NEW YORK MILLS
TEXTILE & DESIGN STUDENTS
LEARNING PROBLEM-SOLVING AND LIFE SKILLS THROUGH QUILTING

Trina Saewert, the Family and Consumer Science (FACS) teacher at New York Mills High School admitted, "I took one class in college, and it was my least favorite." Fast forward to today, Saewert has been the FACS teacher in New York Mills for the past seventeen years and is growing the Textile and Design class for students interested in quilting.

After Dyann Tigges, Saewert took over as the FACS teacher, absorbing valuable knowledge from her predecessor. Inspired by Dyann’s quilting teachings, Saewert continued the program for the students. It has evolved into a highly sought-after elective, leading to enrollment restrictions due to the limited number of available sewing machines, currently at sixteen.

Continued on next page
Students are presented with two quilt pattern options and are required to complete their quilts within the semester timeframe. Problem-solving skills are enhanced through this project. Technical reading is emphasized during pattern usage and is viewed as a vital life skill. Students progress independently, engaging in daily questions, problem-solving, math, and error adjustments when working with fabric.

Upon completion, students can either tie their quilts or opt for professional quilting services. Donna Geiser, a former Minnesota Extension agent, offers discounted quilting services, emphasizing the importance of personalizing their quilts with their name and creation year.

Saewert enjoys witnessing students' growing appreciation for quilting. Graduating students from New York Mills often receive quilts from local churches, fostering a deeper understanding and respect for the craft.

The students engage in discussions about measurements, colors, fabrics, sewing machine components, and operations as part of the quilting process. Saewert stated that fabric quality, particularly 100% cotton, is crucial for their projects. The initial weeks focus on design principles and elements, followed by practical application for the rest of the semester.

Students learn fabric pressing, cutting, sewing, ironing seams, measuring seams, and hand-stitching quilt bindings.

Students can select and buy their quilt fabrics, showcasing a range of shopping preferences from thrifty to luxury. The availability of quilting shops and local stores offering textile materials in the area greatly benefits the students. Understanding how fabric quality impacts their project is a key lesson.
The class accommodates students with varying quilting experience levels, allowing advanced students to pursue more challenging projects. Seven higher-skilled students from the previous semester are currently enrolled in the advanced course, which includes creating a donation piece. The advanced class also involves upcycling projects where students repurpose fabric scraps to craft new quilts. Saewert expressed delight in the increasing interest in their Textiles and Design classes, highlighting the satisfaction students gain from taking home a personally crafted keepsake.

If you are interested in supporting this program, donations of 100% cotton fabric and basic sewing machines are needed. To learn more about this program, contact Trina Saewert at tsaewert@nymills.k12.mn.us.

Cooperative Purchasing Connection (CPC) has a contract for Carpet and Resilient Flooring with Hiller Commercial Floors. They offer a broad assortment of carpet, carpet tile, rubber base, vinyl base, sheet vinyl, vinyl composition tile (VCT), and luxury vinyl tile (LVT). Hiller also offers special services that are available to CPC members.

**Furniture Lifting**
Hiller is able to install flooring without removing furniture from your commercial space. They use specialized equipment to replace your flooring quickly after hours without you having to lift a finger, let alone your desk.

**Moisture Remediation**
Hiller tests your slab for moisture content and vapor emissions prior to installation of any products. Moisture can cause many issues like adhesive failures, mold, product delamination and curing or bubbling. Applicable warranties have certain requirements for moisture content, contamination and emissions levels. All of these must be maintained prior to, during and after installation. Early detection and correction of these issues, helps to ensure successful installation and long term floor value.

Learn more about the special services that Hiller provides under the CPC contract.

Learn more about CPC’s contract with Hiller Commercial Floors.
Avel eCare School Health delivers on-demand nursing support to K-12 school districts to ensure immediate response to student needs throughout the school day. Using advanced telehealth technology, school staff can connect with dedicated school nurses for direct student care needs and leverage the Avel nurses for programmatic support.

Avel eCare School Health provides care across the country and has completed tens of thousands of encounters since the service began in 2015.
Lakes Country Academy (LCA) began the 2023-2024 academic year with a fresh vision for LCA students. The LCA team of educators now provides the Career Exploration Lab for Behavior Learning Academy students, focusing on career exploration and employability skills, and for Students with Unique Needs (SUN) learning students, providing more practical learning opportunities that teach job and life skills.
The evaluation must look at five different areas of the student’s life:
1. Work
2. Recreation and leisure
3. Home living
4. Community participation
5. Opportunities to learn new things after high school.

LCA has a strong team of professionals, and Julie Dison, one team member of the Special Education Teachers who works with students at the Behavior Learning Academy, shared that working together to help the students learn through work-based learning has brought their team together and strengthened them. “We see some positive changes happening with our students, and parents tell us they see it at home,” said Dison.

After six months of hard work, the LCA team observed significant skill development among students in the home living transition skill. Julie Dison shared that some students initially struggled with basic tasks such as using a mixer or a knife.
Another essential skill she focused on was helping them understand how to wash dishes. Dison said this was a challenging task, but it ultimately paid off. The students were taught how to use a microwave, knife, and mixer. Then they learned how to cook on a stove. After learning each new skill, they were given a project that built upon it, and in the end, they were rewarded by being able to make a meal of their choice. “These are kids who did not know how to make basic mac-n-cheese prepackaged for the microwave,” shared Dison. After completing the class, the students' culinary skills significantly improved. They went from making microwave mac-n-cheese to delicious chicken alfredo with homemade sauce and garlic toast. They even received guidance on how to set the table for their newly acquired cooking expertise. “The kids had a lot of pride when they received their certificates,” said Dison.

LCA’s Paraprofessional, Amanda Nelson, replicated a washer and dryer from cardboard. These model laundry machines help Special Education Teacher Julie Dison teach her Family and Consumer Science (FACS) class students how to wash clothes when they are at home. Completing laundry tasks is an example of a life skills certification.

Nelson also facilitates students' jobs around the building. She records the jobs students do to help with their certification. This allows students to demonstrate what they learned in the classroom and then demonstrate their skills independently in the lab with hands-on activities for certification. When asked about seeing attitudes change with students, Erickson shared that three students who struggle with success come to mind. They are students who do not experience success very often. At the beginning of the year, when they were certified to use the process of coming into the lab, there was a lot of resistance. “Once they figured it out, they stood up taller. They had an attitude of professionalism, and you could feel their confidence radiate,” said Erickson.

Erickson went on to share that this morning, a student who typically resists everything and resisted transition into this style of learning came back into the lab today with two boards measured out with everything they needed for their assignment. They worked one-on-one with their teacher, and he returned with his boards ready to create a birdhouse.
Soon, we will be going outside to the garden. Many skills they will need to work in the garden have already been learned in the classroom.
- measuring a cup of potting soil
- seed placement
- covering the seed

“Those are all things kids can do independently. The confidence and engagement are growing. It creates a lot of independence and works on their communication skills. When the students are supported and see success in completing the work, they grow in confidence. It is starting to translate into the community when the students go out into the community,” said Erickson.

Another exercise that works on communication is the “Mail” corner. LCA has a “Mail” corner in the lab, and the students work on “Student Shout Outs.” Students fill out the “To” and the “From” sections of the “Shout Out” and then complete the “Because” sections. The shoutouts are very meaningful and help build relationships between the students.

Students have also had the opportunity to write letters to their parents and learn how to address an envelope, place a postage stamp, and place it in the mailbox. This has helped students who have difficulty expressing their feelings and now have an easier time writing them out. “This was an unexpected bonus that came out of this filler that we used as part of our curriculum,” shared Erickson.
There has been a noticeable increase in the collaboration of teachers and paraprofessionals with implementing the Career Exploration Labs. Last year, there were two teams. “Now all teams are working together, and the Behavior Learning Academy is also collaborating with the Sun Learning Program for students with Autism Spectrum Disorder (ASD). It has been effective to bring in the knowledge of the Sun Learning Program as it works for both ASD and Emotional and Behavioral Disorder (EBD) students. It works well because the Sun Program has the structure that the kids crave,” shared Julie Dison.

The Sun Program uses structured teaching and evidence-based practices to work with students diagnosed with autism. These practices are effective for everyone, which is why they have been so effective for all the students at LCA. “Tying in practices like having color-coded tables so that kids who cannot read that this table might be the construction table can still match to the “blue” table. This is important for kids who might be too embarrassed to admit they do not know which table might be the construction table. We know that evidence-based practices can work for everyone,” shared Special Education Paraprofessional Amanda Nelson.

In the construction lab, students are learning measuring skills. They are learning to use a ruler and tape measure to measure eighth-inch, quarter-inch, and half-inch measurements. Currently, students are building birdhouses. They are learning to paint, pound nails, and measure. Erickson shared, “Many of these students have never had the opportunity to learn how to pound a nail into wood.” Soon, they will set up the birdhouses built by the students and monitor the activity of the birds. Julie Dison introduces FACS into this module by introducing reading and writing associated with outside activities.

Special Education Teacher Korey Fry works on Technology modules for students by setting up trail cameras in a nearby wooded area. Students can monitor the activity of the deer moving through the trails. Korey Fry also teaches students typing skills. Typing is no longer a school requirement but a skill students need.
At the end of the year, the students can go to Orwell Dam for a day of fishing. To prepare for this day, students will need to learn skills and be certified to tie a fishing line and follow directions. Erickson shared that the students are sharing their newly learned skills at home by using the skills, tools, FACS skills, and technology skills. The parents hear from their students about what they have built in school, and they provide feedback to Tim Erickson, saying that they did not think their child could have done the things they are learning at school.

When asked what tools they need, Julie Dison shared that currently, as part of the FACS program, she is teaching sewing by hand. There is only one sewing machine available to the students, and it would be beneficial for them to have several machines available. Also, the LCA team shared that they need more space to expand the construction, FACS, and gardening classes.

Erickson shared that a significant outcome of implementing the Career Exploration Lab is the students' increased engagement and positive behavior changes. Erickson admits that his biggest fear was that students would refuse to participate in the program. However, because of the meaningful things that have been put in place by the teachers, it is not just a program where students feel they can waste time and not give effort. “Students are excited about working on projects like the birdhouses, and we are having difficulty keeping up with the student enthusiasm,” said Erickson.

Lakes Country Academy (LCA) teachers and paraprofessionals are more than halfway through the 2023/24 school year and are making great strides with their students in building work-based learning skills. “It is exceeding my expectations!” said Erickson.

If you want to learn more about the engaging work happening at Lakes Country Academy in Fergus Falls, contact Angela Doll at adoll@lcsc.org.
Lakes Country Service Cooperative, in conjunction with Math Masters, hosted a Sixth Grade Regional Math Masters Competition where 90 students competed on Thursday, March 7. Students from Battle Lake, Detroit Lakes, Fergus Falls, Hillcrest-Fergus Falls, Morris, St. Mary’s-Morris, and Pelican Rapids competed individually and as teams on eight rounds of mathematical problems.

Math Masters began as a fifth-grade math competition program in 1989, with teams from 44 schools participating. In 1995, the competition was expanded to include sixth grade, and in 2022, fourth grade was added. This year, approximately 6,500 students will compete in 48 different sites in Minnesota.

Math Masters is designed to promote excellence in critical thinking skills and problem-solving abilities as well as provide recognition to students for academic effort and achievement.

Math Masters is grateful for the support of our sponsors, including The Hormel Foundation, Enbridge Energy, Bolton & Menk, Great River Energy, Mattson Macdonald Young, Janis Cimperman, Sterling State Bank, St. Cloud State University, St. John’s University, and the Minnesota Twins.
The Minnesota Office of Higher Education (OHE) would like to invite your school to participate in a free program to promote college access and enrollment to your Class of 2025 graduating seniors. The Direct Admissions Minnesota program is designed to encourage all graduating seniors to consider themselves “college material” by proactively notifying them of the colleges and universities that are eager to admit them.

Students will receive a letter at the beginning of the 2024-2025 academic year that lets them know which Minnesota colleges and universities are granting them proactive admission. Currently, participating high schools report that students benefit from boosted self-confidence, reduced self-selection bias, and enjoy a more stress-free college application process.

While this program is a true partnership between OHE, postsecondary institutions, technology platforms, and high schools, staff members at participating high schools play a critical role in the implementation process by working with OHE to conduct the academic review and review of transcripts, in addition to troubleshooting and answering questions that students and families may have.

There is no cost to participate in the program. Direct Admissions received funding from the 2023 Minnesota Legislature to continue to expand its partnerships. New high schools will receive funding to assist with costs related to staff time over the summer and during the outset of the year, and/or to assist with program events at the high school.

OHE is also hosting a virtual information session on the following date for interested high schools:

• 8:00 AM - 9:00 AM, Monday, March 25, 2024, [Click to Register]

We invite you to share this information with counseling or career center staff and high school administrators who also may be interested in attending and learning more about what the program entails.

Only a select number of high schools will be onboarded for the 2024-25 school year. To indicate your interest and intention of participating in the program, please complete the [Direct Admissions High School Interest Form] by March 31, 2024.

We know that helping more students feel empowered to pursue postsecondary education is a goal that we all share. If you have any questions, please reach out to Aaron Salasek, Direct Admissions Coordinator, at Aaron.Salasek@state.mn.us.
Smiles filled the room on Thursday, March 7, 2024, as attendees danced, hugged puppies, crafted magic wands, created a sea of creatures, and met the Cat in the Hat. These delightful activities took place at the Brandon-Evansville School RAR Birthday Bash in the gym on the evening of March 7th. Approximately 70 children ranging from birth to 1st grade, along with their siblings, brought about 60 adults to partake in a Family Night of Literacy. The event featured a light supper and birthday cupcakes for all to enjoy.

The major excitement was around all the fun created by the wonderful Implementing Teachers who picked a Raising A Reader book from their collection and designed an activity around it. Staff and Administration worked to set up and provide a fun learning experience for our RAR families. Brandon-Evansville is creating a love of books and book cuddling throughout our community as our families engage in the Raising A Reader program.

The Brandon-Evansville Raising a Reader program is sponsored in part by the LA Amundson Ohana Foundation and the Douglas County Early Childhood Initiative.

Do you want to learn more about the Raising A Reader program? Visit our website at LCSC.org and click on programs.

Deb Berry is passionate about providing learning opportunities for children, and it shows through her work with the Brandon-Evansville Early Childhood Family Education (ECFE) program and serving as the Lakes Country Service Cooperative’s Raising a Reader Early Literacy Initiative Coordinator.

From Left: Brandon-Evansville Superintendent, Louisa Glenetske and Raising a Reader Early Literacy Coordinator, Deb Berry.
The story is about ten young Norwegian immigrant homesteaders spending their first winter on the North Dakota prairies and the many trials they faced. The talented cast was excited to share some of their thoughts.

Actress Grace Hauglie shared, “I have always loved performing, and ever since I knew what it was, I wanted to do One Act. Every year, I return to do what I love and for the friends I get to do it with. In the play, I play a stubborn girl named Sonja. She is a strong, fierce girl who doesn’t sugarcoat what’s happening. My favorite part of the play is when my character and Miriam Holmes’s character are fighting. It can get very intense, and that’s why I love it so much. When watching the play, people should expect shouting, drama, and little laughs quickly replaced with more shouting.”

Mia Nelson is in her first year of One Act. “I'm really glad I decided to do it this year because this has been such a fun and educational experience. This short play is funny, emotional, and overall fun to watch. I'm excited for people to see this performance!”

Kayla Huizinga tells us, “My role is Sigrid, who is all about God and the power of prayer. What interests me the most and keeps me coming back to One Act is that we all bond as a second family, and I am thankful that I have chosen it as part of my high school career as I really love it!”

Alexa Blume plays Turi and states, “I've always been interested in One Act but never had the time and realized this was my last chance. Oddly enough, my favorite part is when our characters are fighting!”
Playing recorders is a fourth grade tradition that helps students learn how to read music and how to hear music. These recorders allow students to develop hand-eye coordination by learning which fingers go with which notes. As students overcome the challenge of learning a new skill, they build up their confidence and self-esteem. When performing in a small group, students learn that they must work together to make music. This is an opportunity to build their teamwork skills. It is a new and fun way to make music!
Safety and Security solutions often have hefty price tags, and because of the way our procurement laws are set up, solutions with a high price tag typically have a lengthier and more involved procurement process.

CPC assists by being involved in the procurement process from the beginning. This ensures that when you decide to proceed with a CPC vendor for a solution, you can make progress towards implementing the safety and security solutions you require while remaining compliant with state procurement laws and best practices.

CPC has contracts with eight vendors for safety and security solutions. The vendors listed below are grouped by the type of solution they offer.

**TECHNOLOGY-BASED SAFETY AND SECURITY SOLUTIONS**
- Affinitech
- All State Communications (including fire)
- Marco

**X-RAY SCANNERS, METAL DETECTORS, NARCOTICS DETECTION**
- Autoclear

**STAFF CRISIS NOTIFICATION**
- Centegix

**STUDENT MONITORING AND REPORTING**
- Gaggle
- STOPit

**STUDENT CONTENT FILTER**
- Deledao

Visit [Purchasingconnection.org](http://Purchasingconnection.org) for more information.
Linnea Morris-Johnson, a 6th grader at Morris Area School, earned first runner-up honors as she successfully spelled “beret” and “feign” in addition to other words. Ethan Quitberg, an 8th grader at Holy Rosary in Detroit Lakes, earned second runner-up honors as he successfully spelled many words, including “deprivation” and “antipathy.”

All twenty-two spellers demonstrated talent and poise as they worked their way through the language of origin, alternate pronunciations, and definitions.

Monica Thompson, the State Spelling Bee Coordinator, commented, “I was not the only person impressed by the talents of these students. It takes a lot of courage and poise to get up in front of a room full of people and spell a word.”

When Jacob Warner successfully spelled “apiary,” he became the Region IV Spelling Bee Champion and earned an all-expense paid trip to the Scripps National Spelling Bee in Washington, D.C., that will take place at the end of May.

Jacob, a 7th grader from Fergus Falls Kennedy Secondary School, stated how he prepared for the Spelling Bee, “my parents would say a word from the practice word list, and I would spell it.” He also stated that he spent many hours studying for this event. The words turned out to be a fun challenge for Jacob as he worked his way through 17 rounds of difficult words against 22 other talented spellers from 20 different local schools. A few additional words that Jacob mastered included pantheon, macaw, and noxious.

Monica Thompson, the State Spelling Bee Coordinator, commented, “I was not the only person impressed by the talents of these students. It takes a lot of courage and poise to get up in front of a room full of people and spell a word.”

Continued on next page
The spelling bee is very exciting, and nerves are high as the spellers work through the word list to determine a champion.”

The Pronouncer for the Spelling Bee was Cris Oehler, and the officials were Dustin Steenblock, Phyllis Rossow, Dee Johnson and Paula Johnson, and Bee Assistant Jolene King. Lakes Country Service Coop is proud to have Jacob represent Region IV at the National Spelling Bee. We all send our best wishes as he advances to the National Bee.

To learn more about the Region IV Spelling Bee, please visit our Education Services page on our website at LCSC.org, or contact Monica Thompson, Academic Coordinator for Lakes Country Service Cooperative, or Jolene King, Program Assistant, at 218-739-3273.

Otter Tail County Public Health is partnering with the Minnesota Department of Health to offer a free 2-hour training on radon, mold, carbon monoxide, and safe drinking water to licensed childcare providers.

Those that participate will receive 2 hours of credit through Develop.

Perham Public Library Meeting Room
225 2nd Ave NE, Perham, MN 56573
March 26th
7:00pm-9:00pm

Fergus Falls- Otter Tail County Government Services Center
500 W Fir Ave, Fergus Falls, MN 56537
Otter Tail Lake Room
April 18th
7:00pm-9:00pm

Please use the link below to register for the session that works best for you. Didn’t have time to register? No worries, please come and join us.

Please contact Andrea Demmer at 218-998-8320 with any questions.
Held each spring, the Young Writers' Conference provides students in grades 3-7 with an opportunity to attend classes presented by Minnesota authors and other artists. Other artists include storytellers, cartoonists, puppeteers, creative drama teachers, creative dance instructors, illustrators and others.

Last year, approximately 260 students attended the event in Fergus Falls. Everyone got an opportunity to share some laughs and be amazed by Nick Bretz. Nick is not only a magician, but he also has a 4th degree black belt in TaeKwonDo. Students also attended sessions with a storyteller, writer, and an artist where they learned about the art of storytelling, writing techniques, and made art with an artist.

The 2024 Young Writers' and other Artists' Conference is scheduled for May 13, 2024, at Minnesota State Community & Technical College in Fergus Falls.

If you have any questions or would like more information about this program, please reach out to Monica Thompson at mthompson@lcsc.org, Academic Challenges Coordinator, or Jolene King at jking@lcsc.org, Program Assistant.
FREE 18 ONLINE GRADUATE CREDITS ARE BEING EXTENDED TO SPRING 2024, SUMMER 2024, FALL 2024 AND THE SPRING 2025 SEMESTER

Since the Spring of 2017, participants have completed over 4,400 18 Online courses.

Content Areas
ART ● BIOLOGY, ANATOMY, PHYSIOLOGY ● BUSINESS (MBA) ● CHEMISTRY ● COMMUNICATIONS ● ENGLISH ● HISTORY ● MATH ● POLITICAL SCIENCE ● PSYCHOLOGY

18 Online provides the 18 graduate credits you'll need to become a qualified content area concurrent enrollment instructor.

Teachers instructing concurrent enrollment (dual credit) courses are required by the Higher Learning Commission, the accrediting body for post-secondary educational institutions, to have a master’s degree in the subject matter they are teaching, or to have a master’s degree and 18 graduate credits in the subject matter they are teaching.

18 Online is a collaborative effort between Lakes Country Service Cooperative, Northwest Service Cooperative and Minnesota State University Moorhead.

If you want more information about the program or you are interested in enrolling CLICK HERE.

Midwest Special Instruments: Annual School Calibration for Hearing Testing Equipment

If a calibration check fails, we will perform a full calibration automatically unless told otherwise.

- Audiometer Calibration Check Only Cost $45
  - ($50 if not pre-registered)
- Full Audiometer Calibration $80
- Tympanometer Full Calibration $125
- Tympanometer/Audiometer Combo Full Calibration $175
- Otoacoustic Emissions (OAE) Full Calibration $195
- Repairs $100 per ½ hour

Additional information can be found on Midwest Special Instruments

Midwest Special Instruments Contact: Holli holli@midwest.com

Dates of Event:
Drop Off: May 6th - 7th, 2024
Service Dates: May 8th - 9th, 2024
Pick Up: May 10th, 2024

2024 Education Price List for Minnesota

Location:
Lakes Country Service Cooperative

Site Contact:
Mandy Almquist
malmquist@lcsc.org
218-737-6552

FREE 18 ONLINE GRADUATE CREDITS ARE BEING EXTENDED TO SPRING 2024, SUMMER 2024, FALL 2024 AND THE SPRING 2025 SEMESTER

Since the Spring of 2017, participants have completed over 4,400 18 Online courses.

Content Areas
ART ● BIOLOGY, ANATOMY, PHYSIOLOGY ● BUSINESS (MBA) ● CHEMISTRY ● COMMUNICATIONS ● ENGLISH ● HISTORY ● MATH ● POLITICAL SCIENCE ● PSYCHOLOGY

18 Online provides the 18 graduate credits you'll need to become a qualified content area concurrent enrollment instructor.

Teachers instructing concurrent enrollment (dual credit) courses are required by the Higher Learning Commission, the accrediting body for post-secondary educational institutions, to have a master’s degree in the subject matter they are teaching, or to have a master’s degree and 18 graduate credits in the subject matter they are teaching.

18 Online is a collaborative effort between Lakes Country Service Cooperative, Northwest Service Cooperative and Minnesota State University Moorhead.

If you want more information about the program or you are interested in enrolling CLICK HERE.

Midwest Special Instruments: Annual School Calibration for Hearing Testing Equipment

If a calibration check fails, we will perform a full calibration automatically unless told otherwise.

- Audiometer Calibration Check Only Cost $45
  - ($50 if not pre-registered)
- Full Audiometer Calibration $80
- Tympanometer Full Calibration $125
- Tympanometer/Audiometer Combo Full Calibration $175
- Otoacoustic Emissions (OAE) Full Calibration $195
- Repairs $100 per ½ hour

Additional information can be found on Midwest Special Instruments

Midwest Special Instruments Contact: Holli holli@midwest.com

Dates of Event:
Drop Off: May 6th - 7th, 2024
Service Dates: May 8th - 9th, 2024
Pick Up: May 10th, 2024

20
The Minnesota Association for Career and Technical Education (MNACTE) has named Johanna Heigaard, a Family and Consumer Sciences teacher at the Moorhead High School Career Academy, the 2023-24 New Teacher of the Year for the State of Minnesota. Awarded to teachers with less than five years’ experience in career and technical education (CTE), the honor recognizes teachers who have made significant contributions toward innovative and unique CTE programs.

“Being honored as the MnACTE New Teacher of the year is incredibly humbling and I’m so grateful,” said Heigaard. “Having the chance to share my culinary passion with my students while empowering them through education is surreal. I’m very thankful to the Moorhead School District and community for seeing the positive benefits of the Career Academy model and their continued support of CTE.”

Heigaard is in her second year as a FACS teacher with Moorhead Area Public Schools after spending three years as a paraprofessional with the West Fargo School District. She leads the Career Academy’s culinary program, which she helped start during the 2022-23 school year.

“Johanna has been a very bright light in the FACS department who has been willing to take on anything that’s been thrown at her,” said Career Academy assistant principal Holly Strand-Rysgaard. “That includes launching the culinary program, working to get it ProStart certified and expanding the program coming into its second year.”

ProStart is a national two-year, industry-backed culinary arts and restaurant management program for high school students. Not only has Heigaard grown the program in terms of numbers, with 33 students enrolled this year and 90 already registered for 2024-25, but she has also worked to improve the learning experience for her students. She has developed industry connections in the region, engaging local businesses to provide real-world learning opportunities and internships.

In addition to her work with the culinary program, Heigaard also teaches classes such as International Foods and Food Basics.

As the winner of this year’s MACTE award for Minnesota, she is the state’s nominee for the regional New Teacher of the Year award. Minnesota is in Region III, which also includes Indiana, Illinois, Iowa, Missouri and Wisconsin. Regional winners become finalists for the national award, which will be announced in December.
2024 LCSC BOARD OF DIRECTORS

Chair        Jon Karger
Vice Chair   Suzanne Wing
Clerk        Paul Ness
Treasurer    Jim Fish
Director     David Meyer
Director     Reed Reinbold
Director     Kevin Campbell
Director     Kurt Mortenson
Director     Judith Moeller
Director     Marc Hasbargen
Director     Andy Siira
Ex-Officio   Supt. Phil Jensen
Ex-Officio   Supt. Dan Posthumus
Board Member - Pelican Rapids Public Schools
Board Member - Ashby Public Schools
Board Member - Battle Lake Public Schools
Board Member - City of Fergus Falls
Board Member - Becker County
Board Member - Henning Public Schools
Board Member - Clay County
Board Member - Otter Tail County
Board Member - Parkers Prairie Public Schools
Board Member - Breckenridge Public Schools
Board Member - Brandon-Evansville Public Schools
Hawley Public Schools
Wheaton Public Schools

CONNECT WITH PROGRAMS & SERVICES AT LCSC!

FINANCE
INSURANCE & WELLNESS
COMMUNICATIONS & PROFESSIONAL DEVELOPMENT
COMMUNITY WELLNESS
TECHNOLOGY

LAKES COUNTRY ACADEMY
HEALTH & SAFETY
EDUCATION
SPECIAL EDUCATION
COOPERATIVE PURCHASING

CONTACT US
Phone: (218) 739-3273
(800)739-3273 (toll free)
Fax: (218) 739-2459
Email: communicator@lcsc.org
Executive Director: Jeremy Kovash

COMMUNICATOR STAFF
Editors: Jane Eastes; jeastes@lcsc.org
Mary Phillipe: mphillipe@lcsc.org
Address:
Lakes Country Service Cooperative
1001 E. Mount Faith
Fergus Falls, MN 56537
An equal opportunity employer

The LCSC Communicator is a publication of Lakes Country Service Cooperative.

Views and ideas expressed in the LCSC Communicator by its contributors or advertisers do not necessarily reflect views or policies of Lakes Country Service Cooperative and should not be considered an endorsement thereof.

Lakes Country Service Cooperative retains the right to accept, reject or edit any submitted material and requires all submissions to be signed and dated.