

SERVING THE SOUTHLAND SCHOOL DISTRICT

REBEL TALK

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January 2008

Santa visits Southland Elementary

Southland Independent
School District 500
PO Box 351
Adams MN 55909

Postal Patron
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Brenna Nordeng places 2nd in VFW District Essay Contest



Brenna Nordeng

Students in Mrs. Wempner's Language Arts classes competed in the VFW sponsored Patriots Pen essay contest. The theme for this year was "Why I am an American Patriot."

There were 6 winners chosen from Southland who went on to compete in the district competition. 8th grader Brenna Nordeng placed 2nd in the district competition. She was 2nd out of over 50! She, along with her parents, will be invited to attend two lunches to receive her award and prize money.

Congratulations Brenna!



Santa visited staff and students at the elementary school shortly before the winter break. The visit was sponsored by the Southland High School Student Council.

Football Awards

Football awards for the 2007 season were:

All Conference: Carson Bergstrom, Winston Smith, Jake Chapek, Jason Steinkamp, Tyler Hanson and Brian Voigt

Honorable All Conference: David Schotanus

Rebel Awards: Jason Steinkamp & Andrew Churchill

Oswald Award: Derek Emanuel

Most Valuable Defensive Award: Winston Smith

Most Valuable Offensive Award - Jake Chapek

Three Rivers Defensive Player of the Year:

Winston Smith

Three Rivers Offensive Player of the Year (2nd year in a row): Jake Chapek

Honorable Mention All State Award - Jake Chapek

*The list of Academic All Conference Awards winners is on page 11 of this issue of the Rebel Talk.

Volleyball Awards

Volleyball awards for the 2007 season were:

Three Rivers All Conference Honorable Mention:

Chelsey Smith and Amber O'Connell

Defensive Player of the Year: Chelsea Miller

Offensive Player of the Year: Ashlee Waller

Most Valuable Player: Chelsey Smith

Rebel Award: Hilary Johnson

Most Improved: Amber O'Connell

Hustle Award: Kacey Kilgore

Academic All State: Heather Sheely and Katie Hoff

Academic All Conference: Chelsea Miller, Kacey Kilgore, Heather Sheely, Katie Hoff, Amber O'Connell and Emily Howton

Southland Middle and High School Students of the Month

Students of the month are chosen following these guidelines:

Academics - Students who excel academically and those with dramatic improvements in their grades.

Leadership - Students who demonstrate leadership qualities in the classroom, hallways, extracurricular activities, and in our communities.

Responsibility - Students who have excellent attendance and punctuality; complete classroom work in a timely manner; turn in homework assignments on time; behave properly, regardless of supervision; follows the rules; and is dependable and trustworthy.

School leadership, pride and spirit - Students who are active in the school, demonstrate outstanding citizenship, and promote school spirit and pride.

Perks of being "Student of the Month"

1. Lunch line privileges for the month
2. Senior-Sophomore receive preferred parking spots
3. Prizes from the Southland Student Councils
4. All "Student of the Month" winners go to Valleyfair in the Spring of 2008

Senior: Kari Anderson has assumed a huge leadership role in our high school band. Besides being an excellent musician, she encourages other students to tackle difficult music. She has a very nice way of helping younger students and showing them how to play. She sets a fine example for our Southland musicians. Kari was selected to the Three Rivers Honor Band and performed with them November 13. Kari always shows up ready to work!

Junior: Jamie Hanson always has a smile on his face. He works hard even when the material is difficult for him. He's always ready to lend a helping hand. He gets along well with his peers and as class officer I've seen him try to include those students that often don't feel like part of the "group". He is a very good student. He knows and understands our subject materials very well and can give examples in discussions that we are trying to relate to.

Sophomore: Steve Lammers is a very hard working student. While others do their best to waste away time Steve is always on task. He is also involved in FFA among other activities. He is a great kid and a good example to others.

Freshman: Ethan Sorenson has shown to be a trusted, kind, responsible student. He has shown patience and tolerance to other, less talented students...always ready to help those in needs. He has a great sense of humor and is well-liked by his peers. I know I can count on Ethan to do the "extra" jobs that I ask him to do and is always one of the first ones to



Middle and high school students of the month for November are: Steven Lammers, Addison Tapp, Ethan Sorenson, Kayla Oudekirk, Kari Anderson, Riley Schmitz and Jamie Hanson.

class, willing to help set up for the day. Ethan uses his time wisely in class, staying on task, and trying to improve his personal skills. He demonstrates good sportsmanship in competition. Ethan is a "quiet" leader and respected by his peers

8th Grade: Kayla Oudekirk is a great student who works hard and helps people out. She is quietly dependable. She is a member of the student council. She demonstrates very good leadership skills. She does very well academically.

7th Grade: Addison Tapp is young lady with lots of drive and determination. She has spent many hours outside of class learning to play a new instrument this fall while keeping up with the old one. She exhibits qualities of a leader in that she knows what needs to be done and is not afraid to be the only one doing it. She is friendly and kind to her classmates, always willing to give a helping hand

6th Grade: Riley Schmitz will always greet you with a smile! He has made a great transition into the middle school. Riley participates in class and is very patient when working with his peers. He has a great sense of humor and is fun to have in class

Lucia Day presented to Southland Kindergarten Students



A group of Southland and Sacred Heart students, along with their leader, Madlain Vander, presented Lucia Day to the Kindergarten classes of Mrs. Linda Gilles and Mrs. Kelli Krebsbach on Thursday, December 13th.

Lucia Day, December 13th, is celebrated in Sweden. It marks the beginning of their Christmas holiday celebrations.

Madlain Vander, a paraprofessional at Southland Middle School, grew up in Sweden and put the presentation together, which included songs and readings that helped to explain to the students what Lucia Day is all about. It was an excellent presentation and the students and staff really enjoyed it.

One of the performers was Lukas Howard, Madlain's son and a student in Mrs. Gilles's Kindergarten. He was dressed as a gingerbread cookie, a treat enjoyed by people in Sweden on Lucia Day and a treat the group shared with the Kindergarten students.

The Kindergarten students have been learning about how the Christmas holiday is celebrated around the world so this presentation fit nicely with the curriculum. Along with Sweden, other countries studied were Germany, Italy, Norway, Mexico, the Netherlands and the United States. They also learned about the holiday of Hanukkah.

Thank you to Madlain and her group for the fine presentation. The students really enjoyed the gingerbread snack, the candlelight crown worn by "Lucia" and seeing their fellow students perform.

Elementary Scholastic Book Fair thank you

A very special thank you to all the district patrons who supported the elementary Scholastic Book Fair. The book fair was held in conjunction with the elementary winter concert.

Sales exceeded last year's totals. All the profits from the book fair will be used in the elementary school library to purchase new books and Accelerated Reader Quizzes. Thanks again for your continued support..

Alumni Basketball Tournament

The PTO is planning an alumni basketball tournament to be held Saturday, March 22nd from 8:00 am-noon.

We are currently seeking people who are interested in playing in this tournament. You can put your own team together and give us the names, or if you would like to play but don't have enough interested friends, give us your name and we will place you on a team.

As of now, we are taking teams made up however you wish to submit them. This would mean co-ed, all men, or all women consisting of 7 or 8 players.

Our goal is to have enough teams to make this a fun, interesting contest! If you have any interest or questions about this event, please call 438-6400, or email schlichternj@myclearwave.net.

Post prom hamburger feed

The post prom hamburger feed will be held on March 22, 2008, at the Adams American Legion in Adams. Serving will be from 5:00 to 8:00 PM, free will donation. Just-for-Kix will be performing.

Third grade students demonstrate “how to”

Employment opportunity



Students in Mrs. Lewis' reading class demonstrate how to paint fingernails...and show the finished product.

The Adams Town & Country Swimming Pool is looking for lifeguards for next summer.

You may obtain a life guarding license by contacting Kathy Roe (951-0966) at the LeRoy Swimming Pool or Cindy Bowe (433-1804) at the Austin YMCA.

The LeRoy Swimming Pool will have a Red Cross life guarding class over Christmas break and the 1st week of June. The cost is \$110.00.

The Austin YMCA will holding Red Cross life guarding classes over Christmas break, in April, and in June. The cost at the YMCA is \$125.00.

You must be 15 years of age by the end of the class to obtain a Red Cross life guarding license.

Once you have your Red Cross life guarding license, you may contact Laura Retterath at the Adams Builders Supply to obtain an application of employment for the Adams Town & Country Swimming Pool.

Have you ever wondered how to draw a Pokeman character? How about learning to make garland, or decorating a Christmas tree? Mrs. Lewis's reading class taught their classmates all of that and also how to paint fingernails and wrap a present.

Timely, what with Christmas coming. They were even treated to a demonstration on how to make peppermint ice cream and the students were lucky to have a sample to taste. Mrs. Lewis said the students did an awesome job at their task.

Three Rivers Conference winter locations

Games Played at					
	A, B, 9, GBB	C-GBB	A, B, 9, BBB	C-BBB	WR
Cal.	Caledonia-HS	Caledonia EL (old HS)	Caledonia-HS	Caledonia EL (old HS)	Caledonia-HS
Chat.	Chatfield-High School	Chatfield-Elem. (go dressed)	Chatfield-High School	Chatfield-Elem. (go dressed)	Chatfield-High School
DE	Eyota-High School	Eyota-Elementary	Eyota-High School	Eyota-Elementary	Eyota-High School
FC	Harmony HS	Harmony HS	Preston-MS	Preston-MS	Harmony-HS
Kings.	Spring Valley-High School	MS- Wykoff	Spring Valley-High School	MS-Wykoff	with Grand Meadow
L-A	Lewiston-High School	Lewiston-High School	Lewiston-High School	Lewiston-High School	LARP (meets at RP & LA)
PEM	PEM HS-Plainview	PEM HS-Plainview	PEM 7/8 Bldg (Old Elgin HS)	PEM 4-6 Bldg. (Old Elgin EL)	PEM HS-Plainview
R-P	Rushford-High School	MS-Peterson	Rushford-High School	MS-Peterson	LARP (meets at RP & LA)
St. C	High School	Elementary	High School	Elementary	High School
South.	HS-Adams	Elem-Rose Creek	HS-Adams	Elem-Rose Creek	High School
W-K	High School-between 2 towns	Elementary-between 2 towns	High School-between 2 towns	Elementary-between 2 towns	High School-between 2 towns

Southland Elementary fundraiser utilizes GoodSearch for web browsing



Los Angeles, CA, 2007 -- What if even a fraction of the \$8 billion generated by search engine advertisers* was distributed to organizations trying to make the world a better place?

That is the concept behind a new search engine, developed by Internet entrepreneurs and brother sister team Ken and JJ Ramberg. GoodSearch.com – powered by Yahoo – donates 50% of its revenue, approximately a penny per search, to the charities designated by its users. You use it exactly as you would any other search engine and the pennies add up quickly – just 500 people searching four times a day will earn around \$7,300 in a year!

More than 40,000 nonprofits are now actively generating revenue via the site and more than 100 new charities and schools are registering daily. GoodSearch has quickly spread via word-of-mouth and the blogger community. For example:

- The Cystic Fibrosis Foundation has earned more than \$4,500.
- The Elephant Sanctuary in Tennessee, the country's largest habitat refuge for endangered elephants has raised over \$4,300.
- The Bubel/Aiken Foundation which supports children with disabilities increased from 431 searches in April to 25,000 in September. To date, it's earned more than \$4,200.

The site is also quickly gaining traction on college campuses, often a leading

indicator of technological trends.

- The Penn State Dance Marathon, which helps thousands of children and families fight pediatric cancer, has raised over \$3,200 and is widely promoting the site on campus.

Internet users have found GoodSearch to be a compelling idea. Lisa Perry, an attorney in Los Angeles, uses GoodSearch as many as 10 times a day in support of Heal the Bay, a nonprofit that helps preserve coastal waters from polluters. "Why wouldn't you use it?" asks Perry.

Using GoodSearch is simple. Because the site is powered by Yahoo, users are assured of high quality results - but each time you search, money is generated by the advertisers for your favorite charity or school. Southland Elementary is a registered recipient of Goodsearch and soon an account may be set up for Southland middle school and high school. Users simply type in "Southland Elementary" and credit will be given to the school.

"We know there are a lot of people who want to do good but may not have the time or the money to help out," said Ken Ramberg, Co-Founder of GoodSearch and former President of MonsterTRAK, the largest online career site for college students (now a division of Monster.com). "GoodSearch makes it as easy as possible. We've taken something people do every day -- searching the Internet -- and have turned it into doing good."

* Source: Search Engine Marketing Professional Organization

Early Childhood/Family Education

312 West Main Street, Adams MN 55909

Email address: eccenter@isd500.k12.mn.us

Early Childhood Family Education is a program that celebrates the importance of families in the development of children from birth to kindergarten enrollment. Classes provide opportunities for parents and children to grow and learn together in a supportive atmosphere.

ECFE is a special place where parents and children can enjoy the magic of childhood together.

ECFE is a place where parents can discuss parenting concerns and can learn from other parents.

The Goals of Early Childhood Family Education Are:

- To support parents in their child raising efforts
- To offer information about child development and alternative parenting techniques
- To help parents and their children communicate better
- To give children opportunities to discover and learn;
- To promote positive parental attitudes
- To provide information on community resources available to parents and children.

ECFE Parent/Child Classes

Classes for mixed ages (2-5 yrs) run one and one half hours. The first 45 minutes parents and children play together and have a group circle activity. Toys and a variety of activities are set out, from which the family can select learning experiences. The last 45 minutes, parents and children divide. The children will spend time with their peers and Early Childhood teacher in activities that encourage sociability, sharing and developing independence. The parents will meet together for informal discussion and presentations on relevant topics for their needs.

ECFE Parent/Child Winter Classes



Classes run one and one half hours. The first 45 minutes parents and children play together and have a group circle activity. Toys and a variety of activities are set out from which the family can select learning experiences. The last 45 minutes, parents and children divide. The children will spend time with their peers and Early Childhood teacher in activities that encourage cognitive development, sociability, sharing and developing independence. The parents will meet together for informal discussion and presentations on relevant topics for their needs.

*Monday evening 6:15 - 7:45 p.m.

Mixed Ages: Birth - 5 years.

Jan 7, 14, 28, Feb. 4, 11, 25, Mar. 3, 10

*Thurs 6:15 - 7:45 p.m.

Mixed Ages: Birth - 5 years.

Jan. 10, 17, 31, Feb. 7, 14, 28, Mar. 6, 13

*Friday morning 10:00 - 11:30 a.m.

Mixed ages birth - 5 yrs.

Jan. 11, 18, Feb. 1, 8, 15, 29, Mar. 7, 14

FEES FOR CLASSES

\$ 40.00 - 8 classes one child

\$ 20.00 for each additional child

Lap babies no fee

Fees for any ECFE class may be waived upon request

To Register for any Early Childhood Event or Class call 582-3405 or email us at eccenter@isd500.k12.mn.us We need child's name & age, parents name and phone number and the class you wish to sign up for. The Early Childhood Center is located on Main Street next to Schmitz Electric in Adams.

Immunization Records by Minnesota law requires that all children attending Early Childhood Family Education programs have their immunization records or a notarized statement for exemption from immunization on file. We will keep a file copy and you may update it as necessary. Please bring your immunization records 1st class.

Play and Learn (3 - 4 year old) Preschool

(Jan - Feb - Mar)

The Southland School District offers a preschool opportunity for children 3 - 4 years old or 3 by Mar. 1st. This child only class meets once a week on Wednesdays from 8:30 - 11:00 or 12:30 - 3:00 p.m. The class focuses on encouraging sociability, sharing and developing independence. An additional component of the class is that families attend weekly ECFE parent/child classes.

Play & Learn classes are:

Wednesday Jan. 9, 16, 30, Feb. 6, 13, 27, Mar. 5, 12.

Fee: \$ 90.00 per child, which includes 8 weeks of Play & Learn and 8 weeks of ECFE family classes

Fees due the first day of class

REGISTER BY CALLING 582-3405



In selecting an ECFE Parent/child class you have flexibility in deciding which day and time works best for your family.

ECFE - Class day & time options

Monday 6:15 - 7:45 p.m. or

Thursday 6:15 - 7:45 p.m. or

Friday 10:00 - 11:30 a.m.

Equipment & Toy Lending Library for Grandparents

We have a variety of toys and equipment needed when those grandkids come to visit. We have a high chair, booster seats, portable cribs, excersaucers, plus toys and games. Stop in and check it out or give us a call. There is no fee for this service. We are located in the Early Childhood Center 312 W. Main, Adams 582-3405.

Southland School Readiness Preschool

School Readiness is a preschool program for all children ages 4-5 years by Sept. 1, 2007. The Southland District provides a 2 hour 45 min. preschool experience three times a week for 32 weeks. Classes are held in the Early Childhood Center in downtown Adams. If you are new to the District and want information please call Nancy Dvergsten at 582-3405.

Santa Greeted Many Children at Early Childhood



Santa enjoyed his visit to the Early Childhood Center. The elves packed many stockings with goodies and Santa handed them out when the children visited with him. Thank you Santa and Elves. Thank you to the Southland Elementary PTO for the monetary donation to purchase the crafts and lunch. Thanks also go out to the Sacred Heart Students and the Girl Scouts for their help that evening. Many thanks to the Adams Booster Club for the wonderful Santa gifts.

Thanks To You!

Thanks to all of you who participated in the Shop & Share at Hy-Vee in November and those who donated cookies, candies or monetary donations for the Cookie Sale. Funds raised by these two events totaled about \$850, which helps with the scholarship fund and various programs at the Early Childhood Center.

Check the Web!

Remember you can find us on the Southland School Web site (www.isd500.k12.mn.us) which has our monthly calendar and events going on at the Early Childhood Center.

Census Update

If you know of a family who has moved into the Southland School District that has small children or has had a baby recently please contact Vicky at the elementary office at 437-3214. Every family needs to be included on the school census, which directly affects our Early Childhood State funding.

Open Play

The Early Childhood Center has open play on Friday January 25th anytime between 9 - 11:00 a.m. This is for FAMILIES & DAYCARES WITH YOUNG CHILDREN. There is no fee. Parents or an adult MUST supervise the children in the playrooms. We ask that you pick up before you leave. Families may use any of the toys & games along with a variety of art supplies.



Santa with Cody Krull at the Early Childhood Center

Southland Early Childhood Center

January 2008

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m. ECFE 6:15-7:45 p.m.	8 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m.	9 ECSE 8:15-11:00 Play & Learn 8:30-11:00 Play & Learn 12:30 - 3	10 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m. ECFE 6:15-7:45 p.m.	11 ECFE 10:00-11:30 a.m.
14 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m. ECFE 6:15-7:45 p.m.	15 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m.	16 ECSE 8:15-11:00 Play & Learn 8:30-11:00 Play & Learn 12:30 - 3	17 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m. ECFE 6:15-7:45 p.m.	18 ECFE 10:00-11:30 a.m.
21 NO SCHOOL.	22 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m.	23 ECSE 8:15-11:00	24 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m.	25 OPEN PLAY 9:00 - 11:30 a.m. No Fee
28 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m. ECFE 6:15-7:45 p.m.	29 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m.	30 ECSE 8:15-11:00 Play & Learn 8:30-11:00 Play & Learn 12:30 - 3	31 SR & ECSE 8:15-11:00 SR 12:15 - 3:00 p.m. ECFE 6:15-7:45 p.m.	SR = School Readiness ECSE = Early Childhood Special Education

Santa visits the Early Childhood Center



Santa has been a busy guy this season. He made an appearance at the Early Childhood Center on November 30th. Santa was assisted by his helpers from Sacred Heart School and the Girl Scouts, pictured above.

Brant Bissen (right) as the live Christmas Tree was decorated by preschoolers while singing Santa had a Christmas Tree.

Southland Breakfast Menu

January 2008

Mon	Tue	Wed	Thu	Fri
	1 HAPPY NEW YEAR	2 Cereal or oatmeal Toast Fruit milk	3 Muffin Yogurt Fruit milk	4 Breakfast pizza Fruit milk
7 Cereal Muffin Fruit milk	8 Omelet Sausage Toast Fruit milk	9 Cereal Toast Fruit milk	10 Breakfast bagel Egg Fruit milk	11 Cereal or oatmeal Toast Fruit milk
14 Egg Sausage Toast Fruit milk	15 Cereal or oatmeal Bagel Fruit milk	16 Breakfast bites Omelet Fruit milk	17 Breakfast bar Sausage Fruit milk	18 Cereal Toast Fruit milk
21 No School	22 Pancakes Bacon Egg Fruit milk	23 Cereal or oatmeal Toast Fruit milk	24 Biscuits & gravy Fruit milk	25 Cereal Toast Fruit milk
28 Breakfast pizza Fruit milk	29 Muffin Yogurt Fruit milk	30 Cereal Toast Fruit milk	31 French toast sticks Sausage Fruit milk	Feb. 1 Cereal Toast Fruit milk

Southland Lunch Menu

January 2008

Mon	Tue	Wed	Thu	Fri
	1 HAPPY NEW YEAR	2 Pizza bagel Green beans Pineapple Cottage cheese cookie	3 Cheeseburger-Mac-Hotdish Corn Applesauce brownie	4 Tomato soup or chili Grilled cheese Carrots / dip Pears bar
7 Beef burrito Lettuce salad Apple slices Strawberries / topping	8 Oven chicken Cole slaw Corn Peaches cookie	9 Meatloaf Mashed potatoes Corn on the cob Fruit salad sandwich	10 Hot ham & cheese California blend veggies or Baked beans Pears bar	11 Fish sandwich Green beans Fresh fruit pudding
14 Cheeseburger / bun French fries Apple slices bar	15 French toast Sausage Banana Juice Rice Krispie treat	16 Turkey sub Lettuce salad Peaches Cottage cheese jello	17 Hamburger gravy Mashed potatoes Corn Mixed fruit sandwich	18 Corn dog Green beans Applesauce cookie
21 NO SCHOOL	22 Chicken strips Alfredo noodles Broccoli or corn Peaches & pears cookie	23 Baked ham Scalloped potatoes Green beans Orange / pineapple Jelly sandwich	24 Sloppy Joe / bun Tater tots Orange slices Cookies & cream	25 Pizza Lettuce Apple slices bar
28 Pork patty / bun Cole slaw or green beans Tropical fruit parfait	29 Beef stew Cheese sandwich Carrots / dip Pears cake	30 Turkey & dressing hotdish Corn Peaches pudding	31 Hotdog / bun Baked beans Corn chips Applesauce brownie	Feb. 1 Soft shell taco – ELEM Chicken fajita – MS/HS Lettuce salad Kiwi or strawberries Graham cookie

Notes from Mrs. Schmit

Southland Guidance Counselor

SENIORS

It's getting to be crunch time for applying to college so don't procrastinate any longer! Submit your completed application and application fee to Mrs. Schmit. An official copy of your transcript will be included and everything will be mailed for you. Equally important to filling out your college applications is visiting college campuses. Take a tour, check out the residence halls, eat the food and visit with students and faculty in the department of the major you are considering. Mrs. Schmit can help you arrange a campus visit for you and your parents or a small group of friends. You're halfway through your senior year – keep working hard!

JUNIORS

PSAT test results are in. Mrs. Schmit will meet individually with each student to discuss their results. January 18 is the last day of the first semester. Will you be proud of your grades? Keep in mind that at this time next year, those grades are ones that you will be sending to prospective colleges!

SOPHOMORES

PLAN test results will be in soon. Mrs. Schmit will meet individually with each student who took this assessment to discuss their results.

FRESHMAN

The end of your first semester in high school is almost here. January 18 is the last day of the semester and the grades you have earned will go on your permanent high school record. Make them ones you are proud of!

JANUARY DATES TO REMEMBER:

January 4	Registration DUE for February ACT
January 18	Eng of 1 st semester
January 25	Last day for schedule changes
January 28	Financial Aid Night, 7:00 PM

Coming up in February...

February 5	BST – Math retest
February 6	BST – Reading retest
February 12	BST – Math retest make-up
February 14	BST – Reading retest make-up



FINANCIAL AID NIGHT

Who: Parents of Juniors & Seniors
 When: Monday, January 28
 Time: 7:00 pm
 Where: High School Media Center Conference Room
 Why: Answer all of your questions regarding financial aid!

ADOPT A FAMILY!!

A Penny War took place at the Southland Middle School to raise money for the Adopt a Family Angel Tree Program through the Mower County Salvation Army. The competition was between the 6th, 7th, and 8th graders at Southland. Each



grade was encouraged to bring pennies to raise money for 9 Mower County children. Two students from each of the grades were chosen to accompany Mrs. Schmit on a shopping trip for the children.

The middle school students did an EXCELLENT job of raising money. In total they raised \$559.93! Because of their awesome job, the students opted to spend the remaining funds on purchasing things for teenage boys and girls since they are the ones that usually don't get picked. Those toys were given to Toys for Tots.

A special thanks is in order to the middle school teachers who helped so much: Mrs. McIntyre, Ms. Simonson and Mrs. Wempner. They allowed the collection buckets to be placed in their rooms and helped keep the event running!

Also a special thanks is in order to Farmer's State Bank of Adams, who allowed us to use their services for counting change and turning it into cash to shop with!

The six middle school students who were chosen to shop for the children were 6th grade - Tess Landherr and Dylan Henaman-Kiefer, 7th grade - Maetzin Cruz-Reyes and Travis Bruggeman and 8th grade - Lindsey Bottema and Jeremy Johnson.



Student shoppers from Southland Middle School show off their bags full of gifts for the Adopt a Family Angel Tree Program.



Adams

Inspired. Energized. Respected.

Now is a great time to join Just For Kix! We take dancers anytime throughout the year. Classes will resume on Monday January 7th, 2007. Dancers are welcome to come and try out a class for free any Monday evening throughout the dance season!

Classes are held at the Adams Furniture Store

Class schedule:

Tiny Kix: (3-5 year olds) 5:15-5:45pm
 Wee petites: K-1st grade) 5:45-6:30pm
 Wee Kix: (2nd -3rd grade) 4:15-5:15pm
 Mini Kix: (4th-5th grade) 6:30-7:30pm
 Junior Kix: (6th-8th grade) 7:30-8:30pm
 * Senior Kix: (9th-12th grade) 8:30-9:30pm

* Classes for 9th -12th grade will begin on January 7th and run until the end of April with a final performance the first weekend of May. These dancers will also be attending 2 dance competitions in March and April.

To register for classes or for more information about the Adams Just For Kix Program Contact

Carrie Volstad
 Adams Just For Kix Director
 507-440-1197 or adams_mn@justforkix.com

\$11.00 registration
 \$22/month preschool
 \$25/month K & up
 uniform cost varies

Community Education

Aikido Class

Aikido is a soft, Japanese self-defense. It relies on the unbalancing and leverage of your attacker rather than striking or impact or pain compliance. Aikido does not rely on strength and is available for ages 13 to adult. Aikido class is half-price for Taekwondo participants. Classes will be held Monday and Wednesday evenings following Taekwondo with some special Saturday classes with Master Rob Frankovick.

When: Mondays & Wednesdays, January 2-30
8:30 - 9:30 pm

Where: Southland Elementary Gym

Fee: \$40

Instructors: Greg Mullenbach & Rob Frankovich (Nidan - 2nd degree)

Register with form below:

Aikido January Registration:

Name: _____ Phone: _____

Age: _____ (not necessary for 18 and older)

Parent Name & Signature: _____

Include payment to Southland Community Ed and registration form to any school office or bring along January 2.

Attention 500 Card Players!

Join your friends for a fun afternoon together. Coffee and dessert served to winners and losers!

When: 2nd Monday Afternoons - 1:30 to 4:30

Where: Adams Fire Hall

Fee: None

Coordinator: Donald Larson

Register: Not necessary - Just come and join in the fun!

Excel - Continued

Learn to use more applications in Excel to help organize your every day computer tasks. Mr. Sheehan will teach more basics and special tasks that students want to learn as time allows. This second class will teach graphs, charts, formulas and any special tasks you want to learn. If you have a topic to cover, please let Mr. Sheehan know ahead of time so it can be included. Call or email him at 582-3417 or bsheehan@isd500.k12.mn.us.

When: Wednesday, January 30 - 6:00 to 9:00 pm

Where: Southland Computer Lab

Fee: \$10

Instructor: Bob Sheehan

Register early as class size is limited.

Registration for Excel Computer Class on January 30 - 6:00 pm

Name: _____ Phone: _____

Please register with this form by Friday, January 25th and send your \$10 check to Southland 500, PO Box 351, Adams, MN 55909.

PowerPoint Computer Class

Are you interested in learning to make a Power Point Presentation? Come to class and learn all the techniques to put music, text, and photos into a PowerPoint presentation.

When: Saturday, January 26 - 9:30 to 11:30 am

Where: Southland Computer Lab

Fee: \$10

Instructor: Janet Stephenson

Register early as class size is limited.

Registration for Power Point Class on January 26 - 9:30 am

Name: _____ Phone: _____

Please register with this form by Tuesday, January 22nd and send your \$10 check to Southland 500, PO Box 351, Adams, MN 55909.

Professional Bull Riders - Great Family Entertainment

PBR The Enterprise Rent-A-Car Tour will rock the Target Center with sizzling rides and wrecks! PBR is the Professional Bull Riders and differs from a rodeo with additional components. The event is composed solely of riders. The riders of tomorrow riding the most hot-tempered 2,000 pounds around! It's the toughest sport on dirt; it's an eight-second man versus beast duel!

When: Saturday, January 12, 2008 - 7:30 pm

Where: Target Center

Fee: \$34 for Lower Level - Close to the Chutes

\$22 adult/\$12 children under 12 - Lower Level Corners & End

\$14 adult/\$7 children under 12 - Upper Level

\$5 Bus Fare in addition to ticket price

Professional Bull Riders trip to the Target Center January 12th

Name: _____ Phone: _____

Ticket Price: _____ + \$5 Bus fare = \$ _____

Bus departs Southland High School at 5:00 pm (east side)

Checks should be made to Southland 500 for the ticket price + \$5 bus fee with your registration. Please register by January 4th.

Rippin' Stitchers

Join in an informal evening of quilting and learning. Bring a project to work on and a sewing machine if necessary. For beginners to advanced quilters.

When: 2nd Tuesdays through May - 5:30-8:30pm

Where: Southland High School FACS Room

Fee: None

Coordinator: Marj Bartholmey (582-3614)

Register: Not necessary - Just come whenever you can join in!

Snowmobile Safety Training

Snowmobile Safety Training Classes will be held for students 11 1/2 and older at Southland High School. You must attend all three sessions to earn your certificate. A snowmobile safety-training certificate is required for anyone born after December 31, 1976! Please bring a self-addressed, stamped envelope with you to class.

When: January 7, 8 & 14 - 6:30-9:00

Where: Southland High School - room TBD by number registered

Fee: \$5 check to Minnesota DNR and \$1 for Com.Ed.

Instructors: Denny Lewison (582-3390) and Al Mullenbach (437-4283)

Register with form below by Friday, January 4th:

Snowmobile Safety Training Registration:

Name: _____ Phone: _____

Include payment to Southland Community Ed for \$1 and Minnesota DNR for \$5 with registration form to any school office.

Taekwondo - January Class

When: Mondays & Wednesdays, January 2-30

6:30-7:30 - Students 6 to 12 years old

7:30-8:30 - Adults 13 and older

Where: Rose Creek Gym

Fee: \$30 Students, \$40 Adults

Instructor: Greg Mullenbach

Register with form below before January 2nd:

Taekwondo January Registration:

Name: _____ Phone: _____

Age: _____ (not necessary for 18 and older)

Parent Name & Signature: _____

Include payment to Southland Community Ed and registration form to any school office or bring along January 2.

Community Education Advisory Committee			
Dawn Gilles	Rose Creek		437-6451
Don Larson	Adams	582-3610	
Georgia Jech	Elkton		584-6753
Julie Hendrikson	Rose Creek		433-3604
Barb Kloeckner	Adams		582-7818
Linda Howton	Rose Creek		437-3066
Lea Ann Gilbert	Dexter	584-6463	
	Early Childhood/Family Education		
Nancy Dvergsten	Adams		582-1328
	School Board Representative		
Mike Smith	Adams		582-7826
	Community Education Coordinator		
Cathy Sumner	Adams		582-3639

Martin Luther King Holiday



January 21, 2008
No School

Scenes from the elementary winter concert

The elementary winter concert was held in December. Students in grades K-3 sang Christmas songs from around the world. Fourth and fifth grade students performed "Paint the Town December", a musical with songs and stories about Hanukkah, Kwanzaa, Christmas, Ramadan, and Las Posadas.

View additional pictures from the concert online at www.isd500.k12.mn.us. Follow the link to the Picasa™ Web Album on the home page.



First grade students



Kindergarten students



Second and third grade students



Scenes from "Paint the Town December", a musical with songs and stories about Hanukkah, Kwanzaa, Christmas, Ramadan, and Las Posadas which was performed by the fourth and fifth grade students at the elementary winter concert.



January 2008 Schedule of Events

This schedule is current through December 20, 2007. For an up-to-date schedule, please log-on to the district website at www.isd500.k12.mn.us and click on the link "[Event Calendar](#)"

Wednesday, Jan 2, 2008

5th Grade Girls Basketball 4:45PM Rose Creek Elementary Gym
Community Education 6:30PM Rose Creek Elementary Gym

Thursday, Jan 3, 2008

Basketball: Boys 8 Game 4:00PM Away vs. Grand Meadow Grand Meadow High School
Basketball: Boys 7 Game 5:00PM Away vs. Grand Meadow Grand Meadow High School
Basketball: Boys B Game 6:15PM Grand Meadow Southland High School-Adams
Basketball: Boys Varsity Game 7:30PM Grand Meadow Southland High School-Adams

Friday, Jan 4, 2008

Basketball: Girls 8 Game 4:30PM Lewiston-Altura Southland High School Rose Creek
Basketball: Girls 7 Game 5:30PM Lewiston-Altura Southland High School Rose Creek
Basketball: Girls B Game 6:15PM Lewiston-Altura Southland High School
Basketball: Girls Varsity Game 7:30PM Lewiston-Altura Southland High School
Wrestling: Varsity Meet 7:30PM Away vs. FC/L/MC Wrestling Coop Fillmore Central High
Wrestling: Varsity Match 7:30PM Away vs. FC/L/MC Wrestling Coop Fillmore Central High

Saturday, Jan 5, 2008

Wrestling: Varsity Tournament 10:00AM Away vs. Cresco Cresco, IA
3rd & 4th Grade Boys Community Ed. Basketball 10:30AM Rose Creek Elementary Gym

Monday, Jan 7, 2008

Cheerleading Practice 6:00PM All-Purpose Room
Community Education 6:30PM Rose Creek Elementary Gym

Tuesday, Jan 8, 2008

Basketball: Boys 8 Game 4:30PM Away vs. Saint Charles St. Charles Elementary School
Basketball: Girls 8 Game 4:30PM Saint Charles Southland High School
Basketball: Boys 9 Game 5:00PM Away vs. Saint Charles Saint Charles High School
Basketball: Boys 7 Game 5:30PM Away vs. Saint Charles St. Charles Elementary School
Basketball: Girls 7 Game 5:30PM Saint Charles Southland High School
Basketball: Boys B Game 6:15PM Away vs. Saint Charles Saint Charles High School
Basketball: Girls B Game 6:15PM Saint Charles Southland High School
Basketball: Boys Varsity Game 7:30PM Away vs. Saint Charles Saint Charles High School
Basketball: Girls Varsity Game 7:30PM Saint Charles Southland High School

Wednesday, Jan 9, 2008

Community Education 6:30PM Rose Creek Elementary Gym

Thursday, Jan 10, 2008

Basketball: Boys 8 Game 4:30PM Away vs. Kingsland Kingsland Middle School
Basketball: Boys 9 Game 5:00PM Away vs. Kingsland Kingsland High School
Wrestling: Varsity Quadrangular 5:00PM Away vs. Saint Charles, Dover-Eyota, Lewiston-Altura/Rushford-Peterson Rushford-Peterson High School
Basketball: Boys 7 Game 5:30PM Away vs. Kingsland Kingsland Middle School
Wrestling: Varsity Quadrangular 5:30PM Away vs. Lewiston-Altura, Dover-Eyota, Lewiston-Altura/Rushford-Peterson Lewiston-Altura High School
Basketball: Boys B Game 6:15PM Away vs. Kingsland Kingsland High School
Basketball: Boys Varsity Game 7:30PM Away vs. Kingsland Kingsland High School

Friday, Jan 11, 2008

Basketball: Girls 8 Game 4:30PM Kingsland Southland High School
Basketball: Girls 7 Game 5:30PM Kingsland Southland High School
Basketball: Girls B Game 6:15PM Kingsland Southland High School
Basketball: Girls Varsity Game 7:30PM Kingsland Southland High School

Saturday, Jan 12, 2008

Girl Scouts 9:00AM Rose Creek Elementary Library
Basketball: Boys 8 Tournament 10:00AM Away vs. Fillmore Central Fillmore Central Middle School in Preston
Basketball: Boys 7 Tournament 10:00AM Away vs. Fillmore Central Fillmore Central Middle School in Preston

Monday, Jan 14, 2008

Cheerleading Practice 6:00PM All-Purpose Room
Community Education 6:30PM Rose Creek Elementary Gym

Tuesday, Jan 15, 2008

Basketball: Boys 8 Game 4:30PM Dover-Eyota Southland Elementary (Rose Creek)
Basketball: Girls 8 Game 4:30PM Away vs. Dover-Eyota Dover-Eyota Elementary
Basketball: Boys 9 Game 5:00PM Dover-Eyota Southland High School in Adams
Basketball: Boys 7 Game 5:30PM Dover-Eyota Southland Elementary (Rose Creek)
Basketball: Girls 7 Game 5:30PM Away vs. Dover-Eyota Dover-Eyota Elementary
Basketball: Boys B Game 6:15PM Dover-Eyota Southland High School in Adams
Basketball: Girls B Game 6:15PM Away vs. Dover-Eyota Dover-Eyota High School
Basketball: Boys Varsity Game 7:30PM Dover-Eyota Southland High School in Adams
Basketball: Girls Varsity Game 7:30PM Away vs. Dover-Eyota Dover-Eyota High School

Wednesday, Jan 16, 2008

Community Education 6:30PM Rose Creek Elementary Gym

Thursday, Jan 17, 2008

Basketball: Girls 8 Game 4:30PM Rushford-Peterson Southland High School
Basketball: Girls 7 Game 5:30PM Rushford-Peterson Southland High School
Wrestling: Varsity Triangular 5:30PM Away vs. Goodhue, Kenyon-Wanamingo Goodhue
Basketball: Girls B Game 6:15PM Rushford-Peterson Southland High School
Basketball: Girls Varsity Game 7:30PM Rushford-Peterson Southland High School

Friday, Jan 18, 2008

Basketball: Boys 8 Game 4:30PM Away vs. Rushford-Peterson Rushford-Peterson
Basketball: Boys 9 Game 5:00PM Away vs. Rushford-Peterson Rushford-Peterson
Basketball: Boys 7 Game 5:30PM Away vs. Rushford-Peterson Rushford-Peterson
Basketball: Boys B Game 6:15PM Away vs. Rushford-Peterson Rushford-Peterson
Basketball: Boys Varsity Game 7:30PM Away vs. Rushford-Peterson Rushford-Peterson

Saturday, Jan 19, 2008

Basketball: Girls B Tournament 9:00AM Away vs. Triton Dodge Center
3rd & 4th Grade Boys Community Ed. Basketball 10:30AM Rose Creek Elementary Gym
Wrestling: Varsity Quadrangular 5:30PM Away vs. Riceville Riceville, IA

Monday, Jan 21, 2008

Cheerleading Practice 6:00PM All-Purpose Room
Community Education 6:30PM Rose Creek Elementary Gym

Tuesday, Jan 22, 2008

Basketball: Boys 8 Game 4:30PM Lewiston-Altura Southland Elementary (Rose Creek)
Basketball: Girls 8 Game 4:30PM Away vs. Lewiston-Altura Lewiston-Altura High School
Basketball: Boys 9 Game 5:00PM Lewiston-Altura Southland High School
Basketball: Boys 7 Game 5:30PM Lewiston-Altura Southland Elementary (Rose Creek)
Basketball: Girls 7 Game 5:30PM Away vs. Lewiston-Altura Lewiston-Altura High School
Basketball: Boys B Game 6:15PM Lewiston-Altura Southland High School
Basketball: Girls B Game 6:15PM Away vs. Lewiston-Altura Lewiston-Altura High School
Basketball: Boys Varsity Game 7:30PM Lewiston-Altura Southland High School
Basketball: Girls Varsity Game 7:30PM Away vs. Lewiston-Altura Lewiston-Altura

Wednesday, Jan 23, 2008

Community Education 6:30PM Rose Creek Elementary Gym
School Board Meeting 6:30PM High School Media Center Conference Room

Thursday, Jan 24, 2008

Basketball: Girls 8 Game 4:30PM Lyle Southland Elementary-Rose Creek
Basketball: Girls 7 Game 5:30PM Lyle Southland Elementary-Rose Creek
Basketball: Girls B Game 6:00PM Away vs. Lyle Lyle
Basketball: Girls Varsity Game 7:15PM Away vs. Lyle Lyle

Friday, Jan 25, 2008

Basketball: Boys 9 Game 5:00PM Away vs. Caledonia Area Public Schools Caledonia
Basketball: Boys 8 Game 5:00PM Away vs. Caledonia Area Public Schools Caledonia
Basketball: Girls 8 Game 5:00PM Caledonia Area Public Schools Southland
Basketball: Boys 7 Game 6:00PM Away vs. Caledonia Area Public Schools Caledonia
Basketball: Girls 7 Game 6:00PM Caledonia Area Public Schools Southland
Basketball: Boys B Game 6:15PM Away vs. Caledonia Area Public Schools Caledonia Area
Basketball: Girls B Game 6:15PM Caledonia Area Public Schools Southland High School
Basketball: Boys Varsity Game 7:30PM Away vs. Caledonia Area Public Schools Caledonia
Basketball: Girls Varsity Game 7:30PM Caledonia Area Public Schools Southland High

Saturday, Jan 26, 2008

Wrestling: Varsity Tournament 10:00AM Away vs. Rochester Century Rochester Century
3rd & 4th Grade Boys Community Ed. Basketball 10:30AM Rose Creek Elementary Gym

Monday, Jan 28, 2008

Cheerleading Practice 6:00PM All-Purpose Room
Community Education 6:30PM Rose Creek Elementary Gym

Tuesday, Jan 29, 2008

Basketball: Boys 8 Game 4:30PM Plainview-Elgin-Millville Southland Elementary
Basketball: Girls 8 Game 4:30PM Away vs. Plainview-Elgin-Millville Plainview-Elgin-Millville
Basketball: Boys 9 Game 5:00PM Plainview-Elgin-Millville Southland High School
Basketball: Boys 7 Game 5:30PM Plainview-Elgin-Millville Southland Elementary
Basketball: Girls 7 Game 5:30PM Away vs. Plainview-Elgin-Millville
Basketball: Boys B Game 6:15PM Plainview-Elgin-Millville Southland High School
Basketball: Girls B Game 6:15PM Away vs. Plainview-Elgin-Millville Plainview-Elgin-Millville
Basketball: Boys Varsity Game 7:30PM Plainview-Elgin-Millville Southland High School
Basketball: Girls Varsity Game 7:30PM Away vs. Plainview-Elgin-Millville
Wrestling: Varsity Match 7:30PM Caledonia Area Public Schools Southland High School

-Continued on next page-

Schedule of Events Calendar Continued

Wednesday, Jan 30, 2008

Community Education 6:30PM Rose Creek Elementary Gym

Thursday, Jan 31, 2008

Basketball: Boys 8 Game 4:30PM Away vs. Chatfield Chatfield Elem. School
Basketball: Girls 8 Game 4:30PM Chatfield Southland Elementary (Rose Creek)
Basketball: Boys 9 Game 5:00PM Away vs. Chatfield Chatfield High School
Basketball: Boys 7 Game 5:30PM Away vs. Chatfield Chatfield Elem. School
Basketball: Girls 7 Game 5:30PM Chatfield Southland Elementary (Rose Creek)
Basketball: Boys B Game 6:15PM Away vs. Chatfield Chatfield High School
Basketball: Girls B Game 6:15PM Chatfield Southland High School

January school board meeting

The January meeting of the Southland School Board will be held on January 23rd at 6:30 PM in the MS/HS media center conference room.

Fan bus information

Fan bus punch cards are now available

Offered to the community by R Transportation, LLC. Purchase a 10 punch family card and ride to all varsity away games for basketball. No minimum number of riders needed for the bus to go. The bus will be available for other sports if requested by enough people.

One punch per person for each event. One guest rider per event, per card. 6th grade and older may ride without an adult chaperone.

Local businesses have sponsored the card, and your \$45 card is reduced to \$36.00. Order 5 to 9 punches on a card at \$4 per punch. Pre-school and kindergarten ride for \$2.50. Board the bus without a card for \$4.50.

For more detailed information, or to order your cards, e-mail letusdrive@hotmail.com. Cards can be purchased at the bus. This offer is approved, but not funded by the school district.

Watch the School Web Site, and the Rebel Talk for updates and bus schedules. For estimated counts only, please e-mail letusdrive@hotmail.com, or sign up at the school if you have plans of riding the fan bus. R Transportation invites feed-back and any comments about the scheduling. Visit their website at www.Letusdrive.net.

Kindergarten students send holiday greetings to Iraq



Mrs. Krebsbach's Kindergarten class sent drawings of holiday cheer to soldiers serving in Iraq. One of the kindergarten's uncles is serving in the 2-7 Infantry and we thought it would be a good idea to send him and some of the men and women he is serving with holiday wishes!

Joint school board meeting

A joint meeting with Southland and LeRoy-Ostrander school boards is scheduled for Monday, January 7, 2008, at 6:30 p.m. in the LeRoy-Ostrander Media Center.

Cookbooks for sale

Cookbooks in memory of Mrs. Jan Miller will be on sale throughout the school year or until gone.

The cost is \$12.00. Contact Mrs. Marie Churchill at 582-3568 or any FCCLA member.

Back to School



Wednesday
January 2,
2008

PTO hamburger feed

The Southland PTO will sponsor a hamburger feed on January 10th at the Adams American Legion from 5:00-8:00 PM. The cost is \$3.50 for hamburger, chips, and potato salad, or \$5.00 for two hamburgers. A hotdog plate is \$3.00.

Bus safety is the responsibility of everyone on the road

Even though it may seem obvious, car and truck drivers should take extra precautions following school buses during the winter. All too often, we hear of situations where buses are getting ready to stop, and a vehicle swerves around the bus because they were following too close and couldn't stop in

time. This becomes dangerous for everyone involved, especially the students who need to cross the road to get on or off the bus. The situation is magnified during times of fog, when visibility is limited. Put plenty of distance between you and bus, and expect the bus to make frequent stops on the road.

Meeting for music trip

On Monday, January 7, at 7:30 PM, Southland High School music students and parents/guardians will meet in the band room in Adams concerning the music trip to Branson. Changes in cost of trip and itinerary will be discussed.

Football & Cheerleader Academic All Conference Awards

Academic All Conference Awards: Alan May, Brian Voigt, Tyler Hanson, Andrew Churchill, Jacob Chapek, Zach Felten, Andrew Schmitz, Paige Fasbender, Kim Feuchtenberger, Carly Gilles and Brooke Kinney.

Fan bus schedule

January 8 - Fan bus to boys basketball game
Departure times for the fan bus to St. Charles: Rose Creek-4:45 PM; Adams-5:00 PM; Elkton-5:10 PM and Dexter-5:25 PM. Arrive in St. Charles at 6:05 PM.

January 10 - Fan bus to boys basketball game
Departure times for the fan bus to Spring Valley: Rose Creek-5:05 PM; Adams-5:20 PM; Elkton-5:30 PM and Dexter-5:40 PM. Arrive in Spring Valley at 6:05 PM.

January 10 - Fan bus to girls basketball game
Departure times for the fan bus to Eyota: Rose Creek-4:50 PM; Adams-5:05 PM; Elkton-5:15 PM and Dexter-5:25 PM. Arrive in Eyota at 6:05 PM.

END OF 1ST SEMESTER
JANUARY 18, 2008



STUDENTS DISMISSED AT 12:00 PM

Top Ten New Year Resolutions

New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the final seconds of the year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the annual ritual of making resolutions, which offer the first of many important tools for remaking ourselves. The following list is the result of our extensive survey, which consisted of over 300,000 responses worldwide.

1. Lose Weight and Get in Better Physical Shape

Physical activity builds physical vitality. With every year of your life, you have more to gain from being physically active; as your age-related risks of chronic disease increase, regular exercise generally slows or reverses that trend. In fact, you're even more likely to notice the benefits of regular exercise if you already have a chronic condition.

Are you ever going to be fit again as long as you live? The answer is unless you make a resolution to get fit – you're never going to be fit – ever. The choice is yours; it begins by opting for the stairs instead of the elevator, fruit in place of chocolate, and active rather than sedentary activities.

2. Stick to a Budget

It's been said that the best defense is a good offense. Developing and sticking to a realistic budget is a brilliant offensive move as it prevents overspending and ensures peace of mind. Many people find it very difficult to stick to a budget. It does take hard work and a lot of self-discipline, at least in the beginning. The good news is that most people find the longer they can stick to a budget, the easier it becomes.

3. Debt Reduction

One of the first things you have to do before any debt can be eliminated is to stop using charge accounts. If you continue to use the accounts, you are only fueling the problem, and building on it, not solving it. Make a resolution now to stop charging anything and to get financially stable. If you can't pay cash for it, you don't need it, make it just that simple and you will find yourself out of debt in no time at all.

Keep a diary of all money spent, whether it is by cash, check, credit card, etc. Once you know where your money is going, then, and only then, can you take the steps needed to prepare a good budget that you can live with and make huge strides to budgeting your debt away.

4. Enjoy More Quality Time with Family & Friends

More and more people are resolving to spend more quality time with family and friends this year. This means you must consciously decide to actively and purposely work on improving your family situation every day. You may need to do such things as reschedule business activities to make time for your kids, help your children set and achieve worthwhile goals, and setting aside an hour a day for the family, every day.

Starting right now, you can begin to make choices and take day-to-day actions that will create nothing short of a phenomenal family. You can choose to have one if you just resolve to do it and know where to put your focus. Making our families stronger and healthier is important to our communities, our state and our world.

5. Find My Soul Mate

Romance is alive and well as more and more people are looking for that special someone, their soul mate who lights their fire, the ONE whom they love unequivocally and who shares their worldview.

Soul mate relationships are the sort of romantic relationships most of us dreamt of when we were young and innocent: loving and erotic, committed and inspiring and best of all - lasting. Soul mate relationships give both partners the fulfillment that deeply satisfies them and makes them feel that they have found the most wonderful person in the whole universe.

6. Quit Smoking

Becoming a non-smoker is probably one of the best decisions you can ever make, and is a life changing as well as a life saving decision. The benefits to your health, relationships, finances, vitality, the environment and to your sense of self-esteem for having conquered a really hard-to-kick habit will make any and all of your efforts and determination more than worth while.

The resolution to become a non-smoker will also help you to live longer and enjoy the finer things in life. Once you've made the resolution to stop, acted upon it and succeeded, you'll feel great about what you have achieved. Resolving to give up is your decision, and will improve your life from that moment on. No one can make you quit, and no one can help you make the resolution. You have to do it yourself, you have to want to do it, and you need to do it now!

7. Find a Better Job

A new year provides a sense of getting a free do-over, so you can try again and get it right. Many people resolve to find better jobs or to take a new approach to the jobs they've already got. It's corny, but true -- most of us get reflective at this time of year and if we are in jobs already, we begin thinking: Am I on the right path? Do I like where my

position and my company are headed? Am I even in the right career?

So you've been hearing that voice again, the one that says you're not doing what you were born to do. That may be true, but how do you figure out what you should be doing?

To begin answering this question, examine whether your current career path matches your core interests, beliefs, values, needs and skills. Resolve to ask and answer those essential questions before making any new career changes.

8. Learn Something New

People throughout the world are realizing that a strong resolve to lifelong learning is more than just education and training beyond formal schooling. A lifelong learning framework encompasses learning throughout the life cycle, from cradle to grave and in different learning environments, formal, non-formal and informal.

Perhaps you are considering a career change, want to learn a new language or musical instrument, or just how to become a better cook? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating and beneficial resolutions to keep. Challenge your mind in the coming year, break out of current routines and challenge every comfort zone and watch your horizons expand.

9. Volunteer and Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms such as spending time helping out at your local library, mentoring a child, or building a house to name a few. Volunteering has risen sharply in the years since we began collecting resolutions. This suggests the possible emergence of a new civic generation and a resolve to make a bigger and better difference with your life.

Resolve to replace the pursuit of success and materialism with the pursuit of contribution and generosity. For this to occur, the critical question must move from, "How can I become successful?" to, "What can I contribute that will significantly impact other people's lives?" By focusing on what we can contribute, we automatically become successful.

10. Get Organized

Resolve this year to plan your days, reduce interruptions, clean off your desk, say "No", and make detailed lists. The benefits of getting more organized include being able to save time, as you no longer look for the same things over and over again or need to replace things you can't find at all.

You will reduce stress because when you know where everything is, there's no last-minute rush to find what you need and get out the door on time for school, soccer practice, or that important business meeting. You will also find yourself being much more productive, as all the time you once spent looking for things can now be used to do more important or more enjoyable tasks.

Most people define being organized as quickly and easily able to find what you need. While this is certainly true, organization is so much more. The ability to staying organized lets you focus on accomplishing your most important goals. That's the true benefit of being organized.

-from www.GoalsGuy.com

Gary Ryan Blair is the inspiration behind New Year's Resolution Week. This annual event was founded on the premise, that a single resolution can positively and profoundly create lasting change in your life and help to make the world a better place. To become part of the world's largest personal change initiative, visit www.GoalsGuy.com.



The Rebel Talk

The RebelTalk is a monthly publication of the Southland School District. All comments or suggestions should be directed to Janet Stephenson, Editor, at jstephenson@isd500.k12.mn.us or 507-582-3568. You may also view the Rebel Talk online by logging onto the Southland School District Website at www.isd500.k12.mn.us and clicking on the [Rebel Talk](#) link.

