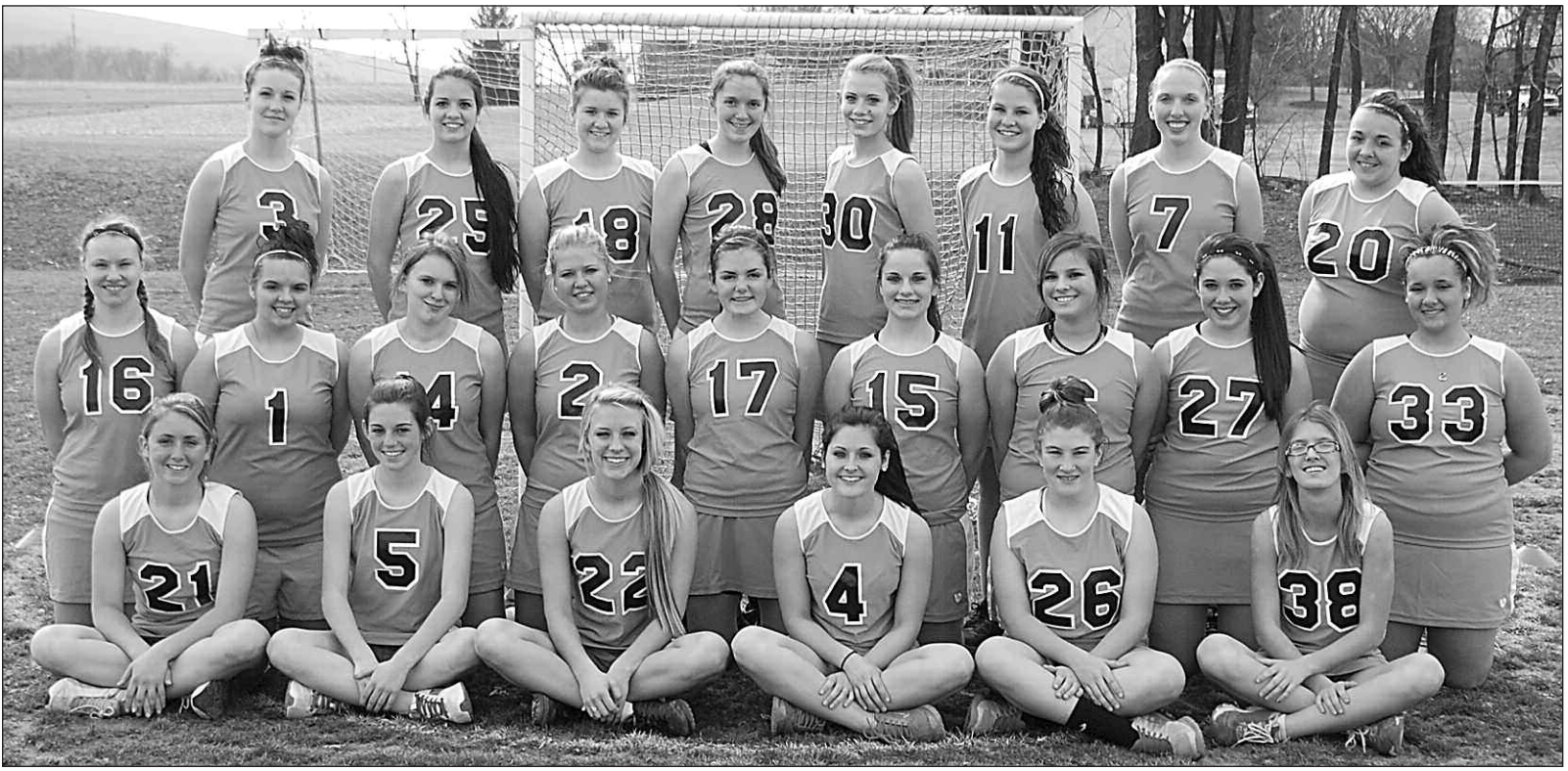
MIDD-WEST LACROSSE



Members of the Midd-West lacrosse team are, from left, front; Nicole Horst, Morgan Goodling, Nackea Backman, Karley Kaster, Jenna Yarger and Cierra Dauberman; middle, Hannah Cherry, Kelsey Herbster, Natasha Kuhns, Megan Plummer, Alexis Horst, Brianna Bixler, Kara Freed, Kaitlyn Gemberling, and Mikayla Freed; back, Felicia Bickhart, Megan Hurst, Amanda Straub, Katie Kreider, Julie Hurst, Kenedi Moyer, Lexi Bixler and Jazzmine Good.

Sentinel photo by BRADLEY KREITZER

Editor's note: Midd-West's lacrosse coach did not provide information for a preview story in time for this publication.

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Play it Smart and Think Ahead

According to the Brain Injury Association of America, an estimated 1.7 million children and adults in the U.S. sustain a traumatic brain injury each year. Many of these are from sports injuries, which could have been prevented by wearing proper gear and following the rules. HealthSouth Nittany Valley Rehabilitation Hospital offers these simple tips to make smart choices before hitting the field:

- Wear a helmet – children and adults.
- Never engage in physical activity while under the influence of alcohol or drugs.
- Check the depth of water when swimming or diving.
- Make sure the surface on your child's playground is made of shock absorbing material, such as hardwood, mulch or sand.

think AHEAD SM

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Mifflintown, PA
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Top 10 Clinical Ranking for Two Years

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