

February



2013

# COMMUNITY NEWS

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

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## Guard the Field

On Saturday, January 12<sup>th</sup>, our football coaching staff and 14 players had the amazing opportunity to attend a MN Vikings experience. The National Guard sponsors the annual "Guard the Field" event in conjunction with the MN Vikings, which brings high school coaches and players to Winter Park-the practice facility of the Vikings in Eden Prairie.

Throughout the day, the players got the chance to tour the facility and take a team picture with Jerome Simpson. The players and coaches then listened to a panel discussion led by the "Voice of the Vikings", Paul Allen. Four Vikings players participated: Jerome Simpson, Joe Webb, John Sullivan and Everson Griffin. The high school players got the chance to interact with these professional football players, playing catch with Joe Webb and attempting to cover Jerome Simpson on a pass play from Webb.

The coaching staff got the chance to meet Allen Williams, running back coach for the Vikes. Williams discussed coaching issues, answered questions, and was a definite inspiration. In all, what a great experience! Many thanks to the National Guard for including us in this amazing experience!



## Hill City School Board

Tom Fasteland  
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 2013

#### Committee

MSHSL  
Legislative Representative  
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, Alt.)  
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  
Brent Welk  
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

KKIN Aitkin 930 AM or 94.3 FM  
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 Patty at (218) 697-2394, ext. 104

### 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 Organizational Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Vice Chairman Tom Fasteland at 7:00 p.m. on Thursday, January 10, 2013.

Roll Call showed the following members present: Tom Fasteland, Martha Lentz, Sue Kaslow, and Jessica Lathrop. Board Members absent: None. Also present was Superintendent/Principal Dean Yocum, Brent Welk, and Mark Meyer.

1. Tom Fasteland read the Oath of Office for newly elected Board Members: Mark Meyer and Brent Welk; they were also sworn in to office.
2. Approved the Agenda with additions.
3. Tom Fasteland was nominated for Chairman. There were no other nominations. Tom Fasteland was elected as Chairman.
4. Jessica Lathrop was nominated for Vice-Chairman. There were no other nominations. Jessica Lathrop was elected as Vice-Chairman.
5. Set the annual salary for Chairman at \$450.00 per year.
6. Sue Kaslow was nominated for Clerk. There were no other nominations. Sue Kaslow was elected as Clerk with an annual salary of \$450.00 per year.
7. Martha Lentz was nominated for Treasurer. There were no other nominations. Martha Lentz was elected as Treasurer with an annual salary of \$450.00 per year.
8. Set the salary for all Board Members at \$55.00 per meeting.
9. Set the salary for filling in for the Chairman and/or Clerk at \$30.00 per meeting in addition to the regular meeting rate.
10. Set the fixed asset threshold at \$3,000.00.
11. Adopted Depository Services Resolution for Governmental Entities with Tom Fasteland as Board Chair, Sue Kaslow as Clerk, and Martha Lentz as Treasurer.
12. Appointed Sue Kaslow as the Legislative Representative with Tom Fasteland as alternate.
13. Appointed representatives to the Minnesota State High School League: Mark Meyer-Board Rep.; Dean Yocum - Boys Sports; Gerard Valley - Girls Sports; Laurie Holm - Speech; Phil Kneeland - Music; and Dean Yocum - School Representative.
14. Appointed Sue Kaslow, Tom Fasteland, and Martha Lentz to serve on the negotiations committee with Brent Welk as alternate and alternate is to be paid for all negotiation meetings attended.

15. Set Regular Board Meetings on the 4th Monday of each month beginning at 7:00 p.m. with adjournment by 10:00 p.m.
16. Set reimbursement for mileage for personal vehicles on school business at the Federal Rate.
17. Designated John Colosimo and/or the firm of Ratwik, Roszak, Maloney & Bartel as school attorneys.
18. Set posting places for Regular and Special Board Meetings and designated radio and television stations for emergency school closings.
19. Appointed Jessica Lathrop to serve on the System Accountability Committee with Martha Lentz as alternate.
20. Appointed Mark Meyer to represent the Board on the Community Education Advisory Council with Tom Fasteland as alternate.
21. Set reimbursement rates for meals and lodging.
22. Appointed Tom Fasteland and Mark Meyer to serve on the Meet and Confer Committee with Greg Bounds as alternate.
23. Appointed Martha Lentz to serve on the Staff Development Committee with Jessica Lathrop as alternate.
24. Appointed Tom Fasteland and Martha Lentz to serve on the School and Community Health Team.
25. Appointed Brent Welk to serve on the Recertification Committee.
26. Appointed Sue Kaslow to represent the Board with ARCC.
27. Appointed Brent Welk to serve on the Comparable Worth Committee.
28. Appointed Tom Fasteland to serve on the Safety/Transportation Committee.
29. Appointed Sue Kaslow to represent the School Board with NESC Board.
30. Appointed Brent Welk and Tom Fasteland to serve on the Athletic Advisory Committee.
31. Appointed Sue Kaslow to serve on the Itasca Area Schools Collaborative with Mark Meyer as alternate.
32. Accepted resignation of Sheina Showen, School Nurse, effective May 31, 2013 and to post for the position.
33. Meeting adjourned at 7:06 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.



# \* COMMUNITY GARDEN IMPORTANT NEWS \*

The Hill City Environmental Club is looking for help with the community garden across from the post office. We will be offering the raised garden beds to the community for rent for the summer. We are currently looking for donations for these beds, people interested in helping build the garden, people wanting to rent beds and people interested on being on the governing board.



Could this be you?



If so please contact Mr. Olig (advisor)

E-mail: [molig@hillcity.k12.mn.us](mailto:molig@hillcity.k12.mn.us)

Phone: (218) 697-2393 Ext 122

Or fill out this quick survey and turn it in at the school or City Hall.

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## Hill City Community Garden Interest Survey

As far as the community garden, I would be interested in (circle all that apply):

**Renting a plot**    **Donating materials**    **Being on the board**    **Other** \_\_\_\_\_

If I were to rent out a plot, I would prefer the following size (circle all that apply)

**3x6**    **6x6**    **4x9**    **4x12**    **9x6**    **9x9**    **6x12**    **12x12**    **Other** \_\_\_\_\_

About how much would be a fair rental price for plots of the following sizes?

\_\_\_\_\_ **3x6**    \_\_\_\_\_ **6x6**    \_\_\_\_\_ **9x6**    \_\_\_\_\_ **9x9**    \_\_\_\_\_ **12x12**

Do you have any further concerns or questions about the community garden at this time? If so, what are they?

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Please leave us some contact information for us to get a hold of you.

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

# Frosty Fling

After December 15<sup>th</sup>'s dangerous ice storm led to the disappointing postponing of Frosty Fling, on January 5<sup>th</sup> the Senior class was finally able to host the annual dance. About 70 students were in attendance for the Fling, which was DJ'd by High NRG Entertainment and our very own Grigsby family! After a day of prepping (girls) and ice fishing (boys), the students arrived early and polished up for their photos. They danced the night away, with a few sneaky trips to the cardio room to get updates on the Vikings play-off disappointment. This year's Frosty Fling was held in the Assembly and chaperoned by Ms. Waterworth, Ms. Caverly and Mr. Johnson.



Attention: mark your calendars for the first annual...

## Hill City Hornet Hustle for Hunger

5K Walk/Run



When: Saturday, May 4, 2013

Where: Beerbower Park

Time: Race day registration from 8:30 AM - 9:45 AM; race begins at 10:00 AM.

Kid's races for ages 0-12 to follow with no charge.

Registration: \$15 if pre-registered by April 16, 2013; \$20 to register on race day.

Registration forms may be found in the Hill City School office or on the school web-site,

[www.hillcity.k12.mn.us](http://www.hillcity.k12.mn.us). Turn in completed forms and money to the school office. Pre-

register to guarantee a t-shirt. All proceeds benefit the Hill City Food Shelf.

For information on training for a 5K, visit [www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml)

or for more tips visit [www.c25k.com](http://www.c25k.com).



## Lakes and Pines Head Start



*We are a FREE early childhood program that serves families and children, birth through age 5, and expectant mothers. We come to Hill City, Jacobson and Swatara as well as the 7 counties listed below. We offer a Home Based Option in all areas. This includes a 1 ½ hour per week visit for you and your child to spend with a trained Home Visitor and opportunities to get together with other families in your area. We also offer a Child Care Center Option in some areas (call for locations). Again there is no cost for Head Start services.*

**Applications are taken year round.**

**For more information Call 1-800-832-6082.**

1700 Maple Avenue East \* Mora, MN 55051-1227

Office and TDD 320/679-1800 \* Fax 320/679-413 Special accommodations for people with disabilities upon request

Serving the counties of Aitkin, Carlton, Chisago, Isanti, Kanabec, Mille Lacs and Pine

An Equal Opportunity Employer/Contractor

# ideas for parents

**Practical Suggestions for Building Assets in Your Child**

**FAST FACTS**

**ASSETS:  
The Power  
of Parenting**

*Youth are more likely to grow up healthy when they experience more assets—and parents can help build them.*

**100%**

*Aim to build all 40 assets in your child.*

**What Are Assets?**

*Assets are 40 key building blocks to help kids succeed.*

## You Are Your Child's Compass

**A**ny hiker knows the most important tool to take on a journey is a compass. It's a guide when you know where you're going. It's also a guide when you don't.

As children journey through life, they must step into unfamiliar territory. Sometimes they'll try paths we'd rather not have them take while ignoring others that we think they should follow.

No matter where they go, we as parents are their compasses. As compasses, we don't tell them which path to take (even though it's tempting at times), but we serve as a resource—a guide. We can help, suggest, question, encourage. We can also point out other useful guides when our children wish to take a path we're not equipped to navigate.

The 40 assets help us be good compasses. The first 20 assets, known as external assets, come from the people and institutions that surround our children. We as parents play a critical role in the development of these first 20 assets.

The other 20 assets, known as internal assets, are the commitments, attitudes, values, and skills that support our youth from within. While we as parents can't control these assets, we can intentionally nourish them.

As parents we can have a tremendous impact on building assets in our children and teenagers. Building assets truly is a journey, a journey that reaps great rewards and brings out the best in our children—and in ourselves.

**Quick Tip:**  
Building assets is easier than you think.



## time together

Three ways to build assets with your child:

1. Spend time together. Asset building requires building relationships.
2. Plan and do fun things together as a family. Focus on enjoying your time together.
3. Give children meaningful opportunities to contribute to your family.

## The Key External and Internal Assets



Search Institute researchers have identified four key external asset categories and four key internal asset categories that are crucial for helping young people grow up healthy. How do you encourage these assets in your child?

## talk together

Questions to discuss with your child:

- Overall, how do you feel about your assets?
- Which external assets would you like supported more? Which internal assets?
- How can we strengthen the assets in our family? In each family member?

### 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)

### External Assets

- Support
- Empowerment
- Boundaries and Expectations
- Constructive Use of Time

### Internal Assets

- Commitment to Learning
- Positive Values
- Social Competencies
- Positive Identity

### Talk and Do

Post a list of the 40 assets in your home where everyone can see it. Focus on one asset each day (or one each week) and intentionally try to build it. Talk about how assets are affecting your family life.



## FINAL WORD

**"The more assets a young person has, the better."**  
—Peter Benson, Ph.D., president of Search Institute

This newsletter and other asset resources are produced by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-608-7828. 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.

### More Stuff You Can Use

**Parenting with a Purpose: A Positive Approach for Raising Confident, Caring Youth.** This booklet gives ideas for building assets in your children. (Available from Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-608-7828)

## February 2013

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

1. Challenge everyone in the family to use the words *please*, *thank you* and *excuse me* today.
2. Plan an activity the whole family will enjoy.
3. Teach your child the meaning of *homographs*—words that are spelled the same but have different meanings.
4. Visit the library with your child.
5. Research another culture and plan an evening to celebrate it.
6. With your child, estimate the number of socks in his drawer. Then count to find out the exact number.
7. Have your child send an "audio letter" to a relative.
8. Teach your child how to change the batteries in a flashlight.
9. Ask your child to invent something to make life easier.
10. Plan an indoor "camp-out" with your child.
11. Try a new sport with your child.
12. Test your child's observation skills. Can she describe someone who just passed her on the street?
13. Let your child dissolve salt into water in a glass. Watch for a few days. What happens?
14. Learn how to say "I love you" in three different languages.
15. Call your local radio or television station and see if you can arrange a tour for you and your child.
16. Watch the news with your child. Choose a story and compare it with a newspaper article on the same subject.



17. Have a "power out" night. Use flashlights. Avoid using electronics, such as the TV and computer.
18. Have your child place a piece of paper on a tree trunk and rub with a crayon. This shows the tree's "fingerprints."
19. Do a crossword puzzle with your child.
20. Ask your child to name the current president. Ask him to name two presidents with February birthdays.
21. Ask your child to listen for a certain word as you read and have her say it aloud when she hears it.
22. Play "my day, your day" with your child. Ask questions about the other's day.
23. Give your child a short article from the newspaper. Ask him to circle all the verbs.
24. Look at a map with your child. Point out your state. Which states are nearby?
25. At dinner tonight, ask everyone how they used math today.
26. Ask your child to choose a country and learn more about it.
27. Build math understanding. Say a number, such as 162. Then have your child write it in words: one hundred sixty-two.
28. Ask your child, "Why do we have laws in our society?"

**Helping Children Learn**  
The Families Can Use to Help Children Do Better in School



# Helping Children Learn

Tips Families Can Use to Help Children Do Better in School

Hill City Elementary School

Go Hornets!



February 2013

## Help your child turn those test mistakes into future successes

Your child brings home a disappointing test grade and wants to throw it away. How should you react? He already feels horrible about it, so adding to his negative reaction will not be helpful. Instead, tell him, "Everyone makes mistakes, but not everyone learns from them." Then help him review the test, learn from his mistakes and raise his odds of future success!

As you review the test together, first focus on what your child did well. He probably answered many questions correctly. Next, talk about the questions he answered incorrectly. Look for some of these common mistakes students make:

- **Careless errors.** Sometimes students record wrong answers accidentally. ("Oops! I meant to circle A, not B!") Other times they misread directions, skip a question or simply have poor handwriting.
- **Lack of preparation.** Paying attention in class is essential, but other steps are critical too. Kids need to do homework, read textbooks, learn key facts and ask questions in order to do well on tests.
- **Preoccupation.** Sometimes students don't get enough rest, skip breakfast or are worried about something.



Help your child make a plan to do better next time. Perhaps he could read the test more carefully next time. Maybe he could try studying with flash cards. He should get a good night's sleep and have a healthy breakfast before tests, too.

Source: R. Fry, "Are Any Test," Thomson Delmar Learning.



## Ask your child to tell you the story

Comprehension—understanding a story—is key to your child's reading abilities. Retelling a story is a great way to build her comprehension skills. Start by reading a story to your child. Then ask her some questions:

- **Who** were the characters? What were their names?
- **Where** did the story take place?
- **What** happened first?
- **Was** there a problem in the story? What was it? How did the characters solve it?
- **How** did the story end?

Tell your child that you are thrilled that she remembers so much of the story. Ask her to use that information to tell you what happened in the story using her own words. You can also ask her to draw a picture about the story and tell you how the picture illustrates what happened.

Source: B.M. Taylor and J.E. Ysseldyke, editors, *Effective Instruction for Struggling Readers, K-6*, Teachers College Press.

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## Conduct simple science experiments in the kitchen

Sharpen your child's observation and prediction skills as you develop her scientific thinking. See what happens when she:

- **Mixes oil and water** in a jar. Watch as they separate.
- **Experiments to see** what objects float in a sink full of water.



After every experiment, ask your child to predict what might happen next time if she were to change one step.

## Games can help your child master math vocabulary

Knowing basic terms will build important math skills. Help your child develop his math vocabulary by playing Math Concentration. Ask his teacher for a list of the terms (and definitions) he should know. Help him write each term and definition on a separate card. Place the pairs of cards face down. Have your child turn over cards and try to match terms with definitions.



Source: J. Willis, *How Your Child Learns Best*, Sourcebooks.

## Positivity leads to success

Kids with a positive attitude about school are more likely to succeed. To build your child's enthusiasm about her education:

- **Be a role model.** Say good things about school, attend parent-teacher conferences, parent-teacher organization meetings and other school events. Ask your child about school every day.
- **Compliment perseverance.** When your child works hard, speak up! Connect sticking with a task to success.

Source: "Ways to Promote Positive Attitudes Towards School," LIVESTRONG.COM, www.livestrong.com/article/83701-promote-positive-attitudes-towards-school/.

# Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

February 2013

## Q&A How can I help my child confront bullying?

**Q:** One of the "Queen Bee" girls in my daughter's class is picking on another girl. She says mean things and sends her terrible emails. My daughter is afraid to speak up because she could become the next target. What can I do?

**A:** Bullying is a common problem for students of all ages, so it's great that your daughter recognized that something wasn't right. Bullies love an audience, so they often harass victims when other students are watching—but never when adults can observe.

Students like your daughter—bystanders—often don't know what to do. Your daughter was wise to talk with you. Tell her she did the right thing and that you are always ready to listen. Remember that while schoolwork is her top priority, there are some things you can do:



- **Talk about your family's values.** Tell your daughter, "I know you'd like to stop this from going on. I'm proud of you for being concerned."
- **Tell her she needs to talk with an adult** at the school about what is happening. Offer to make an appointment for both of you to talk with her teacher or a school administrator about this if she does not feel comfortable doing it alone.
- **Suggest that she and her friends** reach out to the victim. If the bully is saying mean things, they can invite the victim to walk away and hang out with them.

## Parent Quiz

### Is your child learning to prioritize?

With so much going on in children's lives, it can be hard to keep them focused on the task at hand. Are you helping your child learn to prioritize on his most important job—school? Answer *yes* or *no* to each question:

1. **Do you help** your child write down new assignments—from tomorrow's math homework to next month's science project?
2. **Do you remind** your child that anything due tomorrow is a top priority?
3. **Do you help** your child prioritize when several things are due by asking, "What's most important?"
4. **Do you encourage** your child to work daily on small

parts of bigger projects that will take time to complete?

5. **Do you have** rules about what has to be completed before he can watch TV?

**How did you score?** Each *yes* means you are helping your child learn to prioritize his work!

Substantial research supports the importance of family involvement in the elementary school years. —Harvard Family Research Project

## With support, your child can accomplish big goals

Staying focused on long-term goals requires persistence. Learning to break up those goals can help your child with lengthy school projects. Your support can help your child develop this trait:

- **Tackle small challenges together.** Work on a jigsaw puzzle to help your child visualize and reach a goal. Have her think of nightly homework assignments as small challenges.
- **Plan rewards for finishing tasks.** When a chore your child must complete is not fun, like cleaning her room, plan a reward for finishing the job. Reward completing long-term assignments, too!
- **Use reminders.** Have your child mark her progress on a chart with stickers.

Source: P. Dawson, Ed.D. and R. Guane, Ph.D., *Smart but Scammed*, Guilford Press.

## Share poetry to build your child's love of words

Reading poetry together is a wonderful way for children to discover the rhythm and beauty of words while developing reading skills. Ask your child's teacher for recommendations or look for a collection of children's poetry in your library.

Source: T. Thomason and C. York, *Write on Target: Preparing Young Writers to Succeed on State Writing Achievement Tests*, Christopher-Gordon Publishers.

## Reward good behavior

Many parents use "time out" when their children misbehave. But what if your child is behaving well? Try using "time in"! The next time you are proud of your child's behavior, pay special attention to him. Read a special book together (and don't forget a compliment or hug!).



## Helping Children Learn®

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**JACOBSON SNOWMOBILE  
CLASSIC RIDE****Saturday, February 16, 2013****Registration at PARK****starting 10:00 a.m.****Leave from Norm's Forestry****Station at noon****Pancake breakfast at****Jacobson Community church****prior to ride****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 February 11 at 1:00 p.m. Hostesses are Sandy Schleh and Sue Dorion. Want to join us? Call Marsha 326-6865.

**Ball Bluff Township**

Ball Bluff Township Board meets on the second Thursday of each month at 7:00 p.m. at the Jacobson Community Center. All residents are encouraged to come and participate.

**Jacobson Community Center Hall and Kitchen** is available for rental. Call Vickie Herman 752-1151.

**EAST CENTRAL REGIONAL LIBRARY****10:00 – 10:30 A.M.****FEBRUARY 12 AND 26****JACOBSON COMMUNITY CENTER****Jacobson Food Shelf**

Jacobson Food Shelf will be open on the first and third Thursday at Carmel Lutheran from 4:00 to 6:00 p.m. February 7<sup>th</sup> and 21<sup>st</sup>. For information or emergency service, call 218-426-4799 or 218-426-4712.

**Jacobson Fire & 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. evenings at 7:00 to 8:00 PM.

**Carmel Lutheran Church**

**Everyone welcome.**

Sunday mornings:

9:30-Adult Sunday School

10:00 children's Sunday School  
(1<sup>st</sup> & 3<sup>rd</sup> Sun)

11:00-Worship, 12:00-Fellowship

Quilters and crafters meet every Tuesday at

9:30 a.m. WELCA meets the second

Tuesday of each month at 9:30 a.m.

Council meets 3rd Thurs. of the month @  
7:00 p.m.

Vicar Mark Wagner & Brenda Wagner

Home phone: 218-246-3179

Cell phone: 218-341-1832

Carmel Lutheran Church Soup Supper  
Wed. Feb. 13 & 27. Soup @ 6 pm.  
service @ 7 pm. Everyone welcome!

## A Great Big Thank You From the Hill City Area Food Shelf

To the whole Community thank you for your outstanding support of "Operation Christmas." Many individuals, service organizations, church organizations, and businesses pitched in financially and volunteered to fully fund and distribute the special food shelf activity and Itasca Holiday Program food & toys.

American Legion Post 340  
American Legion Auxiliary  
Fireman's Relief Association  
Haypoint Jackpine Snowmobile Club  
Hill City Lions  
Hill City Thrift Shop  
Moose Willow Sportsman's Club  
Bob's Cabinets  
Hilltop Sports  
Roadside Market  
Woodland Bank Employees

We are grateful for Woodland Bank's gracious continuation of collecting food and monetary donations for Hill City Area Food Shelf.

What does God, air hoses, and the  
colors blue and pink have to do  
with marriage?

Come and discover the answer to this  
and more at the  
Love and Respect Marriage Conference  
at Hill City Assembly of God.

**Friday night 6:30pm-9:40pm; Saturday 9:00am-2:00pm**  
**The cost is \$10 per person or \$15 per couple.\***  
This fee includes snacks, beverages and a meal (Saturday).

Pre-register at [218.697.2662](tel:2186972662) or by e-mail at [info@hillcityag.org](mailto:info@hillcityag.org).  
Registration by March 3rd will be greatly appreciated.



The Love and Respect Marriage Conference is a Christ-centered,  
video-based teaching designed to strengthen and nurture marriages.

\*(Scholarships available upon request)

## Henrietta "Hank" Berg

### Volleyball Fundraiser Tournament Saturday, March 2nd

In November 2012 Henrietta Berg (aka Hank) was diagnosed with Stage III Ovarian Cancer. She went to the doctor with pain and had to have her gall bladder removed due to gall stones. During the procedure the surgeon discovered tumors in her abdomen and the tests confirmed the cancer. Hank has started aggressively fighting the cancer under the guidance of a specialist at the U of MN medical center. She will receive 4 rounds of chemotherapy to shrink the tumors, have surgery to remove the tumors and then have more chemotherapy.

**Registration:** To register your team, please contact Stacey Johnson at [sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us) or 218-360-0401. **Registration deadline is Thursday, February 28th.** Tournament fee of \$60.00 per team is due on the tournament date --**make check payable to Teresa Pederson**

**Rules:**

- This year's tourney will have a double elimination bracket or be divided into pool play depending on the number of teams participating
- Teams will officiate their own games
- Matches will be best 2 of 3. If 3<sup>rd</sup> game is played the score will be to 15 points
- Net height will be played close to men's regulation height
- Each team must have at least 1 male and 2 females on the court at all times.
- The tourney will begin at 9:00am sharp on the morning of the 2nd!

A full line of concessions will be available with all proceeds going to the Berg Family

Any questions or concerns please Contact Stacey Johnson at [sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us) 218-360-0401.

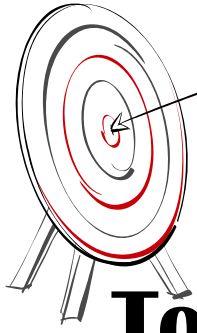
### 7th Annual Stars of the North Quilt Shop Hop

**Feb. 28, Mar. 1,  
and Mar. 2, 2013**

**Bus will be on  
Saturday, Mar. 2nd**

Registration forms are available at Roadside Market. Registration deadline is Feb. 15, 2013.

For more information,  
contact Elaine Klennert at  
(218) 697-2563 or  
(218) 697-2373



# Hill City Archery Tournament

Hill City School

Sat., Feb. 23

Shooting begins at 8:30 am

Award Ceremony begins approx. 7:00 pm

To find out more information, contact Michelle at 244-9719  
Schools competing from MIB, Assumption Catholic (Hibbing), Northwoods, Grand Rapids, Mesabi East and Hill City

## AFTER SCHOOL TUTORING GRADES 7 - 12 FREE

Monday Afternoons  
3:30-5:00pm  
Mr. Olig's Room

Tuesday Afternoons:  
3:30 pm - 5:00 pm  
Ms. Waterworth's Room

(dates are subject to change)

Students are highly encouraged to take advantage of this opportunity!

For more information contact Stacey at Hill City Comm. Ed., 697-2394 X172 or sjohnson@hillcity.k12.mn.us

### JUDO

17 practice sessions

Judo is a self-defense sport in which students will learn basic holds, throws, break falls, safe falls, and balance. Learn confidence and self discipline all while having fun! If you've never taken Judo before now is a great time to start. Wear comfortable clothes (sweat shirt and sweatpants). Register early, class size is limited to 20 students.



**Fee Change:** \$30.00 payable to Hill City Comm Ed

**Instructor:** Tony Erickson and Eva Semmler

**Days:** Wednesdays for 17 weeks

**Starts:** Wed., Jan. 16th

**Time:** 6:00 pm - 8:00 pm

For assistance with class fees or questions, please call Stacey Johnson @ Comm. Ed. at 697-2394 X172 or at sjohnson@hillcity.k12.mn.us.

### JUDO

K-Adult

FEE: \$30



Students Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Contact info: Home Ph: \_\_\_\_\_

Cell Ph: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_ has my permission to participate in the Judo Class.

\_\_\_\_\_  
Parent or Guardian Signature      Date

Return this form, with fee made payable to Hill City Community Education, to the school office

For assistance with class fees or questions concerning this class, please contact Stacey Johnson @ Hill City Community Education at 697-2394 X172 or sjohnson@hillcity.k12.mn.us

# Community Education Webpage

Check out the new webpage  
go to [www.hillcity.k12.mn.us](http://www.hillcity.k12.mn.us)  
and find us under the  
community link. This is  
where you can find:  
**Classes Offered**  
**Registrations**  
**Schedules**  
**And more!**

If you have any questions or comments please  
contact Stacey at 697-2394 ext.172 or at  
[sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us)

## Honor Wall at Hill City School



Hill City School is looking  
to honor our community  
members that are currently  
serving in the military.

If you or a family member is currently serving in the  
military we would like you to give us some information  
so we may honor them by placing that information in  
our school.

**Please give us a brief summary of what branch they  
are serving, rank, location and a picture.**

(all pictures will be returned). Please drop information off  
at the school office or mail to:

Hill City School  
Att: Stacey Johnson  
500 Ione Ave  
Hill City, MN 55748



If you have any questions or suggestions please contact Stacey Johnson at  
218-697-2394 ext. 172 or  
[sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us)

### AARP MN Driver Safety Program (formerly 55 Alive)

**Register by: February 12th**

Taking this class is an easy and sure way to reduce your motor  
vehicle insurance premiums. State law requires all auto insur-  
ance 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.  
(Contact Stacey for a full schedule of local classes if needed)

**4 Hour Refresher: Feb., 13th 5-9pm**

**Location:** Hill City School, Room 227

**Min. # Required:** 8

**Max. #:** 30

**Cost:** \$12 for members  
\$14 for non members

(payable at the door to AARP)



For questions concerning this class, please contact Stacey @  
Hill City Comm. Education at 697-2394 X172.

### AARP Driver's Safety Class

**Register by: February 12th**

**\$12 for members**

**\$14 for non members**

(payable at the door to AARP)

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Contact info:

\_\_\_\_\_ Home Phone

\_\_\_\_\_ Work Phone

\_\_\_\_\_ Cell Phone

\_\_\_\_\_ Email

\_\_\_\_\_ Signature

\_\_\_\_\_ Date

**Send Registration forms to:**  
**Hill City School Comm. Ed.,**  
**500 Ione Ave, Hill City, MN 55748**

For questions concerning this class, please contact Stacey @ Hill City  
Community Education at 697-2394 X172.

# BASKETBALL OPEN GYM



Every Sunday Night  
6-8pm

Hill City School  
Gymnasium

Cost is \$1.00 per night



## Adult Volleyball Open Gym

Starting Sept. 12th

Join us every  
**Wednesday** evening  
from **7:00 pm 9:00 pm**  
in the  
Hill City School Gym

**Fee:\$1.00 per time**

For more information please contact Stacey at 697-2394, ext.  
172 or [sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us)

## Dance Team

If you are interested in dance and have school spirit this team is for you! An instructor from the Dreams Do Come True Dance Studio will be teaching dance and routines that will be used at our high school sporting events.



**Fee: \$20 per month** (payable to Hill City  
Comm Ed)

**Instructor:** Dreams Do Come True Dance  
Studio Instructors

**Ages:** 3rd-8th grade

**Starts:** Tuesdays

Practices will continue to be Tuesday evenings  
with some additional events.  
Schedules will be handed out during practice.

**Times:** 6:00 pm - 7:30 pm

For assistance with class fees or questions, please  
call Stacey @ Comm. Ed. at 697-2394 X172

## Dance Team

FEE: \$20 per month



Students Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Contact info: Home Ph: \_\_\_\_\_

Work Ph: \_\_\_\_\_

Cell Ph: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_ has my  
permission to participate on the Dance Team.

Parent or Guardian Signature      Date

**Return this form, with fee made payable to Hill  
City Community Education, to the school office**

For assistance with class fees or questions concerning this class,  
please contact

Stacey @ Hill City Community Education at 697-2394 X172

# After School Art!

After School Art is being offered  
twice a month!

The schedule for after school art  
is as follows:



Feb. 14 & Feb. 28  
Mar. 14 & Mar 28  
Apr. 11 & Apr. 25  
May 9 & May 23

**Who: All students are invited!**

**Time: 3:15-4:30pm**

**Cost: \$10 per month or \$50 per year**

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

If you have any questions or concerns or need assistance with fees please contact Stacey at 697-2394 x. 172 or at [sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us)

# After School Art!

3:15-4:30pm

\$10 per month or \$50 per year

Name: \_\_\_\_\_



Grade: \_\_\_\_\_

Contact Info: Home Ph: \_\_\_\_\_

Cell Ph: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_ All Year

\_\_\_\_ month by month

\_\_\_\_\_ has my permission to  
participate in the after school art program.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

If you have any questions or concerns please contact Stacey  
at 697-2394 x. 172 or at [sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us)



## Open Cardio Room

Every **Wednesday** evening from  
**7-9pm** and **Sunday Evening**  
from **6-8pm**

Hill City School

Cardio room includes:

Treadmills, Ellipticals, stationary  
bicycles and a flat screen tv so you  
won't miss your shows!



**Fee: \$1.00 per time**

For more information please contact Stacey at 697-2394 ext. 172  
or [sjohnson@hillcity.k12.mn.us](mailto:sjohnson@hillcity.k12.mn.us)

## WALKING IN THE SCHOOL

Did you know Walking can...

- \* Burn Body fat
  - \* Control your appetite
  - \* Increase your energy
  - \* Help relieve stress
  - \* Lower high blood pressure
  - \* Slows aging
  - \* Improves efficiency of your heart and lungs
  - \* Relieves most cases of chronic backache
  - \* Helps promote restful sleep
  - \* Helps control and prevent diabetes
- AND MUCH MORE!



**The school will be open on all school days for  
anyone interested in walking the halls from  
7:00-7:45am.**

All walkers must sign in at the office the morning  
of your walk

For assistance with class fees or questions, please call Stacey  
@ Comm. Ed. at 697-2394 X172.





# ISD #2 Lunch Menu February 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Brk: Cinn Roll Fish Patty/Bun Coleslaw/Broccoli & Cauliflower Fruit/Milk	2
3 <b>Breakfast - OFFERED DAILY:</b> Cereal Assortment Orange Juice or Fruit Cheese Slice or CheeseStick	4 Brk: Brk Pizza Quessadillas Salad Bar/Corn Sour Cream Fruit/Milk	5 Brk: Cereal BBQ Chicken/Bun Salad Bar Steamed Carrots Fresh Fruit/Milk	6 Brk:Fr Toast Chili Corn Bread Tossed Salad Fruit/Milk	7 Brk: Cereal Beef Taco Refried Beans Salad Bar Fruit/Milk	8 Brk: Cinn Roll Hot Dogs/Bun Baked Beans Coleslaw/Cookie Fruit/Milk	9
10 <b>Lunch- OFFERED DAILY:</b> Bread Offer-vs-serve for Grades 4-12	11 Brk: Brk Pizza Tomato Soup Grill Cheese Sand Spinach Salad Bar Fruit/Milk	12 Brk: Cereal Hamburger Gravy Mashed Potatoes Corn/WG Bun Fresh Fruit/Milk	13 Brk:Lumberjack Lasagna Rolls w/Marinara Green Beans/Salad Fresh Fruit/Milk	14 Brk: Cereal Stuff Crust Pizza Carrots Spinach Salad Bar Cookie/Milk	15 Brk: Cinn Roll Turkey Subs w/fixings Tater Tots/Salad Bar/Fruit/Milk	16
17	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>	20 Brk: Fr Toast Chicken Patty/Bun Lettuce/Tomato Green Beans or Carrots/Fruit/Milk	21 Brk: Cereal Chicken Fajita w/Peppers/Salad Bar/Pineapple or Kiwi/Milk	22 Brk: Cinn Roll Ham n AuGratins Peas or Carrots Bun/Tossed Salad Fruit/Milk	23
24	25 Brk: Brk Pizza Chicken Nuggets Roll/Peas Sweet Potato Fries Fruit/Milk	26 Brk: Cereal Italian Dunkers Salad Bar Steamed Carrots Fresh Fruit/Milk	27 Brk: Lumberjack Minestrone Soup Hot Ham n Cheese Sand/Salad Bar Crackers/Fruit/Milk	28 Brk: Cereal Chicken Gravy Mashed Potatoes Corn or Peas/Roll Fruit/Milk		<b>Menu subject to change at anytime</b>



# ISD #2 Activities February 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 GBB vs Wrenshall ABC Home 5:45	2
3 Cardio 6:00 - 8:00 Open Gym 6:00 - 8:00	4 GBB vs McGregor ABC Home 5:45 BBB vs MIB ABC Away 5:45	5	6 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	7 GBB vs Bigfork ABC Home 5:45	8	9
10 Cardio 6:00 - 8:00 Open Gym 6:00 - 8:00	11 GBB & BBB vs East Central AB Away 6:00	12 BBB vs Wrenshall ABC Home 5:45	13 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	14 GBB & BBB vs South Ridge AB Away 5:45	15 <b>No School for Elementary-Conf</b> GBB & BBB vs Onamia AB Away 5:45	16
17 Cardio 6:00 - 8:00 Open Gym 6:00 - 8:00	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b> GBB vs Cherry ABC Away 5:45 BBB vs Laporte AB Home 6:00	20 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	21 GBB vs Northland ABC Home 5:45	22 BBB vs Northland ABC Away 5:45	23
24 Cardio 6:00 - 8:00 Open Gym 6:00 - 8:00	25 School Bd Mtg 7:00 pm	26 BBB vs Greenway ABC Home 5:45	27 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	28 BBB vs Walker ABC Home 5:45		



**All Area Veterans are invited  
to the American Legion Post 340  
meeting on 5 February,  
7 PM at City Hall.**

Aitkin County Veteran Service Officer Penny Harms will be present to update and answer questions concerning veterans.

## Hill City Area Lions Club 14th Annual Ice Fishing Contest

February 9th, 2013 Noon to 3:00 pm  
Hill Lake Hill City, MN

**Biggest fish \$200    2nd Biggest \$100    3rd Biggest \$50**

### 5 Grand Door Prizes

8" Stingray Power Auger



FL8 Vexilar Genz Pack



Quick Fish III Portable fish house



Buddy Heater with hose and tank



Ice Fishing bag with gear



Cost of contest \$10

Continuous door prizes given out during contest.

**FREE ROD REEL COMBO for children 12 and under!**

Contest sponsored by Hill City Area Lions Club

Created by John Knapp