

Dojo Karate: teaching lessons for life

By Brenda Erdahl

A mentally and physically fit child is a happy child. That is the belief of Master Chris Hourscht co-founder of Dojo Karate. It's a philosophy Hourscht and his team at his Buffalo martial arts school pursue each and every day.

Along with forms, kicks, and punches Hourscht and his crew of trained black belts teach focus, concentration, respect, and discipline. They are necessary ingredients to earning a black belt, the pinnacle for martial arts students, and they are also the ingredients for a successful life.

But as schools return to a more normal way of functioning and students find themselves in the classroom full time after a year of mostly digital learning, Hourscht is finding older elementary students and junior high aged kids, in particular, are struggling.

"We're finding that a lot of kids, who are not in a traditional sport, were kind of left in the dust. They are not doing anything physical and so are drawn more to electronics because that is what they are used to, it's become a habit," Hourscht said.

Generally, the majority of Dojo's clients are aged two to 10 years old



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with parents making up the next largest demographic, but this year staff are seeing more 10, 11, 12 and 13-year-olds trying it out. They are attracted to the idea of progressing at their own pace with incentives like stripes and belts to mark their progress and motivate them. Meanwhile the physical exercise relieves stress and as they see themselves getting stronger and able to move in ways they couldn't before, they are further motivated, Hourscht said.

Martial arts has long been held in high regard by teachers, coaches and doctors for physical, mental and emotional wellbeing. Through achievable mini-goals, Dojo instructors lead children to the triumph of a new belt and along the way help them develop focusing skills, confidence, self-control, and self-defense. Dojo instructors are focused on the entire child, and part of getting to that next stage in their journey depends on how they are performing at home and at school. That's why, before moving on each student must



Master Chris Hourscht (in red) adjusts a student's stance during a lesson.



Karate is an activity for all ages. It not only provides a good workout, it teaches focus, concentration, respect and discipline.



To advance to a new belt, students must demonstrate what they have learned.

submit a form signed by their teacher and parents that confirms they have been doing their homework and behaving well at home.

Bullying

Dojo instructors address the continuous problem of bullying in schools with their annual Bully Buster campaign. The program helps kids learn what they can do physically if they are challenged, but it also gives kids self-confidence which changes how they carry themselves and often eliminates them as an easy target to bullies, Hourscht said. He said bullying is at a high level now as kids struggle to relearn social etiquette, personal boundaries, and the proper things to say and do after a year without the social structure of a classroom.

Stranger Danger

Dojo has always offered Stranger Danger curriculum, but since masking as a protection from COVID started last year, it has become particularly important to many parents.

"We've had a lot of parents talking about masks and how you can't see a person's face. If you think about it, who wears masks? Bank robbers and bad guys," Hourscht said.

One of the concerns is that kids are less able to identify friend from foe. In response, Dojo has incorporated into their lessons specific strategies to escape a potential abductor including something they call "stun and run" and "drop and lock." They also talk to students about yelling "fire" or "you're not my mom and dad" to draw attention to the situation and looking for people in uniform if they are lost.

Safety first

Dojo Karate is taking every precaution against COVID-19 to make sure your experience is a safe one. Masks are now optional, but staff continue to sanitize between classes. While staff is taking the pandemic very seriously, they also know that part of being a healthy child is being active and social.

Flexible schedule

Dojo Karate is open six days a week with many classes to choose from. Families are encouraged to pick one or two days a week that works best for them.

A distinguished past

Master Hourscht has more than 25 years of experience in the martial arts and is a 6th Degree Black Belt. He and partner Keith Stormoen founded Dojo Karate in Elk River in 2000. Since then, Dojo Karate has opened schools in Buffalo, Maple Grove, Medina, Monticello, Rogers, Waco-

nia, and Minnetonka.

All of Dojo's teachers are first degree black belt or above, have gone through the school's training program and have a passion for watching families grow and train together.

For all ages

Dojo Karate's slogan is "for kids, for adults, for life" and appeals to people of all ages.

"Often retired people are looking for something to do, and they like us because they don't have to motivate themselves to go for that mile walk or jog. All they have to do is get here and we do the rest," Hourscht said. "It's super healthy," he added. "Karate stretches the body out and keeps a little cardio in your life, and it's never too late to learn a little self-defense."

Dojo Karate in Buffalo is located at 409 Highway 55 East. For more information visit them online at www.dojokarate.com.



Dojo instructors take time during class to talk to students about bullying and stranger danger.

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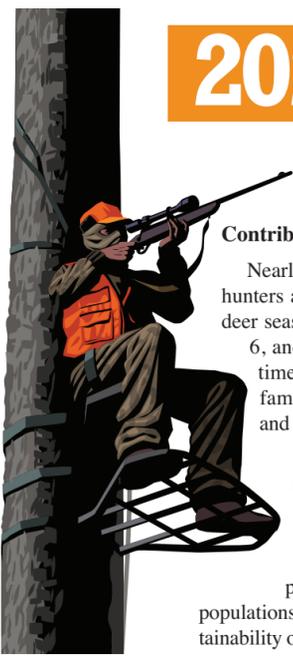
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2021 Firearms Deer Season

What Minnesota deer hunters can expect this season



Contributed report

Nearly half a million firearms deer hunters are preparing for the firearms deer season that opens Saturday, Nov. 6, and offers opportunity to spend time outdoors with friends and family, find adventure outdoors and put venison in the freezer.

Hunters help keep deer numbers in line with population goals across the state and deer hunting is the primary tool used to manage deer populations. Managing deer populations contributes to the overall sustainability of Minnesota's landscapes, nat-



The pre-rut is on in many areas of the state. Look for deer activity to increase over the month of November.

Deer populations are robust in the central Minnesota and are above to well-above goal levels throughout nearly all central Minnesota deer permit areas. Many permit areas allow a hunter to harvest up to three deer. There are also a few deer permit areas in central Minnesota that are open to the early antlerless-only season from Thursday, Oct. 21, through Sunday, Oct. 24.

The forecast for archery and firearms deer hunting this fall is very good. Wildlife managers in central Minnesota urge deer hunters to take advantage of bonus licenses to harvest antlerless deer to help manage deer populations.

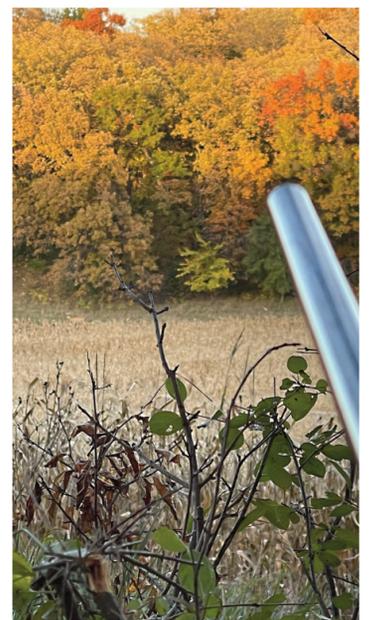
Crop harvest appears to be continuing on track or even a couple weeks ahead of usual in the central region and it's anticipated that the majority of the crops will be harvested by the start of firearms deer season.

Northeast deer report

Winter 2020-21 weather was generally mild throughout the northeast region, although the winters previous to this one were more severe. Because white-tailed deer are adaptable and highly mobile, this year's drought is not expected to negatively impact deer populations.

Drought conditions are expected to increase access opportunities in some areas like wetland, stream and lakeshore habitats, but in general, hunter access due to

See "Deer Hunt 2021" Page 4



This 10-point buck passed along a cornfield in Zone 213 during the early antlerless hunt which took place Oct. 21-24. Photo by Don Dittberner

ural systems and economy.

Minnesota Department of Natural Resources' wildlife managers report favorable weather so far this year and good opportunities to harvest deer in most areas. Hunters always need to prepare for changing weather conditions. Currently, managers report dry conditions that can improve hunter access due low water conditions in wetlands, floodplains and small water bodies. Dry conditions are also resulting in greater fire danger, and deer hunters are advised to be careful with any heat source that can cause a spark.

Hunters need to know the boundaries of the deer permit areas and any chronic wasting disease regulations that apply where they hunt. Detailed information about each permit area and CWD area can be found on the DNR's interactive deer map. Additional information about CWD areas, carcass movement restrictions and voluntary sampling can be found at mndnr.gov/cwd.

Southern deer report

Weather conditions for deer and other farmland wildlife were favorable in 2020-21. Winter conditions were mild once again with above-average temperatures and lower than typical snow depths. Spring and summer precipitation was below normal and led to widespread drought conditions throughout much of the state beginning in summer but easing by fall. Drought conditions had no measurable impact on the deer herd and fawn production was good.

Despite the drought conditions, overall habitat is in good shape. River floodplains, which offer some of the best deer habitat and deer hunting in the southern region, had two consecutive years to recover from persistent flooding. These floodplain habitats are once again offering excellent cover for deer, which bodes well

for deer hunters.

Upland grassland areas and wetland basins are in good shape as well, and hunters may encounter lower water levels or completely dry wetland basins. Conditions will be spotty with recent rains.

Overall deer populations are strong throughout the southern region. All deer permit areas underwent a new round of population goal setting and harvest strategies are aligned to meet new deer density estimates. Hunters are reminded that a number of deer permit boundaries were adjusted to better match available habitat with deer densities. Affected permit areas, specific to the southern region, include 237, 275, 276, 277, 281, 282, 283 and 295. Boundary changes will make population modeling more accurate and were desired by local deer hunters.

As always, the largest wildcard in this landscape in determining overall deer harvest is the amount of standing crop remaining in the field during firearms deer season. The crop harvest is in full swing right now and ahead of the long-term average. Crop harvest usually improves hunter success by increasing harvest opportunities, as greater numbers of deer begin using other habitat as cover instead of standing corn.

Central deer report

Following the summer drought, much of the central region remains dry despite some recent rainfall that has allowed a green-up of vegetation going into fall. Many areas with small bodies of water or wetlands are dry or low, which will improve hunter access. Acorn production has been decent in some areas but marginal to spotty in others, and some of the red oaks are dropping acorns. With the dry conditions, early season hunters are experiencing fewer mosquitos and other bugs compared to previous years.

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LAKE OF THE MONTH

Pleasant Lake

Largemouth bass are plentiful on Pleasant Lake near Annandale

By Joe Stewig
Area Fisheries Manager

Pleasant Lake is a 500-acre lake located within the city limits of Annandale in Wright County. The lake has two public access which can be very busy on the weekends. As with many lakes in the area, Pleasant Lake offers fishing opportunities for a variety of species and while the lake is primarily managed for walleye, it is probably better known as a bass/panfish/northern pike lake.

The lake has a long history of fish stocking dating back to 1910; however, systematic Walleye stocking didn't begin until 1946. From 1946 – 1989 Walleye stocking consisted of a mixture of fingerlings, yearlings, and adults whereas since 1989 stocking has consisted primarily of fingerlings during odd numbered years. The most recent lake survey conducted in 2017 found average numbers of Walleye (4.3/gill net) which is similar to the long-term average (4.8/gill net) for the lake. Walleye caught ranged in length from 13 to 27 inches and averaged 19 inches and about 2 1/2 pounds. Growth is average for the area taking three years to reach 16 inches.

While the lake is primarily managed for walleye, Pleasant Lake is probably better known as a largemouth bass lake and there are plenty to be had. In 2017, we sampled 105 largemouth bass ranging from six to 20 inches with an average length and weight of 14 inches and 1.8 pounds. Ninety-five percent of the bass sampled were longer than 12 inches and 54 percent were longer than 15 inches. While we didn't sample any bass over 20 inches in 2017 rest assured there are some out there roaming the lake so don't be surprised to catch one over 20 inches.

Black Crappie are another sought after species in the lake and at times can provide excellent fishing. Based on the summer assessment, abundance appears to be low; however, summer assessments tend to not give a true representation of the actual size structure of the crappie population and so a targeted spring assessment would better represent the size structure of the crappie population. That said, crappies sampled in 2017 ranged in length from 4.5 – 13.2 inches with an average length of 9.3 inches. Eighty percent of the crappies sampled were longer than eight inches and 50 percent were longer than 10 inches. There are some nice crappies to



Managed for walleye but better known for its bass fishing, Pleasant Lake is the destination for local bass and panfish anglers.

be had out there, anglers just have to put in the time to find them.

Bluegills have historically been abundant and small. Those sampled in 2017 ranged in length from three to 8 1/2 inches with an average length of 5.3



Eighty percent of the black crappies sampled in 2017 were longer than eight inches.

inches. Like crappies, the Bluegill population is better represented through spring targeted sampling. In 2017, a targeted Bluegill assessment was conducted and sampled 380 Bluegill ranging from 3.5 to 8.2 inches with an average length of 6.2 inches. Sixty-eight percent of the Bluegill caught during that survey were six inches or longer, but < 1% were eight (8) inches or longer. Bluegill growth is slow, taking six years to reach seven inches. Even though the average size is small anglers can still scratch out a good meal of sunfish if they are willing to sort.

Northern Pike abundance re-

mains high, but the average size is respectable at 21 inches and two pounds. Anglers will encounter numerous pike under 22 inches as 55 percent of the catch were smaller than 22 inches while only 13 percent were longer than 26 inches. We also

likely a few larger pike out roaming the lake. Growth of Northern Pike is average for the area, taking six years to reach 25 inches. With the relatively high abundance of small pike, anglers are encouraged to take advantage of the new statewide regulations on pike. The new regulations, implemented in 2018, now allow anglers to harvest up to 10 Northern Pike of which only 2 can be over 26 inches in lakes within the North-Central Zone (excluding lakes with existing Experimental/Special regulations). All pike between 22 and 26 inches (inclusive) must however be immediately released.

There are no special fishing regulations on Pleasant Lake; however, the lake is infested with Eurasian milfoil (2017), stary stonewort (2018) and zebra mussels (2020) so care should be taken not to spread these invasive species. Practicing selective harvest will continue to ensure healthy fish populations for future enjoyment. If anglers choose to harvest a meal of fish, it is suggested they harvest smaller Northern Pike (<22 inches) due to their high abundance.

November Fishing Forecast

Fishing action heats up with cooler water temps

By Brenda Erdahl

With water temperatures dropping, the fishing action on area lakes is heating up. Shawn at Lake Central Coop in Buffalo said Walleyes are hitting sucker minnows and fatheads on both the Crow and Mississippi Rivers. Anglers have been having luck with Walleyes on Clearwater as well, according to Kurt Segner at Little Jim's in Maple Lake. The fish have been hanging out in 12 to 20 feet of water and biting on fatheads, creek chubs and sucker minnows. It's the same story on Sugar, Big Swan and Koronis right now. Shawn estimated water temperatures in the low 50s on area lakes which makes the fish more active. Panfish are also biting well on many of the area lakes in 10 to 15 feet of water. Anglers are using wax worms for those.

Baitshop Chatter

Maple Lake: Bass and northern are biting on night crawlers, fatheads and sucker minnows; panfish are hitting wax worms and crawlers.

Clearwater: Walleyes have been biting Creek Chubs, sucker minnows and fatheads in 12 to 20 feet of water. Anglers have been catching panfish along the weedlines in 10 to 15 feet of water using wax worms.

Mississippi River: Anglers have caught decent sized walleyes using a bobber and casting from shore. They are biting on sucker minnows and fatheads.

Sugar Lake: Anglers are catching bass and northern along the weed lines using sucker minnows. Anglers are also using plastics or shallow running crankbaits for bass.

Lake Sylvia: Panfish are biting on wax worms. Anglers are finding them along the weed lines in 10 to 15 feet of water.

Lake Mary: Anglers are finding panfish, pike and bass using suckers, fatheads, night crawlers and wax worms. Bass are also biting on plastics or shallow running crankbaits.

Big Swan: Walleyes have been biting Creek Chubs, sucker minnows and fatheads in 12 to 20 feet of water.

Lake Pulaski: Northern and bass are biting in 15, 20 and sometimes 30 feet of water on fatheads, suckers, night crawlers. Panfish are biting mostly on wax worms.

Granite Lake: Bass and northern pike are biting on sucker minnows along the weed lines.

Crow River: Anglers have caught decent sized walleyes using a bobber and casting from shore. They are biting on sucker minnows and fatheads.

Lake Koronis: Walleyes have been biting Creek Chubs, sucker minnows and fatheads in 12 to 20 feet of water.

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Sweet potatoes

A healthy Thanksgiving treat



Contributed report

Sweet potatoes, which are sometimes referred to as yams, are widely associated with Thanksgiving. But these starchy tubers are so nutritious that people may want to consume them more often. Sweet potatoes are loaded with fiber and an assortment of vitamins, including vitamin A and vitamin C, as the online medical resource Healthline.com notes that a one-cup serving of baked sweet potatoes with the skin still on can provide as much as 65 percent of the recommended daily value of vitamin C. And the benefits of sweet potatoes don't stop there. A 2015 study published in the medical journal

Food & Nutrition Research found that anthocyanin, an antioxidant found in sweet potatoes, can protect eye cells from damage. That can promote healthier eyes and potentially help people maintain stronger vision as they age. In addition, an animal study found that the anthocyanin found in purple sweet potatoes can protect brain function by reducing inflammation and preventing free radical damage. While further study is necessary to determine if similar effects can be enjoyed by humans who consume sweet potatoes, the potential to improve brain function is yet another reason to include nutrient-packed sweet potatoes in your diet.

A road trip to Austin

By Jerry Hoem

Wife had a birthday recently and I encourage that, because we've been hanging out with each other for a long time and both want to keep it up. To celebrate I suggested a nice dinner. She said how about one by Lake Superior. I really like lift bridges and sunny weather and Duluth has half those things. It was a good way for me to give her a birthday present. Naturally we checked the weather and found that Duluth was in for a blast of ickyness. Okay, so we looked at alternatives.

The first thing that came to mind was Spam, of course, since we had already seen the world's largest ball of twine and we wanted to stay in Minnesota.

Weather to the south looked more promising than the north so we headed for Hormel's famed Spam Museum, as renowned as anything else in the state excluding sports. It was dandy. We enjoyed it, especially the WWII documentation and dramas. They have a letter from Eisenhower to one of the Hormel family about Spam! Wow!

Then we sought out the nice dinner. Did you know that on Mondays all nice restaurants in Austin Minnesota close? Maybe not in Texas. I haven't checked there for decades, but that's too far for a birthday celebration, and there's no Spam. Minnesota Nice people abound in Austin, and they all wear shirts that say Spam. They all are willing to give you directions, most of which were to places that were closed.

Finally a kind lady told us to go two stoplights down and turn right and there's a place on the left two blocks that the locals visit that is always open. So we went. It was open.

The décor was early Farm, with tools and a trombone nailed to the walls. The menu provided staples like fried chicken, fries, onion rings, fried eggs, fried



The SPAM museum in Austin, Minn, is a quick little road trip away when looking for something to do for the day.

rice, and other fried stuff I'm not supposed to eat. We settled for things we thought would let us get home again to get the antacid bottle.

The wait staff then told us in chorus of an impending storm and suggested that we get the heck out before the deluge hit. We did. And the deluge hit, somewhere near Pratt, on the big flat prairie, where we had to stop and wait until the wipers could take the water off the windshield again.

Once long ago when we had a dog we took her on a similar adventure. We drove like the dickens to avoid a tornado, with the dog cringing in fear on the floor in the back. It was a delightful trip after it was over and we pried the dog out of the car, never expecting to repeat it, but we did, dogless.

I don't necessarily recommend stormy trips such as ours, but if one is so inclined, bring a dog. The whimpering and whining is somehow comforting, much like a wife might do if similarly trapped in a rainstorm.

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Deer Hunt 2021

(From page 2)

local surface water impacts is expected to be close to normal.

Every deer permit area is unique, with different mixes of deer habitat quality and land ownership. Permit areas also experience different levels of seasonal weather, predator pressures and deer survival especially over winters, affecting local deer numbers and hunter success. In the northeast region, three interrelated factors have the most impact on the deer population: forest habitat quality, winter severity and predation.

Long-term trends in forest management have less impact

on the deer herd when conditions are mild or normal because deer are able to move easily to find food and cover. During severe winters, thermal cover and forage availability become more important. Deer have more difficulty moving around and may become more susceptible to predation. Forest cover, food availability and predator numbers, as well as hunting pressure, vary across the landscape and can make a big difference on deer populations at a local level. Deer populations are typically higher on private land as opposed to public land.

Hunters are expected to encounter the most deer in areas of mixed habitat where there is a blend of forest and open fields of private land. Areas farther north with extensive public lands are still struggling to recover from past harsh winters. It's important to acknowledge that the deer population recovery is typically faster in the south and southwestern part of the region, while their recovery generally takes longer when moving to the north and northeast.

Bag limits will be conservative again this fall in most deer permit areas to give local deer populations the chance to grow more in areas where their numbers are still below the established, publicly vetted population goals. The DNR will be reviewing deer population goals for additional deer permit areas in the northeast region this winter.



Deer populations are good across Minnesota. Some areas of the state have lower restrictive limits such as Baudette permit area 111 while other areas have intensive harvest.

Northwest deer report

The 2020-21 winter was mild, and deer survival was good in most of northwestern Minnesota. The region has been abnormally dry most of the year, but recent rains in some areas are helping put some moisture on the landscape. Barring any major rainfall, access to public land should be better than average due to low water in ditches and wetlands.

Deer populations are stable and generally in good shape. Despite this year's drought, which lowered the quality of available forage, the condition of deer looks to be pretty good entering the fall hunting seasons. There are plenty of deer on the landscape and hunters who do their homework and spend time in the woods and

fields should have plenty of opportunities to harvest deer.

Many deer permit areas in the region have two- or three-deer limits, and hunters are reminded to check the regulations for the permit areas they hunt. Some permit areas have lower, more restrictive limits in place to allow the deer herd to grow — some examples include permit areas 203, 297 and 298 that are among others with one-deer limits, as well as permit area 111 in the Baudette area which is "bucks only" because deer populations are well below goal range.

Crop harvest is well ahead of schedule, so hunters should not expect any corn to still be in the ground during firearms season opener.

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TEACHER of the MONTH

Para Edition



HOLLY WARD

By Tom Westman
Staff Writer

Annandale area residents recently had the opportunity to vote for the Annandale November Paraprofessional of the Month. The votes have been tabulated and Annandale Elementary paraprofessional Holly Ward is the top vote getter.

Many of those casting votes commented on Ward as their favorite para at AES. Examples included:

■ “Holly is amazing. My son loved her when she was his para. She always stayed cool and calm whenever he was upset about something.”

■ “Holly is an amazing para to work with and brings nothing but positivity to the workplace.”

■ “She is always smiling and so personable with all students.”

Principal Jon Klippenes comments

“Holly Ward is an incredibly deserving paraprofessional,” said AES Principal Jon Klippenes. “Everyone enjoys Holly and her positive nature. She knows how to help students when they are down and knows how to nudge them when they need to be challenged. I have seen students outside of school run and give her a hug.”

“She makes such great connections with students.”

About Holly

Holly Norgren Ward grew up in rural South Haven and went to Annandale schools K-12, graduating in 1986 from Annandale High School. She studied at St. Cloud State University for 2 1/2 years, with the goal of becoming an elementary teacher.

13th year

“When our children were younger, I was blessed to be able to stay home and also do daycare for a family,” Ward said. “I was



hired as a para at Bendix in 2009, at the same time my youngest son, Brody started kindergarten.”

What is a para?

“A school para helps students to be successful, by helping them with academics and behavioral support or just giving an extra hand,” Ward said.

“We provide students with help in or out of the classroom.”

“A para is patient, gives out hugs, smiles, and we love to listen to their wonderful ideas and stories,” Ward said. The students in Annandale are amazing. They are kind, funny and make me laugh.”

A para's day

Ward's typical day might start out in the morning in the cafeteria, helping students with breakfast, or getting students off the busses. Besides lunch, the rest of her day is mostly spent in classrooms assisting with academic

and behavioral support. Great place to work

“The teachers in Annandale are wonderful! Always helping to make sure the students are successful and cared about and are great at working with the paras,” Ward said. “We are so blessed to have the most amazing administrators, teachers, superpowered paras staff.”

“When I go to work in the morning, it doesn't feel like a job, because I love it. That's when you know you have a great job.”

Family

Holly and her husband Tony live in the Annandale area, where they raised their three children Gabrielle, Benjamin and Brody. “My daughter Gabrielle just got married this past summer, Benjamin is a sophomore in college and Brody is a senior at AHS,” Ward said.



RACHEL PRIBYL

By Brenda Erdahl
Staff Writer

Helpful, cheerful, caring, attentive and God centered are just a few reasons Rachel Pribyl was voted Paraprofessional of the Month in the Teacher of the Month-Paraprofessional edition online competition.

Pribyl is a paraprofessional at St. Timothy School in Maple Lake where she plays multiple roles – from librarian to morning recess supervisor – all in an effort to support the staff and help the students in any way she can.

The public cast their votes via the Maple Lake Messenger website in October in favor of Pribyl who voters called “fun”, “energetic” and “a great person who works hard and loves every kid like her own.”

“Rachel is energetic, patient and able to adapt to all grade levels while assisting teachers. She has helped improve our school library and works with our classroom parent volunteers,” said St. Timothy Principal Julie Shelby.

Pribyl has worked as a paraprofessional at St. Tim's for three years. She works with practically every student in the school, from prekindergarten through eighth grade, giving one-on-one help where needed or leading small groups. She has been the librarian all three years, hosts a library class for 6-8th grades and manages a seventh-grade study hall. “I am truly there to support the teachers and help the students in anyway they need,” she said.

Pribyl's husband Mark is a St. Timothy alumni and all four of their children have attended or are attending the school. Pribyl herself graduated from Hibbing



High School. Before being hired by St. Tim's, she was a stay-at-home mom and active volunteer at the school. She has been a volunteer at St. Tim's since her oldest son, Zachery, now a senior, was in kindergarten. She was the lead chairperson for the school's yearly bike marathon fundraiser for 10 years and has been the volunteer coordinator for St. Tim's for 12 years. She said she loves her job, and the kids and teachers are the reason.

“I get to see all the smiling faces and get high fives every morning before school,” she said. “The kids are what it's all about. I love sitting next to them, helping them catch on to something they have been struggling with.”

“Our teachers are the heart of our school and do everything and anything to keep the stu-

dents growing in their faith and education daily,” she added. “I'm lucky to work with great ones.”

Pribyl said she loves being able to incorporate her faith into her work.

“I Love the teachers and their commitment to St. Timothy students and their individual success. Watching the kids succeed is very rewarding.”

Pribyl and her husband Mark have four children. Zachery is a senior, Trevor is a junior and Porter is a freshman at Maple Lake High School and Jacqueline is a sixth grader at St. Tim's. All three of her boys are three sport athletes and Jacqueline is in gymnastics.

“We are always on the go for practices, games and meets. I wouldn't change a thing,” she said.

GO ONLINE TO VOTE FOR THE DECEMBER TEACHER OF THE MONTH!

The poll will open shortly for the final Teacher of the Month poll featuring Bus Drivers. Head online to put in your vote before November 15!

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ANNANDALE Advocate
The Maple Lake MESSANGER

LAKE Country Calendar November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	• Staff Dev. Day - NO SCHOOL-Annandale Sunrise 7:56 A.M. Sunset 6:02 P.M.	• Election Day • Silver Creek Township Meeting, 7 p.m. • South Haven City Council Meeting, 6:30 p.m., City Hall	• Maple Lake Chamber Meeting, 12 p.m. • Sadie Hawkins Day	• Corinna Township Meeting, 7 p.m. • Legion Riders Meet, 7 p.m. at ML Legion • November New Moon	• Annandale's Homecoming Game	• Firearms Deer Season Begins • High Roller Bingo at ML Legion- Post Prom Fundraiser Sunrise 8:03 A.M. Sunset 5:55 P.M.
7	8	9	10	11	12	13
Daylight Savings Time Ends Sunrise 7:04 A.M. Sunset 4:54 P.M.	• Annandale City Council Meeting, 7 p.m. • Teacher Workshop- No School Maple Lake • Maple Lake School Board Meeting, 7 p.m. Sunrise 7:06 A.M. Sunset 4:53 P.M.	• Late Start Maple Lake Schools • Chatham Township Meeting, 7 p.m. • American Legion Meeting, 7:30 p.m. at the Legion Club • Maple Lake City Council Meeting, 7 p.m. • Potluck Supper, Pioneer Park, 6:30 p.m.	• Hasty-Silver Creek Sportsmen's Club Meeting, 8 p.m.	• Veteran's Day • Lions Club Meeting, 7 p.m. at The V By HH • Sons of the American Legion, 8 p.m.	• Teacher Workshop Day - NO SCHOOL FOR ANNANDALE	• Pioneer Park's Spaghetti Dinner, TBD
14	15	16	17	18	19	20
Sunrise 7:14 A.M. Sunset 4:46 P.M.	• Annandale High School Food Drive • American Education Week	• Corinna Township Meeting, 7 p.m. • Albion Township Meeting, 7 p.m. • Maple Lake Township Meeting, 7 p.m.	• Annandale Chamber Meeting, TBD	• Maple Lake Legion Auxiliary Meet, 7 p.m. • Wright Saddle Club Meet 7:30 p.m.	○ Full Moon	
21	22	23	24	25	26	27
Sunrise 7:23 A.M. Sunset 4:40 P.M.	• Annandale School Board Meeting, 7 p.m., AES Media Center			• THANKSGIVING DAY • NO SCHOOL (both districts)	• NO SCHOOL (both districts)	December Calendar Published • Small Business Saturday • Tree Lighting Event, Clock Tower Park, TBD
28	29	30				
• Hanukkah Begins Sunrise 7:32 A.M. Sunset 4:36 P.M.	• Safe Communities of Wright Co., 6:30 pm	• Giving Tuesday • Wright County Snowmobile Association Meeting, 7:30 p.m. at the Legion Club Sunrise 7:34 A.M. Sunset 4:35 P.M.				

Get your Local News?



November Calendar

1 Hour and 6 Minutes of Daylight is lost in November

Nov. 1st 10 hours and 6 minutes

Nov. 30th 9 hours

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