



LAKER BULLETIN JUNE 6, 2018

1/2 Day Left!!
ENJOY SUMMER
VACATION!!

MONDAY AUGUST 6TH: Mandatory Annual Sports Meeting 7-12th grade @ 6:30 High School

SPORTS PHYSICAL: An email was sent out to kiddos who need to get an updated physical this summer. Reminder- you can't participate unless you have a current one on file (along with completed forms & payment) They are good for 3 years.

EMAIL: Please check emails b4 leaving school today to make sure all loose ends are tied up b4 school is out for summer.

ACTIVITY REGISTRATIONS: Will Open Late July. HS Fees \$85 w/ ind max of \$230. MS fee \$75 w/ ind max of \$200.

LOCKER ROOMS: ALL LOCKERS ROOMS NEED TO BE CLEANED OUT by 12:30 **TODAY!!** LOCKER ROOMS ARE NOT AVAILABLE DURING THE SUMMER!!!

SOFTBALL: The JV & varsity softball banquet will be held on Wednesday, June 6th at 6:00 pm in the HLWW High School Commons

High Kick Dance Camp: Completed grades 6-11 Are you interested in Kick line and possibly joining the Winter Dance team? Join us at the High School for High Kick dance camp where you will learn the basic High Kick techniques, stretching, and then tie it all into a routine that will be performed at 10:45 am the last day of camp in the HS Auditorium. This is for girls that have completed 6-11th grade. Wear loose/flexible clothing and tennis shoes and bring a water bottle. Participating in High Kick Dance Camp does not require a commitment to the Winter Dance team. Come join the fun. Register with Community Education by June 28. <https://www.hlwwschoolspayonline.org/High-Kick-Dance-Camp-P1087C277.aspx>
Monday-Thursday, July 9-12 9-10:30 am HLWW Laker Theater,
use High School entrance \$20, youth may request a partial fee waiver
Coach: Leisha Diers

CLAY TARGET BREAKING NEWS: Your Class 1A Conference 7 Champions will be attempting to qualify for state finals on June 11th in Alexandria, MN. The team is scheduled to start at 10:30 a.m. on trap house 1A. Team members need to report to trap house 1A no later than 9:30 on June 11th. We will also be competing in the afternoon starting around 2:00 p.m.

ALL STUDENTS: Please always check your school emails for information.

FITNESS CENTER: Fitness Center open Monday- Friday 3:00- 4:30

ACTIVITY SCHEDULES: To find our activity schedules online go to the HLWW district website and click on "Activities". Then in the side of the page click on "LAKERS Activities Schedule". That will bring up the weekly schedule for all the activities. If you would like to view a season schedule for a specific activity, then find that activity on the right-hand side, check it and click "View". There is also an "Activity Schedule Parent Guide" for your reference on the Activities Page.

This Week's Menu

MONDAY

Cooks Choice

TUESDAY

Cooks Choice

WEDNESDAY

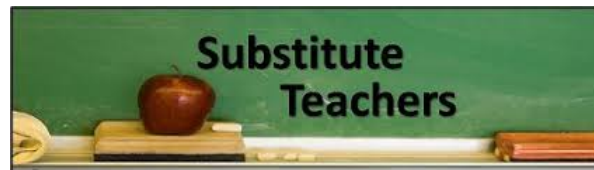
Cooks Choice

THURSDAY

SUMMER VACATION!!!

FRIDAY

SUMMER VACATION!!!



Linda Groos for Mr. Brusky

THIS WEEKS HIGH SCHOOL LAKER ACTIVITIES ([Lakers Schedule/CMC](#))

6/4	6/5	6/6	6/7	6/8	6/9
GOLF @ Pebble Creek		LAST DAY! DISMISS @ 12:30 Enjoy SUMMER VACATION!!		State Track & Field	State Track & Field 6/11 Clay Target @ Alexandria 10:30

College	Representative	Date	Time
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6/2 Benson, Jenna & Noah.	6/16 Snaza, Sierra C.	6/27 Driver, Kyle J.
6/2 Deboer, Lily H	6/16 Streich, Macee	6/28 Botones, Charlene
6/3 Anderson, Grace K.	6/17 Rodin, Kaleb S.	6/28 Graham, Daniel III
6/6 Long, Courtney L	6/17 Rumsey, Cullin D	6/25 Paulson, Bennett J.
6/7 Huston, Cullen J	6/17 Rumsey, Matthew R	6/28 Hatcher, Kalyn M.
6/9 Lahr, Kaden R.	6/17 Stillwell, Carsen D.	6/28 Lundeen, Jordan F.
6/9 Waataja, Katelyn P.	6/19 Berg, Hallie Jo M.	6/30 Brabec, Erin L
6/9 Zitzloff, Noah B	6/19 Krummel, Lauren C.	6/30 Czanstkowski, Kyra L.
6/12 Gueningsman, Marit A.	6/21 Vollmer, Camryn	6/30 Meech, Madalyn N.
6/12 Roufs, Isabelle T	6/23 Arneson, Kaleb J.	6/30 Paul, Katrina A.
6/12 Zachmann, Garrett M.	6/23 Ulrich, Cejay R.	
6/13 Peterson, Blake W.	6/24 Karels, Tucker J	
6/14 Fearing, Noah A	6/25 Kittock, Thomas	
6/16 Skiles, Destiny L.	6/25 Montgomery, Elizabeth E.	

The logo for "Free Daily Health Tip" features a green square on the left containing a white stethoscope icon. To the right of the square, the words "Free Daily" are written in a blue, sans-serif font, and "Health Tip" is written in a larger, bold, green, sans-serif font below it.

**Free Daily
Health Tip**

Tis the season! No...not Christmas! Wood tick season! I know – they’re creepy and they spread disease! First, let’s get some interesting facts about these little creatures.



A wood tick is NOT an insect. It’s an arachnid which is more related to a spider. If you look at one, they have four pairs of legs, no antennae and they don’t jump or fly. When they’re hungry, they camp on blades of grass and foliage.

Ticks really grab a person! When a wood tick wants you, it holds on to the foliage with their third and fourth legs, then they grab the unsuspecting host (YOU!). Then, they crawl around until they find a thin area of skin near a blood vessel. After it finds a good spot to set up its picnic, it burrows its head, unpacks a feeding tube, spits out a blood-thinning, skin-numbing, human immune-system-fighting saliva. It’ll feed for 2-3 days and can swell up to double its normal size.

Did you know there are thousands of tick species? Only a few spread bad diseases such as the “deer tick” or blacklegged tick that causes Lyme disease. (In 1975, children in Lyme, Connecticut came down with what was thought to be arthritis but was traced to a bacteria. The bacteria was named after the town.) The Rocky Mountain tick, the American dog tick and the brown dog tick can infect you with Rocky Mountain Spotted Fever. However, ticks can also carry diseases from mice, birds and deer! Yikes! How fast can you get sick from a tick? GOOD NEWS! If you can remove the tick with 24 hours, chances of getting Lyme’s disease is low. In fact, Lyme bacteria usually take 36 -48 hours to infect your cells.

How to remove a tick? Well, here’s things that DON’T work: petroleum jelly, gasoline, nail polish or alcohol. WHY they don’t work? Ticks can survive long periods without air. How should you remove a tick? Use a pair of tweezers. Grasp the sucker (yes...the part that’s closest to the skin) and pull steadily. I would recommend sealing it in a plastic bag with the date you removed it. Clean the area with soap and water or an alcohol pad. For more tips, go to Tickencounter Resource Center or www.tickencounter.org.

What are symptoms of tick-borne illness? Fever, headache, fatigue and muscle aches. With Lyme's, there can be a "bull's eye" rash (Also known as *erythema migrans* if you want to impress your friends) This appears three days to one month after the bite! It usually appears before the fever. Of those infected, 20-30 % don't show the bull's eye rash. You might get joint pain, muscle aches or even meningitis or encephalitis (infections of the brain).



More good news: Only about 1 – 3 % of people bitten by an infected tick will get Lyme's disease. If you have gotten bitten but have no symptoms and it is a deer tick, some doctors will treat you with an antibiotic, Doxycycline. Deer ticks can be active year round as long as temperatures are above freezing but peak time is summer.

PROTECT YOURSELF! Ticks follow deer so they are often found in grass around meadows. Tuck your jeans in your boots or socks, use insecticide and check for ticks when you get home. Favorite places? Your scalp, armpits, ears, backs of knees, between legs and around your abdomen. They can be small so check if you see a new freckle.

Now you know and are fully armed to take the summer by storm so you won't be ticked off by ticks!!

Nurse Jolie

Source: <http://www.health.com>; www.cdc.gov, www.webmd.com