

The M<sup>ER</sup>CURY



Check out our website! A NEW LOOK www.mcgregor.k12.mn.us

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From the Superintendent

With just three months left in this school year, parents of our senior students are hopefully preparing for graduation. The class of 2012 will celebrate graduation at 2:00pm on Sunday, June 3rd. The Graduation Ceremony is scheduled to take place in the gymnasium and the Seniors are to meet in the Home Ec. room at 1:15pm. The class of 2012 has been a very nice group of students to work with. I have enjoyed getting to know all of them and wish the the best of luck in the future.

Two faculty members have announced that they will retire at the end of this school year. Sue Staum was hired in 1978, teaches 5th grade and is our elementary yearbook adviser, Mark Lemire was hired in 1991. He teaches Art, Drivers Ed. and is our high school yearbook adviser. Sue and Mark are very helpful in so many ways and will do anything to help our students. We are going to miss both of you. On behalf of McGregor School, I thank each of you for your many years of

service and I hope that you experience many enjoyable activities in your retirements.

The third quarter of this school year ends on Friday, March 23rd. I hope that you can attend parent teacher conferences the following Monday, March 26th. It will be a great time to visit teachers with regards to your child's academic progress. If for some reason you can't attend conferences on that day you may check ed-line or contact your student's teachers any time you would like additional information.

I hope everyone has enjoyed the mild weather this winter.



PAUL GRAMS Superintendent/Principal



SHIP sets sail in McGregor!

Good news for McGregor School students The SHIP has set sail in McGregor. SHIP, the State Health Improvement Project (SHIP) was developed by the Minnesota Department of Health (MDH) in 2007. SHIP is MDH's response to the 2007 Minnesota Legislature's request to develop a plan for statewide health promotion to address the rising cost of health care in our state.

SHIP works by implementing policy, systems and environmental (PSE). Using these tools, the focus of SHIP in schools is to reduce obesity by increasing physical activity and healthy eating.

The SHIP Coordinator and Public Health Educator for Aitkin County, Stacey Durgin, is working with the students, parents and the school community to increase Healthy Food Choices and develop Safe Routes to School. The district Wellness Committee is excited about the process and resources SHIP will bring to some of their goals.



The first meeting to begin the School Health Index Assessment was held February 15th. The assessment process brought about great discussion among the group, including school staff, community education, school board members, parents and students. This group will be looking at bringing more healthy food choices to such areas as a la carte lunch items, vending, concessions, and including non-food choices in classroom rewards, fundraising, and celebration/parties.

The accomplishments of SHIP in a community are dependent upon community participation. The McGregor School belongs to the students and the community of McGregor and its future should be shaped by those people. If you are interested in joining the committee, contact Stacey Durgin at 218-927-7224 or 800-328-3744 or via e-mail at stacey.durgin@co.aitkin.mn.us



# From the Principal



**BOB STASKA**  
Principal and  
Activities Director

We are now into the second half of the year, and there have been many positive things taking place at our school. We are in the middle of our SNOW DAZE activities which include dress up days, basketball competition, talent show, coronation of king and queen, and a dance. Our athletic teams have had a successful year thus far, and our basketball teams are getting geared up for playoffs. Our speech team hosted a large meet in McGregor on January 28th in which students from all over northeastern Minnesota and the Metro area competed. Our choir and band students did well at their section competitions, and will be competing again on March 12th at the Region 7 competitions.

We had 81 students in the high school that have a GPA of 3.0 or above. These students will be treated to a

trip to a UMD hockey game on February 25th in Duluth. There is a sign-up sheet in the high school office. Our 7th and 8th grade students will also be able to earn a trip to Valleyfair on May 30th based on good behavior throughout the year.

With the new age of cell phones, I know that often times, people change providers and phone numbers. When this happens, we ask that you inform the office of these changes. Whether it be for our Instant Alert system or for any other emergency or concern, it is important that we have up to date contact information in our system.

Finally, we have a new program for activity schedules. It is called rSchool. It can be accessed by going to <http://www.polarleague.org> and then click McGregor High School, or there is a link on our school web site on the schedules page. This site can be used to view or print schedules for current seasons or future seasons. Cancellations and updates will be posted on this site. You can even download schedules to your smart phone calendar. I would highly encourage everyone to take a look at this site. I am open to any feedback to make this site even better.

## Senior Class at M.H.S.

Submitted by Sandy Henry

The senior class here at McGregor High School is preparing for graduation. They are settled into their second semester classes, and they are beginning to realize that this is it. Soon, their high school years will only be memories.

They can be heard doing a lot of reminiscing these days. There are elementary teachers they all remember, incidents on the playground that now make them laugh, and things that were said that they still find hilarious.

Most are making plans for their grad parties, and many are planning for that next step - off to college. They have high hopes for the future and goals to achieve, and they plan to live life to the fullest.

At this time, the senior class has not decided the destination of their class trip. They logged in many concession hours to earn money for the trip that will take place in May. Right now, they are bringing in their senior picture to be framed with the rest of the class and hung in the hallway of the school for all eternity. If your senior has not yet brought in a picture for the wall, please encourage them to do so.

The class of 2012 is a great class. For many, they will be the last little one to leave the nest. Parents who have been to all the sporting events, concerts, NHS activities, and parent-teacher conferences, will find they have a lot of free time come next September.

The staff at McGregor High School will miss these students and all their wonderfully supportive parents next year. We certainly hope they'll come back to visit. And for those parents who have their first child graduating, bring your camera so you can capture the abundant proud faces you'll see up on stage. It is, indeed, a momentous occasion.

Graduation is on the third of June in the New Gym. The time is 2 PM. There will be a stage full of seniors waiting to see you there. Please join all of us in wishing them a fond farewell and the best of luck in all of their future endeavors.



# Reading Opens a World of Wonders

Professor Marvels brought his "World of Wonders" to McGregor students highlighting books that circle the globe. The professor used magic tricks to expose secrets behind characters and events our students have learned about while reading. He explained how reading had added fire to his life. Student volunteers from the audience assisted with the performance, adding to the laughter and fun.

*Allen DeMenge posed carefully as the Professor poured an entire pitcher of milk in his ear- waiting to see how much of the liquid ran out and into the bag.*



## One Lane Bridge

A Ghost Story by Stephen Gregg

High School Play (and a little something extra) set for March 16-17.

If you are a fan of the mysterious and enjoy a good chill, you won't want to miss the high school production of "One Lane Bridge". Promoted as a ghost story, this performance will bring you to the edge of your seat as you begin to imagine the possible outcome. The story features Eli, a young man who helps a stranger by giving a ride; Samantha, the mysterious friend of a friend; and a cast of support characters who create a vivid tale of cars disappearing into the night.

The event will begin with a music performance at 7:00 p.m. followed by the one act play at 7:30. Bring your friends and family for a remarkable experience! For more information call Cheryl Meld 768-2111 x239.

Cost: Tickets \$5, presale or at the door.

## Scholastic Book Fair Raises over \$1800 in New Books

The Scholastic Book Fair hosted by Kids Plus at the McGregor School, January 18-20, exceeded its sales goal of \$3000, earning more than \$1850 in free books for our school libraries and Readers' Club. Special events held in conjunction with the book fair included a Grandparent Reception, Family Reading Night featuring Wizard School Magic Show, reading activities, dinner and prizes, a school assembly "Professor Marvel's World of Wonders" magic and reading show; book specials and discounts for teachers and students and a Pie Throw.



*4th Grade Teacher Melissa Korpela takes a pie to the face to celebrate reading.*



## FIREMAN'S SPEECH MEET

The McGregor speech meet was a success. We had 15 schools attend with over 200 students participating. Many thanks to the firemen who donate the money to buy the awards and ribbons. Good luck to the speech team in the upcoming meets.

**SAVE THE DATE...**  
for March 22nd for the Safe Routes  
to School and McGregor Active  
Transportation Walkability Workshop

## High School 2<sup>nd</sup> Quarter Honor Roll

### "A" HONOR ROLL

7th Grade  
Payton Barnaby  
Daniel Dineen  
Zachary Hawkinson  
Sasho Javor  
Alexander Nistler  
Johannah Orbeck  
Averie Seibert

9th Grade  
Aisling Jelinski  
Jennie Johnston  
Randeena Olson  
Jordan Orbeck  
Spencer Passer

10th Grade  
Gretchen Grams  
Abigail Hawkinson  
Rachel Sather  
Stacia Staska

11th Grade  
Tracy Boyd  
Hannah Brennan  
Kelsey McKanna

12th Grade  
Cory Badow  
Ashley Boyd  
Mitchell Carr  
Daniel Gelhar  
Mariah Grams  
Kaitlyn Nistler  
Evan Orbeck  
Anthony Sorensen  
Dylan Wilkie

### "B" HONOR ROLL

7th Grade  
Josh Benjamin  
Katie Boyd  
Joel Draxten  
Cole Gelhar  
Johnathan Huspek  
Michaela Jackson  
Hannah Kelley  
Alex Kowitz  
Zach Kruse  
Ethan Marotz  
Isiah Mushkooub  
Billy Staska

8th Grade  
Annastazia Lake  
Jordan Mickelson

9th Grade  
Caleb Barnaby  
Amy Gelhar  
Chase Hoover  
Sophia Jacobs  
Morgan Kowitz  
Thomas Scollard

10th Grade  
Delaney Eld  
Kendra Mickelson  
Jennifer Rogers

11th Grade  
Corrine Becker  
RJ DeMenge  
Nick Fistere  
Juanita Formo  
Alex Johnson  
Ryan Johnson  
Michael Johnston  
Taylor Jonas  
Dominique Kowitz  
Casey Pangburn

12th Grade  
Gabriel Baumgardt  
Kalvin Becker  
Benjamin Belz  
Megan Boyd  
Alex Carlstrom  
Wynnona Fredrickson  
Lucas Merrill  
Tonya Norton  
Ruth Samson  
Shilynn Thomas

**A+**



## McGregor Choir has a Great Showing at Vocal Music Contest

By Julie Jacobsma

McGregor Choir members had a lot to be proud of on February 8<sup>th</sup>. The choir and all 9 of the soloists that performed received superior ratings at sub-section contest in Crosby, and made it to state.

The McGregor choir is composed of 50 students in grades 9-12. The choir performed "Come in From the Firefly Darkness" and a Hebrew song entitled "Simon Tov". Contest was a month early this year, so the students had to work especially hard in less time than usual! All three judges gave the choir superior ratings. The choir will perform at the state contest on March 12<sup>th</sup> at UMD.

Soloists also competed at contest. Each soloist performed for one judge, who listened for things like correct notes and rhythm, dynamics, accurate and musical phrasing, diction, and other performance factors, like poise, emotional involvement, etc. Soloists, Casey Pangburn, Aisling Jelinski, Ashlinn Moore, Mary Brennan, MaiKayla Collins, Jasmyn Orosco, Woody Smith, Cookie Smith, and Dominique Kowitz received superiors and will compete at the next level in Duluth. Dominique got a perfect 40 out of 40 points, and a "Best in Site" award, which means that of everything the judge heard that day from all schools, Dominique had the most outstanding performance.

The choir would like to thank the administration, staff, and community for all their help and support throughout the year. We would especially like to thank the Lions Club, the Fire Relief Assoc., and the Minnewawa Sportsmen—all three organizations donated money in the past that was used towards robes and a new piano for the auditorium.

The next Choir concert is March 9<sup>th</sup>, at 7:00 in the auditorium. Hope to see you all there!

## Good Character Club After School

Good Character Club is offered to twenty-five 1st and 2nd graders in Kids Club, the afterschool program funded through our 21st Century Community Learning Center grant, federal funds administered by the MN Department of Education. One way we stretch the grant resources is to invite area organizations and individuals to teach special topics and skills.



Kinship of Aitkin County offers a character education curriculum called Character Counts. Kinship Activities Coordinator, Jolynn Kulhem, teaches Character Counts each Thursday afternoon in Kids Club. The character traits covered include caring, respect, fairness, trustworthiness, responsibility and citizenship. Each week the children learn about one trait through discussion, role-playing, games and activities. The Character Counts graduation will be held Thursday, February 23 at 5:00 p.m. in the high school Home Ec. room.

The photo attached shows Jolynn Kulhem leading an activity demonstrating fairness, in which each group of children had to split up a given amount of plain and yogurt covered raisins fairly.

# Elementary 2<sup>nd</sup> Quarter Honor Roll

## A HONOR ROLL

### GRADE 4

Emma Arnold  
Micah Barnaby  
Karley Eld  
Carson Ford  
Laine Horton  
Tyler Horton  
Robbi Hutchinson  
Logan Jackson  
Emily Johnson  
Grace Johnson  
Gavin Jones  
Alana Maki  
Jackson Paquette  
Marshall Passer  
Nathan Scollard

### GRADE 5

Grace Anderson  
Andrea Bohn  
Robby Kral  
Tryston Morlang  
Constance Pagan

### GRADE 6

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

## B HONOR ROLL

### GRADE 4

Isabelle Boyd  
Catherine Hill  
Jordan Misquadace  
Madison Niemeyer  
Audrianna Rosenberg  
Shellby Weaver

### GRADE 5

Angela Branchaud  
Blake Donner  
Christian Wylie

### GRADE 6

Peter Barta  
Allison Farley  
Aaliyah Hart  
Rachel Hauser  
Shelby Kelley  
Elizabeth Lake  
Ben Muller  
Zach Wyttenback

# Help Make History!

The McGregor Area Historical Society is looking for your help. We'd like to serve our community and its history well and to do that we need to know what YOU are interested in. Please take a minute to clip, complete and return the survey as directed. Thank you!

Please rank the following themes in order from 1 – 5 (1 being of most interest) to let us know what would be of most interest to you. We will use your responses to shape our theme for exhibits, projects and presentations during our upcoming year.

- \_\_\_\_\_ Genealogy - researching and compiling a family history
- \_\_\_\_\_ Antiques - appraisals, valuation, show, sales
- \_\_\_\_\_ Geocaching - digital technology highlighting area landmarks and historic sites
- \_\_\_\_\_ Speakers - presentations by local and guest experts on historical topics A
- \_\_\_\_\_ Other (please be specific)

Thank you for your contribution! Please return this survey to: P.O. Box 99, McGregor, MN 55760. **Due date of March 30th**

If you have questions or comments please contact Cheryl Meld @ 218-768-2111 x239



## Earn Cash for Our School



McGregor School has registered to participate in a new program offered Country Hearth Village Hearth breads, allowing us the opportunity to earn cash for our school! The community can help by saving the UPC Proof-of-Purchases from any Country Hearth or Village Hearth product. Each UPC is worth 5 cents. UPS's can be dropped off at the school or Big Dollar Grocery store. For more information you can log on to, [www.loaves4learning.com](http://www.loaves4learning.com)

Thank you for supporting our local school.

Here are a few more ways to earn cash for our schools.



Save the 10 labels from General Mills, Pillsbury & Betty Crocker and Now Land o' Lakes Participating Products



Labels for Education

Nourishing people's lives everywhere, every day.™



Save the UPC code and/or the 1 & 5 point code labels from all Campbell's products. This includes Swanson, Pepperidge Farm, Franco-American, Prego, V8 products, Pop Secret Popcorn and Bic office supplies



Save the milk caps from Land o' Lakes milk. And the Box Top from other Land o' Lakes items such as butter.



TerraCycle

<http://www.terracycle.net>

Save the package from ANY brand or size

candy, chip, cereal or cookie bag, Elmer's glue sticks and bottles, and empty tape dispensers too!



Save the Milk Caps or .05 Proof of Purchase from cottage cheese, sour cream, and 1/2 gallon milk



Save Reward codes from the inside of 12 & 24 packs or the cap from bottles

# Together, We Will Win With Wellness BINGO Campaign

McGregor Community Education and ISD #4 is partnering with Riverwood Healthcare Center as we all WIN WITH WELLNESS!

Along with Riverwood...McGregor Community Education and McGregor Physical Education Teachers are encouraging students, staff and community to be mindful about their wellness through daily activities and classes for all. We are doing our part to bring awareness to our staff and students about their own wellness. Community Education offers many classes for both adult and child that focus on the whole person. We are doing our part and we encourage you to join in on



the fun. BINGO! You can be on your way to a healthier lifestyle. For more information on how you can actively participate in the wellness campaign visit the link to the bingo page at [www.RiverwoodHealthcare.org/bingo](http://www.RiverwoodHealthcare.org/bingo)



*"Wellness is more than eating healthy and exercise, it's a state of mind. Small steps can change the health of our community."*

~Riverwood Healthcare Center

Exercise and Movement Class for Older Adults takes place every Tuesday and Thursday at 10am in the McGregor Community Fitness Center. This class is for adults that have issues such as fear of falling, aches and pains, if you use a cane or walker, walk slower than normal, walk bent over or have a chronic disease. Judy Hawley, PT and Instructor focuses on movement issue helping with balance and control. The class is \$20/month. You may start at any time as this is an on-going program.



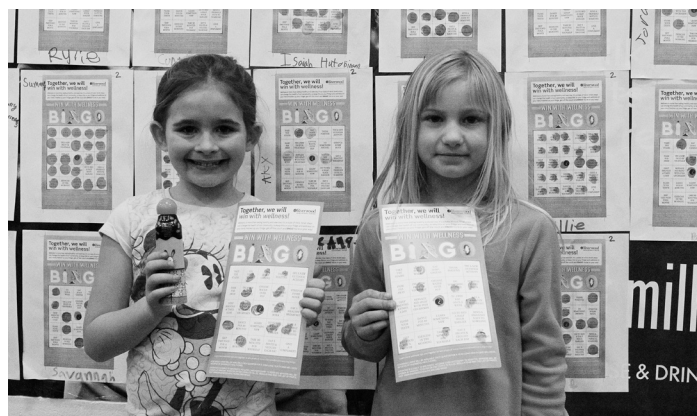
## SilverSneakers® MSROM (Muscular Strength & Range of Movement) Class

Join the Movement!!

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.

The class meets every Tuesday and Thursday from 10:00 - 10:45am in the McGregor High School Auditorium stage. The class is taught by Paula Jackson, Certified Fitness Instructor.

(Healthways is a leading national provider of integrated preventive health services, guiding people to make positive changes to their health and reduce their risk of disability and disease)



Students have jumped on board with the BINGO campaign! Josh Whalin, Physical Education teacher is working with elementary students as they participate in the school-wide wellness initiative through daily fitness activities and the BINGO cards.

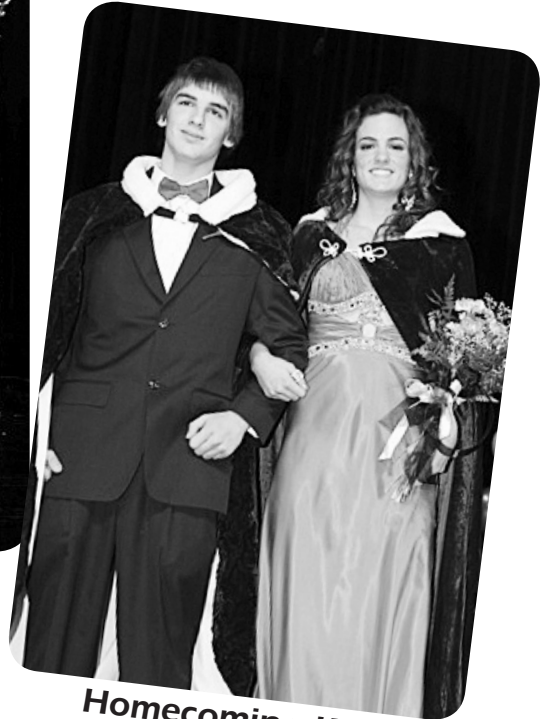


Students keep moving in physical education! One of the many ways to promote physical activity is the climbing wall in the gymnasium.

# Sweetheart 2012



Back row (left to right): RJ DeMenge, Calvin Becker, Ashton Vierkandt, Delaney Eld, Ashley Boyd and Juanita Formo  
Front row (left to right): Jason Maki, Tim Scollard, Abby Hawkinson and Riley Sellers



Homecoming King  
**TIM SCOLLARD**

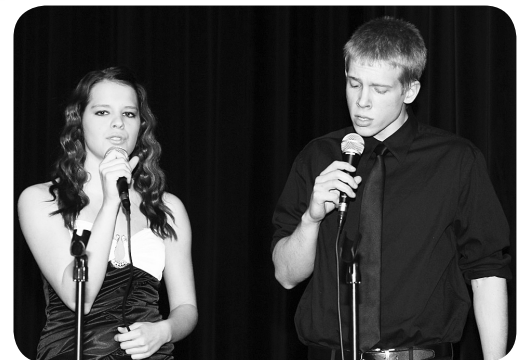
Homecoming Queen  
**ABBY HAWKINSON**



Breezy Carr and Stacia Staska; MCs  
for Sweetheart 2012



MaiKayla  
Collins and  
Daniel  
Gelhar  
performing...  
*Just a Kiss*



2  
0  
1  
2

# Graduation

Sunday, June 3  
2:00 p.m.













# McGregor Community Education

LISA KRUSE, Director

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

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

Office Hours: Monday, Tuesday, Thursday, Friday



## BIG SANDY WATER INSTITUTE

Children turning a leaf, roaming through the woods, swimming with critters, learning how animals survive in the forest, how water ecology plays an important role on fish species are essential for a child's development. The positive effects of involvement with nature can form a foundation for environmental stewardship.



The goal of the Big Sandy Water Institute program is to be purposeful and intentional by creating access for children to overcome some of the barriers to nature, avoiding the barrier of overly structured children's time and the elimination of the indoor electronic distractions by offering a blend of recreational and environmental activities together. By offering such blended educational programs will provide and can help inspire a societal shift in the cultural and behavioral patterns that isolate children from nature.

Youth need to learn the importance of being stewards of their own environment in which they live. Environmental education programs that focus on those needs and the impact it has on our environment will ensure future sustainability and enjoyment of our natural resources. Spending time helping youth become more mindful of the earth and in touch with nature will create behavior shifts in children. Recent studies prove the earlier children have exposure and are connected with nature the better they will be in terms of commitment and understanding. Big Sandy Water Institute is an experiential program for children 8 years old and up. Watch for further details... summer is right around the corner!



BSWI 2012 will take place June 18 - 22, June 25 - 28 and July 9 - 12 and July 16 - 19  
Swimming lessons will take place on July 23 - Aug 2

**Watch for BSWI brochure to hit mailboxes early May!**

## 2012/2013 Preschool Registration

Preschool registration letters for the 2012/2013 school year will be mailed out the first week of April to families of preschool age children. The preschool registration is on a first-come-first-serve registration basis with priority given to those qualifying under Statute 124D.16.

## SELF DEFENSE CLASS

**Sponsored by Support Within Reach and McGregor Community Education**

Support Within Reach is a private, non-profit, sexual violence resource center that provides services to both Aitkin and Itasca Counties. We provide support for survivors of sexual violence and prevention education for the community.

According to the US Department of Justice, someone is sexually assaulted in the United States every two minutes. With that in mind, SWR is partnering with McGregor Community Education in order to offer a one-time Self-Defense Class to women in the McGregor Community. We are also offering a class for the 10th-12th grade girls at McGregor Secondary during the school day. Girls ages 16-19 are 4 times more likely than the general population to be victims of rape, attempted rape, or sexual assault.

MKG International is dedicated to the highest levels of training and individual improvement in the martial arts. Through the latest innovations and best research into traditional methods we will offer our students the best training possible. Martial arts can teach students about their own strengths and challenges. We believe all people have unlimited potential and that it is our job to bring that out. We will help students to feel more secure through knowledge of self defense. We will show you the step by step progressions toward self improvement.

Cost: Free  
Class: Wednesday,  
March 21st at 5:30 pm  
Where: High School  
Auditorium  
Thank you to the McGregor  
Fire Relief Association for  
funding this program.



## THE MERCURY

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

### BOARD OF EDUCATION

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## McGregor Community Education Dance Program And Recital

The Community Education Dance Program is taught by Lindsey Nelson and Delaney Eld. The instructors bring an array of experience, passion and excitement to the program as they work with the dancers.

Delaney moved to McGregor from Duluth. She has been involved in a variety of dance classes since she was 3 years old. She was an assistant jazz and ballet instructor at Stacey's Studio of Dance Education in Duluth. Dance is her passion and she is excited to have the opportunity to work with your child.



Lindsey graduated from McGregor High School in May 2011 and has enjoyed dancing for thirteen years. She is currently involved in a teaching program at Itasca Community College in Grand Rapids. She attended Dance Connection in Rosemount for three years, Brenda's School of Dance in Farmington for six years, Just For Kix in Farmington for two years, Just For Kix in Mora for two years, and the Community Education Dance Class in McGregor for one year. The different styles of dance that I have learned include ballet, tap, jazz, and kickline.

Join us on Saturday, May 5, 2012 as the students perform at their recital in the McGregor High School Auditorium.

The dancers performed their dance routine at half-time of MHS basketball games.

## Parent/Child Yoga Class

This parent/child yoga class will develop body awareness, language, good listening skills, cooperation and powers of observation. This class will balance quiet and active poses. Children will follow the instructor learning names of body parts, location and function as well as relaxing after a busy day of school.

Wednesday, March 7, 14, 21 & 28 from 4:30 - 5:00pm  
Health Classroom

Fee: \$15 for parent and child - four week session

Paula Jackson, Instructor

Register with Community Education

## Elementary Basketball



McGregor Community Education would like to thank Jerod Fischer, 6th grade boys coach; Nate Jackson and Pat Scollard, 4, 5th grade boys coach; and Dave Hawkinson and Mike Tast, 4, 5, 6 grade girls coach for your many hours of dedication to teaching our young athletes the sport of basketball. Their time spent with the kids goes beyond the sport. It teaches students discipline, social skills, work ethic and team unity; all in which will help them in the future.



**McGregor Community Education is  
now on Facebook. Join us!**

### HOW TO REGISTER

1. CALLING: 218-768-2111 x233
2. FAX: registration form  
to 218-768-3901
3. MAIL: registration form to  
ISD #4/Community Education  
PO Box 160, McGregor, MN 55760
4. DROP BOX: outside CE office
5. E-MAIL: llkruse@mccgregor.k12.mn.us

### REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_

FEE \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_

CLASS \_\_\_\_\_

YOUTH \_\_\_\_\_ ADULT \_\_\_\_\_ 55+ \_\_\_\_\_

# Community Education

## ADULT LIFE-LONG LEARNING OPPORTUNITIES

### Primitive Grungy Candles Class

All Classes in the Home Ec Room

\$10/class

Dawn Waddick, Instructor

Do you like "grungy" candles? The instructor has different versions of primitive candles. Try just one out or attend all three classes.

Version 1 — Thursday, April 5 at 6:00pm

You will need to supply a pint mason jar for this class; all other supplies will be provided for you. Just bring the jar and let the decorating fun begin.

Version 2 — Thursday, April 12 at 6:00pm

Version 3 — Thursday, April 19 at 6:00pm

### Aitkin County Master Gardener Library Series 2012

The Aitkin County Master Gardener's will be presenting free horticultural classes this spring on five subjects: Soils, Annuals, Perennials, Container Gardens and Small Water Features.

All classes will be held at the McGregor Area Public Library.

**SOILS:** Soil types and how soil effects water availability to plants will be covered. Nutrients required by plants and how nutrient availability is impacted by soil PH will be discussed. Soil management starting with soil testing, continuing with soil amendments and how to deal with compaction and soil salinity will be covered.

Saturday, March 10, 2012 @ 10:30am

**ANNUALS:** Class will cover four categories of annuals: hardy, half-hardy, tender and horticultural annuals. We will review color combinations, sun and shade varieties, starting annuals from seed, what to look for when purchasing plants, fertilizing, watering, mulching, and disease prevention. We will also learn about pinching, disbudding, deadheading and pruning annuals.

Saturday, May 12, 2012 @ 10:30am

**PERENNIALS:** Class will cover the characteristics of perennials, soil preparation, fertilizing, water requirements, mulching, and dividing. We will explore cold hardy zone 3 perennials, Shade/Sun varieties, starting from seed, color combinations, weed control, pinching, pruning, thinning, blooming times, ground covers, and winter interest.

Saturday, May 19, 2012 @ 10:30am

**CONTAINER GARDENS:** Class will review types of pots, potting soil, fertilizing, watering, and pinching/disebudding, we will cover pouches, hanging plants, pots, natural containers, tufa, vegetables in containers, as well as raised beds. We will also explore shade vs. sun, color combinations, purpose, formal/informal, and sites for container gardens.

Saturday, May 5, 2012 @ 10:30am

**SMALL WATER FEATURES:**

Emphasis will be on water features, including ponds, streams and waterfalls, that can be planned and installed by the home owner. Site selection criteria, design, installation and maintenance will be discussed along with plant selection, potting and winter care.

Saturday, April 14, 2012 @ 10:30am

### Fairy Garden Class

Whether you call them miniature gardens or fairy gardens, this class will provide all the information you need to build your own miniature garden. Plant selection, arrangement and design will be covered to enable attendees to build a miniature garden ranging from small dish garden to a larger exterior garden. This class will be held at The Green House in Carlton. All material needed will be available to build one on site if desired.

Tuesday, April 17, 2012 from 6:00 - 8:00pm

Carlton Green House

Depart from school at 4:45pm and arrive back at 9:15pm

\$10; payable to Community Education

You will be responsible for all material costs at The Green House  
[www.thegreenhousecarlton.com](http://www.thegreenhousecarlton.com)

### Container Gardening

These increasingly popular classes, held at The Green House in Carlton, feature valuable guideline for planting mixed containers, plant selection, soil, container size, fertilizing & many other points are covered. Participants may bring in their own containers(s) minimum 12", or obtain them at the class. You may plant as many as you want. Soil & plants will be available at discounted prices. Instruction will be by Jim and The Green House staff.

Get your hands dirty while planting & then leave your container(s) at The Green House to be cared for there until picked up no later than May 15.

Classes: April 16, 18, 19 & 20, 2012 from 6:00 - 8:00pm

Transportation will not be provided.

Class costs are payable to The Garden House

### GPS Class at Long Lake Conservation Center

How many of you find it difficult to stay up with new technology? Have you purchased a GPS unit and then, in trying to use it, found yourself getting frustrated because you just couldn't quite get it down and ended up putting it in some dresser drawer to gather dust? Maybe you are someone who has long thought about purchasing a unit, but lacked the confidence in whether you could really use it the way it was intended? If you fall into one these two groups, or have a GPS, have used it, but want to get better with it; then this is the class for you!

Trained LLCC staff will give training on how to get the most out of using GPS units. Using LLCC's GPS units, participants will get to learn all the basics behind orienteering with a GPS and will get a chance to test this new or added knowledge by actually doing some GPSing out in LLCC's beautiful 760 acres. If you are interested in learning how to use a GPS and want to learn more about it, this is the event for you.

The GPS Class will be held at the School House. LLCC will provide GPS units for class participants. Bring your own if you want to use it.

Saturday, March 10, 2012 from 9:00am - Noon

\$5.00/person includes use of equipment and refreshment  
Long Lake Conservation Center

Pre-registration is required. Please email

([info@llcc.org](mailto:info@llcc.org)) or call 800-450-5522 or 218-768-4653 to register.  
(LLCC is located at 28952 - 438th Lane, Palisade, MN)

### The Glensheen Mansion Community Day

Take a tour of the Glensheen Mansion as they celebrate 33 years as a historic house. This historically significant estate on the shores of Lake Superior will take your imagination to the time the family lived there as it has been impeccably preserved. Following the tour we will stop for a bite to eat at Canal Park and a short walk on the boardwalk.

Friday, May 25, 2012

Depart from McGregor school at 8:30am and return around 3pm  
\$10; you will be responsible for your own lunch cost

**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.

Instruction Class: April 18, 2012 from 6:00 - 8:00pm  
 Construction Classes: May 1 and 3 from 6:00 - 10:00pm

\$50/one project (best to work as a team)

John Bajda, Instructor  
 McGregor High School Shop Classroom

**Computer 101**

Are you a new computer user? If so, join us for Computer 101 as we walk you through the basic functions of your computer. You will learn how to navigate the worldwide web (internet) and also show you how to type a letter in Microsoft Word. If you have a laptop please feel free to bring it with you to class.

Tuesday, March 27, 2012 from 5:30 - 6:30pm

McGregor High School Business Lab

Fee: \$5/class

Instructor: Lisa Kruse and Stephanie Burg

**Computer Maintenance**

Just like your automobile your computer needs to be on a maintenance schedule. Join us for this 90 minute class to learn about malware, software, updates and more. (No we will not be taking the computer apart). Sponsored by East Central Regional Library. Free

Thursday, April 26, 2012 @ 10:00am

McGregor Area Public Library

**Genealogy Club**

Come and learn...come and share; come and see who is out there. Judy Hawley will be leading the group. She has experience using ancestry.com and many other websites.

McGregor Area Public Library

2nd Tuesday of every month from 3:30 - 4:30pm

**Community Book Club - Mind In The Making by Ellen Galinsky**

Do you enjoy reading? Join the community book club for group discussion and feedback as we study *Mind In The Making* by Ellen Galinsky. Galinsky incorporates the findings of outstanding researchers in child development and neuroscience for the "essential life skills" children need to cope with modern life and achieve their full potential. Galinsky describes strategies for teachers in their classrooms and for families at home to foster these critical cognitive and social-emotional skills. Whether you are an educator, child care worker, parent or grand-parent this material is fascinating. It's a great group of people...join us.

Starting Thursday, March 29, 2012 from 4:00 - 5:00pm

M.O.R.E. Building

\$14 for the book

Please RSVP to Community Education by March 13th

**Financial Seminar - How to Improve Your Financial Outlook in Tough Economic Times**

Lakes and Pines will be assisted by two Minnesota Opportunity Corps financial literacy coaches. Through Lakes and Pines, these coaches will be offering clients FREE one-on-one sessions as well as FREE group classes in order to improve clients' understanding of basic financial and credit-related issues which include:

- \* Budgeting
- \* Debt management
- \* Asset development

Clients will be assisted in developing personal financial plans that involve ways to improve income, reduce debt, repair credit, improve savings, and reduce spending. Coaches will also connect clients with potential resources that they may be eligible for. Reminder: ANYONE, regardless of financial situation, can come in for counseling or attend classes.

Our coaches are excited to begin working with you!

Tuesday, April 17, 2012 from 6:00 - 8:00pm

McGregor High School Home Ec Room

This is a FREE class

Must pre-register with Community Education

**eReaders Training**

Do you own a Kindle, iPad, or Nook? Join us for eReaders training and learn how you can benefit from the new program at McGregor Public Library. Download your favorite book and get reading with this new program.

Thursday, March 1, 2012 at 11:00am

McGregor Public Library

To register call Penny at 218.768.3305

**Meet The Authors - Greg Breining and Peg Meier**

Greg Breining, Author of *A Hard-Water World* and Peg Meier, Author of *Wishing for a Snow Day* will be visiting the Public Library. Join them as they are on the homegrown author tour!

Saturday, March 17 at 1:00pm (Greg Breining)

Saturday, April 21 at 11:00am (Peg Meier)

McGregor Public Library

**ADULT AND SENIOR FITNESS CLASSES**

**SilverSneakers® Muscular Strength & Range of Movement**

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.

Every Tuesday and Thursday from 10:00 - 10:45am

Paula Jackson, Certified Fitness Instructor

\$3/class or free to SilverSneakers Eligible members

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

**SilverSneakers® Yoga Stretch**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Every Tuesday and Thursday from 11:00 - 11:30am

Paula Jackson, Certified Fitness Instructor

\$3/class or free to SilverSneakers Eligible members

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

- fitness center)

*Be healthy and stay independent. Get fit, have fun, make friends!*

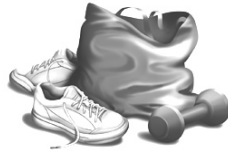


**Exercise and Movement Class for Older Adults**

Do you 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 sitting down or standing with support.

Every Tuesday and Thursday from 10:00 - 11:00am  
You may join at any time.

McGregor Community Fitness Center  
\$20/month; payable to Judy Hawley, PT  
Need a Ride? Call Angels at 218.768.2762  
To register call Judy at 651.247.1331



**Learn the Basics of Kayaking**

Kayaking is a great recreational sport that most anyone can participate in. Learn the basic kayak and safety skills from trained instructors Brenda Hadrich and Paula Garrett as you spend time outdoors and on the water.

Tuesday, June 19 from 3:30 - 5:30pm

Army Corp of Engineers Libby Dam

Fee: \$15/class

Instructors: Brenda Hadrich and Paula Garrett

**Open Swim At County Meadows**

A non formal water aerobics class with other adults takes place every Monday and Wednesday at Country Meadows Pool.

Monday and Wednesday at 7:30am

Country Meadows Pool

No Instructor

\$4 pool fee each session paid to Country Meadows

**Ask The Physical Therapist**

Spend time with Judy Hawley, PT, MAPL for a FREE question and answer series related to your body.

Judy graduated from the University of Minnesota with a degree in Physical Thereapy in 1991. She has primarily practiced in the area of orthopedics. Her specialites are osteoporosis, falls prevention and back stabilization (core strengthening). Before moving to McGregor, she spent the last 11 years as executive director of her state professional association. Judy also has an advanced degree in advocacy and political leadership. Her leisure passions include genealogy, walking, and spending time with her husband and two adult children.

McGregor Community Fitness Center

No charge; must pre-register to set up an appointment

**Weight Watchers**

You are close to losing weight! Join your friends now and start eating healthy for a better tomorrow.

Every Tuesday

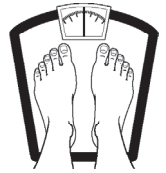
Located in the MHS Home Ec Room

Registration and Weigh-In 5:00pm

Meeting 5:30 - 6:00pm

Leader will be Carol Pawlak

Pay Weekly, Monthly or other plans available



**AARP MINNESOTA DRIVERS SAFETY PROGRAM**

Taking this class is an easy and sure way to reduce your motor vehicle insurance premiums. State law requires all auto insurance providers 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 four-hour refresher class is taken. No tests are given. All participants will be issued a certificate at the end of the class. These are valid for a 10% reduction for each of the next 3 years. You must have a valid driver's license with you at the beginning of the class so that a certificate can be issued.

Cost is \$12.00 for AARP members and \$14.00 for non-members, for either the initial class or refresher. Persons registering for a class will need to provide their AARP membership number when registering, AND bring their card to class. Non-AARP members may call 1-888-687-2277 to become a member and non-members will NOT be allowed to join AARP the day of the class. The Aitkin County Senior Office, Clear Lake Grange #692 and AARP will sponsor these classes and PRE-REGISTRATION IS A MUST!

**To register, send a check made payable to AARP**

Mail to: R. Wigton, 33514 Dove St., Aitkin, MN 56431

There will be NO PHONE REGISTRATIONS, but payment must be made one week before the class begins. THE CLASSES CLOSE ONE WEEK PRIOR TO THE DATE OF THE CLASS AND AT THAT TIME YOU WILL RECEIVE A REMINDER PHONE CALL. IF THE CLASS IS FULL, YOU WILL ALSO RECEIVE A PHONE CALL TORESCHEDULE. Don't assume you are in a class just because you sent in a check. Remember that classes are limited to 25-30 people, so get your registrations in early. Please include the date of your class on your check as well as your phone number. Your check will NOT be cashed until after the class is done. Call the Senior Office at (218) 927-3811 in case of cancellations only.



**FIRST TIME**

March 26, 2012 ■ 8:00am - 4:00pm

McGregor Public Library ■ Olson, Instructor

**REFRESHER COURSE**

April 26, 2012 ■ 12:00 - 4:00pm

Grace Lutheran Church ■ Holten, Instructor

July 26, 2012 ■ 12:00 - 4:00pm

Grace Lutheran Church ■ Holten, Instructor

**Save the Date -**

**Self Defense Class for Women:**

March 21 @ 5:30pm

**Family Dance Night:** - March 1

**JH/HS Choir Concert:** - March 9 @ 7:00pm

**High School Play:** - March 16 & 17

**Prom 2012:** - April 28

Greysolon Plaza in Duluth

**Dance Recital:** - May 5 @ 6:00pm

**HS Awards:** - May 24 @ 9:30am

**HS Spring Pops Concert:** - May 24

**JH Band/Choir Concert:** - May 29



# Lion's Poster Winner

Submitted by Jeffy Feucht



Dustin Demenge, along with Lions Alice Graff, accepting the first place award for his poster from the McGregor Lions Club. Every year the lions have a poster contest in which the fourth, fifth, and sixth graders at McGregor school participate. Each grade is judged individually for a winner. Then, from the 3 winners, one is sent on to the District Lions convention to compete. This years posters were about making the world a better place. Dustin's poster was titled 'Be Like The Greats' and he drew images of Martin Luther King Jr., John F. Kennedy, and Abraham Lincoln on it. Nice job Dustin. Dustin is in Robin Hawkinson's sixth grade class.

## National Honor Society



Each holiday season the McGregor Chapter of the National Honor Society provides Christmas presents and stockings to local children from disenfranchised families. This year NHS members involved in shopping and/or gift wrapping include, from left, Megan Boyd, Mariah Grams, NHS Adviser Lon Baumgardt, Wynnona Fredrickson, and Ashley Boyd. Funding for this initiative comes from money raised through vending machine sales.



**Get fit, have fun, make friends!**

**You may join any day of the month!**

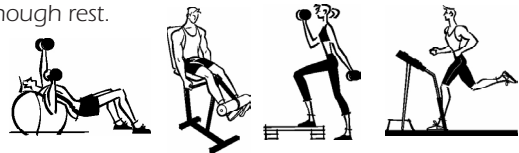


## GET FIT, GET HEALTHY, GET MOVING...

*at the McGregor Community Fitness Center*

Why wait for the New Year to get yourself fit, healthy and moving. Do it for yourself right now! McGregor Community Fitness Center is open to the public and has an array of fitness equipment suited for every individual. Get motivated and moving today! Join us...it is a great place for inspiration and motivation as you begin or continue with your fitness routine.

**Wikipedia says...**Physical fitness comprises two related concepts: general fitness(a state of health and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through correct nutrition, exercise, and enough rest.



### Fitness Center Hours

Monday - Friday  
6:00 - 10:00am

Monday - Friday  
3:30 - 7:30pm

Single Membership \$30/month  
Couple Membership \$50/month

Insurance Incentives include:  
Blue Cross Blue Shield    UCare  
Humana    Medica  
Blue Cross Blue Shield Platinum Blue

For info contact Lisa at 768.2111 x233