

EDUCATION

STRAIGHT 'A'S

The Journal welcomes ideas for stories about students from and in our community.
Call the Journal at 285-7411

Students hike and learn at VNP

INDUS SCHOOL REPORT

Indus School first graders spent April 17 at Voyageurs National Park Rainy Lake Visitor Center taking an “I Spy” hike in the outdoors and learning from the park’s “Lost in the Woods” program about what to do if they are ever lost.

The activity was taught by a law enforcement ranger as part of the park’s search and rescue program, and included a movie about a girl who became lost in the woods and how she was eventually found.

Students discussed the movie, then went outdoors to practice what the little girl in the movie learned.

Students had a chance to explore the museum at the park, and participated in the “It Makes Perfect Sense” program, as well.



CONTRIBUTED PHOTOS

A Voyageurs National Park ranger talks to Indus first graders about staying safe outdoors.

Students also celebrated spring by eating their lunch at picnic tables and enjoying the fresh outdoor air.

A Voyageurs National Park ranger, along with first grader Grace Hasbargen, demonstrates how to stay warm and dry as part of the “Lost in the Woods” program.



FACS students create smoothies

FHS REPORT

Smoothies — healthy, portable and nutritious.

The Falls High School eighth grade Family and Consumer Science students, taught by Marva Fairchild, found smoothies are an ideal way to use fruit that is in its last stages of ripeness and needing to be used.

Fruit used by students to create the kale smoothies was donated by Stewart’s Super One.

Reportedly one of the healthiest vegetables, nutrient richness in kale stands out in three particular

areas: (1) antioxidant nutrients; (2) anti-inflammatory nutrients; and (3) anti-cancer nutrients in the form of glucosinolates.

Researchers can now identify over 45 different flavonoids in kale. When put in smoothies, students reported the kale was not even tasted, and they were making the smoothies with what nutritionists call a super food.

Pictured making the smoothies are, left to right, Ashley Stolz, Cole Fish, Joe Glowack, Connor Sutherland, Kalan McConnell, Logan Forsythe and Rose Arnold.



CONTRIBUTED PHOTO

Pictured making the smoothies are, left to right, Ashley Stolz, Cole Fish, Joe Glowack, Connor Sutherland, Kalan McConnell, Logan Forsythe and Rose Arnold.

FHS Student Council attends leadership convention

FHS Student Council walked away with three awards

FHS REPORT

Eleven students from the Falls High School Student Council attended the April 11-13 State Leadership Convention at Becker High School.

Students Casey Meyers, Meggan Crosby, Annika Amdahl, Bella Ettestad, Connie Bragg, Savannah Boe, Tori Hell, Kristina Remus, Grace Haanen, Colton Hasbargen and Gary Harala attended the event along with their advisor, Rachel Amdahl.

The convention consists of division meetings, round table presentations from various schools, meeting the candidates and hearing speeches from those students who are running for an executive position, key note speakers — Sara Niles and Houston Kraft, hot topic discussions, and a service project.

Besides the leadership

agenda, there was also some down time of teenage activities such as a hypnotist, dodgeball, inflatables, climbing wall, and a dance.

Students had the opportunity to meet other student leaders from all over the state and share ideas on how to make schools a better place.

The connections and friendships made over the weekend have a big impact on building leadership skills, according to the students.

The convention presents several awards and scholarships and FHS Student Council walked away with three awards: Gary Harala received the Officer of the Year Award for serving as president of his student council and vice president of the Northeast Division; the FHS Student Council received the Student Council of the Year Award for their accomplishments and volunteerism this year; and Rachel Amdahl received the 10-year Advisor Award for serving as advisor over the past 10 years.

Students reported the weekend was a huge success and brought back with them new ideas for FHS.

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Happy 13th Birthday
Kenzie Jean!

Love Mom, Dad, Gracie
and Hayden

THANK YOU

To Everyone who participated in March FoodShare.

Falls Hunger Coalition collected a grand total of 55,456
(dollars and pounds combined).

We are very grateful for all the generous donations that have been made to us.
THANK YOU for your continued support helping those in need.

Falls Hunger Coalition
"Neighbors helping neighbors."
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CITY OF
RANIER, MN

ATTENTION RANIER RESIDENTS

The Ranier City Council is currently seeking
Ranier residents who can volunteer to serve on
the city’s Planning and Zoning Commission. The
Commission is being formed to advise the Ranier
council on matters regarding land use applications
and the administration of the Unified Land Use
ordinance. The city will appoint four residents to serve
on this important commission. The council is seeking
volunteers representing each section of the city, e.g.,
French, Jameson, Brennan’s Beach, Ranier town center.
Interested Ranier residents please contact the city office
by **MAY 11, 2015** @ 2099 Spruce Street or
Phone @ 286-3311
or E-mail @ cityofranier@frontiernet.net.

Women: It’s time for you
to take care of you.

Introducing a night all about Women’s Health and Wellness.

Women’s Health and Wellness Night is **Thursday, May 7th** from 6p - 9p at
the Backus Community Center—a chance for you to take care of you. With
speakers from Rainy Lake Medical Center and information on a variety of
women’s health issues. Daycare provided, refreshments and door prizes.
Come learn how you can take better care of you.

EVENT SPEAKERS:
6:30 pm – Gaylynn Richards, DNP, RN, MPH, CNS
Topic: SAGE Screening Program
6:45 pm – Dr. Heather Cook, DO, RLMC General Surgeon
Topic: Colon Cancer and Breast Cancer screenings
7:30 pm – Keynote Speaker: Karla Heeter
Presentation: “If you’re too busy to laugh, you’re too busy!”

Rainy Lake
MEDICAL CENTER
FOUNDATION

- Food and refreshments donated by Stewart’s Super One Foods
- Daycare services will be provided by the Falls High School Student Council
- Door prizes include dinner and a one night stay at the Thunderbird Lodge