



7-12 Daily Announcements

December 14, 2018
Today is a "A" Day

Lunch Friday:

4K-12: Chicken w/Alfredo sauce, garlic bread stick, steamed carrots, sliced peaches

7-12 only: Chicken Caesar salad or same as above

The results of the Middle School Boys BB game last night was:

7th Grade: 35 to 16 Shell Lake

8th Grade: 28 to 36 Turtle Lake (Game was tied in the 4th)

MARK YOUR CALENDARS:

DEC. 14TH- 3RD THRU 6TH GRADE HOLIDAY CONCERT HERE IN THE 3/12 GYM 2:00PM

DEC. 19-FAFSA NIGHT HERE AT SHELL LAKE, 6 PM IN THE LIBRARY.

DEC. 17TH- SGT. ROBA WITH THE U.S. AIR FORCE WILL BE HERE TO MEET WITH JUNIORS AND SENIORS INTERESTED.

If you have weather concerns, contact
Steve Fronk at: 715.205.1798.

Steve Fronk, 203 W. Messenger St., #8, Rice Lake,
WI 54868. Email: slfronk@hotmail.com.

18th ANNUAL

HEART O'NORTH BENCH PRESS/DEADLIFT CHARITY CLASSIC (FORMERLY GOLDEN BEAR BENCH PRESS/DEADLIFT CHARITYCLASSIC)

DATE: Saturday, December 22, 2018

PLACE: Cameron High School
750 S. 1st St.
Cameron, WI 54822

Located 1 hour north of Eau Claire and 2 hours east of Twin Cities.
Take U.S. Hwy. 8 Barron/Cameron exit off Hwy. 53. Go one mile
to Cameron. High School located on Hwy. 8 & SS north on left side.

WEIGH INS: Early weigh-in on Friday 6 – 8 PM
Regular weigh-in on Saturday 7:00 – 8:45 AM

RULES: Given at 9:15 AM in gym.

CONTEST: Lifting begins at 10:00 AM (Two platforms will be used if needed) Bench first, Deadlift follows.
YOU CAN DO BOTH BENCH PRESS AND DEADLIFT OR ONE OR THE OTHER!!

WEIGHT: Men: 114 123 132 148 165 181 198 220 242 259 275 308 SHW
CLASSES: Women: 97 105 114 123 132 148 165 181 198 220 242 Unlimited

DIVISIONS: Youth: 12 & under; Teen: (Junior 13-15 & Senior 16-19); Junior Open (20-25), Open, Sub-Masters (35-39), Master (40-48),
Masters II (49-55), Masters III (56+), Police, Fire, Military, and Ironman (shirt & raw divisions – bench & deadlift)
Team Event \$35 (must have at least seven lifters in different weight classes or divisions; all must enter individually)

ENTRY FEE: \$35 Teen, \$40 Adult, (Late Registration: \$45 Teen, \$50 Adult), 2nd Division \$25 (Call or Register Ahead!) For example:
If a teen enters by the deadline and wants to do both bench and deadlift, that person would pay \$70. Proceeds
donated to Barron Area *Gifts from the Heart*, a charitable organization helping needy children at Christmas.

AWARDS: Everyone will receive a trophy that completes one lift. (There will be multiple team awards: high school, collegiate, health
Club, etc. There will be Best Lifter Photoplaque Awards for raw and equipped in both deadlift and bench press.
T-shirts are available to purchase for \$20. Please circle size below. There will be a “bicep curl” contest
following the meet and before the awards presentation. Cost is \$1.00 per person for this event with the winner taking all!

RAW

SHIRT



A group of high school students is fundraising money to support a Compassion child in a third world country. They hope to have the money ready by Christmas. If you want to support the cause, there is a donation bucket in the office! :) Thank you!



Success is where
preparation and
opportunity meet.

Bobby Unser

BrainyQuote

ACT Prep Challenge

The Countdown to the ACT test has begun with 11 weeks before the test. I am challenging you to do as much preparation as possible before this test by using Method Test Prep in your career cruising site. You can work on this during classes when assigned (ELA for example), study hall, or at home on your own. You don't even have to buy an ACT prep book (they are expensive!)

Every Friday a winner will be picked from the top participants in each category.

- Vocabulary Leaderboard
- Most Tasks Completed
- Most Questions Completed

Each Friday, the leaders will receive a gift certificate to McDonald's, Subway or Alley Cats.

DEC. 19th there will be a FAFSA meeting here at the School in the Library at 6:00 pm. Please plan to attend if you have not already completed a FAFSA. This is an excellent time to get that extra assistance completing this information.

THIS WEEK IN LAKER SPORTS:

Friday

5:30- JV Girls BB game at Arts Center vs. St. Croix Central

5:45- Varsity Boys BB game here vs. Prairie Farm

7:00- Varsity Boys Hockey game at Barron, vs. Black River Falls

7:15- Varsity Girls BB here vs. Prairie Farm

7:15- JV Boys BB game Tonight has been Cancelled.

Saturday

1:00- Varsity Boys Hockey Game at Barron vs. Tomah



Time for some family fun...This Friday night at 7:00 p.m. come watch the NW Icemen at the Barron Ice Arena.

On Saturday, the JV Icemen play at 11:00 a.m. and varsity play again at 1:00 p.m. Please come support your hockey team! Both games are at the Barron Arena and Icemen students get free admission!

Mon., Dec. 17	Tues., Dec. 18	Wed., Dec. 19	Thurs., Dec. 20	Fri., Dec. 21
<p><u>Breakfast</u> 4K-12: Mini Cinni or cereal, cheese stick 3-12: Ultimate breakfast round or same as above</p>	<p><u>Breakfast</u> 4K-12: WG pancakes w/sausage links or cereal, cheese stick 3-12: Apple or cherry frudel or same as above</p>	<p><u>Breakfast</u> 4K-12: French toast sticks and sausage patty or cereal, cheese stick 3-12: Sugar sprinkled donut holes or same as above</p>	<p><u>Breakfast</u> 4K-12: Ultra bread slice, banana or cereal, cheese stick 3-12: Pancake wrap or same as above</p>	<p><u>Breakfast</u> 4K-12:Laker pizza or cereal, cheese stick 3-12: Colby cheese omelet w/whole wheat toast or same as above</p>
<p><u>Lunch</u> 4K-12: Potato bowl w/chicken gravy, whole kernel corn, sliced pears 7-12 only: Oriental chicken salad or same as above</p>	<p><u>Lunch</u> 4K-12: Build-a-burger w/American cheese slice and onion rings, Crinkle cut fries, apple 7-12 only: Oriental chicken salad or same as above</p>	<p><u>Lunch</u> 4K-12: Ham, turkey & cheese sub or on flatbread, Sun Chips, steamed broccoli, applesauce 7-12 only: Meatball sub or Oriental chicken salad or same as above</p>	<p><u>Lunch</u> 4K-12: Crispy chicken sandwich, sweet potato fries, banana 7-12 only: Spicy chicken sandwich or Oriental chicken salad or same as above</p>	<p><u>Lunch</u> 4K-12: Big Daddy's cheese pizza, green beans, Sidekicks 7-12 only: Oriental chicken salad or same as above</p>

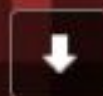
MEETINGS SCHEDULED FOR THIS WEEK	What it is:	Where:
MONDAY Dec. 10		
TUESDAY Dec. 11		
WEDNESDAY Dec. 12		
THURSDAY Dec. 13		
FRIDAY Dec. 14	Junior Class Meeting	In the Lab.

MONDAY - DECEMBER 17

Chris Kroeze Day

Shell Lake School is joining forces with area schools to support Chris Kroeze on the finale of NBC's The Voice! Wear your flannels, backward hats, and beards to school on 12/17/18!

GOOD LUCK
CHRIS KROEZE



Chris Kroeze Day!

On Monday, December 17th Barron, WI native **Chris Kroeze** will be competing in the **FINALE** of The Voice on NBC to earn himself a record deal!

In honor of this huge accomplishment, we declare **Monday, December 17th "Chris Kroeze Day"** here in Shell Lake. Wear your flannels, backwards hats and beards next week to show Chris Kroeze your support from Shell Lake. And as always, don't forget to **VOTE** for Chris Kroeze on The Voice on Monday, December 17th!

