

IHAS News

Educating for Eternity

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This Weekend—Special Feature

Beneath Our Wings is a vision of Karen Fettig's to help educate communities in Wyoming on the dangers of Human Trafficking and exploitation of girls. She has worked in the area of educating and empowering the community for over fifteen years on subjects such as Protecting Children from Child Molesters, Domestic Violence and Human Trafficking, along with topics of health. Karen lives in Wyoming with her family and her donkeys. Come to church Sabbath and then to a program on Monday evening at 6 to hear more about this important topic.



Mealtime is Important!

In the past 20 years, the frequency of family dinners has declined 33%. Americans now spend a higher percentage of their food budget on restaurants than they do on groceries. 97% of the children's restaurant meals did not meet the nutrition standards for children's meals. Less than one-fourth of family dinners include a full serving of vegetables. There are many benefits from family meals. Kids and teens in families that eat dinner together most evenings

are less likely to be overweight, more likely to eat healthy food, perform better academically, and are less likely to engage in risky behaviors (drugs, alcohol, sexual activity). Sometimes dinner-time is the only time to hear about school, special projects and activities. Families that eat together also tend to eat more healthfully. So let's gather MORE at the dinner table! By Stacy Kilwein and thescramble.com

Ready, Set, Mush...

In March, the Iditarod Trail Sled Dog Race will celebrate its 50th run, crossing snow-packed mountain passes, rugged river valleys and windswept Alaska wilderness. More than 50 teams are expected to compete in the March race, which typically takes between eight and 14 days to complete. In honor of this famous race across the final frontier, on February 1st, the IHAS Idita-read Reading Challenge celebrated the start of its 6th run. Each reader has a reading log on which parents will record the number of minutes read by the student each day. The log will return to school each day and the students' mushers and sled teams will move along the trail to Nome



according to the number of minutes read. Students in grades 3-8 and adults will read a minute for each mile of the trail. Students in grades K-2 will read 1/2 minute for each mile of the trail. If the student is unable to read on his own, he may be read to and count that time. In celebration of those who complete the challenge by February 28, we will go ice skating for our Red Lantern party on Tuesday, March 1.

Upcoming Events

Sab., Feb 5	Little Lights sing for church
Sab., Feb 12	Invitation Singers sing for church
Sun., Feb. 13	Happy Heart Banquet
Mon., Feb. 21	Presidents' Day—No School
Feb. 25, 26	Academy Days
Mon., Feb. 28	Ididaread ends
Tues., Mar. 1	Ididaread Red Lantern Party
Thurs., Mar. 10	End of 3rd Quarter
Mar. 14-17	Spring break

Point to Ponder

"The truth of God is infinite; with painstaking effort we should work in the mines of truth discovering the precious jewels that have been hidden."

— EGW, RH, June 4, 1889

Chuckle Bit

Q: What did the French groundhog see on February 2?

A: His chateau

International Children's Care Francisco Javier

Monthly Commitment Goal: \$30

Amount Received for February:
\$0

What's Cookin'?

Pasta, Veggies, & Bread
Tuesday, February 8

- Sarah F: 1 jar marinara sauce
- Mo/Kaj: 2 jars marinara sauce
- Faith: 2 lbs. fresh carrots
- Ratliff: 2 lbs. fresh broccoli florets
- Mtonga: 1 head fresh cauliflower
- Hale: 3 colorful bell peppers
- Carter: 1 jar marinara sauce
- Karges: 2 jars marinara sauce, 1 loaf w/w bread
- Ms. Hay: 2 lbs. w/w rigatoni pasta
- Mrs. Wright: 1 loaf bread & unalfredo sauce

Chili & Cornbread
Tuesday, February 15

- Sarah F: 1 can pinto beans
- Mo/Kaj: 2 cans kidney beans
- Faith: 1 can chill beans
- Ratliff: 2 cans petite diced tomatoes
- Mtonga: 3 cans pinto beans
- Hale: 3 colorful bell peppers
- Carter: 1 can black beans
- Karges: 2 English cucumbers or munchers, 1 can tom.
- Ms. Hay: cornbread
- Mrs. Wright: burger, cauliflower

Mad Minute Progress

Addition & Subtraction		Multiplication & Division	
Level	Students	Level	Students
5	Sarah	17	Sarah
7	Milo	18	Milo, Alyna
8		19	Savannah
9		20	Samantha
10	Alyna	21	
11		22	
12	Samantha	23	
13		24	
14	Savannah	25	
15		25	
		27	Brianna



IHAS Friends

Kevler Benson Saueressig

Grade: Homeschool

Year at IHAS: 2nd year in the choir

My favorite Bible character is: David because he killed Goliath

My favorite Bible passage is John 11:35 because it's the shortest one in the Bible.

Favorite color(s): blue

Pet of choice: thorny devil lizard

Favorite food: popcorn

Least favorite food: avocado

Favorite candy: cotton candy

Favorite scent: Dawn soap

Worst scent: dirty chicken coop

Favorite hymn: "Only a Boy Named David"

Favorite hot lunch: tacos

Place I'd most like to go: Israel

One of the nicest things anyone has done for me: help me pick up books

Best life accomplishment: losing six teeth

IHAS mascot: a robin

Different name I'd choose for myself: Ben Franklin

Best age to be is 10 because

I'm almost 10

Future career: police

I'm afraid of: some creatures in the deep sea

This makes me happy: my chickens

Best thing ever invented: ripsticks

Name I'd choose for a boat: "Hymm"

I'm allergic to: cows' milk

Something my mom or dad says all the time: "Time to go to bed."

This bugs me: wasps and hornets

The best thing I know how to cook/bake: juice

If I were a teacher, I'd teach my students: to know Jesus

When I grow up, I can't wait to: make food

As a parent, my top three rules would be: 1) no bringing mud into the house; 2) no breaking things; 3) don't run away

If I opened a store, I'd sell: watches

I'd like everyone to know: I know how to drive some big machines.

Artwork by Kevler

Title: "Steamboat"

