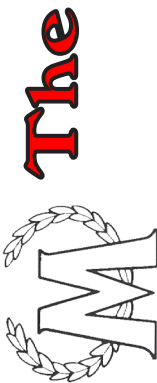


# The MERCURY



## DATES TO REMEMBER:

- Mar 13: Parents' Day
- Mar 13: JH/HS Choir Concert
- Mar 21: 3rd Quarter Ends
- Mar 25: JH/HS Band Concert
- Mar 31: Make up snow day for students & staff
- Apr 1: Parent Conferences 4:00-7:30
- Apr 3: Parent Conferences 4:00-7:30
- May 8: Elementary Spring Concert 1:30
- May 15: JH/HS Band Concert
- May 16: Kindergarten Roundup

Check out our website!  
**Updated Weekly**  
[www.mcgregor.k12.mn.us](http://www.mcgregor.k12.mn.us)

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- CE 4 School Board Recognition

## From the Superintendent

It has been a long cold winter this year. As a result, we had four days canceled so far either because of extremely cold temperatures or snow. We made a change to our school calendar to make up 2 of these days. We will now have school on Monday, March 31<sup>st</sup>. Conferences have been changed to the evenings of April 1<sup>st</sup> and April 3<sup>rd</sup> from 4:00 to 7:30. We will also have school on Thursday, April 17<sup>th</sup>. Please mark your calendars to reflect these changes.



**PAUL GRAMS**  
 Superintendent/  
 Principal

We always have a lot of fun activities for our students. The elementary students are scheduled to have a Talent Show in the Auditorium on February 28<sup>th</sup>. It is exciting to see the brave participants get up on stage to show off their talents. The elementary will also be celebrating Reading with Dr. Seuss week on March 3<sup>rd</sup> to March 7<sup>th</sup>. Every day that week has a different theme. Monday is pajama day, Tuesday is a beach day, Wednesday is wacky and wild clothes and hair day, Thursday is class color day, and Friday is all about dogs, with surprise visitors to the school. The elementary student reps are also sponsoring and planning a dance for grades 4<sup>th</sup> – 6<sup>th</sup> after school on March 28<sup>th</sup>.

With only three months left in the school year, parents of our senior students are preparing for graduation. The class of 2014 will celebrate graduation at 2:00 pm on Sunday, June 1<sup>st</sup>. The Graduation Ceremony is scheduled to take place in the gymnasium. The seniors are to meet in the Home Ec room at 1:15 pm.

We have three faculty members that have announced their retirements at the end of this school year. Lon Baumgardt has been a high school science teacher here for 35 years. Peggy Baumgardt has been an elementary teacher for 34 years and Patty Fisher has been an elementary teacher for 19 years. On behalf of McGregor School, I thank each of you for your many years of dedicated service to the students of this school. You have each left a memorable impression on not only the past and current students but the staff as well. Thank you. We wish you well in your next adventures.

## SPRING TRAP LEAGUE SIGN UP NOW

The 2014 Spring Trap League season is upon us. Anyone in grades 6th-12th and have completed gun safety training, are invited to join the M.A.C. Bird Busters Trap League. There are deadlines we need to meet so here is the schedule for the 2014 Spring League:

- March 15th: Athlete Registration Deadline
- April 2nd: Practice Week 1
- April 9th: Practice Week 2
- April 16th: Reserve Week
- April 23rd: Competition Week 1



The cost of this is generously covered by the Minnawa Sportsmen's Club and other local organizations. Members of these organizations also volunteer their time. In return, they ask that you respect their time and effort by showing up each week and doing the best you can.

If you are interested in participating, you can contact one of the following:

- Angela DeWitt: 218-590-2813 cell
- Gary Vorlicky: 651-325-7445 cell
- Mike Kruse: 612-810-2420 cell

## CODY HALVORSON BENEFIT



*Cody, a senior at MHS, was injured in a tree cutting accident and is paralyzed from the waist down.*

### SPAGHETTI DINNER AND AUCTION

Sat., March 29 ▪ 4:30-7:00pm  
 McGregor Community Center

Proceeds to help with his medical costs.

Cash donations can be made at:  
 Grand Timber Bank  
 c/o Cody Halvorson

For more information contact Tom at 612-751-5174

# From the Principal



**BOB STASKA**  
Principal and  
Activities Director

Congratulations to the 72 high school students who achieved the honor roll during the second quarter! This was one of our highest percentages of students in recent memory. Students achieving a 3.0 GPA or higher in the first semester will have the opportunity to attend a UMD hockey game on March 7<sup>th</sup>. This has been an annual event that has been fun experience for our students.

I encourage parents of students in tenth and eleventh grade to take some time to check their child's progress toward graduation and toward meeting college entrance requirements. Mrs. Dayton, our guidance counselor, or I would be happy to sit down and meet with parents to discuss options and requirements so that students are on track to meet their future goals and aspirations after high school. It is important that parents discuss course

choices and check on graduation progress before their senior year. It is equally important for students to get started early on making up credits that they may not have earned during their ninth or tenth grade year so that they are still on track for graduation.

Congratulations to senior Abby Hawkinson on hitting two huge milestones in her basketball career at McGregor. On February 3<sup>rd</sup>, Abby scored her 2000<sup>th</sup> career point against Hill City, and on February 25<sup>th</sup> against East Central, Abby surpassed the McGregor School record held by Jake Root of 2113 points scored in her career. At the time of the writing of this article, the girls still have two more varsity games and hope to make a good play-off run again this year, so Abby will have a great opportunity to extend the record even further.

Thank you for all your patience this year with the various cancellations and rescheduling of games due to poor weather. I encourage everyone to bookmark this website: [www.polarleague.org](http://www.polarleague.org) and click on the McGregor High School link for all the updated schedules and cancellations involving high school athletics. When a decision is made to postpone an event, I update this page first, so this gives you the most current information. There is a link to this site on the McGregor website as well. Hopefully, we will have a better spring this year, and we won't have to wait for June for it to arrive!!

## “How Time Flies!”

The senior class of 2014 is certainly coming to understand the phrase, “How time flies when you're having fun.” Most cannot believe that they are in the second semester of their last year of high school.

As most of us are looking forward to summer and some warmer temps, the seniors are looking forward to graduation. They chose a design for the grad announcements, ordered them, and are awaiting their arrival because that will be just one more reminder of how close graduation actually is.

Last week, they celebrated their last Sweetheart Week and were proud to have a senior class member chosen to be the reigning Sweetheart Queen. Breezy Carr was voted into that position and will now get to return next year to crown a new Sweetheart Queen.

A senior highlight was Abby Hawkinson scoring over 2,000 points in basketball. The seniors are proud to see her name go down in the record book here in McGregor.

Another source of pride is Rachel Sather going to Beijing to model. What an exciting experience for a senior girl! We anxiously await her return, as she is the class valedictorian and will be speaking at graduation.

The seniors have also been busy working concessions to earn enough money to cover graduation expenses, and most importantly, a class trip. They have yet to decide where they want to go, but Valley Fair rumors are in the air. Hopefully, spring will have arrived by then.

This year, graduation is on June 1st in the New Gym. Lexi Campbell, the senior class president, will be welcoming everyone. The seniors will be honored to have Dr. Lon Baumgardt as their honorary speaker. On behalf of the senior class, I would like to invite everyone to come to graduation and watch the proud seniors receive their well-deserved diplomas.

# CONGRATULATIONS CLASS OF 2014



**Graduation Ceremony**  
Sunday, June 1  
at 2:00 pm

# Counselor Corner

It's hard to believe, but spring is just around the corner! Before we know it, spring fever will hit and kiddos will want to be outside rather than inside working on homework. Parents beware: teachers still assign homework in spring, so if you're hearing a lot of "I don't have any homework" you might want to check JMC online for missing work and grade updates. Senior parents especially: the feared senior slide can strike at any moment; remind your seniors that they haven't quite earned their diplomas just yet and must remain focused. Graduation on June 1st will be here before they know it!

## **Spring also means testing season has arrived!**

-Our 3rd-8th graders will be taking both Reading and Math MCAs (5th and 8th grade also get to take Science) in March and April. All of these tests are online now and more information and practice tests can be found at: [www.mnstateassessments.org](http://www.mnstateassessments.org) under "Students/Families"

-Our high schoolers will also be taking MCA tests this spring:

9th grade *no longer* take the Writing test; no MCAs for this grade!

10th grade will take the online Reading and Science tests

11th grade will take the *online* Math test

\*These testing dates can be found on our website under the Counselor => Career & College Search tab.



**RACHEL  
DAYTON**  
School Counselor

## **Seniors: A few reminders...**

-Senior's last day of school is May 23rd. Graduation is June 1st.

-If you haven't decided what you want to do after high school, now is the time to figure it out!

See Mrs. Dayton for some guidance.

-Students going to college next year: Remember to be watching for important deadlines from your college (housing applications, fees, registration, etc.). If you haven't filled out the FAFSA for financial aid, do so soon (see the Counselor's web page for details-better yet, come see the counselor). Scholarships are posted under the Counselor's page online and updated weekly.

-Shortly, Mrs. Dayton will be giving out the Local Scholarship Application. Students will get a little over a week to fill out the application before submitting them and reminders will be posted in the bulletin. Scholarships will be awarded at the Lion's Banquet (Monday, May 12th)

-Keep those grades up! Check the bulletin for important updates!

## **Juniors: Some food for thought...**

-Senior year will be here before you know it! Now is the time to think about what you want to do after high school. Start exploring your options now!

-Time to take the ACT! The spring date is April 12th (register at [www.actstudent.org](http://www.actstudent.org) before March 7th). There is also another opportunity June 14th. Most students planning on attending a four year college take this test spring of their Junior year and sometimes again in fall of their Senior year. The cost is \$36.50 for the regular test and there is also a "Plus Writing" option that costs \$52.50 (check to see with your college of interest if you need to take the writing option). See ACT's website for more information.

-Start exploring college information over the summer. Use the MCIS website (information under our Counselor page online) to discover your interests and careers you might want to pursue. Senior year will be busy and now is the time to do some research.

-Now is the time to create your "high school resume". Include any volunteer activities, leadership roles, athletics, job experience, activities you've been involved in, etc. you've had since the beginning of 9th grade. Keep this list up to date as you do more things. Also keep a list of your awards and achievements throughout your high school career. These will all come in handy when applying for colleges and scholarships. Summer is a great time to volunteer and expand your community involvement.

-Summer is also an excellent opportunity to do some job shadowing for careers you might be interested in! See Mrs. Dayton with questions on how to set these up.

## **9th-12th Graders:**

Remember these are the years where you earn credits toward graduation. McGregor requires 50 credits to graduate (students can earn up to 14credits/year). Make the most of these high school years and set yourself up for success in school and life after school. It is also never too early to start thinking about your future plans!

Those students who are academically behind from failing grades will be meeting with Mrs. Dayton and a letter will be sent home to discuss options, such as summer ALC.

As always, I am here to support students with their academic, personal, and emotional well being. Please feel free to contact me anytime with questions and concerns! Rachel Dayton 218-768-2111 ext. 237 or [rdayton@mcgregor.k12.mn.us](mailto:rdayton@mcgregor.k12.mn.us)



## ELEMENTARY 2<sup>ND</sup> QTR. HONOR ROLL

### A HONOR ROLL

#### GRADE 4

Jayden Atkinson  
Seanna Donnelly  
Gianna Farinella  
Willie Glunz  
Ava Horbacz  
Jaylynn Maijala  
Shane Oleson  
Clara Oliver  
Jordan Paquette

#### GRADE 5

James Dawson  
Drew Dean  
Gillian Farinella  
Lillian Hajec Maijala  
Kiana Hawkinson  
Haylee Kellermann  
Hailey Luhmann  
Harrison Nistler  
Makenzie Talor  
Brittany Traplay  
Seth Watts

#### GRADE 6

Emma Arnold  
Micha Barnaby  
Karley Eld  
Carson Ford  
Laine Horton  
Tyler Horton  
Robbi Hutchinson  
Logan Jackson  
Emily Johnson  
Alana Maki  
Grace Molitor Johnson  
Joe Oliver

### B HONOR ROLL

#### GRADE 4

Savannah Bidwell  
Catrina Carter  
Harlee Flannigan  
Morgan Koerber  
Montana Sarazin

#### GRADE 5

Brooklyn Alt  
Deja Bouvette  
Mary Collins  
Trevor Gauthier  
Ashton Harmon  
Julianna Pagan  
Kylie Peter

#### GRADE 6

Catherine Hill  
Kat Jacobs  
Jordan Misquadace  
Madison Niemeyer  
Jackson Paquette  
Marshall Passer  
Audri Schultz  
Nathan Scollard  
Allie Zimpel

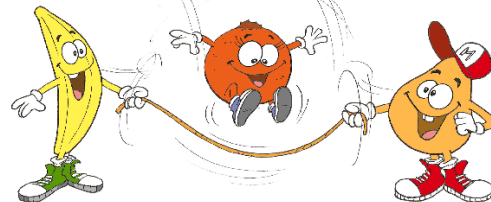


**Mission Statement:** "To promote and support improved fitness and health of all ages and abilities throughout the McGregor community."

**Save the date!**  
**Family kick-off event!**  
**Monday, April 14; 5:30 - 7:00pm**

Join us for activities, door prizes, food, overview of *McGregor on the Move* and best of all...fun for the whole family!

**LIVE! LAUGH! PLAY!**



"Like" us on Facebook to stay up to date on future *McGregor on the Move* events!

## Sweetheart Week

*Written by Danelle DeMenge*

McGregor High School's Sweetheart, week of February 10 - 14 consists of different dress up days and a King and Queen Coronation.

Monday was PJ day, Tuesday was Redneck Day, Wednesday was Mismatch and Crazy Hair Day, Thursday was Jersey Day and finally Friday was Class Color Day. We had great participation as usual. It was a very fun week.

The Sweetheart Coronation was held on Friday, February 14 - Valentines Day! The class of 2016 was in charge of fundraising and decorating for the coronation. They chose a country theme entitle "Kick It In The Sticks". They decorated with birch bark, twigs, sticks, old fashioned nails and mason jars. After a long week of anticipation last year's royalty crowned King Jordan Mickelson and Queen Breanna Carr. Following the coronation was a pep fest held by the Merc Maniacs to bring together students and faculty to cheer on the boys basketball team as they took on the Esko Eskimos that night. Following the game there was a Sweetheart dance for grades 9 - 12. Fun was had by all.



Back: Anna Lake, Karlee Tierney, Summer Amundson, Jordan Kliewer, Tommy Scollard, Cordell Stevens. Front: Alexis Carter, Queen Breanna Carr, King Jordan Mickelson, Isaiah Baker.

**“A” Honor Roll**

7th Grade

Andrea Bohn  
Abbie Thorkelson

8th Grade

Dustin DeMenge  
Chloe Larson  
Isaac Nistler  
Carson Passer

9th Grade

Payton Barnaby  
Kacie Boyd  
Katie Boyd  
Ann Brennan  
Daniel Dinneen  
Joel Draxten  
Cole Gelhar  
Zach Hawkinson  
Michaela Jackson  
Sasho Javor  
Alex Kowitz  
Zach Kruse  
Alex Nistler  
Johanna Orbeck  
Averie Seibert  
Brody Simonson

10th Grade

Andrew Widseth

11th Grade

Mary Brennan  
Aisling Jelinski  
Jennie Johnston  
Morgan Kowitz  
Randeena Olson

12th Grade

Breezy Carr  
Gretchen Grams  
Abby Hawkinson  
Korinna Mickelson  
Rachel Sather  
Stacia Staska

**“B” Honor Roll**

7th Grade

Grace Anderson  
Jasmine Collins  
Robbie Kral  
Constance Pagan  
Hayden Zimpel

8th Grade

Joey Glunz  
Joey Heagle  
Anabel Marotz  
Savanna Oliver

9th Grade

Josh Benjamin  
Mayah Bonnette  
Dakota Boyd  
Hannah Kelley  
Cole Hoover  
Johnny Huspek  
Ethan Marotz  
Marissa Phillips  
Abby Schoeben  
Billy Staska

10th Grade

Emmanuel Baker  
Alana Bozell  
Anna Lake  
Jordan Mickelson

11th Grade

Caleb Barnaby  
Faye Bloom  
Amy Gelhar  
Chase Hoover  
Jordan Orbeck  
Spencer Passer  
Tommy Scollard  
Karlee Tierney

12th Grade

Summer Amundso  
Cheryl Dittoe  
Delaney Eld  
Clay Laucamp  
Kendra Mickelson  
Layne Sprague

# MHS Speech Team Placing at Tournaments



*Pictured left to right- Billy Staska, Jojo Orbeck, Cookie Smith, Peanut Smith, Stacia Staska, Anabel Marotz, and Averie Seibert.*

McGregor went to Virginia in February. They again did very well. Billy Staska earned a 6th place ribbon in discussion, Anabel Marotz earned a 4th place ribbon in humor, Averie Seibert earned a 3rd place medal in prose, Jojo Orbeck earned a 2nd place medal in extemp reading, Peanut Smith and Cookie Smith earned 2nd place medals in duo, and Stacia Staska earned a 2nd place medal in storytelling. Congrats to the whole team on doing so well!



We have 20 students on our speech team and they all did very well at our McGregor Speech Tournament. Earning ribbons were: Michaela Jackson in Drama, Noah Leone in Storytelling, and McKenzie Nelson in Info. Spencer Passer – 6th place in Humor, Averie Seibert – 6th place in Prose, Cookie Smith – 4th place in Creative, Caleb Barnaby – 4th place in Prose, Cookie and Peanut Smith – 3rd place in Duo, Stacia Staska – 2nd place in Storytelling, and Jojo Orbeck – 2nd place in Extemp Reading. We had 14 schools attend. There were around 200 students participating at the meet and we had lots of volunteer help as well.

We are very excited to host the meet again next year and having the meet grow in numbers.





# MCGREGOR COMMUNITY EDUCATION

## CONTINUAL OFFERINGS FOR EVERYONE!

### LEARN! PLAY! LAUGH!

Community education programs provide learning and involvement opportunities for people of all ages including providing school district residents with the opportunity to utilize educational facilities and programs during non-school hours. Community education is a source of information about community needs focusing on life-long learning opportunities, community involvement and raising the quality of life in our community.

Through innovative programming and partnerships, community education continues to substantiate its motto of "life-long learning for all" through a variety of offerings for McGregor residents and non-residents of all ages and abilities, including several new initiatives each year.

What takes place in the Community Education program? Below you will find a progressive, innovative approach to learning through community education.

**EARLY CHILDHOOD FAMILY EDUCATION:** The Early Childhood programs are a Community Education service and, for many, provide the first connection families have with the school district. Watch for opportunities for families with children from birth through age five who are not yet enrolled in kindergarten. Our mission is to support and strengthen parents - the first and most important teachers in a young child's life."

**SCHOOL READINESS PRESCHOOL:** McGregor offers an inclusive preschool program with Early Childhood Special Education meeting the needs of ALL families for children 3 years to kindergarten.

Community education applied for and received a Pathways II Early Learning Scholarship to enhance programming for the 2013/2014 school year. With the additional funds we have added a Friday afternoon preschool program and will expand our summer Kinder Kamp; again meeting the needs of all families.

In addition, McGregor is proud to announce that we are the recipients of a Parent Aware 4 Star Rating! Parent Aware ratings are an important new tool that Minnesota parents can use to find early learning providers that use best practices to prepare children for kindergarten! McGregor Preschool received the highest possible rating!

Classes take place during the school year every Tuesday, Thursday and Friday. Staff includes Melanie Guida, Early Childhood Teacher, Sarah Pylvanen, Early Childhood Special Education Teacher and Kelly Watts, Early Childhood Assistant.

Early Childhood Screening is also offered twice per year and is a quick and simple check of how children are doing between the ages of 3 to 4 years. It identifies, at an early stage, possible learning or health concerns so that children can get needed help before starting school.

Kinder Kamp is offered each summer in August for all incoming kindergarten students to help them feel comfortable and be better prepared for the start of the school year. Kinder Kamp is a collaborative approach between Kindergarten teachers and the preschool program.

**YOUTH PROGRAMMING:** Many developmental and enrichment opportunities are available for youth through Community Education throughout the school year and summer months.

Youth Power Hours-Fit Kids+ after-school program for grades K - 6, provides students with an action-packed two hours in which they participate in recreational activities and enrichment projects extending their school day. This program also provides a new opportunity for students to join the MN Reading Corps literacy tutor to participate in additional after-school homework help and literacy activities. Ashleigh Sette, Program Leader, Ronda Vierkandt, MN Reading Corps Tutor and Jodi Jeanetta, Assistant ensure our students are provided with an enriching, fulfilled two hours of projects, games, homework help and fitness activities. Respect is a key component to this community education program as students learn to thrive in an environment filled with new opportunities.

Other youth offerings through community education include, Olympic Weightlifting, DNR safety classes, dance, ZumbaKids, elementary basketball, cheerleading, swimming lessons, open gym, Walk to School day and more.

**SUMMER FUN AND LEARNING THROUGH BIG SANDY WATER INSTITUTE:** Community Education provides a wonderful opportunity for students to connect with nature through the Big Sandy Water Institute program. This environmental education and recreational program helps meet the mission of overcoming some of children's barriers to nature such as overly structured children's time and excessive indoor use of electronic distractions. Big Sandy Water Institute provides and inspires a societal shift in the cultural and behavioral patterns that isolate children from nature. Over 5,300 students have participated in this program over the past eleven years. The program is a wonderful blend of community spirit and involvement through the numerous partnerships and sponsorships that take place to ensure its sustainability for the sake of benefiting kids in this community. Community Education couldn't do it without the support from the community stakeholders partnering with this program. It is making a positive difference for our youth and community.



**DRIVER'S EDUCATION:** Students in 9<sup>th</sup> grade receive classroom instruction through ISD #4 during the first and third quarter. Community Education provides a unique opportunity for behind-the-wheel instruction for those students passing their classroom instruction. In addition, we offer a parent/child course annually to update parents on changes and encourage safe-driving skills...the parent's role in helping to keep kids safe on the roads. Driver's Education instructors are Jon Jacobs and Becky Hagan.

**ADULT OFFERINGS:** Community Education's adult learning opportunities include the year-round SilverSneakers fitness program, a variety of additional adult physical fitness classes to include yoga and Zumba, and an adult movement & balance class. Enrichment classes are offered regularly to give adults life-long learning opportunities as well as additional socialization outlets. Adult Basic Education classes are offered periodically throughout the course of the school year for those looking to get their GED. GED Instructor is Larry Doten.

**FAMILY EVENTS:** If you haven't had a chance to participate in the annual Wild Rice Days 5k Family Fun Run, add that to your calendar. It is an energizing, family event focusing on fitness and fun for all. Watch for other events such as the annual arts & craft fair, the community garage sale and numerous family nights offered throughout the course of the year.

Another great way to be involved is by taking part in McGregor on the Move! McGregor on the Move is a group of energized wellness leaders that will be organizing community activities for families to participate in striving for a plethora of engaging, fun activities keeping the family moving and well! Join us on April 14th as we kick-off McGregor on the Move.

McGregor on the Move Mission Statement: "To promote and support improved fitness and health of all ages and abilities throughout the McGregor community."

**MCGREGOR COMMUNITY FITNESS CENTER:** The fitness center is open to the community for all your fitness needs. The fitness center is equipped with Precor and Cybex equipment for strength and cardiovascular training with an attached free weights workout room. Low-cost monthly membership rates with many health insurance discount programs are available making your fitness experience affordable. Other amenities include use of community locker room, additional workout equipment and supervisor on duty at all times.

**CONNECT WITH COMMUNITY:** Community education believes in fostering community relationships as well as partnering with others adding value to programs.

As director I encourage adults and youth alike to connect with others in the community. Make use of the McGregor Public Library's vast selection of books, magazines, CDs, DVDs, VHS tapes, books on tape, public access computers, free databases, WiFi and available eBooks. For the family tree buffs, continue to learn and share at the local Genealogy Club. Take advantage of our abundant natural resources by visiting Rice Lake National Wildlife Refuge, Savanna Portage State Park, Long Lake Conservation Center, or the Army Corps of Engineers Libby Dam. Lend a helping hand to fellow community members through the Angels (Area Neighbors Giving Elderly Live-In Services) program, which provides many services to area seniors. Continue to Win With Wellness supporting Riverwood Healthcare Center's Healthy Communities Partnership. "Together we all make a difference as we create a community for a lifetime".

**ENHANCING K - 12 EDUCATION THROUGH COMMUNITY EDUCATION:** Facility use, website, Mercury publication, World's Best Workforce, Pre-K - Grade 3 Literacy Team are also responsibilities of Community Education. Community education supports K-12 education by teaming up and helping to support the educational process!

MN Reading Corps is a researched based program designed to encourage reading fluency ensuring all students are successful readers by 3rd grade. For the past two years Community Education has applied and received the MN Reading Corps program for grades K - 3. Students are selected based on benchmark scores that are given throughout the year. Students are continuously monitored so that the tutor can provide tailored services to each student. McGregor reports seeing great improvements from every student that works with the tutor. The goal for students in grades K - 3 is to "learn to read", because from that point on they will be "reading to learn"! The MN Reading Corps Tutor for 2013/2014 is Ronda Vierkandt. Recently we received notice that we received MN Reading Corps for the 2014/2015 school year. For more information on becoming a MN Reading Corps Tutor please contact Lisa Kruse.



There is always something taking place through Community Education! Henry Ford once said, 'Anyone who stops learning is old, whether at twenty or eighty.' There is truly something for everyone and I hope to see you getting involved soon through various community education opportunities.

For more information on McGregor Community Education, visit the McGregor school website, watch for information in the quarterly Mercury publication, at [www.mcgregor.k12.mn.us](http://www.mcgregor.k12.mn.us) or "like" Community Education's Facebook page to receive regular updates.

If you are interested in teaching a community education class contact Lisa Kruse, Director at 218-768-2111 x233.





# Book Fair Sets Record!

The January Scholastic Book Fair sponsored by Kids Plus broke previous sales record and earned nearly \$3000 in free books for our school libraries and students. Highlights of the fair included discount days for parents, grandparents, and teachers, a classroom wish list pyramid, a mummy wrap penny war, and a sales goal pie throw. Students contributed coins to raise money for books and to vote for a teacher to be wrapped up like a mummy. Winning teachers were Kathy Serfling and Peggy Baumgardt. These two were completely wrapped in tissue by the students in their classrooms during the pie throw event.

Our sales goal this year was \$3000. Principal Grams, and teachers Terri DeMenge and Leif Eggen, along with Elementary Media Specialist Kris Sylvester graciously volunteered to be targets in the pie throw if we met or exceeded the 2014 goal. Students from each grade level were selected to toss the pies and laughter exploded as pies met their marks!

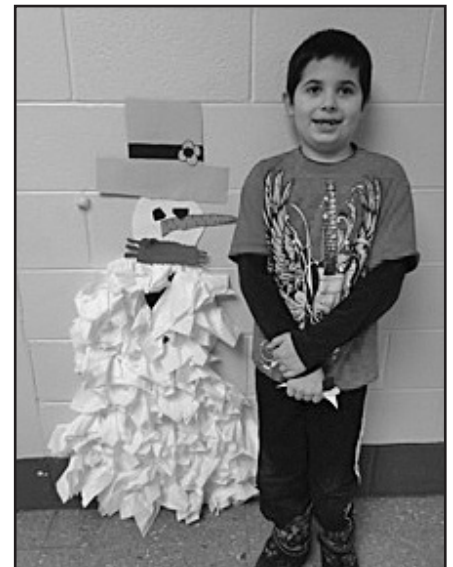


*4<sup>th</sup> graders wrapping Mrs. Baumgardt like a mummy*

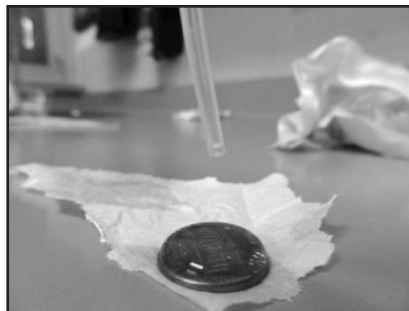
# Science and Fun After School

Winter weather has limited the outdoor activities for Kids Club afterschool program but that doesn't mean the fun and learning has stopped. With the assistance of Extension 4-H Educator Beth Hasken, children have learned about properties of water by exploring the way colored dyes combine and melting sugars distribute in water. Students have also tested how many drops of water will fit on the top of a penny before surface tension gives way. Would you believe some students were able to place more than 40 drops, one at a time, to create a curved dome on the surface of a penny?

Students have been learning in variety of other creative activities. These ventures have included an indoor fishing tournament in which they learned to identify Minnesota fish and learn about fishing limits, and indoor snowman building! On January 20, Kids Club participants celebrated the halfway point in the school year by traveling to Duluth to climb simulated rock walls at Vertical Endeavors, experiencing dining at Old Country Buffet and enjoying the movie "Frozen" at the Premiere Theater in Cloquet.



*Sean Serino with his indoor snowman*



*Water drops on a penny experiment*



*Michelle and Celeste ready to climb*



*Climbing instruction at Vertical Endeavors*



*Isaiah Hutchinson creating colors with dyed water*





# McGregor Community Education

LISA KRUSE, Director

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

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



Find us on  
**Facebook**

**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 DEVELOPMENT and ENRICHMENT OPPORTUNITIES

### 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 movin' 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. No transportation is provided.

When: Wednesday, April 2, 9, 16, 23, 30

Time: 3:30 - 4:15pm

Where: Auditorium

Class Fee \$20

Instructor: Julie Jacobsma

### YOUTH POWER HOURS: Fit Kids +

Is your child looking for fun, fitness, movement, creativity and exciting activities to take part in after school? If so, this is the program to be in. Activities will include field trips, games, intramural sports, biking, hiking, arts & crafts, scavenger hunts and a whole lot of movement. Join new instructor Ashleigh Sette for an engaging after school program for youth! Ashleigh brings fresh ideas, energy and youth experience to the community education program. Dress accordingly; we will be outside. Students to meet in the elementary foyer after school. Pick up will be outside the Home Ec Room. YPH: Fit Kids + is FREE!

Every Monday from 3:30 - 5:30pm

Kindergarten - Grade 2

Every Wednesday 3:30 - 5:30pm

Grades 3 - 6

Instructor: Ashleigh Sette

Assistant: Ronda Vierkandt & Jodi Jeanetta

### KIDS DESIGN GLASS...an exhibition of glass sculptures!

Mr. Michaud-Scorza will give a presentation on the glassblowing process followed by a question and answer period. You'll also get a chance to see all 14 sculptures and meet the child that drew the inspiration for their branch's individual sculpture.

Saturday, March 22 @ 10:30am

McGregor Public Library

Funded with money from Minnesota's Arts and Cultural Heritage Fund

### FAMILY OPEN REC

Family open rec will take place every Monday from 5:45 - 6:15pm. You will be able to choose from a variety of activities to participate in as a family to get you out of the house and releasing some energy. All ages welcome! A supervisor will be on duty.

March 10, 17 & 24 and April 7 from 5:45 - 6:15pm

Cafeteria Gymnasium

Ashleigh Sette, Supervisor

### EARLY CHILDHOOD FAMILY GYM NIGHT

Don't let the cold keep you on the couch...get up and join us for a fun night of play and exercise.

Tuesday, March 25 from 5:30 - 6:30pm

Cafeteria Gymnasium

Melanie Guida, Supervisor

### DANCE PROGRAM

The community education dance program is taught by Delaney Eld. Delaney has many years of dance experience as a dance student and instructor. She brings lots of energy, creative ideas and excitement to the program.

The dance program will run from November through April and will end with an informal parent/child dance that will be held in the auditorium.

Dance shoes are not required. Dancer's will need to provide tennis shoes and black pants. All student's must be picked up following dance class.

Dance Rehearsal: Thursday, April 10 from 5 - 8pm

Dance Recital & Potluck: Friday, April 11 @ 5pm

## THE MERCURY

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

### BOARD OF EDUCATION

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## ADULT LIFE-LONG LEARNING OPPORTUNITIES

### HEARTSAVER® FIRST AID CPR AED CLASS

Heartsaver® First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. This course is for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED use to meet job, regulatory or other requirements. Key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Course Features:

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Adult CPR and AED use
- Child CPR and AED use and infant CPR
- Written test
- Skills practice and testing.
- Student manual comes with a new Heartsaver First Aid Quick Reference Guide that summarizes first aid actions for many injuries and illnesses

Upon completion of this course, students receive an American Heart Association Heartsaver First Aid CPR AED Course Completion Card that is valid for two years.

When: March 17 & 21 from 5:00 - 8:30pm

Where: McGregor High School Health Classroom

Instructor: Dake Olson

Fee: \$75/includes book and card

### BASIC COMPUTER LAB

Are you looking for basic computer help? If so, join us for an open computer lab where experts can help answer your basic computer questions. Feel free to bring your laptop.

When: Monday, April 7 from 4:00 - 5:00pm

Instructors: Tom Nistler & Lisa Kruse

Fee: \$10

Where: McGregor High School Business Lab

### EVERYDAY ESSENTIAL OIL SEMINAR

This class will introduce you to an alternative way of living. We will teach you how to use essential oils in your everyday life from health issues to injuries to prevention. You will have the opportunity to make a few items during the class if you choose.

1. Essential Oil Air Freshener - bring your own jelly jar and lid.

Fee: \$5

2. Roll-on - (any oils diluted in a roll-on make easy to apply and try first) Instructors will provide the roll-on.

Fee: \$5 - \$8 depending on oils

If you choose to make the air freshener or roll-on please note that on the registration form.

When: Thursday, March 27 at 5:30pm

Instructors: Amanda Voller and Lisa O'Brien

Where: Home Ec Room

Maximum: 10

No fee unless you are making air freshener or roll-on

### BUDGETING CLASS

Do you find yourself always running out of money before you get paid again? Do you live check to check? Well you are not alone. A lot of people struggle to make enough money to pay their bills let alone have money left over to buy things. Budgeting 101 is a class that will help you gain control over your finances. This class will help you to see where you can make simple changes to make your money work for you instead of against you. It will offer you advice and show you how to set up a budget that will help you get your spending under control. We will also show you ways to use the Internet to become a better consumer. We will also talk about ways to reduce spending and eliminate costs from your day-to-day lives. So if you want to have extra money to put onto your savings account at the end of the month come to budgeting 101.

When: Thursday, April 17 from 4:30 - 5:30pm

Instructor: Joe Wisotzke

Fee: \$10

Where: McGregor HS Business Classroom

### 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

## 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@mcgregor.k12.mn.us

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

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

CLASS \_\_\_\_\_

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

# Community Education



# ADULT LIFE-LONG LEARNING OPPORTUNITIES

## HOMEBUYERS 101

Come join three homebuying experts for an exciting discussion on the home buying process!

This presentation will answer all of your questions in obtaining your NEW HOME DREAMS, with plenty of time to answer all of your questions.

Our experts will discuss the entire home buying experience and provide you with the knowledge to successfully complete the process for your new home.

When: Wednesday, April 16 from 5:30 - 6:30pm

Instructors: Barbie Martz, CENTURY 21 Twin Lakes Realty; Annette Wilkie, McGregor Title; Jon Passer, Northview Bank

Fee: Free

Where: McGregor Home Ec Room

## ESTATE PLANNING

What is the difference between a Will and a Trust? In this class Shari Larson, Attorney at Law will also talk about how to avoid Probate and steps to take to plan your future.

When: Thursday, May 8 from 4:30 - 6:00pm

Instructor: Shari Larson, Attorney at Law

Fee: \$10

Where: McGregor Home Ec Room

## VINYASA - YOGA BY CINDI D.

This class is based on moving from one pose to the next 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 bit faster, but you always go at the 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: Tuesday and Thursday at 4:00pm

School Board Room #201 ▪ \$4/session

Certified Yoga Instructor - Cindi D.



## SILVERSNEAKERS® CLASSIC (formerly MSROM)

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 9:30 - 10:15am

Ashleigh Sette, Certified Instructor

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

Classes held in the auditorium stage (check in - fitness center)

## SILVERSNEAKERS® YOGASTRETCH

Yoga stretch 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 a final relaxation will promote stress reduction and mental clarity.

Every Tuesday and Thursday from 10:30 - 11:00am

Ashleigh Sette, Certified Instructor

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

Classes held in the auditorium stage (check in - fitness center)

## EXERCISE AND MOVEMENT CLASS FOR OLDER ADULTS

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

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

Every Tuesday from 9:00 - 10:00am

McGregor Community Fitness Center

\$10/month; payable to Community Education

Need a Ride? Call Angels at 218.768.2762

To register call Judy at 651.247.1331 or at class

## ZUMBA-thon

Join us for this energizing Zumba-thon as you Groove to the music! This two hour Zumba-thon will raise funds to support Ruff Start Rescue. Ruff Start Rescue is a Not-For-Profit organization dedicated to rescuing and finding homes for dogs that have been neglected, abused or are at risk of being euthanized at a high kill shelter.

Julie Jacobsma (McGregor), Jessy McShane (Aitkin) and Christie Eliason (Cromwell) will show us how to move as we dance for a cause!

When: Saturday, March 22 from 1:00 - 3:00pm Where: McGregor High School Cafeteria Gymnasium Fee: \$10/donation

Zumba Instructors: Julie Jacobsma, Jessy McShane & Christie Eliason

## 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: Monday at 3:40 and Wednesday at 4:30

\$18.00 for 6 class sessions (you may purchase a punch card) or \$5.00 drop in fee

Julie Jacobsma, Certified Zumba Instructor (Mon & Wed)



McGregor Community Fitness Center now accepts Medica starting March 2014!

www.mcgregor.k12.mn.us

## McGregor Dollars for Scholars....CHANGE

The Class of 2014 will **NOT** call community members to ask for donations this year. We will send a letter to community members asking for a donation. If you would like to donate, please send your donation to:

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

Thank you for your generous support of our students.

## SCHOOL BOARD RECOGNITION WEEK

The McGregor School District joined school districts throughout the state to salute their local education leaders during Minnesota's annual School Board Recognition Week February 17-21.

The commemorative week is designed to recognize the contributions made by Minnesota's school board members, including the McGregor School Board, who are charged with governing public education under state law.

Minnesota school board members are chosen by their communities through election or appointment to manage local schools. They oversee multi-million dollar budgets which fund education programs for more than 825,000 students in approximately 2,000 schools. Their personnel decisions affect more than 52,000 teachers and thousands of administrators and support workers.

These volunteer leaders also are responsible for formulating school district policy, approving curricula, maintaining school facilities, and adhering to state and federal education law. Legal concerns and the complexities of school finance, including budgeting and taxation, require them to spend many hours in board training programs and personal study to enhance their understanding of these issues.

Our deepest appreciation is extended to the dedicated men and women who make it possible for local citizens to participate in education in our community. We salute the public servants of the McGregor School Board whose commitment and civic responsibility make local control of public schools in our community possible:

|                  |               |
|------------------|---------------|
| Larry Doten      | Michael Kruse |
| Eric Kulju       | Julie Orbeck  |
| Angela DeWitt    | Nate Jackson  |
| Heather Sorensen |               |

## McGregor Selected As MN Reading Corps Site

McGregor has been selected as a Minnesota Reading Corps site for the 2014 - 15 program year. We have been awarded a full time literacy tutor! This is great news as McGregor has seen wonderful outcomes the past two years as we strive to ensure all students are proficient readers by 3rd grade!

If you are interested in a full time tutor position with McGregor schools please contact Lisa Kruse at 218.768.2111 x233.



## COMMUNITY EDUCATION.....Continued

### ADULT LIFE-LONG LEARNING OPPORTUNITIES

#### FAIRY GARDEN CLASSES

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 a small dish garden to a larger exterior garden. The classes will be held at The Green House in McGregor. We have many fairy items to choose from. Please contact Gayle at 218.768.4463 or Shirley at 218-384-4732 after April 1 to register. We will have containers to purchase or bring your own.

The Green House will also be hosting an Open House on Saturday, April 12, 2014 from 9:00am - 4:00pm. Come meet us and see our new facility. Free planter demonstrations will be done at 10:30, 12:30 and 2:30. First 50 visitors will receive a free gift.

When: Saturday, May 3 from 10:00am - 12:00pm and 1:00 - 3:00pm

Where: The Green House, McGregor

#### REAL FOOD REAL FAST

If your need for quality recipes is high but your time to learn about and prepare them is low, you won't want to miss REAL FOOD REAL FAST. Bring the kids. Getting kids involved tightens bonds and promotes opportunity for spontaneous conversations about making smart eating decisions.

When: Wednesday, May 14 from 4:45 - 5:45pm

Where: Home Ec Room

Fee: \$10

Instructor: Sandra Aldrich

#### HOW TO READ FOOD LABELS

Making informed food choices that lead to a healthy diet has just become easier for you. Join us for this Food Label 101 class that will walk you through just what food labels mean and how the information can help you purchase foods that fit your dietary needs.

When: Wednesday, April 30 from 4:30 - 5:30pm

Where: Home Ec Room

Fee: \$5

Instructor: Sandra Aldrich