

# Back to School

## LMCS welcomes new staff members for 2016

### Eight new teachers, four new learner assistants and secretaries



Bri Paton



Ryan Gebel



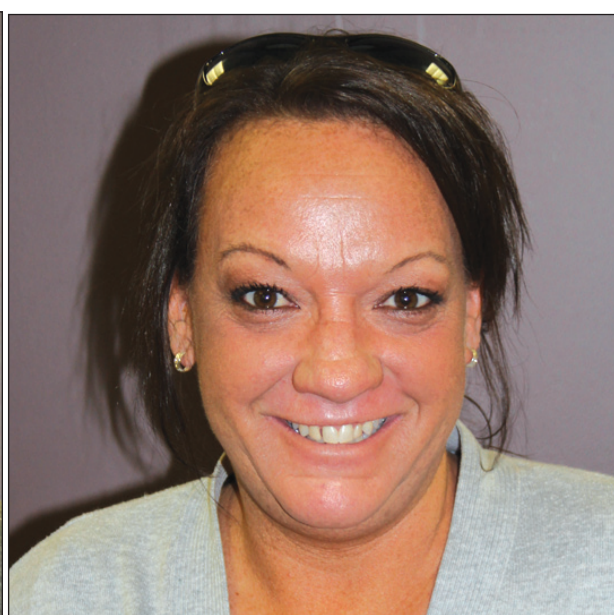
Molly Benson



Garrett Patterson



Ranen Spies



Casey Kohagen



Savannah Bachus



Hannah Rank

The 2016 school year will begin with eight new faces at the helms of classrooms throughout LMCS. Here is a brief look at those new teachers.

**Bri Paton**, a native of Emmons, Minn., will finally get the opportunity to be a part of LMCS, after attending high school at Glenville-Emmons High School. She will be teaching first grade this year, and is excited to be a part of such an amazing and caring community.

Patton is the mother of two children who attend LMCS. She previously was a part of the staff here last year as a learner's assistant.

**Ryan Gebel** will be teaching high school math in his first teaching job since graduating from the University of Northern Iowa last spring.

A native of Denver, Iowa, Gebel has coached baseball at the high school level the past three seasons. He also enjoys watching sports—especially Iowa, UNI and the St. Louis Cardinals.

He is looking forward to being part of a small community, and notes that thus far he has found everyone welcoming and supportive.

An elementary special education slot will be filled this year by Forest City native, **Molly Benson**. Benson married LMCS graduate Trevor Benson, and lives in rural Lake Mills with her husband and 18-month-old daughter.

Benson graduated from Waldorf College, and enjoys living in Lake Mills, noting, "The community has everything that you could need, with a small town feel." In her free

See LMCS, Page 3

## Keeping Your Kids Safe ON SOCIAL MEDIA

When it comes to social media kids definitely have the advantage. Depending on your age, you might remember VHS tapes, cassette players and a world without cell phones . . . oh the horror. However kids today have grown up with the technology we viewed as science fiction. With this advanced technology come safety hazards that have been around forever. The world is still

you have to let them make their own mistakes.

Therefore, your best defense is a good offense. This means education and communication.

Your kids know more about social medial networks. You don't have to be an expert, but at least have a basic understanding of how they work and any potential dangers. One of the biggest challenges



full of bad people and bad things can happen to kids, even though they think they are invincible.

For the sake of this article let's focus on teens. These folks own Facebook, Twitter, Instagram, etc. These forms of social media can bring people together, provide sources for news, creativity and inspiration, but they can also be a tool for some very destructive and dangerous things.

Social media allows us information on each other from where we are to what we are doing to our strengths and weaknesses and our teens are right in the middle of it.

As a parent or guardian, you already know that you can be with your kids 24/7 and at some point

with kids is trying to convince them that they are not invincible. It's something most of us went through and we learned the hard way that the world can be a mean and nasty place. This is where communication is paramount. Talk to your kids about their vulnerability and how not everyone has their best interest at heart.

Make it clear that once something is on the Internet it stays there. A photo they post might seem cool at the time, but what if a potential employer saw it, or a college admissions person or grandma? Which brings us to WWGS or What Would Grandma Say? It's a good rule of thumb never to post anything you wouldn't want your grandma to

see. Are teens likely to abide by this rule? No, but it may give them pause to think. Encourage them to use privacy settings and keep them updated. They probably know more about setting them than you. It used to be that kids were told not to talk to strangers, now you have to tell them not to "friend" them. It's common sense, but remember kids usually think that nothing bad will ever happen to them, remind them that they are not invincible.

It's crucial to keep the lines of communication open. You don't want to hawk over them so much

that they become defensive and hide everything, but they have to know that you are watching . . . from somewhere. They also have to know that you are there if they are being cyber bullied or stalked. These are very important issues and teens should feel comfortable letting you know if this is happening.

Parenting is the toughest job in the world and technology can make it even tougher. Be honest with your kids, remember that they are just kids and keep them talking. Knowing that you care and that you are there will make a difference.

**ETHANOL**  
FUELING A BETTER AMERICA

Education is essential to making the world a better place. At POET, our team of scientists, researchers and technicians are constantly working to find better ways to use sustainable resources to improve the world we live in. Education is where it starts.

HAVE A GREAT SCHOOL YEAR!

POET | See the world differently.  
HUMAN + NATURE | POET.COM/Hanlontown | 888.434.0095





## LMCS Dates to remember

Tuesday, Aug. 23	First Day of School
Monday, Sept. 5	Labor Day, No School
Friday, Nov. 4	No School (day after P/T/S Conferences)
Wednesday, Nov. 23	Vacation Day – No School
Thursday, Nov. 24	Thanksgiving Holiday – No School
Friday, Nov. 25	Vacation Day – No School
Dec. 23-Jan. 2	Winter Break – No School
Tuesday, Jan. 3	TSS Professional Development Day – No School for students
Friday, Jan. 11	12:00 (Noon) Dismissal-End of 1st semester-Staff in-service
Friday, Feb. 16 & 17	Vacation Days – No School
Friday, March 17	No School – (day after P/T/S Conferences)
M-Th, Mar. 20-24	Spring Break – No school
Thursday, March 30	12:00 (Noon) – K-11 Dismissal for Senior Expo
Friday, April 14	Good Friday – No School
Friday, May 26	Noon dismissal - "Last" Day of School, unless make-up days
Tuesday, May 30	Teacher In-service, unless snow make-up days needed

Snow Make Up Days: May 30–June as needed

## Energizing Breakfasts for Weekday Mornings

(StatePoint) Greens for breakfast might sound unconventional, but starting the day with vegetables is a fantastic way to check off some of the daily requirements for vitamins and minerals, plus get the energy needed to stay full and focused all morning.

If your family isn't exactly keen on greens, these simple breakfast items can ease everyone into a healthier morning routine.

### Satisfying Smoothie Bowls

Smoothie bowls are sweet and satisfying—and meant to be eaten with a spoon. Thicker than a typical smoothie, these delicious bowls are a mix of fresh and frozen produce, blended with your choice of superfoods and toppings. Include leafy greens such as kale or spinach and seeds like chia or hemp for a power-packed breakfast. Add avocado for a silky texture, then top with fresh berries, nuts or seeds.

### Pumped-Up Pancakes

Use a high-powered blender, such as the Vitamix Professional Series 750, to whip up pancakes with a secret ingredient—zucchini. Mix chopped zucchini right into the batter and your family won't even notice that their favorite breakfast treat has an extra boost of antioxidants and Vitamin C. For a less intense green color, peel the zucchini before blending into the batter.

### Make-Ahead Savory Muffins

Muffins can be sweet or savory and are easy to take on the go. Create tasty, satiating breakfast muffins with a crust made of blended cauliflower, spinach, eggs and spices. Mold the crust into the bottom of muffin tins, top with an egg and bits of cooked bacon or ham, and bake for a make-ahead breakfast item.

### Silky Green Smoothies

Smoothies are a great grab-and-go breakfast item that can be customized to each family member's tastes. A handful of fresh greens can increase the nutritional value of nearly any smoothie recipe.

Use the natural sweetness of fruit as a camouflage for vegetables. Pineapples, oranges and grapes are particularly good ingredients to marry with vegetables. Apples can offset greens with a slight bite. Experiment to figure out your favorite combinations, increasing the amount of greens as your family becomes more accustomed to them.

To get started, try this recipe for a Basic Green Smoothie:

- Ingredients:
- 1/2 banana, peeled
  - 1-1/2 cups green grapes
  - 1 medium orange, about 5-1/2 ounces, whole, peeled but with pith intact
  - 1-inch thick slice pineapple with core, peeled
  - 1-1/2 cups packed fresh spinach
  - 1/8 teaspoon grated lime zest or thin slice of lime with peel, about 1-inch diameter
  - 2 Tablespoons agave nectar
  - 1 cup ice cubes

Directions:

- Place ingredients into blender in the order listed and secure lid. If using a Vitamix blender, select Variable 1. Turn machine on and slowly increase speed to Variable 10, then to High.
- Blend for 30 seconds, or until desired consistency is reached.

Subtly incorporating vegetables into your family's diet can help expand palates and get the day off to a strong start.



# Seven ways to make mornings less hectic

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead.

Making mornings less hectic involves a few different strategies that parents and kids can easily incorporate into their daily routines.

- Wake up slightly earlier. Getting up earlier than normal, even if it's just 15 to 20 minutes before you're accustomed to getting out of bed, can help reduce morning stress. Resist the temptation to hit the snooze button over and over again. A few extra minutes each morning can make you feel more relaxed and make for a smooth, stress-free start to the day.

- Get some work done the night before. Prepare lunches the night before and have them ready in the refrigerator. In addition, lay your clothes for the following day out each night. This saves time and takes a couple more things off your morning to-do list.

- Ease back into a routine. As a new school year dawns or a long vacation comes to an end, begin going to bed earlier and start waking up earlier as well. This can make the transition from carefree mornings to busy mornings go more smoothly.

- Prep backpacks in the evening. Look through folders, sign paperwork, check assignments, and do whatever is you need to do the night before to save your family from having to scramble in the morning. This ensures those permission slips get signed and items make it back into school bags.

- Opt for school lunch a few times. Look ahead on the school lunch menu and speak with children about which meals they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.



Make school and work mornings less harried with some easy tips to add to your routines.

- Have quick breakfast foods available. Smoothies, cereal bars, oatmeal, and whole-grain cereals are fast and nutritious ways to start the day.

- Carpool whenever possible. Busy families can save themselves extra work by proposing a neighborhood carpool. Sharing school dropoff detail frees time up for parents once or twice a week, and kids may enjoy traveling to school with their friends.

Mornings can be tricky when family members are getting ready for school and work at the same time. By practicing a few daily rituals, it's possible to curb the rush and start the day happier and more relaxed.



## Happy First Day of School

Wishing you good luck on your first day & all year long!



Mercy FAMILY CLINIC LAKE MILLS

A partner with Mercy Health Network—North Iowa

### BIKE RIGHT!

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.

**Redinger Drug**  
"Where you get the best for less"  
219 W. Main, Lake Mills, IA 592-0141

# YOUR PT TEAM

We help keep the Bulldogs in the game, through comprehensive physical therapy treatment.

**WE CAN DO THE SAME FOR YOU!**

**Physical Therapy**  
STRONGER • FASTER  
LAKE MILLS  
FARTHER

115 North Mill Street  
Lake Mills, IA 50450  
641-592-3500

## Your Best Year Yet

Here's hoping this school year is one for the books!

**NAPA AUTO PARTS**  
108 S. Lake St., Lake Mills  
641-592-6272

## BACK-TO-SCHOOL

Hope this school year spells out plenty of valuable lessons and great experiences.

Welcome back and good luck with your studies this year!

**MBT Bank**  
106 W. Main, Lake Mills, IA • 592-0041  
FDIC www.mbtbank.com

**2016**

## It's Back-to-School Time!

### SHARE A SMILE

DR. SCOTT BOSACKER DDS For All Your Dental Needs

WE WELCOME NEW PATIENTS!  
Monday 8am-8pm • Tuesday 8am-5pm  
Wednesday 8am-5pm • Friday 8am-5pm  
Monday Evenings • Some Saturdays • Emergency Appts

[www.SensibleDentallowa.com](http://www.SensibleDentallowa.com)

206 E Main St Lake Mills Iowa 50450 **641-592-1100**



# How to help and support schools

Good schools help to harbor a strong sense of community. Children often make their first friends at school, and parents often meet their neighbors through school-sponsored activities. Students and school districts face a new set of challenges each year. Many of them can be remedied or made less daunting with the help of volunteers. Here are some of the many ways men and women can support the schools in their communities.

**• Practice open communication.**  
Parents of children in the school should become familiar with teachers and the staff in the school. Find a balance between being involved and being intrusive. Joining the PTA is one way to be active in the goings-on of the school. When the opportunity arises, exercise your right vote on proposed policy changes and programs. Show an interest in your children's assignments and ask to meet with teachers if the need arises. Doing so illustrates to the teacher that there is a connection at home and they're not alone in the journey.

**• Participate in school fundraisers.**  
Schools may not have enough money to cover all of their needs, and fundraisers are vital to the success of many schools. Fundraisers may provide money for the entire school or be collected for particular efforts, such as new technology or athletic uniforms. While you don't have to get behind every fundraiser, participating in just a few can help the school raise needed funds.

**• Keep a clean campus.**  
Students and parents can work together to keep the school and surrounding areas clean. Organize trash pickup days when participants gather and dispose of litter. Parents also can pitch in to make school grounds more aesthetically appealing. Donate and plant flowers or trees, and encourage groups that meet at the school, such as Boy and Girl Scout troops, to donate their time and effort as well.

**• Donate books to the library.**  
Members of the community can ensure students have plenty of reading materials available to them by donating used books in good condition to the school library. If you can afford it, purchase new books on summer reading lists and donate them to the school library. Schools also may appreciate donated subscriptions to magazines, newspapers and other periodicals.

**• Send in complete supplies.**  
Teachers often ask parents to supplement supplies for their classrooms. Remember to send in what is requested when school supply lists are given to students. This helps classrooms run more efficiently and may reduce out-of-pocket expenditures for teachers.

Schools are an integral part of many communities. Explore the many ways to support schools with donations, volunteerism and more.

# Back to \$chool on a budget



(c) somkanokwan - Fotolia.com

in your closets—and your child's backpack—from the last school year. From scissors to folders to unused or partially used notebooks, you may already have many things your kids need for the year ahead.

For those necessities that kids will need all year long—such as tape, paper, pens, pencils, markers and more—take advantage of bulk sales at discount stores and online retailers. Buying more now can save you cash in the months ahead.

**Go Green**  
Brown bags, plastic baggies and plastic silverware are small expenses that add up quickly. Instead, opt for reusable lunch container alternatives and a one-time expense. It's not only good for the planet, but kids will get on board if you let them pick items that speak to their sense of style. You'll also save yourself trips to the store.

Don't let back-to-school make a hefty dent in your wallet. At the store, take advantage of great deals and also consider different ways of eliminating perennial expenses.

(StatePoint) Between new clothes and new school supplies, back-to-school season can put a strain on household budgets.

In 2015, families planned to spend \$630 on back-to-school items, according to the National Retail Federation, and this year's numbers are also expected to be pricey. With a little planning, your family can get the most out of your school shopping budget—by taking advantage of sales, comparison shopping, buying in bulk and simply by making sure you don't buy things you already own.

Here are some smart ways families can reduce costs as students head back to class this fall.

**End-of-Season Sales**  
Take advantage of end-of-season sales to stock up. This concept may not help you this fall, but it's a great habit to adopt now for long-term savings. You can stock up on summer clothes now and great fall items once the weather gets chillier. Stores will be offering deep discounts and clearance prices on items that eventually will come in handy for next back-to-school season. Remember to take into account that kids grow quickly.

**Add it Up**  
Bigger ticket school supply items can cost you a pretty penny if you don't comparison shop. For example, required tools like a high-quality graphing calculator can come with a price tag of \$75 or more. Get more for your money with an affordable model, such as Casio's fx-9750GII, which retails for under \$50. It offers useful features like a high resolution screen and compatibility with a personal computer. It is also permitted to be used in such major tests as the ACT and the SAT. More information about calculators can be found at [CasioEducation.com](http://CasioEducation.com).

**Take Stock and Buy in Bulk**  
Don't buy things you already own, and take advantage of bulk discounts for the stuff you need. Before making your shopping list take stock of what school supplies you already have



Rachel Byars



Angie Stensrud



Rebecca Roethler

## LMCS: New staff ready for a new year

From 1B

with her husband and newborn son, Ryan, born Aug. 10.

Geelan previously served at LMCS as a learner assistant, and before that worked at SonShine Preschool.

**Hannah Rank and Rachel Byars** will be two new learner assistants this coming year.

Rank is a LMCS graduate, who received her degree in studio art from Bethany Lutheran College.

Byars, originally from Orange City, graduated from Dordt College with a degree in elementary education.

Taking over for Kathy Chose will be two new staff members, as **Angie Stensrud and Rebecca Roethler**

come on in part-time roles. Stensrud, a Lake Mills native and Iowa State graduate, will be the nutrition funds secretary, working

primarily in the mornings.

Roethler will be the activities secretary and work primarily afternoons.

### FACILITY IMPROVEMENTS for 2016

- New flooring in the LMC
- New lower cabinets, countertops, and sinks in the K-3 classrooms
- Tuck pointing done on the North side of 1926 building
- Fixed drainage issues on South exterior wall of the gym and replaced the sidewalk
- Replaced older interior doors in 1926 building
- Replaced glass on trophy cases to safety glass
- Installed some new lockers on third floor
- Replaced sidewalks on North and West side of 1926 building

time, Benson enjoys reading, camping and baking.

**Garrett Patterson**, a St. Ansgar native and Iowa State graduate, will be teaching high school math in his first teaching job at LMCS.

His fiancé will be student teaching this fall in the Mason City and Central Springs districts. In his free time, Patterson enjoys most sports, including; football, basketball, baseball and golf.

So far, his favorite part of Lake Mills is the people and the community. "Everyone is so welcoming and friendly. I have felt at home from day one."

**Ranen Spies** fills a void in secondary science, and teaching runs in the family, as both of his parents are teachers and coaches.

A native of Audubon, Iowa, Spies graduated this past spring from the University of Northern Iowa. In his free time, he competes in triathlons.

"Everybody is so nice, it reminds me of my hometown," he noted. He also is happy that he does not feel out of place wearing his UNI apparel around town. "I can still wear my UNI shirts and blend in," he joked.

New high school English teacher, **Casey Kohagen**, has a varied educational background, including: secondary social science; instructional strategist I; and instructional strategist II; and, English language arts. She holds a bachelors degree from Upper Iowa University; a d Masters degree from Michigan State, and is currently working on her PhD.

Outside of the classroom, Kohagen enjoys spending time with her family, which includes a 10-year-old and eight-year-old triplets.

After living in the community for the past year, she enjoys the community support of the school district, and the general overall family atmosphere of the community.

**Savanna Bachus** will be replacing Kathleen Grunhoid as Family and Consumer Sciences instructor, and will be working in a sharing agreement with Northwood-Kensett.

Originally from Wheatland, Iowa, Bachus graduated from Calamus-Wheatland High school

and Iowa State University. In Wheatland, she grew up on a farm with her parents and a younger brother. She enjoys scrapbooking, fishing, cooking, eating ice cream and spending Friday nights with my grandparents. She appreciates how kind and welcoming everyone has been in Lake Mills. "They have made me feel right at home here!" she concluded.

**Amanda Geelan** will be the new second grade teacher once she is back to work following maternity leave.

A Clear Lake native, Geelan received her degree in elementary education from Buena Vista University. She lives in Forest City

**WALK THIS WAY!**  
8 BACK-TO-SCHOOL SAFETY TIPS

- 1 Always cross the street at crosswalks.
- 2 Walk with a buddy.
- 3 Choose a safe walking route to and from school. The best way is the most direct one with few street crossings.
- 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.

sponsored by the  
**Lake Mills Police Department**

**Hope Your Year Gets an A+**

Wishing you a school year that makes the grade!

**MIDWAY TOOLING TECHNOLOGIES, INC.**  
804 N. Lake St., Lake Mills • 641-592-3571

**It's Back-to-School Time**

We wish all area students a successful school year!

**WCTA**

**iWireless**  
Mobile Affiliate

**Even more reasons to drive carefully**

With the kids heading back to school, there are even more reasons to be a safe driver. Watch for buses and children walking and biking to and from school.

**Discover GRINNELL MUTUAL**

**WINNEBAGO MUTUAL INSURANCE**  
301 W. Main, Lake Mills, IA • 641-592-1271  
See Renee Ingledue, Terry Olsen, or Cathy Bernhard

**Good Luck Students**

May the new school year bring good times & good grades!

**Stensrud Insurance Services**  
Quality, Service, Knowledge  
105 N. Mill St., Lake Mills, IA 50450 • 641-592-6767

**Here's to a Stellar School Year**

Wishing all of our students a happy & successful year!

**NORSEMEN**  
106 E. Main, Lake Mills, IA • 641-592-5060



# Netters look to continue roll

At the high school level, change seems to be a constant, but one thing that has not changed for a number of years is the dominance of the Lake Mills volleyball program.

Entering his 25th season of coaching the Bulldogs, Jim Boehmer and the constantly changing lineup, have built a powerhouse, something they look forward to continuing in 2016.

Last year, the Bulldogs finished with a 40-2 record and a TIC West Division Championship. They advanced to the regional final game, where they were eliminated by Sumner-Fredricksburg. That was the Bulldogs eighth consecutive trip to the regional finals. Prior to their inaugural year in the Top of Iowa Conference, the Bulldogs compiled 12 consecutive regular season conference championships, and are currently riding an 88 game conference winning streak.

While there will once again be change in the faces on the court, the cupboard is far from bare, with two starters (Lexi Groe and Hailey Borgmeyer) and two other letter winners (Robyn Bowman and Dana Baumann) from last season returning to form a solid nucleus. Beyond those four, Boehmer notes there will be a lot of competition for spots. "We have a number of juniors and sophomores that will be battling for varsity spots," he noted. "Overall, I think we have 20-plus girls fighting for a varsity uniform." Among the girls to keep on eye on this season are: Sydney Dahl; Mallory Wilhelm; Ashley Groe; Rylee Bowman; Teah Kesler; Hannah Hanson; Laura Knudtson; Anna Ramaker; Audrey Casperson; Jaydn Joynt; and Emerald Gau.

"We have as much depth as I think I could hope for entering the 2016 season, and with 12 straight seasons of more than 30 wins, we have demonstrated we can replace our graduating class," he observed. "We have two all-conference players returning to around and a talented group of players looking to step into leading roles this season." The depth referred to starts with Groe and Borgmeyer. "We return TIC West Player of the year, Lexi Groe. She had a very good season last year and I feel she was still just a diamond in the rough. Her upside is big and I think she can become one of the most dominating players in Iowa this season." He added of Borgmeyer, "We have experience returning on the left side two-time all-conference Senior Hailey Borgmeyer (Honorable All-Conference in 2014 and 2nd team in 2015). She will be starting for the third straight season, which is a rare feat for our program. Hailey can play exceptional defense and is an aggressive server for us."

At the setter position, Kelsea Heintzman has graduated, and senior Robyn Bowman is next in line for that spot. "She has excellent hands and is able to run a quick tempo offense and speed things up. She also plays some of the best defense I have seen from a setter. Robyn has been preparing for this season for years. She loves the game and has fun playing it and that will pay dividends for her team this fall."

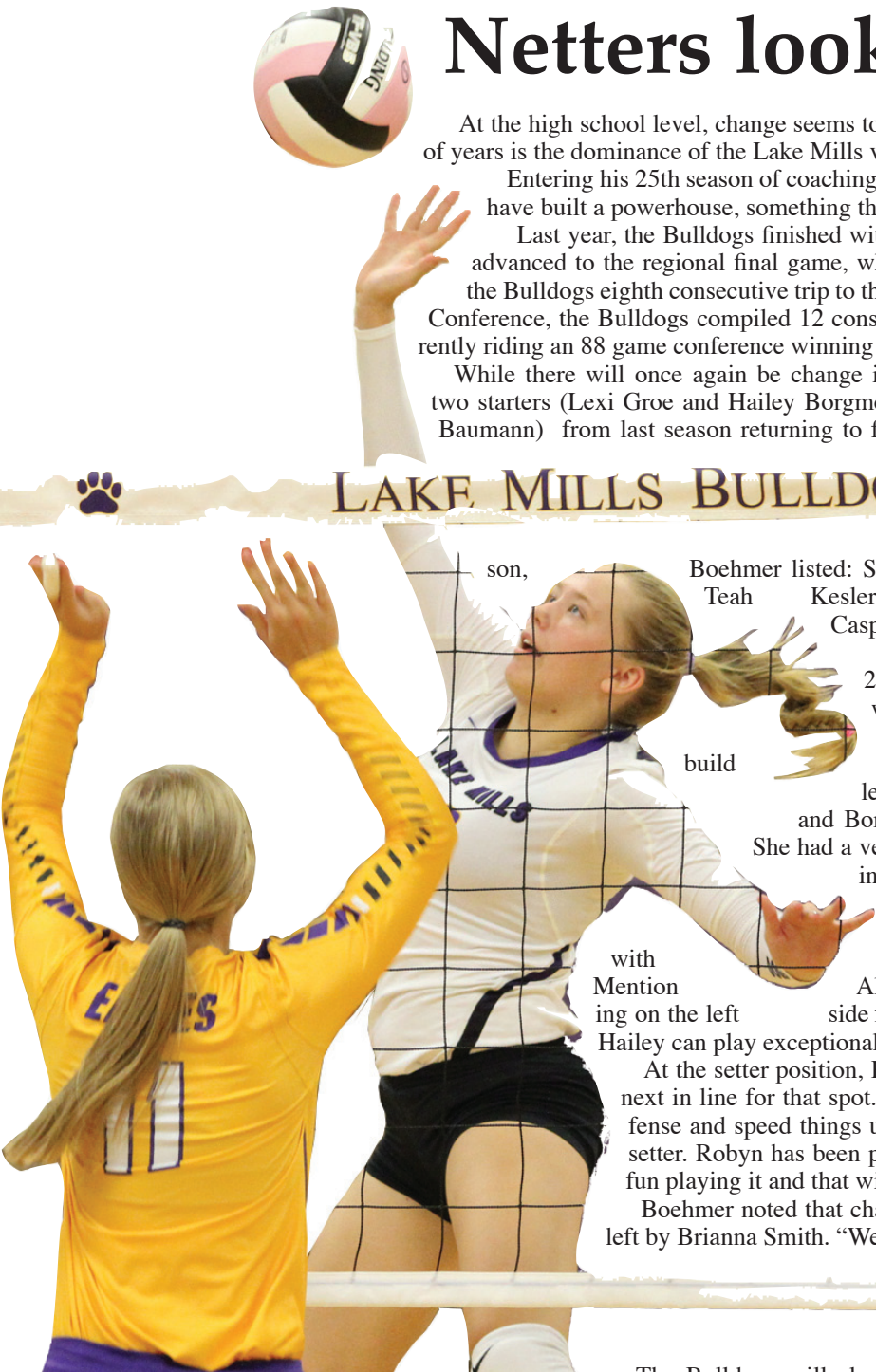
Boehmer noted that change will continue on the right side, as he looks to fill the void left by Brianna Smith. "We will look to a small group of kids to fill her roll." Among those under consideration will be Emerald Gau, Ashley Groe and Jaydn Joynt. He noted there may be some moves as well, to bolster that position. "There could also be a number of players who I could move to the right side," he said.

The Bulldogs will also be looking for three-to-four defensive specialists to step up and insert themselves into the line-up. Providing depth on defense are Sydney Dahl, Dana Baumann and Laura Knudtson, plus a number of younger players. "These three have tremendous ability and an exceptional work ethic, so we know they will train hard to fill this role. I think we will be able to find six girls who can handle the serve and allow our offense to play aggressive and fast."

Boehmer said the conference will once again be tough to navigate, with Forest City being the team to beat, with the others not far behind. "The remaining talent level in the TIC West will be spread out fairly well," he observed, mentioning GHV and Belmont Klemme (along with Lake Mills) as being the other teams with more than one returning all-conference player. The key to competing in the TIC and beyond is how quickly those cogs from last year can be replaced.

"Our big key will be how quickly we can come together and speed up our offense," Boehmer predicted. "With 38 players, I am confident this will create some competition for spots. That should only make us better in the long run." He added, "My biggest issue will be fitting these puzzle pieces together properly, so we can be as quick as possible. We will have to be sure we put the team needs ahead of the individual desires."

He concluded, "Our group has worked very hard in the off-season to improve. We are confident, excited and play with a great deal of passion. We have a very talented and experienced senior class. Our juniors and sophomores are very talented and have demonstrated a great work ethic. 2016 will be another great season to work with the girls."



Coach Bill Byrnes is hoping that experience on the offensive and defensive lines will help his team build on a disappointing 1-8 record last year.

# New year, new district, renewed hope

2016 is a year of change and stability for the Bulldog football program—and a year of hopefully returning to the postseason.

Change comes in the form of new faces expected to contribute, as well as a new district in which to compete. The stability comes from the top, where Head Coach, Bill Byrnes, is entering his 21st year at the helm, and flows down from there, where Byrnes is hoping that the experience returning to the field helps yield the desired results.

"Our team strengths will be our athleticism and experience—especially along the two lines, linebacker and in the offensive backfield," Byrnes commented recently.

That depth will be led by Zach Throne, a three-year starter and two-year all-district player, who anchors the offensive line at center, and plays linebacker on defense. Throne will be joined by fellow all-district player, Marcus Escherich, who lines up at linebacker on defense and fullback on offense.

Other returning letter winners include: Slade Sifuentes (tight end and linebacker); Parker Eaton (receiver, defensive back); Nick Langenbau (offensive and defensive lines); Adam Bergo (offensive and defensive lines); Austin Leibeg (tight end and linebacker); Brett Tyler (offensive and defensive lines); Gabe Irons (offensive and defensive lines); Alex Albert (running back and linebacker); Alex Martinson (receiver and defensive back); Cole Bergo (offensive and defensive lines); Nick Raaen (tight end and defensive back); Nate Orban (offensive and defensive lines); Cael Boehmer (quarterback); Max Johnson (offensive and defensive lines); Dylan Renneker (offensive and defensive lines); Maverick Schmitt (running back and defensive back); and, Tommy Kaktis (receiver and defensive back).

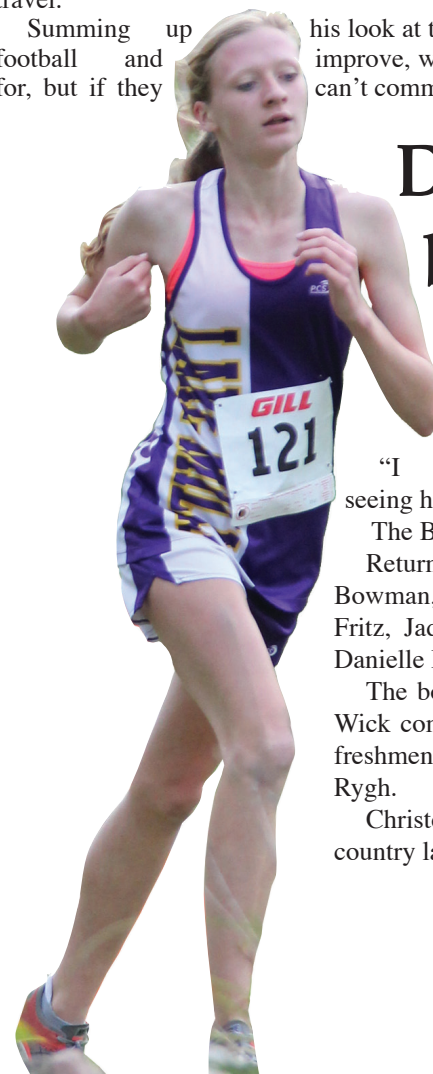
In addition to being more experienced, Byrnes is hoping that the natural progression of maturity, combined with a new offseason conditioning program will pay dividends.

"Cael Boehmer played six games last year as a freshman, and did a great job," Byrnes noted, when asked who could make a jump and be keys to a successful season. "Nick Langenbau, Cole Bergo and Gabe Irons are all experienced linemen." He added, "We changed our offseason strength and conditioning program, to field a more physical team." That being said, Byrnes and his staff will have to do more with less.

"Our main weakness is depth," he admitted, noting that the team will start the season in the upper 30s in terms of players—10 or so less than most years. "We will have to stay healthy, and young players will have to help backup at the varsity level," he said. "We cannot afford to have injuries in key areas."

Shooting for a top half finish in the new district, Byrnes pegged Denver and South Winneshiek as the preseason favorites. He noted that the new district will require a lot of travel, as the teams are concentrated east and south of Lake Mills. This year, the Bulldogs host many of the long haul schools, but next year the tables will turn. The furthest travel opponent (MFL Mar-Mac), will be played both years at a neutral site (Wartburg College) to reduce travel.

Summing up his look at the upcoming season, Byrnes concluded, "The kids we have want to play football and improve, which is exciting. I would love to have those other 10 kids we're looking for, but if they can't commit fully, than we go with the kids we have."



# Depth of girls team to bolster x-country program

Under first year coach, Jamie Haugen, the cross country team will be a mix of old and new as a strong core of girls returns for the 2016 season, while the boys team will lean heavily on newcomers, with only one returning experienced runner.

"I am looking forward to building on what Coach Comantino started, and seeing how these runners perform this season."

The Bulldogs open the season Tuesday, Aug. 30, at Newman.

Returning to help the program advance are a number of girls, including: Rori Bowman, Mia Faugstad, Rachel Holst, Abbey Bray, Faith Christenson, Morgan Fritz, Jade Gasteiger, and Lily Thompson. They will be joined by freshmen Danielle Brua and Madison Holtan.

The boys team will return only one experienced high school runner, as Jake Wick competes in his senior season. Wick will be joined by a good number of freshmen, including: Ashton Love, Jackson Rice, Parker Rogstad and Carson Rygh.

Christenson, Faugstad, Fritz, Holst, Thompson and Wick all lettered in cross country last season, and hope to build on their success this year.

## 2016-2017 LAKE MILLS COMMUNITY SCHOOL

### "Bulldogs" Football Schedule

8-26	West Fork	Away
9-2	Newman Catholic (Parents Night)	HOME
9-9	Belmond-Klemme	Away
9-16	Denver	HOME
9-23	MFL Mar Mac	Away (Wartburg)
9-30	BCLUW (Homecoming)	HOME
10-7	Central Springs	Away
10-14	South Winneshiek	HOME
10-21	Sumner-Fredricksburg	HOME

Game Time: 7:00 p.m.  
Head Coach: Bill Byrnes  
Asst. Coaches: Chris Budach, Gary Irons, Brady Kurtz, Andy Stensrud

## 2016-2017 LMHS Volleyball

8-25	West Hancock	HOME
8-30	Belmond-Klemme	Away
9-1	Bishop Garrigan	HOME
9-3	Algona Tournament (9 a.m.)	Away
9-8	Eagle Grove	Away
9-10	Central Springs	Away
9-13	Garner-Hayfield-Ventura	HOME
9-17	Forest City (9 a.m.)	Away
9-20	North Union	Away
9-24	Bishop Garrigan Tourn. (9 a.m.)	Away
9-27	North Iowa	HOME
10-4	Forest City	Away
10-11	Hampton-Dumont Quad.	Away
10-15	Algona Tourn. (9 a.m.)	Away
10-18	Regionals Round 1	TBA
10-24	Regional Quarter Finals	TBA
10-27	Regional Semi-Finals	TBA
11-1	Regional Finals	TBA
11-8	State Tourn.	Cedar Rapids

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

### 2016 Cross Country Schedule

8-30	Newman Catholic	Away
9-6	Belmond-Klemme	Away
9-13	Osage	Away
9-19	West Fork	Away
9-22	Central Springs	Away
9-26	Garner-Hayfield-Ventura	Away
10-3	Lake Mills Invitational	HOME
10-10	Forest City	Away
10-13	Conference 4 p.m.	NIACC

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