

NO. 1 pain NO. 1 gain

WEIGHTLIFTERS' NATIONAL RANKS

5th "I'm fifth in the nation. Weightlifting has given me tons of confidence and I'm really grateful I started when I did. The easiest part is resting; it's just as important as training. The hardest part is pushing through, even when you feel sore, or just like you're not doing as well as you can," Abigail Nelson '25 said.

4th "Fourth in the nation. There is no easy part to be honest, it's all pretty hard. You just have to learn along the way and get better over time," Sophia Williams '25 said.

2nd "Right now, I am second in the nation. The hardest part is the mental aspect. It's really easy to pick something up, but in front of so many people when you're at a competition the weight's so heavy you have to get a perfect mindset so your technique stays good," Alexander Williams '24 said.

2nd "I'm currently ranked second in the nation for the 16-17 men's 67 kg weight class. The hardest part of weightlifting is being mentally strong. Making mistakes, days you feel off, injury recovery, anytime something isn't going the way you want, it's easy to become discouraged. Getting over this and making those next lifts is often harder than lifting the weight itself," Williams said.



Photo courtesy of Jordan Borask



Photo courtesy of Jordan Borask



Photo courtesy of Jordan Borask

THE MATTRESS DANCE

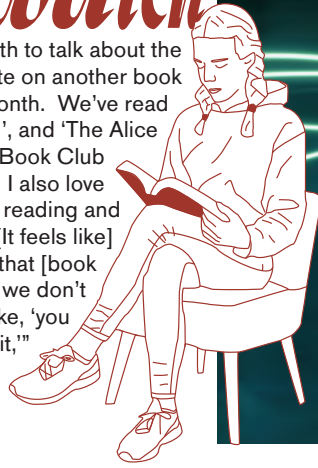
BAND STUDENTS DISCUSS THE PURPOSE AND HISTORY OF THE MATTRESS FUNDRAISER

"The event lasted a month. We did this since freshman year for me and they have been doing this since 2017. I volunteered for an all day shift, I went outside and danced to get people to come," **CATHERINE RAFFERY '22**

"The cause was to raise money for the marching band. Mr. [Mark] Cellar's idea, we sell mattresses almost every year. I was dressed up as a mattress and held signs advertising and pointing towards the school," **ABIGAIL FEBER '24**

the ONE to watch

"We meet about once a month to talk about the book that we read, and we vote on another book that we can talk about next month. We've read 'Scythe', 'Caramel', 'Legend', and 'The Alice Network' so far. I joined Book Club because I like to read, and I also love talking to people that also love reading and read the same books that I do. [It feels like] no one reads anymore. I like that [book club] is pretty casual, and even if we don't read the book, [our sponsor]'s like, 'you can still come and talk about it,'" Elizabeth Cowan '25 said.



fit for SHOW

AT THE BEGINNING OF THE SHOW, ACTORS ARE FITTED FOR THEIR COSTUMES

1. SUITABLE FITTING: During rehearsal, Edy Lang '24 takes measurements for Charles Smith '22. Lang worked on the costume crew for "Guys and Dolls," the theater company's spring production. "Everyone's working really hard. We do choreography every weekend and worked on scenes during the week. [The crew] is really great this year," Smith said. **2. SUITING UP:** As he works with costume crew, Luke Rust '25 tries on a new blazer. "Guys and Dolls" was Rust's first production in high school. "I did some shows when I was little. The high school shows are way different. I like the community. Everyone is important and appreciated," Rust said.



3. FOCUS ON CHOREOGRAPHY: At rehearsal Luke Miller '24 watches before beginning to dance. Miller had participated in two shows before the spring production. "Theater is unique; it's just a fun time. The community is so positive, for sure," Miller said. **4. STRIKE A POSE:** During a meeting with costumes crew, Charles Hicks '22 poses for the camera. Hicks had been involved in the theater program since his freshman year. "I love the moment when you feel the lights on your face and the sound of everyone applauding and knowing that you were able to give the audience that experience," Hicks said.



UNIFIED by love

Players run down the court, the crowd watching with anticipation. One shoots a basket and the crowd roars. This isn't any regular basketball game, this is Unified Basketball. "Unified sports is where you play with people that have special needs or can't play regular sports. When I have the ball, people cheer for me, and I try to cheer for my teammates as well," Alexis Tome '22 said. The players on the Unified Basketball team had lots of fun playing a sport they wouldn't usually get to play. "Unified basketball is really fun and joyful. It's fun for all of my friends. I enjoy playing with my teammates. I've always wanted to play basketball on a team," Hannah Posey '24 said. The peer helpers, or "Best Buddies," enjoyed the experience as much as the Unified Athletes. "[I enjoy] building relationships and just being able to spend time with [Unified kids]. It makes them feel like they're a part of something, and it helps me learn passion and unconditional love, which I feel is hard to learn at such a young age," Alyson Hatch '25 said.

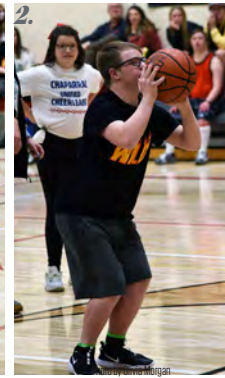
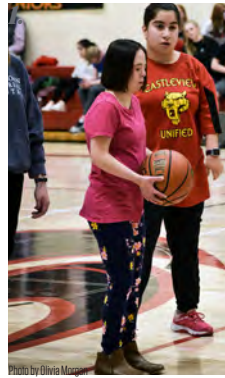
The Best Buddies program had helped both students with special needs learn from peer helpers and vice versa. "[Best Buddies] teaches me that lesson that those little things matter, and that every person matters, and that helping and loving other people makes a difference. Hanging out with [Brody Cauble '22] has made me a better person. I've learned many things from him, and he will be the person I

remember most out of high school," Ethan Baker '22 said. *"It makes them feel like they're a part of something and it helps me learn passion and unconditional love."* **ALYSON HATCH '25**

UNIFIED SPORTS PLAYERS AND PEERS DESCRIBE WHY THEY LOVE UNIFIED BASKETBALL

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1. FUN FOR EVERYONE: On the court, Hannah Posey '24 watches as her teammate prepares to make a basket. Posey had fun at this game and all Unified Basketball games prior because she enjoyed being able to play with a team. "I enjoy playing with my teammates. I've always wanted to play," Posey said. **2. MAKING YOU PROUD:** During a Unified Basketball game Brody Cauble '22 prepares to shoot a free throw. Cauble loved when people cheered for him from the stands whenever he had the ball. "I feel proud when people cheer for me," Cauble said.



3. CHEERS FOR PEERS: Cheering on her peers during the game is Mariana Boekes '23. She enjoyed the game because it gave her something to do with her Best Buddy. "I like that you get to work with the Unified kids outside of education," Boekes said. **4. GOOD SPORT:** Ready to score, Alexis Tome '22 heads towards the opposing team's basket. Tome enjoyed the game because the teams played just to have fun. "I like to have fun and not be competitive," Tome said. **5. READY TO PLAY:** As the crowd cheers, Emili Adams '22 readies herself to shoot a basket and score points for the Unified Team. Adams really enjoyed playing with her teammates this game

and enjoyed playing basketball overall. "I [like that I] get to play basketball," Adams said. **6. BEST HUGS:** Hugging Brody Cauble '22 is Ethan Baker '22. Baker feels that Cauble has had a huge impact on his life. "It's been my favorite thing. I love how excited the kids get over the simple things," Baker said. **7. LEARNING TO LOVE:** As she shoots the ball, Alyson Hatch '25 assists a Unified Basketball player to the opponent's basket to score. She loved helping her peers during Unified Basketball games because it helps her learn how to help people in the future. "It's good to be able to learn how to build relationships, how to communicate and bond with [people with special needs]," Hatch said.

