

# GOOD NEWS

ABOUT A GREAT LAKE SUPERIOR EDUCATION



Farm to School



New to Minnehaha Elementary School – Principal Archer



Telepresence between THHS and WKS

SEPTEMBER 2015

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*Next Issue –  
January 2016!*

We're on   
Lake Superior School District Community Education

# Advancing Farm to School

“Teaching kids how to feed themselves and how to live in a community responsibly is the center of an education.”

– Alice Waters

The basics of Farm to School are not new to the Lake Superior School District. Over the past five years, school gardens have been built and maintained in Silver Bay and Two Harbors, lighted plant stands have been added to classrooms, lessons on agriculture and food have been integrated into the curriculum, school garden trainings have been attended, Harvest Fests have been celebrated, and school garden produce has been served in salad bars along with so much more.

These highlights have been possible due to the dedication of teachers and staff, support from administration and the school board, and financial assistance and support from community donors, the Northland Foundation, the Victory Fund, Healthy Northland and the Lake County Statewide Health Improvement Program (SHIP), Minnesota Department of Health. It is time now to celebrate and promote these accomplishments and share “next steps” with students, staff, and the community.

A common first question is what is Farm to School? Farm to School connects schools (kindergarten through 12th grade) and local farms with the objectives of serving more healthful meals in school cafeterias; improving student nutrition; providing agriculture, health and nutrition education opportunities; and supporting local and regional farmers and producers (*Center for Nutrition*).

The best Farm to School initiatives incorporate The 3 Cs – Community, Classroom and Cafeteria – and we have made steps to address all areas. Our classrooms have been busy with students learning about where their food comes from, how to grow plants, how to process and prepare fresh produce, taste testing, and learning about health and nutrition. We appreciate the support and assistance from the community both through helping out with



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# We are looking forward to an exciting year of learning in the 2015-2016!

**Attendance** – We want your children in our schools. A missed school day is a lost opportunity for students to learn. Research shows that attendance is an important factor in student achievement. Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance. We want to see every child reach their potential and through attending school consistently this goal can be achieved.

**Student Support** – We have brought in a Minnesota Department of Education grant funded program this school year. The Alternative Delivery of Specialized Instructional Services (ADSIS) will provide instruction and services to our students who:

- need additional academic or behavior support in the general education environment and
- may eventually qualify for special education or related services if the intervention services are not available.

Instruction and services may be provided in the regular classroom or a learning center during extended school days throughout the entire school year. Through this program we have more counselor time in all of our school buildings. For academic support we have academic integrationists to work with students on math and reading in all of our buildings. This is an outstanding opportunity for our students to receive smaller group and one to one service from staff to build skills during the school day.

School conferences are an opportunity for you to meet with your child's teacher. These conferences provide a great opportunity for you to talk with your child's teacher about what your child is learning at school and how you can support this learning at home. It is a time to ask questions about expectations in the classroom, how your child is progressing, what gets your child excited in school, and how do you know your child is making progress.

**Parent Engagement** – At conferences, always remember to share your own thoughts and feelings about your child. Describe what you see as your child's strengths and areas for growth. State any important information that might help your child's teacher better understand your child's approaches to learning, strengths, challenges, and interests. Explain where you think your child needs more support. Describe the best way for the teacher or school personnel to communicate with you (e.g., a note in your child's book bag, a voicemail, an e-mail, etc.). The fall conferences are November 11 and 12.

If you have any questions, suggestions or concerns regarding the schools or the district please contact the Lake Superior School District office at 218-834-8201 or by email at bcrandall@isd381.k12.mn.us. Have a Great School Year!

**facebook**

**We would Love for you to "LIKE" us.**  
**For the latest happenings for Community Education, check out our facebook page!**  
**We encourage you to post, comment, like and share our site.**  
<https://www.facebook.com/#!/LSSDCE>  
**Make us your resource for information!**

*It is the policy of the Lake Superior School District No. 381 not to discriminate on the basis of disability, sex, race, color or national origin in its educational programs, activities, or employment policies.*

# Welcome New Teachers

## DAREN BLANCK

Science Teacher at William Kelley High School

Daren was born in Grand Forks, ND and raised in Nisswa, MN. He received an AA from Central Lakes College, Brainerd, a BS in Environmental Studies/Science from Bemidji State University, an MS in Education from the University Wisconsin Superior. He has also studied at Oxford University, University of Surrey UK, Calvin College, and UMD. Daren and his wife, Michelle, have two children and they live in Tofte.

*"My previous teaching experiences include teaching in the Republic of Macedonia (2 years), South Korea (3 years), and Pequot Lakes, MN (16 years). As a college student, I was a guide counselor at Wilderness Canoe Base at the end of the Gunflint Trail for four summers."*



Daren Blanck

## TERRY BLOOD

Title I Elementary Teacher at William Kelley Elementary School

Terry was born and raised in Silver Bay. He received a BA in Elementary Education and a Coaching Minor at St. Cloud State University. Terry and his wife, Tracy, have three children. Terry is also the head boys' basketball coach at William Kelley.

*"Excited to be teaching in the Lake Superior School District"*



Terry Blood

## GRETCHEN DAHL

English/Language Arts Teacher at William Kelley High School

Gretchen was born and raised in Mankato, but attended school in Willmar. She received a Bachelor of Science in English & Health from UW-Superior.

*"I'm excited to be back up north to teach, learn, and explore!"*



Gretchen Dahl

## JENNA DICKINSEN

Reading at Two Harbors High School and Minnehaha Elementary School



Jenna Dickinsen

## KATHY DUCHSCHER

Special Education Teacher at William Kelley High School

Kathy was born and raised in Crookston, MN. She received a BS Education degree from University of ND, Grand Forks and an MA Special Education from University of Mary, Bismarck ND. Kathy and her husband, Marty, have two children.

*"I had the opportunity to work as a substitute teacher in the district last year. I look forward to my new position and working with students, parents, and staff at William Kelley Schools."*

## ANN FERRARI

Kindergarten Teacher at Minnehaha Elementary School

Ann was born and raised in St. Cloud, MN. She received a degree in Elementary Education K-6, from St. Thomas University.

*"I am looking forward to working with the staff, students and families in the Lake Superior Schools!"*



Ann Ferrari

## MICHELLE GAGNON

Counselor at William Kelley High School

## RACHEL HILLERSON

1st Grade Teacher at Minnehaha Elementary School

Rachel was raised near Madison, WI. She received a BA in Spanish from the University of Minnesota, Twin Cities and her initial licensure in Elementary Education from Hamline University.

*"I am looking forward to teaching and living in a community that is close to Lake Superior and the Northwoods. I believe that children thrive in an environment that is both academically rigorous and socially nurturing. My goal as an educator is to provide my students with the highest quality of education while meeting their social and emotion needs. I am thrilled to be able to do this in Two Harbors and I cannot wait to meet my students and their families."*

## CLAIRE NORDSKOG

5th Grade Teacher at Minnehaha Elementary School

Claire was born and raised in Duluth. She received her Elementary Education Degree from The College of St. Scholastica.

## ALISTER OLSON

7th Grade Science and Human and Animal Systems Teacher at Two Harbors High School

Alister was born in Fairmont, MN and was raised in Welcome, MN. He received a BA Chemistry from the University of Minnesota and later an MA in Teaching and an MA Science in Wildlife Ecology from Iowa State University, Ames.

*"I am excited to begin teaching at Two Harbors High School and I am looking forward to an excellent school year!"*



Alister Olson

## JESSUP PELKEY

K-6 Physical Education Teacher and Dean of Students at William Kelley School

Jessup was born in Apple Valley, MN and raised in Hermantown. He earned a Major in Physical Education and Minors in Health Education and Coaching; he is also certified in DAPE.

*"I look forward to an exciting school year and meeting many of you!"*



Jessup Pelkey

## TOBI TAYLOR

Math Teacher at Two Harbors High School

Tobi was born and raised in Duluth, MN. She received her degree in Secondary Math Education and a Minor in Library Media from the University Wisconsin – Superior.

*"I'm excited to join Two Harbors High School and look forward to a great year."*



Tobi Taylor

## Living Well with Chronic Conditions

Are you living with a chronic condition that is limiting your quality of life? Whether you have a heart condition, diabetes, arthritis, or any other chronic condition, you can learn tools to help you take charge of making your life better. The Living Well with Chronic Conditions is an evidenced based training curriculum developed by Stanford University. The class is offered through a collaboration between Community Partners, the Area Office on Aging and the Community Health Board. The training is six sessions on Thursday, 4-6 pm at the Lakeview Hospital Dining Room beginning October 15th. There is a \$10 registration fee. A resource book is included with the class registration. To register, or for questions, please call Jan at 830-1615.

*Volunteer class leaders:*

Micky McGilligan, Jan Ringer  
Jan O'Donnell

## HELP YOUR SCHOOL RAISE MONEY!

Elementary students are collecting Coke caps, soup labels, and box tops for education to earn cash for our schools. The box tops are on hundreds of products found in the grocery store such as: General Mills, Betty Crocker, Pillsbury and Ziploc.

In Two Harbors, items can be brought to teachers at the Minnehaha.

Silver Bay PTSO is also collecting:

- Our Family Brand barcodes
- Loaves for Learning labels for County Hearth and Village Hearth Breads
- Zups Grocery Store receipts for the Tools for Schools Program
- Recycled ink cartridges and cell phones.
- Empty plastic cereal bags and liners, drink pouches, also personal and beauty care product packaging for the Terracycle program.

In Silver Bay bring the items to the drop off location outside the Community Education office in the William Kelley School or Zups Grocery Store.

## WALKING FOR YOUR HEALTH

Is it too cold or icy to walk outside? Walkers are welcome to use the THHS and Minnehaha halls for exercise Monday through Thursday. The hours are 4:00 – 7:00 PM. The buildings will not be open on school holidays. For safety purposes, running/jogging and strollers are not allowed. Use the front, main entrance doors when entering the buildings.

Clean walking shoes and an ID badge are required. Your \$3 annual fee (payable in the Community Education offices) covers the cost of a walker ID badge and lanyard. **If you purchased a badge in the past, please bring it in to get your new free pass card.**

# I'MPOWER

## ADULT EDUCATION CLASSES AND TUTORIALS

MON. – THURS., 9:30 A.M. – 4:30 P.M.

218-834-2280 ext. 3

AEOA Arrowhead Transit Building • 2124 Tenth Street

GED PREPARATION  
COLLEGE AND CAREER PREP  
BASIC SKILLS BRUSH-UP  
ENGLISH AS A SECOND LANGUAGE  
CAREER ASSESSMENT  
BASIC COMPUTER SKILLS



All classes offered at no cost to the student.  
Visit us at: [www.aeoa.org](http://www.aeoa.org)



# Bulletin Board

## HOME-SCHOOL STUDENTS

Home-school students must register with the Lake Superior School District and have their immunizations on file. To receive the paperwork necessary to register your children, please call the District Office at 834-8201, ext. 8216.

## SCHOOL BOARD MEETINGS

School board meetings are regularly scheduled for the second Tuesday of each month at 6:00 PM. Any individual or group wishing to address the School Board, must contact the District Office at (218) 834-8201, ext. 8216 no later than 3:00 PM, four business days prior to the meeting you wish to attend.

## PARENT-TEACHER CONFERENCES

### Elementary Conferences, November 11 & 12

Parent-teacher conferences for elementary school students will be held Wednesday, November 11, 5-8 PM; and Thursday, November 12, all day and 5-8 PM. Parents will be contacted by their child's teacher regarding a conference time. **No school Thursday, November 12 for all students.**

### Two Harbors High School and Silver Bay High School Conferences, November 11 & 12

Parents will be able to attend open conferences with teachers 5-8 PM on Wednesday, November 11, and all day and 5-8 PM, Thursday, November 12. **No school Thursday, November 12 for all students.**

## E-STORE

Parents can pay for K-12 lunch and high school activity fees online at [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us) – click on e-Store.

## RECYCLING UPDATE

The Two Harbors High School Enviro Club will be recycling ink cartridges and cell phones once again. This program allows us to raise money while helping to protect the environment. Please bring your used ink cartridges or cell phones to the Principal's office or room 1214. Please call advisor Penny Juenemann at 834-8201 ext. 8287 if you have any questions.



## REMINDER FROM THE NURSES' OFFICE!

Lake County Public Health will be holding flu shot clinics at all the local schools in October. The dates and locations are listed below. The vaccines are free and all we need is a signed consent form, which can be found on our website: [www.co.lake.mn.us](http://www.co.lake.mn.us)

**Two Harbors High School –  
Tuesday, October 6th 2015**

**Minnehaha Elementary –  
Wednesday, October 7th 2015**

**William Kelley School –  
Thursday, October 8th 2015**

In addition to the flu shot clinics, Public Health will hold mini health fairs three times a year at Two Harbors High School and we hope to expand these activities to William Kelley School in the future.

The health fairs are held over the lunch hours and cover a wide variety of topics from nutrition and distracted driving to the dangers of alcohol and drug use.

## ECFE GYM NIGHT

Join us to play in the gym! Run, jump, throw, pedal, and exercise! Everyone with children ages one to pre-kindergarten five is welcome. You do not need to be registered for ECFE to attend Gym Night. The fee is \$1 per child per night.



**TWO HARBORS  
Minnehaha Gym**  
Wednesdays 6:30-7:30 PM  
October 7, 14, 21, 28  
November 4, 11, 18  
December 2  
January 13, 20, 27  
February 3, 10, 17, 24  
March 2, 9, 16, 23  
April 6, 13, 20, 27

**SILVER BAY  
William Kelley  
Elementary Gym**  
Wednesdays 6:30-7:30 PM  
January 6, 13, 20, 27  
February 3, 10, 17, 24  
March 2, 9, 16, 23

# U P C O M I N G E V E N T S

## LAKE SUPERIOR SCHOOL DISTRICT

### SEPTEMBER

- 23 SB ECFE Big Wheels Event, 6-7 PM at KHS Parking Lot
- 23 TH ECFE Big Wheels Event, 6-7 PM at THHS Student Parking Lot
- 25 THHS Homecoming

### OCTOBER

- 9 KHS Homecoming
- 14 Community Education Advisory Council Meeting, THHS at 11:00 AM
- 15 & 16 Schools Closed, MEA
- 27 KHS Variety Show
- 29 & 30 THHS Choir Variety Show

### NOVEMBER

- 2 KHS Band Concert, Grades 6-12
- 3 Election Day
- 5 Quarter Ends
- 6 Teacher Workshop
- 10 THHS Fall Band Concert
- 11 Minnehaha 3rd Grade Music Community Veterans Day Program, 2:00 PM, Minnehaha Gym
- 11 Conferences, 5-8 PM
- 12 No School for All Students, Conferences all day and 5-8 PM
- 26 & 27 Schools Closed, Thanksgiving

### DECEMBER

- 2 KES Elementary Music Program
- 7 THHS High School Band/Choir Concert

- 9 Community Education Advisory Council Meeting, WKS at 11:00 AM
- 11 Teacher Workshop
- 14 THHS Middle School Band/Choir Concert
- 14 KHS Holiday Music Celebration (Band & Choir)
- 17 Minnehaha Holiday Music Programs, Minnehaha Gym:
  - Grade 3, 9:00 AM
  - Grade 1, 10:30 AM
  - Kindergarten, 12:30 PM
  - Grade 2, 2:00 PM
- 21-31 Schools Closed, Christmas Break

### JANUARY

- 1 Schools Closed, Christmas Break
- 4 School Resumes
- 28 End of Semester
- 29 Teacher Workshop

Complete calendar available online at [www.lakesuperiorsd.org](http://www.lakesuperiorsd.org)

**I M P O R T A N T !**

## Late Starts Due to Weather

**Parents:** Please be aware that we will be utilizing a calling system to notify you of school closings and other important information.

If the early morning weather is questionable we may announce a two (2) hour late start.

Please plan accordingly with your day care providers and family caretakers.

Notification will take place between 5:00 and 5:45 AM. We also report to local media.

In addition, it is important to know that as a parent, if at any time you feel the weather situation would put your child at risk, you can keep them home without an absence deduct.

If you have any questions, feel free to call to discuss them with your child's building principal.

## ATTENTION SENIORS GRADUATION REQUIREMENTS

A letter will be coming home from the THHS Guidance Office in the beginning of September regarding your student's current graduation status. PLEASE review the material and contact the Guidance Office IMMEDIATELY if you are asked to do so in the letter. While the Guidance Office reviews each senior's progress, it is imperative that students take a moment to check their transcript grades available on the Parent Portal and contact the Guidance Office with any questions or concerns. Kerri Persons, 10th-12th grade Guidance Counselor, is available by calling 834-8201 Ext. 8206 or on email at kpersons@isd381.k12.mn.us

KHS Counselor Michelle Gagnon, and/or Principal Joe Nicklay, will be meeting individually with Kelley students the first month of school to discuss graduation requirements.

## ATTENTION JUNIORS BRAG SHEETS

In preparation for completing college and scholarship applications, seniors are encouraged to fill out a Brag Sheet and make copies of this sheet. A Brag Sheet is a tool available in the Guidance Office that help students focus their thoughts regarding their own strengths, abilities, goals, etc. Brag Sheets can be used as a resource when students are asked to write essays for various applications and copies can also be given to staff when students ask them to write letters of recommendation on their behalf. While many of the application and scholarship deadlines are later in the year, it is a good idea for students to take time now to fill out a Brag Sheet so that they have it readily available throughout the year when various deadlines approach. Many teachers find Brag Sheets particularly helpful when writing letters of recommendation and will request that students provide a copy for them.

In addition to filling out a Brag Sheet, students should also compile a list of all the activities (both at school and within the community) that they have been involved in during their 9th-12th grade years. Almost all applications request this information and having a list already compiled will be another helpful resource as deadlines approach.

## PSAT TEST

The PSAT test will be given at THHS on Wednesday, October 14th. This test is recommended for juniors in the top 30-40% of their class as a preparation for taking college entrance tests later this year or next fall. More information will be provided to juniors later in

September regarding this test, so students should pay attention to daily announcements and information provided in homeroom.

**The ACT will be offered at Two Harbors High School and William Kelley High School on Tuesday, April 19th for any juniors who want to take it.**

ACT registration packets are available in the counseling office or students can register on line at [www.actstudent.org](http://www.actstudent.org).

The ACT test will also be given throughout the 2015-2016 school year. Please visit your counselor's office for further information. The testing dates are:

Test Date	Registration Deadline
October 24, 2015	September 18, 2015
December 12, 2015	November 6, 2015
April 9, 2016	March 4, 2016
June 11, 2016	May 6, 2016

## KHS STUDENTS AND PARENTS

Senior students planning on attending college next year should spend time in the career center; talk with the college recruiters visiting our school, and pay close attention to the daily announcements. Additional information and help can be obtained from the counselor. This winter there will be a college representative at KHS providing a session on how to fill out FAFSA forms (Free Application for Federal Student Aid). The KHS scholarship booklet, containing information on local scholarships, will be available in the guidance office or in the high school library. The PSAT test will be given at WKHS on Wednesday, October 14, 2015.

**The ACT test will be administered in Silver Bay** on October 24, December 12, and April 9 if enough students are registered for the test. If a student misses the testing dates in Silver Bay the test may be taken on one of the other test dates in Duluth.

## MINNESOTA STATEWIDE TESTING PROGRAM

Currently students take the Minnesota Comprehensive Assessments (MCAs) or the Minnesota Test of Academic Skills (MTAS). These tests meet the Federal requirements of the Elementary and Secondary Education Act (ESEA) and are administered in the spring. Students in grades 3-8 and 10 take a reading test. Students in grades 3-8 and 11 take a math test. Students in grades 5, 8, and 10 or 11 also take a Science test. These results are used to measure students' progress toward meeting Minnesota's academic standards. The tests are administered online and preliminary results are known immediately. Students may take the Optional Local Purpose Assessment in reading and math. This test is

a preliminary for the MCAs. It helps teachers design instruction that will help their students meet the standards and therefore score well on the MCAs. Students may take the math test twice and the reading test once. These assessments are online and the results are immediate.

Recent MN legislation now requires that students take Career and College readiness assessments starting in 9th grade and a College Entrance exam in 11th grade. These tests are required in order to graduate. The **Explore** and **Plan** tests are no longer offered. Each district will determine what Career and College readiness assessment to administer.

Students in grade 11 will be given the opportunity to take the college entrance exam **ACT Plus Writing**. This is no longer a requirement for all 11th graders. What is required is that this test be administered on site, both at THHS and WKHS. This test provides information to students, their parents, and educators regarding the level of preparedness for post-secondary. This test will be administered on April 19th.

The chart below is from the Minnesota Department of Education's website and shows a summary of the tests by grade level. Additional information regarding these assessments and graduation requirements is available on the MDE website. <http://education.state.mn.us/MDE/JustParent/TestReq/index.html>

Minnesota Statewide Testing Program													
Assessment	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>MCA and MTAS</b>													
• Reading				◆	◆	◆	◆	◆	◆		◆		
• Math				◆	◆	◆	◆	◆	◆			◆	
• Science						◆			◆		◆		
<b>ACCESS for ELLs</b> (English Learners only)	■	■	■	■	■	■	■	■	■	■	■	■	■

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- William Kelley School – Thursday, October 8th 2015

In addition to the flu shot clinics, Public Health will hold mini health fairs three times a year at Two Harbors High School and we hope to expand these activities to William Kelley School in the future. The health fairs are held over the lunch hours and cover a wide variety of topics from nutrition and distracted driving to the dangers of alcohol and drug use.

# NLCAB RESIDENCIES

Northern Lake County Arts Board is sponsoring a number of Residencies for the Silver Bay Schools for 2015/16. They start the last week in Sept. with Minnesota Ballet which includes an afternoon performance by their full company on Thurs., Oct. 1st. The other residencies are: Tweed Museum visit by 5th and 6th grades, Lyric Opera of the North will perform a children's opera which will include our elementary students singing with this Opera Company, Nature Jewelry Design for high school students, Paul Sundberg Photography with field trip to Grand Portage for 4th graders and a Shakespeare Workshop with Duluth Playhouse for high school English students.

We are also sponsoring the national known Brule' (Native American Rock Group with Dance) at Kelley Auditorium on Oct. 24, 2015, at 7:00 for \$20.

These outstanding opportunities are made possible from grants received from the following funders:

- Rosemary and David Good Family Foundation
- Lloyd K. Johnson Foundation
- Silver Bay Charitable Fund – Duluth Superior Community Foundation
- The Cliffs Foundation
- Cooperative Light & Power Foundation
- Silver Bay Area Tourism Association
- Arrowhead Regional Library System through funds from the Minnesota's Arts and Cultural Heritage Act.

If question please contact Mary Aijala, President, NLCAB and check us out on the web or facebook.

## Lake County Community Connect

Thursday, Oct. 8, 4 – 6:00 pm  
Finland Community Center

Connect with local services  
and resources at this free event!

Free Bus Ride: call 1-800-862-0175



That's Learning, Leading, Linking

# COMMUNITY Ed

## IS YOUR CHILD 3 ½?

### EARLY CHILDHOOD SCREENING REQUIRED

Early Childhood Screening is **REQUIRED** for entrance in Minnesota's public schools. This free screening is a brief, simple procedure used to identify potential health or developmental problems in children **between the ages of three and four**.

A trained professional will check

- Hearing and vision
- Height and weight
- Immunizations
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

This screening is important, please make it a priority. Contact Sandi at 218-834-8201 extension 8230 or Kim at 218-226-4437 extension 8158 when your child is 3½ to schedule a screening.

*Early childhood years from birth to kindergarten are an important time of rapid learning and growth!*



### PRESCHOOL

If you need information about preschool in Two Harbors and Silver Bay, please call 218-834-8201, ext. 8230 or 218-226-4437, ext. 8137.

### PROJECT READ (Red Book Shelves)

New or gently used children's books appropriate for birth to age five are being collected at the Community Education offices. These books are redistributed free at Red Book Shelves at the following locations:

Two Harbors: Laundromat, Credit Union, Lake County Services Bldg.

Beaver Bay: Laundromat

Silver Bay: Mary Mac

### REMINDER!

Facility Scheduling is now paperless! Requests should be made online.

To become a requester: <http://fsisd381.rschooltoday.com/authentication/credential/requesterlogin>

**Questions?** Please get in touch with our Community Education Director, Chris Olafson Langenbrunner [colafson@isd381.k12.mn.us](mailto:colafson@isd381.k12.mn.us) or 218-834-8201, ext. 8227.

### CENSUS UPDATE

- Are you new to the district with an infant or preschooler?
- Do you have an addition to your family?
- Have you moved?
- Has your phone number changed?

To update your family account and to verify that your family is included in the current school district census statistics, call 834-8201, ext. 8230 or 226-4437, ext. 8158. It is important that you don't miss out on special communications mailed to families with preschoolers.

### COMMUNITY EDUCATION ADVISORY COUNCIL

The Community Education Advisory Board meets four times a year. We welcome your ideas, suggestions, concerns and questions. Our meetings are open to the public. Please call Sandi at 834-8201, ext. 8230 or Jaime at 226-4437, ext. 8137 if you would like to attend a meeting.

CURRENT COUNCIL MEMBERS:

Debbie Alm	Greg Hanson
Michelle Backes-Fogelberg	Maggie King
Tom Clifford	Shelby Wrege
Deade Johnson	Mary Aijala
Jan Ringer	Tom Burns
Karen Tucker	Barbara Houle-Schwanke
Deade Johnson	Kelsey Olson
Paul Borg	

The Advisory Council meets four times a year. We welcome your ideas, suggestions, concerns and questions. Our meetings are open to the public. If you would like more information, or would like to attend a meeting, please contact Chris Langenbrunner, Community Education Director, 218-834-8201, ext. 8227.

### REGISTER ONLINE FOR COMMUNITY EDUCATION CLASSES!

Signing up for Community Education classes is easy! Just go to our Web site at [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us) and click on Community Education. Next, click on the Classes & Registration button on the navigation bar. There you can view the current class schedule, choose a class and pay for it using your debit or credit card. It's that easy and convenient. **Sign up today!**

**Scan code to go directly to registration.**

**Reminder!** Facility Scheduling is now paperless! Requests should be made online.

Questions? Please get in touch with our Community Education Director, Chris Olafson Langenbrunner [colafson@isd381.k12.mn.us](mailto:colafson@isd381.k12.mn.us) or 218-834-8201, ext. 8227.



# Advancing Farm to School

*continued from page 2*

healthy eating lessons in the classroom and donations of technical assistance, time, and funds to the school gardens.

And now for our next steps! The Lake Superior School District, along with the Carlton, Cook, Lake, St. Louis Community Health Board, the Duluth School District and Wolf Ridge Environmental Learning Center, has secured two significant grants. The first is a USDA Farm to School grant that is a one-time pilot grant to further implement the farm to school strategy in order to support the prevention of chronic diseases through healthy eating with an aim to collaborate, educate, and secure equipment to leverage existing Farm to School programs and partnerships. Items coming to the district from this grant include hand washing stations and produce rinsing stations in the gardens, commercial grade salad spinners for the kitchens, and funds for educational supplies and



procurement. The second grant is from the Victory Fund to address recipe development and food service training for cafeteria staff.

It is our goal that through the enhancement of The 3 Cs, the topic of where your food comes from will become embedded in student learning. In addition, Farm to School learning will go beyond the traditional classroom setting by connecting and

engaging students, parents, teachers, food service, farmers, and the local community into the food system that sustains us all.

If you'd like to learn more or are interested in helping out in any way, please contact Leah Bott, Lake County Coordinator of the Statewide Health Improvement Program (SHIP) at [lbott@isd381.k12.mn.us](mailto:lbott@isd381.k12.mn.us). We welcome your input and participation in this process.



## JUST KIDS DENTAL 2015-2016 SCHOOL-BASED DENTAL PROGRAM

### DEAR PARENT/GUARDIAN:

Did you know an oral health program is available at your child's school? Just Kids Dental has partnered up with your school district at no charge to provide oral health education and preventive services to underserved children at your child's school. This program focuses on economically disadvantaged children enrolled in Medicaid and low-income children without any insurance coverage per available limited grant funding. Just Kids Dental services are available to all children who wish to participate regardless of insurance status or ability to pay and does not single out specific children. Families covered under private insurance are encouraged to continue all care at your established family dentist. A parental consent **MUST** be completed in **INK** and returned to school immediately before your child may receive services. Complete a **SEPARATE** form for **EACH** eligible child.

Visit your school secretary  
or nurse to pick up a  
Just Kids Dental  
consent form to  
enroll in the program.

P.O. Box 146  
Two Harbors, MN 55616

Phone 218.206.4327



[justkidsdentalino.org](http://justkidsdentalino.org)

Services provided by a Registered Dental Hygienist include:

- Oral Hygiene Instruction
- Screening
- Dental Cleaning
- Fluoride Application (helps keep teeth strong & prevent cavities)
- Sealants (if needed) A sealant is a thin, plastic, coating that is painted on the chewing surfaces of the back teeth to form a shield over the tooth to prevent cavities
- Oral Health Kit which includes: age appropriate toothbrush, toothpaste, floss and sticker or pencil



Services available to children at Minnehaha Elementary (K-5) and William Kelley Schools (K-12)

# SILVER BAY COMMUNITY EDUCATION

## AFTER SCHOOL ACTIVITIES

Classes listed below will be offered afterschool. Please note individual class dates. Students will sign in after school in the cafeteria and have a snack that is provided. They will then go to their respective class from 3:40-5:00, and may not leave until 5:00 unless picked up by a parent/guardian.

**Transportation, snacks, and supplies are provided by a grant from the Silver Bay Area Charitable Fund (Duluth Superior Community Foundation).** Students who need transportation home must sign up by noon each day if they need transportation. Sign up will be outside the Community Education Office. **Classes are listed at the reduced price due to the donation from the Silver Bay PTSO.**

### HOMEWORK HELP, GRADES 1-6

Designed for students in grades 1-6 needing help with their homework. Will meet Monday and Tuesday, from 3:30 - 5:00. Students may attend one or two days. They must stay until 5:00, unless picked up by a parent. No fee. No need to pre-register. Each day of attendance, students must sign up by noon outside the Community Education office.

Instructor: Lisa Benson  
10/06/2015—12/8/2015  
Monday, Tuesday, 3:30 PM—5:00 PM  
KES - Computer Room  
No Fee



### JR. CHEER, GRADES K-6

Put a little pep in you step by learning your favorite cheers and chants. Half time show, date and time to be determined. Gym shoes and clothes required.

Instructor: Stacy Breden  
10/06/2015—12/08/2015  
Tuesday, 3:30 PM—5:00 PM  
WKHS - WKHS Auditorium Lobby  
\$21.00

### BRAINTEASERS "HOW DID YOU FIGURE THAT OUT?", GRADES 3-6

Did you ever wonder how many golf balls would fit into a suitcase? or how many water balloons fit into the gym? Life is full of questions, some are just more fun to figure out than others. We will work together to solve these mysteries. Bring your "outside the box" thinking and even some of your own brainteaser questions.

10/07/15 - 10/28/15  
Wednesday, 3:30PM - 5:00PM  
KES - Computer Room  
\$5.00

### BAKING WITH KIDS, GRADE K-6

Learn the baking basics. Bake bread, pie and holiday cookies! **NO CLASS Oct. 15, Nov. 12, 26.**

Instructor: Gigi Maxwell  
10/08/2015—12/03/2015  
Thursday, 3:30 PM—5:00 PM  
WKHS - FACS Room 115  
\$11.00

### POTTERY PAINTING FOR KIDS, GRADE K-6

The Pottery Burn Studio located in Duluth will bring the studio to you! The kids will PICK their pottery, they PAINT their pottery, then the studio will glaze and FIRE it for them. You will be contacted when their pottery piece is available for pick up in the Community Ed. office. Cost of class includes materials except their pottery piece, which they can pick out in the Community Ed. office for an additional cost prior to the start date of the class. **Please register and have them PICK out their pottery prior to Oct. 5th.**

Instructor: Amanda Korhonen  
10/19/2015  
Monday, 3:30 PM—5:30 PM  
WKHS - Art Room 205  
\$7.00

### BUILD AND FLY A FOAM AIRPLANE GRADE 4-6

How do airplanes fly? Learn basic principles of how airplanes fly. Students will build their own foam airplane glider. They will practice making it turn to the left or right, fly up and down. Whose glider will fly the farthest? 2 class dates

Instructor: Dean Zeitz  
11/10/15 & 11/17/15  
Tuesday, 3:30PM - 5:00PM  
WKHS - ITV Room 103-A  
\$5.00

## ARTS, CRAFTS AND HOBBIES

### POTTERY PAINTING

The Pottery Burn Studio located in Duluth will bring the studio to you! You PICK your pottery, you PAINT your pottery, then they will glaze and FIRE it for you. You will be contacted when your pottery piece is available for pick up in the Community Ed. office. Cost of class includes materials except your pottery piece, which you can pick out in the Community Ed. office for an additional cost prior to the start date of the class. **Please register and PICK out your pottery prior to Oct. 5th.**

Instructor: Amanda Korhonen  
10/19/2015  
Monday, 6:00 PM—8:00 PM  
WKHS - Art Room 205  
\$18.00

## COMPUTER TRAINING

### IPHONES/IPADS TIPS AND TRICKS

Do you only use your iPad for Facebook and games? Learn tips and tricks that will help you use your iPad for more! Class is for iPad users only. Bring your iPad and/or iPhone to class.

Instructor: Pure Driven  
10/21/2015  
Wednesday, 5:00 PM—6:30 PM  
WKHS - Computer Room 101  
\$29.00



### AFTERSCHOOL SWIM, GRADES 1-6

Splash and have fun with your friends. Bring your suit and towel. Must wear a swim cap.

Instructor: Jamie Gnerer  
10/12/2015—12/07/2015  
Monday, 3:30 PM—5:00 PM  
WKHS - Pool  
\$21.00

## GOOGLE BASICS

Google Basics will cover the following: Google Search Google Gmail Google Calendar Google File Storage Other – depending upon Q & A Bring your iPad or laptop to class, if you have one.

Instructor: Pure Driven

11/05/2015

Thursday, 5:00 PM—6:30 PM

WKHS - Computer Room 101

\$29.00

## SENIOR SURF DAY

Seniors (60 and up) are invited to a two-hour class on using your iPad, smart phone, and laptop. North Shore Area Partners has two iPads for use during these sessions. The focus is to individualize and personalize your experience to help you use your device to access information such as your health portal from St. Luke's, My Health at Essentia, and how to search for information on-line. There is no fee for this class but you must pre-register. Class is held at North Shore Area Partners in Room 21.

Register for a date. Same presentation for each day.

Instructor: Mary Aijala

10/12/2015

10/26/2015

11/09/2015

11/23/2015

12/07/2015

Monday, 10:00 AM—12:00 PM

No Fee

## COOKING AND FOODS

### USING THE WOOD FIRE OVEN

Using our new wood fire oven we will bake a traditional Italian bread and discuss variations for the recipe. We will also prepare and eat vegetable using foods from our school garden and the wood fire oven. **Register by Oct. 1st.**

Instructors: Liz Busa, Amy Johnson

10/06/2015

Tuesday, 6:00 PM—8:30 PM

WKHS - FACS Room 115

\$15.00

### SOUP AND CHILI

Learn to make Soup and Chili from scratch and bring it home to enjoy. Ingredient fee included.

Instructor: Dan Johnson

10/22/2015

Thursday, 6:00 PM—8:00 PM

WKHS - FACS Room 115

\$20.00

### LEFSE

Join us for a fun evening while you learn to make this Norwegian favorite. Bring containers to take home your Lefse. Class fee includes ingredients.

Instructor: Paul Taintor

11/17/2015

Tuesday, 6:30 PM—8:00 PM

WKHS - FACS Room 115

\$17.00

## GENERAL INTEREST

### AFFORDABLE CARE ACT

The Affordable Care Act (ACA) was signed into law March 23, 2010, and made sweeping changes to our health care system. We will discuss available plan types, how ACA can help those who can't afford insurance, how it's funded, and how it can impact your future plans.

Instructor: Gary Zinter

10/13/2015

Tuesday, 6:30 PM—7:30 PM

WKHS - Library

\$5.00

### DRIVER IMPROVEMENT - 8 HOUR

The driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky

10/19/2015—10/20/2015

Monday, Tuesday, 5:00 PM—9:00 PM

WKHS - Library

\$24.00

### DRIVER IMPROVEMENT 4-HOUR REFRESHER

This driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in traffic laws, the latest vehicle technology, traffic safety, and accident prevention. Completion of this class qualifies for a 10% reduction on automobile insurance premiums in MN for those ages 55 and over. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky

10/07/2015

Wednesday, 5:00 PM—9:00 PM

WKHS - Library

\$20.00

### DRIVER IMPROVEMENT 4-HOUR REFRESHER

This driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in traffic laws, the latest vehicle technology, traffic safety, and accident prevention. Completion of this class qualifies for a 10% reduction on automobile insurance premiums in MN for those ages 55 and over. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky

11/02/2015

Monday, 5:00 PM—9:00 PM

WKHS - Library

\$20.00

## ECONOMIC UPDATE

Should you react to economic headlines? Could your investments be doing better? Get the straight talk about current markets to help answer important questions. We will update you about changes in the economy and markets, and find out what they mean to your financial strategy.

Instructor: Gregory Hanson

10/28/2015

Wednesday, 6:30 PM—7:30 PM

WKHS - Library

\$5.00

## ESTATE PLANNING AND KEEPING THE CABIN IN THE FAMILY

If you have a family cabin (or "cottage" or vacation home), have you and your family given any thought to whether the property should be retained by the next generation and if so, how to best accomplish that result? If your goal is to transfer the cabin property to the next generation, advance planning is essential. Grand Marais estate planning attorney, Ruthanne Hedstrom Vos with Mathison Law Office, will address the advantages and disadvantages of various options for transferring ownership of the family cabin and will provide handouts to help facilitate your family's discussion and planning.

Instructor: Ruthanne Hedstrom Vos

11/19/2015

Thursday, 6:30 PM—8:00 PM

WKHS - Library

\$5.00

## INCOME TAXES AND RETIREMENT

Retirement is a significant event in our lives—a time of transition from one stage to another. This presentation focuses on the several tax considerations you'll want to make. These preparations can substantially impact your retirement experience. We will introduce retirement considerations like tax diversification, taxation of capital gains and Social Security, health care insurance subsidies, and the financial impact of the first death in retirement.

Instructor: Gregory Hanson

12/01/2015

Tuesday, 6:30 PM—7:30 PM

WKHS - Library

\$5.00

## LEARN TO FLY RADIO CONTROLLED AIRPLANES

How does an airplane fly? What generates lift for an airplane? What do the control surfaces do on an airplane? Learn to fly on a buddy box system with a trained RC pilot. 4 classes. First class is in the classroom, last three classes are located off site at the Silver Bay Municipal Airport field.

Instructor: Dean Zeitz

10/06/2015—10/19/2015

WKHS - Library/Silver Bay Airport

\$5.00

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## NATIVE PLANT PROPAGATION - SEED COLLECTION AND STORAGE

This will be an introductory overview to the process of identifying, collecting, and storing native perennial wildflower seeds for propagation into new plantings for the following spring. This class will provide a full overview of this process, but focus specifically on the parts of the process that take place in the fall – identifying plants, assessing what types of seeds they produce, and collecting these seeds for winter storage. The class will start indoors with a brief presentation, and then move outside for field work practicing identifying plants and collecting their seeds. Seeds will be labeled and placed into storage. Depending on student interest, there may be opportunity for future courses in seed storage, constructing simple grow-light systems for home propagation, and starting seedlings in the home.  
Instructor: Dan Schutte  
10/29/2015  
Thursday, 5:00 PM—6:30 PM  
WKHS - Library  
\$7.00

## RETIRE WISELY

Will you have enough to retire? Will your retirement income last? Are your assets protected? In this workshop, we will discuss how to manage six risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs.  
Instructor: Gregory Hanson  
10/29/2015  
Thursday, 6:30 PM—7:30 PM  
WKHS - Library  
\$5.00

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## HEALTH/SAFETY/WELLNESS

### ESSENTIAL OILS MAKE AND TAKE

Whether you already use essential oils or have never heard of them, this class is something you can't miss! Participants will be making a headache roller, linen spray, and tummy troubles roller. It's a great way to learn more about essential oils and put a few of them to use!  
Instructors: Cassie Ernest, Tina Goutermont, Jenn VanHouse  
10/14/2015  
Wednesday, 6:00 PM—7:00 PM  
WKHS - FACS Room 115  
\$10.00

### CPR/CPR REFRESHER/FIRST AID

For persons wishing to become certified in CPR, or for those whose certification has expired or is about to expire. Learn adult, infant and child CPR, along with AED (Automated External Defibrillator). The First Aid portion will cover bandaging, treating shock, burns, injury to bones, muscles, joints, etc. You are now required to purchase a book; the cost (\$15) is included in the class fee.  
**Register by 11/6.**

Instructor: Sharrie Houdek  
11/10/2015  
Tuesday, 6:00 PM—10:00 PM  
WKHS - Library  
\$65.00

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## POOL ACTIVITIES

### EARLY MORNING LAP SWIM M, W

Lap swim for ages 12-adult. Must bring a swim cap, suit and towel. Class is 45 minutes long, consisting of 22 class dates.  
Instructor: Jamie Gnerer  
10/05/2015—12/16/2015  
Monday, Wednesday, 6:15 PM—7:00 PM  
WKHS - Pool  
\$112.00

### EARLY MORNING LAP SWIM T, TH

Lap swim for ages 12-adult. Must bring a swim cap, suit and towel. Class is 45 minutes long, consisting of 20 class dates. **No class on Oct. 15th and Nov. 26th.**  
Instructor: Jamie Gnerer  
10/06/2015—12/17/2015  
Tuesday, Thursday, 6:15 AM—7:00 AM  
WKHS - Pool  
\$102.00

### EVENING LAP SWIM

Lap swim for ages 12-adult. Must bring a swim cap, suit and towel. Class is 1 hour long, consisting of 22 class dates.  
Instructor: Jamie Gnerer  
10/05/2015—12/16/2015  
Monday, Wednesday, 5:30 PM—6:30 PM  
WKHS - Pool  
\$134.00

### FAMILY SWIM/WATER BABIES

Family Swim Night!! Come and bring your family for a night of fun! Must wear a swim cap. Look forward to seeing your family there!  
Bring your tots to the pool!!! In a sectioned off area, this class is going to get your babies used to the water with some fun activities. A parent has to be in the pool with them. This portion of the class is for children newborn (as long as they can hold their own head up) to age 4. Cost of one registration covers your whole family!! Class is 1 hour long, consisting of 8 class dates.

### No Class Oct. 15th and Nov. 12th, 26th

Instructor: Jamie Gnerer  
10/08/2015—12/17/2015  
Thursday, 6:30 PM—7:30 PM  
WKHS - Pool  
\$49.00

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## SPORTS AND EXERCISE

### ADULT CO-ED VOLLEYBALL

Spend your Wednesday evenings playing this fabulous lifetime sport! Whether you know how to play or not, you will be sure to have fun! The league will be governed by league house rules. Teams will be made up of males and females, and one female must be on the court at all times. Teams will get to play two matches every Wednesday. Sign up today!  
Instructor: Keri Johansen  
10/07/2015—12/09/2015  
Wednesday, 6:30 PM—8:00 PM  
WKHS - Gym  
\$15.00

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## GROUP CIRCUIT TRAINING

Circuit Training is one of the most effective ways one can stay in shape and lose weight. It tackles every major muscle group by challenging endurance and strength. A single session of CT of one hour can burn anywhere from 400-600 kcals, depending on body type and effort put into the class. This class will be challenging at first, but as you continuously attend, you'll notice you'll be able to perform the exercises properly and more efficiently. I will also help modify movements if they are too challenging, and please don't hesitate to take short breaks when needed. We will be getting on the floor, so bringing a mat of some sort may be a good idea, but is not required. Just know that putting something under your knees or lying on something will aid in comfortably executing the movement. There will be jumping around, so if you have any knee problems, back, neck, etc. please let me know so we can work on modifying the exercise. Weights are recommended, but not required. We will be doing lots of weighted activity, multiple reps, so please bring a weight that you can handle. Water bottles and clean athletic shoes (or comparable) are required.  
Instructor: Beth Curtis  
10/07/2015—12/09/2015  
Monday, Wednesday, 7:00 PM—8:00 PM  
WKHS - Gym - WK Elementary  
\$114.00

### WALKING FOR YOUR HEALTH

Is it too cold or icy to walk outside? Walkers are welcome to use the WKHS School halls for exercise Monday through Thursday 4:00 - 6:00 PM. The buildings will not be open on school holidays. For safety purposes, running/jogging and strollers are not allowed. Use the front, main entrance doors when entering the buildings. Clean walking shoes and an ID badge are required. Your \$3 annual fee covers the cost of the walker ID badge and lanyard (payable in the Community Education office). If you purchased a badge in the past, please bring it in to get a new free pass card.  
\$3.00

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## YOUTH ACTIVITIES

### DRIVER EDUCATION

Thirty hours of classroom and six hours behind-the-wheel instruction for students 15 and up. Students who complete the full course will receive 1/2 high school credit (pass/fail) to qualify for Minnesota tax deduction and tax credit. No childish/immature behavior will be tolerated. Students must attend 30 hours of classroom. You must have your certified birth certificate and your social security card with when you take your permit test. Please include the student's full legal name (first, middle and last) and birth date when registering. Call Community Education with questions, 226-4437, ext. 8137. At least \$200 is due at registration and the \$200 balance is due by the first day of class, or you can pay the full \$400 when you register. A payment of less than \$200 does not reserve a spot in the class. No refunds after two business days prior to the beginning of class. Due to new legislation,

if a parent does not attend this meeting, the student will be required to log more hours of supervised driving. Parents will receive a certificate which they will have to produce when their student applies for their license. There is no additional cost, but you must register separately for the parent meeting. Parents are encouraged to register for the parent meeting.

Students do not have class this day.

Class Dates: October 9, 19, 23, 26, 29, 30 November 3, 6, 9, 10

All Fridays 8:00am -11:00am.

All Weekdays 5:30pm - 8:30pm

Instructor: Chris Belanger

10/09/2015—11/10/2015

WKHS - 003 Computer Room

\$400.00

## **DRIVER EDUCATION PARENT MEETING**

The Minnesota State legislature passed a new law – the Graduated Driver License (GDL) that changes the requirement for students and families in regards to Driver's Education. We have always highly encouraged parents to attend our "parent night" during the classroom portion of DE. With the new law, there is a more stringent parent class time commitment (90 minutes) and the curriculum is specified. Certificates are awarded for completion of the Parent Session. Attendance for a parent is optional, but if a parent does not attend, the newly required "log of supervised driving time" that you and your teen have to document will vary in time requirements. All teens will need to submit a log

when they take their driver's test, however, fewer hours of verified driving are required for teens who have had a parent who has attended the parent session. Students are not required to attend this meeting; it does not count towards their required 30 hours of class time. There is no additional cost for the parent meeting, but registration is required. Instructor: Chris Belanger

TBD  
No Fee

# FINLAND COMMUNITY EDUCATION

## **CRAFT YOUR OWN CANOE PADDLE**

In this course we will shape strong, elegant, and lightweight canoe paddles from an assortment of native woods. Students will have the opportunity to choose from a variety of classic blade and grip shapes for their paddles, and to custom fit the paddles to their body and paddling style. The course will focus on skillful use of hand tools, including drawknives, planes, spokeshaves, gouges, and carving knives, and their application in traditional woodworking techniques. Design principles, wood selection, layout, and other considerations will be discussed as well. Join us to have fun, learn woodworking techniques, and prepare for canoeing season with your very own custom-made paddle! Materials are included.

Instructor: Kerry Lambertson

11/14/2015—11/15/2015

Sunday, Saturday, 9:00 AM—5:00 PM

Clair Nelson Community Center - Finland, MN

\$120.00

## **ECONOMIC UPDATE**

Should you react to economic headlines? Could your investments be doing better? Get the straight talk about current markets to help answer important questions. We will update you about changes in the economy and markets, and find out what they mean to your financial strategy.

Instructor: Gregory Hanson

10/06/2015

Tuesday, 6:30 PM—7:30 PM

Clair Nelson Community Center - Finland, MN

\$5.00

## **INCOME TAX AND RETIREMENT**

Retirement is a significant event in our lives—a time of transition from one stage to another. This presentation focuses on the several tax considerations you'll want to make. These preparations can substantially impact your retirement experience. We will introduce retirement considerations like tax diversification, taxation of capital gains and Social Security, health care insurance subsidies, and the financial impact of the first death in retirement.

Instructor: Gregory Hanson

12/08/2015

Tuesday, 6:30 PM—7:30 PM

Clair Nelson Community Center - Finland, MN

\$5.00

## **JEWELRY CREATION BASICS**

Course will teach the basics of taking raw materials and turning them into finished pieces of jewelry. Students will learn basic tools and how to use them, shaping and working with different metals, wire-wrapping pendants, how to use a jeweler's saw, and how to attach clasps.

Instructor: Kenny Albrecht

11/14/2015

Saturday, 1:00 PM—3:00 PM

Clair Nelson Community Center - Finland, MN

\$15.00

## **RETIRE WISELY WITH GREG HANSEN**

Will you have enough to retire? Will your retirement income last? Are your assets protected? In this workshop, we will discuss how to manage six risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income

taxes and rising health care costs.

Instructor: Gregory Hanson

10/08/2015

Thursday, 6:30 PM—7:30 PM

Clair Nelson Community Center - Finland, MN

\$5.00

## **SOMAYOGA FOR CHRONIC PAIN**

When muscles become chronically contracted from misuse, physical and emotional stress, and injury and trauma, the body becomes out of balance. Years of adjusting to these changes can lead to pain in the neck, back, hips, knees, shoulders, etc., eventually leading to sciatica, scoliosis, carpal tunnel, disc-degeneration, arthritis, fatigue, and other structural and functional problems. This SomaYoga class is geared for folks who are in pain or want to stay out of pain. Using the techniques of Somatics and Therapeutic Yoga we will work to improve your quality of life. We use breathing techniques to stimulate the para-sympathetic nervous system and move the body from a constant state of stress to a new found relaxed resilience. Muscles are released, relaxed and balanced through the use of somatic movements which focus the brain specifically on the contracted muscles and movement patterns. This simple process can undo years of chronic tension and pain. Strength and stability are built ounce by ounce with techniques of Yoga Therapy to help you find more ease and greater freedom. Students who register for 8 session of SomaYoga for Chronic Pain receive a significant discount of Somatic Private Sessions - inquire with your teacher.

Instructor: Kim Josephson

10/07/2015—11/25/2015

Wednesday, 2:00 PM—3:00 PM

Clair Nelson Community Center - Finland, MN

\$88.00

# TWO HARBORS COMMUNITY EDUCATION

## ARTS, CRAFTS & HOBBIES

### EASY TEE-SY TEE SHIRT

Fun, easy and quick class where you will decorate a plain white tee shirt with sharpies to create a fashion statement. Ages 10-adult. Bring your own cotton tee shirt (or two). All other supplies provided. Register by 10/7. Instructor: Suzy Whitney  
10/13/2015  
Tuesday, 6:30 PM—8:00 PM  
THHS - FACS Cooking Room 2305  
\$13.00



Optional: an old suede jacket works well for the palms. -- For the fleece mittens, bring 3/4 fleece fabric. You must register by 10/19.

Instructor: Karen Tucker  
10/21/2015  
Wednesday, 5:30 PM—8:00 PM  
THHS - FACS Sewing Room 2301  
\$18.00

### HOLIDAY WREATH MAKING

Learn how to design and make a festive holiday wreath from fresh harvested greens. Participants will be provided the necessary materials and tools to make and take home a fully decorated wreath which includes a hand-made bow. A demonstration will also be given on how to make an outdoor green arrangement to adorn your porch or deck for the holidays. Register by 11/23.

Instructor: Michelle Libby  
12/03/2015  
Thursday, 6:00 PM—8:00 PM  
Minnehaha - Cafeteria  
\$25.00

### SUPER EASY FABRIC BASKET

Once you learn to sew this darling basket, you won't be able to stop! Great for gifts and storage; they are a great size and with easy to follow instructions, you will be making these in no time. Bring sewing machine, pins, thread, iron and cutting supplies. Materials needed: 1/2 yard exterior and handles fabric, 1 fat quarter coordinating interior fabric, Fusible Fleece (medium weight). Pre-cut kits are also available: Halloween kits - \$15, Christmas kits - \$15. Select the kit you want when you register; you will pay the instructor in class. Register by 9/30.

Instructor: Allison Olson  
10/14/2015  
Wednesday, 5:30 PM—8:00 PM  
THHS - FACS Sewing Room 2301  
\$13.00



### FELTED BOWL

Working with wool fibers, hot water, liquid dish soap, bubble wrap, netting and a resist, we will make a felted bowl. All you need to bring to class is two bath/beach towels and a plastic bag. Get ready for a different kind of workout. Register by 10/6. Instructor: Suzy Whitney  
10/22/2015  
Thursday, 6:00 PM—9:00 PM  
THHS - FACS Cooking Room 2305  
\$24.00

### FELTED WOOL OR FLEECE MITTENS

Make a pair of beautiful, warm mittens using old wool sweaters or fleece fabric. Bring your sewing machine, thread, 1 3/4" straight pins (colored heads work best), two 1" buttons, a seam ripper, and scissors. Pattern and instructions included. -- For the wool mittens, bring one wool sweater if you wish your mittens to be all one color/pattern. Bring two to three wool sweaters if you wish your mittens to be multi-colored. The sweaters must be pre-shrunk (washed in HOT water and dried in a HOT dryer using the regular to heavy duty cycle). You will also need 1/2 yard of a lighter weight fleece for liner.

## COMPUTER TRAINING

### GOOGLE BASICS

Google Basics will cover the following: Google Search, Google Gmail, Google Calendar, Google File Storage, and other -- depending upon Q & A. Bring your iPad or laptop to class, if you have one.

Instructor: Pure Driven  
11/04/2015  
Wednesday, 5:00 PM—6:30 PM  
THHS - Computer Lab 1109- Media Center  
\$29.00

### IPHONES/IPADS TIPS & TRICKS

Do you only use your iPad for Facebook and games? Learn tips and tricks that will help you use your iPad for more! Class is for iPad users only. Bring your iPad and/or iPhone to class.

Instructor: Pure Driven  
10/19/2015  
Monday, 5:00 PM—6:30 PM  
THHS - Computer Lab 1109- Media Center  
\$29.00

### STUDENTS TO SENIORS: MULTI-AGE TECH TRAINING

Seniors will have the opportunity to learn about technology in a customized 1:1 setting. Fun, food, and your very own student helper. Seniors can choose from a variety of topics. Bring your own device (phone, tablet or digital camera) or use a school iPad or computer. Choose your topic: digital photography, Facebook, e-mail, Internet searching and online safety, Skype, iPhones, iPads, or other portable devices. This will be a self-paced workshop where students and seniors work together to learn new technology skills in a fun and stress free environment. Snacks and refreshments will be provided.

Instructor: Kris Lee  
11/18/2015  
Wednesday, 4:00 PM—5:30 PM  
THHS - Computer Lab 1109- Media Center  
\$5.00

## COOKING & FOODS

### CHRISTMAS CANDY EXCHANGE

#### - ADULT

Take home six dozen assorted candies for the holidays! Bring your own containers. \$15 supply fee payable to instructor. Register by 10/19.

Instructor: Allison Olson  
11/18/2015  
Wednesday, 5:30 PM—9:00 PM  
THHS - FACS Cooking Room 2305  
\$24.00

### CHRISTMAS COOKIE EXCHANGE

#### - ADULT

Get all of your Christmas cookies made in one night without messing up your own kitchen. Take home six dozen assorted holiday cookies. Bring your own storage containers. \$15 supply fee payable to instructor. You must register by 11/18.

Instructor: Allison Olson  
12/16/2015  
Wednesday, 5:30 PM—9:00 PM  
THHS - FACS Cooking Room 2305  
\$24.00

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## GENERAL INTEREST

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### AFFORDABLE CARE ACT

The Affordable Care Act (ACA) was signed into law March 23, 2010, and made sweeping changes to our health care system. We will discuss available plan types, how ACA can help those who can't afford insurance, how it's funded, and how it can impact your future plans.

Instructor: Gary Zinter  
10/14/2015

Wednesday, 6:30 PM—7:30 PM  
THHS - Media Center/Library  
\$5.00

### DRIVER IMPROVEMENT COURSE - 4 HOUR REFRESHER

The driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. You must register by 10/5.

Instructor: Dean Skalicky  
10/08/2015

Thursday, 5:30 PM—9:30 PM  
THHS - Community Room  
\$20.00

### DRIVER IMPROVEMENT COURSE - 8-HOUR

This driver improvement course is the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. You must register by 10/21.

Instructor: Dean Skalicky  
10/26/2015—10/27/2015

Monday & Tuesday, 5:30 PM—9:30 PM  
THHS - Community Room  
\$24.00

### ECONOMIC UPDATE

Should you react to economic headlines? Could your investments be doing better? Get the straight talk about current markets to help answer important questions. We will update you about changes in the economy and markets, and find out what they mean to your financial strategy. Register by 10/14.

Instructor: Gregory Hanson  
10/20/2015

Tuesday, 6:30 PM—7:30 PM  
THHS - Media Center/Library  
\$5.00

### INCOME TAXES AND RETIREMENT

Retirement is a significant event in our lives—a time of transition from one stage to another. This presentation focuses on the several tax considerations you'll want to make. These preparations can substantially impact your retirement experience. We will introduce retirement considerations like tax diversification, taxation of capital gains and Social Security, health care insurance subsidies, and the financial impact of the first death in retirement. Register by 11/18.

Instructor: Gregory Hanson  
11/24/2015

Tuesday, 6:30 PM—7:30 PM  
THHS - Media Center/Library  
\$5.00

### KEEPING THE CABIN IN THE FAMILY

We have all heard the scenarios: a cabin that once produced wonderful family memories causes a rift among the children in the next generation, or a family is forced to sell the family cabin due to inability to agree upon use and maintenance and/or lack of funds to maintain the cabin. If you have a family cabin (or "cottage" or vacation home), have you and your family given any thought to whether the property should be retained by the next generation and if so, how to best accomplish that result? If your goal is to transfer the cabin property to the next generation, advance planning is essential. Grand Marais attorney, Ruthanne Hedstrom Vos with Mathison Law Office, will address the advantages and disadvantages of various options for transferring ownership of the family cabin and will provide handouts to help facilitate your family's discussion and planning. You must register by Wednesday, 11/4.

Instructor: Ruthanne Hedstrom Vos  
11/10/2015

Tuesday, 6:30 PM—8:00 PM  
THHS - Media Center/Library  
\$7/person or \$10/couple

### NATIVE PLANT PROPAGATION - SEED COLLECTION AND STORAGE

This will be an introductory overview to the process of identifying, collecting, and storing native perennial wildflower seeds for propagation into new plantings for the following spring. This class will provide a full overview of this process, but focus specifically on the parts of the process that take place in the fall – identifying plants, assessing what types of seeds they produce, and collecting these seeds for winter storage. The class will start indoors with a brief presentation, and then move outside for field work practicing identifying plants and collecting their seeds. Seeds will be labeled and placed into storage. Depending on student interest, there may be opportunity for future courses in seed storage, constructing simple grow-light systems for home propagation, and starting seedlings in the home. Register by 10/5.

Instructor: Dan Schutte  
10/13/2015

Tuesday, 5:00 PM—6:30 PM  
THHS - Wood Shop  
\$7.00

### PET FIRST AID & CPR

For ages 16 and up. This class is perfect for pet companions and pet care professionals. Learning dog and cat First Aid & CPR techniques can help a pet in an emergency survive prior to getting emergency veterinary care. The training is taught with a combination of lecture with a power point presentation, demonstration and hands-on skill practice with animal models. Each participant will receive a \$10 handbook and completion certificate. Register by 10/6.

Instructor: Robin Whaley, Certified Pet Tech CPR & First Aid Instructor

10/14/2015  
Wednesday, 5:00 PM—9:00 PM  
THHS - Community Room  
\$40.00

### RETIRE WISELY

47% of Americans age 56 to 62 could run out of funds to pay for basic retirement expenses if they were to retire at age 65. -Will you have enough to retire? -Will your retirement income last? -Are your assets protected? Join us for this one-hour presentation to learn how to manage six risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs. Register by 10/19.

Instructor: Gregory Hanson  
10/22/2015

Thursday, 6:30 PM—7:30 PM  
THHS - Media Center/Library  
\$5.00

### GOING TO THE ZOO, ZOO, ZOO... HOW ABOUT YOU, YOU, YOU?

Distance Learning will bring the only zoo in Alaska right to us! Our new telepresence abilities at school sites will take participants of all ages on a VIRTUAL Alaska Zoo field trip. This videoconferencing program includes a visit at a zoo habitat and a virtual encounter with one of their animal ambassadors. (We're hoping for a gray wolf!). See page 23 for more information.

10/7/2015

Wednesday, 4:00—5:15 PM  
THHS Community Room  
No charge, but registration is required.

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## HEALTH/SAFETY/WELLNESS

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### CPR/CPR REFRESHER/FIRST AID

For persons wishing to become certified in CPR, or for those whose certification has expired or is about to expire. Learn adult, infant and child CPR, along with AED (Automated External Defibrillator). The First Aid portion will cover bandaging, treating shock, burns, injury to bones, muscles, joints, etc. You are now required to purchase a book; the cost (\$15) is included in the class fee. Register by 10/14.

Instructor: Sharrie Houdek  
10/20/2015

Tuesday, 6:00 PM—10:00 PM  
THHS - Health Room 2034  
\$65.00

## WHAT CAN YOU MAKE WITH THOSE ESSENTIAL OILS??

Do you keep hearing about those essential oils?!?! Come learn about 11 oils that should be in every home; and all the different ways you can use them. Come learn about a natural chemical free way to take care of your home and health, one drop at a time. You will also get to take home a homemade hand sanitizer, and a room spray. There will also be goodies and refreshments. Register by 10/19. Instructor: Stacy Nightwine  
11/04/2015  
Wednesday, 6:00 PM—8:00 PM  
THHS - FACS Cooking Room 2305  
\$16.00

## LANGUAGES

### BASIC AMERICAN SIGN LANGUAGE

Join us in a basic 15 session signing class. Learn 300 plus signs and develop the ability to have conversations in sign. Class will consist of instruction time, practice time and resources you can do at home for review and extra practice. Teachers, staff, paraprofessionals, parents, and community members welcome. Snacks and CEUs included! No class 12/21 & 12/28.  
Instructor: Melissa Buck  
9/21/2015—1/11/2016  
Monday, 3:30 PM—4:30 PM  
Minnehaha - Computer Lab 113  
\$20.00

## MUSIC & DANCE

### BELLY DANCE, BEGINNING

No other exercise taps into the essence of female power like belly dance. Surrounded by terrific women of all shapes and sizes, you will be amazed how quickly you come to learn the proper form and technique of belly dance moves. The natural antidepressant and confidence boosting qualities of this low impact cardio workout will stretch and engage your body from head to toe! Please join us in comfortable clothing, and bring a hip scarf if you have one. No class 11/3.  
Instructor: Judie Sarff  
9/29/2015—12/08/2015  
Tuesday, 6:00 PM—7:00 PM  
Minnehaha - Cafeteria  
\$40.00

### BELLY DANCE, BEYOND

For those who have completed one year of beginning belly dance. We will work to layer moves, increasing our flexibility and stamina. Advanced moves, choreography, and props will be introduced and practiced to further enhance belly dance skills. Let's keep the belly dance fire rolling! No class 11/3.  
Instructor: Judie Sarff  
9/29/2015—12/08/2015  
Tuesday, 7:15 PM—8:15 PM  
Minnehaha - Cafeteria  
\$40.00

## GUITAR LESSONS

We have openings for guitar lessons. Private half-hour guitar lessons for ages eight and up, beginning and intermediate. You must have your own guitar. Cost of book is \$6, payable to instructor. To register, call 834-8201, ext. 8230; after school and evening lesson times are scheduled when you register. Limited space is available.  
Instructor: James Cheek  
10/05/2015—12/07/2015  
Monday  
THHS - Room 2203  
\$84/10 Lessons

## POOL ACTIVITIES

Early morning lap swim for ages 12-adult. Must bring cap, suit and towel. Park in the parking lot off Cedar Road and enter through door #14. The time will change to 6:00 - 7:00 AM beginning Oct. 12. Reminder: There will be no early morning swim if school has a late start or is canceled.

### THHS - POOL/LOCKER ROOMS

### LIFEGUARD: KATHY RONNING

#### AM LAP SWIM, MONDAYS

9/14/2015—12/14/2015  
\$63.00

#### AM LAP SWIM, WEDNESDAYS

9/09/2015—12/16/2015  
\$67.00

#### AM LAP SWIM, THURSDAYS

No class 10/15, 12/26.  
9/10/2015—12/17/2015  
\$58.00

### AQUA AEROBICS

Aqua Aerobics is an energizing, total-body workout with cardiovascular and strength-training benefits. The water cushions and supports your body reducing gravity and the risk of muscle or joint injury, resulting in a fun and effective way to get or stay in shape for people of all ages and fitness levels. You need not be a swimmer to participate. Most equipment provided; participants bring their own pool noodle. Park in the parking lot off Cedar Road and enter through door #14. No class 11/25.  
Instructor: Patty Carter  
9/30/2015—12/16/2015  
Wednesday, 6:30 PM—7:30 PM  
THHS - Pool/Locker Rooms  
\$66.00

### LAP SWIM, EVENING

Evening lap swim for ages 12-adult. This class will be canceled due to insufficient registration, so register early. Park in the parking lot off Cedar Road and enter through door #14. Register by 9/28.  
Lifeguard: Deanne Thomasen  
9/30/2015—12/16/2015  
Wednesday, 7:30 PM—8:30 PM  
THHS - Pool/Locker Rooms  
\$54.00

## SPORTS & EXERCISE

### COMMUNITY CURLING

Learn the basics of curling. Participants need to bring a pair of rubber-soled shoes and wear loose fitting, comfortable clothing. Other equipment will be provided. All participants of this class are welcome to become members of the regular curling league!  
Instructor: Two Harbors Curling Club Members  
11/16/2015—11/17/2015  
Monday & Tuesday, 7:00 PM—9:00 PM  
Two Harbors Curling Club  
\$15.00

### FITNESS CENTER

Open to men and women. Use 24 different machines to target all muscle groups, and round out your session with an aerobic workout on the treadmills, elliptical machines, steppers or spin bikes. Bring clean tennis shoes. Exercise with a friend!!  
**Closed 10/15, 11/12, 11/26.**  
Supervisor: Sandi Olson  
THHS Fitness Center  
9/28/2015—12/10/2015  
Monday & Thursday, 5:30—6:30 PM  
\$28 for 1st person/\$15 for 2nd

### VOLLEYBALL, ADULT CO-ED

Everyone is welcome to play co-ed volleyball. All levels accepted; no jungle rules.  
Instructor: Amy Bergerson  
10/21/2015—11/16/2015  
Begin on Wednesday, Oct. 21 and then meet on Mondays, Oct. 26, Nov. 2, 9, and 16.,  
7:30 PM—9:30 PM  
THHS - Gym  
\$15.00

### WALKING FOR YOUR HEALTH

Is it too cold or icy to walk outside? Walkers are welcome to use the THHS and Minnehaha halls for exercise Monday through Thursday, 4:00 - 7:00 PM. The buildings will not be open on school holidays. For safety purposes, running/jogging and strollers are not allowed. Use the front, main entrance doors when entering the buildings. Clean walking shoes and an ID badge are required. Your \$3 annual fee covers the cost of the walker ID badge and lanyard (payable in the Community Education office). If you purchased a badge in the past, please bring it in to get a new free pass card.  
\$3.00

### YOGA FOR EVERY BODY 1

Beginners and seasoned practitioners alike will benefit from this gentle class. The Sanskrit word "Yoga" means to yoke. For our purposes that means connecting the body and mind through breath work, postures and movements. This serves to invite relaxation and ease into our bodies and minds. Yoga is a great way to gain more freedom of movement in the body, to develop body awareness, and to relieve stress. In this class we will build on yoga principles and discover what it means to do yoga in our individual bodies. Class will end with a deep relaxation practice. Please bring a yoga mat, small blanket for relaxation practice, small pillow to sit on, water or tea and anything else you need to feel

comfortable. There will be some extra mats available for use. No class 10/15, 11/12, 11/26.  
Instructor: Hilary Buckwalter  
10/01/2015—12/10/2015  
Thursday, 5:15 PM—6:30 PM  
THHS - Room 2204  
\$72.00

### YOGA FOR EVERY BODY 2

Have you done yoga videos at home? Taken classes before? Curious about meditation? Then this class is for you. We will build on yoga principles and delve more into breath practices and postures. Traditionally, yoga is done to ready the body for sitting in meditation, a beautiful practice of sitting (or lying) in stillness while focusing on the breath. Benefits of meditation include stress relief, increased immunity, emotional balance and lower blood pressure. This class will include a posture practice followed by a short meditation. Please bring a yoga mat, small blanket for meditation practice, small pillow to sit on, water or tea and anything else you need to feel comfortable. There will be some extra mats available for use. No class 10/15, 11/12, 11/26.  
Instructor: Hilary Buckwalter  
10/01/2015—12/10/2015  
Thursday, 6:45 PM—8:00 PM  
THHS - Room 2204  
\$72.00

### YOGA SCULPT

Yoga sculpt takes the best of yoga and weight training and puts them together for a fantastic workout! This class will work every major muscle group in your body, boost your metabolism and increase your strength and flexibility. Free weights are added to a yoga sequence to create resistance and intensity. This class will include squats, lunges, bicep and triceps curls, abdominal work and cardio. Class will end in traditional yoga style with deep stretching and relaxation. No prior yoga or weight training experience required. Bring an exercise mat (a few will be available for use), free weights - 2 to 5 pounds recommend (a few will be available for use), a water bottle and a towel (optional). Class taught by certified yoga instructor.  
Instructor: Jillian Emery  
10/12/2015—12/07/2015  
Monday, 5:30 PM—6:30 PM  
Minnehaha - Gym  
\$54.00

### ZUMBA FITNESS

The Zumba fitness program uses Latin based dance and easy to follow moves to create amazing results! With the fun and simple dance steps and great Latin music you will actually want to work out! With Zumba feel free to set your own pace and just have fun. This class is for all skill levels so do not feel that you have to be a dancer to come. Just come enjoy the music and follow along! You will see results!  
Register by 9/30.  
Instructor: Angela Valine  
10/05/2015—11/23/2015  
Monday, 6:30 PM—7:30 PM  
Minnehaha - Cafeteria  
\$64.00

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## TOURS/TRIPS

### ANNUAL HOLIDAY SHOPPING TRIP

See description on page 23. Fees must be paid by Tuesday, November 17. No refunds will be made unless the trip is canceled. Bring large bags with name tags to store your packages under the bus.  
12/05/2015  
Saturday, 6:00 AM—10:30 PM  
\$47.00

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## YOUTH ACTIVITIES

### ABDUCTION RESISTANCE FOR CHILDREN GRADES 2-5

Students will learn self-protection in age appropriate terms related to stranger abduction: Role playing of safety scenarios; Proper use of progressive resistance when contacted, confronted, or attacked; Basic escapes, striking, and kicking techniques as self-defense against abduction. Class will involve physical practice combined with lecture and video lessons. Parents are welcome. Instructor is a certified black belt karate instructor through the World Tang Soo Do Association. No charge for this class - but you must register.  
Instructor: Rick Peterson  
10/27/2015—10/29/2015  
Tuesday & Thursday, 3:30 PM—5:00 PM  
Minnehaha - Gym  
No charge

### ARETE KIDS' BIKE CLINIC AND CHALLENGE

All students must have a bike and helmet. We will have some donated helmets you may borrow for the race.  
Bicycle races for kids up to 13 years old:  
Age 6 & under: .5 miles  
Ages 7-9: .75 miles  
Ages 10-13: 1.5 miles.  
Friday, October 2, 2015  
The Bike Clinic will be held at the Community Center at 4:00 PM. The race is behind the Depot and begins at 5:00 PM.  
There is no charge for this event, but you must register.

### BABYSITTER CLINIC

This class will provide participants with basic safety/ babysitting skills that will prepare them to stay home alone and to be a dependable, capable babysitter when the time comes. Participants will receive a certificate upon completion of class. Recommended for youth in grades 4-6. Bring a snack. You must register before you attend this class; class numbers are limited.  
Instructor: Michelle Libby  
10/12/2015 & 10/13/2015  
Monday & Tuesday, 3:40 - 6:30 PM  
Minnehaha Library  
\$18.00

## BASKETBALL – BOYS & GIRLS, GRADES 4-6 – FREE THIS YEAR

**Registration is required BEFORE students can practice. Online Registration is highly encouraged.** Visit [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us), click on Community Education, Classes and Registration, Two Harbors Community Education, and then Youth Activities. Also check our Facebook page Two Harbors Hoops Club for information. If disciplinary action is required, we will follow THHS and MSHSL eligibility rules. *Coaches are needed, if interested please contact Amy McGrath for further information: [twoharborshoops@hotmail.com](mailto:twoharborshoops@hotmail.com) or 834-4210.*

Coaches will contact the students with day, time and location of first practice; a schedule will be given to students at practice. Practice typically starts the beginning of November. **Note:** Coaches need to be advised of any medical conditions.

**There is no fee for Grades 4-6 basketball this year; all costs will be funded by Two Harbors Hoops Club, but please register by October 14th so that coaches can be assigned and practice times can be scheduled.**

## BASKETBALL – BOYS & GIRLS, GRADES K-3 – FREE THIS YEAR

This introduction to basketball will include basic skills and fun drills. Varsity team members will be on hand to assist with the program. *Please state the student's T-shirt size.* **No class 12/26 & 1/2.**

If you are interested in coaching this group, please contact Luke Heikkila at 218-290-5993.  
12/05/2015 – 2/27/2016  
Saturday, 9:00 AM – 10:00 AM  
THHS Gym

**There is no fee for Grades K-3 basketball this year; all costs will be funded by Two Harbors Hoops Club, but registration is required so preparations can be made by coaching staff.**

## COMPETITIVE SWIMMING/DIVING, GIRLS CURRENTLY IN GRADES 5 & 6

This is an excellent opportunity for you to learn and develop the basic skills needed to compete in swimming and diving. Students will participate in a meet on October 31; more details will be given at practice. Bring a suit, swim cap, goggles and towel. Park in the parking lot off Cedar Road and enter through door #14. **You must register before you attend class.**

Instructors: Heather Mayfield, Kathy Ronning  
9/28/2015 – 10/28/2015  
Monday & Wednesday, 4:15 PM – 5:15 PM  
THHS – Pool/Locker Rooms  
\$40.00

## DRIVER EDUCATION - TH

Parents are encouraged to register for the parent meeting on Monday, Oct. 6.

Thirty hours of classroom and six hours behind-the-wheel instruction for students 15 and up. Students who complete the full course will receive 1/2 high school credit (pass/fail) to qualify for Minnesota tax deduction and tax credit. No childish/immature behavior will be tolerated. One make up day is scheduled for Monday, 11/5. If there are two or more absences, the course will need to be retaken and no refund will be given.

You must have your **certified** birth certificate and your social security card with when you take your permit test. **Please include the student's full legal name (first, middle and last) and birth date when registering. Call Community Education with questions, 834-8201, ext. 8230.**

At least \$200 is due at registration and the \$200 balance is due before the first day of class, or you can pay the full \$400 when you register. A payment of less than \$200 does not reserve a spot in the class. No refunds after two business days prior to the beginning of class.

A parent meeting is scheduled for Tuesday, Oct. 6, 6:00 - 7:30 p.m. Due to new legislation, if a parent does not attend this meeting, the student will be required to log more hours of supervised driving. There is no additional cost, but you must register separately for the meeting. Parents will receive a certificate which they will have to produce when their student applies for their license.

Instructor: Tim Stark  
Class time: 6:00 - 9:00 PM  
Class dates: Oct. 5, 8, 12, 13, 19, 20, 22, 26, 27, and Nov. 2. Make up class: Nov. 5.  
THHS - Computer Lab 2 - Room 2205  
\$400.00

## DRIVER EDUCATION PARENT MEETING

Instructor: Tim Stark  
10/16/2015  
Tuesday, 6:00 PM—7:30 PM  
THHS - Cafeteria  
No charge



## KIDS COOKIE EXCHANGE, GRADES K-ADULT

Take home six dozen assorted holiday cookies/treats. Peanuts/Nuts may be used in the kitchen. Bring an adult helper and get ready for some baking and decorating! Bring your own containers. \$5 supply fee payable to instructor. **You must register by 11/16.**

Instructor: Allison Olson  
12/10/2015  
Thursday, 5:00 - 8:00 PM  
THHS - FACS Cooking Room 2305  
\$20.00

## MINECRAFT

Open to all ages, grade 2 and above. Minecraft is a sand-box style building game where players can interact with the environment to explore and build great structures. This class will focus on player interaction, teamwork and sharing. We will put special emphasis on how to interact with each other online in a safe and constructive manner. The students will be able to play and work together. No class 11/11 & 11/25.

Instructor: Jake Clafin  
10/07/2015—12/09/2015  
Wednesday, 3:30 PM—5:30 PM  
Minnehaha - Computer Lab 113  
\$28.00

## GOING TO THE ZOO, ZOO, ZOO.... HOW ABOUT YOU, YOU, YOU?

Distance Learning will bring the only zoo in Alaska right to us! Our new telepresence abilities at school sites will take participants of all ages on a VIRTUAL Alaska Zoo field trip. This videoconferencing program includes a visit at a zoo habitat and a virtual encounter with one of their animal ambassadors. (We're hoping for a gray wolf!). See page 23 for more information.

10/7/2015  
Wednesday, 4:00 - 5:15 PM  
THHS Community Room  
No charge, but registration is required.

## COMMUNITY EDUCATION

# CLASS REGISTRATION 2015

Registration may be made by phone, mail, in person or online. Visa and MasterCard are accepted or payment of class fees. When you pay for the class, you reserve your place in that class. You must register for every class. Failure to do so could result in its cancellation. **REGISTER EARLY, AS CLASSES FILL UP QUICKLY!**

## course fees

Fees listed are payable to Community Education, not to the instructor.

Don't forget you can register online for classes!

Go to [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us), click on Community Education and then Classes & Registration.

## school closings

On days schools are closed or released early for any reason, Community Education classes will not be held. **THIS INCLUDES PRESCHOOL AND ECFE CLASSES.**

## course changes

Community Education reserves the right to drop any course offered because of insufficient registration. Courses may also be added or dropped after this publication.

Check our updates online at [www.isd381.k12.mn.us/communityed/html/index.html](http://www.isd381.k12.mn.us/communityed/html/index.html).

Class cancellations/refunds must be made no later than the class registration deadline; or if no deadline is listed, a minimum of three business days prior to the first day of class.

 **Please check with your physician before starting any exercise program.**

To register by phone, call Community Education:

**834-8201, ext. 8230** in Two Harbors

**226-4437, ext. 8137** in Silver Bay

**Enroll Online!**  
[www.isd381.k12.mn.us](http://www.isd381.k12.mn.us)



## PARTICIPANT PUBLICITY ACKNOWLEDGEMENT

Community Education reserves the right to utilize photos and the names of participants for publicity purposes. Participants desiring their names/photograph not to be used for publicity must notify Community Education in writing at the time of registration.

# District Phone Directory

**Name**                      **Number/Ext**

## **DISTRICT OFFICE**

**Main Number.** . . . . .218-834-8201

**Fax Number.** . . . . .218-834-8239

**Superintendent, Bill Crandall**

(218)-834-8201, #8213  
bcrandall@isd381.k12.mn.us

**Brandt, Jean** . . . . .#8207

**Nelson, Jean** . . . . .#8229

**Lee, Kristen** . . . . .#8299

**Peterson, Debbie** . . . . .#8216

**Takkunen, Lance** . . . . .#8219

**Torgerson, Peggy** . . . . .#8220

## **COMMUNITY EDUCATION**

**Main Number.** . . . . .218-834-8201

**Community Education Director,  
Chris Langenbrunner**

(218)-834-8201, #8227  
colafson@isd381.k12.mn.us

**Hipple, Jaime.** . . . . .#8137

**Lenski, Kim** . . . . .#8158

**Olson, Sandi** . . . . .#8230

## **TWO HARBORS HIGH SCHOOL**

**Main Number.** . . . . .218-834-8201

**Fax** . . . . .218-834-5513

**Principal, Jay Belcastro**

(218)-834-8201, #8202  
jbelcastro@isd381.k12.mn.us

**Assistant Principal, Julie Benson**

(218)-834-8201, #8203  
jbenson@isd381.k12.mn.us

**Altiere, Anthony** . . . . .#8305

**Anderson, Krista** . . . . .#8270

**Bott, Tom** . . . . .#8269

**Brandt, Jean** . . . . .#8207

**Burton, Lauren** . . . . .#8228

**Chalupsky, Kyle** . . . . .#8274

**Coen, Tisha** . . . . .#8312

**Name**                      **Number/Ext**

**Custodians** . . . . .#8208

**Dunda, Pete** . . . . .#8268

**ECFE Kids Room** . . . . .#8362

**ECFE Parent Rm** . . . . .#8351

**Ellingsen, Luann** . . . . .#8302

**Fearn, Holly** . . . . .#8306

**Fitzpatrick, Mike** . . . . .#8319

**Freund, Carl** . . . . .#8275

**Getten, Brien** . . . . .#8308

**Gilbert, Ann** . . . . .#8205

**Haaversen, Dave** . . . . .#8211

**Harju, Gail** . . . . .#8314

**Hebl, Dan** . . . . .#8310

**Holecek, Dean** . . . . .#8271

**Hommes, Gordon** . . . . .#8311

**Johnson, MaryAnn (Kitchen)** . . #8210

**Johnson, Ronnie** . . . . .#8201

**Juenemann, Penny** . . . . .#8287

**Kluenberg, Nate** . . . . .#8349

**Larry Costello** . . . . .#8244

**Lee, Kristen** . . . . .#8299

**Lodin, Dan** . . . . .#8257

**Lodin, Karen** . . . . .#8221

**MacGibbon, Nancy** . . . . .#8215

**MacLeod, Shari** . . . . .#8285

**Nelson, Jean** . . . . .#8229

**Nelson, Lori** . . . . .#8348

**Olson, Alister** . . . . .#8224

**Olson, George** . . . . .#8309

**Packer, Jeff** . . . . .#8315

**Persons, Kerri** . . . . .#8206

**Peterson, Debbie** . . . . .#8216

**Phifer, Judy (JH Lab)** . . . . .#8353

**Poe-Johnson, Angel** . . . . .#8342

**Preston, Sara (Nurse)** . . . . .#8212

**Name**                      **Number/Ext**

**Rauvola, Brian** . . . . .#8316

**Reppe, Tim** . . . . .#8238

**Rosenberg, Brian** . . . . .#8253

**Ross, Scott** . . . . .#8242

**Ross, Scott (Classroom)** . . . . #8225

**Schlangen, Mark** . . . . .#8318

**Stockdale, Tajen** . . . . .#8329

**Sweatt, Kevin** . . . . .#8321

**Taylor, Tobi** . . . . .#8303

**Takkunen, Lance** . . . . .#8219

**Thewis, Dan** . . . . .#8281

**Tokvam, Amy** . . . . .#8307

**Torgerson, Peggy** . . . . .#8220

**Uremovich, Nadine** . . . . .#8261

**Wasko, Kristi** . . . . .#8304

**Wasko, Steve** . . . . .#8237

## **MINNEHAHA ELEMENTARY**

**Main Number.** . . . . .218-834-8221

**Fax** . . . . .218-834-8247

**Principal, Brett Archer**

barcher@isd381.k12.mn.us  
218-834-8221, #8402

**Bopp, Jill** . . . . .#8420

**Byrns, Sara** . . . . .#8408

**Carlson, Ann (Preschool)** . . .#8440

**Carlson, Pam** . . . . .#8409

**Cavallin, Amy** . . . . .#8430

**Cavallin, Barb** . . . . .#8450

**Churness, Nancy** . . . . .#8427

**Clafin, Brenda** . . . . .#8410

**Custodians** . . . . .#8412

**Dickenson, Jenna** . . . . .#8413

**Falk, Jenny** . . . . .#8401

**Ferri, Ann** . . . . .#8445

**Gilsvik, Emily** . . . . .#8442

*For the most recently updated contact information, please access: <http://www.isd381.k12.mn.us/contacts/>*

# District Phone Directory

**Name**                      **Number/Ext**

## **MINNEHAHA ELEMENTARY**

*continued*

Haavisto, Sarah . . . . . #8428  
 Hagglund, Pauliann . . . . . #8419  
 Headstart . . . . . #8449  
 Hillerson, Rachel . . . . . #8405  
 Hobbs, Shari (Nurse) . . . . . #8434  
 Howard, Rachel . . . . . #8421  
 Hurd, Tricia . . . . . #8446  
 Johnson, MaryLou (Kitchen) . . #8425  
 Kids and Co (Main) . . . . . #8423  
 McDonald, Jan . . . . . #8429  
 Moe, Deb . . . . . #8403  
 Morsette, Kevin . . . . . #8431  
 Nelson, Tom . . . . . #8407  
 Nordskog, Claire . . . . . #8422  
 Ortman, Bill . . . . . #8435  
 Ortman, Cindy . . . . . #8436  
 OT-PT . . . . . #8437  
 Parent, Mary . . . . . #8438  
 Peterson, Cassandra . . . . . #8404  
 Pierson, Kim . . . . . #8439  
 Rees, Annie . . . . . #8414  
 Rousse, Rachel . . . . . #8444  
 Sandretsky, Tracey . . . . . #8424  
 Scamehorn, Lisa . . . . . #8400  
 Spearman, Matt . . . . . #8432  
 Sullivan, Erin . . . . . #8425  
 Thomas, Kristin . . . . . #8443  
 Torvinen, Lisa . . . . . #8441  
 Udenberg, Jenna . . . . . #8426  
 VanKekerix, Susan . . . . . #8468  
 Voltz, Christy . . . . . #8418  
 Wistrom, Lynn . . . . . #8433  
 Zastera, Jody  
 (Kids&Co Office) . . . . . #8406

**Name**                      **Number/Ext**

## **WILLIAM KELLEY**

Main Phone Number: 218-226-4437  
 High School  
 Office Fax . . . . . 218-226-3127  
 Elementary  
 Office Fax . . . . . 218-226-4860  
 Principal, Joe Nicklay  
 (218)-226-4437, #8101  
 jnicklay@isd381.k12.mn.us  
 Anderson, Krista . . . . . #8197  
 Belanger, Chris (Drafting) . . #8146  
 Belanger, Chris (Wood Shop) #8140  
 Betzler, Sara (Library, HS) . . #8139  
 Blanck, Deren (room shared  
 with Ollila, Kelly) . . . . . #8166  
 Blomberg, Donna (Preschool) . #8159  
 Blood, Terry . . . . . #8138  
 Bott, Leah . . . . . #8148  
 Boy's Locker Room . . . . . #8106  
 Brandt, Jean . . . . . #8151  
 Buus, Diane . . . . . #8122  
 Carroll, Mary . . . . . #8185  
 Community Theater . . . . . #8144  
 Custodian . . . . . #8131  
 Dahl, Gretchen . . . . . #8147  
 Davis, Tina  
 (Library, Elementary) . . . . . #8156  
 Duchsher, Kathy . . . . . #8132  
 ECFE Parent Room . . . . . #8177  
 Frericks, Rick . . . . . #8169  
 Frericks, Tom . . . . . #8167  
 Frericks-Blood, Terri . . . . . #8175  
 Gagnon, Michelle . . . . . #8134  
 Galley . . . . . #8120  
 Goette, Shawn . . . . . #8135  
 Goettl, Lela . . . . . #8196  
 Goutermont, Tina . . . . . #8170

**Name**                      **Number/Ext**

Guzzo, Mary . . . . . #8102  
 Harbson, Alan . . . . . #8182  
 Johnson, Amy . . . . . #8186  
 Johnson, Nicole (ECSE) . . . . #8161  
 Johnson, Dan . . . . . #8183  
 Kaiser, Ward . . . . . #8149  
 Ketola, Michelle . . . . . #8100  
 LeBlanc Wendy . . . . . #8178  
 Lenski, Kim (ECFE) . . . . . #8158  
 Lewis, Nancy . . . . . #8172  
 Malcomb, Lisa . . . . . #8184  
 McMillen, Andrea . . . . . #8171  
 Nelson, Doreen . . . . . #8187  
 Nicklay, Joe . . . . . #8101  
 Nicklay, Lynn . . . . . #8174  
 Nurse (Karen Brostrom) . . . . #8108  
 Ollila, Kelly, AD . . . . . #8103  
 Otterblad, Jamie . . . . . #8157  
 Pelkey, Jessup . . . . . #8189  
 Peterson, Kris . . . . . #8107  
 Sando, Geri (Computer Lab) . . #8154  
 Stadler, Michelle . . . . . #8181  
 Taintor, Mary Jo . . . . . #8173  
 Thomas, Kristin . . . . . #8179  
 Vance, Karen . . . . . #8153  
 Walker, Ed . . . . . #8143

## **TRANSPORTATION**

Two Harbors  
 Bus Garage . . . . . 218-834-8240  
 Two Harbors  
 Bus Gar. Fax: . . . . . 218-834-2412  
 Silver Bay  
 Bus Garage . . . . . 218-226-3308

For the most recently updated contact information, please access: <http://www.isd381.k12.mn.us/contacts/>

# Going to the Zoo, zoo, zoo.... how about you, you, you?

## Distance Learning with the Alaska Zoo

Distance Learning will bring the only zoo in Alaska right to us! Our new telepresence abilities at school sites will take participants of all ages on a VIRTUAL Alaska Zoo field trip. This videoconferencing program includes a visit at a zoo habitat and a virtual encounter with one of their animal ambassadors. (We're hoping for a gray wolf!).

"This October event will be the first of a series", says Kris Lee, district technology coordinator. "We are pleased to show off our technology to area residents so they can experience the type of interactive field trips our students now can experience during the school day".

Plan to join us. Two Harbors High School Community Room on October 7 at 4PM. Kids, watch for a flyer from school and adults keep tabs via our CE FaceBook page: <http://www.facebook.com/LSSDCE>

Registration through Community Education online - this event will be free, thanks to Blandin Foundation Funding and AGE to age.



Blandin Foundation™  
STRENGTHENING RURAL MINNESOTA



## Annual Holiday Trip Set for December 5

- 6:00 AM - Depart Two Harbors from the THHS parking lot on Cedar Road
- 6:25 AM - Pick up at Lester River Visitor Center
- 7:45 AM - Breakfast at Tobie's in Hinckley (approx. 45 minutes)
- Drop off at Rosedale
- Drop off at IKEA and Mall of America
- 1:15 PM - Pick up at Ikea and drop off at Mall of America
- **1:30 PM - The bus will allow you to switch malls and store your purchases in the middle of the day.**

- 5:45 PM - Leave Mall of America
  - 6:30 PM - Leave Rosedale
  - Stop in Forest Lake for a quick dinner (fast food)
  - Return to Two Harbors at approx. 10:30 PM
- \$47 per person. Fees must be paid by Tuesday, Nov. 17.** No refunds will be made unless the trip is canceled. Call Community Education, 834-8201, ext. 8230 or 226-4437, ext. 8137 for more information.
- Bring large bags with name tags to store your purchases in bus.**

### REMINDER TO "Shop Local!"

Whether you are going on this shopping trip or not, remember many local stores offer discounts and sale specials on items that make great gift ideas! Do your best to support local business in Lake County. Community Education gift certificates are also available.





**I. S. D. #381 COMMUNITY EDUCATION**

1640 HWY 2, SUITE 2001  
TWO HARBORS, MN 55616

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**Our Mission**

Lake Superior School District will provide an educational environment encouraging lifelong learning, self-fulfillment and responsible citizenship.

