

Academic scoreboard

Century High

Congratulations to the following students that placed in the VFW's Voice of Democracy Contest: 6th place, \$25, Aravind Maran; 5th place, \$50, Joe Daley; 4th Place, \$75, Brian Wille; 3rd place, \$100, Kristen Wall; 2nd place, \$200, Sandy Chang; 1st place, \$350, Jenessa Johnson. Awards will be given out at the VFW in late January. See Mrs. Roberge in B147 with questions.

Monday -- Nebraska Wesleyan University visits at 8 a.m.

Tuesday -- Yale University visits at 8:30 a.m.

Monday (after Thanksgiving) -- University of Minnesota at Morris visits at 8 a.m., University of Minnesota at Crookston at 8:30 a.m., Air Force Academy at 9:30 a.m.

Churchill Elementary

Monday -- Mrs. Leimer's first-grade students will celebrate the fall harvest with a Thanksgiving Feast at 2 p.m. The class has been studying pilgrims and the first Thanksgiving. Students will have foods that are similar to those served at the first Thanksgiving feast including dried beef, cranberry relish, dried fruits, fresh fruits, popcorn and apple juice.

Friedell Middle

Friedell Students of the Quarter: Grade 6: Mae Cutrer, Gavin Mai, Eron Godi, Wil Crowson, Abby Kraus, Anthony Wilson and Hunter McGovern. Grade 7: Luis Cisneros, Ravy Soeun, Jessica Sorros and Fadumo Mohamed. Grade 8: Curt Bashore, Ryan Heath, Dewante Atkins and Taylor Fetterly.

Jefferson Elementary

The following first-graders went over the top and read more than 600 minutes in October: Isabela Amorim, Emily Augustin, Caiden Bruns, Adam Cowl, Sarah Germer, Tynan Grendahl, Taylor Hodenfield, Alana Iverson, Morgan Jensen, Kaushik Kancharla, Aaron Limberg, Lauren Luhman, Wyatt Moran, Alex Nett, Braden Neumann, Sopheakdra Phan, Hannah Potts, Sarah Sanderson, Jordan Simonson, Christopher Skudlarek, Olivia Stellmaker, Timothy Wengnack and Abdirahman Yusuf.

Monday -- Parent/teacher conferences from 4 p.m. to 7:40 p.m.

Tuesday -- Kindergarten classes will be making Stone Soup. First-grade classes will be celebrating Thanksgiving with a mini-feast in the east play room.

John Marshall High

On Nov. 2, Latin 3 and Latin 4 students participated in the Ancient Coins for Education's Mythology Contest. School winners are Jordan Twachtmann for Latin 3 and Mark Irish for Latin 4. Winners will receive a certificate and an ancient Roman coin from the Ancient Coins for Education program.

Monday -- Parent/Teacher conferences from 4 p.m. to 8 p.m. in the classrooms. Nebraska Wesleyan College visits at 1 p.m.

Tuesday -- The Navy recruiter visits at 10:30 a.m.

Lincoln Elementary

Kindergartners are learning about families and Thanksgiving this month. They will have a special "feast" on Nov. 20.

Jane Barton's first grade class is recognizing Good Citizens each week, congratulations to: Skylar Ackerman, Tommy Welch, Tristyn Hildman, Chloe Ngo and Kyleigh Anderson.

First graders from Jane Barton's class have completed their first "punch card" with the Library Lynx Program. So far these kids have met their 1st quarter goal of reading 20 books on their own at their reading level. They include: Annika Gustafson, Blake Hellickson, Chloe Ngo, Donal Couch, Jonathan Marshall, Kayla Godfrey, Kyleigh Anderson, Lilly Rowland, Logan Hammernik, Simon Werven, Skylar Ackerman, Elizabeth Spencer, Gabby Walker and Tommy Welch. Congratulations to them all!

Good luck intermediates! The fourth and fifth grade classes are using a simulation model to learn about Pioneering. The Wagon Trains are moving out. Students have set up their supply list and are ready to hit the Hacker Trail. Diary entries and trail decisions will determine the fate of each wagon as it travels to Hacker Valley. Identities have been chosen by students, so many have families and livestock to take care of as they embark on this journey.

Lourdes High

Lourdes Theater presents "The Diary of Anne Frank." Production dates are 7 p.m. Nov. 16 and 17, and 2 p.m. Nov. 18 in the LHS auditorium. Tickets are \$5 at the door.

Applications for sophomores, juniors and seniors to attend the American Legion Auxiliary Americanism Youth Conference on March 13-16 are available in the guidance office.

Juniors: the deadline for applying for the 2008 High School Page Program at the Minnesota Legislature is Nov. 19.

Seniors: Additional scholarships have arrived. Check them out in the red scholarship book in the guidance office.

Monday -- Nebraska Wesleyan College visits at 9 a.m.

Tuesday -- University of Minnesota at Morris visits at 10:15 a.m.

Saturday -- Second annual Comedy Nite, sponsored by the LHS baseball team.

Mayo High

The Business department at Mayo has selected Cameron Kvitem for the September Rochester Elks Student of the Month. Cameron is the son of Mark and Diane Kvitem of Rochester. While at Mayo, he has been involved with several community service projects and various entrepreneurial ventures. After graduation Cameron plans to take time for further community involvement and would like to create his own business.

The Foreign Language Department at Mayo has selected Juliane Her-der for the October Rochester Elks Student of the Month. Juliane is the daughter of Dave and Ellen Herder of Rochester. She is a member of the National Honors Society, volunteers for the HAPP program and has been actively involved with numerous community events. After graduation Juliane plans to attend college to pursue a career in medicine.

The Math Department at Mayo has selected Nara Higano for the November Rochester Elks Student of the Month. Nara is the daughter of Fraser Buchanan and Stuart Higano, Sr. of Rochester. Nara has been a Conflict Mediator for Mayo for the past two years and has been involved with many community service projects. After graduation Nara plans to attend a four year college.

The Stage Door Drama Club will present "The Wiz" at 7:30 p.m. Thursday, Nov. 29, 7:30 p.m. Friday, Nov. 30 and at 1:30 p.m. and 7:30 p.m. Saturday, Dec. 1 in the Mayo Gerald Smith Auditorium. Call 285-8820 for tickets.

Congratulations to the following students who were inducted into Mayo's National Honor Society on Oct. 25: Patrick Allen, Daniel Allman, Mihajlo Babovic, Anna Barbaresi, Maria Patricia B. Barril, Christian Beltz, Kelsey Berning, Sara Bernstein, Andrew Block, Daryl Brost, Aaron Burt, Samuel Butterbaugh, Peter Cerhan, Kalli Clark, Shannon Clark, Chris Cline, Peter Craig, Thomas Currier, Emily Egersdorf, Rachel Endel, Kathryn Erie, Bradley Fisher, Marcus Franzone, Elizabeth Gazelka, Rachel Geiser, Grace Graszer, Thomas Hadley, Nikolas Hagen, Hillary Hanson, Katherine Hauser, Stephanie Housmans, Emily Howe, Emily Hoyer, Sarah Inwards, Amelia Johnson, Jonathan Juhn, Jason Kellagher, Barry Kenny, Emily Kitslaar, Kathryn Klarich, April Knipfer, Madeline Kosis, Andrea Levering, Katherine Locke, Eric Lynne, Erik Mainz, Allen Majd, Courtney Mason, Stephanie Mathiowetz, Andrew Matsumoto, Rachel Meyer, Briitta Mohney, Luke Mueller, David Nelson, Lauren Nippoldt, Kayla Nordhus, Aoife O'Connor, Kelsey O'Leary, Mathew Orke, Myoungil Park, Rachel Pauley, Stephanie Pawlina, Andrew Peters, Courtney Pickel, Nicholas Rea, Nicole Rhodes, Lewis Roberts, Brittany Rustad, Annemarie Ryu, Derek Schmidt, Kiley Schmidt, Jessica Schultz, Elizabeth Scott, Abhayjit Singh, Katelin

Steege, Christopher Stolp-Smith, Benjamin Stroebel, Emily Swenson, Courtney Tapp, Kaitlin Thatcher, Charles Thauwald, Clayton Thomas, Heather Thomas, Valerie Troutman, Jeffrey Ulsh, Kimberly Warne, Kristen Welker, Rebecca Wiley, Madeline Wimmer, Katherine Workman, Alexander Wu, Joanna Zhang.

Monday -- Nebraska Wesleyan visits at 9:40 a.m.

Tuesday -- The career center will be closed.

Riverside Central

Monday -- Students from Mrs. Brede's and Mr. Anderson's classes will go to Quarry Hill.

Tuesday -- Mrs. Wilson's and Mrs. Lanza's students go to Quarry Hill.

Rochester Central Lutheran School

Stuff the Turkey continues through Monday. All RCLS families are encouraged to donate non-perishable food items for Channel One Food Shelf.

Thank you to all students, parents and staff who participated in the all school Diabetes Walk on Nov. 2. Top student fundraisers were Stephen Olander, Joshua Reinstrom and Kayla Biar.

St. Francis of Assisi

Monday -- Math League meets at 4:15 p.m. at St. Francis in McCarthy Hall. Kindergartners will have a Thanksgiving feast. Grade two will visit the Public Library. Vision and hearing rechecks will take place today.

Tuesday -- Junior High Jazz Band at 7:30 a.m. Robotics in the science lab at 7:45 a.m. 6th grade Math Masters from 3:45 p.m. to 4:45 p.m. in room 302.

Thanksgiving break is Nov. 21 to 23.

St. John/St. Pius X

Monday -- Grade 5 will be participating in a class presented by the Public Health Nurse. Mrs. Storm's class will participate in a MOST presentation on healthy snacks. The morning and afternoon Nursery School classes will host a Thanksgiving Picnic.

Tuesday -- The morning and afternoon Nursery School classes will host a Thanksgiving Picnic. Kindergarten and first grade will gather together for a Thanksgiving Feast.

Schaeffer Academy

Congratulations to the following students, who placed in the Voice of Democracy VFW scholarship competition with speeches about "My Role in Honoring American Veterans": Kristen Johnson, grade 11, first place, \$350; Anna Philbrick, grade 11, 2nd place, \$200; Kelsey Snyder, grade 11, 3rd place, \$100; Bobby Ratliff, grade 11, 4th place, \$75; Eric Foley, grade 11, 5th place, \$50.

Schaeffer's Amateur Radio Club hosted an open house on Nov. 13 for the Rochester Amateur Radio group. Schaeffer has recently installed a ham radio station with antenna at the school.

Scholarships

Information on current scholarship opportunities is available at www.rochester.k12.mn.us/school109/cc. Some scholarships require a selection or nomination process and each high school may have a committee or other process by which this happens. Application and information is in your high school guidance office or career center.

Local scholarships:

Daughters of the American Revolution Christopher Columbus Essay Contest for 9-12th grade students; complete details in career center; due to local DAR chapter by Dec. 21.

Elks National Foundation Most Valuable Student Scholarship: for graduating high school seniors pursuing a four year degree, U.S. citizen, need not be related to Elks member; judged on academics, leadership and financial need; five hundred four year awards of \$1000-15,000 (renewable for 4 years); go to www.elks.org/enf/scholars/mvs.cfm for applications and information; due no later than Jan. 2 to Guidance (received by Elks Jan. 11).

MN PTSA Reflections Program: theme for 2007-2008 is "I Can Make a Difference by.."; entries must be sponsored by a school PTA/PTSA, divisions for pre-school-grade 2, grades 3-5, grades 6-8 and grades 9-12, submit works in areas of literature, musical composition, dance/choreography, film/video, photography or visual arts; students may submit multiple entries; must be original work; entries due by Jan. 11 to the Career Center; guidelines and forms are in Career Center and are at www.pta.org/reflections .

MN-Dakotas District Kiwanis Educational Foundation Scholarship: up to three students per school may be selected to be considered for these scholarships (\$800 awards); for seniors graduating from a high school in and planning to attend college in MN, North Dakota or South Dakota or Superior, Wisconsin; due to Guidance for Selection Committee, by Jan. 4.

Affinity Plus Foundation Scholarship: for entering freshmen, upperclassmen and non-traditional students; must be members of Affinity Plus due to Guidance Jan. 17 (postmark Jan. 31).

Daughters of the American Revolution Scholarships: for graduating seniors; most deadlines are Feb. 15, or, Apr. 15; bring completed application (along with a note to local chapter asking for sponsorship) to Guidance 3 weeks before deadline and they will attach official transcripts and mail to local contact 2 weeks prior to national deadline for their sponsorship letter.

Daughters of the American Revolution American Indian Scholarships: to help Native American college and technical school students of any age; April 1 deadline for fall term and Oct. 1 deadline for spring term; (there is also a scholarship for already enrolled Native American college students with GPA of 3.0- Frances C. Marvin American Indian Scholarship- due Feb. 1).

Hy-Vee Foundation Scholarships: for graduating seniors enrolling in four-year year college (or two-year college that will lead to completing a four-year degree) for the first time, who are employed by Hy-Vee and/or subsidiary on or before Sept. 15, 2007, or dependents of employees employed for a minimum of six months or for current college freshmen, sophomores or juniors; complete application at www.hy-vee.com (under company info); due to guidance by Jan. 28 (postmark by Feb. 10, 2008).

Atkins diet recipes shopping list of lifestyle changes, you buy groceries. When you start eating, you are entering a new world, eating. most obvious and over the supermarket. Suddenly, all your reserve of food, such as macaroni and cheese, pasta and bread are no longer catering menu to your shopping list.

When you walked into malls, for the first few times, you may find a fish. a little bit of practice, you will feel as comfortable when you and your previous shopping list.

Atkins successful start shopping before you go to the store.n

Shops before you head a list of recipes that week, then decide what, you have to let everyone meal. bear in mind the purchase of low-calorie snacks in between meals.

At the same time, plans to amend the meals for others in your home. You not to be totally different meals for you and your family for the long-term.

Best approach is to use the meat for your meal, the whole family, and then for the carbohydrate side dish your family. if you are eating lean meat, you can Add potato half, as other members of your family .

Once you plan your meals for 1.2964, its time to reach stores. When you arrive you buy a protein item, and produce one.

This sounds very simple, as it will not much difference, but it will. once you with your Cart can be acceptable to the food, there will not be much room.

Your diet menu consider shopping list to buy your meat, bulk transport. This you will save a lot of money, if you know where the family size package of meat. when you buy meat large quantities, you can also cook in bulk, and so on. time a few days a week to cook meat so that it can simply follow the Atkins plan.

Cheese, if you can put up with, but also can be purchased in bulk. Many stores offer convenience store brand cheese big brick. read labels you must bear in mind, and then you buy any cheese.

To know that when you eat cheese to eat some fiber (salad or raw vegetables). a big chunk, your favorite cheese on hand can easily grab snacks between meals.

Walk in a store, insisted outer edge. Outside the aisle have fresh food. Think about your family nearby grocery store. most common deli, meat counters and produce some shops on both sides are with packaging goods aisle.

This is especially important if you are in the early stages, low-carbohydrate diet. you must stay away from all packaged foods, in inducing remission, even low-calorie food packaging. Once you add more grams of carbohydrate, your daily transaction limit, you can start to do experiments, low-sugar food packaging.

Lead to the next important tip - read labels! Only because of a project that it is low-calorie, it there may be hidden sugars. your investigation, in the grocery store, you will not cause you to go home and products Gain weight.

Use shopping Atkins diet recipes, shopping lists, will need some time to adapt. navigating some grocery stores you can say that, you might not be familiar with. You can also purchase items, you have never cooked before. with the planning and dedication of low carbon shopping will become easier.

Only remember shopping list for the catering menu before you visit the store and stay on the outside aisle of grocery stores. at any time, you must be an experienced low carbon shopping.

About the Author

From www.postbulletin.com:

When you start a new diet, you need to know what foods to eat. The following Atkins Diet food list will help you choose the best foods for following. List of food allow and not allow in south beach diet. South Beach Diet Food List. During Phase 1, the foods eaten will be in controlled.

Atkins Diet Food List Atkins Diet Free Plan Atkins Diet Menu Atkins Diet Plan. For the food lover low carb diets can sometimes mean the death of their.

But you can create a variety of food menu from the list of allowable foods in the. Do not eat anything that is not in the acceptable list of Atkins.

Learn which foods are included on the atkins diet food list and what foods and drinks you must avoid to follow.

Create an Atkins Diet Menu Plan from the Atkins Diet Food List How to put together an interesting Atkins Diet menu plan by following the Atkins.

From this Atkins Diet food list you can see that certain foods are forbidden for you to eat during the first stage of the Atkins.

More low carb counter information and low carb food list guide on Atkins Diet Carb Counter list. Low Carb Counter

Source: <http://productsherbal.com>