



MUSTANG STAMPED

RLCC Menus

March 14 - 18

Oklee

Mon: Breakfast: Ham & cheese croissant, cereal, fruit, juice & milk. **Lunch:** Taco in a bag, refried beans, fruit, and milk.

Tue: Breakfast: Cereal, toast, fruit, juice & milk. **Lunch:** Pork fritters, au gratin potatoes, vegetable, fruit, and milk.

Wed: Breakfast: French toast sticks, cereal, fruit, juice & milk. **Lunch:** Chicken potpie, biscuits, vegetable, fruit, and milk.

Thu: Breakfast: Cereal, toast, fruit, juice & milk. **Lunch:** BBQ, chips, baked beans, fruit, and milk.

Fri: Breakfast: Cinnamon roll, fruit, juice & milk. **Lunch:** Fish patty, mashed potatoes w/butter, vegetable, fruit, and milk.

Plummer

Mon: Breakfast: Pancakes, sausage, cereal, fruit, juice & milk. **Lunch:** Quesadilla, brown rice, coleslaw, fruit, and milk.

Tue: Breakfast: Danish, cereal, fruit, juice & milk. **Lunch:** Shredded pork on bun, Sun Chips, lettuce (4 layer salad), apple crisp, and milk.

Wed: Breakfast: Egg omelet, cereal, fruit, juice & milk. **Lunch:** Chicken strips, baby bakes, beets, buttered bread, fruit cocktail, and milk.

Thu: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Hamburger gravy, mashed potatoes, seasoned carrots, dinner roll, fruit, and milk.

Fri: Breakfast: French toast, cereal, fruit, juice & milk. **Lunch:** Tomato soup, salad, egg salad or PB sandwich, rice crispy bar, and milk.

ECFE News

Thursday, March 10 - Family Yoga Class: Brooks site 6:00 p.m.-7:00 p.m. Join us at the Brooks Community Center for a relaxing class of stretching and learning new yoga moves with JoAnn Papke, yoga expert. Wear comfortable clothes and have a tasty treat of frozen yogurt and granola.

Thursday, March 17 - 3-5 year old class #4: Oklee site 6:00 p.m.-7:00 p.m. Get your tool belt ready for some "tool time" with Mr. Bernier, shop instructor at the RLCC High School. We will be making tool boxes or tool kits by working with our hands and rolling up our sleeves. Each project will be taken home at the end of the evening, and soup and sandwich supper is included. Call ahead of time to register by March 10 (Oklee School 796-5136 or Plummer School 465-4222). Cost is \$12.00.

Thursday, March 31 - Family Fun Night: Plummer site 6:00 p.m.-7:00 p.m. for 0-5 year olds. Explore science with planting seeds, mixing cornstarch and water to make "glurch," creating a tornado in a bottle, and blending ingredients to make "dirt dessert."

North Tri-County Basketball Conference

By Ana Almeida

The Red Lake County boys' basketball season has come to an end and the Rebels were named North Tri-County Boys' Basketball Conference Champions along with Sacred Heart.

RLC's Will Duden, Drake Engelstad and Austin Waliser, Sacred Heart's Devin Evavold, Nolan Hallaway and Jack Gerber, Goodridge-Grygla's Blaine Kriel and Clearbrook-Gonvick's Sam Lavin were named All-Conference.

RLC's Austin May received Honorable Mention along with Sacred Heart's Nick Bergum and Brenden Bethke, Goodridge-Grygla's Dylan Walker and Tyler Stinar, and Clearbrook-Gonvick's Tristan Bakke and Eric Baanrud.



RLCC Elementary Spelling Bee was held January 11th. Winners were Taya Morinville, runner up and winner Jonathan Roue with Mrs. Laura Conneran, Spelling Bee Coordinator. Roue went on to compete at the Multi-Regional Spelling Bee.

Jonathan Roue competes in Multi-Regional Spelling Bee

By: Nicole Riendeau

Red Lake County Elementary School held their annual Spelling Bee January 11th. There were 12 participants, and it went to 13 rounds. Jonathan Roue, a sixth grader at RLCC, was the winner. Taya Morinville was the runner up. The word he had to correctly spell to win was "autumn."

Roue advanced to the Regional Spelling Bee held in Thief River Falls at Northland Community and Technical College on February 10th. This competition was larger and involved 43 participants from area

schools. The competition started with a written round and only 25 competitors advanced to the oral competition. Roue won again.

Roue then advanced to the Multi-Regional Spelling Bee in Fergus Falls on February 15th. Roue made it to the third round and was tripped up by the word "obstinate."

RLCC's Elementary Spelling Bee Coordinator, Mrs. Laura Conneran said, "We are very proud of Jonathan and his accomplishments in these competitions!!" Roue is in Mrs. Andrea Eskeli's sixth grade class and he is the son of Mark and Renee Roue.

RLCC freshmen invited to 50th year celebration of TRIO

By Seth Paradis

The Red Lake County Central ninth graders were invited to TRIO Day 2016 celebrating 50 years of TRIO at the University of North Dakota. The event included a welcome, luncheon, video presentations and keynote addresses.

TRIO started in 1966 and was part on War on Poverty set up by President Lyndon Johnson. TRIO named for its original three branches, now includes five programs which receive funding for five years at a time. The five programs are Upward Bound, Special Services, Educational Talent Search, UND's Educational Opportunity Center, and McNair Post-Baccalaureate.

Upward Bound became the first TRIO program at the UND under the leadership of Dr. Craig Miller, Director of the student Union and Andrea Foote. TRIO is aimed at helping

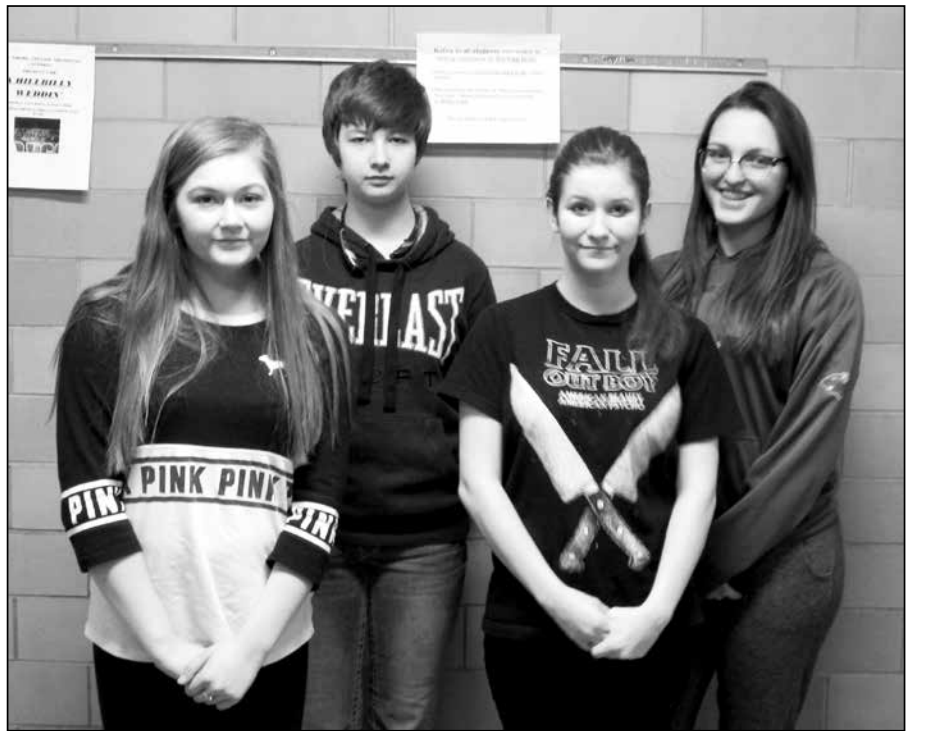
first-generation, low-income students who attend and graduate from college. RLCC has been involved for many years with the TRIO Talent Search program.



Some ninth graders from RLCC enjoying the dinner served at the celebration for 50 years of TRIO.



RLCC's ninth graders were invited to UND's celebration of 50 years of TRIO.



RLCC's Jayden Iverson, Lilly Guillemette, Jayden Fore and Jade Person placed in the Bemidji speech meet. (Not pictured Sydney Melby)

RLCC Speech

By: Ethan Vettleson

Rebel Speech Team went to the Bemidji Lumberjack Invitational Speech Meet on Saturday, February 27 in Bemidji. Five Rebels received individual awards. Blue Ribbon: Sydney Melby-Humor. Red Ribbons: Jayden Fore- Creative Expression, Jade Person- Humor, Lily Guillemette- Poetry, and Jayden Iverson- Poetry.

The next meet will be the Chuck Beckman Memorial Tournament Saturday, March 5 in Walker.

RLC Boys Playoff Game

By: Nick Plante

Red Lake County boys' basketball team played their Section Quarterfinals game against Kittson County Central on Saturday, February 27. The playoffs were place at the Ralph Engelstad Arena in Thief River Falls. The Rebels were behind 28-37 in the first half. The final score was 61 to 68 with KCC winning.

The Rebels highest shooter was Drake Engelstad with 16 points followed by Austin Waliser with 15, Will Duden with 12, Wyatt Waldal with nine, Ethan Vettleson three, Justin Nemec three, Devin Lambert two, and Marcus Christensen with one.

The top scorer on KCC was Dylan Olsonawski with 22 points followed by Trent Jerome with 18, Jackson Peterson 16, Mason Olson six, Spencer Billing two, Ty Diamond two, and Bryden Swenson with two.

The Rebels top rebounders were May with eight and Engelstad with seven. Both Engelstad and May had four assists. Duden had three steals. The Rebels shot 36% and were 77% on free throws and had 33 rebounds.

The KCC top rebounder was Olsonawski with nine followed by

Peterson with eight rebounds. Jerome had four assists and Peterson two steals. The KCC shot 48% and 59% on free throws with 33 rebounds.

Sub-Regional Knowledge Bowl Competitions

By Seth Paradis

The Sub-Regional Knowledge Bowl competitions took place March 1 and 2 at Crookston and Thief River Falls. The top nine schools from each competition will compete at the Regional Competition scheduled for March 16 in TRF. It will start with a written round at 9:30 am and there will be five oral rounds. If there is a tie between fifth and sixth place, there will be a 15 question tie-breaker.

The teams advancing are Bagley, Bemidji, Blackduck, Crookston, East Grand Forks, Fertile/Beltrami, Fosston, Greenbush/Middle River, Kittson Central, Norman Co East, Northome, Red Lake Falls, Roseau, Thief River Falls, Tri-County, Warroad, Waubun, and Win-E-Mac.

Red Lake County Central's team made up of Austin Waliser, Taylor Bushelle, Kelsie Sirjord, Angel Auman, and Ashely Longtin placed 25th and will not be moving on.



The Impact 20/20 group came to RLCC and talked about college sign ups and financial aid help to pay for college in many different ways.

Impact 20/20 speakers at Red Lake County Central High School

By Ana Almeida
The Impact 20/20 College Collaborative Group came to the Red Lake County Central High School Tuesday, March 1. The group of people representing five universities talked about scholarships, the application process and what is offered to the students planning to apply. This presentation for 10th through 12th graders followed a previous one that was made in November by the same group. Each person talked about

some of the scholarships offered by the university they represented and how to qualify for it. Students were surprised by the amount of money that is provided in the form of scholarships. Along with the subject they talked about the process of application for each college, what is required to send and how much is the application fee. They also shared a little bit about life in college and what extra activities are offered to

students. The students watching the presentation were given little treats like sunglasses and t-shirts for each question asked. The colleges represented included Bemidji State University, Northwest Technical College, Northland Community and Technical College, University of Minnesota – Crookston and White Earth Tribal College.

March Health Points

New Dietary Guidelines for Americans

Top 10 Things You Need to Know About the 2015-2020 Dietary Guidelines

The New Dietary Guidelines provide a clear path to help Americans eat healthfully, informed by a critical review of the scientific evidence on nutrition.

A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.

Healthy eating is one of the most powerful tools we have to reduce the onset of disease. The Dietary Guidelines recommendations can help you make informed choices about eating for you and your family.

The path to improving health through nutrition is to follow a healthy eating pattern that's right for you. Eating patterns are the combination of foods and drinks you eat over time. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and budget.

A healthy eating patterns includes:

A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables

Fruits, especially whole fruit

Grains, at least half of which are whole grain

Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages

A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds

Oils, including those from plants: canola, corn, olive,

peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.

Healthy eating patterns limit added sugars. Less than 10% of your daily calories should come from added sugars. This does not include naturally occurring sugars such as those consumed as part of milk and fruits.

Healthy eating patterns limit saturated and trans fats. Less than 10% of your daily calories should come from saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil. Saturated fats should be replaced with unsaturated fats, such as canola or olive oil.

Healthy eating patterns limit sodium. Adults and children ages 14 years and over should limit sodium to less than 2,300 mg per day, and children younger than 14 years should consume even less. Use the Nutrition Facts label to check for sodium, especially in processed foods like pizza, pasta dishes, sauces, and soups.

Most Americans can benefit from making small shifts in their daily eating habits to improve their health over the long run. Small shifts in food choices can make a difference in working toward a healthy eating pattern that works for you.

Remember physical activity! Regular physical activity is one of the most important things individuals can do to improve their health. According to the Department of Health and Human Services' Physical Activity Guidelines

for Americans, adults need at least 150 minutes of moderate intensity physical activity each week and should perform muscle-strengthening exercises on two or more days each week. Children ages 6 to 17 years need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening, and bone-strengthening activities.

Everyone has a role— at home, schools, workplaces, communities, and food retail outlets – in encouraging easy, accessible, and affordable ways to support healthy choices. <http://health.gov/news/author/odphp/>

Posted on January 7, 2016

Parenting Tips

Take a few minutes of your time and be sure to say or do these with you children. A few minutes can make a tremendous impact on a child's life.

- Say I love you every day
 - Give your child as much independence as possible
 - Create traditions to build memories
 - Let your child know when he/she makes you proud
 - Teach your child how to share
 - Tell your child about you
 - Give and teach your child empathy
 - Get to know your child
 - Focus on the positives in your child
 - Listen without judgment
 - Let your child cry on your shoulder
 - Never take your child for granted
 - Love your child unconditionally
- Inter-County Nursing Service staff



RLCC seniors Michelle Sundquist (#21), Brandie Jensen (#34), and Katheryne DeHate (#20) in their final basketball game during playoffs against the Red Lake Falls.

Mustangs lose playoff to Eagles

By: Taylor Klasen
Friday, February 26 was the girls' basketball playoff game between the Red Lake County Central Mustangs and Red Lake Falls Eagles. Red Lake Falls hosted the gamed. In the first half RLF was ahead, 30-17. Mustangs lost 39-57.

For the Mustangs, Ashley Longtin scored 16 points, Taylor Bushelle seven, Julia Bernstein five, Michelle Sundquist and Brandi Jensen each made four, and Kat DeHate three points. For the Eagles, Megan LaCrosse made 20 points, Emma Duden 12, Kelly Schultz nine, Malana Boutain eight, Josie Huot four, and Joze Halvorson and Mariah Derosier made two points.



Mustang's Michelle Sundquist swishes a free-throw during the Mustangs-Eagles postseason game.



RLCC hosted a Girls Elementary Basketball Tournament this past Saturday in Oklee for grades 4th thru 6th.

The RLCC Mustang 5th grade girls took 1st place, defeating Red Lake Falls 27-19 and Stephen Argyle 23-14. The girls finished their season with a 12-2 record. Good job ladies, cannot wait to see what next year brings.

Top left to right: Carlee Whalen, Mireya Gibbs, Marin Peterson, and Marissa Thomas - Middle: Molly Smith and Natalie Vettleson. Bottom: Arielle Rude an Payton Rystad. They are coached by Jason Jensen.



Wednesday, March 9, 2016

