



# HOT OFF THE PRESS!! KEEPING POST HIGH SCHOOL STUDENTS CONNECTED!!

## Luke 2:19-20

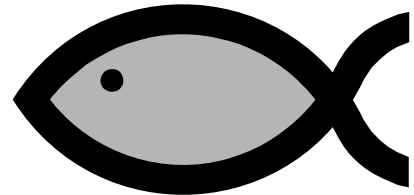
Advent.....This season seems to come and go so fast. I know that finals are around the corner. I know lives are busy.

But find time. .... time to think about Advent.....to prepare.....to remember all that the prophets said in the Old Testament.... about the coming of a Messiah..... how the prophesies all came true and the stories are told in the New Testament.... how the Messiah's birth is remembered each year....

Emmanuel.... Prince of Peace. ....  
" Mary treasured all these words and pondered them in her heart."

May we, like the shepherds, glorify and praise God for all we have heard as it has been told to us each year.... Prepare.....Ponder like Mary....

*Tonya*



**".....Most of all it is about doing simple things consistently and carefully....Pray. Study. Care."**

Letting you know that we are here for you  
always and praying for you.....

~Your Friends at First Lutheran

**"Serve wholeheartedly, as if you were serving the Lord, not men..."**  
*Ephesians 6:7*

## ASKING FOR YOU TO CONTRIBUTE....

Have a memory? Have some words of wisdom for your other classmates? Maybe you just want to let us know how you are and what you've been experiencing on your faith journey since you have been away. Maybe you've done a mission trip with your college? Email Tonya and we'll find a way to include YOU in the next issues coming your way. It's fun to hear how your faith journeys are continuing to grow in your young adult lives.....

### Inside this issue:

Energy Food?!?	2
Pastor Kelly's Deployment	2
Whatsup?!	3
Website	4

HEY!!! Are you my friend on FACEBOOK??  
I would love for you to be!!



## More Goofy Recipes for those with no money...or no energy from studying for finals!!

I know we put this in three years ago but it is soooooo worth printing it again! Ha!!

### The Overdrive Surprise.....

Want your eyelids plastered to your hairline?!?! Here you go:

1 part coffee

1 part cappuccino

1 part Red Bull

4 parts Mountain Dew

Topped off with 4 packets of sugar!



HA! HA!!

You let me know how this works if you are studying for finals!!

I don't know if my old stomach could take this?!?!?! :)

### DORM ROOM CHEESY TUNA AND NOODLES?!?!?!?

#### Ingredients

- 1 cup boiling water
- 1 (3 ounce) package any flavor ramen noodles
- 1 (3 ounce) can water-packed tuna, drained
- 2 slices American cheese

#### Directions

Pour water into a microwave safe bowl, and cook in the microwave until very hot, about 2 minutes at high heat. Add ramen noodles, and microwave 2 minutes more to cook.

Drain and discard water from noodles, then stir in seasoning packet, tuna, and American cheese. Place back into microwave, and cook until hot, 1 to 2 minutes more. Stir before serving.

Honest! This is a real recipe from the internet!...

"Cheap, easy, cheesy tuna and noodles for college students on a shoe string budget. If you really wanna dress it up, you can add thinly sliced almonds or sun-flower seeds for more flavor and texture. Of course this defeats the purpose of it being cheap and easy, but at least it's more enjoyable."

Anonymous

#### Nutritional Information

**Amount Per Serving** Calories: 334 | Total Fat: 15.5g | Cholesterol: 39mg

Added the nutritional stuff....because I care about your health..... Hee hee~



## Pastor Kelly's Deployment.....

Pastor Kelly left for his deployment in April of 2009. He was just back on a two week leave and it was a -w-e-s-o-m-e to be able to see him and hear what he is doing over there as a chaplain.

Good news!! PK is now officially on Facebook (thank you Annalise!!) Just search for PkWasberg and "be his friend". I'm sure he would love to hear from you!

Please continue to keep him, his family, and all of the soldiers in your prayers!!

Hurry back PK! FLY again in 2010! He's half way through!!

(just a pic from his leave back here)



---

# What's up?! Where are you now?!.....anything new???

*I emailed out or Facbooked and asked what was new with you? Here are the replies I received!! It was great to get reconnected....maybe you too will learn something new about where someone is...*

**Rachel Broman** is at Bemidji State University

**Cory Krogen** is at Hamline University will graduate in May 2010 with Business Management Degree Assistant Captain on the Hamline Hockey Team

**Tony Krogen** is a sophomore at St. John's University

**Sean Netzke** is still enrolled at Minnesota State Mankato and is majoring in Sports Management with a Business Minor. He is enjoying college – other than living in a very small dorm room in Gage B hall. He has made new friends and has adjusted well to the college life.

**Jessi Kimpling** is still in college at Mankato.

**Laura Pechtel- Pfeiffer** is at UW-Stout in Menomonie, WI; majoring in Retail Merchandise and Management; concentrations on Fashion Marketing and Buying and Product Management. She is on the Blue Devils Varsity Dance Team and Stout Retail Association

**Jason Werner** is still at Augustana College in Sioux Falls

**Cassie Bartness** is going to SMSU and majoring in Sociology as of now, but things could always change. Everything has been going pretty well! She hopes everything is well with you too!

**Lindsey Brewers** is in her second year at University of Minnesota, Twin Cities. She is studying Bio-medical and genetics in the engineering department and is also in the Gopher football Marching band, men's basketball pep band and various other pep bands. She loves all the action going on in the cities.

**Alyssa Christianson** is at Dakota Wesleyan University in Mitchell, SD. She is undecided in her major but leaning towards Psychology. She is running Indoor and Outdoor Track & Field for DWU as well as filming all the football scrimmages and games for the DWU football team.

**Jenna Obler** is at Augie in Sioux Falls and will graduate this spring.

**Jamie Obler** is at St. John's University

**Joshua Watterson** is going to SMSU for a degree in Exercise Science with a minor in Psychology. He's involved in plenty of activities in school and outside of school. He is involved in Habitat for Humanity Club, Anime Club, Wellness and Human Performance Club, Tae Kwon Do, and TRiO program for first generation students.

**Betsy Hansen** is in Brookings SD and loves college life!! She still at this point is studying for Ag Education

**Ashley Babcock** is still going to Ridgewater in Willmar for veterinary technology

**Shelby Klein** is still at Luther College.

**Kaitlin Miller** is still at NDSU in Fargo, ND doing her first year of pre-pharmacy studies.

**Sara DeSaer** transferred to Lake Area Technical Institute in Watertown, SD. She is going for Physical Therapist Assistant which is a 2-year program. She is also helping coach the Girls Varsity and Junior Varsity hockey team here in Watertown this year.

**Eric Warne** is still at Concordia, which makes his parents happy! (Cobbers run in the family!)

**Katie Sorum** is still at South Dakota State University (SDSU) in Brookings, SD with a Nursing Major!

**Jess Hanson** is attending Stewarts School in Sioux Falls.

*Hey! It's not too late..... email me at [ttomasek@iw.net](mailto:ttomasek@iw.net) or Facebook me and we'll keep people updated on how you are and what's new. One thing that will never change ..... you have a God that love you unconditionally and is always with you....and you have a church home to come home to at First Lutheran.*



**F.L.Y.**  
**100 Church Street**  
**Marshall MN 56258**

**“Whatever I have;  
wherever I am, I can  
make it through any-  
thing in the One who  
makes me who I am.”**

**Philippians 4:13**