

LOCALNEWS



STAFF PHOTOS BY SPENSER BICKETT

One student concentrates on the ball during a practice session for the teachers vs. students softball game Thursday at Falls High School.

The age-old battle: teachers vs. students

Falls students got to spend the last day of school Thursday living out every student's fantasy: getting to compete against their teachers in a battle for bragging rights.

Falls High School students spent the day play-

ing softball games during periods to determine the worthy opponent for the team of teachers. With temperatures hovering around 80 degrees throughout the day, the exercise was a great way to transition into the summer months.



One student signals "safe" after a play at the plate in a student softball game Thursday.

Indus teacher honored

Lois Lewis recognized for ProStart program

BY EMILY GEDDE
Staff Writer

Lois Lewis' trophy case keeps expanding.

The family and consumer studies teacher at Indus School was last month recognized with the ProStart Educator Excellence Award from the National Restaurant Association Educational Foundation, or NRAEF.

"It was totally unexpected," Lewis said of receiving the award. "When the email came from the National Restaurant Association, I had no idea...I had to make sure it was correct."

The award is given to "exceptional educators" who utilize the ProStart program in their classrooms, according to an NRAEF release. From culinary techniques to management skills, ProStart's industry-driven curriculum provides real-life experience opportunities and builds practical skills. Each participating state restaurant association nominates its leading educator who has demonstrated a strong commitment to his or her students and to the ProStart program, the release said.

Lewis said she believes her program stands out because even though there are



At an award ceremony in Chicago earlier this month, Indus teacher Lois Lewis, center, accepts a ProStart Educator Excellence Award from the National Restaurant Association Educational Foundation. Pictured with Lewis is, at left, Sodexo's Lorna Donatone and Ecolab's Mike Hickey, at right. CONTRIBUTED PHOTO

more than 40 schools with a ProStart program in Minnesota, most of them are in the central or southern part of the state.

"We are kind of off the beaten track," Lewis said of Indus' remote location. "We can't always participate in all of the opportunities that are out there because of time and travel restrictions."

She noted her commitment to taking the time and effort to make local connections to provide opportunities for her students.

"Hospitality Minnesota has arranged for Thunderbird Lodge to be our mentor and we also work with the Hibbing Community and Technical College culinary arts program," she said.

"ProStart educators are instrumental in helping students understand how numerous and exciting the career opportunities in the restaurant industry really are, and provide a solid foundation of management and culinary skills to prepare students to enter the workforce," said Rob Gifford, executive vice presi-

dent, strategic operations and philanthropy for the National Restaurant Association and the National Restaurant Association Educational Foundation.

This summer, Lewis said many of her students are pursuing jobs in some area of food service. Meanwhile, in the four years the program has been building, Lewis said two students have earned their certificate of achievement from the NRA and completed internships. In addition, other students are working toward their certificates this year.

Program history

Lewis launched the program at Indus School four years ago teaching Level I and since, has been teaching Level I and II annually.

"Originally, I added ProStart to the curriculum because I thought it would benefit many young people whose first jobs are in food service," she said. "But also, that it would benefit businesses that are looking for trained workers. What many people don't realize is that there are some ca-

reers and opportunities to advance in the hospitality industry as well."

Student feedback, Lewis continued, has been positive – especially when eating is involved.

"The academic part of the program is rigorous, so some students find that hard, but they enjoy the hands-on practical aspects of learning and knowing that they can graduate from high school with some solid job skills experience," she said. "Students are finding out that when they are part of this program, the jobs often come to them."

The award-winning teacher said she enjoys seeing the young chefs working in the kitchen while being able to learn techniques and different cooking methods they haven't learned at home.

"It is awesome to see them take pride in presenting good food in different settings," she concluded. "They earn chef coats their first year in the program and do they ever look sharp."

What's Happening in Community Education!

ISD 361 Preschool Summer Classes:

Instructor: Missy Walls
Each session runs Mon – Thurs for two weeks
9:00 – 11:30a.m.
Cost: \$50 for each session
June 16 – 26: Dinosaurs
July 21 – 31: Animals, Animals, Animals
August 11 – 21: Bees, Bugs, Butterflies

Swim Lessons:

Session 1: June 9 – 20
8 – 9a.m. Levels 4, 5, 6
9 – 9:45a.m. Levels 1 (6yr+), 2, 3
10 – 10:45a.m. Level 3
10 – 11a.m. Level 4
11 – 11:45a.m. *Level 1 (4 – 5 yr), Level 1 (6yr+), Level 2
12:15 – 12:45p.m. Preschool (ages 3 – 5) Parent must be in the pool
Session 2: July 7 – 18
8 – 8:45a.m. Levels 1 (6yr+), 2, 3
9 – 9:45a.m. *Level 1 (4 – 5 yr), 2, 3
10 – 11a.m. Levels 4, 5, 6
11 – 11:45a.m. Levels 1 (6yr+), 2, 3
12:15 – 12:45p.m. Preschool (ages 3 – 5) Parent must be in the pool
Cost: Preschool, Levels 1, 2, 3 \$35
Levels 4, 5, 6 \$40

*Level 1 (4 – 5 yr) must have taken a previous preschool swim class with their parents in order to register for this class.

Open Swimming:

Adult Workout Lap Swimming:

June 9 – August 29

Monday – Friday, 6:30a.m. to 8:00a.m.

Family Open Swimming:

June 9 – 20 Mon – Fri, 12p.m. – 2p.m.

June 23 – 27 Mon – Fri, 11a.m. – 1p.m.

July 7 – 18 Mon – Fri, 12p.m. – 2p.m.

July 22 – Aug 29 Mon – Fri, 11a.m. – 1p.m.

Open Water Triathlon Swim Training:

Instructor: Donovan Taylor

July 14 – 17

5:30 – 6:30p.m.

Cost: \$40

FHS Pool

Young Bronco Hockey Players Off Season Conditioning:

Mondays & Wednesdays

\$25/athlete, \$10/each add'l

Grades 1 – 3: 8 – 9a.m.

Grades 4 – 6: 9 – 10a.m.

Register in Community Ed Office

Instructor: Erin Shikowsky

Club Invention Science Camp:

August 4 – 7

9:30 – 11:30 followed by open swimming

Cost: \$59

Grades 1 – 6

FHS Room 115

Summer Sciences:

Instructor: Tayler Hebner

June 10 – 12

12:30 – 1:30p.m.

Cost: \$20

FHS Room 115

Grades 1 – 3

Young Engineering and Design Technology:

July 7 – 10

12:30 – 2p.m.

Grades 4 – 6

Instructor: Tayler Hebner

Falls High School

Cost: \$30

Safe Sitter Class:

June 6: 9:30 – 4:30p.m. OR

June 13: 9:30 – 4:30p.m.

Student must be at least 11 yrs old

Cost: \$45 per session

FHS Room 130

Safe On My Own:

June 10, 2:30 – 4:00p.m. (after open swimming)

Cost: \$10 (incl. open swimming pass)

Ages 9 – 13

FHS Room 130

Chef's Academy:

June 23 – 26

10:30 – 1:00 (12:00 – 1:00 open swimming)

Cost: \$35 (incl. open swim pass)

Grades 1 and up

FHS Room 130

Falls Running Camp:

Instructors: Jen and Lexi Erickson

June 2 – 30

Monday and Wednesday

8 – 9a.m.

FHS Track

Cost: \$10

Boys and Girls ages 8 – 12

AGE to age Community Garden:

Rent a garden spot!

Located at 3rd St and 9th Ave.

Two spots left: 1 – 4x16, \$20

1 – 4x12, \$15

Quilt Class:

Saturday, June 21

9a.m. – 5p.m.

Cost: \$50 (incl. pattern)

Falls High School

Orpheum Theatre Trip

"Dirty Dancing"

Saturday, October 18, 2014

2:00 Performance

\$130/Person, Main Floor Seating

Driver's Training:

July 7 – 28, 2014

Instructor: Leon Ditsch

8:00a.m. – 11:00a.m.

Tues, Wed., Thurs.

\$100/student

Tae Kwon Do:

Beginners Tues & Thurs 5:45 – 6:45p.m.

Advanced Tues & Thurs 6:45 – 8:30p.m.

Falls Elementary Gym or Cafeteria

Instructor: Ken Krueger

\$25 for an 8 session ticket

Chess Club:

June 4 – August 28

Tuesdays: 6 – 7p.m.

Wednesdays: 1:30 – 2:30p.m.

Grades 3 and up

Falls Public Library Meeting Room

\$2/session – \$20 punch cards can be

Purchased at Community Ed Office

Summer Music Lessons:

Instructor: Ben Sundin

\$15 per lesson

\$50 for 4 lessons

\$90 for 8 lessons

Pre – registration and payment required

at Community Ed Office

Students must provide their own lesson books

FHS Band Room

Kabetogama Home and Acreage



\$169,000

2 bedroom, 1 bath home/cabin on 33 acres. 2 minutes to the lake! 1200 sq. ft., 24 x 32 garage, sauna and other storage buildings on this Kabetogama "homestead." Wildlife trails, deer in the yard, grouse drumming in the spring. Nice retreat or hunting/fishing camp.

Kabetogama Lakefront Home



\$459,000

This Kabetogama lakefront home has it all! 3 Bedroom, 2.5 Bathrooms. Big kitchen with lots of storage and bar seating. Dining room overlooking the lake with plenty of room for the family. Living area with wood burning fireplace. Master bedroom has lots of room plus 3 x 9 closet. 2nd bedroom is just right for 2 twin beds! Loft area is 9 x 12.

Business Near International Falls



\$125,900

Business Opportunity or storage close to Int'l Falls. 1.5 acre lot with excellent exposure. City water and sewer. 40' x 60' insulated shop building. Space with cement floor. Office is 24' x 26' in Separate but attached building.

40 acres on the Ray North Road



\$68,000

40 acres in 2 parcels on the Ray North Road. Excellent hunting land or building site. Well and power on property. Close to Rainy and Kabetogama.

Home at the end of the trail



\$575,000

Gorgeous 3 bedroom, 2.75 bathroom home on Ash River Trail! Attached 30 x 38 heated garage, 20' x 26' boat house and massive wrap-around deck. Views of the river and Sullivan Bay, and MUCH MORE!!

Int'l Falls Area Church



\$129,000

Church in residential neighborhood of International Falls. New roof, windows, siding, sheet rock, paint, carpet & lighting. Main floor & upper level rest rooms. Office area and room for Sunday School (12' x 22') on upper level.

Business Opportunity in Littlefork



\$124,900

Great Opportunity to own your own business! Former Gas station/C-Store/ Fast food restaurant on 30 acres near Littlefork. 2800 Sq. Ft. Morton Excellent corner visibility adjacent to Blue Ox Trail. Fuel tanks have been removed.

Kabetogama Resort



\$499,000

Resort on Lake Kabetogama with 7 housekeeping cabins of various sizes & several RV sites. Nearly 1.5 acres of land. Boat docks, ramp, all equipment to run a resort. A great opportunity to live and work on Kabetogama and Voyageurs Nat'l Park. Or a wonderful spot for the ultimate lake home or family retreat.

CALL ME TODAY TO SCHEDULE YOUR SHOWING!



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