

The MERCURY



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

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From the Superintendent

I am pleased to report that McGregor School has experienced an increase in enrollment for three consecutive years. Two years ago our enrollment was approximately 371 students in kindergarten through grade twelve. This year we are at approximately 418 students. This is a significant increase and I hope the trend continues.

With our cold weather season upon us, I'd like to remind parents of our elementary students to please ensure that your child has appropriate cold weather clothing. Generally, our students come to school equipped with the necessary protective clothing such as mittens, hats, warm coats, boots and snow pants. It is surprising however, to see how many students come without appropriate clothing. Please keep in mind that our weather can change significantly in a short period of time, and it's better to be safe than sorry.

For weather related and school emergency announcements we use two notification systems to notify parents. Those methods are by an emergency instant alert notification system and by the traditional radio and television broadcasting systems. To make sure that you are notified of school closings check with the school secretary to ensure your contact information is current in the Honeywell instant alert system. The system will call the numbers that are in the data base and can call as many as five different phone numbers for each student. Announcements over the radio and Television will include the following stations: KKIN, WDIO, WCCO/CBS, KARE 11, KDLH, KBJR, FOX 9, FOX 29 and KSTP.

A new service this year provided by McGregor School is school-wide free breakfast and lunch for all students. This has been a really well received program that caused a lot of positive feedback from our families. When we implemented this program we asked that parents fill out a "Alternative Applications for Educational Benefits". If you have not done this we ask that you do. These applications generate a lot of state and federal revenue for us and assist in providing programs for students. Please if you have not filled out an Alternative Application for Educational programs see us for the form.



PAUL GRAMS
Superintendent/
Principal



OPEN HOUSE

148 South Second Street • McGregor High School
(Auditorium/Fitness Center North Entrance)

**FRIDAY,
FEBRUARY 13, 2015
10:00am - 2:00pm**

- Body Comp Analysis (Riverwood Healthcare Center)
- Meet Health & Wellness Coach, Dan Schletty (RHCC)
- Tour of the facilities
- Essential Oils 101 with Gloriana Swedberg
- Fitness Classes Overview
- Membership Benefits & Insurance Incentive Discounts awareness

From the Principal



BOB STASKA

Principal and
Activities Director

I would like to first congratulate the 80 students in the high school that made the honor roll. A total of 44 students made the "A" honor roll! That is a nice accomplishment for our students.

As winter approaches, I would like to remind everyone to update your contact information so that we can get you updated information regarding school closings, delays, and cancelled events. When there is a change or a cancellation to an athletic event, the latest information will be posted at www.polarleague.org. This is the first place that the information is posted. There is also a link to this on the school website. You can sign up on this site

to get email or text alerts whenever your son's or daughter's game has been changed. I encourage everyone to use this site rather than call the school when the weather is looking questionable.

The last item that I would like to address is our student's use of social media. I highly encourage parents to monitor the social media use of their kids. Social media and electronic communication of all forms have their place when used properly, but many problems also arise from these modern "conveniences." I have found that the vast majority of problems and disputes between students have some sort of link back to something that was said or sent on social media. Students seem to be more willing to post something that they would rarely say directly to someone else. Sometimes, something that is posted innocently is not interpreted that way, and problems result. Also, there is a safety concern when our students are communicating with people that they have never met in person. When parents monitor social media, many potential problems can be avoided.

2014 Aitkin County Operation Christmas

Operation Christmas is a wonderful program that collects and provides toys during the holiday season to children residing in Aitkin County. How does the program work? Parents/guardians in need of help can call to schedule a shopping appointment to visit the Operation Christmas store to select gifts for their children at no cost to the parents. The family must reside in Aitkin County and the adult filling out the referral must be the primary caretaker of the child/children. The child/children must be 18 years or younger. For split families, when both parents reside in Aitkin County, only one custodial parent can sign up for the program.



Dates to make the referrals and set up the shopping appointments are December 8th to 12th from 8:30-5:00. The number to call is 218-927-7717. This number is very busy and you will not be able to leave a message for a return call so please be patient and keep trying. The location of the store is the Moose Lodge in Aitkin. The store will be open December 16th to 18th with appointment times from 8 AM to 6PM. You must be pre-registered and have received an appointment time by calling the number listed above during the dates of December 8th-12th in order to shop.

This program is dependent on generous individuals and organizations in the Aitkin County area that provide gifts, money and volunteer services. Many volunteers are needed to staff the store, answer the phone line to set up appointments, locally shop to replenish the store and help coordinate various parts of the program. If you have questions or would like to be a part of something GREAT please call Molly Dox at 218-232-1126 or Jim Carlson at 218-426-4256.

Gift Donations will be accepted through December 12th in the McGregor area at; McGregor Schools, Members Cooperative Credit Union, Grand Timber Bank, Grace Lutheran Log Church, Floe International, Round Lake Presbyterian Church, Sam's Grocery in Tamarack and Spur One-Stop Gas and Grocery in Palisade. In the Aitkin area; at Aitkin Motors, Bremer Bank, Lake Country Auto, Security State Bank, Members Cooperative Credit Union, Paulbeck's County Market.

Gifts for all ages are needed (0-18). Cash donations are used to purchase additional gifts and toys as donated ones are depleted. In 2013 over \$18,000 was spent for this purpose. Cash donations in the form of a check should be mailed to Operation Christmas, 50 2nd Avenue SE, Aitkin, MN 56431 or dropped off at any location listed above. Checks should be made payable to "Operation Christmas".

Please consider Operation Christmas in your planning this holiday season.

Counselor Corner

Hello to all parents, students, and community members. Since this is my first time writing in the Mercury, I'll start by introducing myself. My name is James Fischer and I am the new school counselor here at McGregor. The start of the school year has gone by so fast and it has been a busy start. As we continue to move forward in the year, decisions regarding class schedules, college related information, and transition plans/goals will need to be made, especially for our juniors and seniors. It has been a pleasure to with such a great group of students and staff members. Here is a quick recap of the fall activities related to the Counseling department:

Throughout fall, we have had many college representatives from colleges around the state come to our school to visit with any of our upperclassmen. St. Scholastica, Hibbing Community College, Itasca Community College, St. Cloud State, and the University of Minnesota-Morris have all come to visit with our students this year. We will also have reps from Lake Superior College, Central Lakes College, Fond du Lac Tribal & Community College, and North Dakota State coming in November and December. There was also a college fair field trip to Grand Rapids in September. Our seniors and juniors went to see all the different colleges that Minnesota has to offer. There were over 70 different schools present at this fair! In October, we also had a representative of the National Guard come in to talk with any interested students.

October was also our College Knowledge month for the McGregor students. Staff members were able to wear any gear from their alma mater while talking to students about their college experience. All the staff had posters stating where they went to college outside of their rooms as well. This was a great experience for any student to engage with teachers about their postsecondary history. We also had staff member from our Educational Talent Search (ETS) come to help Seniors fill out their college applications. Many schools around the state waived their application fees for one week so it was great for the Seniors to take advantage of that.

All of our 7-12 students attended a Suicide Prevention Seminar that was conducted by TEXT 4 LIFE. The presenter talked to our students about depression/suicide, what causes depression, and whom students can talk to regarding depression and suicide. At the end of the presentation, students were asked to write down one person they could talk to if they were dealing with any depression/suicide. Students were also given a wristband with the TXT 4 Life number so that students would be able to text the hotline if need be.

In November, our 8th graders took the Explore test and our 10th graders took the Plan test. Both of these tests are miniature versions of the ACT. It allows students to see where they are at academically while also looking at strengths and areas of improvement in Reading, English, Math, and Science. They also include a career Inventory that suggests potential careers students might be interested in. Results will come in this winter and I will be interpreting these with results at a later date.

I also will be going into the elementary side to work with students in class on a variety of lesson plans. For the month of November, I will be working in the K-6 classrooms with our theme being, "Respect." I have a variety of lesson plans that I will use in the classroom so that students are learning about the theme while also having fun with the activities.

SENIORS:

Now is the time to plan for life after high school. If your considering college, it is time to apply. Many technical programs have waiting lists and 4 year colleges often require applications to be submitted in December so all students are encouraged to apply early! Weekends and break are a great opportunity to visit college campuses.

Paying for College: There are many options to help pay for college including scholarships, grants, student work programs, on-campus jobs, and loans. Now is the time for families to think about how college will be paid for.

Scholarship Information: I have scholarship information in my office and outside of my door. There are links on our website for scholarship information as well. In the springtime, seniors will also have the chance to apply for our local scholarships for those enrolled at a college next fall.

FAFSA: The Free Application for Federal Student Aid (FAFSA) is filled out after parents file their 2014 taxes. Please do this as soon as possible so that you and your son/daughter can fill out the FAFSA early. This allows students to be approved or low interest rate student loans. You can accept or deny these loans at a later date if you want. Parents apply for a Personal Identification Number (PIN) to electronically sign the FAFSA forms. Your can apply for your PIN today at www.pin.ed.gov. However, the FAFSA application cannot be completed until 2014 tax forms are completed. There will be a FAFSA informational meeting next semester (January or February 2015).

JUNIORS:

Now is the time to start thinking about life after high school and your senior year. Begin your exploration of options for after high school, including four-year colleges, community/technical colleges, armed services, and more.

On April 28th, 2015, all of the juniors at McGregor will be taking the ACT (mark your calendar). The state of Minnesota has changed it so that ALL 11th grade students enrolled at a public school must take the ACT at the regular school they attend. It is now a graduation requirement. I will be going into the classroom to talk with our juniors regarding study tips, practice examinations, and other items related to the ACT.

If you have any questions or concerns, please do not hesitate to contact me. I am here to fully support our students in order for them to be successful in and out of the classroom. 218-768-2111 ext. 237 or jdfischer@mcgregor.k12.mn.us



**JAMES
FISCHER**
School Counselor

Veterans honored at MHS

“Students in band and choir before the Vet’s day program. The choir sang the “Star-Spangled Banner” and the song “In Flanders Fields”. The band played “In Honor of the Fallen” and “The Navy Hymn”. During the program, students heard from area Vets about what it means to be a veteran, why we celebrate Veteran’s day, and the symbolism of the red poppy. Student will perform these songs and others at a concert on December 6th at 6:00 pm, so if you missed the program, please join us on that evening.”



UPPER RIGHT PHOTO: Area Vets take part in the McGregor Veteran’s Day program, on November 11th at 10:30 a.m. This is the first time we’ve had this program during the school day. It was such a positive experience for all involved, that it will become a McGregor tradition.

LOWER RIGHT PHOTO: Area Veteran, Lowell Bartell, tells what it means to be a veteran. This next year will be the 50th anniversary of when Dale Wayrynen graduated from McGregor school. Students were told the story of this heroic veteran, and what his sacrifice meant.

LOWER LEFT PHOTO: Students sing the National Anthem while the veterans present colors.



ELEMENTARY 1ST QUARTER HONOR ROLL

A HONOR ROLL

4TH GRADE
Jayden Biros
Erin Ford
Parker Jackson
Madison Koerber
Cooper Sellers
Isaiah Serfling

5TH GRADE
Jayden Atkinson
Savannah Bidwell
Gianna Farinella
William Glunz
Ava Horbacz
Jaylynn Maijala
Shane Oleson

Clara Oliver
Jordan Paquette

6TH GRADE
Brooklyn Alt
James Dawson
Drew Dean
Gillian Farinella
Trevor Gauthier
Kiana Hawkinson
Haylee Kellermann
Hailey Luhmann
Harrison Nistler
Kylie Peter
Makenzie Taylor
Seth Watts

B HONOR ROLL

GRADE 4
Ella Anderson
William Barnett
Dominique Beaulieu Garbow
Ethan Bohn
Michael Fossen
Josee Kellermann
Landon Sorensen
Kaelyn Tierney
Kamryn Zrust

5TH GRADE
Catrina Carter
Savannah Creighton
Madeline DeMenge
Seanna Donnelly

Lilly Downer
Harlee Flannigan
Aleah Hill
Morgan Koerber
Montana Sarazin
Ouriyonna Serino

6TH GRADE
Zachary Anthony
Deja Bouvette
Grant Grams
Ashton Harmon
Gage Luhmann
Jazmine Serrano
Madelyn Wegleitner



HIGH SCHOOL 1ST QTR HONOR ROLL

“A” Honor Roll

7th Grade

Emma Arnold
Micah Barnaby
Karley Eld
Carson Ford
Laine Horton
Logan Jackson
Emily Johnson
Madison Niemeyer
Marshall Passer
Nathan Scollard

8th Grade

Ethan Sampson
Abbie Thorkelson

9th Grade

Dustin DeMenge
Joe Heagle
Chloe Larson
Anabel Marotz
Isaac Nistler
Carson Passer

10th Grade

Payton Barnaby
Kacie Boyd
Katie Boyd
Ann Brennan
Cole Gelhar
Zach Hawkinson
Johnny Huspek
Michaela Jackson
Sasho Javor
Alex Kowitz
Zach Kruse
Ethan Marotz
Alex Nistler
Johannah Orbeck
Averie Seibert
Brody Simonson
Billy Staska

11th Grade

Andrew Widseth

12th Grade

Caleb Barnaby
Faye Bloom
Mary Brennan
Amy Gelhar
Aisling Jelinski
Jennie Johnston
Spencer Passer
Thomas Scollard

“B” Honor Roll

7th Grade

Griffin Bloom
George Boyd
Tyler Horton
Robbi Hutchinson
Kathryn Jacobs
Michael Johnson
Gavin Jones
Domanick Matheny
Sophia Mushkooub
Joseph Oliver
Jackson Paquette
Audrianna Schultz
Charles Wadena

8th Grade

Grace Anderson
Andrea Bohn
Robert Kral
Constance Pagan

9th Grade

Joey Glunz

10th Grade

Mayah Bonnette
Dakota Boyd
Daniel Dinneen
Joel Draxten
Cole Hoover
Joseph Jacobs
Hannah Kelley
Isaiah Mushkooub
Marissa Phillips
Abby Schoeben

11th Grade

Danelle DeMenge
Anthony Hutchinson
Heidi Kelley

12th Grade

Sophia Jacobs
Morgan Kowitz
Jordan Orbeck
Karlee Tierney
Brandon Wilkie



MEET THE MHS BASKETBALL COACHES



BOYS VARSITY COACH:

Coach Wahlin is in his 7th year as McGregor Basketball Coach and he is also the Physical Education/Health Teacher at McGregor High School. He is a graduate of Fertile-Beltrami High School where he was an All-Conference Guard who's highlight was scoring 42 points his junior season breaking the single game scoring record. Wahlin is a graduate of Concordia College in Moorhead where he was a member of the golf team. His coaching highlights include winning the 2010-2011 sub-section title and posting the most wins in a single season with 25 wins during that campaign. "I very excited to see where these kids can take us. They are hard-working, good young men and I am proud to coach these guys. Would not trade them for anybody!"

BOYS JV COACH:

My name is Anthony Pierce and I have been coaching at the school since 2007. I have coached football, basketball, and baseball. I am currently the boys basketball JV coach and I am enjoying being able to work with the kids and Coach Wahlin.

GIRLS VARSITY COACH:

My name is James Fischer and I am the guidance counselor and head coach for the girl's varsity basketball team. I am a graduate of Warren Township High School in Gurnee, Illinois where I played basketball for all four years. I was also fortunate enough to play basketball at the collegiate level for Culver-Stockton College (NAIA) and at the University of Wisconsin-Stout (Division III). Some of my fondest memories as a player was playing against Derrick Rose (Chicago Bulls) in high school as well as playing against some Division I teams while I was in college. My coaching experience has been working as a coach for youth basketball teams and student coaching for the Culver-Stockton College men's basketball team. I am very excited to work with the girls here at McGregor. The girls are scrappy and tough who work hard consistently. They support each other consistently, on and off the court. I am very proud of this team and look forward in seeing how much they grow this season as a unit.

GIRLS JV COACH:

I am Tate Watts, the JV Girls Basketball Coach. Coaching, teaching and mentoring students has always been a passion of mine. I believe in coaching the person as a whole and not just the skills of the sport, so I will tell the players and parents that we will learn a lot this season, and some of it will be about basketball.

Upcoming Concert Dates



DECEMBER 6
6:00 PM
HS Band
& Choir
Concert

DECEMBER 18
1:30 PM
Elementary
Holiday
Program



**A huge
thanks goes
out to
McGregor
Lion's Club
for the
elementary
recess kits!**

Instagram Is Eating My Daughter... and My Son Won't Stop Playing Grand Theft Auto

A free parent education program with Dr. Leonard Sax

What do parents need to know about Twitter, Instagram and other social media tools their kids are using? What are kids really doing online and on their smartphones? How can parents effectively monitor this technology? Which video games are OK and which are not? How much time playing video games is too much? Dr. Sax will answer these questions and more, and empower parents with effective strategies for addressing these topics at home.

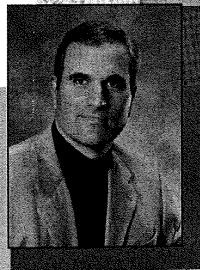
Parents of elementary, middle and high school students are encouraged to attend this parent-focused discussion. **The event is free and open to the public.**

Sunday, January 18, 2015

6:30-8:30pm

Esko High School theatre

2 E. Highway 61



Leonard Sax, M.D., Ph.D. has built an international reputation as an expert in child and adolescent development. He has spoken at schools, colleges and communities across the country and around the world, and been a guest on *Today*, CNN, PBS, Fox News, NPR and the BBC. He is the author of three best-selling books for parents: *Why Gender Matters*, *Boys Adrift* and *Girls on the Edge*. Learn more at www.leonardsax.com.

A bus will leave McGregor school at 5:00pm for those interested in attending this **FREE** education program!
Register with Community Education at 218-768-2111 x233 or llkruse@mcgregor.k12.mn.us

Santa!!



Santa Claus is coming to town on Saturday, December 6, 2014. He will be at the McGregor VFW Post from 2:00 p.m. to 4:00 p.m.

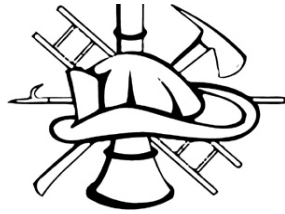
Driver's Education

Driver's Education classroom instruction will take place during the school day as part of your child's 9th grade curriculum. The class will be taught twice during the 14/15 school year with the oldest students scheduled to take the class 1st quarter and the remaining students taking the class 3rd quarter. Behind the Wheel will be scheduled after school with Mr. Jacobs and Mrs. Hagan once your child has completed their classroom instruction at McGregor High School and paid the fee. The fee for Driver's Education will be \$325. This fee must be paid prior to your child receiving his/her blue card. Please make the check out to ISD #4/Community Education.



Firemen's Invitational Speech

The McGregor Speech team will be hosting the annual Firemen's Invitational on Saturday, January 31th. We thank the local firemen for donating money for this event. We will have about 16 schools competing from all over the area. Our speech team is excited to start the new season. Good luck to the whole team.



McGregor will also be hosting the southern 7A Section speech meet on March 28th.

Hey Families! Have you heard about PBIS?

School-Wide Positive Behavior Interventions and Supports (SW-PBIS) is a framework for establishing the social culture and behavior supports necessary for schools to be effective learning environments for all students. Based on prevention logic, this framework enables schools to identify clear behavioral outcomes for all students and staff and utilize evidence-based practices in a continuum of support to achieve these outcomes. SW-PBIS actively uses data for decision-making and planning to support and sustain learning environments that are predictable, consistent, positive and safe. Horner, 2012; pbis.org

McGregor Elementary applied for and received a grant to implement PBIS in our school. A component of the grant included support from administration and school staff. A team of eight school staff has been established and attends training from the Department of Education on how to implement PBIS in our school. Full implementation of the PBIS framework is very involved and takes several years.

As of October 2014, over 470 Minnesota schools are in training or have completed Minnesota's two-year scope and sequence for SW-PBIS. This initiative now includes 24% of Minnesota schools and has impacted over 199,000 students.

Through PBIS, we have adopted a unified set of elementary school expectations. We have defined our school and community as the "Merc Zone," and are teaching our students to follow these expectations in all areas. In the Merc Zone we are:

- Respectful
- Responsible
- Safe

We are very excited about implementing PBIS in our school! We recently began holding monthly assemblies to drive student excitement and reinforce the expectations taught in the classroom. Stay tuned for further information as we look forward to sharing more with you soon!

HOLIDAY SHOP FOR KIDS

Holiday Shop for Kids will be held for students K-6 on Friday, December 12, 2014.

This is a community service project sponsored by the McGregor Lions. As a service project, not a fund raiser, we will sell everything at cost. There are gifts for Mom, Dad, Grandparents, Brothers and Sisters. We try to keep the cost for most items within the \$1.00 to \$7.00 range and some priced under \$1.00.

Letters of reminder will be sent home with the children the week of the event. We ask you to discuss this sale with your children so they have an idea who they want to buy for and how much they can spend. Each class will come in groups by grade. A helper will assist each child and no one else is permitted in the sales area. This has become an annual event and we are looking forward to working with the children. **IMPORTANT:** If you send a check with your child please make it payable to ISD #4 or McGregor School.

Helpers are always needed so, if you can help with this fun worthwhile, and rewarding project, please feel free to call Shirley Scollard, McGregor Lions, 426-3527.

McGregor Area Dollars for Scholars Upcoming Events

2015 COMMUNITY BRUNCH

Please make plans to join us Sunday, Feb 1st, 2015 at the McGregor Community Center. Coffee will be done by 10:30 & breakfast served at 11:30. There will be many games, live & silent auctions. Tickets are available from your favorite senior or Cheryl Haapoja.

If you can't join us for brunch please consider supporting the Class of 2015 by buying a Raffle ticket. The Raffle will consist of 100 tickets sold at a cost of \$20 each. The grand prize will be \$1,000. Tickets will be available starting Jan. 1, 2015. You do not need to be present to win. You can purchase Raffle tickets from Ken Boyd, Cheryl Haapoja or Brian Roth.

PHONE-A-THON

The class of 2015 will be holding a Phone-a-thon in March of 2015.

Seniors will be calling community members seeking donations for scholarships for their class.

If they don't reach you by phone but you would like to donate you can mail your check to:

McGregor Area Dollars for Scholars
PO Box 214, McGregor, MN 55760



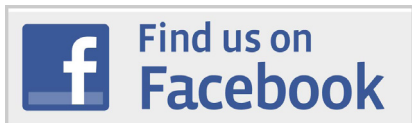


McGregor Community Education

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 PROGRAMS

JR. NATURALIST PROGRAM

Interested in getting your hands dirty? Want to understand more about the natural world? Then come and join us for some fun and adventure every Thursday afternoon in Mr. Hartsell's room. Students participating in the Jr. Naturalist program will explore the life beyond the science classroom. Discover first hand the fascinating life of the critters that call Minnesota home. Develop outdoor skills while participating in community service projects and field trips throughout the course of the program. Grades 7 - 10
November 20 - March 12
Every Thursdays from 3:30 - 5:30pm
Mr. Hartsell's Room

SNOWMOBILE SAFETY

CD snowmobile safety course will be offered to youth ages 11 - 15 covering snowmobile safety, operation, and laws. The snowmobile safety certification is required by law for residents born after December 31, 1976. Students registered will obtain the CD from Community Education. Students must complete the CD at home prior to taking the class and bring a copy of the completed test with them on Saturday. The certification will be valid at age 12. Parent's must sign a consent form before leaving their child for training on Saturday. Lunch will be provided by Tamarack Sno-Flyers.
December 27 from 9am - 2pm
Tamarack Sno-Flyers Building
Fee: \$5.00; payable to MN DNR online after completion of class.
Instructor: Scott Turner
You must pre-register in order to participate in the class!
Participants must bring helmet and warm clothes for outside testing.



ZUMBA KIDS

The Zumba Kids program is the ultimate dance-fitness party for young Zumba fans ages 7 - 11, where they can play it loud and rock with friends. This program features age-appropriate music and moves that get kids moving to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching. Students will need comfortable tennis shoes/clothes, and a water bottle. Students will need to be picked up promptly after class at 4:15! No transportation is provided.
Monday's February 4, 11, 18 & 25 from 3:20 - 4:15pm
High School Auditorium Stage
\$5/session of \$20/4 weeks
Julie Jacobsma, Instructor

ELEMENTARY BASKETBALL

McGregor basketball has been building a program whose goal is to be competitive year in and year out. Our basketball players pride themselves on hard work, dedication, teamwork, and self-less sacrifice for the benefit of the team. Community Education, Boys Head Coach Wahlin and Girls Head Coach Fischer hope you will become a part of the program and one day help us in our efforts. The elementary basketball youth program will work on skills like dribbling, passing, shooting and rebounding. Time will consist of friendly competitions, work on team building, and showing youth how much fun basketball can be.
Grades 4 - 6 Boys Practice Schedule
December 1, 2, 9, 11 & 19 from 3:30 - 5:20pm
December 6, 13 & 20 - 9:00 - 10:00am with Coach Wahlin & Boys BB team
January 6, 8, 13, 15, 20, 22, 27 & 29 from 3:30 - 5:20pm
February 3, 6, 12, 13, 17, 19 & 23 from 3:30 - 5:20pm
Games Schedule to be determined
Coach: Mike Tast
\$20 season fee (practice jersey)



THE MERCURY

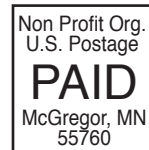
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BOARD OF EDUCATION

- Larry Doten - Chair
- Mike Kruse - Clerk/Treasurer
- Julie Orbeck - Director
- Angela DeWitt - Director
- Eric Kulju - Director
- Heather Sorensen - Director
- Cheryl Meld - Director

**Dated Material
Please Deliver Promptly**

**Post Office or
Rural Route Box Holder**



WINTER SNOW TUBING AT BIG SANDY CAMP



Join us for a fun night filled with food, fellowship and fun! Twice each winter Big Sandy Camp offers FREE tubing for our community – weather permitting! These events are usually held each Martin Luther King Day (January) and President’s Day (February)

when we also have a community spaghetti feed. 2014 saw lots of snow. We are counting on more for 2015!
 Martin Luther King Day – Tubing
 January 19, 2015 from 1:00 to 3:00 PM
 President’s Day – Tubing & Spaghetti Feed
 February 16, 2015 from 5:00 to 7:00 PM
 *Spaghetti served from 5:30 to 6:30 PM
 Tubing is available for people ages 8 and up.
 A waiver form is required (with parent/guardian signature) for participants under the age of 18.
 Register with Community Education! **MUST PRE-REGISTER!**

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!
 When: Every Wednesday when schools in session starting December 10 - March 25
 Time: 5:30 - 6:30pm
 Where: Cafeteria Gymnasium

FAMILY PLAY AND LEARNS

McGregor Early Childhood is teaming up with the Northland Foundation and the U of M Extension to bring you three 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, January 13, February 10, March 10
 Time: 5:30 - 7:00pm
 Where: Home Ec Room
 Ages: Birth to grade 4

ADULT PROGRAMS

COMMUNITY BOOK CLUB

The Community Book Club meets on the 4th Wednesday of the month. Tell us about a book you really liked and come join this interesting group of women with many ideas and thoughts about books we read.
 When: Every 4th Wednesday of the month
 Where: McGregor Public Library



CROSS TRAINING

Cross training is a great way to condition different muscle groups, develop a new set of skills and reduce the boredom that can creep in after months of the same routine. Cross training consists of cardio and strength using different forms of exercise for a terrific full body workout.
 When: January 6, 8, 13, 15, 20, 22, 27 & 29;
 February 3, 5, 10, 12, 17, 19, 24 & 26
 Time: 4:00 - 5:00pm
 Where: High School Auditorium Stage
 \$5/session
 Heather Nistler, Instructor

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
 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



HOW TO REGISTER	REGISTRATION FORM
1. CALLING: 218-768-2111 x233	NAME _____
2. FAX: registration form to 218-768-3901	ADDRESS _____
3. MAIL: registration form to ISD #4/Community Education PO Box 160, McGregor, MN 55760	PHONE _____
4. DROP BOX: outside CE office	EMAIL _____
5. E-MAIL: llkruse@mcgregor.k12.mn.us	FEE _____ CASH _____ CHECK _____
	CLASS _____
	YOUTH _____ ADULT _____ 55+ _____

Community Education

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

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. No classes in December

Time: 9:30 - 10:15am

Instructor: Lisa Kruse

Fee: \$3/class or no charge to SilverSneakers eligible members

Where: Classes held in the high school auditorium stage (check in - fitness center)



YOGA SCULPT

Yoga Sculpt class uses weights throughout to help sculpt and tone your body as you stretch and move through yoga poses.

Yoga Sculpt = Yoga Fun

When: Thursday, Dec. 4, 11, 18

Time: 4:00 - 5:00pm

Where: High School Auditorium

Fee: \$36/6 week session or \$8 drop in fee

Instructor: Katie Cummings



ADULT CROSS COUNTRY SKI CLUB

If you are interested in being a part of the adult cross country ski club that is starting up, please contact Community Education. We will be skiing at Rice Lake National Wildlife Refuge and Savanna Portage State Park this winter. For more information contact Lisa Kruse at 768-2111 x233.

LEON'S SMART DRIVER CLASSES

To register please call Leon Hixon at 218-251-5899 to register for the class you want to attend.



FIRST TIME

Saturday, February 14, 2015 from 8am - 5pm

REFRESHER COURSE

Tuesday, December 9 from 12pm - 4pm

Tuesday, January 13, 2015 from 12pm - 4pm

Tuesday, February 10, 2015 from 12pm - 4pm

Thursday, February 12, 2015 from 6 - 10pm

GED ONLINE PROGRAM

AEOA ABE is excited to offer our new distance learning initiative, GED-i. Study GED online, anywhere, anytime. The FREE program is available to ABE eligible learners - 16 years or older and not enrolled in public school - who meet the criteria for online learning. A trained, licensed online teacher will guide students through the curriculum, score their assignments and give feedback to help them strengthen the skills they need to pass the GED test.

Interested students must register at a local ABE classroom and take a test to determine their eligibility. Student must be able to read at a 9th grade level, since this is a prep class, not a basic skills program.

GED PROGRAM:

GED Preparation

Basic skills brush-up

Career assessment

College prep

English as a Second Language

Basic computer skills

Mission: Helping adults meet their responsibilities as workers, family members, and citizens.

Vision: Helping adults to open doors to better paying jobs, new careers, college classrooms, and brighter futures.

All classes are offered at no cost to students.

CALL KELLY: 218-879-0835 OR Aitkin Workforce Center,

371 Minnesota Avenue North, Aitkin, MN 56431, 218-927-7046

Instructor: David Lenarz

BELLY FAT:

HORMONAL, BALANCE & CALORIE EXPENDITURE

Learn about the importance of hormonal (insulin, cortisol, sex hormones) balance for fat metabolism and how your body burns calories in a 24-hour period. Find out how carbohydrates and stress impact your hormones and different types of belly fat and risk factors.

Speaker: Dan Schletty, Riverwood Health & Wellness Coach

December 9; 12 - 1 pm, Butler Building, Aitkin

February 3; 12 - 1 pm, McGregor

Free light lunch included. Registration required. Call Riverwood at 218-927-5188 or email healthyliving@riverwoodhealthcare.org

WELLNESS BIOMETRIC SCREENINGS

Learn your vital health numbers (blood pressure, blood sugar, cholesterol, body mass index) and how to live healthier. Limited screening appointments available. There is no cost to participants.

January 15 ▪ 7-11am

at Riverwood Healthcare Center, Aitkin

February 25 ▪ 7-11am

at Riverwood Clinic, McGregor

To register, call Riverwood at 218-927-2157 or toll free at 888-270-1882



NEW TRADITIONS DINNER AT LONG LAKE

The Friends of LLCC invite you and your family to join them in an eventful evening by the lake. Come to be reacquainted with Long Lake, participate in family fun activities, learn about upcoming community programs, listen to live music, enjoy a family dinner, and start a new Long Lake tradition.

When: Friday, December 12, 2014

Where: Long Lake Conservation Center
28952 438th Lane, Palisade, MN

Social hour and children's activities begin at 6pm

Dinner at 7pm

Event concludes at 9pm

RSVP by November 26th at 218-768-4652

BUS TRIP TO HEAR DR. LEONARD SAX:

Instagram Is Eating My Daughter...and my Son Won't Stop Playing Grand Theft Auto

What do parents need to know about Twitter, Instagram and other social media tools their kids are using? What are kids really doing online and on their smartphones? How can parents effectively monitor this technology? Which video games are okay and which are not? How much time playing video games is too much? Dr. Sax will answer these questions and more, and empower parents with effective strategies for addressing these topics at home.

Parents of elementary, middle and high school students are encouraged to attend this parent-focused discussion.

When: Sunday, January 18, 2015

Time: 6:30-8:30pm

Where: Esko High School Theatre, 2 E. Highway 61

Fee: FREE

To register to travel by bus from McGregor school please contact Lisa Kruse.

Bus will leave at 5:00pm from North parking lot.

ESSENTIAL OILS 101

What are essential oils and how do I use them? Do you want to start a better life using essential oils? In this class you will learn how to use therapeutic essential oils for health and well-being. Also, learn how to use them to clean your house and make your own personal care products.

When: Tuesday, January 20, 2015

Time: 5:30 - 6:30pm

Where: Home Ec Room

Gloriana Swedberg, Instructor

FREE



IPHONE 101 CLASS

You know your iPhone does so much more than what you are using it for, but you do not know where to begin. This class will take you through iPhone features, apps, settings and more. Why pay the bucks for the iPhone if you don't know how to use it? Let us show you how to get the most out of your device.

When: Wednesday, January 7, 2015

Time: 5:00 - 6:00pm

Where: High School Business Lab

Instructor: Joe Wisotzke, MHS Business Teacher

Fee: \$10/class



CO-ED VOLLEYBALL

Join us for an hour of adult co-ed volleyball for fitness and fun! This is not a league, but designed for you to show up and refresh your volleyball skills while having fun with friends.

When: Every Wednesday starting in January

Time: 5:30 - 6:30pm

Where: Wayrynen Gymnasium

\$2/person

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: January 5, 12, 19 & 26

Fee: \$20/four sessions

Instructor: Cindi Douglas, Certified Yoga Instructor

Where: Room 201



FREEZER MEALS WORKSHOP

Join the fun in preparing seven meals for your freezer. It will save you money and time during the busy holiday season. Imagine having seven meals in your freezer and ready when you get home from your busy workday. Each participant will need to purchase a Pampered Chef pantry pack by December 8 by calling Sandra Aldrich at 218.232.0989. Don't just take our word for it...here are quotes from past participants.

"The chicken tortilla soup was delicious...my entire family loved it!"

"I made the chicken cheesy soup yesterday...it was awesome!"

"What a time saver!"

It was so nice not to stress about "what's for dinner."

Each meal is approximately six servings. (\$3/plate)

When: Thursday, December 18 from 5:30-8:00pm

Where: McGregor Home Ec Room

Instructor: Sandra Aldrich

Cost: Pantry Pack/\$65

Groceries (to be purchased on your own run around \$70)



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, January 26, 2015
 Time: 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: Every Wednesday when schools in session starting December 10 - March 25
 Time: 5:30 - 6:30pm
 Where: Cafeteria Gymnasium

FAMILY PLAY AND LEARNS

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When: Tuesday, January 13, February 10, March 10
 TIME: 5:30 - 7:00pm
 Where: Home Ec Room
 Ages: Birth to grade 4

MCGREGOR ISD #4 PRESCHOOL PROGRAM

Tuesday & Thursday 8:30-11:30am
 Tuesday & Thursday 12:15 - 3:15pm
 Friday 8:30 - 11:30am
 Friday 12:15 - 3:15pm (Pathways II Program)

To enroll your child contact Lisa Kruse or Melanie Guida at 218-768-2111.

EARLY CHILDHOOD SCREENING

Is your child 3 years old?
 Then it is time for screening!
 McGregor ISD #4 Early Childhood Screening is a check on how your child is growing and developing. Early Childhood Screening is required for entrance into kindergarten. We screen children ages 3-5 years. Screen at 3 is BETTER!

Screening date: February 9, 2015

IS YOUR CHILD ON TRACK?

Help Me Grow helps you know. (And helps you know what to do next.)



What do I do if I have a child younger than 3 that I have concerns about?

While all children grow and change at their own rate sometimes you may have concerns that your child is developing differently than other infants or toddlers the same age.

If you have concerns you can call 1-866-693-GROW (4769) Once a referral is made to the local early intervention program where you reside, you will be contacted to arrange for a FREE screening to determine if your child is eligible for FREE Help Me Grow Infant and Toddler Intervention services.

For more information go to <http://helpmegrowmn.org/HMG/index.htm>