



LOGAN HIGH SCHOOL PARENT

NEWSLETTER

WINTER 2019



Administration

Principal
Wally Gnewikow

Associate Principal
Tony DePaolo

Dean of Students
Beth Forde

Activities Director
Jordan Gilge



Winter Break

December 23-January 1

Classes Resume

January 2

January 15-17: Finals

Upcoming No School Days

Jan. 20: MLK Day

Jan. 21: Staff Dev.

Feb. 14: WWEC Conv.

Feb. 17: Staff Dev.

March 6: Staff Dev.

Mar. 9: P/T Conferences

Hello Logan Family,

As I write this, we have two weeks left before our winter break. Whether you celebrate Christmas, Hanukkah, Kwanzaa, Solstice, Festivus, or another date or occasion, I hope you are able to find time for family, friends and yourself. Often, our thoughts go towards giving, but please remember to give yourself the gift of re-charging and introspection. I truly hope that the end of the calendar year goes well for you and your family!

Friday, December 6, marked mid-quarter 2 and before you know it, the end of the first semester will be here. Semester finals will be held January 15, 16, and 17; and immediately after the end of first semester, we will begin the registration process for the 20-21 school year. Please take an active role with your student in the registration process and feel free to ask questions of your student, teachers, counselors, administrators, and the future center. We will hand out registration sheets on January 22, 23, and 24 with registration on Tuesday, February 4.

Winter sports are in full swing, winter activities have been practicing hard, and we have our winter band, orchestra, and choir concerts along with our chocolate soiree within the next two weeks. We have numerous club meetings on Wednesdays and Thursdays. Once again, I encourage you to support your child to find some activity they can identify with or be part of as an important part of a well-rounded education and life.

As I walk through the halls and classrooms each day at Logan HS, I am proud to say that we are doing everything we can to keep our school safe and secure and educate your child to the best of our abilities. I am humbled each day to see the effort and compassion that our teachers and support staff give to our students. They are truly selfless people who care about educating our youth, holding them accountable, and teaching them to treat all people with dignity and respect.

It is a Great Day to be a Ranger !

Wally Gnewikow
Logan HS Principal



coulee region
compassion alliance
COMPASSION & KINDNESS START WITH YOU!

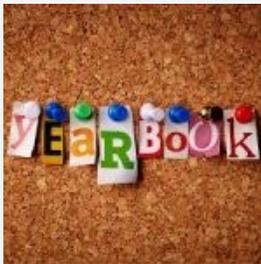
Coulee Region Compassion Alliance is an area organization that strives to eliminate bullying and cultivate compassion, kindness, and empathy. It is a collaboration between area school districts, medical facilities, non-profits, media outlets, and other community individuals. Their most recent endeavor has been to create a social media presence to provide uplifting thoughts and to highlight acts of compassion and kindness within the schools and throughout the Coulee Region.



Follow them
@crcompassionalliance

UPCOMING EVENTS

- Dec. 23- WINTER BREAK
- Jan. 2 Classes Resume
- 15- Finals
- 20- NO SCHOOL
- 24 Senior Scholarship Deadline
- Feb. 14- NO SCHOOL
- 21 Mid-Quarter 3
- Mar. 2 Spring Sports Meeting 6
- 3 ACT Day NO SCHOOL for 9th, 10th, and 12th graders
- 9 NO SCHOOL P/T Conferences Noon-8 p.m.
- 11 P/T Conferences 4-8 p.m.



Important Yearbook information can be found on the Logan HS website! Click on the yearbook link for book prices, order dates, links to order, important senior deadlines, links to submit senior photos, and ways to submit Logan HS event photos to the yearbook.

January 10: Senior group photo in the Field House

February 13: Senior Parent ads due

THE LOGAN SCHOOL STORE IS IN NEED OF

VOLUNTEERS!



We are looking for volunteers to help out in the school store during the week and at home events.

If you or someone you know (like grandpa or grandma) would like to help, please call Mr. Gnewikow or Sue Hartleip at 789-3203.

Your help will be greatly appreciated!

Spanish Field Trip

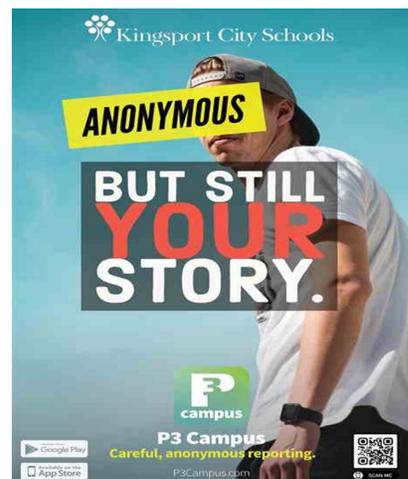
Spanish students visited the Minneapolis Institute of Art to view works by Pablo Picasso, Salvador Dalí, Francisco Goya as well as a Day of the Dead Ofrenda created by a local artist. Students then visited the Mercado Central to shop, to order in Spanish, and to try some wonderful foods at the panadería and dulcería and the restaurants serving authentic Latin dishes.



P3 TIPS APP

Through Crime Stoppers' P3 Tips App by Anderson Software, Tipsters can use their iOS or Android mobile phone to provide crime-solving information, submit photos of suspects and videos of crimes, and have two-way conversations with Crime Stoppers about the crime, their tip, and a reward, **ALL WHILE REMAINING ANONYMOUS**. The multi-lingual P3 Tips app is a secure, anonymous, and efficient means of safely communicating with Crime Stoppers.

The two-way dialog feature of the P3 Tips App allows a Tipster to provide additional information, check the status of the investigation, or learn if a reward has been authorized, as well as provides the means for Crime Stoppers to ask questions of or provide updates to a tipster, all through an encrypted interface that protects the Tipster's anonymity.



Global Initiatives Week

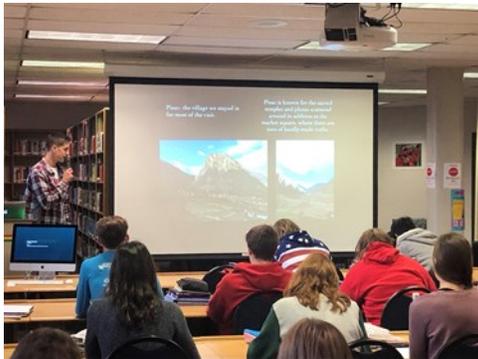
2019-2020

On November 11, Logan students kicked off Global Initiatives Week! It was an amazing week full of cultural experiences that may have been new to many. Our own Logan students recited the pledge of allegiance in different languages each day and Food Services served international foods all week.

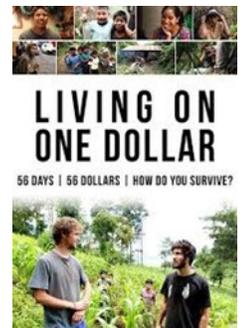


Monday, students went to the LMC to listen to student speakers who have participated in Exchanges or travel opportunities abroad. John Yehle, Rachel Tully, and Soren Doerflinger presented about their participation in the German exchange to Friedburg and Felix Rose presented about his three weeks traveling and volunteering in Peru last summer.

Reese Tudhal, Winnie Hilker, Joel Stevens, Paige Stevenson, Morgan Fuchs, Kjerstin Cosby, and Anna Koblitz presented about their exchange in Begues, Spain.



On Tuesday, students gathered again in the LMC to listen to presentations from our foreign exchange students Samuel Boor from Slovakia and Inga Rottmann from Germany. Students learned about the day to day life and cultural traditions from the countries, played a trivia game, and got to try candies from different areas of the world.



Wednesday and Thursday were spent in the theatre where students watched a screening of *Living on a Dollar*, a movie about four young friends who spend two months living in rural Guatemala and can only spend one dollar each day. Students were exposed to global themes like poverty, community, healthcare, and education and then compared their lives to those in Guatemala.

Students ended the week by gathering in the wrestling room to learn international dances! They learned a dance to accompany the German song *Fliegerlied* and a Spanish song *El Tiburón*. We were then so lucky to view a performance from Mai Cheng Thao and Mai Ji Thao who are Logan students who dance on the Hmong dance team. After performing, the students shared the significance of their costumes and choreography and taught the other Logan students part of their dance routine.



Thanks to all of those who made the week possible!

Veteran's Day Ceremony

November 11,
2019



SEPTEMBER ATHLETES OF THE MONTH

Alex Tafoya
Boys' Soccer



Harper Jankowski
Football



Jenna Davis
Volleyball



Maddey Larsen
Girls' Cross Country



McKenna Oettel
Girls' Swimming



Sterling Solberg
ASL Indoor Soccer



Sydney Roswall
Girls' Tennis



Vic Kattchee
Boys' Cross Country



OCTOBER ATHLETES OF THE MONTH

Dakota Gruen
Boys' Soccer



Caleb Trussoni
Football

Loren Boge
Volleyball



Ellie Haverland
Girls' Cross Country

Leah Pasch
Girls' Swimming



Simeon Mavin
ASL Indoor Soccer



Jordi Pasch
Girls' Tennis



Tracy Bye
Boys' Cross Country



Destini Girard
Dance



Thank you to everyone that helped with the Fall Craft Fair. We filled up the Fieldhouse, MPR and Commons with about 150 vendors!

Thank you to our set-up, concession stand and clean-up volunteers: Mai Chia Vue, Phil Solberg, Alexia Nelson, Guenevere Sexauer, Jacksun Hamilton, Mari Hauschildt, Bill Beck, Abie Sprain, Ellie Solberg, Sheryl Solberg, Karen Martin, Kate Hanson, Zachar Stoeckly, Enya Szymanski, Marcie Ferguson, Katie Sullivan, Lieba Schwalbe,

Mackenzey Larsen, Mason Sather, Muriel Severson, Allison Erickson, Anna Koblitz, Marci Szafran, Muriel Severson, Sam Boor, Than Khan Xiong, Yee Thao, Sara Meiners, Regan Emet, Winnie Hilker, Regan Emet, Caleb Trussoni, Julian Erickson, Julie Suiter, Max Roswall, William Stevens, Zach Slevin, Michael Slevin and Chris Hofland.

Thank you to the Sheryl Solberg and the Logan Band Parents for coordinating the concession stand.

Thank you to the SEA Club for the phenomenal eggrolls that brought in many customers.

Thank you to the Intellectual Disabilities Program for the delicious lefse.

A huge thank you to the custodial staff, Bob Prise, Keith Harter, Bruce Wedde, Tim Flock and Ken Newmeister for helping with last-minute requests and problems.

Thanks to Sue Hartleip for copying, Principal Gnewikow and Marty Eichenberg for their support in getting NHS students to volunteer and to Jordan Gilge for help with scheduling and concessions. And finally, thanks to the entire administrative team for stopping in on Saturday to make sure things were running smoothly.

Interested in helping in the future? The Spring Craft Show will be held on Saturday, March 21.

Erin Hofland and Brenda Leahy



Striking Students

This year Logan High School has started a bowling club. With meetings twice a month at Pla-Mor Lanes, any and all students are welcome to come out and have some fun! During the meetings, students have the opportunity to just hang out and have fun or to learn and gain new bowling skills. Vik K. is pictured here at the Logan Bowling Club's first meeting. He stated, "Bowling is fun, it is so much fun. Bowling is the best with a lot of friends, so everybody should come. Bowling is fun." The next bowling club meeting is Wednesday December 18, at 3:00 p.m. Come on down, bring your friends -- you're going to have a ball!



Never heard of the YA Program?

The Youth Apprenticeship Program is open to juniors and seniors allowing them to earn school credit & a state certification in 11 different program areas while in high school.

This is an excellent way to learn on-the-job skills in a field a student may want to pursue after high school, boost a resume, and earn credits all the while collecting a paycheck.

Click on the YA link on the Logan HS webpage, see a guidance counselor, and/or talk to Mrs. Enright in Room 153 during home-room.



STUDENT THURSDAYS

Marcus Theater

Take a study break!

— Now Available at **ALL** Locations! —



Students
Preschool - Grade 12



College



Educators



FREE POPCORN
AND

Limited time only at participating locations. Additional charge for premium large format screens, 3D and 4D. Not valid for Special Events. Student or faculty ID may be required. Tax not included. Valid on Thursdays only. One free popcorn per student/faculty ticket purchased. Limited time only. Valid on Thursdays only. One free popcorn per student/faculty ticket purchased. Limited time only.



SENIORS: It's Scholarship Time!!!

Now is the time to visit Logan High School's website, click on Scholarship Application and apply. One application gives students access to hundreds of local scholarships!

(3.0 + cumulative GPA students and/or students entering a trade program are strongly encouraged to apply.)

GENERAL INFORMATION

The selection of Logan Scholarship awards is based on a number of factors. Merit is demonstrated in a variety of ways: **Leadership** in school; **Civic** and other extracurricular activities; **Academic Achievement**; **Financial** need; **Motivation** to serve and succeed in all endeavors.

You will need approximately 40 minutes to complete this application. **Plan on completing the entire application in one sitting because you will not be able to save and finish later.**

COMPLETING THIS FORM

You will need the following information to complete this application:

- ACT Score
- List of school activities & years of participation
- List of awards and achievements
- Your work history
- Post-Secondary Statement- Be sure to check grammar and spelling. In this essay, please state why you intend to enter post-secondary education and what you hope to accomplish. Limit your response to 500 words or less. Remember to tell your struggles and triumphs.

DUE DATE: Friday, January 24, 2020

News from the “Pride of the North Side”

The band has been busy raising funds for new uniforms. The current set of uniforms are 25 years old and are in need of replacement. Please help them by donating on their Go Fund Me site at: <https://www.gofundme.com/f/logan-high-school-marching-band-uniforms> or by sending a donation to the school. We appreciate the generosity of the community as we try to reach our goal!



Logan School Store

With winter sports and the holidays right around the corner, come check out the **Logan School Store!**

We have letter jackets, sweatshirts, pullovers, stocking hats, and much more.

All sales go back to the Logan students! Please stop in to show your Logan Pride and to support all Logan students.

Store hours: Monday-Friday, 11 a.m. - 1 p.m. and at home events 5 p.m. - 7:30 p.m.





Have you ever thought about doing biological research in the future? Do you learn best by doing? Do you enjoy world travel and cultural experiences? We are looking to form a group of students who would participate in Operation Wallacea during the summer of 2021 or 2022.

Operation Wallacea (www.opwall.com) conducts biodiversity conservation research projects worldwide using a unique tuition-fee funded model. The programs run in some of the most remote, spectacular habitats on the planet.

Over the course of 2 weeks, a group of high school students led by an accompanying teacher will join research expeditions already in progress. Students will work alongside a range of different field scientists and academics from universities and institutes all over the world as research assistants. In addition to an incredible field-work experience, the expeditions supplement and enhance student learning of key concepts in biology, geography and environmental science.

The program includes:

- A 2-week placement on an academic research team in one of 15 countries including Peru, Indonesia, Ecuador & the Galapagos, Transylvania, and South Africa
- Full pre-expedition training
- A range of lecture series designed by academics that link with high school biology, geography, and environmental science courses
- PADI Open Water scuba diving course at marine sites
- Fundraising training and support, if required
- College credit available

Check out the following informational video to see the program in action: <https://youtu.be/OI9R72kVLPk> If interested please contact Andy Hartman (ahartman@lacrossesd.org).

2019 FALL LETTER WINNERS & MVC ALL ACADEMIC TEAM

* Indicates MCV All Academic Team - 3.5 GPA & Above

VOLLEYBALL

*Lauren Boge
*Claire Borsheim
Chariell Butler
*Jazzy Davis - 1st Letter
Jenna Davis
Jojo Davis - 1st Volleyball
*Sophia Harlin - 1st Volleyball
*Emily Johnson
*Marissa Kleman
*Kalli Knoble - 1st Volleyball
*Anna Koblitz
Synclare Mavin - 1st Volleyball
*Izzy Vang - 1st Letter
*Avery Werner
Layla Wilkins-Mgr-1st Letter
*Aleeya Witzke
*Kilee Witzke

GIRLS CROSS COUNTRY

*Megan Abraham
*Ellie Haverland
Ashley Janisch
Mackenzey Larsen
*Lieba Schwalbe
*Trista Szafran - 1st Letter
*Brooke Thurman
*Greta Trapp
*Avery Trohkimoinen

Dance

Morchan Fuchs
Destini Girard - 1st Letter
Reyna Kessen - 1st Letter
*Ngoc Le
*Claire Pahl
*Mia Rodriguez

GIRLS TENNIS

*Tia Endrizzi
*Allison Erickson
Winifred Hilker
*Elsa Hirsch - 1st Tennis
*Norah Hofland - 1st Letter
*Lauren Jarrett
*Kamryann Korish - 1st Letter
*Leah Mattingley - 1st Letter
Jordi Pasch
*Tatyana Roberts
*Sydney Roswall
*Enya Szymanski
*Ingrid Trapp

BOYS SOCCER

Eli Carr - 1st Letter
Calvin Fennie - 1st Letter
Thomas Flottmeyer
Sebastian Fox - 1st Soccer
*Dakota Gruen - 1st Soccer
Kieran Harnish - 1st Letter
Aedan Higgins - 1st Soccer
Alex Ihrke
*Jack Knothe
Kayla Korish-Mgr
*Carson Markussen - 1st Letter
Nathaniel Powell
*Wyatt Restel
Aoner Salgado - 1st Letter
*Eli Stovall - 1st Letter
Alexis Tafoya
*Yee Thao
*Oneida Vang-Mgr
*Thana Khan Xiong
Boy Yang - 1st Letter

FOOTBALL

Adrian Arellano
Jekhi Dillard
*Ethan Doering - 1st Letter
*Julian Erickson
Jackson Fenwick
Eli Forer
Bryce Freng
*Alex Gavrilos
*Nick Gavrilos - 1st Football
*Jonah Gruen
Noah Gschwind - 1st Letter
*Aiden Harcey - 1st Letter
*Max Harcey
*Cooper Harlin
*Harper Jankowski
Timmy Kemp
Caden Korn
Will Larson - 1st Letter
*Curtis Leaver - 1st Football
Joshua Lee - 1st Letter
George Luckner
Jack McHugh-Sake
Austin Moua
Micah Muehr
Justin Newburg - 1st Letter
*Colby Olson
Martell Owens - 1st Football
Cooper Paisley
Jaylon Patterson - 1st Letter
Dareales Phillips - 1st Letter
*Trent Prew
*Griffin Roper
*Mason Sather
*Jaden Schindler - 1st Letter
*Henrik Traboulsi - 1st Letter
*Caleb Trussoni

FOOTBALL CONT.

Kaz Valentine - 1st Letter
Sam Veenstra - 1st Football
*Josh Waite - 1st Letter
Trent Wieland
Jessie Xiong

BOYS CROSS COUNTRY

Ryan Bye
*Tracy Bye
*Andrew Hackbarth - 1st Letter
*Jameson Jones
*Gabe Kattchee - 1st Letter
*Viktor Kattchee - 1st Letter
*Tommy Lenz
*Dylan Mitchell
*Felix Rose - 1st Letter
*Zach Slevin
Daniel Wilson - 1st Letter

GIRLS SWIMMING

*Catherine Axness
*Emily Flottmeyer
*McKenna Oettel
*Leah Pasch - 1st Letter



FALL 2019 MVC ALL CONFERENCE TEAMS



First Team All Conference

Dylan Mitchell - Boys Cross Country
 Tracy Bye - Boys Cross Country
 Zach Slevin - Boys Cross Country
 Max Harcey - Football - RB
 Marissa Kleman - Volleyball
 Greta Trapp - Girls Cross Country
 Enya Szymanski - Girls Tennis
 Alexis Tafoya - Boys Soccer

Honorable Mention

Jack McHugh-Sake - Football - DB
 Alex Gavrilos - Football - OL
 Jenna Davis - Volleyball
 Anna Koblitz - Volleyball
 Victor Kattchee - Boys Cross Country
 Daniel Wilson - Boys Cross Country
 Tatyana Roberts - Girls Tennis
 Sydney Roswall - Girls Tennis
 Tia Endrizzi - Girls Tennis
 Sterlin Solberg - ASL Indoor Soccer
 Jack Knothe - Boys Soccer
 Wyatt Restel - Boys Soccer

Second Team All Conference

Max Harcey - Football - LB
 Harper Jankowski - Football - DL
 Caleb Trussoni - Football - OL
 Brooke Thurman - Girls Cross Country
 Ellie Haverland - Girls Cross Country
 Lauren Jarrett - Girls Tennis
 Jordi Pasch - Girls Tennis
 Malakai Conner - ASL-Indoor Soccer
 Jamie Nowosatko - ASL-Indoor Soccer
 Erik O'Brien - ASL-Indoor Soccer
 Thana Khan Xiong - Boys Soccer

All Conference Sportsmanship Team

Julian Erickson - Football
 Emily Johnson - Volleyball
 Tommy Lenz - Boys Cross Country
 Mackenzey Larsen - Girls Cross Country
 Winifred Hilker - Girls Tennis
 Yee Thao - Boys Soccer

Runner of the Year

Zach Slevin - Boys Cross Country



Santa Sleigh

The Northside of La Crosse Neighborhood Association asked if the LHS building construction class would build them a full-sized Santa sleigh for the "Lights Over the Northside" community celebration happening at Copeland Park on November 30 at 5 p.m.

Despite a tight timeline and sort of flying by the seat of their pants, they managed to find a way to design and assemble the "Ranger Sleigh" by their deadline! The kids were pretty proud of the final result. The folks at the Neighborhood Association were ecstatic, and a good number of kids were present at the event on November 30 for the media "unveiling" of the sleigh.



SHOW CHOIR NEWS

The Class Act and Classy Ladies are off to an excellent beginning this year. These groups are under the direction of Kayla Shue, Doreen Athnos, Ian Schultz, and Cammy Larson. Students have been working diligently to prepare for their premiere performance at the Chocolate Soiree on Saturday, December 14, at Logan Middle School. We hope you will be able to join us for one or all of our events. It is going to be a fabulous show choir season!

PERFORMANCE SCHEDULE 2020:

Saturday, December 14	Chocolate Soiree at LMS 2:00 & 4:00
Saturday, January 4	Parkview Xtravaganza
Saturday, January 11	Onalaska Classic
Saturday, January 25	Sauk Prairie Executive Session Invitational
Saturday, February 1	Bloomington Kennedy Gold Competition
Friday, February 7	LOGAN SHOWCASE – Middle Schools
Saturday, February 8	LOGAN SHOWCASE – High Schools
Saturday, February 22	Davenport Great River Competition
Saturday, February 29	Marion Masquerade
Monday, February 24	All City Prep Show Choir Concert
Saturday, March 7	Holmen Gathering of the Stars
Saturday March 15	Spring Spec
Saturday, April 18	Classy Kids Camp



CHOIR NEWS

The Logan High School Choirs are off to a fabulous start! Thank you to our friends and families for all your support of our choral program.

Congratulations to Anna Stoll for being selected to the 2019 WSMA Honor's Treble Choir which performed at the State Music Convention in October 2019

Congratulations to Alexa Furuta, Matthew Lind, Levi Magnuson, and Rachel Tully for being selected to sing with the Luther College Dorian Vocal Festival Choir on January 12 & 13, 2020.

PERFORMANCE SCHEDULE FOR CHOIRS 2019-2020

Sunday, December 15: Winter Choir Concert 3:00 p.m.

Wednesday, December 18: Fermata Nowhere at Rotary Lights

Friday, January 10: Choirs at Onalaska Classic

Upper Treble Choir & Select Choir

Wednesday, January 22: Select Choir at Viterbo University with "Calmus"

Friday, January 24: Select Choir - Grand River Choir Competition

Saturday, February 15: District Solo & Ensemble @ Central HS

Sunday, April 5 at 3:00: Select Choir with La Crosse Chamber Chorale

Saturday, April 25: State Solo and Ensemble

Sunday, May 17: Spring Vocal Concert 4 p.m.

SEMESTER FINALS SCHEDULE

January 17-19

Wednesday, January 15

1, 2, 8

1st period test 8:00—9:35

2nd period test 9:50—11:25

LUNCH 11:25—Noon

8th period test 12:00—1:35

Thursday, January 16

3, 4, 5

3rd period test 8:00—9:35

4th period test 9:50—11:25

LUNCH 11:25—Noon

5th period test 12:00—1:35

Friday, January 17

6, 7

6th period test 8:00—9:35

7th period test 9:50—11:25

LUNCH On Your Own

Make-Up Tests 12:00—3:00

January 20 & 21

NO SCHOOL FOR STUDENTS

Semester Exams

1. First semester final tests will be given in all classes on Wednesday, January 15, Thursday, January 16, and Friday, January 17.
2. All test periods will be 95 minutes. NO classes will be dismissed early. There will be fifteen minutes passing time between classes.
3. On test days, students must report to school during those hours that they have tests scheduled. Students do not have to report to school during the hours that they do not have a test scheduled.
4. School lunch will be served on January 15 and 16, but will NOT be served on Friday, January 17. Breakfast will be served until 8:15 AM on Wednesday, Thursday, and Friday.
5. NO student will be allowed to take tests early without specific permission from Mr. DePaolo (grades 11-12) or Ms. Forde (grades 9-10).

ALL students must take final exams!



SEPTEMBER STUDENTS OF THE MONTH



LaXRoads: Autumn Parkes-Vang



LaXRoads: Joey Scaccio



12: Jenna Davis



12: Yee Thao



11: Kjerstin Cosby



11: Stevie Large



10: Curtis Leaver



10: Thomas Greany



9: Roman Westrich



9: Sofia Vang



New this year at LHS is the Student of the Month Breakfast. Students of the Month, two of their guests, and the teachers who nominated them come to the LMC where the students learn why they were nominated.

OCTOBER STUDENTS OF THE MONTH



9: Sadie Graves



9: Harry Luckner



10: Vicky Chen



10: Wyatt Restel



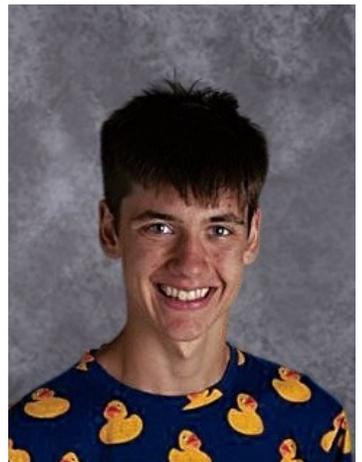
11: Lauren Boge



11: Nathaniel Green



12: Alex Gavrilos



12: Zach Slevin



LaXRoads: Vincent Moyer



LaXRoads: LaShawna

Osterhout

NOVEMBER STUDENTS OF THE MONTH



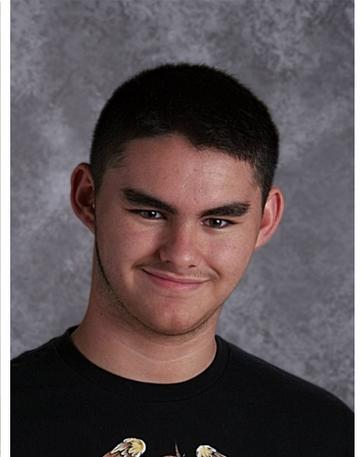
9: Audrey Endrizzi



9: Andrew Hackbarth



10: Jamie Benson



10: Aesop Lorenz



11: Isabella Vang



11: Micah Muehr



12: Tommy Lenz



12: Esther Vang

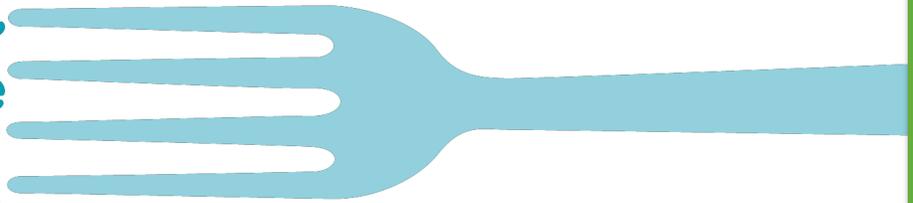


LaXRoads: Sydney Goth



LaXRoads: Jayda Valencia

Harvest of the Month



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

Store:

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

Prepare:

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

December



Winter Squash

Nutrition Info

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Uses

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

Farm2School Update: Served at School Served at Home!

Try Fifth Season Cooperative's Winter Moon Blend. A colorful blend of Wisconsin root vegetables: butternut squash, gold potatoes, carrots, red and gold beets. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.

This kid-friendly, local, frozen veggie blend is used in school cafeterias and is now available at retail locations (Festival Foods and the People's Food Co-Op)! Look for it in the natural foods frozen section.

Harvest of the Month

January  Blueberries



Pick:

- Choose blueberries that are plump, dry, firm and have a dusty blue color.
- Avoid soft, mushy or moldy berries.

Store:

- Store fresh berries unwashed in a non-air tight container in the refrigerator for 5-7 days.
- Promptly remove soft berries from container to reduce spoilage.

Prepare:

- Rinse under cold water, just before consumption.

Nutrition Info

Blueberries provide vitamins C & E, manganese and fiber.

½ cup of blueberries has only 40 calories.

Fun Facts

Blueberries were once called “star berries” because the five points of blueberry blossoms make a star shape!

The U.S. grows and supplies about half of the world’s blueberries.

The blueberry is the second most popular berry in the U.S., second only to the strawberry.

Uses

Add fresh or frozen blueberries to homemade whole grain pancakes, waffles and muffins.

Top your favorite cereal or oatmeal with a handful of fresh or frozen berries.

Make fresh fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Enjoy as is or dip in yogurt!

Blueberries are an easy fruit to freeze. Simply place clean, dry berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 12 months.

Suggested Blueberry Inspired Books

Blueberries for Sal by Robert McCloskey

Blueberry Mouse by Alice Low

Blueberry Girl by Neil Gaiman



Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gunderson Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

Harvest of the Month

Refreshing Corn and Blueberry Salad

serves 6

Ingredients:

- 2 cups frozen sweet corn
- 1 cup blueberries
- 1 medium cucumber, diced
- 1/4 cup diced red onion
- 1/4 cup fresh cilantro, chopped
- 1 jalapeno pepper seeded and finely chopped
- 2 Tbsp. lime Juice
- 2 Tbsp. olive oil
- 1 Tbsp. honey
- 1/2 tsp. ground cumin
- 1/2 tsp. salt

Directions:

Combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno in a bowl. Mix together dressing ingredients, pour over salad, toss and chill for 30 minutes. Serve over grilled chicken or fish or as a topping for your favorite tacos.

Nutrition Facts	
6 servings per container	
Serving size	(143g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 46mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information on Farm2School visit:

www.laxf2s.org

Environmental Science Classes Gain Hands-On Experiences

This fall, the AP Environmental Science and Environmental Science classes took trips to do field work at a variety of sites including Perrot State Park and the La Crosse River. Students were involved in water sampling and monitoring, invertebrate indexing, population censusing, and forestry techniques. These were great opportunities to do real field work and spend some time in the outdoors.



LPEF Grants Benefit LHS Students

THANK YOU to the Lacrosse Public Education Foundation and the businesses mentioned below for awarding grants that will benefit the students of Logan High.



- \$5,000 to provide matching funds toward purchase of two recumbent cross training inclusive cardio trainers for use by Central and Logan high school students with a disability or a condition that requires adaptive cardio fitness equipment for pain relief and fitness. The grant is a partial match to funding provided by the La Crosse Community Foundation. Recipient: Jessa Ellenbecker. *This grant is underwritten by Festival Foods.*
- \$2,530 to purchase a washer and dryer for use by Logan High students so that the most vulnerable students will be able to wear clean clothes on a daily basis. Recipient: Cynthia Leiran-Monroe. *This grant is underwritten in part by Fowler & Hammer.*
- \$1,575 to fund Logan High School student research, patent search, and development of a prototype for either a hydration bladder volume monitor or a wireless game controller self charger. Recipient: Steve Johnston. *This grant is underwritten in part by State Bank Financial.*
- \$1,200 to purchase books for science classrooms at Logan High School, providing content-related materials and high-interest titles that will engage more students in reading. Recipient: Katherine Keeney. *This grant is underwritten in part by Mathy Construction.*
- \$1,100 to purchase copies of the book *Educated* by Tara Westover for AVID students and staff at Logan High to provide a college-level experience by doing a group read of this memoir about education, first-generation college students, and the trauma of racism. Recipient: Carrie Harings.



CONGRATULATIONS to Mr. Tom Kammer who was named 2019 Outstanding Biology Teacher Award winner for Wisconsin.

The National Association of Biology Teachers (NABT), in conjunction with the Wisconsin Society of Science Teachers, presented him with the award. This honor identifies a teacher from each of the United States, the District of Columbia, Puerto Rico, other US Territories and Canada who have made invaluable contributions to the profession and have enhanced the learning of biology to his/her students. Criteria for the award include teaching ability, experience, innovation, initiative, positive student-teacher interactions and cooperativeness in the school and community.

Tom is a biology and Health Science Academy teacher at Logan High School in La Crosse. Tom received his BS and MS degrees from UW-La Crosse. Tom's teaching career spans over 36 years all in the La Crosse school district including the last 10 at the La Crosse Health Science Academy.

Tom also serves as chair of the science department at Logan High School and contributes to the all-around growth of students by serving as head coach of the boy's soccer team (25 years) and the head coach of the girl's' track and field team (36 years).



La Crosse 2019 Give Kids a Smile Day

On February 1, 2019, several La Crosse area dentists will be providing free dental care to underserved and uninsured children (up to age 17).

Sign Up: To receive care for your child(ren), sign up at bit.ly/gkaslacrosse

After you submit the form, we will contact you in early January to schedule your appointment on February 1.

More Information: www.facebook.com/gkaslacrosse/

Each year, thousands of dentists across the the country help underserved children get the oral health they need. Give Kids A Smile is an annual volunteer program that provides free educational, preventative and restorative services to children. Last year, we worked together to provide care to more than 350,000 kids. Give Kids A Smile is an American Dental Association event.

Questions? gkalacrosse@gmail.com / 608-782-5675



Ms. Forde and Mr. DePaolo helped serve the holiday meal in Café Logan on December 12.



Día de los Muertos

In preparation for the Mexican holiday, Día de los muertos, Level II Spanish students created “ofrendas” or altars to honor the dead. Many students honored deceased family members, friends, pets, or celebrities. The ofrendas included photos, favorite foods, and other personal items that symbolized the honorees’ lives. In addition to building the ofrendas, students celebrated by making cultural dishes and watching the movie *Coco*.



Global Initiatives Week

2019-2020

On November 11, Logan students kicked off Global Initiatives Week! It was an amazing week full of cultural experiences that may have been new to many. Our own Logan students recited the pledge of allegiance in different languages each day and Food Services served international foods all week.



Monday, students went to the LMC to listen to student speakers who have participated in exchanges or travel opportunities abroad. John Yehle, Rachel Tully, and Soren Doerflinger presented about their participation in the German exchange to Friedburg, and Felix Rose presented about his three weeks traveling and volunteering in Peru last summer. Reese Tudhal, Winnie Hilker, Joel Stevens, Paige Stevenson, Morgan Fuchs, Kjerstin Cosby, and Anna Koblitz presented about their exchange in Begues, Spain.

On Tuesday, students gathered again in the LMC to listen to presentations from our foreign exchange students Samuel Boor from Slovakia and Inga Rottmann from Germany. Students learned about the day-to-day life and cultural traditions from the countries, played a trivia game, and got to try candies from different areas of the world.

Wednesday and Thursday were spent in the theatre where students watched a screening of *Living on a Dollar*, a movie about four young friends who spend two months living in rural Guatemala and can only spend one dollar each day. Students were exposed to global themes like poverty, community, healthcare, and education and then compared their lives to those in Guatemala.

Students ended the week by gathering in the wrestling room to learn international dances! They learned a dance to accompany the German song *Fliegerlied* and a Spanish song *El Tiburón*. We were then so lucky to view a performance from Mai Cheng Thao and Mai Ji Thao who are Logan students who dance on the Hmong dance team. After performing, the students shared the significance of their costumes and choreography and taught the other Logan students part of their dance routine. Thanks to all of those who made the week possible!



AVID Update



The AVID classes are underway this year! They have been involved in service projects, listened to community members speak in their classes, started the tutorial process, have engaged in critical thinking strategies like Socratic seminar, and have gone on a college visit to the University of Wisconsin-Eau Claire.

This fall, students also attended the Bridging the Dream Tour at the Overture Center in Madison, where they attended a college fair and had the opportunity see to hip-hop artist Dee-1 perform and speak. Dee-1 spoke about the importance of going to college and gave students important college planning tips. One of our very own Logan students won a \$100 gift card and another student won a \$500 scholarship!



Logan AVID students volunteered their time to help out at the Lights Over North La Crosse event at Copeland Park. Lights Over North La Crosse, organized by the North La Crosse Business Association, is a great way to kick off the Holiday Season. Students helped families and children make s'mores and also rang the bell for the Salvation Army. Santa Claus and Mrs. Claus made an appearance; there was live music to be heard and a fireworks display, and a presentation of a Santa sleigh made by a shop class at Logan! Thank you to the AVID students for volunteering your time!