

May



2014

COMMUNITY NEWS

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

Articles in this
Newsletter:

School Board
Minutes

School News

Ideas For Parents

City of Hill City
News

Jacobson News

Hill City
Community News

KidsPlus News

Community Ed
News/Classes

Lunch/Activity
Calendars



HILL CITY SCHOOL HONOR ROLL THIRD QUARTER 2013-2014



Grade 12

A

Izaiah Bishop
Tyler Hesse
Sophia Jenkins
Jordan Johnson
Stevie Nodes
Nathan Oukrop
Sawyer Passig

B

Amanda Root
Courtney Welk

Grade 9

A

Lane Gerber
Selket Jewett

B

Kailey Gilmer
Brendon Gould
Abigail Knapp
Hayley Lathrop
Madison Lathrop
Mark Meyer
Brady Wagner
Andrew Yotter

Grade 11

A

Alexandra Blanchard
Emily Bounds
Tess Hatfield
Jadey Hopkins
Jenna Ihle
Jessica Ihle
Samantha Katzenberger
Mandi McNeil
Phillip Niesen
Haylee Smith

B

Hallie Bishop
Mathew Hilton
Darrick Lee
Brianna Mager
Zane Nielsen
Tina Pontius
Cody Selger
Priscilla Sias
Dale Simmens
Kyle Swanson

Grade 8

A

Izabella Bishop
Jeremiah Butler

Grade 10

A

Noah Bishop
Allyssa Butler
Aurora Schuety
Eric Watkins
Mason Watkins

B

Chase Ahonen
Emmalee Gerber
Kelsey Harstad
Autumn Hess
Christopher James
Brady Kingsley
Taylor Myers
Jordan Thompson
Carly Welk

Grade 7

A

Athena Dunham
Taya Gilmer
Sigrid Jewett
Grace Kuhlmann
Raelynn Schuety

B

Brianna Finke
Delaney Finke
Katira Lutterman
Kierra Nickels

Congratulations!

Hill City School Board

Tom Fasteland, Chairman
66641 345th Place
Hill City, MN 55748

Sue Kaslow, Clerk
PO Box 165
Hill City, MN 55748

Martha Lentz, Treasurer
41188 650th St
Swatara, MN 55785
697-8214
zzzahtram@northlc.com

Jessica Lathrop, Vice-Chairman
PO Box 35
Hill City, MN 55748

Mark Meyer
PO Box 42
Hill City, MN 55748

Brent Welk
62612 Osprey Ave
Swatara, MN 55785

Committee Assignments for 2014

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, Tom Fasteland, and
Martha Lentz (Brent Welk, Alt.)

Jessica Lathrop (Martha Lentz, Alt.)

Mark Meyer (Tom Fasteland, Alt.)

Tom Fasteland and Mark Meyer
(Brent Welk, Alt.)

Martha Lentz (Jessica Lathrop, Alt.)

Tom Fasteland and Martha Lentz

Jessica Lathrop

Sue Kaslow

Brent Welk

Sue Kaslow

Tom Fasteland

Brent Welk, Tom Fasteland

Sue Kaslow (Mark Meyer, 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 27th of the month. If you have any questions regarding this, please feel free to contact Brandi at (218) 697-2394, ext. 160.

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 Tom Fasteland at 7:00 p.m. on Monday, March 24, 2014.

Roll Call showed the following members present: Tom Fasteland, Martha Lentz, Sue Kaslow, Jessica Lathrop, and Mark Meyer. Board Members absent: Brent Welk. Brent Welk arrived at 7:03 p.m. Also present was Superintendent/Principal Dean Yocum and several visitors.

1. Approved the Agenda with additions.
2. Approved the following:
 - *Minutes of the Regular Meeting of February 24, 2014;
 - *February 2014 bills presented for payment;
 - *Current bills through 03/10/14;
 - *Investments and wire transfers;
 - *Reviewed the Activity Fund Statement;
 - *Reviewed Cash Receipts including donations.
3. Kerri LaPlant and Jaci David from Blandin Foundation Student success reviewed a Pathway to Student Success. Grades 7 through 12 took the survey. The survey results will be available in April.
4. Izaiah Bishop and Sophie Jenkins presented the itinerary for the Senior Class trip and the Senior Class trip was approved as presented.
5. There was no report from the School Attorney.
6. Transportation Report: No news is good news. It has been a quiet year.
7. Student Council: no report.
8. System Accountability Committee: Jessica Lathrop reported that the System Accountability Committee met on March 18, 2014. They discussed the K-12 language arts improvements plans and the K-3 and 4-12 science progress level. The survey has been completed and results will be available on the district's website as soon as the Google account is set up. Also discussed was having an early release day for students next year to give teachers time to collaborate on programs. The next meeting is scheduled for April 15, 2014.
9. School and Community Health Committee: Martha Lentz reported that they are planning the 5k run/walk for the first Saturday in May. CPR will be offered again by Meds 1, probably in the fall. The next meeting is scheduled for April 25, 2014.

10. Safety/Transportation Committee: The next meeting is scheduled for April 23, 2014 at 7:30 a.m..
11. Negotiation Committee: There has been a tentative agreement with HCUE. The next meeting with AFSCME is scheduled for March 27, 2014 at 7 p.m.
12. Community Education Programmer Jessica Lathrop reported they are working on surveys with Pathways to Success. Kids Plus is working on setting up summer camp. They are writing a grant for the disc golf field. There will be a conference on Connecting the Dots at Sugar Bay Lodge on April 16, 2014.
13. Maintenance Supervisor report: None to report.
14. Superintendent/Principal Yocum reported that IASC science technology will be held in August.
15. Superintendent/Principal Yocum stated they are in the process of building a 2014-2015 class schedule with the sixth grade being upstairs in a junior high model.
16. No action was taken on the Resolution Proposing to Place Instructional Staff on Unrequested Leave of Absence.
17. No action was taken on the Resolution Relating to the Termination and Nonrenewal of Teaching Contract for Probationary Teacher.
18. Approved hiring Ashley Carlson as Assistant Softball Coach for the 2013-2014 school year with a salary to be set according to the current HCUE Master Agreement.
19. Approved the 2014-2015 School Calendar as presented.
20. Discussion was held on the principal evaluation.
21. Approved to increase secretarial time for Sandy Rasmusson to 227 days at 8 hours per day starting July 1, 2014.
22. Approved to post for a secretary for 800 hours per year starting with the 2014-2015 school year.
23. Meet and Confer will meet on April 4, 2014 at 7 a.m.
24. Superintendent/Principal Dean Yocum, Officer Jeff Madsen, Diana McManigle, and George Casper attended a multi-hazard mitigation plan meeting on March 20, 2014.
25. The archery tournament had 417 competitors here on March 1, 2014.
26. Meeting adjourned at 8:39 p.m.

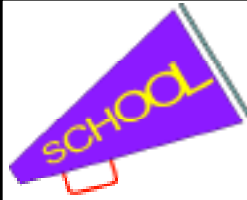
Complete Minutes of the above Board Meetings and all Board Meetings are on file in the administration office and may be viewed at any time during regular business hours.

Spring Band & Choir Concert

**Wednesday
May 21, 2014**

7 pm

**IN THE
HILL CITY SCHOOL
ASSEMBLY**



Kindergarten Round Up

The annual Kindergarten Round-Up at the Hill City School is scheduled for Monday, April 28, 2014.

All children in the district who will be five years of age before September 1, 2014, are eligible to attend Kindergarten. Parents will be contacted by letter with details about the activities planned for the day. If you are new to the district or have not been contacted, please call the school at 697-2394 and let us know.

This is an important day in the lives of these children and their parents. The children will meet their fellow classmates and their teacher; the parents will receive information to help them get their kindergarten child off to a good start.

We are looking forward to meeting all of you!

Elementary Track & Field Day

(For Grades K-6)



Friday, May 9
(May 16 is the rain date)



Coming up on May 9 (May 16, if rained out) will be our annual elementary Track & Field Day for all students in grades K-6. You are all invited to come watch and cheer on the kids in their events. The following is a list of tentative times for events:

5th & 6th Grade:	8:45 am - 10:15 am
3rd & 4th Grade:	10:15 am - 11:45 am
Kindergarten:	12:00 pm - 12:30 pm
1st and 2nd Grade:	12:30 pm - 2:00 pm
Awards Ceremony:	2:00 pm - 3:00 pm

Hope to see you all there!!

Dawn Fairchild, Elem. Phy. Ed. Teacher



**HILL CITY
HIGH SCHOOL**

GRADUATION

Friday

May 30, 2014

7:00 p.m.

Hill City School

Gymnasium

ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

ASSET #9: Service to Others

Youth are more likely to grow up healthy when they serve others in the community one hour or more per week.

50%

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

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Service to others" is one of four empowerment assets.

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

10 Benefits of Serving Others

To many children, the world is small. It is their school, their home, their neighborhood. They think all homes are like their home. They assume all schools are like their school. And they tend to think the world revolves around them.

When children start to reach out and help others, their world grows and so does their confidence. Independent Sector, an organization that studies nonprofit groups, surveyed teenagers who volunteer to help others. The young people said that through their volunteer experience they:

1. Learned to respect others.
2. Gained satisfaction from helping others.
3. Learned to be helpful and kind.
4. Learned how to get along and relate with others.
5. Learned new skills.
6. Learned to understand people who are different from them.
7. Learned how to relate to younger children.
8. Developed leadership skills.
9. Became better people.
10. Became more patient.

By giving their time and energy, many said they received more in return. By serving others, they felt they made a difference in the world.

Quick Tip:
Be a role model for your children by serving others.



talk together

Questions to discuss with your child:

- When was the last time you helped someone? How did it feel?
- When is it easiest to serve others? When is it more difficult?
- How would you like to improve our world? How can we as a family start?

time together

Three ways to encourage your child to serve others:

1. Together help a neighbor. Maybe an elderly neighbor would appreciate you mowing the lawn or shoveling snow. Maybe a child would like to play.
2. Set aside two hours one weekend for serving others. Pick up litter in a park, or volunteer at a soup kitchen or shelter.
3. Brainstorm 10 ways your family can serve others. Choose one idea to do. Pick a date to do the activity. Afterward, talk about your experience.

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)

10 Ways to Serve as a Family

You don't need to volunteer at a shelter or do a large project to make a difference. Together as a family, do 2 of these 10 simple things for someone:

1. Clean out gutters.
2. Change the oil in a car.
3. Make a grocery list and do the shopping.
4. Provide a ride to an appointment or errand.
5. Bake cookies or another treat.
6. Give a "one hour" coupon that's good for any project of the recipient's choice.
7. Take a child to a playground.
8. Visit or call someone who can't leave home.
9. Take a dog for a walk.
10. Cat-sit. House-sit. Child-sit. Plant-sit.



Organizations for Kids

Check your phone book to see if any of these—or other—local organizations have chapters near you. Many of these give youth



- opportunities to serve others.
- Boys & Girls Clubs of America
 - Boy Scouts of America
 - Girls, Inc.
 - Girl Scouts of the USA
 - Greenwing for Ducks Unlimited
 - Habitat for Humanity
 - Kids Against Crime
 - Kids Against Pollution

- Kids for Saving the Earth
- National Network of Youth Advisory Boards
- Students Against Drunk Driving
- Super Volunteers
- United Way
- Youth Service America

Also check with schools, congregations or community organizations in your community. Many of them have service opportunities for children and youth.

More Stuff You Can Use

The Kids Guide to Service Projects. From simple projects to large-scale initiatives, this book has over 500 suggestions for young people who want to make a difference. (Available from Free Spirit Publishing, 400 First Avenue North, Suite 616-71, Minneapolis, MN 55401 1724; 1 800 735-7323)

Final Word

"There is a call to us, a call of service—that we join with others to try to make things better in this world."—Dorothy Day, author of *By Little and by Little*

This newsletter and other asset resources are produced by Search Institute, 200 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-896-7878. Copyright © 1997 by Search Institute. Major support for Search Institute's Healthy Communities • Healthy Youth initiative is provided by Lutheran Brotherhood, a national benefit society that specializes in insurance, benefits, and investment products.

May 2014

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

1. Write a nice note and tuck it into your child's backpack.
2. Ask your child, "What do you think middle school will be like?"
3. Check out a book about origami—the Japanese art of paper folding. Together, try to make some interesting shapes.
4. Ask your child to go through grocery store coupons and sale fliers. Are there any great deals on items you normally buy?
5. How many types of punctuation can your child find today?
6. Use old coffee cans to set up a golf course outside. Let your child use sticks as golf clubs.
7. Quiz your child's knowledge of some facts, such as who the president of the United States is.
8. Turn on some music that has no words. Give your child a crayon and paper and ask him to draw the music.
9. Shop for salad materials at the grocery store. Pick one unfamiliar vegetable. At home, prepare the salad together.
10. Talk about ways your child can handle stress.
11. Ask your child to name 10 items that can be found in a dentist's office.
12. Ask, "What do you think is the best part about being a parent?"
13. Get an audio recorder and record a conversation with your child. Listen to it together and talk about how your voices sound.
14. Teach your child the meaning of homographs—words that are spelled the same but have different meanings, such as lead (the metal) and lead (to go before).
15. Challenge your child to do a secret good deed for someone.
16. Encourage everyone in the family to use the words *please*, *thank you* and *excuse me* today.

17. Challenge your child to start her own club.
18. Ask your child to look for examples of tolerance and intolerance in the newspaper or on the news today.
19. Consider opening a savings account for your child.
20. Help your child review math facts by writing on the sidewalk with chalk.
21. Take a magnifying glass outside and let your child look at insects through it.
22. Have your child read to you while you're traveling today.
23. Watch a TV show with your child. Keep track of the time spent on commercials versus the program.
24. Visit the library with your child.
25. Help your child set a goal for this week.
26. Plan a meal with your child. How many food groups can you include? Let your child help you prepare the meal.
27. Talk about your child's summer plans today.
28. Ask your child to design a cover for a book.
29. Ask your child to think of words that rhyme with *win*.
30. Tape bubble wrap to the table and have your child paint on it. Press paper on it to get an interesting print.
31. Share family history with your child. Look through pictures from before and after his birth.



Helping Children Learn

101 Families Can Use to Help Children Do Better in School



Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



May 2014

Hill City Elementary School
Go Hornets!

Plan now to make summer reading fun, not frustrating

You know that reading over the summer is a great way for your child to maintain important skills. But did you know that she benefits most when you emphasize key elements of reading? They include:

- **Access.** Make sure your child has regular opportunities to find books she likes. Plan frequent trips to the library. Sign up for summer reading programs. Visit bookstores and reading websites.
- **Support.** Kids need help picking the right books. For example, does a book match your child's reading abilities? How about her interests? Before school ends, ask the teacher for your child's reading level, and for summer reading suggestions. These will help when selecting books and talking to librarians. Websites like greatschools.org can help you find books, too.
- **Discussion.** It's important to check your child's comprehension when she reads. Ask, "What happened in the story?" and "How did it end?" Also encourage her to ask you questions. Enjoy learning from each other! If your child struggles with more than five out of every 100 words, the vocabulary is probably too advanced. It's okay for a book to be challenging, but summer reading should not be a source of stress.



Source: "How to Make Summer Reading Effective," National Summer Learning Association, www.summerlearning.org/resource/collection/CB94AEC5-9C97-496F-8230-18ECDFC2D88B/Research_Brief_03_-_Kim.pdf.

Learning: Don't let your child miss out

The school year is winding down, but summer isn't here yet. It is important that you keep the same focus on attendance that you did earlier in the year.

Here are three reasons why your child should come to school on time each day:

1. **Learning hasn't stopped.** Teachers are still teaching new content. Kids who are absent won't know this information. Students who miss just 10 days of school in their early years are still behind in high school.
2. **Teachers often plan group projects for the end of the year.**

These promote cooperation, problem solving and responsibility—skills your child will need in the workplace. If he's absent, he won't benefit from these critical lessons.

3. **Regular attendance** teaches kids to be dependable. That's an important quality for everyone to develop.

Source: H. Chang and M. Romero, "Present, Engaged & Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades," National Center for Children in Poverty.

Encourage your child to try new skills in new ways

Summer is a great time for you to challenge your child to experiment with subjects and skills that are outside his comfort zone. A child who has never thought of himself as an athlete could try a sport. A shy child may enjoy being in a play. Trying and mastering hard things is how kids learn.

Unplug your screen fiend

You've probably heard the experts' advice: "Limit screen time to two hours a day." That includes TV, computer fun and video games. It's easier said than done! It helps to:



- **Change the family focus** to more exercise and less sitting around.
- **Be a role model.** That means the two-hour rule applies to parents, too.
- **Combine activities.** Do sit-ups while watching a favorite show.
- **Make mealtime technology free.**

Source: "Tips to Reduce Screen Time," National Heart, Lung, and Blood Institute, <http://tinyurl.com/35pb9nl>.

Look on the plus side

Rules and consequences are part of discipline, but to give your child tools for success in school, most of the discipline you do—roughly 85 percent—should encourage good behavior. Try to:



- **Teach by example.** If you want a responsible child, show her you take your own responsibilities seriously.
- **Give specific compliments.** Let your child know exactly what she did right.

You'll spend most of your time on the things that really matter.

Source: W. Sears and M. Sears, *The Successful Child: What Parents Can Do to Help Kids Turn Out Well*, Hachette Book Group.

Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



May 2014

Q&A How can my child overcome indecision?

Q: My eight-year-old has a terrible time making decisions. While she's still choosing between chocolate or vanilla, the rest of the family is already finishing their cones. Her behavior also hurts her when she's taking tests—she can't decide between A or B. How can I give her more confidence in her ability to make choices?

A: The best way to help your struggling choice-maker is to let her make more choices. Start with easy ones (cheese sandwich or peanut butter?).

If she agonizes over those, ask her to think about the worst that could happen if she doesn't like a choice she's made. (She eats a cheese sandwich.) Help her see that not all choices are life-changing.

For bigger choices, here are some things to try together:

- **List the pros and cons of each choice.**
- **Make a pretend choice.** Let her imagine she has chosen to play softball rather than soccer, for example. Spend a few days pretending to live with that decision. She'll know by then if she's happy with it.
- **Talk about choosing wrong.** People sometimes change their minds. Talk about decisions that you regret. Say, "I made the best choice I could at the time. Now I know more and I am making a different choice." Let her see that even a bad decision is rarely the end of the world.



Parent Quiz

Can you train a child's brain to plan?

Planning ahead doesn't come naturally to many elementary schoolers—their brains are still developing those skills. Are you helping your child learn to manage his time and priorities well? Answer yes or no to each question.

1. Do you discuss with your child all the steps involved in finishing a big school project, and write them on the family calendar?
2. Do you help your child make a list each day of things he needs to complete?
3. Do you ask your child to make a plan for earning and saving money when he wants the latest fad item?
4. Do you make a family list of things you'd like to do this summer?

5. Do you treat TV like dessert: allowing it only after the main meal—homework—is done?

How are you doing?

Each yes answer means you are helping your child look ahead. For each no, try that idea from the quiz.

“Children are educated by what the grown-up is and not by his talk.”

—Carl Jung

Persistence pays off

Successful people in fields from athletics to science share one trait: persistence—the ability to keep going, even when things are challenging. If your child is losing motivation for schoolwork, remind him:

- **Regular practice** is important for success. It is true for soccer or piano playing, and it is just as true for learning to read or solving math problems.
- **How good it will feel** to achieve his goals for the year. Have him post them where he can see them daily.

Source: A. Duckworth and C. Peterson, "Grit: Perseverance and Passion for Long-Term Goals," *Journal of Personality and Social Psychology*, 2007, <http://tinyurl.com/kayet8w>.

Fine-tune self-esteem

What would Goldilocks say about your child's self-esteem? To make sure it's "just right":

- **If your child feels** she is entitled to special treatment, set limits and enforce them. Ask her to pitch in around the house.
- **If your child thinks** her ideas don't have much value, teach her new skills—mastering them will boost her confidence.

Source: Mayo Clinic Staff, "Self-esteem Check: Too High or Too Low?" www.mayoclinic.com/health/self-esteem/M0100128.

Avoid the summer slide

Research shows that to do their best in school, students need to maintain their skills over the summer. Make it a priority to:



- **Choose summer programs wisely.** Many kids enjoy camps that combine academics with non-academic fun.
- **Stay involved.** Before a family trip, for example, ask your child to help you budget, research and map out your plans.
- **Ask the teacher** what skills your child should work on this summer.

Helping Children Learn®

Published in English and Spanish, September through May.

Publisher: John H. Wilverly, Ed.D.

Editor: Alison McLean

Staff Editors: Rebecca Nijares & Erika Beasley

Production Manager: Pat Carter

Translations Editor: Victoria Gavlela

Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ

Copyright © 2014, The Parent Institute®, a division of NIS, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com • ISSN 1526-9264

Organizations and Events

Carmel Garage Sale

May 2-3
8:30-3:00

Memorial Day Dance

Friday, May 23, 2014

with

Chmielewski Funtime Band

Jacobson Community Center

7:00 -11:00 p.m.

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 on May 12 at 1:00 p.m. Hostess is Pearl Michelson. Want to join us? Call Marsha 326-6865.

Ball Bluff Township

Ball Bluff Board Meeting Thursday, May 8, 2014, 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 Vickie Herman 752-1511.

ECR Library Outreach Program will be meeting every other Thursday at 9:00 a.m. at the Jacobson Community Center May 8 and 22nd. 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

We would like to thank all who contributed to the MN Food Share campaign in March and all who contributed to the Feinstein Million Dollar Challenge in March and April. Your generosity is greatly appreciated.

In May, the Jacobson Food Shelf will be open on the 1st and the 15th, from 4 to 6 p.m. at Carmel Lutheran Church.

For more information or for emergency service, call 218-426-4799, 752-1062, or 752-6618.

Jacobson Fire & Rescue

Interested in Joining the Jacobson Volunteer Fire and Rescue?

There will be free training for new recruits in January.

Call Chief Dale Thompson 752-6560

Meetings are at the Fire Hall at 7:00

1st Thursday monthly: Business Meeting

3rd Thursday monthly: 1st 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. nites at 7:00 to 8:00 PM.

Carmel Lutheran Church Everyone welcome.

Polka Service with Loren Lindevig
Sunday May 4th @ 11:00

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.

Intern Pastor Mark Wagner, 218-246-3179

Here are five outdated ideas about food that you may have learned from your parents -- and the grown-up realities.

Popular Diet Myths Busted

1. No snacking! You'll ruin your appetite!

Actually, snacking can be healthy, as long as you choose wisely.

"It keeps **blood sugar** stable" and keeps you from getting too hungry between meals, says Debra Waterhouse, RD, author of *Outsmarting the Mother-Daughter Food Trap*.

"My general rule is going no longer than four hours without eating something, whether a meal or a snack," says dietitian Constance Brown-Riggs, RD.

Update: Try cutting back slightly on meals so you can have one or two daily snacks between 100 and 200 calories. Good choices include nuts, fruit, yogurt, and vegetables with dip.

2. Finish everything on your plate.

"It's fine to leave a little food," Brown-Riggs says. "Get in tune with your body to know when you've had enough."

Update: As you're eating, notice how you're feeling. Are you full? Are you eating just because there is still food on your plate? Be particularly careful when you're eating out -- the food is appealing, the plates are huge, and you may want to eat it all because you paid for it. "If there are large portions, ask for half now and have them box the other half," Brown-Riggs says.

3. Don't eat before exercising -- you'll get a cramp.

You won't want to go **running** immediately after dinner, but eating a little bit 30 to 60 minutes before **exercising** can help you maximize your workout.

You'll get "a quick boost of energy that helps you optimize the exercise session," says Natalie Digate Muth, MD, RD, author of *"Eat Your Vegetables!" and Other Mistakes Parents Make: Redefining How to Raise Healthy Eaters*.

Update: Choose high-carbohydrate, low-fat, low-fiber snacks with moderate amounts of **protein** in the 100- to 300-calorie range, such as a glass of chocolate milk, a slice of toast with peanut butter, or a granola bar. Fruit is also fine, although it won't have much protein (add a few nuts for that).

4. Hurry up!

Did your parents rush your **breakfast** so you were on time for school? If you still eat in a hurry, you might miss your body's cues that you're full.

"It takes 20 minutes for the **brain** to register that you feel full," Brown-Riggs says. "If you eat too quickly, you can scarf down a lot of food in a 20-minute period, and then you feel stuffed."

Update: Slow down. Take mini-breaks by putting your food and utensils down between bites, Brown-Riggs says.

5. You deserve dessert today!

"We never want to use food as a reward; it sends the wrong message," Brown-Riggs says. "The wires get crossed, and we no longer eat because we're hungry; we eat because we were good and we deserve something."

Update: It's great to reward yourself, but not with food. How about a movie, a manicure, or time with friends? "Soon, you'll realize that you shouldn't just eat because you think you deserve something," Brown-Riggs says.



GO Presents Pajama Jamma

WITH THE WORLD'S LARGEST CEREAL BAR!!

Date: May 16, 2014

Time: 6:00-9:00 pm

Place: Hill City Assembly of God

Cost: Free

This event is for those in K-5th grade

What to bring:

*Friends (forms for friends are available)

*Come dressed in your favorite pajamas and slippers (optional)

*Bring a pillow and sleeping bag (for games)

*Permission slip

Movie Choices:
Frozen

and another movie to be later announced.

We will have Cereal Minute to Win it games.

We will also have Prize Drawings. At the end of the night we will be doing the drawing. Each attendee is automatically entered into the drawing. If you bring visitors, your name is entered and extra time.

Please RSVP by May 11, 2014, so we can buy supplies.

email: patby1980@gmail.com

Pastor Patty's phone: 218-340-3001

Sand - Black Dirt

Tar (recycled)

New Construction

Gravel & Driveway Repair

Right on the Money!

Chuck Holm 218.697.8376



Chmielewski Funtime Band
AT
Memorial Day Dance
Friday, May 23, 2014

Jacobson Community Center
7:00 -11:00 p.m.



\$6.00 at the door plus ticket +\$1.00 donation
Food and beverage service will be available

Located three miles south of Highway 200 on Great
River Road (Aitkin County Road 10)

OUR YEARLY
**Garage
Sale**
May 2nd & 3rd
Friday & Saturday
Carmel Lutheran
Church
3.5 MI SOUTH OF
JACOBSON HWY 65
Come check us out!
8:30-3pm

Pre-register by

April 18th

Proceeds benefit
Hill City Area Food Shelf

Hill City Hornets
Hustle for Hunger
Second annual 5K Walk/Run

Saturday, May 3rd
Beerbower Park

Register at 9:00 a.m. Race at 10:00 a.m.

Pre-register to be sure you will receive a T-shirt

Registration forms are available from
Glen Harcey, Hill City School Office, or
online at <http://www.northlandrunner.com>

Forms and \$15 fee are due at the school by April 18

Award ceremony follows the walk/run

No bikes on the trail but strollers are welcome

Contact Glen Harcey at 697-8263 or gbharcey@gmail.com

American Legion
&
Auxiliary



PORK CHOP DINNER

City Hall Community Room

Saturday, May 24

3-6 p.m.

\$8.00 donation



*proceeds support
children, youth,
veterans & families*

An invitation

The Golden Age Club

would like you to join them.

WHEN: 2nd Wednesday of every month

TIME: 1:00 PM

WHERE: Hill Lake Manor

Bring a friend & your ideas to share!

Bingo & refreshments to follow

(refreshments provided, please bring a prize for bingo)



ATV TRAINING

NORTH WOODS QUADS

WILL BE HOSTING THE SPRING

TRAINING FOR ALL AGES

SATURDAY MAY 3RD

AT

QUADNA MOUNTAIN PARK

10 A.M.

EVERYONE MUST COMPLETE THE

TRAINING CD BEFORE COMING TO CLASS.

YOU CAN GET YOUR CD'S AT HILLTOP SPORTS

OR CONTACT GINNY DORN AT

218-360-1013

REGISTRATION IS NOT REQUIRED,

BUT IT IS ASKED.



AITKIN COUNTY MASTER GARDENER PRESENTATION

The Aitkin County Master Gardeners from the University of Minnesota Extension Service will be offering free gardening classes at the Hill City Office Community Room this spring. Refreshments will be served.

Thursday May 15th from 5:30 – 7:30

Landscaping – Jim Ravis

5:30 - 6:30 The discussion will focus on the most important features of your landscape, the ones that please you. A landscaping example will be followed from concept to final results. This example will demonstrate how landscaping design, even if an 'out of the ordinary' objective is desired, can achieve results that are pleasing to the user.



Pollinator Gardens – Ron Ritter

6:30 – 7:30 Pollinators are needed for the successful production of 25% of all we eat and drink. We are rapidly depleting their habitats with our expanding encroachment. Pollinator gardens will cover the usual butterfly & humming bird gardens, plus other beneficial pollinators; dragonflies, native bees, bumble bees, flies, and yes....even wasps are needed for pollination. Learn how to attract pollinators to your flower, vegetable, fruit trees, grapes blueberries and other fruit gardens.



MEMORIAL DAY SERVICES

Memorial Day Services

will be held on

Monday, May 26, 2014

Hill Lake 10:00 a.m.

Macville 10:45 a.m.

Memorial Park 11:30 a.m.



Your input



Please feel free to contact me anytime at - jlathrop@hillcity.k12.mn.us

If you have any suggestions or possible ideas on classes to have or even to subtract, let me know what you think.....

Working together as a community will only make us stronger! I look forward to hearing from you!

Thank you
- Jessica



SUMMER CAMP IS BACK!!!

Summer is almost here again!!!! How about we get signed up for another Summer of FUN!!!!!!

Kids Plus Summer Camp

For grades K-6
Tuesdays, Wednesdays, & Thursdays
9 am - 12 pm

June 10th - July 31
(except the week of the Fourth of July)

Fee for the entire Summer will be \$63.00 (if you pay before May 29th)

Otherwise it will be \$10.00 per week

Name: _____

Grade: _____ Phone: _____

I give permission for my child to participate this summer

Signature: _____



INSTRUCTORS
OR
YOUR IDEAS WANTED

Do you have a Special Talent or any Hobbies that you would be willing to share and/or teach others.....

AND get paid for it !!!!!!

Why NOT !!!!!! 😊

If this sounds like something you would be interested in doing or have ideas for ANY type of classes that could be offered:

Then Please Contact the
Hill City Community Education Programmer

Jessica at 218-697-2394 Ext. 172 or
jlathrop@hillcity.k12.mn.us



T-BALL
Ages: 5-8 yrs

Would you be interested in becoming a T-Ball Coach this Spring....

If so please contact:
Jessica Lathrop

jlathrop@hillcity.k12.mn.us

or

218-697-2394 Ext. 172

We would like to have sign-ups in mid May so
Please contact me soon!!

If we can't find a Coach they won't be able to play, so Please help in donating your time for their team. 😊





AARP MN Driver Safety Program

4 hr. Refresher

4 hours of class instruction

May 13th

5-9pm

Room 227 at the Hill City School

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.

Member Fee: \$ 15.00

Non-Member Fee: \$ 20.00

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:

Jessica Lathrop Hill City Community Ed. at 697-2394 Ext.172



After School Art!

This will be the **LAST** month for this class until next school year.. It will be the **SECOND** and **FOURTH** Thursday 3:15-4:30

Who: **ALL** students are invited!

Time: 3:15-4:30pm

Where: The Art Room

Cost: Only \$10 for the month

This program does not require registration but it is helpful to determine the amount of supplies needed.

If you have any questions or need assistance with fees please contact Jessica at 697-2394 x. 172 or at jlathrop@hillcity.k12.mn.us



AARP Driver's Safety Class

4 Hour Refresher Course

Register by: Sending in this Form or Calling the Community Ed. office.

May 13th, 2014

Bring your payment with you to the class

\$15 for members

\$20 for non-members

Name: _____

DOB: _____

Contact information:

Home Phone _____

Work Phone _____

Signature _____

Date _____

Hill City School Comm. Ed.,
500 Ione Ave, Hill City, MN 55748

For questions concerning this class, please contact Jessica @ Hill City Community Education at 697-2394 Ext.172

After School Art!

3:15-4:30pm

\$10 for the month

Name: _____

Grade: _____

Contact Information: _____

Phone: _____

Email: _____

Please make a check by your child's name if they enjoyed the class and would like to see it come back next year !!



_____ has my permission to participate in the After School Art program.

Parent/Guardian Signature _____

Date _____

If you have any questions or concerns please contact

Jessica at 697-2394 x. 172 or at jlathrop@hillcity.k12.mn.us



Hill City Baton



If you want to take part in the Hill City 4th of July Parade and join a growing club then bring your Baton and a Smile!!

Grades: K-12

Cost: \$25

Dates: Wednesdays

Time: 3:15 pm - 4:15 pm

Instructors: Jessie Ahonen & Erin Boleman

Contact #: 244-4259

FOR ASSISTANCE WITH CLASS FEES OR QUESTIONS CONCERNING THIS CLASS CALL JESSICA WITH COMMUNITY ED : 697-2394 EXT.172 OR JLATHROP@HILLCITY.K12.MN.US

BATON

FEE: \$25

Students Name: _____

Age: _____ Grade: _____

Contact information:

Phone: _____

Work Phone: _____

Email: _____

_____ has my permission to participate in Baton.

Parent or Guardian Signature Date

Return this form with fee, made payable to Hill City Community Ed. or contact Jessica @ j.lathrop@hillcity.k12.mn.us 697-2394 Ext. 172

Driver's Training



Courses will be at the School again this Summer...

July 21 thru August 1
Monday through Friday

9:00 am to 12:00 pm
Room 205

Cost of the Course: \$ 100.00

(Payable to Right - Way Driving)

Bring your Original Birth Certificate and Permission Slip from the Information Packet you can pick up in the school office.

Any questions contact Jessica

j.lathrop@hillcity.k12.mn.us 697-2394 Ext. 172

Elementary Volleyball

Grades 4th-6th
Starting in
September..



We'll keep you posted on those dates!

Registration: \$5.00

Watch in the newsletter for registration forms.

Sign up will be the first night of practice

See you in the Fall !!!

If you have any questions or need fee assistance please contact Jessica at... 697-2394 ext.172 or j.lathrop@hillcity.k12.mn.us

HILL CITY PONY LEAGUE FOOTBALL



4-6th Grade
\$5

Practice will start in August

Pony League will be joining the Grand Rapids Jaycees again this year for the season. Sign-ups are in August and we'll keep you posted on the dates.

Reminder that all players need to get a physical completed by a physician. Forms will be at the clinic. They should also have FREE physicals at the sign-up.

See you in the Fall !!!

If you need assistance with the fee or have questions please contact Jessica at
697-2397 ext 172 or
jlathrop@hillcity.k12.mn.us

You will be required to Purchase an Open Gym Season Pass for the session that is starting in

September...

Which will include:

OPEN GYM

SUNDAY 6-8pm (Basketball)

WEDNESDAY 7-9pm (Volleyball)

AND (Excluding Holidays)

CARDIO ROOM

MONDAY-FRIDAY 6-8:30am

SUNDAY 6-8pm

WEDNESDAY 6-8pm

Students:\$10.00/session \$15.00/Yr
Community:\$20.00/session \$35.00/Yr
Family Pass: \$30.00/session \$50.00/Yr

Session One: September - January

Session Two: February - May

Send in this form to the address below or bring it in to the school office-

NAME: _____

PHONE NUMBER: _____

500 Ione Ave. Hill City MN, 55748



Adult Volleyball Open Gym

May 28th will be the last day until next school year.

Thank you for utilizing the Space and We'll see you in the Fall !!

You will be required to purchase a Season Pass next year for Each Session of open gym or the Whole Year.

Session One: September - January

Session Two: February - May

The cost will be ONLY ...

Students: \$10.00/ Session or \$15.00/Year
Community:\$20.00/Session or \$35.00/Year
Family: \$30.00/Session or \$50.00/Year
This fee includes Volleyball Open Gym

AND use of the Cardio Room (when Open)

For more information please contact Jessica at
697-2394 ext. 172 or jlathrop@hillcity.k12.mn.us



Basketball Open Gym

May 18th will be the final day until next school year.

Thank you for Utilizing the Space and We'll see you in the Fall !!

You will be required to purchase a Season Pass next year for Each Session of open gym or the Whole Year.

Session One: September - January

Session Two: February - May

The cost will ONLY be

Students: \$10.00/ Session or \$15.00/Year
Community:\$20.00/Session or \$35.00/Year
Family : \$30.00/Session or \$50.00/Year
This fee includes Volleyball Open Gym AND use of the

Cardio Room (when Open)

For more information please contact Jessica at:
697-2394 ext. 172 or jlathrop@hillcity.k12.mn.us



ISD #2 Breakfast Menu May 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Oatmeal/Cereal Cheese Stick Juice, Milk	2 Cinnamon Roll Yogurt Fruit, Juice, Milk	3
4 Breakfast - OFFERED DAILY: Milk Fruit	5 Blueberry Muffin Yogurt Fruit, Milk	6 Oatmeal/Cereal Yogurt Juice, Milk	7 Pancakes Egg Patty Juice, Milk	8 Oatmeal/Cereal Cheese Stick Juice, Milk	9 Cinnamon Roll Cheese Stick Fruit, Juice, Milk	10
11 Offer-vs-Serve	12 Bagel/Cream Cheese, Fruit Juice, Milk	13 Oatmeal/Cereal Yogurt Juice, Milk	14 French Toast Egg Patty Juice, Milk	15 Oatmeal/Cereal Cheese Stick Juice, Milk	16 Cinnamon Roll Yogurt Fruit, Juice, Milk	17
18	19 Blueberry Muffin Yogurt Fruit, Milk	20 Oatmeal/Cereal Yogurt Juice, Milk	21 Pancakes Sausage Juice, Milk	22 Oatmeal/Cereal Cheese Stick Juice, Milk	23 Cinnamon Roll Cheese Stick Fruit, Juice, Milk	24
25	26 NO SCHOOL	27 Oatmeal/Cereal Yogurt Juice, Milk	28 French Toast Sausage Juice, Milk	29 Oatmeal/Cereal Cheese Stick Juice, Milk	30 NO SCHOOL	31 Menu subject to change at anytime



ISD #2 Lunch Menu May 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Buritto Broccoli, Fruit Salad Bar, Milk	2 Hamburger/Bun Tater Tots, Corn Salad Bar, Fruit	3
4 Lunch - OFFERED DAILY: Milk, Salad Bar Choice of Fruit	5 Breaded Chicken Patty/Bun, Cheese Mixed Vegetables Fruit, Milk	6 Lasagna Roll Breadstick, Marinara Sauce Green Beans	7 Tomato Soup Grilled Cheese Salad Bar, Fruit	8 Chicken Fajita Broccoli, Rice Salad Bar, Fruit	9 Pepperoni Pizza Corn Salad Bar, Fruit	10
11	12 Pork Patty/Bun Cheese, Tater Tots Salad Bar, Fruit	13 Macaroni Hotdish Beans, Roll Fruit, Milk	14 Turkey Rice Soup Ham Sandwich Salad Bar, Fruit	15 Turkey Taco Corn, Fruit Salad Bar, Milk	16 Hot Dog/ Bun Beans, Coleslaw Potato Salad	17
18	19 Chicken Strips Rice, Peas Fruit, Milk	20 Corn Dogs Potato Coins Beans, Fruit	21 Chicken Rotini Marinara, Roll Green Beans	22 Beef Taco Salad Bar Fruit, Milk	23 Quesadilla Salad Bar, Fruit Vegetable, Milk	24
25	26 NO SCHOOL	27 Chicken Nuggets Sweet Potato Fries Green Beans, Roll	28 Sub Sandwich Baked Beans Salad Bar, Fruit	29 Cheese Pizza Veggies, Cookie Oranges, Milk	30 NO SCHOOL	31 Menu subject to change at anytime

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 May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cardio 6-8:30 am	2 Cardio 6-8:30am BB vs Isle A 4:30 Home SB vs Isle A 4:30 Home	3
4 Cardio 6-8 pm VB Open Gym 4-6 Gym A BB Open Gym 6-8 Gym A & B	5 Cardio 6-8:30 am SB vs Northland AC 4:30 Away	6 Cardio 6-8:30 am BB vs Northland AC 4:30 Home	7 Cardio 6-8:30 am VB Open Gym 7-9 Gym A	8 Cardio 6-8:30 am BB vs Deer River AC 4:30 Away SB vs Chisholm AC 4:30 Home	9 Cardio 6-8:30 am BB vs Crosby AC 4:30 Home	10 BB Ely Invitational A 1:30 Away SB Deer River Trny A 10:30 Away
11 Cardio 6-8 pm VB Open Gym 4-6 Gym A BB Open Gym 6-8 Gym A & B	12 Cardio 6-8:30 am SB vs Barnum AC 4:30 Away	13 Cardio 6-8:30 am BB vs McGregor AC 4:30 Away	14 Cardio 6-8:30 am VB Open Gym 7-9 Gym A	15 Cardio 6-8:30 am BB vs Cherry A 2:00 Away SB vs Crosby AC 4:30 Away	16 Cardio 6-8:30am BB vs Floodwood A 4:00 Away SB vs Floodwood A 4:00 Away	17 Baseball J H Tourney 9:00 Home
18 Cardio 6-8 pm VB Open Gym 4-6 Gym A BB Open Gym 6-8 Gym A&B	19 Cardio 6-8:30 am	20 Cardio 6-8:30 am BB vs Chisholm AC 4:30 Away	21 Cardio 6-8:30 am VB Open Gym 7-9 Gym A	22 Cardio 6-8:30 am BB vs Barnum AC 3:00 Home	23 Cardio 6-8:30 am	24
25 Cardio 6-8 pm VB Open Gym 4-6 Gym A BB Open Gym 6-8 Gym A & B	26 NO SCHOOL	27 Cardio 6-8:30 am	28 Cardio 6-8:30 am VB Open Gym 7-9 Gym A	29 Cardio 6-8:30 am	30 NO SCHOOL  GRADUATION	31 All Games subject to change at any time due to the weather