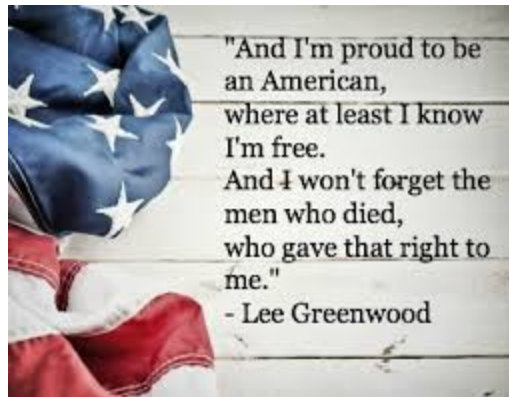


LAKERS



LAKER BULLETIN MAY 25, 2018



Trackers: If you would like a state patch added to your letterman's jacket please let Coach Hertwig know asap to get a count. Cost is \$15. Money goes to Carol Hayner when you get it put on your jacket.(example below)



VARSITY BASEBALL: All varsity baseball players interested in playing HL Legion ball this year, please turn forms to the HS office by May 30th f. If you need a form let Kayti know (only the player form is needed by that date)

GIRLS BASKETBALL: There will be a girls basketball meeting for all girls currently in grades 6-11 on Thursday, May 24th at 7:30 in Mr. Baumann's room. The meeting will go over summer opportunities, camps, Norwood, league, 150/300 club calendars will be handed out etc.

STUDENTS: Please return library books no later than Thursday, May 31st. Late fees/ Lost fees will be given after this date.

If you need them for a specific project, please contact Mrs. Thompson in the Media Center/Library.

Attention all Girls and Boys Basketball Players: Players going into grades 7-12 next year: The Midwest Elite Basketball Camp will be returning to HLWW again this summer. The camp will run from June 18-20 with the Girls going from 8:00-12:00 and the boys going from 12:30-4:30. The camp will take place in the HLWW High School gym. Camp forms can be picked up in the High School Office OR Middle School Office- Cost is \$125 for all 3 days Please make checks out to the ISD 2687. All completed forms can be turned in to the High school office, Coach Baumann or Coach Carr by June 1st. Any questions please see Coach Baumann or Coach Carr. Please consider this great opportunity to get better this summer.

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

Senior Meal: Tater Tot Hotdish ,garlic bread, ice cream sundae bar

TUESDAY

Cheesy Bread or Chicken Patty

WEDNESDAY

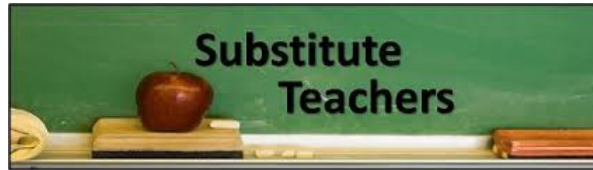
Soft shell taco or Philly Cheese Steak sandwich

THURSDAY

Orange Chicken

FRIDAY

Shrimp Poppers or Cheese Quesadilla



**Linda Groos for Mr. Weninger
Linda Metcalf for Mr. Barth
Sara Beamish for Mrs. Glessing
Charlie Roux for Ms. Thrasher**

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

5/21	5/22	5/23	5/24	5/25	5/26
Awards Night 7pm (Invites & Emails sent out to individuals who were invited) SB @ Spectrum 4:00 Bus- 1:45 Dismiss- 1:35	Boys Golf @ Becker Bus- 10:00 Dismiss- 9:50 Track (subsection) 2:00 Dismiss-11:25 (Early lunch) Bus- 11:50 SB @Rockford 4:30 Dismiss- 2:35 Bus- 2:45	Girls Golf @ SouthBrook 1:00 Dismiss 11:25 Bus-11:35	SB @ Rockford @4:00 Dismiss- 2:05 Bus- 2:15 BB Playoffs 4:30 @NYA Bus- 2:55 Boys/Girls Golf @ Albion Ridge 1:00pm Dismiss- 12:25 Bus- 12:35	SB @ Rockford 4:30 Bus-2:45 Dismiss-2:35	

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College	Representative	Date	Time
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5/5 Dority, Dylan J.	5/9 Zander, Jake J.	5/23 Parks, Henry A.
5/5 Guitron-Salomon, Stephanie	5/11 Fiecke, Jacob R.	5/24 Paulson, Nathaniel C
5/5 Malone, Trent H.	5/12 Koosman, Zachary B	5/28 Tuchtenhagen, Ryan D
5/8 Jimenez Tucker, Marie	5/17 Krummel, Jenna L	5/29 Fury, Emma G.
5/9 Ahrens, Elizabeth K	5/20 Williamson, Emma J.	

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