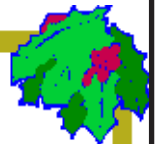
Trinity Lutheran Fellowship Hall

Free - "All you can eat!"

Meal delivery is available upon request



For more information or to volunteer, contact Glen Harcey at 697-8263



## Hill City UMW Bazaar!

Saturday, December 5  
 10:00 am - 1:00 pm  
 Methodist Church  
 300 Ione Avenue  
 Hill City, MN



Lunch will be available for \$5.00  
 Sloppy Joes and Homemade Pie  
 Items will include: crafts, cards,  
 bakery items, plants, white elephant, etc.



## Organizations and Events

### Harvest Supper



Carmel Lutheran Church  
South of Jacobson  
November 7, 2015  
4:30 – 8:00 p.m.  
Turkey and all the fixin's

### Hunters Spaghetti Supper



Jacobson Community Center  
November 14, 2015  
4:30 -8:00 p.m.  
All you can eat Spaghetti  
Garlic Bread  
Cole Slaw  
Dessert

#### Jacobson Seniors

Seniors regularly meet every Thursday from 10:00 a.m. to 2:00 p.m. with a potluck at noon. Come for the cards, coffee and conversation

#### Jacobson Civic Club

Will meet at 1:00 at the Jacobson Community Center on November 9, 2015. Want to join us? Call Marsha 326-6865.

#### Ball Bluff Township

Ball Bluff Board Meeting Thursday, November 12, 2015, at the Jacobson Community Center for the Board meeting at 7:00 p.m. All residents are encouraged to come and participate.

**Jacobson Community Center Hall and Kitchen** is available for rental. Call Karen at 752-6555.

**ECR Library Outreach Program** will be meeting every other Thursday at 9:00 to 9:30 a.m. at the Jacobson Community Center November 5 and 19, Dec 3 and 17 and 31. Want to join the book club? It meets the third Wednesday of the month at the Community Center. Call Harriet for more information, 752-6699.

### Jacobson Food Shelf

Donations can be sent to Jacobson Food Shelf, P. O. Box 616, Jacobson, MN 55752 or brought to Carmel Church on Sundays between 10:30 and 1:30. Anyone with excess garden produce is encouraged to donate it to the food shelf. On **November 5 and 19**, the food shelf will be open from 4 to 6 p.m. at Carmel Lutheran Church. For further information or help, call 218-426-4799 or 752-1062 or 752-6618.

### Jacobson Fire & Rescue

#### Interested in Joining the Jacobson Volunteer Fire and Rescue?

Call Chief Dale Thompson 752-6560  
Meetings are at the Fire Hall at 7:00  
1<sup>st</sup> Thursday monthly: Business Meeting  
3<sup>rd</sup> Thursday monthly: 1<sup>st</sup> Responder & Fire Training

### Jacobson Churches

#### Jacobson Community Church

The public is invited to the "little white church in downtown Jacobson."

Sunday mornings:

9:30 a.m. to 10:20 Sunday School for all ages

10:30 to 11:30 a.m. Worship

Bible study on Wed. nights at 7:00 to 8:00 PM.

More details will be posted later on our Face book page or on the Jacobson News website.

#### Carmel Lutheran Church

Everyone welcome.

Sunday mornings:

11:00-Worship, 12:00-Fellowship

WELCA meets the 1st Wednesday of the month @

9:30. Council meets 2nd Thurs. of the month @ 6:30

p.m.

Pastor Mark Wagner, 218-246-3179





# ISD #2 Breakfast Menu November 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) <b>Breakfast - Offer-vs-Serve Build a healthy Meal. Select a</b>	2 Muffins Trix Yogurt, Cereal & Graham Cracker Fruit, Juice, Milk	3 Oatmeal,Cereal & Graham Cracker Trix Yogurt Fruit, Juice, Milk	4 Mini Waffles Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	5 Oatmeal,Cereal & Graham Cracker Trix Yogurt Fruit, Juice, Milk	6 Cinnamon Roll Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	7
8 ) <b>full or 1/2 serving of fruit or veggie &amp; a minimum of 2</b>	9 <b>NO SCHOOL</b>	10 Oatmeal,Cereal & Graham Cracker Trix Yogurt Fruit, Juice, Milk	11 Maple Pancakes Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	12 Oatmeal,Cereal & Graham Cracker Trix Yogurt Fruit, Juice, Milk	13 Cinnamon Roll Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	14
15 ) <b>other full meal components. 5 meal comp. are offered daily.</b>	16 Muffins Trix Yogurt, Cereal & Graham Cracker Fruit, Juice, Milk	17 Oatmeal,Cereal & Graham Cracker Trix Yogurt Fruit, Juice, Milk	18 Strawberry Pancakes Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	19 Cinnamon Roll Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	20 <b>NO SCHOOL</b>	21
22 ) <b>Students must select a min. of 3. One of the meal</b>	23 Muffins Trix Yogurt, Cereal & Graham Cracker Fruit, Juice, Milk	24 Oatmeal,Cereal & Graham Cracker Trix Yogurt Fruit, Juice, Milk	25 Cinnamon Roll Cereal & Graham Cracker, Ch.Stick, Fruit, Juice, Milk	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28
29 ) <b>components must be a fruit or veggie.</b>	30 Muffins Trix Yogurt, Cereal & Graham Cracker Fruit, Juice, Milk					<b>Menu subject to change at anytime</b>



# ISD #2 Lunch Menu November 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breaded Chicken Patty, WG Bun, Lettuce, Tomato, Carrot, Fruit, Milk	3 Spaghetti Meat Sauce, Green Beans, Dinner Roll Fruit, Milk	4 Ch. Noodle Soup Ham/Cheese Sandwich Fresh Veggies Fruit, Milk	5 Turkey Taco w/ fixings, Refried Beans, Salsa,Corn Fruit, Milk	6 Hamburger,WG Bun, Pickles, Tater Tots, Veggie Sticks Fruit, Milk	7
8	9 <b>NO SCHOOL</b>	10 Turkey Hot Dog WG Bun, Potato Salad, Baked Beans Fruit, Milk	11 Beef Taco w/ fixings, Black Beans, Corn Fruit, Milk	12Pepperoni Pizza Romaine/Spinach Salad Bar Fruit, Milk	13 Unbreaded Ch. Patty,WG Bun, Lettuce,Tomato,Peas Sweet Potato Fries Fruit, Milk	14
15	16 Ch. Nuggets Rice,Spinach Salad Fresh Veggies Fruit, Milk	17 Fajita w/ Fixings Corn Fruit, Milk	18 Chili, Gold Fish Crackers, Romaine Salad Fruit, Milk	19 Cheese Quesadilla Green Beans Fruit, Milk	20 <b>NO SCHOOL</b>	21
22	23 Chicken Strips Mixed Veggies,WG Dinner Roll, Baked Beans, Fruit, Milk	24 Chicken/Rice Soup, Turkey Sandwich, Veggie Sticks, Fruit, Milk	25 French Toast St. Sausage Patty, Hashbrowns, Fruit Fruit Juice, Milk	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28
29	30 Bosco Sticks Marinara Sauce Coleslaw, Veggies Fruit, Milk					<b>Menu subject to change at anytime</b>

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

Hill City, MN 55748  
 U.S. Postage Paid  
 Permit No. 3

## Local Boxholder Hill City, MN 55748



### ISD #2 Activities November 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BB Open Gym 6-8 Gym A & B	2	3	4 VB Open Gym 7-9 Gym A&B	5	6	7
8 BB Open Gym 6-8 Gym A & B	<b>NO SCHOOL</b>	10	11 VB Open Gym 7-9 Gym A&B	12	13	14
15 BB Open Gym 6-8 Gym A & B	16	17 <b>Fall Conferences</b>	18 VB Open Gym 7-9 Gym A&B	19 <b>Fall Conferences</b>	20 BBB vs Isle Away 6:00 AB JH <b>NO SCHOOL</b>	21 GBB Nashwauk Jamboree 9:00 am
22 BB Open Gym 6-8 Gym A & B	23	24 BBB vs Cromwell Home 5:45 AB JH	25 VB Open Gym 7-9 Gym A&B	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28
29 BB Open Gym 6-8 Gym A & B	30					