

POSTAL CUSTOMER



Non-profit Org.
U.S. Postage Paid
Baudette, MN
56623
Permit No. 31
ECRWSS

Education Plus

"In pursuit of excellence and opportunities."

January, 2010

L/W School earns state award for School Olympics



Curt Tryggestad, President of MREA, presenting the "Award of Distinction" to Steve Wy-more, Superintendent, Elaine Sunne, Special Education Teacher, Mark Nohner, High School Principal and Karoline Ketchum, School Board Member.

Lake of the Woods school recently received the "Award of Distinction" for their Olympic event, which is held every four years, at a MN Rural Education Conference held in Alexandria. The "Award of Distinction" is part of the Profiles of Excellence Competition which recognizes innovative programs and efforts that serve as an example of educational opportunities for rural students.

Pat and Doug Nosan, former physical education teachers and coaches, came up with the original idea of the Olympics and organized the first two Olympic events. From the inception in 1996, the Olympics have been a school wide week of academics, arts, and athletic activities during which the students become fully immersed in the cultures and traditions of their chosen countries. Each 7-12 class is divided into two groups of students, and these students choose the nations they would like to research and represent during the Olympic week.

The preparations begin weeks in advance by researching the backgrounds of the nations in Social Studies courses, preparing ethnic dances in Physical Education and Music, designing costumes and flags in Art, preparing ambassador's speeches in English, looking up and preparing recipes in Family and Consumer Sciences, designing scoring systems in Math, and designing and constructing villages in Industrial Technology. Students readily spend lunchtime and come in before, or stay after school to prepare for the Olympics.



Pat and Doug Nosan, former physical education teachers and coaches, who came up with the original idea of the Olympics.

The first of the Olympic events actually begin Sunday afternoon. Before the opening ceremonies countries prepare their ethnic dishes to be judged and also compete in the log saw. Judging of the villages, snow sculptures and ethnic cooking is completed before our opening ceremonies which take place that evening, and are well attended by the community.

The opening ceremonies begin with the Parade of Nations as students don traditional fashions and enter the "Olympic Stadium" accompanied by the anthem of each country. The opening ceremonies continue with speeches from ambassadors of all 12 nations followed by ethnic dances judged by local dance instructors. The evening concludes with the tug-o-war which is always highly contested.

During the week there are numerous activities that are scheduled alternatively in mornings and afternoons so traditional classes can continue. Countries earn points throughout the week by participating in activities with nations 7-9 competing against each other in the youth category and grades 10-12 in the upper-class category.

The week is finished off with closing ceremonies which again includes a Parade of Nations and the awarding of Gold, Silver, and Bronze medals to the top three ranking teams in each division.

The Olympic Villages remain up all week as community members as well as elementary students tour the villages.

Financial Aid Night

January 21st at 7:00 p.m.
in the ITV Room

Lake of the Woods School will sponsor a FAFSA (Free Application for Federal Student Aid)) workshop on January 21, 2010 at 7:00 p.m. in the ITV Room at school. Scott Riley, Financial Aid Director at Rainy River Community College, will conduct the workshop. He will have the latest forms and information on filling out the FAFSA forms (you can also access the forms by going to www.fafsa.ed.gov). Seniors and their parents are encouraged to attend. It is very important to complete this process early in the new year if you intend to apply for financial aid for the 2010-2011 school year.

The FAFSA application can not be submitted until January 1, 2010, and it is based on student and family income from 2009.

If you have questions, please call Jeff Nelson at ext 1514 or email jnelson@blw.k12.mn.us.

Scholarships

Seniors should be actively seeking scholarship opportunities at this time. Go to the guidance/financial aid link on the high school page at www.lakeofthewoodsschool.org for specific information about various sources for scholarships.

Palm is National Merit Scholarship Semifinalist

Bryce Palm, a senior at Lake of the Woods School, and the son of Brian and Joyce Palm of Baudette, was chosen as one of approximately 16,000 semifinalists in the 55th annual National Merit Scholarship Program.

Bryce is among the academically talented high school seniors who have an opportunity to continue in the competition for

some 8,200 National Merit Scholarships, worth more than \$36 million, that will be offered next spring.

To be considered for a Merit Scholarship award, semifinalists must fulfill several requirements to advance to the finalist level of the competition. About 90 percent of the semifinalists are expected to attain finalist standing, and approximately half of the finalists will win a National Merit Scholarship, earning the Merit Scholar title.

To become a finalist, a semifinalist must have an outstanding academic record

throughout high school, be endorsed and recommended by the high school principal, and earn SAT scores that confirm the student's earlier performance on the qualifying test. The semifinalist and a high school official must submit a detailed scholarship application, which includes the student's essay and information about the semifinalist's participation and leadership in school and community activities.

Approximately 15,000 semifinalists are expected to advance to the finalist level and it is from this group that all National Merit

Scholarship winners will be chosen. Merit Scholar designees are selected on the basis of their skills, accomplishments, and potential for success in rigorous college studies, without regard to gender, race, ethnic origin, or religious preference.

National Merit Scholarship winners of 2010 will be announced in four nationwide news releases beginning in April and concluding in July. These scholarship recipients will join more than 267,000 other distinguished young people who have earned the Merit Scholar title.



Superintendent's Corner

We're excited about the recent award that was presented to Lake of the Woods High School. The Minnesota Rural Education Association (MREA) President, Curt Tryggstad, presented the "Award of Distinction" to Principal Mark Nohner for the High School Olympics. Also there to receive the award were Elaine Sunne, High School Teacher and School Board Clerk, Karoline Ketchum. This is the second year in a row that a program at Lake of the Woods School has received the MREA's "Award of Distinction." Last year, the Enrichment Program "Earth Day, Growing Up Green" submitted by Jenny Moorman, also received the award. We are proud of the outstanding programs offered at Lake of the Woods School and invite you to comment about how these innovative programs have positively impacted your student's education.

On November 3rd, the voters of Independent School District 390 approved the One Day Bond Sale Authority of \$495,000. Because of this new authority, the Lake of the Woods School issued a One Day Bond in the amount of \$191,000. This money has now been placed in our Construction Fund and is being used to upgrade our technology infrastructure. The first part of this upgrade involves the replacement of

switches whose capacity is insufficient for the capabilities of today's computers. The old 100 meg switches will be replaced with 1 gig switches to increase the data transfer rate. Another enhancement to our technology infrastructure is the installation of 13 wireless access points which will provide wireless internet access throughout the entire school building. This increased access and mobility will mean enhanced opportunities for all who use the Lake of the Woods School facility. We intend to provide guests with access to the wireless internet service and are working to establish user policies to appropriately address the district's responsibility to protect private data.

Another important upgrade to our technology infrastructure is the purchase of 45 Mac Books for our instructional staff. Computers currently used by our instructional staff are 5 to 7 years old and lack the ability to operate software systems necessary to business and instructional functions of the school. The old computers are going to be made available to classroom teachers who could use them to operate individual learning stations for their students.

All of these upgrades we feel will en-

hance our student's educational opportunities at Lake of the Woods School. We continue to look for ways to enhance our instructional capabilities to provide competent, coherent and caring learning options for our students.

We encourage you to visit our school website at: www.lakeofthewoodsschool.org. A feature I have recently added to the superintendent's page is a podcast using Gcast. You can subscribe to the podcast so that every new podcast will be emailed to you or it can be downloaded to your iPod through an iTunes subscription. It is always exciting when the new technology media applications you attempt to implement actually work.

We continue to encourage teachers to place their classroom resources on the Lake of the Woods School's Moodle Site. The url address for this site is: moodle.lakeofthewoodsschool.org. If you visit this site, you will find virtual offices for various committees of the school. There are only a couple of sites where guests are not allowed because of privacy and security issues but the majority of these sites permit visitors. When you visit the site, it will ask you if you want to enter as a guest. Feel free to visit those virtual of-

fices and check out the documents being shared electronically. We feel that this should facilitate a substantial savings in paper by reducing the amount of hardcopy document sharing.

We seek to increase parental involvement. Research suggests that parents lay the foundation on which a child's future is built. The parents of every child in our district are the most important partners we will ever have. Therefore, we need our parents continued support. We simply will not be nearly as successful if we don't have parents that come to the school often and relay to their children that education is an important factor in their lives. We truly believe that parents are our greatest asset.

Education is a joint venture. We must work together to enable students in the Lake of the Woods Public School to thrive and achieve at their highest levels. I need and value your input. Please feel free to contact me if you have questions, suggestions, or concerns. I look forward to working with you.

Steve Wymore, Superintendent
218-634-2510 x1501
swymore@blw.k12.mn.us

"This is the second year in a row that a program at Lake of the Woods School has received the MREA's Award of Distinction."

The **Education Plus** publication is a production of Lake of the Woods School and Lake of the Woods Community Education. The **Education Plus** newspaper will be printed 3 times during the 2009-2010 school year and distributed to postal patrons in Lake of the Woods County, Koochiching County and Roseau County.

L/W School Administration:
Steve Wymore, Superintendent
Mark Nohner, High School Principal
Jeff Nelson, Assistant Administrator and Elementary School Principal

THE SCHOOL FACILITY WILL BE CLOSED AND LOCKED ON HOLIDAYS AND WHEN SCHOOL IS CANCELLED.



Lake of the Woods School Board Members:

Ken Horntvedt, Chair
Tim Lyon, Vice-Chair
Karoline Ketchum, Clerk
Bruce Hasbargen, Treasurer
Wayne Haukaas, Director
Sunny Dorow, Director

School board meetings are held the last Monday of each month.

Community Education Advisory Council: Steve Wymore, Ken Moorman, Sharon Feldman, Theresa Brown, Ann Patten, Lisa Beckstrand, Judy Beckman, Jeff Nelson, Linda Redeker, Dani Birkeland, Vicki Goble, Marin Kaczmar, Sunny Dorow, Harald Bringsjord, Nancy Jewell, Ralph Christofferson, Cece Charlton and Brian Novak

Community Education Meeting Dates:
January 14, 2010 - 4:30 p.m. - ITV Room
March 11, 2010 - 4:30 p.m. - ITV Room
June 10, 2010 - 4:30 p.m. - ITV Room

Community Education:
Cece Charlton - Coordinator
Lisa Beckstrand - Pool Coordinator
Theresa Brown - ECFE Coordinator/Instructor
Muriel Crandall - Paraprofessional
Rose Anderson - Adult Basic Education



LAKE OF THE WOODS School

Lake of the Woods School ISD #390
P.O. Box 310
Baudette, MN 56623
218.634.2735 (phone)
218.634.2467 (fax)
www.lakeofthewoodsschool.org

Winter school hours:
Mon/Wed/Fri—5:00 a.m. -9:00 p.m.
Tues/Thurs—7:00 a.m. - 9:00 p.m.
Sat/Sun—1:00-4:00 p.m.
Hours are subject to change.

Baudette Motel
Downtown Baudette on Hwy. 11
Free HBO & remote Color TV • Non-smoking rooms
• In-room coffee & refrigerators • Walking distance to restaurants
For Reservations Call:
218-634-2600 or 1-800-200-2601
Rates so low you can afford a real breakfast!

Dodds Lumber Co.
Your Complete Home Building Center - Since 1907
• Hardware • Paint • Tools
• Windows • Doors • Patio Block
Retailers of Lumber and Building Supplies
Main Avenue, Baudette • 218-634-2263

THE SMILING MOON
Baudette's own coffeehouse and internet café
Specialty coffees, daily lunch specials, smoothies, & frappés.
On Main Avenue in the historic Rex Hotel.
218-634-2976

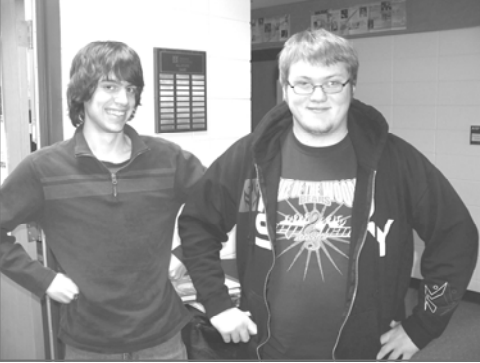
Floral Expressions
Fresh Flowers • Plants • Gifts
Tuxedo Rental • Seasonal Greenhouse
634-2023
Located in the Historic Rex Hotel

"Under M.S.609.66 Subd., it is a felony to hunt on school land when students are present for school related activities."

For school announcements, visit www.lakeofthewoodsschool.org

Huerd, Palm to attend UND Honor Band Festival

Submitted by: Liz Tange, Band Director



Bryce Palm and John Huerd, senior band students at Lake of the Woods School, have been selected to attend the 25th Annual University of North Dakota Honor Band, Choir, and Orchestra Festival, in Grand Forks. These groups are chosen from high school students across North Dakota and northern Minnesota who audition for a seat in the group. Out of 300 band auditions, only 120 are chosen to rehearse and perform during the festival.

The festival is January 22-24. The concert is Sunday at 2:00 at the Chester Fritz Auditorium on UND's campus. It is a great honor to be selected, and special congratulations from the band department and school are in order for these two young men.

Students from Lake of the Woods School have auditioned for the group since 2006, and one student was accepted in 2009. As a high school student, Mrs. Tange was a member of the honor band and honor choir. As a student at UND, she was also involved with the festival weekend.

Students Demonstrate Community Service at its Best

By Rebecca Ney

The National Honor Society members have been hard at work in the community. With 34 members this year, the group has been able to volunteer at various events all over the county. Some students could be found at school this summer working on the AAA Booster calendars while others could be found out in the sun planting flowers. Other summer events included: bingo at

the Care Center, Take A Kid Fishing, the Fourth of July parade, hockey camp, Relay for Life clean-up, and escorting senior citizens around the fair, to name a few.

When the school year came around, NHS students continued volunteering their time at 7th grade orientation, serving at the Brink Center's pancake breakfast, babysitting Friday nights at ECFE's Kids' Night Out, helping at the book fair,

listening to first graders read, and gambling with the elders at the Care Center's Casino Night. Some students have even chosen to become a Big Brother/Big Sister!

NHS has also been involved in many annual projects, The Dollars for Scholars Phone-A-thon took place in October when students called the locals asking for donations for student scholarships. They received pledges amounting to about

\$9,000!

Another big project for NHS is Trick or Treating for UNICEF. Students get to dress up and go out trick or treating for money to help deprived children around the world. They raised \$500 for UNICEF!

In December, NHS students were out in the cold ringing bells on Saturdays at local businesses for the Salvation Army.

Lake of the Woods Community Forms a FIRST Robotics Team

Through the efforts of several community members, Lake of the Woods School has secured a \$6,000 grant to allow students to participate in the FIRST Robotics competition at the University of Minnesota this spring. The competition involves a six week "build" in which community mentors work with students to build an operating robot to enter in competition in April. The first meeting with students and mentors took place just before Christmas break. The team from Warroad plans to be at Lake of the Woods School in early January to present to our student body.

The FIRST Robotics Competition challenges teams of young people and their mentors to solve a common problem in a six-week timeframe using a standard "kit of parts" and a common set of rules. Teams

build robots from the parts and enter them in a series of competitions designed by Dean Kamen, Woodie Flowers, and a committee of engineers and other professionals. In 1992, the first robotics competition was held in a New Hampshire high school gym, with 28 teams participating in the game, "Maize Craze." Now, the competition involves more than 1,300 teams competing in more than 40 Regional Events, and The Championship held at the Georgia Dome and World Congress Center in Atlanta where more than 8,500 high-school-aged young people participate.

FIRST redefines winning for these students. Teams are rewarded for excellence in design, demonstrated team spirit, gracious professionalism and maturity, and ability to overcome obstacles. Scoring the most points is a secondary goal. Winning means building partnerships that last.

Congratulations! Bryce Palm, September Katie Pepera, October Katie Laugtug, November Students of the Month 2009

Bryce Palm, Katie Pepera and Katie Laugtug have been chosen to be the Lake of the Woods "Student of the Month" for September, October, and November 2009 because of their academic excellence and their participation in the extra-curricular programs at LHS.

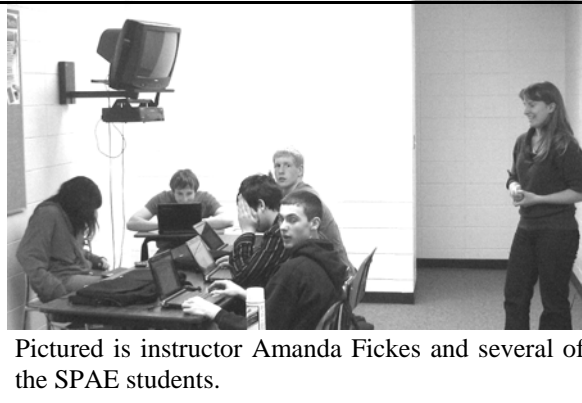
Open Enrollment

For more information contact:
Steve Wymore, Supt.
Lake of the Woods School
#390
P.O. Box 310
Baudette, MN 56623
swymore@blw.k12.mn.us

SPAE Program - Sparsely Populated Agricultural Education

Lake of the Woods School is participating in a pilot project during the 2009-2010 school year known as the Sparsely Populated Agricultural Education Program (SPAE). This project is a collaborative effort between the University of Minnesota Crookston, Northland Community and Technical College of Thief River Falls, Norman County East High School and Lake of the Woods High School. All students enrolling in the SPAE program are given laptop computers to use in the courses, while an instructor hired by the University of Minnesota Crookston delivers the curriculum in a unique online format. While students complete most of their

coursework online, the instructor is physically present at Lake of the Woods School one day a week to provide additional support and face to face interaction. In addition the students will participate in FFA competitions throughout the area. Online course offerings currently include: Intro to Agriculture/Natural Resources/Forestry, Floriculture, Animal Science, Plant Science, Agricultural Business Management, Companion Animals, Renewable Energy Systems, and Natural Resources and Environmental Systems. Involved schools are currently working on articulation agreements for several of these courses that would allow students to receive both high school and college credit simultaneously.



Pictured is instructor Amanda Fickes and several of the SPAE students.

Homework Club



Tuesdays & Thursdays
3:00-5:00 p.m.
Grades 5-8

There is no cost to the student.
Parents are to pick up their student at 5:00 p.m.

VERY IMPORTANT!

Honeywell Instant Alert Reminder

Whenever you change phone numbers at home, work, cell phone or an email address, remember to log onto the Honeywell Instant Alert at <https://instantalert.honeywell.com> to update these changes.

Lake of the Woods School has three Automatic External Defibrillators (AED). The three AED's are located in the cafeteria/commons area, by the multi-purpose gym/pool area and in the east hall of the elementary/high school area.

To check homework assignments, visit www.lakeofthewoodsschool.org



Christmas Band Concert



Kindergarten Christmas Party



ECFE Circus Night



Christmas Choir Concert



ECFE with Superintendent Wymore at Thanksgiving



Elementary Christmas Concert



Elementary Christmas Concert



White Elephant Sale



White Elephant Sale



Christmas Band Concert



Christmas Painters - Art Class

To view your student's meal account balance, visit www.lakeofthewoodsschool.org



Holiday Extravaganza



Holiday Extravaganza



L/W School Relay for Life Team Booth



Community Ed Cross Country



Community Ed volleyball game versus Indus



Scrapbooking Workshop



Holiday Extravaganza



Swimming Lessons



Swimming Lessons



Holiday Extravaganza

Community Education/Pool Classes/Activities

Community Ed Class Registration

Registration forms for Community Ed winter classes/activities will go out to all elementary students at Lake of the Woods School and registration forms may also be picked up in the elementary, high School, pool and community education offices. A registration form is also included in this paper. Class registration is required. Many classes have a minimum number of people needed to offer the class, and if enough people have not registered **one week prior** to a class, the class will be cancelled. Also, check out our website for a schedule of our community education classes. **All checks are to be made payable to Lake of the Woods School. (American Funds)**

Facility Use, Policies, and Procedures

The Community Education Department coordinates use of all school facilities and equipment beyond the regular school day. School functions take priority. School activities may be scheduled subsequent to approval and the affected party will be notified if that situation occurs. The use of facilities is governed by policies and regulations approved by the Board of Education. **No activities will be scheduled on legal and/or school holidays.** For more information contact the Community Education Office.

Adult Basic Education

GED - Preparation for the high school equivalency diploma. Set of 5 tests; math, reading, writing, social studies, and science.

Basic Skills Enhancement - For learners who need to brush up on basic skills such as math, reading, writing, spelling, or basic computer literacy.

ESL - English as a Second Language is for learners whose native language is not English.

Citizenship Education - Instruction for the INS U.S. Citizenship exam including preparation of the N-400 form.

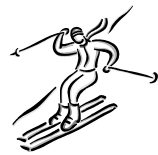
Instructor: Rose Anderson @ 634-1563

Must be 16 years old or older and not enrolled in secondary school.

Buena Vista Ski Trip

President's Day, February 15, 2010

Package includes lift ticket, rentals, lunch and transportation to and from Buena Vista. Registration forms will be available in January and may be picked up in the Community Education Office, Elementary Office, High School Office or the Pool Office.



Adult Weight Room Membership

The usage fee for the Lake of the Woods School weight room is \$30.00/month, resident; \$40.00/month, non-resident; \$20.00/month college student (with college ID); \$10.00/month Senior Citizen and a \$5.00 fee for FOB (keyless entry). Members must be 18 years old and not in high school. All fees are non-refundable. Before access to the weight room is given out, the participant is required to sign "A Waiver of Liability, Assumption of Risk and Indemnification for Use of the Lake of the Woods School District's Weight Room" and pay the required fees. **The weight room is closed on holidays and from 7:30 a.m.-3:10 p.m. during the school year.** Hours during the school year are: Monday, Wednesday & Friday-5:00 a.m.-7:30 a.m. and 3:10 p.m.-9:00 p.m.; Tuesday & Thursday-7:00 a.m.-7:30 a.m. and 3:10 p.m.-9:00 p.m.; Saturday & Sunday-1:00 p.m.-4:00 p.m. For information on how to join the Lake of the Woods School weight room, call 634-2735 ext. 1504.

Adult Volleyball Winter League

Adult volleyball winter league will run from January 13-March 31. You must pre-register and pay with Community Ed. If you have questions, please call Cece at 634-2735 ext. 1504.

Dates: Wednesday evenings

Time: 7:00 p.m. in the small gym.

Cost: \$25.00/resident; \$30.00/non-resident per person.

Register and pay with Community Education.

To view the District Calendar, visit www.lakeofthewoodsschool.org

Community Education/Pool Classes/Activities

Fun Scrapping Workshops

Join us for a full day of scrapbooking ! The workshops will run from 8 a.m. until 8:00 p.m. in the ITV Room. We have all the tools necessary to help you create the perfect page, including circuits and circuit cartridges. Bring your layout ideas and any special cutters, scissors and templates to share. A light brunch, and a light lunch along with coffee, cappuccino and tea will be served. Bring a dish to pass for the evening meal. The fee for each workshop will be \$15.00/resident; \$20.00 non-resident. The dates for the workshops are: February 13, March 13 and April 24, 2010. Come join the fun!

Tri-Shutter Album Class

With the winter months upon us how about looking to Springtime. Join me and your friends for a night out to make a Tri-shutter-album. Everyone who receives this fun album will love looking at it again & again. You can do any theme such as birthday, family, baby and with graduation just around the corner you can do an album for the graduate. This is truly a fun project and you won't be disappointed. There is a sample in the Community Education Office located in the District Office and a picture of the album is on our website. A supply list is also on our website and may be picked up in the Community Education Office.

Date: March 22
Time: 6:00-9:00 p.m.
Cost: \$15.00/class
Location: ITV Room
Instructor: Bobbie Aker



Working with Wool

Create a seasonal banner as you learn the techniques of needle felting and wool appliqué. Materials needed: scissors, stash of floss or pearl cotton, plus purchase a kit from the instructor the night of the class (\$16.50). Other kits and materials will be available to purchase. Minimum of 10 students. Visit Bonnie's website for samples of her projects www.willowwoodmarketdesigns.com

Date: January 21st alternate date February 4th
Time: 6:00 p.m. – 9:00 p.m.
Cost: \$10/resident; \$15.00/non-resident – cost of kit (\$16.50) to be paid to the instructor the night of the class
Location: High School Life Skills Room
Instructor: Bonnie Lundorf, Willow Wood Market, Bemidji

Magic Quilt Block

The fun and easy method to get started sewing quilt tops. Make a family heirloom using a technique that uses long strips of fabric sewn together in an assembly line fashion. You will sew long strips and cut them apart and reassemble into different pieces to make the block. Finished quilt appears to have 2 inch squares but the shortest seam is 13 inches. It is called the magic quilt block because your quilt can be put together to form many different designs. Size 90 x 90 material list available when registering. Bring your own sewing machine. If you have questions email kayadams@gra.midco.net or call 218.783.3504.

Cost: \$10.00
Dates: March 9, 23 and April 6
Time: 6:00-9:00 p.m.
Location: High School Life Skills Room
Instructor: Kay Adams



Swing Dance Class

Enjoy a date night with someone special, or come to learn some new moves! We hope to teach you the basics of swing dancing, open and closed positions, spins, and multiple combo moves that are easy but allow you to show off on the dance floor! We are open to other styles of dance as well. For the seasoned dancer or previous class attendee, come enjoy a night of great tunes in a clean spacious environment! Music will be provided, but if you have a special CD, we can certainly try to incorporate it. Any questions, please call Liz at work: 634-2510 x1140, or home cell: 218-791-7419.

Dates: Friday evenings: Jan. 22, 29, Feb. 5, 12, 19 & 26
Time: 7:00-8:30 p.m.

Cost: \$30/adult single/resident; \$40/adult single/non-resident, \$50/adult couple/resident; \$60/adult couple/non-resident; \$20/student single/resident, \$40/student couple/non/resident

Place: Multipurpose gym
Instructors: Erik & Liz Tange



Tae Kwon Do

Learn stretching techniques, exercise and self-defense along with the art of Tae Kwon Do.

Dates: Mondays, & Thursdays
Time: 6:30-8:30 pm

Location: Multi-purpose Gym
Fee: \$30.00/month/resident; \$35/month/non-resident;
Family rate – maximum of 4. Each additional member \$10.00 \$55.00/month/resident, \$60.00/month/non-resident
Instructor: Dave Kempenich – 2nd Degree Black Belt

Exercise Testing

First meeting will be to schedule testing. The client will be put through a series of Exercise Tests to find the percentile ranking within their age and gender group. From there, the client will be placed on a physical fitness program from these test results. Once the client is on a program, they will be monitored throughout a 5 week period. After completing this program a post-test will be conducted. Further training will be made available. Testing will be within the 5 Components of Physical Fitness: Body Composition, Flexibility, Muscular Strength, Muscular Endurance, and Cardiovascular Fitness. This program is recommended for individuals who have little or no experience in fitness programming or for those looking to get started on a physical fitness program. Mike has a B.S. degree in Exercise Science from Minnesota State University, Mankato. His experience includes: Personal Trainer Intern, Sports Institute Mankato MN; led athletes through sport specific training through Periodization; led athletes through volleyball specific jump and speed training and head of Strength of Conditioning, Chaska High School Volleyball.

Instructor : Michael Hull
Date: January 20, 2010
Time: 6:00 p.m.
Cost: \$15.00
Location: ITV Room



Valentine Crafts for Kids

Roll up your sleeves and join in the fun. Students will decorate cookies and create a valentine. (Grades K-6) Limit 10 students.
Date: February 11th from 3:00-4:00 p.m.
Location: High School Life Skills Room
Cost: \$8.00 Instructor: Cece Charlton

Easter Fun for Kids

Join in the after-school fun with friends! Students will dye eggs and decorate cookies. Limit 10 students. (K-6)
Date: March 30 from 3:00-4:00 p.m.
Location: High School Life Skills Room
Cost: \$8.00 Instructor: Cece Charlton

Elementary Basketball

Elementary girls & boys basketball has started for all grades. All practices are held in the multi-purpose gym.
Kindergarten, 1st, & 2nd grade – practice Tuesdays from 3:00-4:30 p.m. and Saturdays from 9:00-10:00 p.m. Coach Nicole Hancock
3rd, 4th & 5th grade boys - Wednesdays from 3-4:30 p.m. and Saturdays from 10:00-11:00 a.m. Scrimmages/games or tournaments will be played on Saturdays. Coach Brian Novak
3rd, 4th & 5th grade girls-practice on Mondays and Thursdays from 3:00-5:00 p.m. & Saturdays from 10:00-11:00 a.m. Coach Gary Moeller
Bob Laine, boys varsity coach and his basketball players run our Saturday program.

TKD for Kids

Learn basics of Tae Kwon Do in this introductory course developed specifically for young people. Parents are welcome to participate along with their children. This class will help children to develop better balance, concentration and self-control. Ages 3-9 welcome!

Date: Saturdays: January 23, March 6 & April 17
Time: 12:30-2:00 p.m.

Location: Multi-purpose gym
Fee: \$5.00/resident child/per class; \$10.00/non-resident child/per class
Instructor: David Kempenich 2nd Degree Black Belt - 12 years teaching experience in this self-defense art form.

Red Cross Baby Sitting Class

This class will promote safe, sensitive care for children and help to develop skills for providing care, entertaining children and handling emergencies. Class participants who have attended all classes will receive a babysitting certificate. The class is for ages 5th grade and older. Minimum of 6 students.

Date: April 6, 7, 8
Time: 3:00-5:30 p.m.
Location: High School Life Skills Room
Fee: \$25.00
Instructor: Erin Heinen

Writing a Resume

In this two session workshop, participants will learn how to create a basic resume and cover letter. A variety of formatting options and the necessary components of an appealing resume will be discussed during the first session. The second session will feature a selection of cover letter styles, and participants will experiment with various cover letters to accompany their resume. Computers will be available for use, or you may bring your own laptop.

Dates: March 2 & 9
Time: 7:00 p.m. to 8:00 p.m.
Fee: \$ 10.00
Location: High School Media Computer Lab
Instructor: Joyce Palm



For Community Ed activities, visit www.lakeofthewoodsschool.org

Community Education/Pool Classes/Activities

2010 Pool Schedule Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8 a.m. Adult Swim		5-8 a.m. Adult Swim		5-8 a.m. Adult Swim		
	3:30--8:30 Open Swim			3:30-8:00 p.m. Open Swim	1-4 p.m. Open Swim	1-4 p.m. Open Swim

Pool Prices

Preschool - \$.75 Student-\$1.50 Adult-\$2.50 Family Max-\$10.00

Punch cards and yearly memberships can be purchased at the pool office or during adult swim/open swim hours. Prices for 10-punch cards are: Preschool-\$5.00; Student-\$10.00 and Adult-\$22.50. A yearly membership is: Student-\$100.00; Adult-\$200.00 Senior Citizen-\$175.00 and Family-\$300.00.

Water Exercise Class

There are many benefits of water exercise, here are just a few:

- Water exercise decreases stress, blood pressure, tension, weight, pain, body fat, impact on joints, risk of injury and prescription drug requirements. It increases strength, flexibility, energy, range of motion, muscle tone, oxygen/circulation, endurance, balance, coordination, fun, self esteem, safety and enjoyment of life.
- It enhances feelings of well-being; sleep patterns, recovery from injuries, social pleasures and reversing or slowing of ageing, both mentally and physically.

Remember you don't have to be a swimmer to do water exercise and if you are uncomfortable wearing a swim suit... you can wear a t-shirt and shorts. You can start classes at any time...and the first time is **FREE**.

There are both morning and late afternoon class times available Monday through Friday. Call the pool office or check out the school website for the current monthly schedule.

All of our elementary students have swimming throughout the school year as part of their physical education class.

Birthday Parties at the Pool

The pool is a wonderful place to hold birthday parties! Parties can be held during open swim hours and the observation area overlooking the pool is a great place to have games and lunch as part of your celebration. If you have any questions or would like to book the pool and observation area for your next party, call the pool office at 634-2735 ext 1101.

Special Value Days at the Pool

Toonie Tuesdays—Swim for a "Toonie" (a \$2.00 Canadian coin)

Family Fridays—families (max 2 adults/4 children) swim for \$5.00. Special prices are available during the open swim hours from 3:30-8:00 p.m.

It's a great way to spend time with family and friends at a great price!!!

Lifeguards—

Keep-up on Important Skills

One of the most important personal benefits of being a successful lifeguard is the satisfaction of knowing that a lifeguard's actions can save a life. Being an effective lifeguard requires commitment and a lot of work. The Lake of the Woods Pool is staffed by local citizens that are committed to serve our community in that way. They attend regular in-services to review skills in water rescue and body stabilization along with CPR/AED and first aid training. We are very fortunate to have a great staff that is willing to devote their time and talents to our facility.



Lake of the Woods School Pool lifeguards practice backboarding skills. Pictured are Deanna Olson, Erin Olson, Zach Lockner, Dani Birkeland, Chelsea Anderson and victim Sariina Kalli.

Winter Walking on the Walking Track

When school is in session the hours are:

Mon/Wed/Fri 5:00 a.m.-9:00 p.m.

Tues/Thurs 8:00 a.m.-9:00 p.m.

Sat/Sun 1:00-4:00 p.m. (during pool hours).

For our records, sign in one time at either the pool office or the district office.



For information about exercise classes, swimming lessons, (private & group), open swim/adult swim times call Lisa at Pool Office - 218-634-2735 ext. 1101 or email lbeckstrand@blw.k12.mn.us

Lake of the Woods Community Education
P.O. Box 310
Baudette, MN 56623
634-2735 ext. 1504



Participant Name: _____ Class/Activity _____ Fee \$ _____

Age: ____ Grade: ____ Teacher: _____ T-Shirt Size: (If applicable): _____

Parent/Guardian Name _____ (Parent/Guardian must sign if under 18)

Address _____

City/State/Zip _____

Phone (Day) _____ Phone (Eve) _____ Cell _____

Email: _____

I certify that myself/dependent is adequately covered by insurance. _____

Signature

**FREE FAMILY
POOL PASS**



LOOKING FOR SOMETHING FUN TO DO THIS WINTER?

Bring this coupon in to the Lake of the Woods School Pool for a one time admittance for a day of free swimming for the entire family!

Offer Expires March 31, 2010

For the pool schedule, visit www.lakeofthewoodsschool.org

Alexander Finishes 10th at State Cross Country Meet

Submitted by Sariina Kalli

In her second trip to the Minnesota State Cross Country Meet, freshman Victoria Alexander achieved All-State honors by placing 10th of 159 runners in the Class A Girls 4,000-meter race in Northfield Nov. 7. Coach Becky Mollberg suggested she start out fast and get ahead of the pack, and Alexander did just that. She led the field by more than 100 meters for nearly a half mile of the race, and pushed on to finish with an

impressive time of 15 minutes, 32 seconds. She improved on her 13th place finish in the 2008 State Meet.

A ninth grader from Atikoken, Ontario, Alexander participates in cross country running as part of the cooperative agreement between the Lake of the Woods, Rainy River, and Atikoken school districts. She shared the top spot on the girls' team with sisters Sarah and Emily Fraser, Rainy River, throughout the season.

Alexander is only the third Lake of the Woods female athlete to compete at the state level in cross country, following in the fast footsteps of Madie Heinrich (2006) and Shantelle Davidson (2003 and '01). Andrew Friesen (2006, '05, and '04) and Tyler Ketchum (2004) made appearances at the state meet as well. Alexander's tenth place at the state meet this season is the highest any L/W runner, girl or boy, has ever finished.



4th in State LHS Volleyball 2009

Submitted by Coach Jill Olson

What an incredible journey our Lake of the Woods School Volleyball Team had in 2009! We started the season with six returning varsity players: Holland Johnson, Heather Stanton, Ashley Feldman, Jessica Marken, Ali Hasbargen, and Shelby Nosan. New to varsity were Britni Wellen, Ally Moeller, Karly Thompson, Kalene Krause, and Laura Ellis. Additionally, Emily Miller, Kendra Krause, and Tori Feldman joined the team for post-season play. The 2009 varsity team meshed well, and they were truly fun to watch. The growth in each player's tal-

ent and skill was remarkable.

The team's hard work and determination was rewarded in the post-season, when they advanced to the Minnesota State Volleyball Tournament with a win over B-G-MR in the Section 8A Championship.

In a tough field in the Class A Tournament, the first match for LHS was against the # 3 seeded Deer River. LHS won in 3 sets, placing them in the semi-finals versus Minneota. The Bears lost in 3 sets to the eventual State Class A Runner-up. The final game of the season for the Bears was in the State Class A Third Place match, versus Meadow Creek Christian of Andover. The Bears lost a heartbreaker in 5 sets, with the final set being 14-16. The Lady Bears brought back the 4th place trophy, marking the 3rd best finish in the six state play-off appearances made. Congratulations on a great season!



Members of the Lake of the Woods High School volleyball team pose with Governor Tim Pawlenty at the State Volleyball tournament banquet in St. Paul in No-

Feldman Hits 1,000 in Two Sports



Ashley Feldman hit her 1,000th basketball career point during the Girl's Basketball game against Blackduck on Monday, December 21st. She started the game with

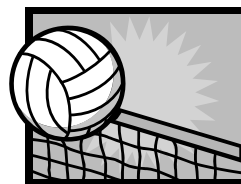
999 points and made her 1,000th point shortly after the start of the game. The game was stopped, and Coach Hanson presented her with a bouquet of flowers. Rumor has it that she was waiting for Mr. Swenson, Mrs. Waibel and her Grandma Fran to be at the Blackduck

game, as they were unable to attend Friday night's game against B-G-MR. Ashley hit her 1,000th volleyball kill in mid-October at the Moorhead Volleyball Tournament. She went on to be named All-Conference, All-State and All-Tournament Team for 2009. She plans to continue playing volleyball at the college level.

Feldman is the second player in Lake of the Woods School history to hit 1,000 points in basketball and 1,000 kills in volleyball. Heather Hanson, a 2000 graduate of Lake of the Woods School, accomplished this same feat in her senior year. Hanson went on to play volleyball for the University of North Dakota.

New Baby? New to the Area?

It is important for our future planning to have all children in our census files. Census numbers help determine the amount of levy funding that our Early Childhood Program receives from the state of Minnesota. When you are listed on our census, you will receive updates from our Early Childhood program and pre-school screening information for kindergarten.



Dates to Remember

January 21 - FAFSA Workshop
 January 22 - End quarter 2;
 End semester 2
 January 25 - Mixed Blood Performance
 "Dr. King's Dream"
 January 29 - One Act Performance
 February 5 - Spelling Bee
 February 13 - Holiday Ball
 February 19 - ECFE/Headstart
 "Kids Night Out"
 March 4 - Band Concert
 March 12 - Math Masters 6th Grade
 March 12 & 15 - Spring Break
 March 18 - Choir Concert
 March 26 - End quarter 3
 March 30 & April 6 - Elementary
 parent/teacher conferences
 March 30 - Math Masters 5th Grade
 March 31 - Science Museum at school
 April 2 & 5 - Easter Break
 November

SOMETHING FOR EVERYONE!

- Cell Phones & Cell Phone Accessories
- IPOD/IPOD Touch
- MP3 Players
- Digital Camera's
- Computers

Check RadioShack Fliers for details

Senior Portraits



Located on Main Avenue
 in Baudette
 (218) 634-1989

For the full L/W sports schedule, visit www.lakeofthewoodsschool.org



Never a Dull Moment!

Submitted by Liz Tange, Band Director

volleyball teams, and we were able to help cheer on our Lady Bears at the State Volleyball Tournament. We all had fun supporting the team, playing fun music, and showing school spirit with our colored hair and crazy outfits.

We also traveled west in November taking part in "Band Day 2009" hosted by the University of North Dakota's "Pride of the North" Marching Band. The senior high band, along with Roseau band students, traveled to be part of nearly 500 high school students performing in the event. We rehearsed with UND's marching band, watched their pre-show, and performed on the Alerus Center turf during halftime. Everyone had a lot of fun and I was told the girls really enjoyed watching the football players warm up on the field. This was on the same day the volleyball team beat BGMR to advance to state, so it was a full and fun day for the band.

There have also been band events at school that have been good experiences for both band students and the entire student

body. On October 12, the University of North Dakota Wind Ensemble performed at Lake of the Woods School as part of their yearly regional tour, exposing students to college-level music and showcasing their music department. Their concert included a variety of music, and one tune that was familiar to the band students, which made the piece very exciting for them.

Ten band students competed in solo contests on November 17, held in Baudette. This is almost a third of the senior high band, which makes me so proud there are so many students willing to put in extra work to improve. Five students received excellent ratings: Lexi Ubel and Morgan Davis, trumpet; Harvey Lein, mallets; and Cori Nesmith and Sara Stanton, alto saxophone. Five students received the highest rating, superior: Bryce Palm, mallets; Chelsea Anderson and Katie Freeman, flute; John Huerd, euphonium; and Deven Kem-

penich, tenor saxophone. Bryce Palm received Outstanding Soloist, which is the top award from the band judge.

Two of these students, John Huerd and Bryce Palm, also auditioned and were accepted into the UND Honor Band. This festival, held in January, will include 120 band students from across North Dakota and northwestern Minnesota. They will rehearse and put on a grand concert, along with the honor choir and orchestra. Congratulations goes out to these young men for this fine accomplishment!



The Lake of the Woods Band Department has had a very busy first four months of school, and it is hard to believe we are at the end of 2009.

All band students, grades 5-12, helped with our yearly magazine fundraiser in October. The bands raised nearly \$3,000 to help with travel costs, and other needs. We thank you for your financial support!

The Senior High Band has put on many "miles" this year. We had the usual pep band events, supporting our football and

Parent Contact

In an attempt to improve communications between the Lake of the Woods School District and parents/guardians, the district has implemented internet-based access to student information. With the use of a computer, parents and guardians may access their child's attendance, grades, lunch account and more. This is a great opportunity for parents/guardians to stay involved in their child's education. Parents and guardians will also be able to contact and communicate with their child's teacher through their personal email address. Unfortunately, our server dumps all emails from hotmail accounts into "trash." If you have a hotmail account, please call ahead and let the teacher/staff know that you have emailed them and they will allow your hotmail address to be accepted. This effort is by no means a replacement for parent/teacher conferences or phone calls to teachers. To access your child's account simply register with an account password issued by the school. Then you may access your child's account through our website at www.lakeofthewoodsschool.org

Student Council at Work

Lake of the Woods School Student Council sponsored "Teddies for Tots" again this year. New and gently used Teddy Bears were donated to local charities and were distributed at Christmas to families in need. Also, non-perishable food items that were donated by spectators at hockey and basketball games were donated to the local food shelf by the Student Council.

Elementary classrooms also collected food shelf items during the Christmas season.



"CUT"

1 Act Comedy
by Ed Monk

Public Performance at Lake of the Woods School
Friday, January 29, 2010 at 7:00 p.m.

Contest date January 30, 2010,
11:00 a.m.
at Roseau High School

If your financial circumstances or household size change during the school year and you find that you qualify for free/reduced meal prices, you may submit an application to Lake of the Woods School at any time during the school year.

If you have questions regarding the free/reduced application, please call 634-2735 ext. 1504 or email ccharlton@blw.k12.mn.us

A student's eligibility status is confidential.

Wayne's Body Shop

Jack & Kevin Olson
Certified Technicians

Specialized in Top Quality
Auto Body Repair

Certified Windshield Auto/
Glass Replacements

PPG Computerized Paint Match



(218) 634-2743

902 2nd NW
Baudette, MN

We work with all insurance companies



Co-op Service, Inc.

Hwy. 11 • Baudette, MN
218-634-1313

- 24 Hour Pay at the Pump - Gas & Diesel, Premium Available
- ATM • LP Gas Bottle Fill
- Feed • Full Service Shop
- C-Store • Electronic Licensing
- Video Rental

Visit our new location
Country Store - Co. Rd. 1

For school announcements, visit www.lakeofthewoodsschool.org

School Nurse Column:

During this cold weather season, I just wanted to take this opportunity to remind parents and students of a few items.

Dress Appropriately for Winter: Remember to check your child's backpacks and dress them warmly for school each day. They should have a hat, mittens, boots, snow pants, and a warm jacket every day. They have the opportunity to play outside when the temperatures are warm enough and should always be prepared. Snow boots are a necessity with an indoor pair of shoes to wear inside during the school day.

Head Lice: We are continuing to see cases of head lice. Please continue to check your child at home for head lice and/or nits. There is information about head lice on the school website, www.lakeofthewoodsschool.org under the Health Services tab, located on the home page. Another important reminder for your child is to not share hats, coats, or scarves at all.

Healthy Habits: It is important for you and your child to practice healthy habits. Be sure to drink plenty of fluids, get adequate rest, and practice good hygiene. We can all play a role in minimizing the spread of germs and possible infections by using good hygiene practices. With the flu season upon us, it is especially important to practice good hygiene, at home, at school, and everywhere in between. Four basic steps you can take to limit the spread of germs and other infectious diseases include: (1) wash your hands frequently and thoroughly with soap and water, (2) cover your nose and mouth with your sleeve when you cough or sneeze, (3) limit your contact with others who may be ill, and (4) stay home from school or work if you are ill.

When your child is ill: If your child has a temperature of 100° or greater, they should be kept home. They must remain out of school until 24 hours after the fever is gone without the use of fever reducing medications, such as Tylenol or Motrin.

Immunizations: Be sure your child's immunizations are up-to-date. The Minnesota School Immunization Law requires students to have documentation of certain immunizations in order to participate in the school setting. If you have any questions regarding your child's immunizations, please contact me at LakeWood Nursing Service, 634-1795. For immunizations with a series of shots, your child is not fully protected until they complete the whole series, so be sure to complete all necessary doses.

H1N1 Update: The H1N1 Flu vaccine is now widely available to the general public for all individuals older than 6 months of age. All children under the age of 10 need two doses, separated by at least 28 days. For more information, or to make an appointment to receive the H1N1 vaccine, please call LakeWood Nursing Service at 634-1795.

Medication Administration: Lake of the Woods School's position on medication administration at school reads, "Whenever possible, medication should be administered at home. Lake of the Woods School District acknowledges that on occasion, it may be unavoidable for students to take medication during school hours. In order for prescription and non-prescription medications to be administered by the school nurse, an authorization must be on file in the school's health office. The parent and doctor must sign this authorization. All prescription medications must be in an appropriately labeled pharmacy container and non-prescription medications must be in the original container, which clearly identifies the medication. Medication will be kept in a locked cabinet in the health office." You can obtain an Authorization Form for Medication Administration from the School Nurse's Office, LakeWood Clinic, or the Lake of the Woods School High School or Elementary Offices.

If you have questions, I can be contacted at LakeWood Nursing Service at (218) 634-1795 or Lake of the Woods School during the school year between the hours of 9:30 am – 1:00 pm at (218) 634-2056, extension 1522.

Lisa Beil, RN

Lost & Found Items

There are numerous lost and found items that have been turned into the offices. Items are located on tables in front of the elementary and high school offices. Please remember to mark all of your child's clothing with his or her name to allow easier identification and check the lost and found tables frequently. Any items not claimed by the end of the year will be donated. Thank you.

Child & Teen Checkups



Children, birth to 21 years, covered by Minnesota Care or Minnesota Assistance are eligible for Child and Teen Checkups through LakeWood Nursing Service's public health department.

These checkups include: information about good physical health; information about thoughts, feelings, and relationships with others; time to ask questions and get answers about your child's health and development; a complete physical exam; shots; hearing & vision checks; lab tests; and checks on development and growth.

To schedule your child or teen's checkup, call
LakeWood Nursing Service at 634-1795.

† CATHOLIC HEALTH
INITIATIVES*

LakeWood Nursing Service

600 Main Avenue South, Baudette, MN 56623 (218) 634-1795

"Dr. King's Dream" – One-man Touring Show

Monday, January 25, 2010 @ 7:00 p.m. L/W Auditorium

By Ann Patten

Dr. King's Dream, an acclaimed theater portrayal of the life and career of Dr. Martin Luther King Jr., will be performed by Mixed Blood Theatre at Lake of the Woods School at 7 p.m., Monday, January 25, 2010. Admission is \$5 per person with a \$20 family maximum.

Warren C. Bowles, the talented actor featured in 'Dr. King's Dream,' has toured for Mixed Blood Theatre since 1981. His stirring solo performance movingly chronicles King's career from the beginning during the Montgomery bus strike until his death in Memphis. Set during the last few minutes of his life, the dialogue in this presentation is drawn almost entirely from Dr. King's books, sermons and speeches. Among the historical events included in the performance are the marches in Selma and Birmingham, winning the Nobel Peace Prize, his thoughts on Malcolm X and President Kennedy, and his stirring "I Have a Dream" speech. The performance captures all of the dignity, courage, devotion and humanity of this unique American leader. This program is sponsored by Pequana Playhouse and is funded in part by a grant from the Region 2 Arts Council.

For school announcements, visit www.lakeofthewoodsschool.org



Roger Erickson Retires from teaching at Lake of the Woods School

Roger Erickson dressed up as Santa and had his last dance with his third grade students at Lake of the Woods School. Roger officially retired on Friday, December 18th.

Roger began his teaching career the week before Christmas in 1975 at the Williams School. He taught there for a year and a half before moving to Baudette in the fall of 1977. He was in Title 1 for a few years and then moved to fifth grade across from Jan Imes. Roger has taught 4th, 5th, 6th and now 3rd grade. Roger and his wife, Carol, who is also a teacher at L/W, have two

children, both graduates of L/W.

"I have enjoyed my experience for all these years," said Erickson. "It is hard to believe that 34 years have passed."

Roger has coached golf for 23 years and assisted in football for 22 years. As a Roseau School graduate, one of his greatest memories was beating Roseau in the Sub-Section the last year that golf was in two classes.

"Having the opportunity to coach my son was also special," he said. "I have learned and grown from all the teams that I have been a part of."

Mike Pepera, Lake of the Woods School 2009 Teacher of the Year



Fifth Grade Deep Portage Field Trip - By Ron Rudd, 5th grade teacher



The Lake of the Woods School fifth grade class attended their annual field trip to Deep Portage Conservation Reserve near Hackensack, MN on October 5th and 6th. The bus departed Lake of the Woods School at 8:15 a.m. The students were greeted by the staff at Deep Portage and, after a short orientation, the students were shown to their rooms and classes started at 1:00 p.m.

The students were divided into three groups and they set off on their first activity. The weather was cool but at least it wasn't raining. The students were able to climb a

rock wall, identify a variety of trees at Deep Portage, and learn how to use a compass. They were also able to canoe on Bass Pond, and they played some outdoor games where they learned to use team skills. After a nice chicken dinner, the students learned about predator and prey by playing an outdoor game called "Nightstalker." They enjoyed a nice campfire where they sang songs and listened to stories. From there it was back to the lodge to watch a movie. Most of the students were ready for bed by 11:00 p.m.

The next day included a great breakfast and more classes to attend. The weather was a cool drizzle, but it wasn't bad enough to keep them inside. The groups rotated their activities and were off to their next class. The bus was loaded and ready to depart Deep Portage by noon. They arrived back at Lake Of The Woods School at 4:00 p.m. and were picked up by their parents.

The fifth grade held a fundraiser to pay for the field trip expenses. They would like to thank everyone in the community that helped make this fundraiser a success. The class would like to thank Edie Neumiller, Crystal Nelson, Sarah Johnson, Dani Birkeland, and James Stueber for being chaperones on this trip. Also, thanks to Phil Shannon for being the bus driver.



Coach Mark Nohner, (second row, first left,) was honored, along with other coaches, at a Minnesota States Coaches Association Meeting in Brooklyn Center in November for his 25 years of service as head football coach at the Lake of the Woods School. Nohner has taken four of his 25 teams to the state football playoffs – three in Class A competition, one in Class AA.

"Splash of Color"

Last year the art classes at L/W school received an "Operation Round-Up" grant from the North Star Electric Cooperative. The funds from the grant were used to buy materials to make the fabric banners that now hang above the school pool. Students in the Introduction To Art and 2-D Art classes worked in groups to design and sew the fabric banners. The artists submitted design plans and the group selected and modified the designs to fit their group's aesthetics. The groups of students signed the banners they worked on when they finished creating them.

In addition, Katie Pepera, Ashley Feldman and Heather Stanton designed and painted the beautiful wall mural on the south wall of the pool area.

Everyone enjoyed working with this new medium and the colorful banners have helped to add a "Splash of Color" to the pool area.



Some of the students who worked on the banners are: Ashley Krohn, Samantha Davidson, Anne Christensen, Tori Feldman, Dani Schweiger, Brittni Wellen, Taylor Reasy, Lori Johnson, Jenny Buegler, Samuel Spires, Kyle Poolman, Dylan Eason, Brooke Hanson, Sherina Knutson, Trudy Levasseur, Brock Jonassen, Holland Johnson, Tanner Tibbitts, Joe Kraft and Megan Linder.

Lake of the Woods School Bear's Den

"Best Concession in Northern Minnesota"

Open Game Nights

Menu Items Include:

Hamburger
Cheeseburger
Taco in a Bag
Hot Dog
Polish Sausage
French Fries
Curly Fries
Shakes
& Much More...

Baudette Dental
David C. Wohlraabe, D.D.S.
General Dentistry
Latex Free
Call for an appointment
634-2389 or 888-288-1490
406 Main Street NW • Baudette
Visa & MasterCard accepted
New Patients Welcome

HOLTE IMPLEMENT, Baudette
218-634-2231 • 800-321-7887 U.S.
866-336-7494 Canadian
"We service what we sell"
• John Deere Agricultural & Lawn and Garden Equipment
• Bush Hog Farm Equipment
• Jonsered, Stihl, and Husqvarna Chain Saws



For a link to the Alumni Foundation website, visit www.lakeofthewoodsschool.org

Alumni Foundation Kicks Off the “Art Anderson Memorial Fund”

With goals of helping preserve the past, support the present, and build the future of education in Lake of the Woods County, it is especially fitting that the Lake of the Woods School Alumni Foundation is kicking off a tribute to an individual whose life encompassed all of these goals.

Arthur W. Anderson graduated from the Baudette High School with the Class of 1943. After military service, he obtained a teaching degree from Bemidji State College, returning to the area he loved in 1956 with his wife, Betty. He taught and coached for nearly 30 years at Baudette High School, and he served as Athletic Director for 29 of those years. Although he retired in 1985, he remained an avid supporter of school sports and activities, and in September 2005, the school football field

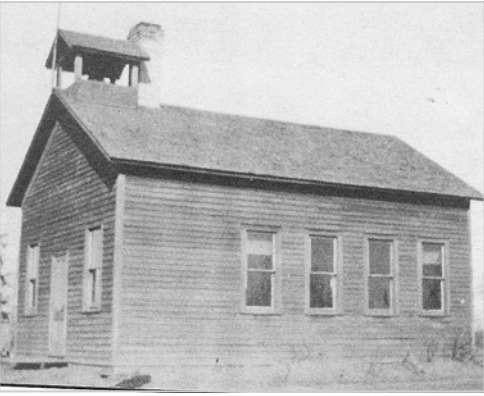
was named the “Art W. Anderson Field.” Art passed away on November 10, 2009, at the age of 84.

Upon receiving several donations “In Memory of Art Anderson,” members of the Lake of the Woods School Alumni Foundation contacted the Anderson family, requesting approval to create an “Art Anderson Memorial Fund,” and seeking guidance for the use of any donated funds. At their request, all proceeds of this fund will benefit the Lake of the Woods School football program.

If you would like to donate to the “Art Anderson Memorial Fund,” please mail your donation to the Lake of the Woods School Alumni Foundation, P.O. Box 659, Baudette, MN 56623. Secure on-line donations can be made on the Alumni Foundation website at www.lowalumni.org

The Canfield School

By Marlys Hirst



The building was moved to Williams and used as a clothing/variety store until it burned with an adjacent building in 1962.

Some of the other teachers at the Canfield/Cedar Spur School were Kathryn Wetherby, who in her first year there had 33 pupils, George Morlander, Anna Lemack, Lydia Carlson, Anna McClernan, Lillian Bitzer, Mae Charlton and Elizabeth Strom, who later became the County Superintendent of Schools. Teacher Kathryn Wetherby recalled her teaching days at Canfield School in her memoirs. She wrote: “The first night I stayed late to put the schedule on the blackboard. I thought that I could do it in about an hour, but I worked and arranged and re-arranged, trying to fit in all of the classes and then I still worked on it all evening at home. I had a temporary schedule on the board but it was quite a while before I had one that was anywhere near satisfaction. Some of the classes had only five to seven minutes to recite. The only way that I could manage was to have the upper grades do a lot of written work, and, of course, that meant hours of correcting papers. I really earned that \$45.00 a month, which is what I received the first year that I taught school there.”

The Canfield School was located near Cedar Spur about three miles east of Williams in McDougald Township. The school had one classroom and a large cloak room. Esther Larson was the first teacher to teach there when the school began in 1909.

The Canfield School was in operation for a little over a year before the building was destroyed in the 1910 forest fire. Miss Larson led the children to safety that day just minutes before the school was destroyed. A new frame schoolhouse was completed to replace it in 1911. It became known as the Cedar Spur School.

The Cedar Spur School closed in 1929.

ALUMNI SPOTLIGHT

Lake of the Woods 2007 graduate, Allan Zimney, a student of Dunwoody College of Technology, took first place for collision repair at the National Skills USA competition held this summer in Kansas City. The victory came by defeating competitors from 28 other colleges.



Project Completed by Wells Fargo Employees



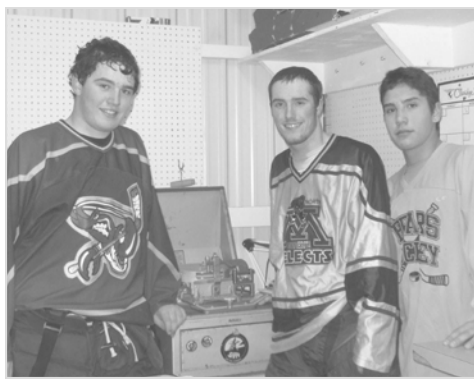
Kathi Berggren, Nancy Smith, Liz Tange, and Claudia Bendickson, pictured with several kindergarten students, proudly demonstrate the instruments recently purchased with funds donated by the work crew at Wells Fargo Bank.

Last fall the Lake of the Woods School Alumni Foundation used a portion of the money in the Sherry Ausmus Memorial Fund to purchase a variety of rhythm instruments needed by the elemen-

tary music program at Lake of the Woods School. The Alumni Foundation was able to provide funds for approximately half of the requested instruments. Thanks to the work crew at Wells Fargo Bank, the remaining instruments were recently purchased and are already being enjoyed by elementary music students. The additional instruments include a wind chime, slide whistle, crow sounders, a variety of shape drums, and a slap stick.

Music teachers Kathi Berggren and Liz Tange, along with several music students, took the opportunity to thank Wells Fargo representatives, Nancy Smith and Claudia Bendickson, when they stopped by to see the instruments in use. Since elementary students at Lake of the Woods School receive music instruction in grades K through 6, many current and future students will benefit from this much appreciated donation.

School Hockey Program Receives Skate Sharpener



An article printed in area newspapers in October created a chain of contacts that ended with the donation of a skate sharpener to the Lake of the Woods High School hockey program. In March 2009, the Lake of the Woods School Alumni Foundation and the family of Wally Olds established a “Wally Olds Memorial Fund,” to honor our community’s very own hockey hero. All donations to this fund were designated by the family to support the Lake of the Woods High School hockey program.

Funds for projects supported and promoted by the Alumni Foundation are typically used for specific, tangible items, with decisions based on the number of

students served and the long-term use of any purchased items. At the September meeting, members of the Alumni Foundation voted to use the “Wally Olds Memorial Fund” to support the need to replace the skate sharpener currently used by the school hockey program. The cost to replace the skate sharpener was estimated at \$3,500, with skate sharpeners ranging in price from \$3,000 all the way to tens of thousands of dollars, so the project was destined to be a long-term effort.

Wally’s mother, Avis Olds, saw the article and passed on a copy to her son, Larry Olds, who was storing a high quality sharpener in his garage in Minneapolis for his nephew in Washington, Elliot Olds. Larry contacted Elliot, who offered to donate it, then Larry arranged for Dave Fagerlie, another school alumnus, to transport it from Minneapolis to Baudette during hunting season. Coach Mike Pepera helped make the final arrangements on this end, and he is pleased to report the skate sharpener is already being used and will delay the need to purchase a new sharpener for a few more years.

Donations to the “Wally Olds Memorial Fund” are still encouraged, but now, the team will need to suggest a different goal!

634-2202
1-888-6234-2202

Walleye Inn Motel
Lake of the Woods

- High Speed Wireless Internet
- Deluxe Continental Breakfast

- Great Rates
- Truck Parking

For Reservations Call:
218-634-1550 or 1-888-634-5944

Hwy. 11 West • Baudette, MN 56623
www.walleyeinm.com