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**LIGHTS** from B1

LMS vice principal Emily Wren Gerot.

To receive a bike light, students simply had to indicate that

they were interested. 83 seventh and eighth graders were given lights last Friday.

"Every kid had the opportunity to sign up for this and these are the kids who said yes," said Gerot. "But just knowing these

kids as their assistant principal, and seeing them around town and who rides to campus, these are our bike riders. So this really is fitting the need of kids that actually ride a bike. So that's cool to see. I'm looking around

this room going, okay, these are kids that I see ride their bikes to school so I'm glad they're utilizing this and taking advantage of this opportunity."



Don Strahan (left) instructs a group of students on how bike lights work while a student (right) secures a rear bike light.



## Sheriff's office offers tips for joggers

Every runner should take a few moments and consider their safety while running. While running is generally a safe activity, there are still perils worth considering and preparing for.

For example, running at night, while often pleasant due to lower temperatures and decreased traffic, brings with it the added danger of decreased visibility. The weather can pose running safety risks, such as running in extremely hot or cold weather, which require special precautions in addition to running in inclement weather.

Before the Run

- Consider running with a partner. Leave word with someone or write down where you plan to run and when you will return.

- Carry some I. D. and a cell phone.
  - Take a whistle with you.
  - Don't wear a radio/headset/earphones or anything which distracts you from being completely aware of your environment.
  - Avoid unpopular areas, deserted streets, lonely trails — and especially avoid unlighted routes at night.
  - Vary the route and the time of day you run.
  - Run in familiar areas. Note the location of neighbors you trust along your route.
  - Know where police are usually to be found and where businesses, stores and offices are likely to be open and active.
- During the Run
- Always stay alert. The more

aware you are, the less vulnerable you are. Think about possible escape routes in case of confrontation.

Take notice of who is ahead of you and who is behind you. Know where the nearest public sites are with some general activity — there is usually safety in numbers.

- When in doubt, follow your intuition and avoid potential trouble. If something seems suspicious, do not panic, but run in a different direction.
- Run clear of parked cars, bushes and dark areas.
- Run against traffic so that you can observe the approach of automobiles.
- If the same car cruises past you more than once, take down even a partial license number

and make it obvious that you are aware of its presence (but keep your distance).

If Confronted

- Run toward populated areas, busy streets, open businesses.
- Ignore jeers and verbal harassment. Keep moving.
- Use discretion in acknowledging strangers. Be friendly, but keep your distance and keep moving.
- Do not approach a car to give directions or the time of day. Point toward the nearest police or information source, shrug your shoulders, but keep moving. If you feel you must respond, do it while moving.
- Don't panic and don't run toward a more isolated area.

**GOLF SCORES**

Middlefield Men's Club Monday 6/4/2018 Game: 2, 3 Points

First Place (tie): 110

Jake Cox, Rick LeBrun, Rudy Neller, Larry Zuvich

First Place (tie): 110

Manny Anderson, Gary Ingram, Bob McCarty, Keith

Rowling

Third Place: 109

Russell Bryce, Jim Cunningham, David Morris, Jim Wamsley

Fourth Place (tie): 108

Larry Emery, Frank Gates, Steve Lindholm, Pat Rickard

Fourth Place (tie): 108

Larry Eyman, Mel Gowing, Jim Lehl, Larry Strickland

Low Gross:

David Morris 72

Jake Cox 74

Gary Sparks 76

Larry Emery 77

Low Net

Pat Rickard 61

Larry Strickland 62

Jim Cunningham 63

Ron Ackerman 63

Jim Lehl 64

Larry Zuvich 64

Closest to the Pin

#5 Gary Sparks

#7 Dave Tooker

#14 Jim Lehl

Longest Putt

#17 Ron Ackerman

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