

Luedtke

Illustrated



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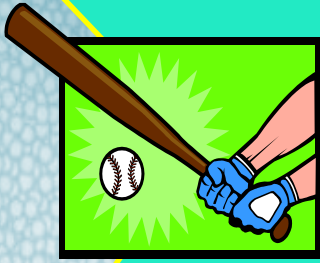
10 tips to get
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By: Abby Luedtke



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LETTER FROM

Dear Readers,

Sports are a great way to meet new people and stay active and healthy. In sports you usually might play on a team where you may not know everybody. To be on a team you almost have to act like a family; everybody has to do their own share if you want to get any better. So by being involved in sports you will be forced to get to know the new people you are playing with. Life's rule is that you must have sixty minutes of exercise in each day to be healthy. Usually sport practices run from an hour to an hour and a half. By doing sports you will be able to get more of the exercise you need to stay healthy and fit. In the fall and winter I participate in volleyball and basketball. In spring and summer I am involved in softball. All sports are very good for you and will make a difference in your lifestyle. My life revolves around the sports I play. Sometimes it is better for a person to stick to one sport so that they can become great, and go far with that one sport. To be able to play sports you must have confidence in yourself, be patient, and have good social skills. You must have confidence in yourself because you will never get anywhere in life if you do not believe you can do anything; just remember everyone can do anything they put their heart into! You must also always be patient. In sports there will be times when you do not something, or one of your teammates might need some help with something. Best thing to do is tell yourself or your teammate that it is totally fine that they do not understand, you will end up mastering it someday. The last thing you need to play sports is good social skills. You must be able to work very well with your teammates; if this is hard for you, consider your team, your family. Make plans with your teammates outside of practices; try to make friends with your teammates. My dad and I always go to at least one college

softball game during the summer. This is very exciting for me because usually I'm watching these games from the TV screen. I can literally feel the heat of the game being at one in real life, instead of trying to think of what all the players, fans, and coaches are feeling. This also gives my dad and me great bonding time. My Family also enjoys watching and cheering each other on at our tournaments and games.

These are the reasons and memories that inspired me to do my deadline magazine on my favorite things in life, sports. Through the process of writing my first issue of *Luedtke Illustrated*, I've had some rough times, and issues. I remember a time when I was rushing to get ads, and articles done, and even times where I was rushing my classmates to get their ads and articles done for me. One night I was up till eleven o'clock working on four articles for people to meet my 10/10 deadline. During this project I had people who kept their promises to get things done for me and sometimes I had people who said they were too busy to do my things. This made this project very frustrating, because I had to find other people to do the items I still needed to finish off my deadline magazine.

This deadline project didn't just come with downs, but also ups. Making deals with my friends and people that I do not usually talk to was great. I also got to see how talented my classmates are with their writing and drawing skills. Doing this project digitally has helped prepare my classmates and me for the future of technology. We learned very good skills, and easier ways to do things from Ms. Miller. This was by far my favorite language project of eighth grade, and because I did my magazine digitally I can always look back on it on my digital devices. I would like to thank all my talented writers who helped me finish my first issue of *Luedtke Illustrated*. I would

THE EDITOR

also like to thank Ms. Miller for always helping me when I needed help and answering all my questions when I was confused. I would like to thank Ms. Peters also for helping me retrieve some of my stuff when I had lost it. This whole project has impacted how I look at all my classmates, and has also gave me a new look on the business world of selling and buying .I feel like the deadline project will help me greatly in my future.



Sincerely

Abby Luedtke

Abby Luedtke, *Luedtke*

Illustrated



LETTERS TO THE EDITOR

Dear Editor:

Your magazine is wonderful! I've been a subscriber for three years now and you have always supplied great headlines about the most recent sports news and games. All of your journalists are very talented. Your magazine is well organized and has an exceptional amount of effort put into making sure all the facts and statistics are 100% accurate. I especially loved your last special on basketball. The pictures were fantastic, and the well written detailed article was full of interesting facts, quotes, and statistics. One of my favorite aspects of that particular article was the detailed analysis of why some players with just as much ability as others excel. The conclusion was very enlightening and presses you to make changes in your life. I want to thank the makers of this magazine for their wonderful contributions and dedication to the sports world. This magnificent magazine deserves five stars, or at least a round of applause.

Sincerely,

Brooke Pernsteiner

Dear Editor:

I love *Luedtke Illustrated!* The tips and advice in your magazines are genius! Plus the stories of athletes are really interesting and incredible. I recommended this magazine to my friends who love sports, and they have all fallen in love with this magazine too. All of your issues have the absolute best ads as well. The ads convinced me to buy some of the products, in which are all extremely helpful and all improved my athleticism to the max! I am so much better at every sport now, due to your amazing tips and helpful advice. I am your biggest fan and I cannot get enough of this magazine, keep the issues coming!

Sincerely,

Patricia Walters

Dear Editor:

Your magazine is one of the best that I have read. I am so glad that your cover caught my eye at the store. I recommend your magazine to all my friends who like sports and they all like it too. It really helps me learn more about the sports that I play and other sports that I don't know much about. I enjoy reading all your articles and admire you for having the time to make such a great magazine.

I look forward to your future magazines. I will keep telling my friends about this magazine and will definitely keep buying your magazines when they come out. Thank you so much for taking your time to share your knowledge of sports with people in this wonderful magazine. I look forward to the next magazine.

Sincerely,

Cara Byom

Hortonville, WI



Basically Basketball

By: Halle Kalwitz

Getting back to the basics of basketball is for anyone and everyone wanting to improve their game. It is my goal to keep it as simple and enjoyable as possible. Welcome to the game!

Only two things are needed and both are easy to find; you and a ball. (For some drills a partner may be necessary) As long as both are together, you are on your way to becoming a more successful player with multitudes of confidence. Follow along as we discuss the five key components of basic basketball including: passing, shooting, dribbling, pivoting and speed/agility.

First and by far the “lost art” of the game is passing. Using a weighted ball is key in developing the upper body strength needed to throw a clean, crisp pass and one that hits a teammate in the hands, not the feet. This is one of the few exercises that cannot be done solo unless you have access to a throwback. Begin at a safe distance apart and alternating the over-the-head, chest and bounce pass back and forth with your partner. Fifteen minutes of determined practice per night will definitely improve your ability to pass.

Next, what has happened to the proper shooting form of so many players? Not enough fundamental form is practiced and bad habits sneak in. The ball should be of proper regulation for your age and gender. Lie on your back, rest the ball on the first two pads of your dominate hand and balance it with the opposite hand. Be sure to leave a “window” of space open between your palm and the ball. Form an “L-shape” between your wrist, elbow and shoulder. Now you are ready to “shoot” into the air. Be your own rebounder and never need to

stand if done properly. Ten minutes of focused practice is sufficient five days per week.

Now, it is time to dribble. If you own a pair of dribbling goggles, these can be very helpful, but not necessary. There is one rule that can never be broken: Keep your eyes up at all times! A lot of dribbling skill comes from having good ball handling. Begin with some Figure 8, then Around the World, and wrap it up with a fast Crab Crawl. If you need reminders as what these drills look like, follow the link to our site below. Dribble one handed back and forth for two minutes and then switch hands. With each two minute time, up to ten, gain speed until going as hard as you can. Don't forget: **KEEP YOUR EYES UP!**

Pivoting can be very difficult and often underestimated for its importance. Begin without the ball keeping one foot planted and pivoting 180 degrees forward, then backward. Do this until you are able to move swiftly while staying low and keeping your balance. Now, add the ball into your hands and repeat the same process. You must be in the Triple-Threat position at all times. This cannot be done too much!

Finally, speed and agility are a must for any fine basketball player. Quick burst sprints can be done with and without the ball, as well they should be. Allow this sprint time an honest 5 minutes. Also, jumping rope in three alternating patterns of your choice for two minutes per pattern should be completed.

A simple but effective work out for improved basketball skill can all be done in a timely manner while following these steps. Pass, shoot, dribble, pivot and speed your way to the top!



SPORT TERMS

A S D G V E V K X G G G W E I D K D K V
S G S D F G H L K J M H F D A E V V V M
D R I B B L E U H O P U A D A Q A L F B
T F N G D G S U A G V S I Q E F L F U V
W Y A N F T A F Q W T V A F Y E E I I D
M L K V S P R T F G I R R U Y V T F R J
J F S V U E O W V S R G R B B U R V F K
Z S S Z E G S I R V S I A P A P M P U M
P B N M K E F F N U V L I D K S P P W N
A D G X I G S T I T L G E P E R S E S P
S B L I P Q E I R W R K U S E T P O R O
S O D C S K I A R Q U I U O P P F U F Q
Z S B M J G A S D W S I D R F P V I W R
S J K U F U N K U U O S R O P Q D I Q S
A I A G O U A K S S O C C E R P P O S G
G T N G R S T G W U R U F U V U F U E O
R M U E G G B A S E B A L L V I P S S A
F W M M J G T A R A T E S D R O A U R L
E O R O S G S P I V O I T U Q B T Q U D
H G J S N U D D I R T I L K K L S E I A

TERMS-

VOLLEYBALL-SOCCER-BUMP-PASS-GOAL-PIVOT-DRIBBLE

SET-HOOP-BASE-BASEBALL-HOMERUN-SPIKE-POINT

BY: RACHEL HEATH

Roller-skating

By: Sydnee Dobberstein

Roller-skating was invented in 1970, but did not become “cool” until 1975. Jim Bobo was the awesome inventor who came up with roller-skating. Everyone thought that Jim Bobo was crazy until one day, everyone suddenly changed their mind.

It was a sunny afternoon on Friday August 8. Everyone was enjoying their time at the park when all of a sudden, disco music started playing. People were just shocked and wanted to know where that noise was coming from. But what happened, was not what anyone was thinking. Jim Bobo and his friend Larry Bargo came out on these shoes that had four wheels. People did not know what to think, they were all confused. Jim and Larry started dancing to the disco music while on those crazy shoes.

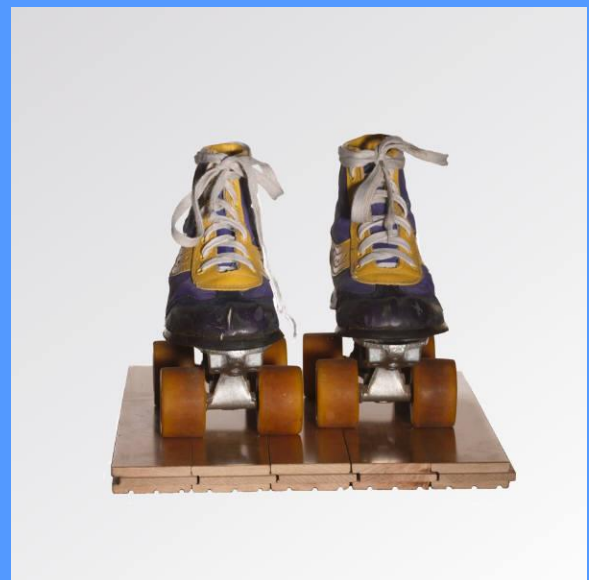
At first people didn't know what to think. But then, they thought that is was actually a pretty cool idea. Everyone was asking how they made them and what they were called. Jim and Larry were being overwhelmed with questions. They didn't think that people would be so amazed by just shoes on wheels. They thought, maybe this isn't such a bad idea.

By 1976, the sales for roller-skates are going sky high. Jim and Larry made millions from just inventing shoes on wheels. People started wearing them everywhere like when they went on walks, to the park, and even to school! Jim and Larry thought that if people like roller-skating so much, why don't they build a place where people can go skating. That is when the idea of a roller rink came to mind. In 1976, the roller rink was born. People didn't know what to do with themselves. Roller rinks made millions. Every single Friday and Saturday you could barely get a parking spot. The rinks were that packed!

Jim Bobo and Larry Bargo never expected their ideas to go so far. Now they are the legends of roller-skating.



The new roller blades!



The old roller skates!

The Road to Olympic Fame
By: Canyon Hughes

Sherrel Liece started playing volleyball very young. She knew what she wanted to do when she was very young. Abby needed to go to the Olympics. Volleyball is her passion. She does not want to do anything else.

Everyone discouraged her; no one believed she could do it. She wanted show everybody that they were wrong. Sherrel was determined to make it to the Olympics.

After a while her dreams were put down so much, that she started to believe herself she couldn't do it. As a freshman she made onto her varsity volleyball team. She still didn't believe she had it in her. She played all the way through as a freshman, and got team captain, she was also named athlete of the year by the local newspaper.

She was the talk of the town, everyone started to get there hopes that she was going far. Sherrel had insane spikes when she played outside, and was the best passer on the team, she was a super star.

Sherrel lead the team to multiple state champion titles with her insane skills. She could play any position, in a minute of being warned she was going to play, she was an awesome blocker too. Her vertical jump was unreal. At 5 4' she could jump 4 feet in the air. At her freshman games she already got scouts looking at her. So many colleges wanted her.

Sherrel was starting to get overwhelmed by all the college offers, and when the time came which one she wanted to pick. She also still didn't know if she still wanted to pursue her dream of being in the Olympics for the event of volleyball.

The town of JarringVille, Oklahoma, was so thankful to Sherrel because she put the town on the map. The won state every year she was in high school. It was a big accomplishment for her school. Everyone

knew about Sherrel by the time she was a sophomore. The varsity players even looked up to her. It was a great honor to know Sherrel. Everyone said hi to her in school. She felt so popular.

Senior came, and the decision of where she was going to go to school. It was hard decision so many colleges wanted her with full scholarships. After picking through all of the schools she chose LSU because of their amazing crime program. Also the thing that made LSU stand out is that they have had four students get accepted on the Olympic team.

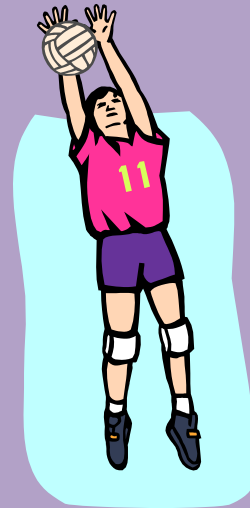
Sherrel finally knew what she wanted to do with her life. She was back on the goal of going to the Olympics. The USA team is very hard to get into, but Sherrel believed she could do it. In the off season she was in the gym every day. She believes that champions are made in the off season.

LSU played her all the way through the whole game. She didn't get a break. Her freshman year through college there team was undefeated. Every year from there the team never lost a game, and once again there were scouts at every one of Sherrel's games. Except this time they weren't college scouts. They were Olympic teams, from all the top volleyball countries.

Every country wanted her, they were offering he great deals to come and play for their Olympic team in their country. But Sherrel didn't want any other country but hers. She wanted a spot on the team for United States volleyball. That was all she wanted sense the beginning. She got her wish too.

She played on the USA team for three Olympics. USA earned gold and were undefeated in all three Olympics as well. Sherrel was a role model to all girls who wanted to make it too the Olympics she inspired a lot of people to start playing volleyball.

Making it on the USA Olympic team was probably one of the biggest goals ever achieved by Sherrel. She proved everyone in her small hometown wrong, and achieved the impossible.



TEN TIPS FOR TRAINING

By: Brittany Sager

1. Before any type of exercise, be sure to stretch well so you don't pull a muscle. Not stretching could cause a ruined career.
2. Eat a healthy diet before competitions. You don't want to go running around with a stomach full of candy.
3. When training, always stay focused and keep your eye on the prize. Don't stray from your goals.
4. Always push yourself to the max. If you really want results, you have to work for it. You don't want to be a wimp.
5. Train with a partner. You will feel more motivated if someone else is doing the same thing you are and you want to do better than them.
6. Get mentally prepared. Some people listen to music, or just sit in silence to get them motivated. Find your own motivated source.
7. You have to want it. Don't just go train or perform just because it's what you have always done. Go hard or go home.
8. Don't let anyone or anything get to your head. If someone tells you that you aren't good enough, take it as a challenge.
9. Don't let other players or coaches bother you, it will just bring you down. Don't express how you feel about them with words, but by how you play.
10. Leave it all on the field. Play every game as if it's the championships. And NEVER GIVE UP.



Glow In The Dark Cleats

By: Kaitlyn Schlueter



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Volleyball Tournament Not in Your Favor

By: Sierra Collins

The Wisconsin Elite Volleyball is the world's best. The teams each year practice every day of the week and never lost nationals.

On the Wisconsin Elite Volleyball team this year was twelve girls. This team consisted of twins that were right sides, three outside hitters. Also two libbers, and two setters, one middle, and two back row players. The twin's names were Halley and Holly and were excellent right sides. Every year both girls make this team. They both had blonde hair and were identical. The outside hitters were very tall and could spike before the ten foot line. Their approaches were beyond extraordinary. The team's libbers were obviously awesome passers and this was their first year for both of them. The setters on the team were exceptional because only Wisconsin Elite would accept the best. Addie, the middle, was very tall and had a very powerful spike so she could always have the opponents miss it. Finally, Rachel and Molly were the back row players and sometimes libbers. They were also noteworthy players. They had beautiful passes and always went right to the setter.

Every team had to go to plenty of tournaments and take first to go nationals. This was a team that always went and won. They never were worried because their competition was little wimps compared to them. The opponents were little slow snails compared to Wisconsin Elite. One tournament Wisconsin Elite Volleyball was up against their biggest and hardest competition and had to go all the way to thirty-five because the points kept going back and forth. In the end Wisconsin Elite Volleyball won 35-33. That was the closest and longest game anyone has seen.

The nationals were June 7th and in Arizona so it was going to be very warm there. They had to take airplanes down

south. All of the girls sat by one another and watched movies and talked. The plane ride was four hours long so it wasn't that bad. A majority of the time the girls slept so the time would go by faster.

The night before nationals were going to happen all the girls got together and made shirts with the name of a girl who was on their team. The shirts said "You may think I am good but look at her." Each girl had one of her team mates wear it so every had a shirt that said this.

All the girls went swimming in the hotel pool and relaxed once they got there. Also that night they all had to go to bed early so they weren't tired for all the games the next day.

The gym they had to play in was a huge arena with twelve courts and always had games going. It was cool in the arena so the girls playing wouldn't get too warm with all the running. Plus all the walls were colorful to keep the energy levels up.

Today was the day of nationals with all the excitement in the air. Everyone was there nice and early. The first game started at 8 A.M. that morning. Everyone was tired there so they were trying to drink lots of water and juice to energize them.

Wisconsin Elite Volleyball's first official game was at nine that morning. The team that they were playing was clubs called The Boomerangs who have some vicious serves the girls thought. To start both teams lined up and said good luck to each girl and coach on the opposing team. This was a team that had never been to nationals so they thought it would be easy as pie to beat them.

Wisconsin Elite Volleyball got the serve and the first was WHOOSH! ACE! Our first server Halley was an exceptional server. She had her best serve all season. Next serve was another ace. This went on for the next five serves until she missed her eighth serve. Wisconsin Elite Volleyball ended up winning that game with a score of

25-18. All the girls were so ecstatic and couldn't stop hugging each other and smiling. They had to keep moving though because they had their next game right away.

Next, Wisconsin Elite Volleyball played a team called the Southern Lightning that had wicked spikes and Rachel, Molly and both the liberos were scared out of their pants. They had the coach hit some hard balls at them to get their arms warmed up and to get moving. Molly announced "Mom please cheer for me to keep the energy level up and keep me excited and not so scared please."

The team was always cheering because in past years they had some very close games and almost lost a few of the matches. "Ahhh Team" was one of the main cheers they did after a good pass or an awesome serve. "Tip Tip Boom" was what they did when one of the girls had an amazing tip from a ball that was a tad too close to the net. Wisconsin Elite Volleyball finished that game with astonishing score of 25-16. The girls were all pumped up and didn't want to stop playing then. But after that game they had a break to rest.

After their break they had their last and final game against the Rockets. The girls all thought they would never have to play this team because they were bad. They were wrong they actually did and it was a very close game.

The Rockets got lucky and got the serve. They had even better servers than the Wisconsin Elite Volleyball and ace served the first six. After that the girls stepped up and it was a point back and forth until the score was 23-25 and the Rockets were ahead of Wisconsin Elite Volleyball but the girls were not going to give up. Halley was bound and determined to get at least two more points to tie the game. That she did, she had two beautiful hits and both were in the perfect donut hole where no one was. No

one knew who was going to win because just two mistakes and the other team would be taking the title of national champions.

Addie, the middle, was so nervous she could have peed her pants, obviously she didn't but everyone was panicking because it was such an important game. By luck Addie missed one of her hits and the ball went out so the Rockets were one ahead. Next, the hardest server on the team was put in to serve and ACED the last ball to win.

All the Wisconsin Elite Volleyball girls were crying because they just lost the national champions game and had the long ride home to say they had lost. The parents and siblings of all the girls were saying how good they did and there is always next year.

Next year the girls will hopefully take first at nationals and take home the trophy to tell everyone how proud they are!

W I S C O N S I N Elite Volleyball





All-Stars of the Year

By: Tristin Fahrenkrug

Starting Line

On May 15 during the day in the spring, it was a big day for some track athletes. They were competing against different teams at a track meet. Everyone wanted to see who was going to get the all-star track athlete for the year of 2013.

Runners Mark

All of the track runners were nervous because all they wanted to know was who was going to win all-star for the year of 2013. There was four track athletes that were recognized for a track meet where all of them got all-star a few years ago. The names of the people that got all-star a few years ago are Joey Apple, Daisy Mae, Jim Bob, and Bryce Fist. All of them were nervous to see if they were going to win all-star again this year.

Everyone did their events that day for the track meet. They did their events very well and their coach was really proud of them. After the meet was done with the coach exclaimed "I am so proud of all of these athletes. They did wonderful today!" Everyone at the track meet that day thought that it was a good day to have the track meet because it was not too hot and it was not too cold. The weather was perfect.

All of the track members went out to eat to celebrate. One of the track athletes, Joey Apple, had said "This meet was a very close one, but all of us still go first place and that is all that matters. What also matters is if we had fun or not too!" All of the athletes that got all-star a few years ago, got it again this year too! The track members that day ate away their happiness and stuffed their faces full of food. Sooner or later they knew that they would win all-star again some time. When they won all-star this year, they won it over all, which means they beat all of the other states and countries in the world!

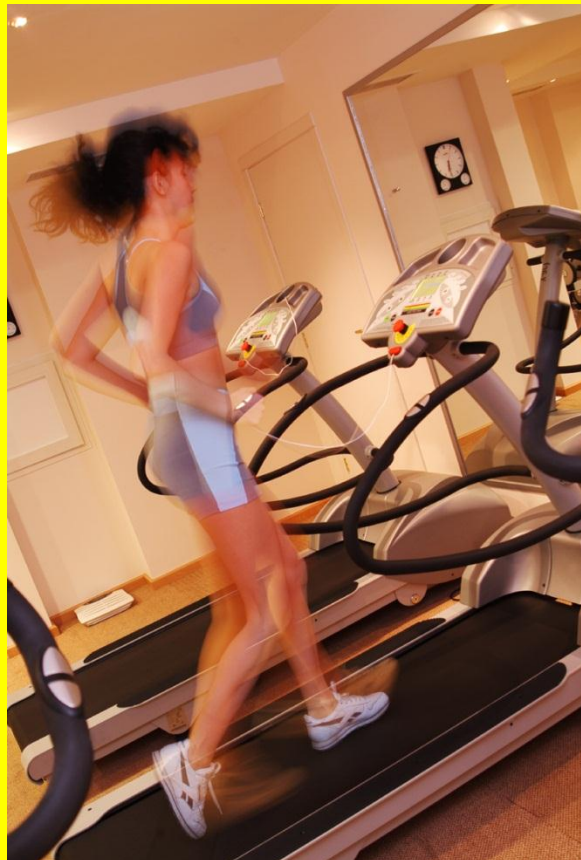
They knew that they could win it just for their coach. The coach told everyone that they had a good season and that they worked really hard this season too! She told them that this was the hardest she has seen them work in a while and they were all happy that she said that to them.

Some interesting facts about track and running include things like the fastest runner can run a mile in just one minute! Now try to beat that once. That would be pretty hard to do. Running will make you healthier everyday so you should get some type of exercise in each day. You could even do a few sit ups or something every half hour. Exercising will help you stay fit if you want to be in any kind of sports that include running, which all of them pretty much do! Enjoy the running while you can because when you get older you are not going to be able to exercise much more.

Some shoe companies make these light shoes that you can wear while you are running or doing exercise that includes workouts with your feet. They also make jogging pants and shirts that you wear while you are running. Some people might call them sweats too. When you buy your running shoes you can get them in different colors and you might be able to order them online and customize them too. When you are running make sure to bring a water bottle or something with you too because you might get thirsty. It will probably be better to listen to music when you are running too so you don't get bored and wish that you had brought your iPod or phone with you to listen to music.

You will never regret running. So join track while you are in school because a lot of people say it was worth their time and they never regret joining track. It might be difficult at first, but you will have to get used to it sometime because you are going to have to run sometime in your life time so start getting used to running. Enjoy you

running and don't forget to always bring a water bottle with you when you go running! Enjoy!!



The Way to a Healthy Lifestyle: Athletes Addition

By: Megan Severson

There are a lot of incredible athletes in the sports world. To be the best athlete you can be, a healthy lifestyle is a must. Being healthy can mean more speed, stronger bones, and more strength. A healthy lifestyle includes eating food high in protein, low in fat and calories, very little sodium, and little carbohydrates which are commonly found in breads and noodles.

Fruits and vegetables are a very smart food choice. While choosing a vegetable, something greener in color is the healthiest choice. Some examples are spinach and broccoli. When eating fruits you should choose ones that have the least amount of sugar. Organic fruits are also a wonderful choice. If you are not a very big vegetable eater it is a good idea to make a fruit and vegetable smoothie because out of your luck fruit over powers the taste of vegetables. Another tip is to try avoiding fruits that are in juices or that are packaged in high sugar things like Jell-O. Those items have a lot of preservatives to keep the fruit from spoiling and preservatives are terrible for your body. Another good fruit choice is bananas. They are high in potassium which can help prevent injuries like shin splints.

When eating a meal you should have at least a half cup of fruits and a half cup of vegetables. You also should have a protein including fish or chicken or any other meats that are not red meats. Another thing you should have is bread or noodles or any other wheat product, but not a huge amount. Lastly, you need a dairy; most commonly a glass of milk or cheese.

During the day you should try to consume less than 2,000 calories and have less than 70 carbohydrates. If during the day you need a snack, a healthy choice would be almonds or even drinking a glass or two of

water should make you feel full. Throughout the day you should drink around half of your body weight in water. A fruit or vegetable would also be ok. Now they actually make healthy granola bars with fiber in them, which wouldn't be a bad idea to snack on so you can stay full until your next meal. Eating small snacks throughout the day is good for your health and especially for athletic people who often burn off all their food and become hungry after a long and tiring workout or practice.

Being an athlete means you must be in shape at all times. You should have an intense sixty minute workout every day or at least every other day. But make sure you aren't over working your body and you are getting enough rest. Definitely be sure to always keep extremely hydrated while being active to avoid passing out or getting severely sick.

Always make sure to eat a breakfast every day. Breakfast is the most important meal and not having it is terrible for your body. When you don't eat breakfast or any meal for that fact, your body will store anything you eat at your next meal for fat. It does this because your stomach thinks it will not get fed again and you need food to live.

Next, make sure to always get good night's sleep. As an athlete you need to have enough energy to make it through the day and be able to do workouts without being totally exhausted by the end. A good night's sleep should be at least eight to ten hours every night with time before going asleep to wind down. If you are not someone who doesn't sleep long enough than tries going on with your day and workout, you should start as soon as possible.

Following these steps will guarantee a safe and fun athletic career. Following these simple step you will stay healthy and be able to handle your sports roles easily. Eating healthy and being a healthy person will make you a better athlete and will

change even your families and friends diets. So be sure to follow this lifestyle and you surely will do great at sports and will have no problem being the best athlete and role model you can possibly be.



Get Brandi's New Passion Fruit Fiber Bars at your local store for only 55¢!! This is a limited time offer and is only offered for three more days!

The Hurdler

By: Sara Cooper

When I first opened my eyes, I had no idea where I was. Confused, I looked around, searching for any clues that were visible. The curtains didn't stop the bright light from spilling in through the windows, giving the whole room a peculiar white glow. I looked down, and a feeling of dread filled me. I was wearing a plastic, blue gown, which could only mean one thing—I was in the hospital.

“Oh good, you're awake,” a soft voice interrupted my thoughts. “You had us worried for a little bit.”

I glanced up. A nurse in lilac scrubs was standing over me, with a kind smile on her face. “Why am I here?” was the first thing that came out of my mouth.

“Oh dear, you really don't remember do you?”

I racked my brain, trying to remember just one thing that could explain this. “No. The last thing I remember is track practice,” I hesitantly replied.

At my response, her face flickered, and showed a sad smile. By the look in her eyes, I knew something was terribly wrong. She glanced around the room, like she wasn't sure if she should answer me. But the look of desperation on my face must have convinced her to spill her knowledge. “You were visiting your parents for the weekend, and taking them out to eat. You...” Her voice faltered.

“I what?” I demanded.

“You got in a serious car crash, and have serious injuries to your lower extremities. You've been in the hospital for a few weeks already, and I'm afraid you won't get out any time soon.”

And it was those words that make me almost break. My dream to be an Olympic hurdler was out the window. All

the months of practice I had put in... wasted. But then another wave of worry rushed towards me. Why hadn't she said anything about my parents?

“What about my parents?” I said, trying to hold back the tears that my eyes were swimming with.

“We tried our best, but I'm afraid they didn't make it.”

The world dropped out from beneath me. I couldn't stop the sea of tears anymore, so I just let them flow. How could this happen to me? In a single moment, the things I cared about most had been taken from me. I tried to push the bad thoughts away. And focus on happy thoughts.

I asked, “When can I get back to hurdling? I know not any time soon, but when?”

To this the nurse did not respond, but closed the distance between us, and reached for the sheets covering the rest of my gown. She pulled them back and showed me my legs. Well, where my legs should have been. The nurse's next words verified that I wasn't delusional.

“I'm so sorry, but we had no choice but to amputate your legs from the knee down.” She held my hand as I cried. “There's always prosthetics that could allow you to run again. We could have you try out blades, but I'm unsure if they would allow you to hurdle.”

“I'm going to hurdle again, and if it means I have to run on blades, then so be it.”

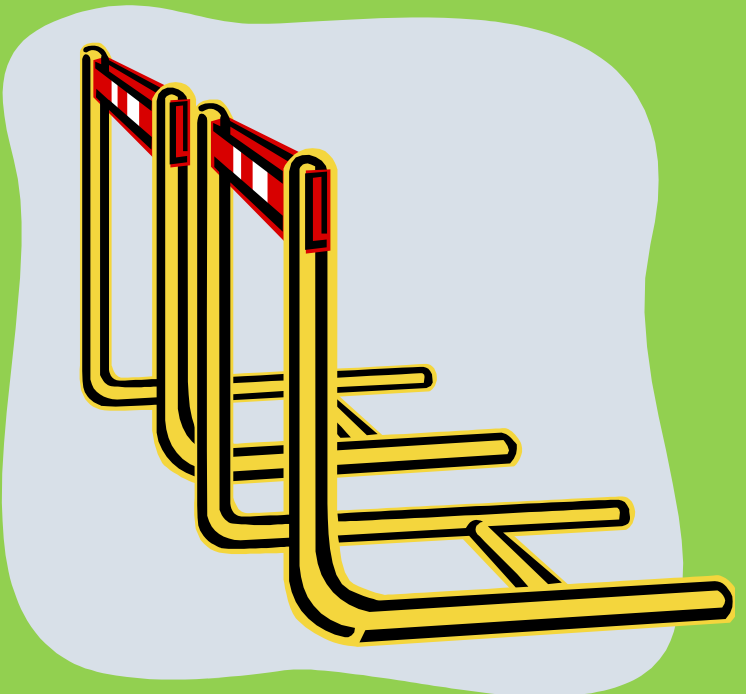
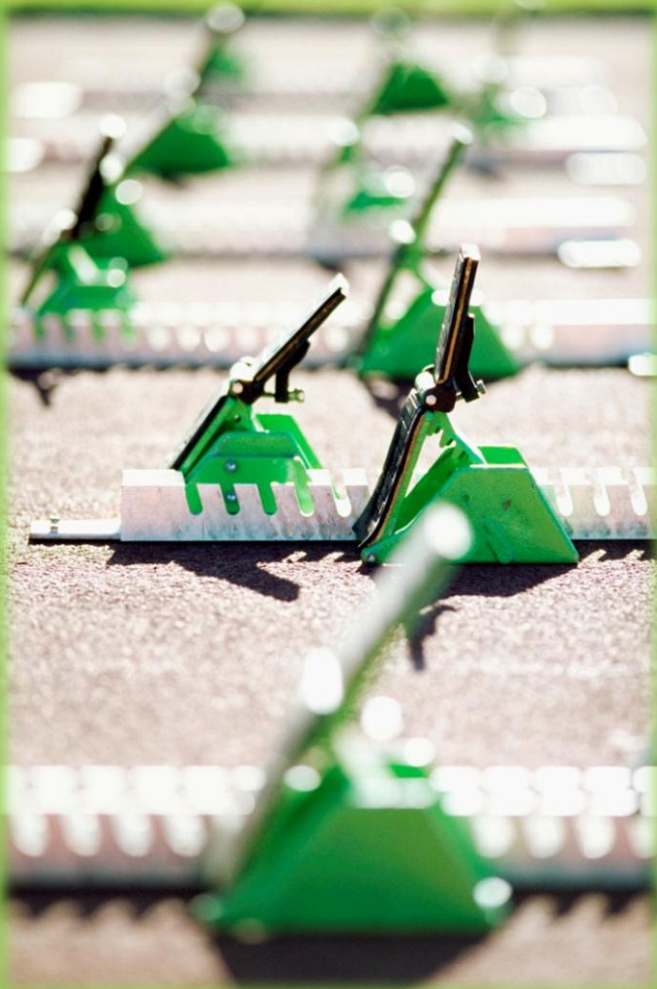
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My hands trembled as I set up my blocks. I needed to focus; this might be my only chance. I took a deep breath and remembered how long it took for me to recover, and retrain on my new legs. Two years have passed since the accident, and it took so much from my life, and morphed me into a different person in such a small amount of time. After all that pain, I refused

to let my nerves get the best of me. I was at the hurdling final at the Olympics, for crying out loud! I glanced up and saw the white flag being raised at the finish line, and I knew that there were only a few moments left...

The whistle blared like an alarm, awakening me from my thoughts. I stepped onto the line, and stared down the red track.

“On your marks,” the friendly Starter announced. Simultaneously, all of us hurdlers situated ourselves into our blocks. As he said ‘get set’ we all rose as one. Bang! He had fired the gun. And I ran. I ran for my parents, and hoped they could see me.



Exciting Game!

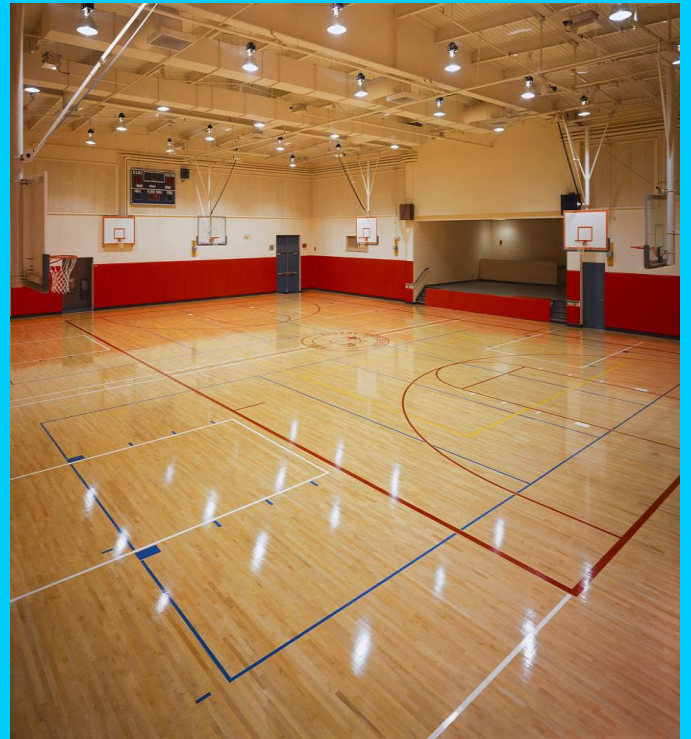
By: Claire Van Beek

As you know in every basketball game there is a winning team and a losing team, and usually the better teams always win. And then there are some games where the not so good team comes out with the win, and that is exactly what happened in this previous game.

The Hedgehogs were playing the Warriors and were down by seven with one minute and thirty seconds to go and they could not get the ball in the hoop! They took a time-out and tried to discuss what was going wrong and what they could improve on to try and win the game. Their best player was sitting the bench from recently fouling out of the game. Also, their second best player was in foul trouble and if she got one more she would also be fouled out of the game. The whole team was nervous because they have never really played a close game without the best player, Kasey, in. The coach quickly tried to design a play for them to get a few quick and easy points but right as he was about to explain it the time-out was over. They yelled "team" and ran back on the court. Moments later their second best player, Jenna, was lying on the ground in serious pain. She got smacked to the ground by a post player on the other team and already had a huge bruise on her leg. She couldn't walk at all so she was carried off the court where the trainers could figure out exactly what happened. Meanwhile, since the Hedgehogs only had seven people on their team and their two best players were sitting on the bench that meant Jamie, their worst player, had to go in the game. Everyone was a little nervous because Jamie didn't play very much and she would always get the ball turned over. There was about a minute left in the game and they were still down by seven. Jamie knew they needed to score some baskets so

she called her teammates together and told them that they had to win the game! Moments later the Hedgehogs were flying around the court and were stealing the ball like there was no tomorrow! First, someone stole the ball went up for a layup and missed! Luckily, she got fouled so she got two shots at the free throw line. The first shot rolled around the rim and went out. Her second shot she swished it! Now the Hedgehogs were only down by six with forty seconds to go. Once again the ball was stolen but this time the Hedgehogs just ran down the court and set up in their offense. After a few seconds they decided they needed to shoot the ball. Jamie got the ball and shot a three pointer and made it! Now the score was 60-63! The Hedgehogs were only down by three points with ten seconds to go! The Warriors were throwing the ball in and Jamie stole the ball and shot it at the buzzer at the three point line. The shot missed but she got fouled so she got to shoot three free throws and try and tie up the game to go in over time! Jamie got to the free throw line and was very nervous. She shot her first shot and made it! She shot the ball her second time and made it again! It was 62-63 and it all came down to this last shot. She got the ball and shot her last shot and swished it! The score was now tied with two seconds left. The Warriors had two seconds to get one point to win the game or it was going into overtime. The Warriors got the ball in bounds and one of their players chucked it at the basket and missed, the game was now going into overtime. There was a minute break and everyone was chanting Jamie's name for tying up the game. This was a big game for the Hedgehogs and they needed to win it. The ref blew the whistle and it was time to start the game. Warriors got the jump ball and sprinted down and made the first basket for two points. Hedgehogs got the ball quickly and ran down the court. They passed the ball

around for a while and didn't get a shot. The time was ticking and they had to do something, so Jamie took another three point shot and swished it! Now the Hedgehogs had the lead by one with thirty seconds to go. The Warriors called a timeout to discuss what had just happened. The Hedgehogs ran to their bench with the biggest smiles on their faces. The coach talked about hustling back on defense and then it was time to continue on with the game. The Warriors got the ball since the Hedgehogs just made a three pointer. They shot the ball every time it got in their hands but couldn't make anything. Finally, the final buzzer went off and the Hedgehogs had won the game and were going to state! All the fans rushed onto the court to congrats the team. This was their first time going to state in over twenty years!





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Hortonville Pitching Clinic

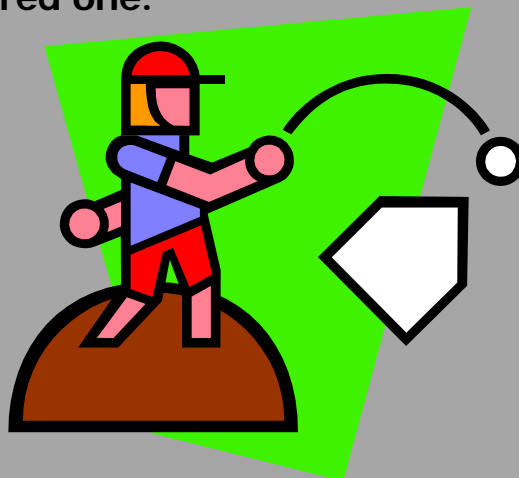
Hortonville High School Fieldhouse

January 18, 2014 3:30- 7:00 P.M.

Grades 3-6

Level: Beginner

Hortonville High School Softball Team will hold a pitching clinic for grades 3-6 on January 18, 2014. The clinic will begin at 3:30 and end at 7:00. Please be prepared and bring your own glove and shoes and anything else you may need. All the balls will be provided through the process. A shirt will be At the end of the clinic, you will receive a t-shirt if you have ordered one.



T-Shirt Order Form

Full Name: _____

Phone #: _____

Size: Youth: XS S M L XL Adult: S M L (circle one)

Grade: _____ Age: _____

\$: _____ Total #: _____

By: Bethany Jennerjohn