



# IHAS News

Volume 3, Issue 5

September 20, 2018

## Coming up

- Sept. 24-27: Standardized Testing for Grades 3-9
- Tues., Sept. 25: Grades 3-8 Louis & Clark Field Trip
- Mon., Oct. 8: Columbus Day— No School
- Tues., Oct. 2— Food Gathering Outing, Pt.1—All school
- Thurs., Oct. 4— Food Gathering Outing, Pt.2—All school
- Mon., October 8— **Autumn's Birthday**
- Oct. 11, 12, 13, & 14 at 7 pm: "The Appearing" meetings with Shawn Boonstra



**Francisco Javier**

Monthly Pledge:

\$30

Offerings this week: \$8.19

Offerings for Sept.: \$11.26



## Let's Move Day

Grades 3-8, the Karges four, the Wrights, and Miss Katie spent Monday afternoon riding bicycles in celebration of good health and to promote a lifestyle of moving to stay fit and well. A total of 157.76 miles were ridden between the hours of 1 and 4 pm. We took breaks at the half of every hour to do a bike rodeo activity (slowest bicycle race, newspaper boy, and stop-on-a-dime). We had a total of \$4.25 pledged for each mile so \$670.48 was earned plus a \$50 flat rate pledge for a grand total of \$720.48. We send out a big thanks to those who pledged a donation! If you still want to turn in a donation in honor of the miles ridden, it's not too late. When you submit it, please just note that it is in support of "Let's Move Day."

## Free Dental Clinic

The North Dakota Dental Association and North Dakota Dental Foundation is hosting a two-day (September 28 & 29), volunteer-staffed clinic to provide free dental care to anyone in need in Bismarck at the Civic Center. Doors open at 5:30 am. More than 600 patients from throughout the region are anticipated to be served by 500 regional dentists who are sharing their time and talents during this event!

### WHO CAN ATTEND:

- Adults and children of all ages who are in reasonably good health
- Children under age 18 must be accompanied by a parent or guardian
- No photo ID, Social Security number or per-



*Top left: Slowest bike race—these two took about 2 minutes to go 10 yards*  
*Above right: Ebnay learned how to ride bike just last week and managed to pedal six miles. Way to go!*  
*Bottom left: The finish line was sweet :-)*

sonal documentation required

- Patients served on first come, first served basis

### SERVICES PROVIDED:

- Cleanings
- Fillings
- Dental extractions
- Limited treatment for partial dental appliances
- Some root canals in front teeth

If you have any questions, contact:

Kimberlie Yineman

North Dakota Oral Health Program Director

Division of Health Promotion

kyineman@nd.gov 701-328-4930



IHAS Community Clean-up Day



## Ice Building

Willie Hale has agreed to head up another ice block building project. This means it's time to start saving your cartons again. They can be cartons of pretty much any size. It would make things more pleasant and easy for the Hales if you would rinse the containers well and, if it's one like the one pictured, open the top (i.e. un-seal the glued part all the way across the top).



Artwork by Maria Marquez

Artwork by Autumn Hale



Artwork by Fortunate Majada

# HOT LUNCH

## Wednesday, Sept. 26: Shepherd's Pie

- Zack: 1 bag Mrs. Schubert's dinner rolls (Walmart)
- Hales: 1 bag Mrs. Schubert's dinner rolls
- Marquez/Ratliff: 1 bag frozen broccoli
- Mo: 1 bag frozen peas
- Kuzvintzwa: 1 carton cottage cheese
- Fortunate: 1 bag frozen corn
- Reiss: 1 stick butter
- Mtonga: 2 lb. potatoes
- Mrs. Wright: shepherd's pie
- Miss Katie: onion

## Wed., October 3: Breakfast

- Zack: 1 bag southern style hash browns (frozen)
- Hale: 1 bag southern style hash browns (frozen)
- Marquez/Ratliff: 1 bottle catsup
- Mo: 1 jar applesauce
- Kuzvintzwa: 5 bananas
- Fortunate: 4 peaches or nectarines
- Reiss: fresh strawberries
- Mtonga: 1 jar natural peanut or almond butter
- Mrs. Wright: Scrambled tofu
- Miss Hay: Waffles

## Playground Fund

Current: \$5610.24 Given this week: \$.  
Already spent: \$663.92

## Educating for a Life of Service

**Invitation Hill Adventist School**  
10730 Highway 10  
Dickinson, ND 58601



## Chuckle Bits

Q: What do you call four bull fighters in quicksand?

A: quatro sinko

## Words to Live By

Definition of Sin: "Whatever weakens your reasoning, impairs the tenderness of your conscience, obscures your sense of God, takes away your relish for spiritual things....If anything increases the authority and power of the flesh over the spirit, that, to you, becomes sin, however good it is in itself."

-Suzanna Wesley