



# Harris-Lake Park Community Schools

ANDY IRWIN, Superintendent/Elementary Principal 712-832-3809/712-832-3437  
GREGORY HIEMSTRA, Secondary Principal 712-832-3809

Website address: [www.harris-lp.k12.ia.us](http://www.harris-lp.k12.ia.us)

War Eagle Conference Activities website: [www.wareagleconference.org](http://www.wareagleconference.org)

SLP Wrestling, Girls Track & SLPO Soccer schedules: [www.lakesconference.org](http://www.lakesconference.org)



January 2020  
Newsletter

**“THERE’S NO BETTER PLACE TO LEARN”**

## Superintendent’s Desk



Happy Holidays!! We wish everyone a happy 2020, and we appreciate all the support you have given our school system and our children. We will do our best to make 2020 a great year for our students, staff, and communities as we continue to strive for excellence.

We just held our winter concerts, and the performances by our students were outstanding. I think everyone who attended a concert would agree that it was a very enjoyable evening and that we have a very good music program at H-LP. Congratulations to all the students and directors and keep up the good work!!

The high school Student Council hosted “Project 60” on December 11<sup>th</sup>. This was an opportunity for us to serve lunch, provide a program, and show our appreciation to community members 60 or more years young for all the support they give us. After lunch and a short program, those attending Project 60 were treated to an afternoon performance of the MS/HS Winter Concert.

After postponing our elementary “Grandparents Day” in November due to inclement weather, we hosted a “Grandparents Dinner” on Monday, December 16<sup>th</sup>. This day is dedicated to having elementary students bring grandparents, parents, and friends to school for a portion of the day to visit classrooms, meet their friends, and to eat lunch.

A big thank you goes out to all the cooks, custodians, office staff, support staff, faculty and students who make “Grandparents Day” and “Project 60” a successful and enjoyable day for everyone.

Enjoy the holidays with family and friends. School will resume for students on January 2<sup>nd</sup>.

### Harris-Lake Park Weather Related Announcements



School related weather announcements will be made on KUOO/KUQQ, KICD AM/FM, KILR radio stations and KTIV and KELO TV stations for school late starts and/or cancellations. We will make every attempt to let the public know by 6:30 AM so that parents can make arrangements for their children. When school is cancelled for the day, all practices, rehearsals and lessons will also be cancelled. Any exception to this rule will be with administrative approval only.

District Patrons will also be able to receive updates for weather-related school announcements on the school website. The website will be updated regarding late starts and athletic schedule changes.

Parents may also sign up for the HLP Important Update messages (see information to sign up in this newsletter) or receive JMC Text Alerts-contact the office at 712-832-3809 or email [shirley@hlpcsd.org](mailto:shirley@hlpcsd.org) to sign up for JMC Text Alerts.

### 2019-2020 HARRIS-LAKE PARK STAFF DEVELOPMENT PROGRAM

There will be no school on the following days due to teacher professional development:

Monday, January 20  
Monday, February 17



### “The Love Tree”

The H-LP Elementary students took part in a building wide passion project for the month of December. Each class adopted a child in our community to sponsor for the holidays. Our project “The Love Tree” helped five families with a total of eleven children between the families. There were over 100 items donated from our students and their families. This was a very successful passion project for our building. Finding your purpose and passion in life is a skill we want our students here at H-LP to be exposed to. We are excited to see what passion projects our

students continue to develop. Thank you again to all that donated. --Mrs. Irwin

### Harris-Lake Park Community School District Addresses, Phone Numbers, Fax Numbers

#### Elementary Building

PO Box 277 Phone Number: 712-832-3437  
105 Avenue A West Fax Number: 712-832-3640  
Lake Park, IA 51347

#### MS/HS Building






PO Box 8 Phone Number: 712-832-3809  
905 South Market Fax Number: 712-832-3812  
Lake Park, IA 51347

#### Lake Park Public Library

PO Box 344 Phone Number: 712-832-9505  
905 South Market Fax Number: 712-832-9507  
Lake Park, IA 51347



# January, 2020 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			No School New Year's Day	1 3rd Quarter/2nd Semester Begins  6:00pm Varsity G/B Basketball @ George-Little Rock, George; <i>bus lv 4:15</i>	2 Basketball @ Trinity Christian, Hull 4:30pm JV Boys 6:00pm Varsity G/B <i>Dismiss 2:50, lv 3:00</i>	3 
	5 	6 Basketball w/HMS @ Home 4:30pm JV Boys 6:00pm Varsity G/B	7 6:30pm HLP Booster Club Meeting @ HS	8 Basketball w/West Sioux @ Home 4:30pm JV Boys 6:00pm Varsity G/B  6:00pm SLP Wrestling Dual @ Storm Lake HS	9 4:45pm SLP Wrestling @ Spirit Lake HS Tournament	10 
	12 4:30pm SLP JV Wrestling @ Emmetsburg Tourn.  6:00pm Varsity G/B BB w/ Sibley-Och. @ Home	13 Basketball @ MMCRU, Marcus 4:30pm JV Boys 6:00pm Varsity G/B <i>Dismiss 2:35, lv 2:45</i>  6:00pm SLP Wrestling w/GTRA @ Spirit Lake HS	14	15 6:30pm FFA Meeting @ HS  	16 4:30pm SLP JV Wrestling @ Estherville Tourn.	17 9:00am SLP Wrestling @ Osage HS Tournament
19 7:00pm After Prom Meeting @ HS	20 No School/Teacher Prof. Development  4:15pm SLP JH Wrestling @ Spencer MS  6:00pm School Board Mtg. @ HS  6:00pm Varsity Girls BB w/GTRA @ Terril <i>lv 4:15</i>	21 4:00pm JH Girls Basketball w/Sioux Central @ HLP Elem. Gym  	22	23 6:00pm Varsity G/B Basketball @ Sioux Central; <i>lv 4:10</i>  6:00pm SLP Wrestling w/Spencer @ Spirit Lake HS	24 4:30pm SLP Varsity Wrestling @ OABCIG Tournament  FFA Sioux Falls Livestock Judging  9:00am-12:00pm Dance Camp @ HS Gym	25
26 IHSMA Jazz Band Festival  4:15pm JH Girls Basketball w/GLR @ HLP Elem Gym	27 ILCC Vocal Jazz Clinic @ ILCC, Estherville  Basketball w/Trinity Christian @ Home 4:30pm JV Boys 6:00pm Varsity G/B Dance Camp performance @ boys halftime  4:45pm SLP JV Wrestling @ MOC-FV Tournament	28	29	30 4:00-6:00pm HS Swing Show Auditions  4:15pm SLP JH Wrestling @ ELC MS, Estherville	31 5:00pm Lakes Conf. Wrestling Tourn. @ Spirit Lake HS  6:00pm Varsity G/B Basketball w/Akron-Westfield @ Home <b>*Senior Night for HS Basketball &amp; Cheer</b>	2/1 HLP Booster Club BB Tournament @ HS Gym





# December Students of the Month



The December Academic Student is Alexis Stahly. Lexi is a senior and is the daughter of Doug & Julie Stahly. Her classes this semester include teacher assistant, horticulture, personal finance, government, vocal jazz, vocal, psychology, and PE. Her favorite class is vocal jazz. Lexi participates in FFA, NHS, golf and dance. She is active in 4-H and is a member of the County Council. Her very favorite activity outside of school is working with her cows.



The December Middle School Academic Student is Bianca Gerdeman. Bianca is in the sixth grade and is the daughter of Brittany Myers and Jeremy Gerdeman. Her classes this quarter are math, reading/writing, FCS, technology, vocal, band, science, social studies and PE. Her favorite class is FCS. Bianca is active in her church and also enjoys playing with her little brothers, and practicing her violin and trumpet.



Alyssa Van Voorst has been selected as the Citizenship & Leadership Student. She is a junior and is the daughter of Heather & Rhett Thomas. Her classes are visual arts, US History, anatomy, English, Algebra II, vocal, interactive media and PE. Her favorite class is art. Alyssa works at HyVee and some of her favorite pastimes are drawing, reading, writing, sleeping, watching nature and looking at clouds.



The December Middle School Citizenship and Leadership Student is Devin Meyer. Devin is in the eighth grade and is the son of Daryl & Shakira Meyer. His classes are Algebra I, PE, science, social studies, health, STEM math, English, band and vocal. His favorite class is PE. Devin participates in football, basketball, wrestling, track and baseball. He is active in his church youth group and his hobbies include sports and playing fortnite with the boys.

## Elementary Good Citizens

Each month a student is selected to receive a good citizen award for each class. To be selected as a H-LP good citizen, the student shall exhibit the following characteristics:

- Show respect for other students*
- Show respect for authority*
- Show respect for others property*
- Show concern for others*
- Care for school building & materials*
- Be prompt*
- Be kind to others*
- Be thoughtful*
- Provide service to the school*
- Exhibit good behavior*



Top Row: Miya Finnern, Serenity Hallman, Connor Perkins  
Bottom Row: Aubree Wallace, Marra Weber, Peyton Reverts



## December Good Citizens

- First Grade**
- Second Grade**
- Third Grade**
- Fourth Grade**
- Fifth Grade**

- Miya Finnern**
- Serenity Hallman**
- Connor Perkins**
- Aubree Wallace**
- Marra Weber**
- Peyton Reverts**



*Thank you to the Lake Park Garden Club for providing a wonderful shopping opportunity for our students at their Children's Christmas Bazaar which was held on December 7<sup>th</sup>. The children enjoyed themselves very much!!*



## Thank You Town & Country Boosters

*The H-LP Elementary Students would like to thank the Town & Country Boosters for providing candy canes to all the children following the elementary Christmas concert!*





I will be the FFA Northwest District Advisor for 2020-21 school year. Part of my duty is to find judges for Proficiency review day which is Saturday, February, 1st 9:00 AM @ Dordt's Agricultural Stewardship Center. (Dordt College, Sioux Center Iowa)

Agricultural Proficiency Awards honor FFA members who, through their Supervised Agricultural Experience (SAE) programs have developed specialized skills that they can apply toward their future careers.

Students can compete for awards in 45 areas covering everything from Agricultural Communications to Diversified Agriculture to Nursery Operations to Wildlife Management.

If you would be willing to help with this, please email me at: [rnicks@hlpcsd.org](mailto:rnicks@hlpcsd.org) or call me at school: 712-832-3809.

Thank you very much  
Randy Nicks  
Harris-Lake Park FFA Advisor

## JONES LAW OFFICE P.L.C.

Carrie S. Jones  
215 Market Street  
Lake Park, Iowa 51347



The H-LP Music Parents would like to thank the

**JONES LAW OFFICE P.L.C.,  
Carrie S. Jones, for her basketball  
tailgate sponsorship**

**Tuesday, December 10, 2019.**

Thank you to the community for their support of our Music Programs. Your generous support allows us to provide additional props, instruments and programs for our Music Departments. **Thank YOU!**



## 2020 Seniors & Parents...

A reminder that the HS office needs ONE wallet size print photo turned in to the office (for use in the senior composite.) The remaining 3 photos needed will be sent electronically to the newspapers & printer of the commencement program. If you are unable to submit one electronically we will scan your photo and submit. Please submit your digital photos to: [shirley@hlpcsd.org](mailto:shirley@hlpcsd.org)

We **must** also have a photographer's release (whether professional or amateur photographer, friend or family member) to print the photos in the yearbook and commencement program. **Please have your photos and photographer's release to the office by March 13.** Contact the HS office with any questions.



It's that time of year! **HLP Jr Class After Prom** is selling Godfather Pizzas. Sales began November 18<sup>th</sup> and go through January 6<sup>th</sup>. The pizzas will be made on February 29th. If a junior has not contacted you, please feel free to order pizzas by calling Jody Hintze at 507-841-2766.

## Welcome!

The main exterior building doors of the elementary and MS/HS are controlled access doors. To enter the school buildings you will need to be let in by the office. To enter the school during those times you should follow these steps:

1. Press the call button on the Aiphone (located on the brick wall near the doors). Personnel in the office will look at the live video feed while you tell your name.
2. The doors will be manually unlocked for you and you may proceed to the office to sign in.
3. All visitors must sign in and wear a badge! ALL parents, visitors and vendors to the Harris-Lake Park Schools are required to sign in at the building office and wear a badge indicating they are a visitor in the building.

The school has established this added security measure to ensure the safety of our students.



All Harris-Lake Park MS/HS and Elementary School activities are updated on the War Eagle Conference website-

[www.wareagleconference.org](http://www.wareagleconference.org)



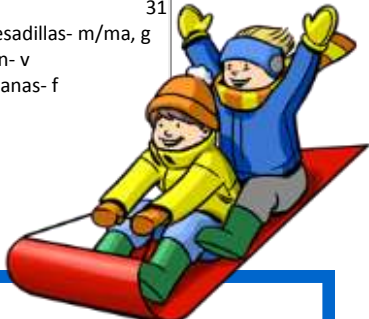
You may access the complete calendar on the conference website. You may also access the calendar on the school website: [www.harris-lp.k12.ia.us](http://www.harris-lp.k12.ia.us) -> go to the activities tab and then click on the activity calendar. You will be taken directly to the conference website where you can see all activities in a weekly or monthly view (view options are located on the upper right side.)

**All Spirit Lake Park Wrestling, SLP Girls Track and the SLPO Boys & Girls Soccer schedules are available on the Lakes Conference website: [www.lakesconference.org](http://www.lakesconference.org) Scheduling for these shared sports is done through the Spirit Lake schools.**





# January, 2020 Menus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			No School	1 Pizza- m/ma, g Corn- v Mixed fruit- f	2 <u>Elementary</u> Fish sticks- m/ma Green beans- v Chips- g Banana- f  <u>MS/HS</u> Fish sandwich- m/ma Bun- g Green beans- v Banana- f	
	5 French toast sticks - m/ma, g Sausage- m/ma Clementines- f Vegetable juice- v	6 Tacos- m/ma, g Refried beans- v Mixed fruit- f Apple churros- g	7 Mini corn dogs- g, m/ma Green beans- v Chips- g Peaches- f	8 Italian chicken- m/ma Rice- g Carrots- v Pears- f	9 Burgers- m/ma Bun- g Fries- g Fresh whole fruit- f	10
12 Chicken patty sandwich/bun - m/ma, g Potato salad- v Applesauce- f	13 Chicken fajitas - m/ma, g Corn- v Grapes- f Rice crispy bar- g	14 Breakfast pizza- m/ma, g Hash brown casserole- v Yogurt parfait - m/ma, g, f	15 Chili- m/ma, v Cinnamon roll- g Fresh oranges- f	16 BBQ Pork/Bun - m/ma, g Mixed veggies- v Peaches- f  Elem- cottage cheese - m/ma MS/HS- chicken tortilla soup- m/ma	17	18
19 No School/Teacher PD	20 Macaroni & cheese - m/ma, g Peas- v Chips- g Apple slices- f	21 Breakfast sandwich - m/ma, g Tri-taters- v Mandarin oranges- f	22 Nachos- m/ma, g Corn- v Baked apples- f	23 Pork patty- m/ma, g Mashed potatoes- v Gravy Dinner roll- g Mixed fruit- f	24	25
26 Hot dogs/chili dogs - m/ma Bun- g Mixed vegetables- v Applesauce- f	27 Ham carbonara pasta - m/ma, g Peas- v Breadstick- g Peaches- f	28 Chicken nuggets - m/ma, g Green beans- v Pears- f Cookie- g	29 Vegetable soup- v Apple slices- f  Elem- ham or turkey sandwich- m/ma, g  MS/HS- PBJ- m/ma, g Chips- g	30 Quesadillas- m/ma, g Corn- v Bananas- f	31 	

**Breakfast Buffet – Most Choices Available Daily**

**Serving Times: MS/HS 8:00-8:25 AM, Elem. 7:45-8:15 AM**

**Students must select (3) components for a complete breakfast & must include a grain selection:** Yogurt (M/MA) & Granola(G)—Granola Bar(G)—Hot & Cold Cereal Packets(G)—Fresh Fruit(F)—Toast(G)—Muffins(G)—Sausage Links(M/MA)—Scrambled Eggs(M/MA)— 4 oz. Juice(F) -8 oz. Milk  
\*\*\*\*\*

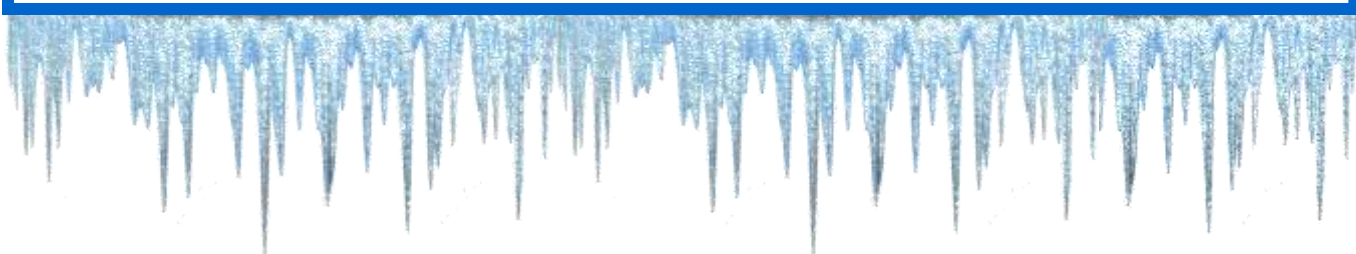
**Also Available at Lunch Daily - Salad Bar; Ham or Turkey Sandwich (in place of hot meal) (M/MA, G)**

**Students must select 3-4 components for a complete lunch & must include a fruit/vegetable selection.** All Lunches include 8 oz. Milk

**COMPONENT KEY:** Meat/Meat Alternative=M/MA; Grain=G; Fruit=F; Vegetable=V; Milk is considered its own component.

**The MS/HS will also have a variety of dinner salad options for their meal to choose from instead of the regular menu selection. The dinner salad will complete the reimbursable lunch requirement- a milk and/or fruit selection to accompany your meal is optional but included in the meal price.**

**The Harris-Lake Park CSD is an equal opportunity provider.**





# Sign up for important updates from A. Irwin.

Get information for **District Announcements** right on your phone—not on handouts.

Pick a way to receive messages for **District Announcements**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/28e773](http://rmd.at/28e773)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @28e773 to the number 81010.

If you're having trouble with 81010, try texting @28e773 to (469) 608-2309.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/28e773](http://rmd.at/28e773) on a desktop computer to sign up for email notifications.





# Wolves Tale

A Passion for Projects  
By Savanna Wuebker

Twenty percent projects (also known as Passion Projects) is an activity first started by Google. It had its employees spend 20% of their time working on a project that they were interested in. This startup activity was a huge success for Google resulting in AdSense, Google News and one of the most used emails of all time Gmail. Many others are trying this idea as well, including schools all over the USA. Some classes at H-LP are also experimenting with Passion Projects. For example, both 10th grade English and health classes tried such projects. Here are the results of some of these projects.

In 10th grade English one of the groups was Ava and Kelly. They made a plan to send care packages of goods to troops overseas. They were very happy to receive quite a few donations from people around the school. There was a



box set up in the office at H-LP that students put supplies into. Since shipping costs to the distribution center in Florida turned out to be expensive, the local American Legion also gave a donation to generously cover shipping. Something Ava and Kelly learned from doing the project

is that there are a lot of rules and guidelines to follow when sending care packages. They both enjoyed giving to the people that bravely serve the country.

Austin and Taryn, on the other hand, planned a Halloween middle school dance. There was a lot of planning that went into setting everything up. They had to ensure that everyone knew when it was, get snacks, chaperones, music, and a few other things. They said it went very well and had a great turn out. Something they learned was that it takes teamwork to ensure that everything runs smoothly. Their favorite part was watching the younger kids have fun.

Leila and Amani did a bake sale for the band/choir program. Their hope was to raise money for both departments. They both thought it went well as they managed to sell most of the food. Something they learned was how to manage money and people's tastes in food. They enjoyed watching people's reactions to when either the food ran out or when it was on display. Their favorite part was running it and watching people's faces when they got the food.

Here are a couple examples from health class. Naomi, Amanda, and Keala also did a bake sale. However, their goal is to raise some money for the Children's Cancer Connection in Des Moines. They are also asking for donations from businesses. They learned that it will take a little longer to reach a money goal than they first thought. However, they all had fun while doing it.

Callejo and Brie did something a bit different doing a pen pal project with the third graders. They wanted the students to know that they had a high schooler to look up to along with a role model for them. They really loved the kids they got to talk to. They both thought it went great. They both think everyone enjoyed it, even the kids in health class. They all had fun talking to each other. Something they learned was that the younger kids enjoy having someone to look up to and trust. Something they enjoyed about it was getting to go and talk to them in the classroom. They also think the 3rd graders enjoyed talking to high schoolers.

Overall the groups that did these projects had a great time. Giving students time to do something they want is something many hope more teachers will look into, and who knows? Maybe something wonderful like all these projects will happen again.



Raising Falcons  
By Zoe Melby

Lance Christensen, Mrs. Christensen's father-in-law, raises falcons. He has been into falconry since he was in his teens, and he has been raising them for 40 years. He held a falcon presentation on November 15 in the gym. Grades 5-8 attended the assembly.

Lance has over 100 falcons at his farm at one time. He sells them to a man in Dubai named Sheikh Hamdan once a year. Then, Sheikh sells them to other people over in Dubai. He used to go over to Dubai every year, but for the past few years he has someone else go over there for him. It's a family business, so he is able to do everything he needs to do with only one employee.

Falconry involves capturing, training, and housing birds of prey for use in hunting. The most well-known bird in falconry is the peregrine falcon. Falconry used to be very popular, but it has become less popular as the use of firearms became more common. However, some people still use falconry and put a lot of time into it. "Falconry is a way of life. It is not just a hobby," said Lance.

I asked some middle schoolers what their favorite part of the assembly was. Logan Melby's favorite thing was the falcon itself. Roman Nelson also thought the falcon was cool, and he enjoyed learning about falcons. Ruger Kelly thought that everything about the presentation was pretty cool. Landon Greve's favorite part was learning about the bones in the falcon's neck and how many of them there were. Hana Muftah's favorite part was when the bird kept talking. Blake Sweet enjoyed learning about how many falcons they breed and sell.



Music and Food  
By Leila Muftah

During the first weeks of December, the middle school and high school band and choir students have been preparing for their yearly winter concert. It was first performed after Project 60 on Wednesday, December 11.

The middle school chorus performed "Jingle Bell Rock", "Pie Jesu", "Peppermint Winter", and "Mi'kmaq Honour Song". The 6th grade band then performed "Deck the Halls", "God Rest Ye Merry Gentlemen", and "We Wish You a Merry Christmas". The middle school band (7th and 8th grade) was up next with "Grandma Got Run Over by a Reindeer", "The Christmas Truce of 1914", and "Santa Loves to Cha-Cha". The vocal jazz ensemble entertained the crowd with "Little Drummer Boy" followed by the high school concert band playing "Jazzy Holiday", "The Christmas Song" and "Brazilian Sleigh Bells". The high school mixed chorus ended the concert with "We Need a Little Christmas", "Ecce Novum", "Bidi Bom", and "Peace, Peace," featuring the traditional candlelight ending.

The concert will be held again on Monday, December 16th at 6:30/7:30 PM. Directors are Mrs. Greve and Mrs. DeBolt with accompanist Deb Lenertz.

On Wednesday, Project 60 was held. It is school tradition where the older citizens come to the school, eat lunch and see the kids perform for the first time. The lunch that was served was a roast beef meal with mashed potatoes, a dinner roll and some fruit. Mrs. Winters helped organize Project 60 along with the High School Student Council. The High School Student Council includes seniors - Abdulla Elbuytari, Marianne Nebelsick, and McKenzie Heikens; juniors - Kaylee Mulder, Grace Iverson, and Logan Van Ede; sophomores - Amani Abadie, Wyatt Lorch, and Kelly Luitjens; and freshmen - Jerry Dyhrkopp, Nahlia Urwin, and Keala Tait.

The middle and high school band and choir kids have been working hard to make their performances good and the best they can be so we hope that the Project 60 citizens enjoyed this year's performance and maybe come back to the night concert.



Senior Spotlight: McKenzie Heikens  
By Kilyn Forbes

McKenzie Annalena Heikens was born on March 29th, 2002, in Worthington, Minnesota. Her parents are Tim and Kristin Heikens and she has one sibling, Jaxson. Her nicknames are Mac and Kenzie.

She has attended Harris-Lake Park since preschool. Her classes this semester are physics, personal finance, government, choir, calculus, world history, medical terminology, Spanish, and independent writing. Of these, medical terminology is her favorite.

McKenzie is involved in volleyball, basketball, golf, National Honor Society, Student Council, and UMC youth group. She has been awarded 2nd team all-conference in golf and volleyball, as well as the A honor roll.

Her most embarrassing moment is when her brother spilt chocolate milk all over her in



kindergarten. Her most awaited date is Christmas break. Her best memory at Harris-Lake Park was tailgating after the volleyball games. What she will miss most about Harris-Lake Park is making memories with her friends. McKenzie is going to further her education at the University of Iowa, majoring in nursing. In ten years she sees herself still paying off student loans.

Her favorite sport is volleyball. Her favorite restaurant is Bergen and her favorite food is potatoes. Her favorite movie is *The Lion King* and her favorite show is *Friends*, with her favorite actress being Jennifer Aniston. Her favorite song is "Everything's Gonna Be Alright," by David Lee Murphy and Kenny Chesney. Her favorite author is Mark Manson because he is very inspirational. Some of her favorite hobbies are reading, playing with her dog Bentley, and playing sports.

Her advice to underclassmen is, "Try it! Be involved!" Her favorite quote is by P!NK: "Don't lose your passion or the fighter that's inside of you."



#### Senior Spotlight: Kilyn Forbes

By McKenzie Heikens

Kilyn Grace Forbes is the daughter of Nathan and Danette Forbes. She was born on March 22, 2002, in Worthington, MN. She has an older sister, Skylar, and a younger brother, Chayce.

Kilyn has attended Harris-Lake Park since preschool, and her favorite memory through those years was beating Central Lyon and winning our home volleyball tournament last year. She has lettered in her favorite sport, volleyball, all four years of high school. She is also involved in the United Methodist Youth Group here in Lake Park.

She is very busy in her school work as well, which has led her to being an A honor roll student. Her classes this semester include introduction to business, business management, personal finance, government, health, P.E., independent writing, and introduction to psychology through Iowa Lakes, which is her favorite class.

Kilyn's most embarrassing moment was when she fell running out for warmups during her freshman basketball season.

When she isn't in school, she enjoys going to the lake, watching movies, and playing with her dogs, Koko and Kirby. The past three summers she was also a nanny for a family, and she plans to do it again this coming summer.

Some of Kilyn's favorites include the color black, the food pickles, and the musician The Weeknd.

A quote she finds inspiring is Joshua 1:9, which says, "Do not be discouraged or afraid for the Lord your God will be with you wherever you may go." She will carry this verse with her when attending Iowa State University to major in psychology next year.

Kilyn is awaiting the date of graduation. In ten years, she sees herself finishing school and starting a family. We wish you the best of luck in pursuing your dreams!



#### An Interview with the Coach

By Leila Muftah

It's that time of year again when the basketball girls' team starts to practice and show what they are made of. This year, under the leadership of new coach Kirsten Noska and the help of assistant coach Matt Darland and manager Kendall Niemeier, the girls will give it their best shot when it comes to games.

The first day of practice for the girls was held on November 11th and so far, they have been focusing on transition defense, ball handling, offensive and defensive footwork, and handling ball pressure.

The girls that are out for basketball this year are the following: seniors McKenzie Heikens, who is also a returning letter winner, and Kaitlyn Vyskocil, junior Emma Sidles, sophomores Zella Ingham, Ava Rasche, and Tessa Gunderson, and freshmen Allison Wallace and Callejo Sohn.

Some of the coach's goals for this season are "to make minor statistical improvements from game to game, such as allowing fewer feet break opportunities or offensive boards for the opposing team. Another goal is to make this high school experience as positive as it can be so that it can encourage higher numbers for the next season and growth within this program."

Some of the toughest teams they might have to face are Okoboji, O'Brien, and West Sioux.

The coaches are looking forward to seeing and watching the development of the team's skills in building this basketball program. They are also looking forward to comparing their first game to the last game they play and physically seeing the improvements they have made.

Coach Noska has a lot of experience in basketball, including having been involved in the sport since she was 8 years old and coming from a successful high school program in Pequot Lakes, MN. She was an assistant coach for the previous four years in Rifle, CO, where the girls' teams finished with two league titles and two top ten finishes in the state over those years. She also has other roles at H-LP as she coaches strength and conditioning and track and field. She is also a substitute teacher within the district.

What are the team's strengths? Coach Noska commented, "The window for learning and growth with this group is limitless. That's the best part about having a younger team. There are a few exceptionally fiery girls on the team who bring a great intensity. These girls have been working hard in the weight room since the summer, which has helped with their overall athleticism. They are continually learning and improving upon their game knowledge. They battle on the court and give great effort when adversity arises."

However, there is always something to work on within a team. The girls still need to improve their defensive footwork (as any team does), establishing a post presence, and handling pressure anywhere on the court. Communication is also a major focus with both offense and defense.

Coach Noska added, "The open mindedness of these girls has made the start of this season very exciting! By mid to end of the season, we anticipate this team to routinely execute skills they once struggled with early in the season."

The girls are a young team but don't let that fool anyone; the girls are just getting started and working hard on future games.



#### Basketball Preview

By Amani Abadie

It's basketball season again, and our boys' team has already played two games. They began to practice on November 18th and have been working to win this season.

The team has been working on fundamentals and focusing on doing all the little things correctly.

The players of this year's team are as follows: freshmen: Tyce Gunderson, Eli Robinson, Mikel Luinstra, Carter Hibma, Jake Lind, Jacob Money; sophomores: Colton Voss, Jayden Hodgell, Jordan Richard-Bennet; juniors: Brody Sohn, Jaxson Heikens, Dylan Meyer, Brody Boles, Carson Hellinga, Alex Heikens, Mason Olson; seniors: Julian Burdorf, Adrian Martin, Issac Ihnen, and Abdulla Elbuytari. The returning letter winners are Abdulla, Isaac, Julian, Bubba, Dylan, Jaxson, and Brody B.

When asked his goals, Mr. Sohn said, "My goal is to compete every day in practice and carry that competitiveness into games. If we can get this team to overachieve as a unit, that is the ultimate goal." He wants to watch his team grow and show how great they can be. South O'Brien, Remsen St. Mary's and West Sioux will be some of their toughest opponents.

The team's strength is the number of boys with quality varsity experience. Their biggest weakness is that they are "a bit undersized which creates a disadvantage on the boards."

The team has recently played two away games. Their first game was against Akron-Westfield. The Wolves won 79-48. Bubba and Isacc scored the most points with 33 and 24 respectively. There were a total of 32 rebounds, 19 assists, and 16 steals. Bubba led in rebounding with 6 and Dylan Meyer was close behind with 5. Isaac helped out with 5 assists and 7 steals.

Their second game was at Remsen St. Mary's. They, sadly, lost, 43-51. Isaac led in scoring with 22. There were 11 steals, seven assists, three blocks, and 20 rebounds. Bubba pulled down 6 rebounds and contributed 3 assists. Abdulla snagged 4 steals.

Basketball season is a fun time for many. While we have lost one game, there are many to win ahead of us. We wish our team luck in their next games!







SLP Wrestlers Start Season  
By Kilyn Forbes

Spirit Lake Park wrestling season has begun. There are nine students from Harris-Lake Park out this year: Wyatt Lorch, Tyler Jurva, Ramsey Aboamera, Austin Gilmore, Edgar Tapia, Eric Tapia, Lucas Gunderson, Ryan Bensley, and Rylan Ehret.

Edgar Tapia is a senior and has been wrestling for three years. He wrestles varsity in the 145 weight class. When asked what his favorite part of the sport was, he said, "My favorite part about the sport is the grind and how it makes you push yourself to be better." On December 5th Edgar went 0-2, and on December 7th he went 3-1 and got third place. Rylan Ehret is a junior and this is his first year of high school wrestling. He wrestles JV in the 145 weight class. His favorite part about wrestling is learning new things, and he won his first match by a pin.

Wyatt Lorch is a sophomore and has been wrestling for two years. He competes at the varsity and JV level in the 195 weight class. So far this season he has gone 0-2. His favorite part about wrestling is being a part of a fun team. Ryan Bensley is a freshman and this is his first year wrestling. He competes at the JV level in the 152 weight class. His favorite part about wrestling is having fun with the team. Ryan went 1-0 on December 7th.

Austin Gilmore is a sophomore and has been wrestling for two years. He competes in both JV and varsity levels in the 132 and 138 weight classes. So far this season he has gone 1-3. When asked what his favorite part about wrestling was, he said, "It is very challenging." Lucas Gunderson is a junior and this is his first year of high school wrestling. He competes at the varsity level in the 160 weight class. His favorite part about the sport is the physicality of it. So far this season he has gone 0-4.

Eric Tapia is a junior and has been wrestling for three years. He competes at the varsity level in the 120 weight class. His favorite part about wrestling is that it is more of an individual sport than a team sport. So far this season Eric has gone 3-3. Tyler Jurva is a sophomore in his second year of wrestling. He wrestles at 170 pounds for both JV and varsity. His favorite part of the sport is "just wrestling around." He thinks SLP wrestling is fun and he will continue to go out.

Ramsey Aboamera (missing from picture) was not available for comment.

Make sure you try to get to a meet to cheer on the SLP wrestlers this season!

**Notice of Non-Discrimination** - Students, parents, employees and others doing business with or performing services for the Harris-Lake Park Community School District are hereby notified that this school district does not discriminate on the basis of age (except students), color, creed, language, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status in admission or access to, or treatment in, its programs and activities.

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Title: Superintendent of Schools  
Address: 905 South Market, Lake Park, IA 51347-0008  
Telephone: 712-832-3809

who has been designated by the school district to coordinate the district's efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the ADA, § 504 and Iowa Code § 280.3 (2007).

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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## Senior Night

**SENIOR NIGHT** for high school basketball participants and cheerleaders will be held on Friday, January 31, 2020.

**Senior Night for the Harris-Lake Park high school wrestling & Special Olympics participants will be held on Monday, February 3 which will also be Pink-Out Night.**

**Athletes and their parents will be introduced during half-time of the basketball games.**

**Information and more details will be emailed to parents prior to this evening.**



# Wolves Mini Dance Camp

**Who: H-LP Kindergarten - 8th**

**When: Saturday, January 25th**

**Time: Check-in starts @ 8:45, 9:00-12**

**Where: H-LP High School, Check-in in Commons (South Doors)**

**Cost: \$15 (t-shirt included)**

Please have your child dress in shorts, t-shirt, and gym shoes.

We will be serving cookies and juice at 10:30.

The mini dancers will be performing the dance routine at half-time of the

Varsity Boys Basketball Game on Tuesday, January 28th.

Please have them wear their camp shirt.

Return the bottom portion of this form and money to the Elementary or High School Office by

**3:15 on Friday, January 11.**

**No forms will be accepted after this time.**

Any questions, email Alex Roberts at [aroberts@hlpcsd.org](mailto:aroberts@hlpcsd.org)

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Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Shirt Size: **Youth** - SM M LG XL

**-or-**

**Adult Size** - SM M LG XL

**Make Checks Payable to H-LP Dance**



# H-LP WELLNESS CENTER 24/7

It's time to start thinking about purchasing your wellness center membership. Single and family memberships are due on or before January 31<sup>st</sup>, 2020.

Our membership fees have not changed once again! Fitness on Demand gives us hundreds of exercise videos at the press of a button in a dedicated exercise room.

Single Membership \$120 annually  
Family Membership \$240 annually

**We would like to congratulate those of you who are putting the time in and working out in the Wellness Center. Way to show up for yourself!**

Please stop by the High School office and see Mindy between the hours of 8:00 and 4:00 to purchase or renew your membership. You will not need to bring your card along with you when you renew. You may also mail your renewal check to:

Harris-Lake Park School  
Attn: Mindy  
P.O. Box 8  
905 South Market St  
Lake Park, IA 51347

You can also renew your membership online using a credit card, debit card or e-check. Go to our school website [www.harris-lp.k12.ia.us](http://www.harris-lp.k12.ia.us) and look for the PaySchools icon on the home page.



- 1) Double click on PaySchools
- 2) Click on Wellness Center
- 3) Click on either Family(\$240) or Single(\$120)
- 4) Follow the directions on the screen

If this is your first time purchasing a membership you will need to stop in the High School office and see Mindy to sign a waiver and get your card to enter the Wellness Center.

**If you do not renew your wellness membership on or before January 31<sup>st</sup>, 2020, your card will be deactivated.**

If you have any questions or concerns about the wellness center, please contact Mindy at 832-3809. Thank you!


**Give yourself or someone you care about the gift of good physical fitness in 2020!**



 The Harris-Lake Park FFA would like to thank everyone who purchased fruit this year. Your support is greatly appreciated.

The H-LP FFA will be hosting their 5<sup>th</sup> Annual Red Cross Blood Drive on Wednesday March 18<sup>th</sup>, 2020 at the Lake Park Community Center from 11 a.m. to 4 p.m. Please consider donating. If we have enough donors, the Red Cross offers a scholarship for one of our members.



 Senior citizens or any other patron of the community may use the MS/HS gymnasium for walking. The MS/HS gym is available for walking Monday-Friday between 7:30-8:15 AM. Please check in at the school office when arriving at the school.

**HARRIS-LAKE PARK WEBSITE NOTICES AND PARENT ACCESS CAPABILITIES**

District Patrons with internet access will be able to receive updates for weather-related school announcements on the school website. The website will be updated regarding late starts and athletic schedule changes.

Parents may access their student's grades and lunch account balances on-line and may receive email notices for their child's lunch account alerting them that the child's lunch balance is low. Lunch payments can be made on-line through the PaySchool system.



**NEWSLETTER INFORMATION**

The monthly newsletter is emailed to all Harris-Lake Park families who have provided an email address. If you are a district patron or a friend or family member who does not have a student enrolled in the Harris-Lake Park Schools and wish to receive the monthly newsletter by email, please send your request to: [shirley@hlpcsd.org](mailto:shirley@hlpcsd.org) and you will be added to our email listing.

Newsletters are available on-line at the Harris-Lake Park district website: [www.harris-lp.k12.ia.us](http://www.harris-lp.k12.ia.us) Newsletters are located under District Information in the menu > newsletters > 19/20 > select the newsletter you wish to view.

Printed newsletters will be available at the elementary and MS/HS school offices. Newsletters may also be picked up at United Community Bank, Savings Bank, Lake Park Foods, Niemeier Spine & Sports Chiropractic, Lake Park Public Library, Lake Park Dinner Date, Concordia and Trinity Lutheran Churches, Harris & Lake Park Methodist Churches, Lake Park Presbyterian Church, and Forbes Meat & Processing in Harris.

The HLP Jr. Class After Prom would like to thank Cari Wallace and Cornerstone Seed & Service for generously sponsoring the basketball tailgate meal on Friday, December 20<sup>th</sup> of Papa's Smok'in Meat Smoked Pulled Pork and Cheesy Potatoes. A great meal that sold out quickly!! Thank you Cari and Cornerstone Seed & Service for your support of HLP activities!!

**Join us on Social Media**

**Follow us on Twitter and like us on Facebook**




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**Harris-Lake Park CSD**



Harris-Lake Park Community School District is an EOE/AA