

Lake Mills Graphic

Back to School 2017



SAMANTHA PATTERSON



NATHAN SLETTEN



KIMBERLY ODEGAARD



ANGIE KORTAN



LISA JOHANSON

LMCS welcomes new staff members

Samantha Patterson, will be joining LMCS this fall as a middle school math and high school health instructor. Patterson, graduated from Chanhassen High School, Chanhassen, Minn. and Iowa State University. While her first year as a full time instructor, Patterson had experience as a substitute in the district last fall, and noted that during that time, she enjoyed meeting and working with all of the staff members. He husband, Garrett, is a high school math teacher with the district.

Nathan Sletten, returns to the district after a stint teaching Instrumental music in the Earlham, Iowa district. Sletten graduated from LMCS in 2004, and received his bachelors degree from Augustana College, Sioux Falls, and his Masters in Music from Colorado State University, Ft. Collins, Colo. He is married to fellow LMCS alum, Mindy (Bjelland), and the couple has two children. He noted that his favorite part of coming home is the people. "Everyone is so supportive of all activities. I am happy to be home," he noted.

Kimberly Odegaard, will be another part-time addition to the staff, as she will be the curriculum coordinator for LMCS and N-K. Growing up in Leland, Odegaard graduated from Forest City high School, before receiving her degree from the University of Northern Iowa.

She currently lives in Northwood, and serves as the manager of the Northwood Theater.

Angie Kortan will be the new family and consumer science instructor, splitting her time between Lake Mills and Northwood-Kensett. Originally from Northwood, Kortan graduated from NK before receiving her teaching degree from Iowa State University. She lives currently in St. Ansgar with her husband, who is employed as a lineman with Austin Utilities and the couple has a four-year-old daughter.

A new learner assistant for the coming year is **Lisa Johanson**. Johanson (Davidson), graduated from LMCS in 1995, and will serve as a learner assistant at the secondary level. After spending the past 14 years in Alaska, with her husband and two children, the family packed up and drove 4,100 miles back home this summer. She noted that while there are many things they will miss about Alaska, they love being a part of the Lake Mills Community, including: the aquatic center (as outdoor pools are unheard of in Alaska); and, going for walks around town (as Iowa wildlife does not try to attack or eat you). Plus, "It is so wonderful to be around old friends and family again."

LMCS off-season updates

- New flooring in the band, vocal, industrial tech and nurse's office. Asbestos abatement and old floors removed.
- New heating and cooling units in the fourth and fifth grade classrooms.
- Tuckpointing completed on west side of 1926 building.
- Foyer remodeling, including the addition of geothermal heating and cooling.
- New cooling units in the auditorium.
- New concession stand with running water and restrooms at the baseball/softball complex.
- New network terminals with new fiber being installed to enhance connectivity and efficiency of wifi and internet.
- One to one implementation with electronic devices for all PK-2 (i-Pads) and 3-12 (Chromebooks).



Important LMCS Dates 2017-18

Aug. 23	First Day of School
Sept. 4	Labor Day, No School
Oct. 24	End of first quarter
Oct. 30/Nov. 1	Parent Teacher Conferences
Nov. 3	No School (day after P/T/S Conferences)
Wednesday, Nov. 23	Vacation Day – No School
Nov. 22-24	Thanksgiving Holiday – No School
Dec. 22-Jan. 2	Winter Break – No School
Jan. 12	12:00 (Noon) Dismissal-End of 1st semester-Staff in-service
Feb. 23	Winter Break(First snow make up for any school missed prior to Jan. 12
Mar. 14/15	Parent Teacher Conferences
Mar. 16	End of third quarter
Mar. 19	No school day after conferences
Mar. 20-23	Spring Break – No school
Mar. 30	Good Friday – No School
April 5	Senior Expo-noon dismissal
May 18	Seniors last day
May 20	Graduation
May 24	End of fourth quarter/last day

Snow make up days Feb. 23, May 25, 26, etc.as needed

New program for parents of young children at LMCS

Parents of children ages three through first grade are encouraged to participate in a new literacy program called Raising School Ready Readers in the LMCS preschool room.

This program begins Tuesdays starting Sept. 19, from 6-7:30 p.m. Families that attend will receive free books and refreshments, get to participate in fun and educational activities, and enjoy an evening as a family. This program is free of cost to participants by the Iowa State University Extension and Outreach Winnebago County.

Why focus on developing children's literacy skills? Research shows that good literacy skills have a long-term impact on a child's development. Reading proficiency by

third grade is the most important predictor of high school graduation and career success. When they become adults, they are less likely to be unemployed or underemployed. So parents have the opportunity to invest in their child's future by investing in literacy now.

"As parents, we likely know that it's important for our kids to know how to read, but it can be really hard to help our young children develop the skills they need to learn to read," explains Mackenzie Johnson, Human Sciences Specialist in Family Life and facilitator of the literacy program. "We often don't know what to teach them, how to teach them, or just honestly don't have a lot of extra time to teach them. That's what I love about this new

program, Raising School Ready Readers. This program focuses on how parents can teach their children the skills they need to learn to read by using opportunities in everyday life to teach, like making grocery lists or writing a note to someone."

ISU Extension and Outreach in Winnebago County is offering the Raising School Ready Readers program free for parents and children ages three through first grade. Younger children are also welcome to attend with their parents.

The program runs every Tuesday, Sept. 19 to Oct. 17.

To register, call the Winnebago County Extension at (641) 584-2261 or email Ashley Buol at abuol@ia-state.edu. See this and more at www.extension.iastate.edu/winnebago.



Groe awarded Robert D. Blue Scholarship

State Treasurer Michael Fitzgerald, a member of the Iowa Centennial Memorial Foundation, announced last week, that Alexandra Groe, Lake Mills, was among nine students to receive a Robert D. Blue scholarship award for the 2017-2018 school year.

The Robert D. Blue Scholarship, which is given by the Foundation, awarded nine Iowa students to assist in covering expenses at an Iowa college. The recipients represented nine Iowa counties and seven Iowa schools.

"Students selected to receive this award must be a citizen of Iowa and demonstrate literary and scholastic ability; exhibit qualities of truth, courage, and fellowship; and display moral force of character," commented Fitzgerald. "Alexandra is an excellent example of the type of student we were looking for." Groe will be attending Wartburg College this fall.

Awards were based on the review of an application, letters of recommendation, scholastic achievement and an essay on the responsibility of a citizen toward his or her community.

Additional information about the Robert D. Blue Scholarship is available online at rdblue.org.

Reduce kids' risk of getting colds at school



and viruses. The CDC recommends that adults and children receive their flu vaccinations in October while noting that such vaccinations can be administered as late as January and still prove effective. The CDC also recommends that adults and children receive flu vaccinations each year. Additional vaccinations may not need to be administered as often, but parents should still ensure kids' are up-to-date with their shots.

- Make sure kids regularly wash their hands. Kids often catch colds by rubbing their hands that have been exposed to cold virus germs on their noses or eyes. To prevent that, parents can teach kids to wash to their hands thoroughly, including scrubbing the backs of their hands, between their fingers and around their fingernails. Kids should know to wash their hands regularly, but especially after they use the bathroom and before they eat, drink or touch their mouths, noses or eyes.

- Keep kids home when they are sick. Parents don't want their children to miss school, but kids who are suffering from colds or flu should be kept home. This prevents the spread of colds and flu to classmates and teachers, and time to rest at home may help youngsters recover more quickly.

- Teach kids to avoid common germ spots. Germs can be lurking anywhere, but some spots seem to make more welcome homes for germs than others. Studies have shown that kids were most likely to encounter germs in schools on water fountain spigots and on plastic cafeteria trays. Teach kids to never put their mouths on fountains and to avoid eating any food that might fall onto their trays in the cafeteria.

School-aged children are susceptible to colds and flu when spending time in the classroom. But parents can reduce their youngsters' cold and flu risk in various ways.

School-aged kids who catch colds or the flu from their classmates can quickly spread those colds to their family members, who then might spread the colds further when they go to work. Preventing the spread of colds and flu at school is a team effort that requires the assistance of not just parents, but also teachers and students. Still, parents might be the first line of defense when it comes to preventing the spread of cold and flu at school.

While there's no way for parents to guarantee their children won't catch a cold or the flu this school year, they can take various preventive measures to increase kids' chances of staying healthy and achieving perfect attendance.

- Make sure kids are immunized and that their immunizations are current. Vaccinations bolster kids immune systems. That's important, as kids' immune systems are naturally less mature than adults', making them more vulnerable to germs

Could a gap year make financial sense?

In some parts of the world, a gap year—a year-long break between high school and college—is the norm. It's starting to catch on in the U.S. as well.

It's a chance for recent high school graduates to earn money, challenge themselves, explore the world and build their resume while experimenting with different career paths.

Those who take full advantage of the opportunity often find the experience to be rewarding and beneficial. And colleges report that students who start school after a gap year tend to earn higher grades, are more involved with campus life and graduate within four years at a higher rate than their non-gap-year peers.

Lessons you could learn along the way. Many people spend at least part of the year traveling, working or volunteering away from home. During the year, they may discover that what they originally wanted to study isn't a good fit, or may come away with a newfound passion.

Entering college with this knowledge can help them focus on a major, plan their classes and graduate early. Or, at least avoid changing majors and extending their schooling. In either case, they can save tens of thousands of dollars.

During a gap year, young adults also often take a more direct role in their day-to-day finances. They can develop a greater appreciation for earning, and spending, money. In turn, this can give them a framework when taking out student loans and an extra push to apply for scholarships.

Finding structure for your gap year. To avoid squandering the year, you can look into formal programs that can help you achieve or define your personal, academic or career goals. According to the American Gap Association (AGA), a nonprofit based in Portland, Oregon, over 80 percent of gap year students say the skills they acquired helped them be successful in their career after school.

Many choose service-oriented work. The federally backed AmeriCorps programs place volunteers throughout the U.S. to help communities in needs. Once you complete a full-time 10-to-11-month commitment, you may be eligible for a scholarship worth up to \$5,815 (in fiscal year 2017). Some colleges and universities will also match a portion of the award.

Working for a local business could be another great option. You can earn money, see if you truly enjoy the work, network and may be able to line up work during school or for future summer jobs. The industry connections and mentorship you receive can also be valuable for your post-graduation job search.

Another resource for finding a program is the USA Gap Year Fairs, which profiles a broad range of gap year experiences. Privately run programs may not offer compensation, but sometimes you can work in exchange for room and board. The experience can also serve as a foundation for cover letters when you apply for jobs or college admissions essays.

Funding your gap year. There are gap year options for students from all socio-economic backgrounds.

The AGA maintains a list of financial aid opportunities that can help you fund a gap year. The mix of merit- and need-based scholarships could cover the cost of a program or offset the cost of traveling or volunteering. If you have a particular program, ask the organization for recommendations.

Also, inquire with your university to see if it recommends or runs any programs. Some schools offer

scholarships to admitted students who take a gap year, and a few will give you college credit for completing certain programs.

Once you start your college education, you can try to capitalize on your year off. There are many scholarships available to continuing college students and your experience could be a good jumping-off point for an essay.

Bottom line: Taking a gap year between high school and college is increasingly popular, although still not as common as it is in some other parts of the world. While jumping right into college and getting a degree is the traditional path towards employment, some parents and students see the benefit of taking a year off to better define one's goals and gain real-world experience before going to college.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



Nathaniel Sillin
■
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MUTUAL**

AUGUST		
24	5:30 p.m.	JJV/JV/Var. Volleyball @ West Hancock
25	7 p.m.	Var. Football vs. West Fork, Home (Parents' Night)
28	6 p.m.	JV Football @ North Union
29	4:30 p.m.	B/G Cross Country @ Mercy Health Ctr-West Campus
	5:30 p.m.	JJV/JV/Var. Volleyball vs. Belmond-Klemme, Home
30	2:10 p.m.	EARLY DISMISSAL: TEACHER INSERVICE
31	5:30 p.m.	JJV/JV/Var. Volleyball @ Bishop Garrigan
SEPTEMBER		
1	7 p.m.	Var. Football @ Newman Catholic
2	9 a.m.	JJV/JV/Var. Volleyball Tourn. @ Algona

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A Guide to Concussions for Parents, Athletes, and Coaches



Julie Tuttle MS, ATC, is a licensed athletic trainer at the University of Nebraska, where she oversees concussion treatment and management for more than 600 Cornhusker athletes. The Pocahontas native recently took time from her busy schedule to answer questions parents, athletes, and coaches may have about sports-related concussions - and gave some tips on how families can help identify concussions, as well as help their young athlete recover properly, so they can get back into the classroom and game ready to compete.

Q: What happens to a young athlete when they suffer a concussion?

A: When an athlete sustains a sports-related concussion (SRC), it is usually caused by a bump, blow, or jolt to the head or body. The force may be direct (blow to the head) or indirect (blow to the body or a whiplash type mechanism), and generally causes some type of rotational or shearing force trauma to the cells of the brain. This trauma then begins a complex biochemical process in the brain which causes the signs and symptoms we see outwardly in those individuals who have sustained a SRC. In a SRC, there is very rarely structural damage to the brain, so this is not an injury that is identifiable (at this time) by an x-ray, MRI, CT Scan or other form of imaging. If there is identifiable structural damage, it is no longer classified as a SRC, and is classified as a more significant brain injury. What we see in a SRC is a functional disturbance of the brain caused by this biochemical process which manifests itself in a variety of clinical signs and symptoms. This is why it is so very important to recognize the signs and symptoms common to SRC and remove an athlete from participation for evaluation by a medical professional, before there is identifiable structural damage and it's too late.

Q: What do we know about the effects on young athletes?

A: What we do know about SRC is that the effects are usually short lived, and recovery is complete, unlike more significant injuries to the brain that may leave permanent impairment. During an initial SRC, neurons may be damaged but the brain does an amazing job of spontaneously healing those cells and restoring the brain to normal function. We also know that there can be significant permanent damage if another SRC is sustained before the initial healing has been completed. Again, this is why it is so very important to be aware of those signs and symptoms of SRC and not allow an individual to participate if symptomatic.

There is some research and evidence that young athletes' brains do take a longer period of time for this biochemical process to take place, so it is even more important to continue to monitor signs and symptoms over a potentially longer period of time, and to consider taking a longer period of time to complete a gradual and structured "Return to Learn" and "Return to Play" protocol for the younger athletes; especially for those athletes under the age of 13.

What we do not know is what the long-term effects of SRC or what the long-term effects of multiple SRCs are. We also do not understand the long-term, cumulative effects of the sub-concussive blows that are sustained in contact sports.

Q: How will a parent, coach, or athlete know if they have had a concussion?

A: Symptoms of SRC may be immediately evident, or they may take hours to develop as the biochemical process progresses. It is important to monitor for signs and symptoms of a SRC if you, a teammate, or your son or daughter sustained a significant direct or indirect blow to the head/brain. This does not mean to become obsessive with every bump and blow that are a normal part of sports, especially contact sports. But be aware of when you observe the following signs or symptoms from yourself, a teammate, or your child after they have sustained a direct or indirect blow. Sometimes it is a teammate who helps a coach, referee, or athletic trainer first recognize the signs and symptoms of a SRC in an athlete and have them removed from a practice/game for medical evaluation.

Common signs and symptoms of concussion fall into 4 main categories:

1. Physical — headache, nausea/vomiting, dizziness, balance problems, vision problems, fatigue, sensitivity to light, sensitivity to noise, and numbness/tingling.

2. Cognitive — feeling mentally foggy, feeling slowed down, difficulty remembering, and difficulty concentrating.

3. Emotional — irritability, sadness, more emotional, nervousness, and anxiety.

4. Sleep — drowsiness, sleeping less than usual, sleeping more than usual, trouble falling asleep, and difficulty staying asleep.

Q: If we think our athlete may have suffered a concussion, but don't know for sure, what should we do?

A: "When in doubt, sit them out" is the best advice I have if a coach, athlete, teammate, or parent suspects a SRC. Please remove the athlete from all risk of further contact until he or she can be evaluated by a licensed medical professional. No athlete diagnosed with a concussion should be returned to play the same day as the injury.

Q: As a parent, how can I help my young athlete at home recover after a concussion?

A: Previously, the recommendation has been to have absolute rest until all symptoms have cleared. We are finding out that this can actually be detrimental to the healing process once the acute stage has been cleared. The first 24-72 hours post-SRC (while the biochemical processes associated with SRC are still acute) it is important to minimize cognitive and physical activity. This initial rest allows the brain to work through its healing process without a lot of interference from other activities causing the brain to use its energy for purposes other than healing. As this first acute window begins to clear and the athlete begins to report fewer and fewer symptoms, it is OK to gradually reintroduce cognitive activity and light activities of daily living as tolerated. If something increases an individual's symptoms, then this activity is probably too much or the time participated in this activity is too long. For example, some athletes may be fine with 30 minutes of screen time, but if they push it and stay on their phone or computer up to an hour or so, their headache has increased, they're getting sensitive to the light, and symptoms are returning. That doesn't mean stop everything and go back to complete rest - just try things for short periods of time where the symptoms don't increase again. We are finding that individuals respond well to a gradual increase in cognitive and non-sport related physical activity (such as going for a light walk).

Some things parents can do to help the process are to encourage rest and relaxation during the first 24-72 hours of the acute SRC phase to allow for the initial biochemical process to complete itself. At this time Tylenol/acetaminophen can be given for headaches (only under a doctor's guidance/orders). The athlete should eat a normal, non-spicy diet. And the athlete (if 21 or over) should not consume any alcohol.

Some things parents should avoid include not allowing the athlete to drive a car, ride a bike, scooter, moped, hover board, or long board. These all require mental focus and concentration and even balance, and the athlete will be a danger to themselves and others if participating in these activities while still symptomatic. Athletes should not engage in physical activity or sports until cleared to do so by a medical professional. Do not take Advil/Aleve/Motrin/ibuprofen/naproxen/aspirin for any symptoms. Any other daily medications should be cleared to take by your health care professional before resuming use.

School districts have "Return to Learn" programs for post-SRC athletes. So if your athlete is in school at the time of their injury, please utilize this resource to re-integrate your athlete back into the full class and homework load.

School districts also have specific, stepwise "Return to Play" protocols in order to clear an athlete to return to participation. These "Return to Play" protocols are meant to reduce/eliminate the incidence of a second SRC coming quickly after returning from the first. These should be directed by a trained individual such as an athletic trainer or coach, as there are very specific instructions for their completion to minimize the risk of re-injury.

Q: What are the best ways to minimize the risk of a concussion for a young athlete? Similarly, if they may have had one, how can we minimize the risk of a second one?

A: Some of the best ways to minimize the risk of a SRC for a young athlete are to make sure they are following the safety rules for their sport, utilizing the proper protective equipment, and being instructed by certified sport coaches on the proper and safe techniques of their sport.

How to minimize the risk of a second SRC is a little more challenging, because once an athlete has experienced a SRC it is a little easier for them to get a second one in their future. We are still unsure of the science behind this, but it seems that second SRCs generally require less of a force to generate the brain's response. This is one of the reasons the "Return to Play" protocol was developed. We were finding that most of the second SRCs happened quickly after returning from the first SRC. So the recommendation is to follow a 6 day "Return to Play" protocol,

which gradually increases sport activity intensity and risk in a controlled environment. Return of symptoms is monitored throughout the protocol. Upon completion, the athlete may safely return to unrestricted play of their sport. The implementation of this "Return to Play" protocol has significantly reduced the number and rate of second SRCs during the same season.

Q: How do I know equipment my young athlete is using is safe? Can I make it safer?

A: Sport safety equipment (helmets specifically) must be certified by specific organizations, and reconditioned/recertified on a scheduled basis in order to continue to maintain the safety standards and warranties set by the sport's governing body. NOCSAE (National Operating Committee for Standards on Athletic Equipment) is a great resource for information. Also, consult the safety standards of your youth sports governing body for direction and recommendations if you are going to be required to purchase any safety equipment. Please do not make any adjustments to this equipment, as it will nullify the warranty that comes with it.

Q: If let my young athlete play, will they suffer a concussion?

A: A youth athlete has the same risk of a SRC as they have for any other sports-related injury. Unfortunately, risk of injury is part of playing sports. Some sports, especially contact sports, increase the risk of injury, so equipment and rule modifications are being evaluated continuously to provide the safest playing environment for our youth.

Q: Is there a certain age or size when they can start playing contact sports?

A: I am not an expert on youth sports and the rules and regulations for starting age and safety precautions. If you are interested in having your child play a specific sport, do some research about the safety rules and regulations presented by that sport's governing body and follow their recommendations. What I do know is that every youth sport governing body (especially contact sports) is making the prevention and treatment of SRC in their sport a top priority. They have made significant financial contributions and research contributions to help increase the safety of their sport, especially when it comes to SRC. Rules are being evaluated and modified for both training and game situations. For instance, USA Youth Soccer recently modified a rule for the age at which coaches can begin to teach heading the ball to their athletes. Millions of dollars have been spent on the research of a safer football helmet, and we've seen significant changes in the rules of the game and significant changes in how practices, especially contact practices, are managed by coaches. I think things are trending in the right direction to make sports safer for all ages of athletes.

Q: Are there some sports or elements of sports that my young athlete should avoid?

A: My advice here would be to not teach your child to be scared of something or to avoid something, especially in sports. What I see as an athletic trainer are those athletes who are less sure or hesitant are the ones who are more prone to injury. Follow the instructions of the coaches when it comes to learning techniques of the sport, make sure your protective equipment is in good condition and certified, and have fun.

Q: What should I expect out of my school's coaches or youth league coaches in terms of concussion recognition and recovery?

A: In 2011, the State of Iowa passed a law governing concussion policy and procedure in Iowa schools and athletic associations (http://coolice.legis.state.ia.us/linc/84/external/SF367_Enrolled.pdf). From my understanding of school-sponsored sports in the state of Iowa, all coaches are required to have a coaching authorization to become a coach in an Iowa school district. Individuals must complete specific coursework, including first aid, and sports safety, and basic athletic training. Included in this is an annual update on concussion training, how to safely recognize SRC symptoms, when to remove athletes from sport participation in order to seek medical evaluation. This is a lot of responsibility to put on coaches, and I wish every school district in Iowa could afford to have their own athletic trainer.

From my understanding, the State of Iowa Law does not regulate youth sports or youth sport coaches not sponsored by schools. These youth coaches should have certification requirements through their sport's governing body that requires SRC training through the Heads Up program on the cdc.gov website. This is an easy and user friendly educational tool and program to use if a group is looking for direction. If a youth sports organization does not require this of their coaches, I would consider not allowing my child to play for such an irresponsible organization.

Cdc.gov also offers Heads Up to parents, which is an amazing resource for parents with questions and/or concerns. This segment covers Youth Sports, High School Sports, and School.



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- 4 Obey all traffic signs and markings.
- 5 Make sure to look to the left, to the right, and to the left again for moving vehicles before crossing the street.
- 6 Don't enter the street from between parked cars or from behind bushes. Drivers should see you approaching the street.
- 7 Be especially alert in bad weather.

It's Back-to-School Time

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High school activities bring communities together

BY BOB GARDNER AND ALAN BESTE

Tailgates. Pep rallies. Friday night lights. The new school year is here! And that's exciting news for student-athletes and high school sports fans alike.

Research shows that being a student-athlete is about a lot more than fun and games. Student-athletes learn important life lessons, too. In fact, high school athletes not only have higher grade point averages and fewer school absences than non-athletes, they also develop the kind of work habits and self-discipline skills that help them become more responsible and productive community members.

Attending high school sporting events teaches important life lessons, too. High school sports teach that we can live in different communities, come from different backgrounds, faiths and cultures, cheer for different

teams, and still have a common bond. The joy of watching students participate.

That's why attending the activities hosted by your high school this fall is so important. It's not only an opportunity to cheer for your hometown team, it is also an opportunity to celebrate what you have in common with other schools and communities.

The bond we share is mutually supporting the teenagers in our respective communities. We applaud their persistence, tenacity, preparation and hard work, regardless of the color of the uniform they wear. We acknowledge that education-based, high school sports are enhancing their lives, and ours, in ways that few other activities could. And we agree that, regardless of what side of the field we sit on, attending a high school sporting event should be an uplifting, enriching, family-friendly experience

for all of us.

Many of the high schools in our state lie at the heart of the communities they serve. Schools are not only educating our next generation of leaders, they also are a place where we congregate, where people from every corner of town and all walks of life come together as one. And at no time is this unity more evident than during a high school athletic event.

This is the beginning of a new school year. Opportunities abound inside and outside the classroom. Let's make the most of them by attending as many athletic events at the high school in our community as possible.

Turn on the lights, and let the games begin!

Bob Gardner, is the Executive Director of the National Federation of State High School Associations and Alan Beste is the Executive Director of the Iowa High School Athletic Association.

Bulldogs in need of fall volunteers

With the fall sports season underway, the Bulldogs need some volunteers to help things run smoothly throughout the season.

They are currently short in the following areas:

FOOTBALL

- Play clock operator at all home FB games (MS, JV, Varsity)
- Chain gang for MS and JV football games, need four for each game)

Football home games:

- Varsity:
 - August 25 Parent's Night
 - Sept. 8 Homecoming
 - Sept. 22 @ Wartburg that we must cover
 - Oct. 6 last home game
- JV games: (6 PM)
 - Sept. 5 (Tuesday)
 - Sept. 18
 - October 2

October 16

MS games:

Sept 19 (4:30)

Oct. 10 (4:30)

October 17 (4:15 or later)

VOLLEYBALL

- Volleyball line judges for any and all home games
- Scoreboard operators for various levels
- Table workers for all levels

CROSS COUNTRY

- Timers
 - Course watcher
 - Assistants at the start and finish line
- Cross Country home meet will be held October 2at 4:30 p.m., at Rice Lake Golf and Country Club.
- If you are interested contact Jim Boehmer at jboehm-er@lake-mills.org



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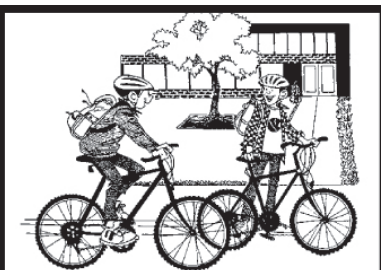
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BACK-TO-SCHOOL SAFETY TIPS

- 1 Always wear a helmet.
- 2 Check to make sure your brakes work, gears shift smoothly, and tires are tightly secured and inflated.
- 3 Make sure your bike has a light and reflectors on the front, back and sides.
- 4 Ride with traffic, not against it. Ride as far to the right as possible.
- 5 Learn and use appropriate hand signals.
- 6 Respect traffic signals. Stop at all stop signs and red lights.
- 7 Stop and look left, right and left again before entering a street.



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Bulldogs hope to build on success



Netters look to keep rolling

One year removed from finishing one win short of a playoff berth, optimism runs high in the locker room of Lake Mills football.

“Our numbers are up this year, seven or so, thanks in part to a large freshman group,” observed Head Coach Bill Byrnes. He also agrees that the surprise success enjoyed last year may have played a part in the increase in numbers. “We have a couple of seniors that did not play the last few years, and they will help us for sure. We are optimistic that we will be able to put together a pretty solid football team this year.”

Depite losing some quality senior talent, Byrnes bases his optimism on those veterans returning and the overall athleticism of this years squad.

“We are very athletic. We run really well,” he noted. “He said one indicator of that athleticism comes in the form of the number of state track athletes, who will put on the pads this season.”

Quarterback Cael Boehmer returns for his third season under center, and Byrnes believes that will be a key for the offense and the team as a whole.

“He looks good,” Byrnes said of Boehmer. “I can be pretty comfortable that he will make the right decisions. He is very poised and comfortable, and he makes others comfortable, as well.” He noted that when he speaks of athleticism, Boehmer should be included in the mix, especially now that he has grown into his body since freshman year. “We would like to get Cael running a little more, giving us another dimension.”

Another way the team will look to take advantage of their athletes, is through greater use of misdirection plays and getting the offensive linemen moving in space. “We have some size up front on both sides of the ball,” he noted, to go along with the athleticism.

New faces that Byrnes feels will contribute include Anthony Naser, Grant Fjelstad, Caleb Bacon, Blake Storby and Forest City transfer, freshman Elijah Wagner.

“Fjelstad is a very explosive athlete and Anthony Naser will help out on both lines,” he said. Of Wagner, Byrnes praised, “He is a state AAU wrestling champion and is very athletic and mature. He does not look like a freshman.” Bacon is hoping that an offseason injury heals quickly enough to allow him to participate early in the season, while Byrnes noted that Storby will help the team out on both sides of the ball.

Once again, Byrnes sees Denver and South Winneshiek as the district favorites, with the other teams—including the Bulldogs—hoping they are in the mix at the end of the season. He said Central Springs should be improved this season.

The team, in addition to their opponents, will also be battling an unfavorable schedule that features only three true home games (the other hosted by Wartburg), and travel to far flung reaches of the district.

Byrnes summed up his outlook, “Optimism is pretty high. Until we play, it is hard to really know.”

“Past performance is no guarantee of future results”, so says many investment opportunities. However, past performance has been pretty indicitive of continued success when it comes to Lake Mills Volleyball under Coach Jim Boehmer.

Entering his 26th season with the Bulldogs, Boehmer is once again challenged with filling holes on a team that finished the season last year as TIC West Champion and Regional runner-up to State Finalist, Waterloo Columbus, in order to retain their dominance in the sport.

The 2017 edition returns five letterwinners from last year (Dana Baumann, Teah Kesler, Mallory Wilhelm, Ashley Groe and Laura Knudtson), but lost six to graduation.

Boehmer expects 20 girls battling for roster spots and key roles on the team.

As per usual in any high school sport where turnover due to graduation is a constant, the first line of duty is to build depth and fill any holes that were created. “We only have five letterwinners returning, but we have to build some depth early in the 2017 season if we want to compete at a high level. With 13 straight seasons of more than 30 wins, we have demonstrated we can replace our graduating class,” Boehmer observed. “Each year our goal is to prepare our previous year’s freshmen and our JV team for varsity action this year. The success those younger players had last year will help replace six graduating seniors off of last season’s team.”

While the holes are many this year, the cupboard is not bare, as three of the returning players were named All-Conference last season (Mallory Wilhelm, Ashley Groe and Dana Baumann). “We have three all-conference players returning to build around and a talented group of players looking to step into leading roles this season,” Boehmer noted.

Boehmer said that Wilhelm will likely move around, “I would like to keep her on the floor as much as we can, to allow her to find a rhythm that will allow her to play at her highest level.” With Megan Groe likely to fill the void in the middle, with Hannah Hanson and Meghan Fails will join in that battle. “We will have to find a dominate player here to fill the open middle spot.

Harriers off and running

In her second year of coaching, Jamie Haugen is blessed with talent and experience on both the boys and girls teams this season. The girls are led by senior, Morgan Fritz, who authored an 11th place finish at the TIC meet, just missing All-Conference honors. The boys expect to be led by Carson Rygh, who was All-Conference and 16th place finisher at the State Meet last season as a freshman.

Along with those two runners, Haugen welcomes back Abby Bray, Lily Thompson, Dani Brua, and Madison Holtan on the girls side, and Ashten Love and Parker Rogstad for the boys. All of the returnees were letterwinners in 2016.

“She consistently turned in the top time for us last season,” said Haugen of Fritz. She also noted that Bray and Brua perofrmed strongly last year and hope to be improved in 2017. “Both performed well last season and look to drop their times this season.”

For the boys, she noted that behind Rygh; Love and Rogstad will benefit from experience. “They have a year of experience at the varsity level and look to improve on their times this season.”

With only three runners out, all accomplishments on the boys side will be individual in nature, Haugen noted, but she still expects strong showings. “We are down on the boy’s side with only three boys out this year, each of which is a great runner,” she noted. “We will look for them to place well individually, since there will not be enough for a team score.”

Just missing out on All-Conference and State last year, Haugen expects Fritz to be motivated to improve in 2017. “I expect Morgan Fritz to again be our top runner as she has been working hard this summer getting ready for this season.” She also noted that she expects Dani Brua to “really break through and have an outstanding year, as she is willing to give it everything she has to turn in lower times.”

She said that a key to achieving both team and individual success will come down to hard work, and staying free of injury.

BACK TO SCHOOL

2017-2018 LAKE MILLS COMMUNITY SCHOOL

“Bulldogs” Football Schedule

8-18	GHV Scrimmage (6 p.m.)	Away
8-25	West Fork	HOME
9-1	Newman Catholic	Away
9-8	Belmond-Klemme (Homecoming)	HOME
9-15	Denver	Away
9-22	MFL MarMac	Wartburg
9-29	BCLUW	Away
10-6	Central Springs	HOME
10-13	South Winneshiek	Away
10-20	Summer-Fredricksburg	Away

Game Time: 7:00 p.m.
Head Coach: Bill Byrnes



2017-2018 Cross Country Schedule

8-29	Newman Catholic	Away
9-5	Belmond-Klemme	Away
9-12	Osage	Away
9-18	West Fork	Away
9-21	Central Springs	Away
9-25	Garner-Hayfield-Ventura	Away
10-2	Lake Mills Invitational	HOME
10-9	Forest City	Away
10-12	Conference 3:30 p.m.	NIACC

Time: 4:30 p.m.
Head Coach: Jamie Haugen



2017-2018 LMHS Volleyball

8-24	West Hancock	Away
8-29	Belmond-Klemme	HOME
8-31	Bishop Garrigan	Away
9-2	Algona Tournament (9 a.m.)	Away
9-7	Eagle Grove (Parents' Night)	HOME
9-9	Central Springs Tourn. (9 a.m.)	Away
9-12	Garner-Hayfield-Ventura	Away
9-16	Forest City Tourn. (9 a.m.)	Away
9-19	North Union (Senior Night)	HOME
9-23	Bishop Garrigan Tourn. (9 a.m.)	Away
9-26	North Iowa	Away
10-3	Forest City	HOME
10-10	Hampton-Dumont Quad. (6 p.m.)	HOME
10-14	Algona Tourn. (9 a.m.)	Away
10-17	Regionals Round 1	TBA
10-23	Regional Quarter Finals	TBA
10-26	Regional Semi-Finals	TBA
10-31	Regional Finals	TBA
11-7	State Tourn.	Cedar Rapids

Time: 6:00 p.m.
Head Coach: Jim Boehmer

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