



Middle School Laker Patter

May 25 - Rotation Day 10



Today, May 25, 1:00



Today: Klein Lachermeier and Lydia Montgomery

5/27: Emma Lade

5/28: Katelyn Routhier and Emily Tovsen



For Mr. Granrud: Mrs. Groos

For Mr. Baumann: Mr. Kurt Anderson

For Mrs. Thrasher: Mr. Roux

For Kathleen Messer: Jan Fitzpatrick

For Diana Gabrelcik: Darlen Kadlec

For Mrs. Lawrence: 1st: Mrs. Konerza; 2nd: TBD;; 3rd: Mr. Rosevold;

5th: Mrs. Nendza; 7th: Mr. Roux

Mr. Brennan - TBD



For Updated Activity Information

Please see the HLWW Website Under Activities and Click on the Laker Icon.



Lunch Menu:

5/25 Shrimp Poppers or Cheese Quesadilla

5/29 Breaded Pork Sandwich or Italian Chicken Sandwich

5/30 Breaded Cheese Sticks/Dipping Sauce or Pulled Pork Sandwich

5/31 Deli Sandwich or Nachos

6/1 Popcorn Chicken or Assorted Pizza Round

Included Every Day: Veggie Bar: Fresh Greens and Variety Raw Vegetables; Fruit Bar: Canned and Fresh Fruit Choices

Weekly Breakfast Menu: **Monday** - French toast sticks, **Tuesday**-Mini Cinnis, **Wednesday**-Breakfast Pizza, **Thursday** - Mini pancakes, **Friday** - PB&J uncrustables. Alternate Daily: Cereal, String Cheese included in all breakfasts: $\frac{1}{2}$ cup juice, $\frac{1}{2}$ cup fruit and milk



Attention all Girls and Boys Basketball 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 **Friday, June 1st**. Any questions please see Coach Baumann or Coach Carr. Please consider this great opportunity to get better this summer.



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