

Athletes of the Week: Girls Cross Country Team

by Kelly Prier

Callie Krapfl

Years been involved in cross country?

1st year- I am a Freshman.

Best part about Cross country?

Carb loads before a meet.

Greatest challenges you have faced throughout the season?

Practices and trying to push myself at the end of a race.

What are your expectations for state?

To run a good hard race and to try to place in a good spot.



is quit, but I know that my team needs me, and every point counts and keeping a straight face.

What are your expectations for state?

Have fun...Run fast.

Kelli Dabroski

Years been involved in cross country?

Four

Best part about Cross country?

Hanging out with the girls

and telling stories.

Greatest challenges

you have faced

throughout the season?

Trying to find new shortcuts in practices.

What are your expectations for state?

Have fun and buy cool T-shirt



Mekell Helle

Years been involved in cross country?

One year

Best part about Cross country?

Having fun with the girls

Team pep cheer

Greatest challenges

you have faced

throughout the season?

Trying to go through a whole without falling once.

What are your expectations for state?

To have an awesome time.



Michelle Tumey

Years been involved in cross country?

Three years

Best part about Cross country?

Being with the girls and getting caught.

Greatest challenges you have faced throughout the season?

Finding new shortcuts.

What are your expectations for state?

To do great.



Amanda Harris

Years been involved in cross country?

Four years

Best part about Cross country?

The finish line. Having fun with the girls.

Finding new ways...

Greatest challenges

you have faced throughout the season?

Being so tired that all I want to do



Amy Conrad

Years been involved in cross country?

Four years

Best part about Cross country?

All our slacking and still making it to state.

Having fun with the girls and all the

talks



Greatest challenges you have faced throughout the season?

Almost giving up and giving but I am glad I stuck with it.

What are your expectations for state?

I hope to do the best I can because its finally my last race: FOREVER!

Jennifer Nurse

Years been involved in cross country?

Two years

Best part about Cross country?

Breaking the short bus.

Greatest challenges you have faced throughout the season?

Getting caught by Sara.

What are your expectations for state?

Run well and not get last.



Classes Help Others in Recognition of Drug Free Week



Some Family and Consumer Science classes completed several projects this past week in recognition of Drug Free Week. Students were able to purchase red ribbons to wear in support of being drug-free. The money raised from the sale of these ribbons will be used to plant red tulips around the school. The classes also held a food drive and collected over 400 items to donate to the Delaware County food pantry. Above, the first hour Health I class prepares to donate the food to representatives from the food pantry. (photo by Amy Cummings)