

WOLVES' TALE

FEATURED THIS WEEK: SENIOR SPOTLIGHT, CHIROPRACTOR, H-LP TRACK, BOOSTER CLUB, QUESTION OF THE WEEK



Senior Spotlight: Emma Sidles

Emma Lynn Sidles was born in Spencer, Iowa on September 19, 2002. Her parents are Tim Sidles (step mom Sonja Christensen) and Tia Weatherman. Her siblings are Owen Sidles, Brynna Jurgensen, and Keegan Christensen. Emma's nicknames are Em, Emers and Erma.

She has attended H-LP for six years. This semester Emma is taking fitness/conditioning, government, chemistry, personal finance, introduction to business, and English IV. Emma goes out for volleyball and basketball.

She has been a nanny for five years. Emma's most embarrassing moment was breaking her nose during volleyball. Her most awaited day is graduation day. Her favorite memory at H-LP was when Grace broke Mr. Jacobsmas hourglass. She says that she will miss her younger friends after she graduates.

Emma plans on going to college after graduation. Emma's advice to the underclassmen is to live your life to the fullest. Emma's favorite sport is basketball. Her favorite restaurant is Buffalo Wild Wings. Her favorite sports team is the Iowa Hawkeyes. Emma's favorite foods include chicken strips, tacos, mac and cheese, wings, and pizza. Her favorite car is a Jeep. Her favorite animals are cows. Emma's favorite color is blue and Mrs. Perkins and Mr. Sohn are her favorite teachers.



Niemeier Chiropractic

By Ruger Kelly

I interviewed Dr. Chad Niemeier from Niemeier Chiropractic to get the inside scoop on the business.

I first asked Dr. Chad what his hours were. He replied, "We are open Monday at 1:00 PM to 7:00 PM, Tuesday at 8:00 AM to 5:00 PM, Wednesday at 9:00 AM to 3:00 PM, Thursday at 8:00 AM to 5:00 PM, and Friday at 8:00 AM to 2:00 PM."

Dr. Chad explained the many products and services they offer at Niemeier Chiropractic. These include, chiropractic manipulation of the spine and extremities, myofascial relief, neuromuscular re-education, muscle stimulation, cold laser therapy, dot exams and sports physicals, x rays, orthopedic consults and referrals.

"A typical day is working on patients with various musculoskeletal issues to make them feel better followed by paperwork and insurance," says Dr. Chad.

I asked him what his favorite part of his job is and he explained, "My favorite part is helping patients improve their quality of life and referring them to the correct provider if I cannot make them better." I asked him why he became a Chiropractor and he said, "I became a chiropractor because I was playing football as a freshmen in high school and my own teammate hit the side of my helmet with his and laterally flexed my neck and gave me a neurapraxia. I could not lift my arm for over a month and got worked on by the chiropractor until finally one day it started working and that is the day I decided I wanted to be a chiropractor."

As you can tell, Dr. Niemeier is a very wholesome person. He does a great job doing what he loves. If you ever need a chiropractor, give Dr. Chad Niemeier and his staff call!





Supporting Our Athletes

By Zoe Melby

“The Booster Club’s goal is to build school pride and a tradition of excellence by supporting the extra equipment items or projects that are beyond the school budget or are a part of the bigger hopes and dreams for particular athletic programs and that will benefit all of our student-athletes, coaches, spectators, and community members,” said Shakira Meyer.

The current members of the Booster Club are Shakira Meyer (President), Cari Wallace (Vice President), Cynthia Gilmore (Treasurer), Trisha Ingham (Secretary), Kristen Heikens, Lynette Ehret, Arin Elser, Bill Heikens, Ashley Delaney, Joy Rasche, and Valarie Riesberg. They meet the second Sunday of each month throughout the school year at 7:00 PM. They review requests from the coaches and administration and plan for upcoming events.

The Booster Club has various fundraisers each year in order to raise funds for the school. The largest fundraiser that they do every year is the community/business ads for the fall and winter sports programs. However, this year they adjusted from using a printed off copy to using digital copies. Other big fundraisers include the sale of Wolves gear and the annual youth volleyball and basketball tournaments.

Over the past 5-10 years, the Booster Club has used funds raised from their fundraisers to help be a part of many projects. They contributed financially to the construction of the press box and concession stands, the refinishing of the elementary and high school gym floors, the softball field upgrades, the promethean board, the Spirit Lake Park wrestling room updates, and the purchase of the call system for the trap shooting club. They also provided new scoreboards in the elementary, t-shirts to all student-athletes who meet their summer lifting goals, a hamstring machine in the wellness center, bats, first baseman’s gloves, equipment bags, catcher's gear for baseball and softball, a new Wolves mascot costume, and much more.

The Harris-Lake Park High School Athletic Booster Club is proud to be a partner with Harris Lake Park CSD and support the Harris Lake Park student-athletes, teachers, and coaches in athletic events and competitions. All members of the Harris-Lake Park community are welcome to be members of the Booster Club.

The Booster Club is planning a new fundraiser, and a golf outing to be held in June 2021. Watch for more information coming soon!



H-LP/SLP Track

By Roman Nelson

The students and coaches at H-LP have been patiently waiting for the track season to start. Due to COVID, the students were unable to participate last year, which makes this year even more exciting.

Mr. Gunderson is the high school boys coach this year and it's his 7th year of coaching track. He coaches track because it helps improve other sports. He also enjoys watching the boys get faster every time they practice. “A normal day would be warming up by stretching and doing some drills. Then, the athletes would get into their specialities like sprinting and jogging.”

Mr. Heinitz is the high school girls coach and he has been coaching track for 29 years. He enjoys watching the girls improve over the course of the season. He also likes being able to get to know the students better than in just the classroom setting.

We want to wish the Spirit Lake Park Indians and the H-LP Wolves the best of luck on their upcoming seasons!



Question of the Week

By Jaedyn Olson

It's 2021 and mostly everyone owns a phone and has multiple apps. Today’s teens have grown up with pretty good technology and their phones are “attached” to their hips. I asked the students at H-LP what their favorite app is and this is what they said:

- Nahlia I. - Snapchat
- Brayden B. - Snapchat
- Emma B. - Poop Math
- Emma C. - TikTok
- August J. - The Clock
- Mr. Sohn -Twitter
- Ryan B. - Setting
- Jerry D. - Snapchat
- Colton V. - Snapchat
- Mathew S. - Instagram
- Jamin E. - Snapchat
- Mason O. - Snapchat
- Rylie W. - TikTok

