

EDUCATION

STRAIGHT 'A'S

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

THE BRONCO BULLETIN

Weight room improvements

FHS STAFF REPORT

A weekly snapshot of exciting and challenging events at Falls High School.

The physical education department at Falls High School has recently added a number of new aerobic machines to the weight room.

Treadmills, ellipticals and exercise bikes are making the facility a very popular place to be. Physical education department members Josh Koenig and Sarah Bradley report having seen immediate re-

sults. Many students are now coming in early or staying after school to use the equipment.

The hope is that this provides motivation to utilize the weight area as well. "Our goal is to have students develop a healthy routine of strength and conditioning into their daily life," Koenig said. This equipment is the key for many students that are hesitant to lift weights; they begin on the aerobic machines and slowly incorporate other exercises into their schedule.



CONTRIBUTED PHOTO

From left, students utilizing weight room equipment include David Zastavsky, Trevor Moss and Mitch Tomczak.



Left – Indus ProStart students Danny Patch, Nathan Lewis, Tylor Hanson and Patricia Handorgan wait in line to have their meal judged by a chef at Le Cordon Bleu. Right – Danny Patch, Tylor Hanson, and Nathan Lewis cook up vegetables and chicken at Concordia Language Villages.



CONTRIBUTED PHOTOS

Indus ProStart team participates in collaborative cooking experiences

INDUS SCHOOL REPORT

A team of four students in the Indus ProStart Level II culinary arts program traveled to Bemidji and St. Paul to participate in collaborative cooking experiences Nov. 5 and 6.

The students, Patricia Handorgan, Tylor Hanson, Nathan Lewis, and Danny Patch, visited and toured Concordia Language Villages in Bemidji, then worked with Mitch Eickman, assistant food service manager,

and Renata "Ray" Mockridge, the CLV German coordinator and Chinese head cook, on preparing a Chinese meal. This opportunity gave students the chance to learn to work collaboratively, to learn new skills, and to try a new style of cooking.

After enjoying a huge Chinese dinner of dim sum, General Tso's chicken, rice, vegetables, sticky buns with bean paste, and rice cakes, students continued on to St. Paul, along with Indus ProS-

tart instructor Lois Lewis, where they stayed overnight and attended a "Competition Boot Camp" at Le Cordon Bleu Thursday.

Training at the culinary arts college provided an opportunity to hone culinary skills used in food competitions, such as the Sysco Invitational Cookoff in February. Workshops students attended at Le Cordon Bleu included learning knife skills, how to fabricate a chicken, and how to make, plate, and present desserts.

Thursday afternoon, students were given a cooking challenge — they received a bag full of groceries and had to decide how to prepare a salad and main course collaboratively within an hour, using all ingredients and a small cook stove. Inside the bag, Indus students found a pork tenderloin, rice, watermelon, lemons, apples, carrots, spinach, and dried cranberries.

Mockridge and Eickman from Concordia Language Villages mentored them in the planning and preparation process, and when the students' menu items were "judged" by a Le Cordon Bleu chef, he said, "If this meal was on a menu in a restaurant, I would definitely order it."

As students returned home, they discussed how one of the "take-aways" from this trip was finding out how well they could work together to get a job done, and Lewis was also impressed with how well they did, saying, "We met our goal of gaining self-confidence and skills, and now we can more effectively plan and practice for the Sysco competition."



ISD 361—DECEMBER 2014

ELEMENTARY MENU

INTERNATIONAL FALLS SCHOOLS

Mon	Tue	Wed	Thu	Fri
1 Breakfast Trix Yogurt/Nutrigrain Bar OR WG Cereal Choice	2 Breakfast Tony's Sausage Breakfast Pizza OR WG Cereal	3 Breakfast Breakfast Sundae/Graham Crackers OR WG Cereal Choice	4 Breakfast Apple Frudel & Cheese Stick OR WG Cereal Choice	5 Breakfast Mini French Toast w/syrup OR WG Cereal Choice
Lunch Corn Dog Lettuce & Tomato Salad Whole Kernel Corn Chips & Salsa Fruit Choices	Lunch Stromboli Garden Spinach Salad Fresh Carrots Fruit Choices	Lunch BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Fruit Choices	Lunch Turkey & Cheese Hoagie Leaf Lettuce & Tomato Slice Oven French Fries Fruit Choices	Lunch Chicken Gravy over Mashed Potatoes Steamed Broccoli WW Roll & Jelly Fruit Choices
8 Breakfast Oatmeal Breakfast Round OR WG Cereal Choice	9 Breakfast Pancake/Sausage on a Stick OR WG Cereal Choice	10 Breakfast Breakfast Pizza OR WG Cereal Choice	11 Breakfast Pumpkin Muffin & Hard-Boiled Egg OR WG Cereal Choice	12 Breakfast Breakfast Bake w/Salsa & Toast OR WG Cereal Choice
Lunch French Toast Sticks & Sausages Hash Browns Tomato Juice Apples/Pear Sauce	Lunch Black Bean & Corn Salsa Squash Bites Refried Beans Cantaloupe or Applesauce	Lunch Fish Nuggets Mashed Potatoes Dinner roll Veggies w/Hummus Kiwi or Peach Sauce	Lunch Grilled Cheese Tomato Soup Green Beans Banana or Pineapple Sauce	Lunch Mandarin Orange Chicken Brown Rice Steamed Broccoli Romaine Salad Fresh or Mixed Fruit Choices
15 Breakfast Yogurt Choice w/Toast OR WG Cereal Choice	16 Breakfast French Toast Sticks OR WG Cereal Choice	17 Breakfast Egg & Cheese Biscuit Sandwich OR WG Cereal Choice	18 Breakfast Cereal Bar/String Cheese OR WG Cereal Choice	19 Breakfast Mini Maple Pancakes/Sausage OR WG Cereal Choice
Lunch Pig in a Blanket Potato Wedges Broccoli w/Cheese Jello w/Fruit Apple or Fruit Choices	Lunch Chicken Pattie on a Bun Romaine Lettuce/ Tomato Salsa Spanish Rice Steamed Carrots Fruit Choices	Lunch Spaghetti w/Meat Sauce Garden Spinach Salad Garlic Breadstick Fresh Grapes or Fruit Choice	Lunch Taco Soup Tortilla Chips & Salsa Refried Beans Breadstick Fruit Choices	Lunch Chicken Drumstick Mashed Potatoes Green Beans Wheat Roll & Jelly Fruit Choices

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HAPPY HOLIDAYS

This message brought to you by ISD 361 and
Randy Pozniak, CPA
213 Third Street, International Falls, MN
218.8148



23rd Annual Christmas Luncheon & Cookie Walk

at St. Paul Lutheran
1324 9th street

Thursday, December 4, 2014
11am - 1pm
Cost: \$6

Elevator & To Go Boxes Available.



I WANT YOUR Unwanted or broken gold & silver jewelry.

Come on in and see Rob today!



283-4701 324 3rd St., Int'l Falls
Celebrating 30 Years!


PUBLIC NOTICE

INTERNATIONAL FALLS ECONOMIC DEVELOPMENT AUTHORITY

PUBLIC HEARING

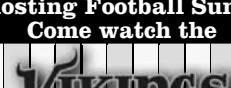
In accordance with Minnesota Statute 469.105, Subdivision 2, the International Falls Economic Development Authority will conduct a public hearing for the purpose of providing the public the opportunity to testify (in person or in writing) for or against the sale of 1.5 acres Northeast of CSAH 155 and the Moonlight Road intersection, (parcel A1) to Mariner Farms, LLC, for construction of a Closed Loop, Eco-System Food Production Facility in the Multi Modal District in the City of International Falls. The property is located in the Northwest corner within the International Falls Economic Development Authority's Multi Modal District. Mariner Farms also requested first right of refusal for an additional 1.5 acres (parcel A2) immediately east of parcel A1 for the purpose of expansion.

The proposed Development Agreement, which offers a \$1.00 sale price, is available to the public at the International Falls Economic Development Authority office located in the basement level of the International Falls Municipal Building, 600 4th Street.



Timberpins Bowling Lanes

Is hosting Football Sunday!
Come watch the



Open at 11am!

Give back to your community with a football fundraiser for the High School bowling team!

HAPPY HOUR ALL THROUGH THE GAME!
For every meal you buy,
\$1.00 is donated to the FHS Bowling team!

NOW OPEN 7 DAYS A WEEK, 3PM-CLOSE!!
Phone 218-373-2695
12 Shorewood Drive

\$5.00 Food Special!



ALL ARE WELCOME TO WORSHIP AT 10AM LUTEFISK DINNER

Littlefork Lutheran Church

SUNDAY, DECEMBER 7, 2014
11:30am-3pm

Lutefisk * Cream Sauce * Homemade Meatballs
Mashed Potatoes & Gravy * Rutabegas
Lefse * Krummkake * Rosettes

\$15 Lutefisk, \$10 Meatballs
\$5 Age 5-12, Preschool - free

*Craft and Bake Table * Quilt and Doily Raffle*

SMALL BUSINESS SATURDAY SALE!

"HOME FOR THE HOLIDAYS" JUST FOR YOU-

Additional 14% OFF in-stock items!

SATURDAY ONLY!



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CLOSED SUNDAY

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