

From the Superintendent



PAUL GRAMS
Superintendent/
Principal

This has been a year focused on many school improvement projects. Some improvements focus on equipment purchases intended to improve instruction. Other projects have been building projects that will improve the building for all of us. I am going to inform you of one of our purchases and conclude with a few calendar items.

One of our purchases will be a "Fab Lab". Fab Lab equipment will be placed in our Industrial Technology Department but it is intended for use by science, math and other departments as well. This equipment will put our school on the cutting-edge of technology. Students can learn problem solving skills that include technology, science, math or engineering topics. The equipment will create an atmosphere that fosters creativity and innovation. It will be hands on and fun. Here is a list of some of the equipment that will come with the Fab Lab:

- A computer controlled laser cutter
- A larger numerically controlled milling machine or "EZ Router"
- A vinyl sign cutter
- A precision (micron resolution) milling machine
- 3D printing tools
- Programming tools

Our school calendar does include a "Make Up Day" for students. This day is set aside for use if a situation should cause us to miss school during the school year. This year the Snow Make Up Day is scheduled for Thursday, April 2nd. We have not had to call off school as of yet for any weather related issues so at this time school is not scheduled for that day. Additionally:

- March 27 – End Quarter 3 and an Early Release for students
- April 2 – Possible Snow Make Up Day
- April 3 & 6 – Spring Break
- April 7 & 9 – Evening Conferences 4:00 - 7:30

Graduation is fast approaching for our senior class and their parents. For your scheduling needs, the class of 2015 will celebrate graduation at 2:00 p.m. on Sunday, May 31st. The ceremony is scheduled to take place in the gymnasium. Seniors will be meeting in the Home Ec. Room at 1:15 p.m. I have enjoyed getting to know our seniors and wish all of them the best of luck in the future.



Food Service Reminder to Parents

The grant our school has received allowing all students access to free breakfast and lunch has been a great success. More students have been eating school meals than ever before. However, we would like to remind parents and students that in allowing for these free meals a requirement of at least 3 items from the line must be taken per meal. Unfortunately, the grant does not cover the cost of a milk when a bag lunch is brought from home. When a child brings a bag lunch from home and they take a milk they need to pay the 50 cent cost.

Also, a quick reminder to those who still have an outstanding bill from last years lunch program, the grant DOES NOT cover bills from previous years. These bills must be paid up to date.

Finally, one last item: Thank you to those who have filled out and returned the "Alternative Application" that was mailed to each household last August. For those of you have not done this yet - we would like to remind you of the importance of doing so. There is funding tied to this form that the school will miss out on if you don't fill this application out and return soon. Thank you for your cooperation.

See Greta or call her with any questions (218)768-2111, ext. 240



Check out our website!
Updated Weekly
www.mcgregor.k12.mn.us

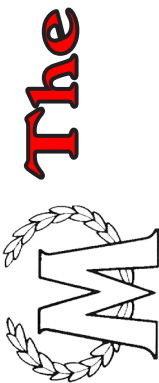
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CE 1- CE5
Community Education



The MERCURY



From the Principal



BOB STASKA
Principal and
Activities Director

As we are now well into the second half of the school year, I would like to address the topic of student cell phones and other electronic devices. We know that cell phones can be of great assistance in our lives, but with that being said, they can also cause some issues during the school day.

I think that all of us understand that these electronic devices have become a part of everyday life and are not going away, so I believe that both parents and school staff have a responsibility is to teach students appropriate uses of electronics.

Our school policy allows students to use their devices during passing time or during lunch times. They are to be turned off during class time. Everyone needs to un-

derstand that when students have a phone "buzzing" in their pocket, they are focused on that, and not on the classroom task. Also, students messaging students in other classrooms or people outside the school also causes some security concerns as well. If a student is found to be violating the cell phone policy, the teacher has been instructed to take it for the rest of the hour. The second offense has the phone put in the office for the rest of the day. The third offense is a phone call to the parent to come and pick up the phone. All students have been made aware of this policy several times.

Also, students that bring phones to school need to keep them locked up when they are not in possession of them. Investigating misplaced or stolen cell phones is a very time consuming process, and that time would be better used on educational purposes.

We would ask parents to talk to their students about appropriate use of these devices as well. I also ask is that if parents or someone needs to contact their child immediately, to call the office and Deb will get the message to the student. It is much less distracting for the learning process.

I thank everyone for their cooperation in this matter.

SENIORS!!

The seniors have been very busy this year, their last year at MHS. They chose class colors, a flower, and a song, and they elected class officers. Aisling Jelinski has been serving as the class president, with Mary Brennan as her vice, Jordy Orbeck as the class secretary, and Sophia Jacobs as the treasurer.

Homecoming 2014 was a success with Sophia Jacobs and Auston Anderson voted in as royalty. We hopped on a bus and took off for Big Sandy Lodge for the senior class picture. Thanks to Mr. Jack Brula, we got a lot of great pics, even if the wind about blew everyone away!

MN Grad Services came for their yearly visit, presenting all those great 2015 products. Students already placed their orders, but it's not too late to order more. Orders will be delivered to the school sometime in April.

Concessions is the way for the class to earn enough money to pay for graduation and the senior class trip. A small group of senior girls made sure that there were always baked goods to sell and people to work the stand. Special thanks to all who worked the stand, baked, donated fresh ground beef, or asked their parents for help with concessions. All the class has to do now is decide where to go for their last big adventure together.

The senior class candidates for Sweetheart were recently chosen. A big congrats goes out to Ashlinn Moore and Caleb Barnaby on being selected as the senior candidates. Chase Hoover is also representing the senior class as a M-Club candidate. Congrats to him, as well.

The last day of school for the seniors will be May 22nd. On that day, the seniors will be presented to the rest of the student body at the annual Awards Day. They receive their tassels and their intentions for "after graduation" will be announced. Parents should try to attend that day. It's a great photo op! Immediately following the awards program will be graduation practice.

Graduation is Sunday, May 31st at 2 PM. The entire class, the faculty and the staff all look forward to seeing you there.

ELEMENTARY 2ND QUARTER HONOR ROLL

A HONOR ROLL

GRADE 4

Jayden Biros
Erin Ford
Josee Kellermann
Madison Koerber
Cooper Sellers
Isaiah Serfling

GRADE 5

Jayden Atkinson
Savanah Bidwell
Bryce Brekke
Seanna Donnelly
Gianna Farinella
Willy Glunz
Ava Horbacz
Jaylynn Maijala
Clara Oliver
Jordan Paquette
Montana Sarazin

GRADE 6

Brooklyn Alt
James Dawson
Drew Dean
Trevor Gauthier
Kiana Hawkinson
Haylee Kellermann
Harrison Nistler
Makenzie Taylor
Seth Watts

B HONOR ROLL

GRADE 4

Ella Anderson
William Barnett
Dominique Beaulieu Garbow
Ethan Bohn
Parker Jackson
Landon Sorensen
Kaelyn Tierney
Austin Vandeborg
Kamryn Zrust

GRADE 5

Catrina Carter
Tammie Collins
Madeline Demenge
Lilly Downer
Harlee Flannigan
Morgan Koerber
Shane Oleson
Ouriyonna Serino

GRADE 6

Gillian Farinella
Grant Grams
Ashton Harmon
Kylie Peter
Shane Whirlwind Horse

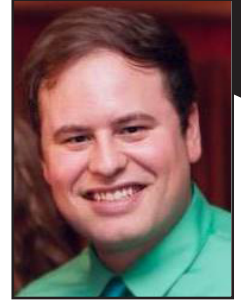


Counselor Corner

The school year has gone by so fast and the spring season is right around the corner. This is the time that homework sometimes takes a back seat to going outside and hanging with friends. Students, please make sure that you finish the school year on a strong note, especially the seniors. Parents, make sure you are checking JMC to see your student's progress in their classes. Graduation is on May 31st and will be here before they know it.

Spring also means testing has arrived. Grades 3-8 will be taking both Reading and Math Minnesota Comprehensive Assessments (MCA) March-May. Go to www.pearsonaccess.com, select "Minnesota" as your program, and click on the "Student & Family" tab for resources and item samplers for the test. Our high school students will be taking the MCA tests as well.

- 9th grade will NOT be testing
- 10th grade will take Reading and Science tests
- 11th grade will take the Math test



JAMES FISCHER
School Counselor

SENIORS

The last day of school for seniors is May 22nd. Graduation is Sunday, May 31st at 2:00 P.M. If you haven't decided what you want to do after high school, please see me (Mr. Fischer) as soon as possible! If you are attending college or university, please be mindful of important dates/deadlines for official enrollment, housing applications, scholarships, FAFSA dates, etc. Complete this year and finish on a strong note to end your academic high school career as well.

JUNIORS

Senior year will be here before you know it. Now is the time to start exploring possible class selections for next year as well as post-secondary options (work, college/university, careers). There is one change for this year. The ACT Plus Writing is now a MANDATORY assessment that ALL juniors must take in order to graduate. The date for the ACT this year will be April 28th, 2015. Parents will get letters in the mail explaining where the test will be at and all other pertinent information regarding the ACT. There will be after school study sessions for students who want practice on the ACT. Parents, if you have any questions regarding this, please contact me at 218-768-2111 ext. 237.

Now is the time to create your "high school resume." Get involved as much as you can (volunteer activities, leadership roles, athletics, work, etc.). Not only will this help you in your future professional career, it will really help you when getting accepted into colleges/universities. Summer is a great time to volunteer and expand your community involvement. Please see Mr. Fischer with any questions on how to set these up.

HIGH SCHOOL

Remember, these are the years where you earn credits toward graduation. McGregor requires 50 credits in order to graduate (students can earn up to 14 credits per year). Make the most of these high school years! For students who are academically behind due to failing grades, please meet with Mr. Fischer to discuss credit recovery options.

Finally, there will be a Career Field Trip on March 3rd at Itasca Community College in Grand Rapids, MN. The field trip is for sophomores and juniors. This is another opportunity for students to gain information and exposure to careers they are interested in.

HIGH SCHOOL 2ND QTR HONOR ROLL	"A" Honor Roll	Anabel Marotz	11TH GRADE	Domanick Matheny	Johnny Huspek
	7TH GRADE	Isaac Nistler	Danelle DeMenge	Madison Niemeyer	Ethan Marotz
	Emma Arnold	Carson Passer	Heidi Kelley	Joseph Oliver	Isaiah Mushkooub
	Micah Barnaby		Andrew Widseth	Jackson Paquette	Alex Nistler
	Karley Eld	10TH GRADE		Audrianna Schultz	Marissa Phillips
	Carson Ford	Payton Barnaby	12TH GRADE		Abby Schoeben
	Logan Jackson	Mayah Bonnette	Faye Bloom	8TH GRADE	Brody Simonson
	Emily Johnson	Katie Boyd	Aisling Jelinski	Grace Anderson	
	Marshall Passer	Ann Brennan	Jennie Johnston	Andrea Bohn	11TH GRADE
	Nathan Scollard	Cole Gelhar	Thomas Scollard	Robert Kral	Jordan Mickelson
		Zach Hawkinson		Constance Pagan	
	8TH GRADE	Michaela Jackson	"B" Honor Roll	Ethan Sampson	12TH GRADE
Abbie Thorkelson	Sasho Javor	7TH GRADE		Caleb Barnaby	
	Alex Kowitz	George Boyd	9TH GRADE	Mary Brennan	
9TH GRADE	Zach Kruse	Catherine Hill	Shelby Kelley	Amy Gelhar	
Dustin DeMenge	Johannah Orbeck	Laine Horton	Savanna Oliver	Sophia Jacobs	
Joey Glunz	Averie Seibert	Tyler Horton		Morgan Kowitz	
Joe Heagle	Billy Staska	Robbi Hutchinson	10TH GRADE	Randeena Olson	
Chloe Larson		Kathryn Jacobs	Dakota Boyd	Jordan Orbeck	
		Gavin Jones	Kacie Boyd	Spencer Passer	

Sweetheart 2015

We started Sweetheart on Tuesday the 17th with Pajama Day & Dodgeball. On Wednesday we played Lightning and had Class Color Day. We had Superhero Day on Thursday and also the Talent Show. Finally on Friday we had the Coronation and the Pep Fest.

2015 Sweetheart Candidates were Brody Simonson and Michaela Jackson, Andrew Widseth and Sydney Jensen, Caleb Barnaby and Ashlinn Moore. Congratulations to MHS King Chase Hoover and Queen Danelle DeMenge.



King Chase Hoover and Queen Danelle DeMenge



SWEETHEART COURT:

Brody Simonson, Andrew Widseth, Caleb Barnaby, Ashlinn Moore, Sydney Jensen, and Michaela Jackson.

Isaiah Staples, King Chase Hoover, Queen Danelle DeMenge and Jonna Bellanger.

The MERC Zone

Be Respectful

Be Responsible

Be Safe



McGREGOR LION'S

...is recruiting new members.

If you are interested in joining contact a Lion's Club member, President Mike Kruse or Vice President Mike Jackson. Become a member of a great organization that serves and supports the McGregor Community. Volunteer today and give back to your community that gives so much to you!

SAVE THE DATE



JR/SR HIGH BAND CONCERT

Thursday, March 12

JR/SR HIGH CHOIR CONCERT

Monday, March 16

CONFERENCES

April 7 & 9 at 4:00 - 7:30pm

OLD MCDONALD HAD A BANJO

Saturday, April 18 at 10:30am

McGregor Public Library

PROM

Saturday, April 25

McGREGOR LIONS ATHLETIC BANQUET

Monday, May 4

KINDERGARTEN ROUNDUP

Friday, May 22

KINDERGARTEN PROGRAM

Tuesday, May 26

SUMMER READING PROGRAM

with the Teddy Bear Band

Wednesday, June 3 at 1:30pm

McGregor Auditorium

BIG SANDY WATER INSTITUTE

June 15 - 17, June 22 - 24

July 6 - 8, July 13 - 16

SWIMMING LESSONS

July 20 - 23 & 27 - 30



COME TO DAY CAMP AT COVENANT PINES!

We offer a 4 day camp at the beginning of June for kids entering 2-6 grade. Your child will get to swim at our beach, play big games with their friends, eat 's'mores around a big bonfire, and hangout with their friends. They will also attend a Chapel service everyday where they will sing worship songs and learn about God's love for them. It's a great way to start off the summer. Call camp at (218) 768-2610 to sign up today!

When: June 8-11

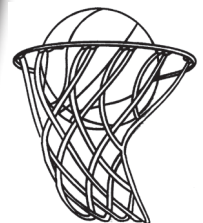
Where: Covenant Pines Bible Camp, 43696 245th Pl, McGregor

Cost: \$15 a day (lunch is provided)

Highlights from the Elementary Boys Basketball Program



Bottom L-R: Ethan Bohn, Seth Watts, James Dawson, Willie Glunz, David Jayden, David Baker, Jayden Atkinson, and Jacob Metzen.
Back Row L-R: Thomas Barden, Curtis Jackson, Harrison Nistler, Trevor Gauthier and Coach Mike Tast



Sponsored by... **Community Education**

Earn High School Credits During Summer Session

Once again, the Alternative Learning Program in McGregor will be in session for six weeks this summer. Summer session classes are on Mondays only and begin on June 1. The time has been tentatively set at 3-5 PM. Students in need of a credit or students who have unfinished classes at the ALP should talk to the MHS counselor, Mr. James Fischer, for more information.

The Alternative Learning Program (ALP) provides an opportunity for a student to earn enough credits to receive their high school diploma. Summer ALP dates are as follows:

June 1	June 22
June 8	June 29
June 15	July 6

The ALP is located in the M.O.R.E. Bldg., across the street from McGregor High School.

Habitat for Humanity Home in McGregor

Potential Habitat for Humanity homeowners from the McGregor area are invited to a public meeting on Tues., Feb. 17, at the McGregor High School HomeEc room. Two sessions will be held to accommodate schedules: 12:30 p.m. and 7 p.m.

Learn about Habitat for Humanity's family selection process and complete an application if you are interested in becoming a homeowner. The homeowner will be selected based on meeting income guidelines, having a housing need, and a willingness to partner.

For more information, call the office at 219.927.5656 or email annschwartz@habitatforhumanityaitkincounty.org.

THE BICYCLE ALLIANCE OF MINNESOTA invites you to...

Walk! Bike! Fun! Training

Wednesday, April 29, 2015

McGregor High School

Many communities and schools are joining in the movement for more walking and biking as a part of active transportation. To support this movement, the Bicycle Alliance announces the new *Minnesota Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum*.

MINNESOTA
WALK! BIKE! FUN!



Walk! Bike! Fun! is written to encourage more children to walk or bike to school and throughout the community by providing schools with tools to teach safe walking and biking. This curriculum is designed for physical education, health teachers and other educators to use to engage students in a thoughtful, fun and interactive program to learn safety tips and skills that will last them a lifetime.

April 29, 2015, BikeMN will hold a "by invitation only" training to prepare educators for implementing this exciting new curriculum. This **free training** is being held from 7:45 – 4:00 with lunch provided. Educators will receive **7 CEUs and the curriculum**. In addition, there *may be* some scholarships for reimbursement for substitute teacher pay.

TO REGISTER, go to: <https://www.eventbrite.com/e/walk-bike-fun-mcgregor-tickets-15559449733>

QUESTIONS, please contact:

Lisa Kruse, Community Education Coordinator, 218-768-2111 x233

Michelle Breidenbach, BikeMN SRTS Education Coordinator, 507-430-2280

Our Mission

To provide leadership and a unified voice for bicycle education, advocacy and efforts to make Minnesota more bicycle friendly so that more people will ride bicycles more often.

Our Vision

Minnesota is a state where bicycling is a safe, easy, fun and cool choice for everyone.



Lakes and Pines Head Start



We are a FREE early childhood and school readiness program that serves families and children, birth through age 5, and expectant mothers. We come to McGregor, Tamarack, Lawler, and McGrath 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 to do fun learning activities. Parent resources are also available. We also have opportunities to get together with other families in your area. Again there is no cost for Head Start services.

Applications are taken year round. For more information or to make an appointment Call 1-800-832-6082.

Join the Birdbusters and Aim High

Registration for the M.A.C. Birdbusters High School Trap team is now open for the Spring 2015 Season. High School Trap is the fastest growing sport out there today. In the 2014 Spring League, there were more than 6,100 student athletes representing 185 schools. The league is estimating that number to jump to approximately 8,000 students this season.

The M.A.C. Birdbusters represent students from McGregor, Aitkin and Cromwell schools. Students attending these school district in grades 6 – 12, ages 12 – 18 yrs old and have a valid gun safety certificate are eligible to join the team. Registration for the 2015 Spring League runs January 15, 2015 to March 15, 2015. There is a \$30 registration fee per student due before a student can register. If this is a hardship for any family, the Minnewawa Sportsmen's Club does have funds available to help cover the fee if requested. The Minnewawa Sportsmen's Club provides the clay targets and shotgun shells each week at no cost to the students. If a student does not have a shotgun available to them but still wish to join the team, there are guns available to borrow each week provided by the Minnewawa Sportsmen's club. The team shoots on Wednesday nights from 3:30 pm to dusk at the Minnewawa Sportsmen's Club Shooting Range about 2 miles south of McGregor on State Hwy 65. The first night of shooting is April 8th and goes until June 3rd. Any student wanting to join the High School Trap Team or has questions about joining should contact Angela DeWitt by calling 218-590-2813 or emailing akdewitt@hotmail.com for further important dates and details on how to get registered for the team.

The coaches and other volunteers of the M.A.C. Birdbusters Trap Team are excited for another season and are looking forward to it being a successful one.



2014 M.A.C. Birdbusters Team



McGregor Community Education

LISA KRUSE, Director

Phone: 218-768-2111 x233 ▪ Fax: 218-768-3901

E-Mail: llkruse@mcgregor.k12.mn.us

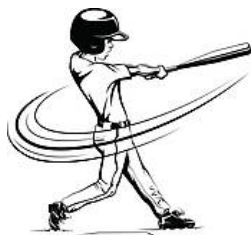


Community Education and Early Childhood classes are posted on Facebook. "Like" us for updates weekly pertaining to new classes and reminders. Find us at McGregor Community Education on Facebook.

Community Education is a source of information about community needs focusing on lifelong learning opportunities, community involvement and raising the quality of life in our community. **Get Fit...Get Healthy...Get Organized** Community Education extends opportunities to residents of all ages and abilities. If you haven't taken the time to attend one of the many classes, fitness center, or volunteer; I encourage you to do so. It is time for continued learning, experiencing and socializing within your own community. Community education proves that learning never ends! If you have an idea or would like to share your talent as an instructor please contact me!

YOUTH ACTIVITIES

YOUTH BASEBALL AND SOFTBALL CLINIC



McGregor Community Education will be sponsoring a youth baseball and softball clinic by Great River Baseball Clinics, Aitkin, MN on Saturday, April 25 on the baseball fields in McGregor. The alternate location in the event of weather problems will be the High School gym. The company is in its 20th year and is excited to return to McGregor to offer its fun and interactive clinic for boys and girls

in grades K-6. There will be 5 stations set up for campers including throwing, fielding, catching, hitting, base running and will conclude with a discussion on sportsmanship. The clinic will be conducted by Kevin Hoffman, a retired 32 year youth baseball coach from the Twin Cities and Aitkin, former president of the Aitkin Area Little League, Administrator, umpire, certified hitting instructor, certified ASEP baseball coach, and youth baseball consultant. Also assisting will be Hoffman's 2 sons, Chris and Kyle, both former collegiate baseball players.

Grades K - 3; 9am - 10:30am

Grades 4 - 6; 11am - 12:30pm

\$15/student; \$28/2 children; \$38/3 or more family members

Register with Community Education

FAMILY PLAY AND LEARNS

McGregor Early Childhood is teaming up with the Northland Foundation and the U of M Extension to bring you four great family sessions focusing on movement, music, nutrition and dental care. A healthy meal will be provided as well as great door prizes and learning opportunities! Do not miss out! Get registered today for all three sessions!

When: Tuesday, March 10 from 5:30 - 7pm

Where: Home Ec Room

Ages: Birth to grade 4

COOKING MATTERS®

Cooking Matters® Mission is to empower Minnesota families at risk of hunger with skills, knowledge and confidence to make healthy, delicious and affordable meals.



SHARE OUR STRENGTH'S
COOKING MATTERS®
NO KID HUNGRY

This is a multi-session course that combines hands-on food preparation with nutrition information, food budgeting and shopping techniques.

Classes meet for two hours, one time per week for six weeks Volunteer chef leads a food-network-styled cooking demo Participants break into teams to prepare the recipe for themselves Extension Community Nutrition Educator leads the nutrition segment of class which corresponds to the weekly topic and recipe We share a meal together Participants take home a copy of the recipe and the ingredients to recreate at home Week 5 is a guided tour of a local grocery store (adult course only) 12-15 participants per six-week course Participants must attend 4 of 6 classes in order to "graduate"

Wednesday's, March 18 - April 22 from 3:30 - 5:30pm

McGregor Home Ec Room

Jodi Nordlund, SNAP-Ed Regional Educator

www1.extension.umn.edu/family/cooking-matters/

WANTED: Adult Mentors that would work with students during the 6 week cooking class! Contact Lisa Kruse at 218-768-2111.

FAMILY OPEN GYM NIGHTS

We cannot do anything about the frigid temps outside, but we can get you playing, running, and moving releasing some energy and giggles at family open gym nights!

Join us for this informal hour of gym time!

Wednesdays through March 11th from 5:30 - 6:30pm

THE MERCURY

A publication in cooperation with McGregor ISD#4 and McGregor Printing & Graphics, Inc.

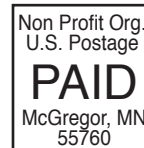
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**Dated Material
Please Deliver Promptly**

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BENT WILLOW RUSTIC FURNITURE CLASS

The rustic furniture class is back by popular demand. Whether you have taken this class before or if you are new to it...you should not miss out! Previous attendees have constructed patio furniture, trellis, bed frames, end tables and more from willow found in our local woods. You do not have to be an expert with hand tools. Find yourself a partner and join us for a great project building class.



You will design and build your project with your partner and the assistance of John Bajda, local craftsman.

Apprehensive? After you leave the informational session you will be well informed. The instructor will inform you of gathering of materials, talk about a material list, and a short demonstration on collecting and bending willow, project construction as well as helping you decide what you would like to build for your project. You will return with your willow a week following the instructional class ready to begin construction of your project.

Thursday, March 26; 6 - 8pm Instructional Class
 Tuesday, April 7 and Thursday, April 9; 6 - 10pm Work Sessions
 \$50/person
 John Bajda, Instructor

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.



When: Every Tuesday and Thursday from 9:30 - 10:15am (classes to resume April 1)
 Fee: \$3/class or no charge to SilverSneakers eligible members
 Where: Classes held in the high school auditorium stage (check in - fitness center)

EXERCISE AND MOVEMENT CLASS FOR OLDER ADULTS

Do you have a fear of falling? Have aches and pains? Use a cane or walker? Walk slower than normal? Walk bent over? Have a chronic disease?

Why Join? Come work with Judy Hawley, PT who has been a Physical Therapist for over 20 years. She practices in McGregor area, focusing on movement issues of the older adult. You will focus on walking better, learn how to walk with confidence, have less fear of falling, have less joint pain, stand up straighter. You will gain control of movements, balance and control; and exercise sitting down or standing with support.

When: Every Tuesday from 9:00 - 10:00am
 Where: Northland Village (new location)
 Fee: \$10/month; payable to Community Education
 Need a Ride? Call Angels at 218.768.2762
 To register call Judy at 651.247.1331 or at class

ZUMBA FITNESS CLASS - Ditch the workout, join the party!

Are you in a bit of a workout rut? Are you dreading another half hour on the treadmill? Looking to shed a few pounds, or maybe get an energy boost? Well, then have I got the "workout" for you!



Zumba is a latin-dance inspired cardio workout, that makes you feel like you're at a party, while burning 500-1000 calories per hour! And you're in luck, because come Fall, 3 Zumba classes will be available each week! I know many of you may have questions about Zumba.

First, can anyone do it?
 The answer is a resounding "YES!" Zumba is for anyone 12 and over, of any fitness level. You can make it as high or low impact as you like, and adjust any of the moves to make it the right intensity for you! As always, consult a doctor before starting any workout plan.

Do I have to be a good dancer?
 Zumba workouts are designed to be easy to follow, so that anyone can do it, regardless of previous dance or aerobics experience. You may feel a bit overwhelmed by your first class, but the routines stay the same for a few weeks, so you have the chance to catch on. Also, once you learn the basic rhythms (Salsa, Merengue, Reggaeton, and Cumbia) you will find that the basic steps come back again and again, even in new routines.

Do I need to have special shoes or apparel?
 Absolutely not. You need a pair of tennis shoes (preferably with not too much traction), comfortable clothing, and always, I repeat ALWAYS bring a water bottle.

I'm Convinced! How do I join?
 Just show up. If you're nervous about your first Zumba class, think about bringing a friend!

When: Mondays at 3:40pm and Wednesdays at 4:30pm
 Where: High School Auditorium
 Fee: \$4/session or \$24/6 sessions
 Certified Zumba Instructor: Julie Jacobsma

YOGA SCULPT

Yoga Sculpt class uses weights throughout to help sculpt and tone your body as you stretch and move through yoga poses. Yogo Sculpt = Yoga Fun
 When: Monday, March 15, 23, 30, April 6, 13, 20
 Time: 4:45 - 5:45pm
 Where: High School Auditorium
 Fee: \$36/6 week session or \$8 drop in fee
 Instructor: Katie Cummings



VINYASA YOGA BY CINDI D

This class is based on moving from one pose to another using sun salutations and postures that connect to one another. Vinyasa means following your breath, so with each inhale or exhale, you go deeper or back off or move to another pose. The pace can be a bit faster, but you can always go at your own speed and depth that work for you. Each class includes flow, balance, strength, compression, twists, hip/heart openers, core work and a built-in peaceful rest at the end. Bring a mat, towel and water.
 When: Every Tuesday at 4:45pm
 Where: East Lake AAU
 Fee: FREE
 Instructor: Cindi Douglas, Certified Yoga Instructor

ADULT & KID ACTIVITIES

SECOND SATURDAY PROGRAMS AT LONG LAKE CONSERVATION CENTER

Second Saturday programs happen on the second Saturday of every month from 1-3 pm on the Long Lake Campus and are open to everyone! FREE for Friends of Long Lake and just \$5 for the public. Each Second Saturday has a brief educational program taught by a Long Lake Naturalist followed by fun outdoor event! A great way to get the kids out and excited about nature!

Here's a list of our upcoming programs:

- **March 14th**
Learn about the unique anatomy of snakes! You may even get to touch one! Followed by a traditional Native American game "Snow Snakes" played on the lake!
- **April 11th**
Learn about MN trees followed by a maple-syruping demonstration!
- **May 9th**
MinnAgua Lake and Fishing education followed by an interactive game on what pollution does to our lakes!
- **June 13th**
Learn about Dragonflies and take a field trip to the lake to see if you can see them hatch!
- **July 11th**
Learn to use a GPS followed by geocaching for treasure located somewhere on the Long Lake Campus!

SKETCH NIGHT

Are you looking for a creative outlet? Join us for "Sketch Night" at Long Lake Conservation Center on the first Sunday of every month from 6 – 8:30 pm. Guest artist Duane Barnhart will provide instruction! Coffee, cocoa, and cookies provided. A suggested donation of \$5 would be welcomed!

When: 1st Sunday every month
Time: 6:30-8:30pm
Where: Long Lake Conservation Center
Fee: Suggested \$5 donation

COOKING FOR THE BIRDS

Birds need to eat too! Come and learn to make tasty treats for your avian friends! This course will be taught by Naturalist Pam Brand and LLCC Head Cook Chris Hagen.

When: Saturday, March 28
Time: 10am to noon
Where: Long Lake Conservation Center - Dining Hall
Fee: \$25/discouts for Friends of Long Lake

COMMUNITY GARAGE SALE

- Garage Sale Extravaganza! This is a one stop shop for bargains for all ages, gender, and sizes! Don't miss out! SHOP! SHOP! SHOP! ...on Saturday, May 2 from 9am to Noon, located on the McGregor High School Auditorium Stage.
- Participate by purchasing tags through Community Education office. Tags are sold in increments of 100 for \$20, 75 tags for \$15, 50 tags for \$10, or 25 tags for \$5. For additional sale guidelines contact Community Education.



148 South Second Street
McGregor High School

Auditorium/Fitness Center
North Entrance

218.768.2121 x305

FITNESS CENTER HOURS

Monday - Friday
6:00 - 10:00am and
3:30 - 7:30pm

- Open year round for public use
- Casual workout environment for all ages
- Precor and Cybex commercial equipment for strength and cardiovascular training
- Attached workout room equipped with free weights
Community locker rooms
- Affordable month to month membership rates (no initiation fees)
- Supervisors on duty for your equipment assistance
- Fitness classes offered through Community Education
- Dehumidification system for a much more comfortable workout environment
- BluePrint for Health® fitness discounts from Blue Cross and Blue Shield of Minnesota (must workout 12 times per month)
- Healthways SilverSneakers® Fitness Program; including a complimentary membership to fitness center and SilverSneakers classes to qualifying members
- UCare for Seniors fitness incentive discount plan
- Preferred One, HealthPartners, Humana, Medica incentive discount plans
- Silver & Fit Senior Fitness Plan

MEMBERSHIP FEES

ADULT: (18+ and out of high school)

Single membership: \$30/month
Single membership one year contract: \$288
(incl. 20% discount)

Couple membership: \$50/month
Couple membership 1-year contract: \$480
(incl. 20% discount)

(definition of couple is married adults living in the same household)

\$7.00 for single use
\$35.00 for purchase of punch card (6 punches)

STUDENT:

\$10 month for youth grades 9-12 (non-athletes)
Students 7th grade and up may use the fitness center, but 7th & 8th graders must be accompanied by an adult.
(supervisor does not count)

Children under 7th grade are not allowed in the fitness center.

ATHLETE:

No fee for those participating in at least one sport during the school year and have paid the athletic fee.



Early Childhood Corner

MELANIE GUIDA, Early Childhood Educator
218-768-2111 ext. 227 Room or ext. 300 Office
E-Mail: mguida@mcgregor.k12.mn.us

OUR MISSION... is to support and strengthen parents; the first and most important teachers in a young child's life.

McGregor Early Childhood programs are for many the first connection to our school district. We offer a wide range of opportunities for families with children from birth through age five, who are not yet enrolled in kindergarten. Our curriculum meets state learning standards and our classroom is full of enriching experiences with guided opportunities for young learners.

Mixed Ages - Early Childhood Family Education Class

Early Childhood is designed to help lay a strong foundation for your child's future from birth to kindergarten. In this mixed ages class there will be time for parent/child interaction, circle time to include songs, stories, and games. Children will explore and learn in a safe, supportive environment during child time while parents share concerns, joys and challenges of parenting with Melanie Guida, Parent Educator. From infants to preschool we will help you discover ways to interact and learn through play. A family lunch will be included with this session.



When: Monday, March 16 from 10:00 - 11:30am
Where: Early Childhood Classroom
Fee: \$5/family

Family Open Gym Night

Run, play, skip, hop...this is an evening for kids to socialize and play while releasing some energy!

When: Wednesday's from 5:30 - 6:30pm through March
Where: Cafeteria Gymnasium

Delta Dental Family Night

McGregor Early Childhood is teaming up with the Northland Foundation, McGregor Dental and the U of M Extension to bring you four great family sessions focusing on nutrition and dental care. A healthy meal will be provided as well as great door prizes and learning opportunities! Do not miss out! Get registered today for all four sessions!

When: March 10
Time: 5:30 - 7:00pm
Where: Home Ec Room
Ages: Birth to grade 4



Preschool Registration for 2015/2016

Letters will be mailed home the middle of April for registration for the 2015/2016 school year.

