

GOOD NEWS

ABOUT A GREAT LAKE SUPERIOR EDUCATION



Sunrise over Lake Superior



Natural Resources Day in Silver Bay



THHS Tiny House!

JANUARY 2016

IN THIS ISSUE:

THE TINY HOUSE MOVEMENT HITS TWO HARBORS HIGH SCHOOL.....	2
GET MOVING!	9
COMMUNITY CLASSES	12-21
WINTER FROLIC	23

*Next Issue –
March 2016!*

We're on 

Lake Superior School District Community Education

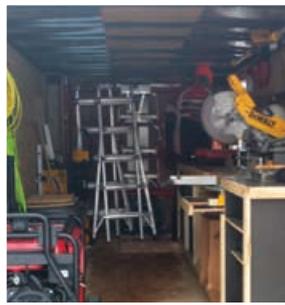
The Tiny House Movement Hits Two Harbors High School

by Paige Gries and Abi Seipke

During the first two periods of each school day at THHS something very exciting is taking place. While most of the Two Harbors students are in their desks and classrooms, the Two Harbors carpentry students are building a tiny house! In the past 11 or so years there has been a Tiny House Movement in the United States. It is believed that the financial crisis in 2007-08 sparked the movement.

To qualify as a tiny house the structure must be under a thousand square feet. The tiny house that the THHS students are building is estimated to be 234 square feet. It will also be permanently mounted on the trailer that it is being constructed upon now which is nine by twenty-six feet. Construction started in November and will hopefully be fully completed by June when the 2015-16 school year is over. This carpentry class only goes until the end of the semester so the tiny house project will be handed over to the Women in Construction class. The client for this project is THHS principle, Mr. Belcastro. When asked what his expectations were for this tiny house he replied, "High. My expectations are high." He plans to place the finished project on a plot of land he owns near the Canadian border.

It was very clear as Belcastro was interviewed that he is very excited about the project and the benefits it will bring the students working on it. He believes that this project will develop a skill set that can be brought into adulthood and future work places. When asking students taking the



class about how they believed the project will benefit them there was an overflow of answers on how this project was not only teaching them valuable skills that they could apply on their future homes and possible career opportunities. This project is obviously having a positive impact on the students involved.

Although this project is benefiting the students, it's not all sunshine and rainbows. The conductor of this project, Kyle Chalupsky, expressed that one of the more difficult aspects of this project is using recycled material and figuring out how to incorporate it into the project. His second biggest challenge is trying to get more students excited about building the tiny house. When asked, the students expressed just about the same issue with the problem being in not having enough jobs for everyone. With a class of 29 boys and five girls that is to be expected, but the students are always ready to help each other when needed. One other challenge that the students emphasized was the weather and working outside, but they are becoming more prepared each day by bringing clothes appropriate for the lowering temperature and various weather conditions.

There are some obvious challenges and benefits of the tiny house project, but when all is said and done the finished project will be something to be proud of.



LAKE SUPERIOR SCHOOL DISTRICT

MESSAGE FROM THE SUPERINTENDENT FOR LAKE SUPERIOR SCHOOL DISTRICT



William Crandall

Outstanding news for the William M. Kelley Elementary School was delivered by the MN Department of Education. The William Kelley Elementary School was named a Celebration Eligible School for the second year in a row. The Celebration School designation is part of Minnesota’s federal accountability system that replaces No Child Left Behind. Under Minnesota’s program, schools are assigned a Multiple Measurement Rating (MMR) based on students’ proficiency and growth, as well as a school’s progress towards reducing achievement gaps and increasing graduation rates. The state’s Title I schools—those serving racially and ethnically diverse student populations with high levels of poverty—qualify for designations if they are top performers.

Celebration-Eligible schools are the 25 percent of schools directly below those designated as Reward schools (the top 15 percent of Title I schools). The William M. Kelley Elementary School is now able to apply for Celebration status by documenting what efforts they are using to increase student achievement. MDE selects schools based on their ability to effectively document best practices that have led to student success to receive the Celebration school recognition. Celebration-eligible schools are identified annually. The Minnehaha Elementary school was named a Celebration School in 2013.

The district has been busy working on these goals. Our recent levy is indicative of our efforts to keep our operational costs level or reduced. We have refinanced our current bonds to save costs in the long run for the district and our tax payers. We are looking at long range deferred maintenance planning for the district to keep our facilities in working order. The current budget allowed for our students in all buildings to now have Chrome Books to use as educational tools in the classrooms. These devices allow students to

THE SCHOOL BOARD HAS SET THE GOALS FOR THIS CURRENT YEAR:

- 1. The school board will ensure that the district systems operate economically, efficiently and effectively.**
- 2. The school board will ensure that the district continues to offer a healthy and positive environment for all students, employees, and community members.**
- 3. The school board will ensure that the district pursues all feasible avenues to meet the educational mission to prepare students to the fullest extent possible from early childhood on for success after graduation.**

access curriculum on the internet and various educational programs the district utilizes. The use of the Chrome Books in the classrooms is saving time for both students and teachers.

We continue to address bullying and operating in a safe environment. This year all buildings are locked throughout the school day and entrance during the day is through a key card buzzer system. We continue to have safety drills in all of our buildings. We have installed a new handicapped entrance at the Minnehaha Elementary School. Security in all of our buildings has also been enhanced through upgraded camera usage.

As mentioned in the last newsletter, we have implemented a program working with students to build their skills both during the day through our ADSIS program or after school through our PASS program in all of our schools. Along with these programs we have adopted a new reading curriculum and the staff continues to be trained on the new reading curriculum. At the Two Harbors High School they have implemented the **BARR** (Building Assets, Reducing Risks) program for the eighth grade class. The

continued on page 5

INDEX

The Tiny House Movement Hits Two Harbors High School 2

Superintendent Message... 3

Bulletin Board 4

Adult Education 5

Lake County Sex Trafficking Task Force 5

Late Start Due to Weather .. 5

Councilor’s Corner..... 6-7

Calendar of Events..... 8

Just Kids Dental 8

Get Moving! 9

Help Your School Raise Money 9

That’s Community Ed! 10

ECFE 11

Silver Bay Community Ed Classes 12-15

Two Harbors Community Ed Classes 16-20

Finland Community Ed Classes 21

Community Ed Class Registration 22

Polar Bears 101 22

Two Harbors Winter Frolic .. 23

WANTED: Summer College Interns – Paid Position ... 23

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.

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.



Bulletin Board



E-STORE

Parents can pay for K-12 lunch and high school activity fees online at www.isd381.k12.mn.us – click on e-Store.

DISTRICT SPELLING BEE – *Mark your calendar!*

Lake Superior students in 5th – 8th grade will participate in the Minnesota State Spelling Bee. Winners from each school will participate in the District Spelling Bee, which will be held at Two Harbors High School on January 12th at 9:30 a.m. in the auditorium. One winner will advance to the Regional Spelling Bee in February. The District Spelling Bee is open to the public; please join us for this fun event.

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.

ANNUAL REPORT ON CURRICULUM WORLD'S BEST WORK FORCE

The Annual Report on Curriculum, Instruction and Student Achievement can be found on the district website: <http://www.isd381.k12.mn.us/> Click on District Office, click on Reports, and look for World's Best Work Force.

ANN WOOD COMMUNITY EDUCATION FINE ARTS SCHOLARSHIP

This scholarship (up to \$2,000) is awarded yearly to help students pursuing careers in fine arts (**applicants not pursuing a career in fine arts are ineligible**). For more information call Community Education in Two Harbors at 834-8201, ext. 8230 or in Silver Bay 226-4437, ext. 8137. You may pick up an application form at either the Community Education Office, the Guidance Offices at Kelley High School or Two Harbors High School, or on the web at <http://www.isd381.k12.mn.us/CommunityEd/AWoodsApp.pdf>. **Applications must be received by either Community Education office no later than March 31.**

Message from the Superintendent

continued from page 3

BARR Model gives schools a comprehensive, intentional approach to meeting students' academic, social, and emotional needs. Teaching becomes more purposeful, direct instruction becomes more effective, and students thrive with expanded support. BARR helps our staff better connect with their students and address the issues that cause students to fail courses, drop out, and/or engage in harmful behavior. The result we are looking for in the eighth grade: significant improvements in course credits earned, grade point averages, and standardized test scores; decreases in failure rates, suspensions, and absenteeism; and improved job satisfaction among teachers.

The school year is in the second half of the academic school year. It is time for the juniors to start preparing for college entrance exams. All the 11th graders will be taking the ACT college entrance assessment this spring. All secondary students will be registering for their courses for next year at the high schools. This is a great time to discuss the future with your child in determining what classes will best meet their individual needs for graduation and their future post high school plans. Our school counselors are available to assist you and have a wealth of information to provide you assistance in planning for the future of your children.

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.

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.aeo.org



Lake County Sex Trafficking Task Force

*Invites you to join us for
two public events in recognition of*

National Human Trafficking Awareness Month

Monday, January 4, 2016, 4:30 p.m., Press Conference and
Candlelight Vigil in the Atrium at the Lake County Courthouse

Monday, January 25, 2016, 7:00 p.m., Guest Speaker extraordinaire,
Christine Stark at the Two Harbors Community Center

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LATE STARTS/CLOSINGS DUE TO WEATHER

Parents: Please be aware that we utilize 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.

UPCOMING EVENTS:

FINANCIAL AID INFORMATION NIGHT

Wednesday, January 6, 7:00 p.m. in the Mitchell Auditorium at the College of St. Scholastica
Senior parents and students are encouraged to go to this informational presentation put on by a collaboration of college representatives from the region. The event is free and open to everyone. Junior families may also find this information helpful as they start looking ahead to senior year. The program will be an overview of the financial aid process including the FAFSA form and how schools use the information from this form to determine aid. This evening is a great introduction to financial aid and to help families understand how the FAFSA process works and its importance to several types of aid. Seniors families looking for detailed and specific help with their FAFSA form should plan to attend the FAFSA Prep Workshop (see description included in this issue) happening at THHS in February.

FINANCIAL AID NIGHT AT WILLIAM KELLEY HIGH SCHOOL

William Kelley High School Library
Date to be announced

All seniors planning to continue their education after high school at any type of post-secondary institution should plan to attend this informative meeting with their parents. Interested juniors may also attend. Financial aid expert, Bryan Karl, from CSS, will be present to give instructions and answer questions about applying for financial aid using the Free Application for Federal Student Aid (FAFSA) form, which is required to receive any federal or state grants or loans. A short session will follow the regular session for those people wishing to learn how to use the Internet to register electronically. If you have any questions regarding the presentation or would like to suggest a topic to be covered, please call Michelle Gagnon, Counselor, at 226-4437, ext. 8134.

Two Harbors High School Registration for 2016-2017

The date has not been announced. Believe it or not, the registration process for the 2016-2017 school year will soon be here!! Students entering grades 9-12 will be receiving information about

high school registration in January. As decisions regarding courses are very important both to students' progress towards graduation and their futures after high school, the district highly encourages parent involvement in the registration process. Also, it is important that students carefully consider their registration choices as changes to class schedules are very limited after spring registration. Please mark the date for registration conferences and plan on attending.

William Kelley Registration for 2016-2017

The date has yet to be determined. All 7-11 grade students will meet with their counselor to create a schedule for the next school year. Students will be given a registration packet along with a scheduling form. The student, along with the counselor, will create a schedule. Once a schedule is created, the student will take the registration form home for parents/guardians to review and sign. The student will return to school with the form and enter his or her schedule for the next school year. More information will be made available closer to the registration date.

GENERAL REMINDERS:

ALL PARENTS:

We are approaching the end of Semester I and it is very important that students complete all their classroom assignments/projects and study for all of their exams, so that they earn passing grades in all of their classes. If your student is in jeopardy of failing a class, or you have any concerns about their academic progress, you should contact their teacher(s) or the Guidance Office immediately. All of the teacher contact information is available on the school website at www.isd381.k12.mn.us. You may also call the main high school office at THHS, 834-8201 ext. 8201; or KHS, 226-4437, ext. 8102 if you need assistance contacting a teacher.

PARENT PORTAL

Many of you have already accessed the Parent Portal, which is a GREAT way for you and your student to stay current on academic progress. We encourage any of you who have not yet accessed the Parent Portal to email either Shawn Goette at KHS (sgoette@isd381.k12.mn.us), or Kris Lee at THHS (klee@isd381.k12.mn.us) to receive your initial password and instructions for accessing the Parent Portal.

ATTENTION SENIOR PARENTS AND STUDENTS!

It is particularly important that senior students pass all of their classes this year. If a student does fail a Semester I class, they should see Ms. Persons in the THHS Guidance Office, 834-8201 ext. 8206, or Michelle Gagnon at KHS, 226-4437, ext. 8134 IMMEDIATELY to discuss ways to make up the credit.

There will be many deadlines coming up for seniors in the next several months. It is important that students check the daily announcements for various scholarship and graduation information. Daily announcements are read in homeroom, posted on the parent portal and posted outside of the main office each day.

Finally, students and parents are reminded that in order for students to participate in the graduation ceremony on June 3rd, **ALL** required coursework for graduation must be successfully completed by the last day of classes for seniors.

TEST DATES

The testing calendars are posted online. Calendars are under each school's website page:

Here are the direct links:

<http://www.isd381.k12.mn.us/wp-content/uploads/2015/09/THHS-Testing-Schedule-2015-2016.pdf>

<http://www.isd381.k12.mn.us/wp-content/uploads/2015/11/William-Kelley-Testing-Schedule-2015-2016.pdf>

LSSD STUDENTS AT CAREER PATHWAYS



On October 27th, about 100 high school students from Two Harbors and William Kelley High Schools attended Pathways to Careers at the DECC. This program was sponsored by the Northland Foundation's KIDS PLUS Program. The opening session featured keynote speaker Eric Chester, a nationally acclaimed trainer in employee engagement and building a world-class workplace culture. Then students were able to choose and attend a workshop on a career field of interest, enjoy a free lunch with an interactive presentation, and visit the Career Expo, which included hands-on demonstrations by over 80 businesses, trade associations, organizations, colleges, and universities.

FAFSA PREP WORKSHOP

Monday, February 22

5:00 – 7:00 p.m.

THHS Library

Senior families **and any community members** who are looking to attend any post-secondary institution next fall are invited to Two Harbors High School to get help from financial aid experts on filling out the FAFSA form. The FAFSA (Free Application for Federal Student Aid) is the financial aid form that is required in order for students to work through the financial aid process at any post-secondary institution from two- year and four-year schools to business/trade programs. Information needed for the FAFSA comes from current tax information for both parents (if students are 21 years of age or younger) and students. Families/individuals will be given information on what to bring and should be able to walk out of this workshop having the FAFSA form completed that evening. Financial aid experts will be on hand to help parents, students and community members step by step with the process and to answer questions along the way. This is a FREE event and senior families and community members are highly encouraged to take advantage of this opportunity to get this critical part of their post-secondary plans completed. Even if students believe they will not qualify for any forms or grants or 'free' money, the FAFSA is required to qualify for a variety of educational loans. More information will be available in the Two Harbors Guidance Office in January. Please mark your calendars and plan to attend. Community members are asked to call the THHS Guidance Office at 834-8201 ext. 8205 to sign up for this FREE event.

CALENDAR LAKE SUPERIOR SCHOOL DISTRICT

JANUARY

- 4 School Resumes
- 12 Lake Superior Schools Spelling Bee at THHS Auditorium, 9:30 AM
- 18 Schools Closed
- 22 School is in Session
- 28 End of Semester
- 29 Schools Closed, Teacher Workshop



FEBRUARY

- 4 Elementary & Secondary Conferences, 5:00 – 8:00 PM
- 10 Community Education Advisory Council Meeting, THHS, 11:00 AM
- 10 Minnehaha Grade 2 Musical "Let George Do It!," 2:00 PM, Minnehaha Cafeteria
- 10 Stone Soup – Minnehaha Family and Community Literacy Night
- 12 & 13 TH Winter Frolic
- 15 Schools Closed, Presidents' Day
- 19 School is in Session
- 22 FAFSA Prep Workshop, THHS, 5:00 – 7:00 PM
- 29 WKHS Band/Choir Concert

MARCH

- 2 WKHS Music in Our Schools Concert, 2:30 PM
- 8-10 Minnehaha PTA Book Fair, Public is Welcome
- 15 THHS Choir Concert, Grades 7-12
- 17 THHS Grammy Band Concert
- 28-31 Schools Closed, Spring Break

For complete calendar (including sports) visit www.isd381.k12.mn.us. Click on your school – online calendar near top of page.



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



justkidsdentalinc.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)

GET MOVING!

“Tis the season” when many of us want to hibernate and hunker down until the warmth of spring is with us again. Activity will benefit all of us in so many ways!

Activity boosts physical health:

- Helps with weight loss or maintenance
- Builds bone strength
- Prevents some types of cancer

Activity boosts brain function and mental health:

- Activity increases certain ‘feel good’ hormones and decreases the body’s response to stress
- Students who are more active perform better on standardized tests and are more successful in school
- Elderly people who are active have ‘younger brains’ than those who are sedentary

Now, new research is beginning to show a measurable connection between activity and academic success. In these days of video games, computers and smart phones, it is even more important that we make an effort to keep active.

“Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you



these mental health benefits.” (CDC Physical Activity web page)

If you have a ‘sit down’ job, getting up and moving for 5 minutes every hour will greatly reduce the health risks of inactivity. If you watch television, getting up at each commercial and walking in place will give you more than 15 minutes of activity for each hour of television.

So, get up and move and get out and play in the snow! Strap on snow shoes or skis, go sledding and ice skating, build a snow fort or play ‘pie tag’ in the snow. If being outside in winter isn’t your thing, join the Health Two Harbors Walking Club which kicks off on January 11th.

Whatever you do, try to stay active. Your children’s report cards will look better and your whole family will feel better every day!

Sara Preston RN LSN
School Nurse, Lake Superior School District

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
- 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.





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

The Advisory Council provides input and advice to the Community Education Department. Community Education offerings include: after school programs, adult education, youth activities, community use of school facilities, early childhood family education, preschool and more. If you are interested or would like more information, please contact Chris Langenbrunner, Community Education Director at 218-834-8201, ext. 8227.



KIDS & CO. CHILD CARE IN TWO HARBORS

All children in preschool through fifth grade, who need supervision before or after school, are invited to become part of KIDS & Co., the district's child care program at the Minnehaha School.

Hours are 6:00 AM - 6:00 PM, Monday through Friday, except national holidays. An hourly fee is charged. For more information, **contact Coordinator, Jody Zastera at 834-8221, ext. 8423, OR by e-mail: jzastera@isd381.k12.mn.us.**

IS YOUR CHILD 3 1/2?

Early Childhood Screening Required

The free screening includes:

- Vision and hearing screening
- Height and weight measurement
- Review of immunizations
- Standardized developmental screening

Please note: Minnesota law requires a developmental and health screening for all children before enrolling in kindergarten; however, earlier screening allows children to access district programs prior to kindergarten if needed.



REMINDER!

Facility Scheduling is now paperless! Requests should be made online. To become a requester: <http://fsisd381.rschoolday.com/authentication/credential/requesterlogin>



Questions? Please call the Community Education office, 218-834-8201, ext. 8230, or 218-226-4437, ext. 8137.

CENSUS UPDATE

- Are you new to Lake Superior School District with an infant or preschooler?
- Do you have an addition to your family?
- Have you moved?

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.

WALKING FOR YOUR HEALTH: SCHOOL HALLS SERVE AS WALKING ROUTES

If slippery winter conditions have forced you to eliminate walking as an exercise, the Minnehaha School and THHS in Two Harbors and WKHS in Silver Bay could provide an option. Walkers are welcome to use school halls for exercise Monday through Thursday, 4:00-7:00 p.m. The buildings will not be open on school holidays. **Clean walking shoes are required. Please note: Strollers are now allowed, but for safety reasons running or jogging behind strollers is not allowed.** Your \$3 annual fee (payable in the Community Education office), 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.*

YOU CAN REGISTER ONLINE FOR COMMUNITY EDUCATION CLASSES!

Signing up for Community Education classes is EASY! Scan the QR code below with your smartphone, or go to our Web site at www.isd381.k12.mn.us and click on Community Education. Then 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 you debit or credit card. It's that easy and convenient. Sign up today!





MUSICAL FAMILIES BY MACPHAIL MUSIC PLAY AND LEARN

(THHS Community/Telepresence Room)
Every other Monday, 5:45-6:45 PM
February 8 and 22, March 7 and 21.
AGE to age - Musical Families
(6 weeks-4 yrs, 5 months with
parents, grandparents, or
caregivers)

MacPhail
CENTER FOR MUSIC



Blandin Foundation™
STRENGTHENING RURAL MINNESOTA

ECFE MIXED AGE SESSIONS

For parents and children ages birth to pre-kindergarten five. Weekly session includes 30 minutes for parent and child activities and circle time followed by a one hour separation for parent discussion while the children have a healthy snack, more activities and play time. Registration is required for Mixed Age Sessions. Register at www.isd381.k12.mn.us.

Families can register for the full school year (September-May), however spots are still available in some sessions. Sessions resume the week of January 11 through the week of May 2, 2016.

The following sessions have room for new families:

Silver Bay

(WKS room 104)

Tuesdays, 11:00 AM -12:30 PM

Two Harbors Play and Learn

(THHS room 1311)

Tuesdays, 6:00-7:30 PM

Wednesdays, 8:30-9:00 AM

ECFE PLAY AND LEARN

An informal play time for parents and children pre-kindergarten five and under to meet other families and learn together at ECFE. Registration is not required for this playtime. The fee is \$1 per family per week.



Silver Bay Play and Learn

(WKS room 104)

Thursdays, 9:30-11:30 AM

January 7 — May 5

No Play and Learn: March 31 & April 14

Two Harbors Play and Learn

(THHS room 1311)

Tuesdays, 9:30-11:30 AM

January 5 - May 3

No Play and Learn: March 29

This multi-age experience promotes music awareness and appreciation through the various integrated arts activities. The lively interactive online class will be fun-filled for all. Through the power of music children develop social skills, body control, increased attention spans, and an appreciation of music. The engaging sessions are based on musical play and discovery. Renowned MacPhail Early Childhood Music Specialists team with our local teacher. Sessions feature musical Instruments and hands on activities.

No cost due to grants from McPhail Music and the Northland Foundation AGE to age program

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.

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

Two Harbors

Minnehaha Gym

Wednesdays 6:30-7:30 PM

January 13, 20, 27

February 3, 10, 17, 24

March 2, 9, 16, 23

April 6, 13, 20, 27

Silver Bay ECFE 218-226-4437 ext. 8158 or Two Harbors ECFE 218-834-8201 ext. 8352.

ECFE PHONE NUMBERS:

Two Harbors ECFE 834-8201 ext. 8362

Silver Bay ECFE 226-4437 ext. 8158

Watch for flyers and FaceBook announcements for date changes.

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 3:00-5:00 PM, and may not leave until 5:00 PM 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.**

AFTERSCHOOL SWIM MONDAYS, GRADES K-6

Splash and have fun with your friends. Bring your suit and towel. Must wear a swim cap. After class starts if there are still open spots you may register for both Monday and Wednesday classes. 7 class dates. **No class Jan. 18th and Feb. 15th.**

Instructor: Jamie Gnerer

1/25/2016—3/14/2016

Mondays, 3:30 PM—5:00 PM

WKHS - Pool

\$14.00

AFTERSCHOOL SWIM WEDNESDAYS, GRADES K-6

Splash and have fun with your friends. Bring your suit and towel. Must wear a swim cap. Please sign up for only the Monday or Wednesday class. After class starts if there are still open spots you may register for both Monday and Wednesday classes. 9 Class dates.

Instructor: Jamie Gnerer

1/20/2016—3/16/2016

Wednesdays, 3:30 PM—5:00 PM

WKHS - Pool

\$18.00

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 in the Elem. Computer

Lab Room 101 during the After School Program. Students may attend one or both 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 register by noon outside the Community Education office.

Instructor: Lisa Benson

1/19/2016—3/15/2016

Monday and Tuesday, 3:30 PM—5:00 PM

Computer Room - Elementary

No fee

POTTERY PAINTING FOR KIDS, GRADES 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 one pottery piece of their choice a cereal bowl, plate, football player, princess or lizard. Please PICK your pottery piece and register prior to Feb. 25th.**

Instructor: Amanda Korhonen

3/07/2016

Monday, 3:30 PM—5:00 PM

WKHS - Art Room 205

\$15.00

ELEMENTARY GLEE CLUB, GRADES 4-6

Do you love to sing? Then this is the class for you! Join us to sing fun songs (pop, folk, and others). Learn how to sing harmony and enjoy performing the songs we learn for an audience.

Instructor: Mary Carroll

1/19/2016—3/14/2016

Tuesdays, 3:30 PM—5:00 PM

WKHS - Choir Room

\$7.00



ICE FISHING, GRADES 2-6

Join your local DNR Fisheries Biologists for an afternoon of ice fishing education. Learn about local fish populations, underwater habitat, ice fishing techniques, and make your very own jiggle stick and fishing lure. **FEE Waived by MN DNR.**

Instructor: Kelly McQuisten, Nathan Stewart, Allen Brandt

1/19/2016

Tuesday, 3:30 PM—5:00 PM

WKHS - Library

No fee

DISTANCE LEARNING PROGRAM THROUGH THE ALASKA ZOO, GRADES K-6

Connect to the Alaska Zoo through telepresence for this 4 class series and meet our resident animals.

Harbor Seals Dive:

Have you ever wondered what it takes to survive in the Arctic waters of Alaska? Dive in with our harbor seals at the Alaska Zoo and find out how these seals thrive in our cold waters! You will have a front row seat at our underwater viewing area of the seal habitat, so get ready to be immersed in your EdZoocal program with our seals at the Alaska zoo!

Polar Bears 101:

Meet our resident polar bears at the Alaska Zoo and discover amazing Arctic icons through an up-close encounter at our polar bear habitat. This experience will unveil how these unique animals thrive in our Arctic environment and what adaptations make them the ultimate survivor!

Snow Cat Conservation:

During your virtual visit to the zoo you will have an up-close encounter with one of the Alaska



Zoo's frosty felines! These unique cats thrive in colder climates and we will show you how! Canadian Lynx, Snow leopards and Amur tigers are part of Species Survival Plans (SSP) to help captive populations and your adventure with us will show you how you can help these wild cats!

Zoo Scene Investigators:

Use your sleuthing abilities to help us solve animal mysteries! Animals leave behind clues that we can use to solve many wild puzzles. Compare animal tracks, fur and scat from some of our Alaska Zoo animals and find out how to match the clues they leave behind with the right animal! This experience will be sure to make you an Alaska Zoo animal detective expert! **This class is offered at for no FEE made possible by a grant from the Blandin Foundation, but all participants must pre-register.**

Instructor: Geri Sando

2/02/2016—2/23/2016

Tuesdays, 3:30 PM—5:00 PM

WKHS - ITV Room 103-A/Telepresence

No fee

RUBIK'S CUBE, GRADES 2-6

Do you have a Rubik's Cube but are puzzled on how to solve it. Lets join forces to unlock the Rubik's Cube secrets. This is a class for beginners there will be an advanced class offered in the spring.

Instructor: Lisa Benson

1/20/2016—2/17/2016

Wednesdays, 3:30 PM—5:00 PM

Computer Room - Elementary

\$9.00

ARTS, CRAFTS AND HOBBIES

INTRODUCTION TO PAPER CRAFTING I

This series of workshops will introduce all levels of papercrafter to the world of cardmaking. All students will have the opportunity to make 4 to 6 cards using different techniques introduced every month, including rubber stamping, watercolor, zentangle, color technique, copic markers and more! All supplies furnished. Even though this class is within a series of classes each one can be taken independently.

Instructor: Bonnie Warner

1/22/2016

Friday, 10:00 AM—12:00 PM

WKHS - Library

\$12.00

KILN-FUSED AND DICHROIC GLASS

Learn how fun and easy it is to build custom glass pendants. Students will make two pendants of different colors. All supplies furnished. Finished product will be picked up the following week.

Instructor: Bonnie Warner

2/05/2016

Friday, 10:00 AM—1:00 PM

WKHS - Library

\$12.00

JEWELRY 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, working with different metals, wire-wrapping pendants and a ring.

Instructor: Kenny Albrecht

2/18/2016

Thursday, 5:00 PM—7:00 PM

WKHS - Art Room 205

\$12.00

INTRODUCTION TO PAPER CRAFTING II

This series of workshops will introduce all levels of papercrafter to the world of cardmaking. All students will have the opportunity to make 4 to 6 cards using different techniques introduced every month, including rubber stamping, watercolor, zentangle, color technique, copic markers and more! All supplies furnished. Even though this class is within a series of classes each one can be taken independently.

Instructor: Bonnie Warner

2/26/2016

Friday, 10:00 AM—12:00 PM

WKHS - Library

\$12.00

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 is

\$18 plus the cost of the pottery piece you choose.



The mug is \$16, the plate is \$16 and the cereal bowl is \$10. Please register and PICK out your pottery prior to Feb. 25th.

Instructor: Amanda Korhonen

3/07/2016

Monday, 5:30 PM—7:30 PM

WKHS - Art Room 205

\$18.00

INTRODUCTION TO PAPER CRAFTING III

This series of workshops will introduce all levels of papercrafter to the world of cardmaking. All students will have the opportunity to make 4 to 6 cards using different techniques introduced every month, including rubber stamping, watercolor, zentangle, color technique, copic markers and more! All supplies furnished. Even though this class is within a series of classes each one can be taken independently.

Instructor: Bonnie Warner

3/18/2016

Friday, 10:00 AM—12:00 PM

WKHS - Library

\$12.00

COMPUTER TRAINING

BUYING AND SELLING ON EBAY - SB

Learn how to create an eBay account and set it up with Paypal. Learn the basic ins and outs of the eBay platform, and start buying and selling on eBay with success immediately following this class. Bring your laptop or tablet to class.

Instructor: Pure Driven

1/19/2016

Tuesday, 5:00 PM—6:30 PM

WKHS - Computer Room 101

\$29.00

DIGITAL PHOTOGRAPHY BASICS - SB

Learn the basics of taking good photos with a digital camera; then make your digital photos better through simple color, contrast and lighting adjustments. Learn about options to upload, organize, archive, share and publish your photos. You are welcome to bring your own camera to practice and ask questions. Bring your laptop or tablet to class.

Instructor: Pure Driven

2/04/2016

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.**

Instructor: Mary Aijala

1/25/2016

2/08/2016

2/22/2016

3/07/2016

Monday, 10:00 AM—12:00 PM

Mary MacDonald Building

No fee

COOKING AND FOODS

BAGELS AND BIALYS: NEW YORK BAKERY FAVORITES THAT CAN BE MADE AT HOME

We will create the traditional breads from a started dough to finish. We will discuss and walk through the dough process, but start at a stage where everyone can sample and finish what we make. Join us as we walk the streets of New York (figuratively) and learn from each other. Bring a container to bring samples home in.

Instructors: Liz Busa & Amy Johnson

3/01/2016

Tuesday, 6:00 PM—8:00 PM

WKHS - FACS Room 115

\$10.00

EASTER BREADS FROM AROUND THE WORLD

Join us as we travel the world through Easter Breads. Investigate classic "old world breads" from places like Italy, Britain to Russia and more. Bring containers to bring your creations home.

Instructors: Liz Busa & Amy Johnson

3/21/2016

Monday, 6:00 PM—8:00 PM

WKHS - FACS Room 115

\$10.00

GENERAL INTEREST

DRIVER IMPROVEMENT - 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.

Instructor: Dean Skalicky

2/02/2016—2/03/2016

Tuesday, Wednesday, 5:00 PM—9:00 PM

WKHS - Library

\$26.00

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

2/11/2016

Thursday, 5:00 PM—9:00 PM

WKHS - Library

\$22.00

WILD EDIBLE MUSHROOMS WORKSHOP

Learn about the many different varieties of edible mushrooms in the Northland and how to identify which ones

are considered safe and which are not. A colorful slide presentation, which will include photos from some of the instructor's



published work, will accompany an in-depth discussion on the effective use of the Audubon field guide. **Participants will be required to pre-purchase this book in ADVANCE of the workshop (approx. \$15 online from either Barnes & Noble or Amazon): The Audubon Society Field Guide to North American Mushrooms: Knopf; A Chanticleer Press ed edition (1981). Couples may share a single book. Register by 2/4.**

Instructor: Mark Sakry

2/12/2016

Friday, 9:00 AM—12:00 PM

WKHS - Library

\$24.00

SOCIAL SECURITY - STRATEGIZE TO MAXIMIZE

As you approach retirement, one of the biggest financial decisions you'll need to make is when to begin receiving your Social Security benefits. Should you begin receiving a smaller Social Security benefit early, or should you opt to wait until full retirement age or even longer in order to receive a larger benefit? There's no "one-size-fits-all" answer; when to begin receiving Social Security benefits depends on your personal circumstances, and there are many variables.

Instructor: Gregory Hanson

2/23/2016

Tuesday, 6:30 PM—7:30 PM

WKHS - Library

\$5.00

PREPARING FOR LONG-TERM CARE: A GIFT YOUR FAMILY DESERVES

In an instant, an accident or diagnosis can change your life ... and your family's. -Where would you receive care? -Who would provide it? How would you pay for it? Please join us for a complimentary presentation to learn more about long-term care and how you and your family can prepare for it - emotionally, physically and financially.

Instructor: Gregory Hanson

3/15/2016

Tuesday, 6:30 PM—7:30 PM

WKHS - Library

\$5.00

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 and taking two items made from essential oils. 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

2/17/2016

Wednesdays, 6:00 PM—7:00 PM

WKHS - FACS Room 115

\$10.00

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 16 class dates. No class on Feb. 15th.**

Instructor: Jamie Gnerer

1/20/2016—3/16/2016

Mondays, Wednesdays, 6:45 AM—7:30 AM

WKHS - Pool

\$81.00

EARLY MORNING LAP SWIM THURSDAYS

Lap swim for ages 12-adult. Must bring a swim cap, suit and towel. **Class is 45 minutes long, consisting of 9 class dates.**

Instructor: Jamie Gnerer

1/21/2016—3/17/2016

Thursdays, 6:45 AM—7:30 AM

WKHS - Pool

\$46.00

WATER AEROBICS

Looking for a low impact workout? In this class you will do water exercises to an instructional video. Must bring a swim cap, suit and towel. **Class is an hour long, consisting of 16 class dates. No class on Feb. 15th.**

Instructor: Jamie Gnerer

1/20/2016—3/16/2016

Mondays, Wednesdays, 5:00 PM—6:00 PM

WKHS - Pool

\$98.00

SPORTS AND EXERCISE

BEGINNER STRENGTH TRAINING

Beginner strength training focuses on the basics of movements, using dumbbells and body weight. This class is intended to help those who would like to increase their muscle mass, decrease body fat, and raise metabolism through a 30 minute session. It also shows the student how to properly execute a movement properly and efficiently. Please bring an exercise mat, a set of dumbbells (weight is dependent on person), a water bottle, and proper exercise attire. If you do not have dumbbells, we do have extra. **PLEASE NOTE ON: 1/26, 2/2, 2/26 Class will be held in the school cafeteria.**

Instructor: Beth Curtis, MS, Exercise Physiologist

1/19/2016—3/15/2016

Tuesdays, 6:30 PM—7:00 PM

WKHS - Gym/Cafeteria

\$31.00

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.

PLEASE NOTE ON: 1/26, 2/2, 2/26 Class will be held in the school cafeteria.

Instructor: Beth Curtis, MS, Exercise Physiologist
1/19/2016—3/15/2016

Tuesdays, 7:10 PM—8:00 PM

WKHS - Gym/Cafeteria

\$54.00

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.

Please note: Strollers are now allowed, but for safety reasons running or jogging behind strollers is 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

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! Sign up today! **Must Pre-Register. A certain number of registrations are required for class to be held, otherwise, class will be canceled.**

Instructor: Keri Johansen

1/20/2016—3/16/2016

Wednesdays, 6:30 PM—8:00 PM

WKHS - Gym

\$15.00

PICKLE BALL

Pickle Ball is primarily a racket game that combines ping pong, badminton, and tennis; this is an easy racket game for older adults. There will be no class on:

Feb. 8th and 15th.

Instructor: Ed Latendresse

1/25/2016—3/14/2016

Mondays, 6:30

PM—8:00 PM

Gym - WK Elementary

\$10.00



TWO HARBORS COMMUNITY EDUCATION

ARTS, CRAFTS & HOBBIES

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. Optional: an old suede jacket works well for the palms. -- For the fleece mittens, bring 3/4 yard fleece fabric. You must register by 1/20.

Instructor: Karen Tucker
1/27/2016

Wednesday, 4:30 PM—6:00 PM
THHS - FACS Sewing Room 2301
\$18.00

LEARN TO CROCHET

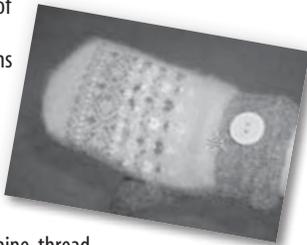
Learn basic crochet stitches and make a simple potholder to take home. Bring a size H or G crochet hook and one ball of cotton yarn. Register by 1/13.

Instructor: Karen Tucker
1/20/2016

Wednesday, 5:30 PM—8:00 PM
THHS - FACS Sewing Room 2301
\$13.00

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. The pottery piece should be available



for pick up in the Community Ed. office on Tuesday, Feb. 9. Cost of class is \$18 plus the cost of the pottery piece you choose. The mug is \$16, the plate is \$16 and the cereal bowl is \$10. You must register and pick out your pottery by 1/13.

Instructor: Amanda Korhonen
2/01/2016

Monday, 6:15 PM—8:15 PM
THHS - Art Room 1301
\$18 + Pottery Piece

COMPUTER TRAINING

BUYING AND SELLING ON EBAY - TH

Learn how to create an eBay account and set it up with PayPal. Learn the basic ins and outs of the eBay platform, and start buying and selling on eBay with success immediately following this class. Bring your laptop or tablet to class.

Instructor: Pure Driven
1/20/2016

Wednesday, 5:00 PM—6:30 PM
THHS - Computer Lab 1109- Media Center
\$29.00

DIGITAL PHOTOGRAPHY BASICS

Learn the basics of taking good photos with a digital camera; then make your digital photos better through simple color, contrast and lighting adjustments. Learn about options to upload, organize, archive, share and publish your photos. You are welcome to bring your own camera to practice and ask questions. Bring your laptop or tablet to class.

Instructor: Pure Driven
2/03/2016

Wednesday, 5:00 PM—6:30 PM
THHS - Computer Lab 1109- Media Center
\$29.00

INTRO TO MICROSOFT EXCEL

Discover why Microsoft Excel is the most widely used spreadsheet application for office and home financial planning. Whether you are an office manager, a family budget manager or a sports team parent, explore the power and ease of using Excel spreadsheets to help track, analyze and communicate data. You will create spreadsheets, edit, add formulas,

format and print spreadsheets in this hands on class. Register by 1/20.

Instructor: Judy Phifer
1/27/2016
Wednesday, 6:00 PM—8:00 PM
THHS - Computer Lab 2310
\$29.00

COOKING & FOODS

VEGANOMICS 101

The class is two-fold. Class begins with an educational segment covering a variety of natural health remedies for several common diseases. The second half of class is a vegetarian cooking demonstration that ends with a feast of the items cooked. You won't be disappointed. Learn how to cook delicious and healthy foods that the whole family will love. Go home with a wealth of new knowledge and new recipes. Just one night could change your life!

Instructor: Cortney Buchholz
THHS - FACS Cooking Room 2305

VEGANOMICS CLASS ONE

Hydration and Laws of the Mind. The cooking part of the class covers soups and salads. Register by 1/13.

1/19/2016
Tuesday, 6:00 PM—8:00 PM
\$12.00

VEGANOMICS CLASS TWO

Exercise and Rest. The cooking part of the class covers comfort foods. Register by 1/20.

1/26/2016
Tuesday, 6:00 PM—8:00 PM
\$12.00

VEGANOMICS CLASS THREE

Fresh Air and Sunshine. The cooking part of the class covers Bread - gluten free to gluten filled, and Appetizers. Register by 1/27.

2/02/2016
Tuesday, 6:00 PM—8:00 PM
\$12.00

VEGANOMICS CLASS FOUR

Nutrition and Diabetes. The cooking part of the class covers Sweet Endings - Dessert. Register by 2/3.

2/09/2016
Tuesday, 6:00 PM—8:00 PM
\$12.00

GENERAL INTEREST

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 2/10.

Instructor: Dean Skalicky

2/16/2016

Tuesday, 5:30 PM—9:30 PM

THHS - Community Room

\$22.00

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 2/10.

Instructor: Dean Skalicky

2/17/2016 & 2/18/2016

Wednesday & Thursday, 5:30 PM—9:30 PM

THHS - Community Room

\$26.00

GARDENING LONGER WITHOUT MOVING SOUTH!

How can you stretch the gardening season in northern Minnesota? Learn about appropriate seed selection, starting seeds early, succession planting, plant coverings, high tunnels, and greenhouses. The Lake County Master Gardeners will offer many suggestions for extending the growing season and help you decide what may work best for your garden. Register by 2/4.

Instructor: Lake County Master Gardeners

2/10/2016

Wednesday, 6:00 PM—7:30 PM

THHS - Community Room

\$5.00

GERMINATION LIGHT CONSTRUCTION AND NATIVE SEED STRATIFICATION

This class will include guidance on how to build a germination light out of standard florescent light fixtures. A materials list, including the dimensions and quantities for fitted wood frames, light fixtures, bulbs, screws, and tools required for assembly will be provided. A demonstration will be provided on how to build a fully-functioning germination light capable of germinating over 288 native plant seedlings at a time. Comparable light stands can cost up to \$200 at a store, and hundreds of dollars' worth of native plant seedlings can be grown with each round of seed germination. Additionally, participants will learn how to stratify native perennial seeds and be provided with storage bags, materials, and seeds (collected by the October, 2015 Community Education class participants) to stratify their own seeds over the winter months. These seeds will then be ready for planting in Spring, 2016. A follow-up class in March will guide participants through planting the seeds they have stored. The class fee covers participation and seed-storing materials that will be provided. Register by 2/2

Instructor: Dan Schutte

2/09/2016

Tuesday, 5:00 PM—6:30 PM

THHS - Wood Shop

\$10.00

HORSE CARE

Suitable for ages 10 and up. Topics will include: nutrition, types of hay, dental care, deworming, bits and how they work, the hoof-diagram and how it works, and open discussion. Bring your questions. Register by 1/13.

Instructor: Pauline Fineout

1/20/2016—2/03/2016

Wednesday, 6:30 PM—7:30 PM

THHS - Community Room

\$14.00

INTRODUCTION TO BACKPACKING

Have you ever wanted to journey beyond the campground and spend a night on the trail? This introduction to backpacking class will outline how to plan your first backpacking hike, whether you want to spend a night, a week, or half a year on a trail. Topics will include gear selection, safety precautions, trail food, how to select a trail, and common mistakes made by beginners. Jo is an experienced backpacker with well over 500 nights logged in back country camping, including the entire Appalachian Trail, Superior Hiking Trail, and

our local state parks. Class fee is \$7 per person or \$10 for a family or couple. Register by 2/22.

Instructor: Jo Swanson

3/02/2016

Wednesday, 6:00 PM—8:00 PM

THHS - Community Room

\$7/Person, \$10/Couple or Family

PARA PRO TEST

ISD 381 is a test center for the Para Pro test.

The ParaPro Assessment measures the reading, writing and basic math competencies of practicing and prospective paraprofessionals. In accordance with the No Child Left Behind Act, the ParaPro Assessment can be used to certify teacher's aides and assistants. If you have questions, please call Debbie Peterson at 218-834-8201, ext. 8216. Who Takes It?

The test is for prospective and practicing paraprofessionals. How Long Is It? Test takers have 2½ hours to complete the test. What Subjects Are on the Test? Test subjects include reading, writing and math. What Are the Questions Like? The test has 90 multiple-choice questions, approximately two-thirds of which focus on basic skills and knowledge. The remaining one-third focus on applying skills in the classroom. All test questions are in English. A study guide and practice test can be found at the following link: https://www.ets.org/parapro/test_prep/materials. Registration/pay deadline is Wednesday, January 6.

Instructor: Kris Lee

1/13/2016

Wednesday, 4:15 PM—7:15 PM

THHS - Computer Lab 1109- Media Center

\$60.00

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 1/25. Robin Whaley, Certified Pet Tech CPR & First Aid Instructor
Instructor: Robin Whaley

2/02/2016

Tuesday, 5:00 PM—9:00 PM

THHS - Community Room

\$40.00

POLAR BEARS 101: DISTANCE LEARNING PROGRAM THROUGH THE ALASKA ZOO

Connect to the Alaska Zoo through telepresence and meet our resident polar bears. Discover amazing Arctic icons through an

up-close encounter at our polar bear habitat. This experience will unveil how these unique animals thrive in our Arctic environment and what adaptations make them the ultimate survivor! This event is free and open to all ages, made possible by a grant from the Blandin Foundation, but **all participants must pre-register.**

Instructor: Kris Lee

1/26/2016

Tuesday, 4:15 PM—5:15 PM

THHS - Community Room

No fee



PREPARING FOR LONG-TERM CARE: A GIFT YOUR FAMILY DESERVES

In an instant, an accident or diagnosis can change your life ... and your family's. -Where would you receive care? -Who would provide it? How would you pay for it? Please join us for a presentation to learn more about long-term care and how you and your family can prepare for it – emotionally, physically and financially. Register by 3/2.

Instructor: Gregory Hanson

3/08/2016

Tuesday, 6:30 PM—7:30 PM

THHS - Media Center/Library

\$5.00

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 2/11.

Instructors: Stephen Green & Gregory Hanson

2/18/2016

Thursday, 6:30 PM—7:30 PM

THHS - Media Center/Library

\$5.00

SOCIAL SECURITY - STRATEGIZE TO MAXIMIZE

As you approach retirement, one of the biggest financial decisions you'll need to make is when to begin receiving your Social Security benefits. Should you begin receiving a smaller Social Security benefit early, or should you opt to wait until full retirement age or even longer in order to receive a larger benefit? There's no "one-size-fits-all" answer; when to begin receiving Social Security benefits depends on your personal circumstances, and there are many variables.

Register by 1/20.

Instructor: Gregory Hanson

1/26/2016

Tuesday, 6:30 PM—7:30 PM

THHS - Media Center/Library

\$5.00

WILD EDIBLE MUSHROOMS WORKSHOP

Learn about the many different varieties of edible mushrooms in the Northland and how to identify which



ones are considered safe and which are not. A colorful slide presentation, which will include photos from some of the instructor's published work, will accompany an in-depth discussion on the effective use of the Audubon field guide. Participants will be required to pre-purchase this book in ADVANCE of the workshop (approx. \$15 online from either Barnes & Noble or Amazon): [The Audubon Society Field Guide to North American Mushrooms](#); Knopf; A Chanticleer Press ed edition (1981). Couples may share a single book. Register by 2/18.

Instructor: Mark Sakry

2/27/2016

Saturday, 9:00 AM—12:00 AM

THHS - Community Room

\$24.00

HEALTH/SAFETY/ WELLNESS

WHAT CAN I DO WITH THE ESSENTIAL OIL KIT I PURCHASED???

Have you bought one of those essential oil kits, but feel overwhelmed and don't know how to utilize the oils? Sign up for this class and use your oils to get a good start on the necessary staples you need to help cover sleep, pain, sickness, and an all-around healthier, more natural way to take care of your home, and health. The instructor will bring

additional oils for you to use to make the recipes even more effective. You will leave this class with all the staples to get started, recipes; and you will feel a little more confident about how to use your oils. Please note this is a class for people who have purchased a Young Living Starter Kit; you will need to bring the kit to class. Register by 1/21.

Instructor: Stacy Nightwine

2/03/2016

Wednesday, 6:00 PM—8:00 PM

THHS - FACS Cooking Room 2305

\$24.00

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.

Instructor: Judie Sarff

1/12/2016—3/01/2016

Tuesday, 6:00 PM—7:00 PM

Minnehaha - Cafeteria

\$33.00

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!

Instructor: Judie Sarff

1/12/2016—3/01/2016

Tuesday, 7:15 PM—8:15 PM

Minnehaha - Cafeteria

\$33.00

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. No lessons 1/18 & 2/15.

Instructor: James Cheek

1/11/2016—2/29/2016

Monday

THHS - Room 2203

\$51/6 Lessons

POOL ACTIVITIES

EARLY MORNING LAP SWIM

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. No class 1/18, 2/15. Reminder: There will be no early morning swim if school has a late start or is canceled.

Instructor: Kathy Ronning
THHS - Pool/Locker Rooms

AM LAP SWIM, MONDAY

1/04/2016—2/29/2016
\$32.00

AM LAP SWIM, WEDNESDAY

1/06/2016—3/02/2016
\$41.00

AM LAP SWIM, THURSDAY

1/07/2016—3/03/2016
\$41.00

AQUA AEROBICS - MONDAYS

Aqua aerobics is an increasingly popular, energizing workout that builds cardiovascular fitness and strength. The water's buoyancy provides cushioning and support, reducing gravity and the risk of muscle or joint injury. Don't miss this 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 1/18, 2/15.

Instructor: Patty Carter

1/11/2016—2/22/2016
Monday, 5:30 PM—6:30 PM
THHS - Pool/Locker Rooms
\$33.00

AQUA AEROBICS - WEDNESDAYS

See description above.

Instructor: Patty Carter

1/13/2016—2/24/2016
Wednesday, 5:30 PM—6:30 PM
THHS - Pool/Locker Rooms
\$45.00

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 1/7.

Instructor: Deanne Thomasen

1/12/2016—3/01/2016
Tuesday, 5:30 PM—6:30 PM
THHS - Pool/Locker Rooms
\$37.00

SPORTS & EXERCISE

ARCHERY FOR FUN, AGES 8 & UP

For ages 8 & up. Students under 8 must be accompanied by a parent. Learn the basics of archery, shooting safety, and accuracy. No class 2/1, 2/15, 3/28. Register by 1/19.

Instructor: Kyle Olson

1/25/2016—4/04/2016
Monday, 6:30 PM—8:30 PM
Minnehaha - Gym
\$25.00

CIRCUIT TRAINING WITH RENA

Looking to increase your energy level and lose weight? Want to increase your cardiovascular endurance? Circuit Training, is an excellent way to accomplish these tasks! Circuit Training is a form of body conditioning. It targets strength building and muscular endurance by hitting all your major muscle groups. Our workouts will consist of a series of exercises performed in rotation with minimal rest, often using different pieces of equipment or your own body weight. We will start every workout with a warm up and end with a cool down to prepare and recover from these awesome workouts. Classes are fun and engaging! In the beginning you may feel a little sore and challenged, it won't be long before you will start to feel stronger and more fit! Instructor is able to help modify exercises if you have had injuries or have limitations. It is always a good idea to talk with your doctor before starting a new exercise program. Please wear clean and proper athletic shoes. A water bottle is required. Register by 1/11.

Instructor: Rena Kramer
Minnehaha Gym

1/14/2016—3/3/2016
Thursday, 6:00—7:00 PM
\$64

HEALTHY TWO HARBORS WALKING CLUB KICK-OFF OPEN HOUSE

Put one foot in front of the other and join a Walking Club! People of all ages are welcome. What: A Walking Club where groups or individuals sign up and commit to regular walking, with no minimum number of steps or miles required. Participants track and submit the steps/miles you and/or your team take each week. At the end of the six week time period there will be prize drawings for those who submit their steps/miles weekly. Logs of steps/miles can be brought to the THHS office, Lakeview Hospital or Lake County Human Services. Why: Regular walking is easy, fun, free and improves

health. More specifically it: Helps control weight. Helps build and maintain healthy bones, muscles and joints. Helps older adults become stronger, improve balance and better able to move about without falling. Promotes psychological well-being. Reduces the risk of developing colon cancer. Reduces the risk of dying from heart disease. Improves brain function. Reduces the risk of developing diabetes and high blood pressure. Helps women have healthy pregnancies. Where: You can walk wherever and whenever you'd like. ***THHS and the Minnehaha are open for walking Monday – Thursday, 4:00 – 7:00 p.m.*** Stop by Monday, January 11th from 4:00 – 5:30 p.m. in the THHS Community Room to gather information, sign up, have a snack, and take a walk around Two Harbors High School with new marked walking routes! There will be snacks and prizes for the first 50 who sign up. Those who want to join us can head to the lighted walking trail for a short after dark hike! No cost, but you must register. Organized by Sara Preston and funded by Two Harbors AGE to age.

Instructor: Sara Preston
1/11/2016

Monday, 4:00 PM—5:30 PM
THHS - Community Room
No fee

PILATES MAT CLASS

Pilates is a wonderful form of exercise for everybody, regardless of fitness level, that engages the mind and body. This will be an introductory mat class that increases strength without bulk; flexibility; balance and circulation; creates long, lean muscles; improves posture; reduces stress and helps in preventing and rehabilitating from injuries. Pilates promotes a feeling of physical and mental well-being. Please bring your own mat (a few will be available for use), wear comfortable clothes and bring a water bottle. Register by 1/13.

Instructor: Jillian McCorsion
1/19/2016—2/23/2016

Tuesday, 6:00 PM—7:00 PM
Minnehaha - Gym
\$36.00

VOLLEYBALL, ADULT CO-ED

Everyone is welcome to play co-ed volleyball. All levels accepted; no jungle rules. Will not meet 1/27, 2/24, 3/23.

Instructor: Laura Kleive
1/06/2016—3/16/2016

Wednesday, 6:30 PM—9:30 PM
THHS - GYM
\$20.00

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. **Please note: Strollers are now allowed, but for safety reasons running or jogging behind strollers is 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

WHOLE YOGA

For all levels. We will explore various yoga postures and movements, building strength and flexibility, while also releasing stress and tension. Learn healthy breath patterns, a little yoga philosophy, and practical off the mat tools for modern living. Class will end with a deep relaxation practice and a 5 minute meditation. All levels. Please bring a small pillow or blanket, a water bottle, and a yoga mat. There will be a few extra mats available for student use. No class 2/4
Instructor: Hilary Buckwalter
1/14/2016—3/03/2016
Thursday, 6:00 PM—7:15 PM
THHS - Room 2204
\$64.00

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 recommended (a few will be available for use), a water bottle and a towel (optional). Class taught by certified yoga instructor. No class 1/18 & 2/15.
Instructor: Jillian McCorison
1/11/2016—2/29/2016
Monday, 5:15 PM—6:15 PM
Minnehaha - Gym
\$36.00

YOUTH ACTIVITIES

ARCHERY FOR FUN, AGES 8 & UP

For ages 8 & up. Students under 8 must be accompanied by a parent. Learn the basics of archery, shooting safety, and accuracy. No class 2/1, 2/15, 3/28. Register by 1/19.
Instructor: Kyle Olson
1/25/2016—4/04/2016
Monday, 6:30 PM—8:30 PM
Minnehaha - Gym
\$25.00

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

It's not too late to join basketball! This introduction to basketball will include basic skills and fun drills. Varsity team members will be on hand to assist with the program. 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.
Instructor: Chelsey Magnuson
12/05/2015—2/27/2016
Saturday, 9:00 AM—10:00 AM
THHS - Gym
No fee

CROSS COUNTRY SKI LESSONS, GRADES K-6

Individualized/small group instruction provided by THHS ski team members to improve cross country skiing skills at all levels (classic or skate). Dress warmly and bring your own skis, poles, and boots. Hot cocoa and cookies will be provided following the lessons. Have your equipment on and be ready to ski at 4:30 p.m. Cancellations due to extreme weather conditions will be made on the day of the lesson and announced at the Minnehaha, THHS, and North Shore. You must register with Community Ed. before you attend lessons.
Instructor: Sarah Haavisto
Meet at THHS Tennis Courts
1/13/2016 - 2/3/2016
Wednesday, 4:30 - 5:30 PM
\$25

INSTRUCTIONAL VOLLEYBALL CLINIC FOR GIRLS, GRADES 6-8

Come learn and practice the basics of volleyball: passing, setting, hitting, rotations, moving around the court, team play. Includes gentle conditioning and fun workouts. You cannot attend if you are not registered. No class 1/22.
Instructor: Katya Gordon
1/15/2016—2/19/2016
Friday, 12:30 PM—2:00 PM
THHS - Gym
\$24.00

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. Bring your own after-school snack.
Instructor: Jake Clafin
1/13/2016—3/02/2016
Wednesday, 3:30 PM—5:30 PM
Minnehaha - Computer Lab 113
\$28.00

MUSICAL FAMILIES BY MACPHAIL MUSIC

AGE to age - Musical Families (6 weeks-4 yrs, 5 months with parents, grandparents, or caregivers – see page 11 for details.

POLAR BEARS 101: DISTANCE LEARNING PROGRAM THROUGH THE ALASKA ZOO

Connect to the Alaska Zoo through telepresence and meet our resident polar bears. Discover amazing Arctic icons through an up-close encounter at our polar bear habitat. This experience will unveil how these unique animals thrive in our Arctic environment and what adaptations make them the ultimate survivor! This event is free and open to all ages, made possible by a grant from the Blandin Foundation, but **all participants must pre-register.**

Instructor: Kris Lee
1/26/2016
Tuesday, 4:15 PM—5:15 PM
THHS - Community Room
No fee

POTTERY PAINTING FOR KIDS, GRADES K-6

Make a beautiful Valentine's Day gift for someone special. 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. Bring an adult with (grandparent, aunt, uncle, neighbor, friend, or parent) to share the fun. The pottery piece should be available for pick up in the Community Ed. office on Tuesday, Feb. 9. Choose either a heart shaped covered box or a mug. Cost of class includes all materials. Thank you to Two Harbors Age to age for offsetting the cost of this great class! You must register and choose a pottery piece by 1/13.
Instructor: Amanda Korhonen
2/01/2016
Monday, 3:45 PM—5:45 PM
THHS - Art Room 1301
\$16.50



FINLAND COMMUNITY EDUCATION

FINLAND - CLAIR NELSON COMMUNITY CENTER



Welcome Finland Community Education! This new Community Education site was approved as a partnership between Lake Superior School District and the Clair Nelson Community Center at the November 2014 school board meeting.

Finland classes will be advertised in the Good News, on the CE website and on the Community Education and Clair Nelson Center FaceBook Pages. Check out their Saturday offerings!

BASIC WIRE-WRAPPING

Learn the basics of wire-wrapping pendants and cabochons using a variety of wire and tools. Students are invited to bring any pendant or cabochon for wire-wrapping. Students who take the Kiln-fused and Dichroic Glass class are encouraged to take this class as a follow-up. This is a three-hour workshop with all supplies furnished.

Instructor: Bonnie Warner

2/01/2016

Monday, 6:00 PM—9:00 PM

Clair Nelson Community Center - Finland, MN

\$12.00

COMPUTER AND DEVICE CONFIDENCE

Over the course of 4 weekly sessions, students will get comfortable with their own laptop, smartphone, iPad, etc by having questions answered, guided exercises with internet, email, Facebook, and more. Customized to your skill level and interests. Students will work at their own pace to gain technological knowledge and confidence. Bring your own device.

Instructor: Cole Bauer

1/15/2016—2/05/2016

Fridays, 11:00 AM—1:00 PM

Clair Nelson Community Center - Finland, MN

\$40.00

COMPUTER AND DEVICE CONFIDENCE II

Over the course of 4 weekly sessions, students will get comfortable with their own laptop, smartphone, iPad, etc by having questions answered, guided exercises with internet, email, Facebook, and more. Customized to your skill level and interests. Students will work at their own pace to gain technological knowledge and confidence. Bring your own device.

Instructor: Cole Bauer

2/12/2016—3/04/2016

Fridays, 11:00 AM—1:00 PM

Clair Nelson Community Center - Finland, MN

\$40.00

INTRODUCTION TO PAPER CRAFTING I

This series of workshops will introduce all levels of paper crafter to the world of cardmaking. All students will have the opportunity to make 4 to 6 cards using different techniques introduced every month, including rubber stamping, watercolor, zentangle, color technique, copic markers and more! All supplies furnished.

Instructor: Bonnie Warner

1/25/2016

Monday, 6:00 PM—8:00 PM

Clair Nelson Community Center - Finland, MN

\$12.00

INTRODUCTION TO PAPER CRAFTING II

Continuing where Intro to Papercrafting I left off. More techniques, more cards. Again, all supplies furnished.

Instructor: Bonnie Warner

2/29/2016

Monday, 6:00 PM—8:00 PM

Clair Nelson Community Center - Finland, MN

\$12.00

KILN-FUSED AND DICHOIC GLASS

Learn how fun and easy it is to build custom glass pendants. Students will make two pendants of different colors. All supplies furnished. Finished product will be picked up the following week.

Instructor: Bonnie Warner

1/18/2016

Monday, 6:00 PM—8:00 PM

Clair Nelson Community Center - Finland, MN

\$12.00

SOCIAL SECURITY: STRATEGIZE TO MAXIMIZE

Did you know that there are hundreds of options associated with your Social Security retirement benefits? We will take you through the choices and help ensure the decisions you make are ones you can live with—for the rest of your life.

Instructor: Gregory Hanson

2/02/2016

Tuesday, 6:30 PM—7:30 PM

Clair Nelson Community Center - Finland, MN

\$5.00



COMMUNITY EDUCATION CLASS REGISTRATION 2016

Enroll Online!
www.isd381.k12.mn.us

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, 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. 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.

locations and hours of CE offices

Two Harbors High School Door 17, 7:30AM-4PM (closed for lunch 12-12:30PM)

William Kelley School in Silver Bay, Noon – 4PM

Claire Nelson Center, Finland, MN, 10AM-4PM Tuesdays and Fridays

☺ 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

353-0300 in Finland

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.



Polar Bears 101: Virtual Trip for Everyone

Connect to the Alaska Zoo through telepresence and meet our resident polar bears. Discover amazing Arctic icons through an up-close encounter at our polar bear habitat. This experience will unveil how these unique animals thrive in our Arctic environment and what adaptations make them the ultimate survivor!

Tuesday, January 21, 4:15 – 5:15 pm @ THHS Community Room

Registration through Community Education online – this event is open to all ages and FREE, thanks to Blandin Foundation Funding, and AGE to age. All participants must pre-register.



Blandin Foundation™
STRENGTHENING RURAL MINNESOTA

The Two Harbors Winter Frolic is hosted by the City of Two Harbors with local business and community partners. It's meant to embrace the cold winter months we have up here on the North Shore.

There's plenty to do for small kids and big kids alike!

Most events will center around the Two Harbors Curling Club.

Check out www.twoharborswinterfrolic.com to see schedule of events.



WANTED:



Summer College Interns – Paid Position

Two Harbors AGE to age program is looking for two college students (must have at least finished freshman year and be home in Two Harbors area for the summer 2016) for summer A2a internship positions. Varied duties including recruitment of participants for intergenerational programs, publicity, activity coordination and supervision. Interns will work with identified AGE to age to partners such as ISD 381 Community Education, the SHIP program, Community Partners, Two Harbors Food Shelf, Ecumen and Two Harbors Community Radio. Good communication skills, positive attitude and responsible work ethic required.

Start date: June 1, 2016. \$2500 stipend.

Contact Chris Olafson Langenbrunner, Community Education Director, Lake Superior School District. colafson@isd381.k12.mn.us or call 218-834-8201 ext. 8227

Deadline to apply: March 15, 2016. Email resume and completed application to email above or mail to: ISD 381 Community Education 1640 Hwy 2, Two Harbors, MN 55616.



I. S. D. #381 COMMUNITY EDUCATION

1640 HWY 2, SUITE 2001
TWO HARBORS, MN 55616

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ECRWSS
POSTAL CUSTOMER

Our Mission

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

