

ATHLETICS

Tour the Town: Goshen as a cycling hot spot

By Daniel Potashov

Have you ever known someone who has driven to the gym, or the health club, just so they could sit and pedal on a stationary bike? Doesn't that sound counterintuitive? Think about it, they could have just biked to the gym. Even better, they wouldn't have to join a gym and pay hundreds of dollars a year to exercise when they could really just do it for free!

It's almost time for summer and when you're not trying to ignore the heat coming your way, or wearing a swimsuit, try putting on some light clothes, getting out a bike and going to see the sights Goshen has to offer.

A great place to bike or cycle is the Millrace Canal trail, which starts at the corner of East Washington and South Second Street, and then goes fifteen miles, to end near Goshen hospital. This is simply in case the fifteen mile bike ride has you needing medical assistance. If you're interested in seeing the glory that is the Goshen Dam Pond, and the majesty that is moving water over still rock, it's not too far from the end of the trail.

While some may say it's morbid, it's actually quite peaceful to bike around a cemetery, but see for yourself if you agree. Cemeteries always have nice paths to go



Juniors Colin Leinbach (in red) and Jesse Mack (in purple) enjoy a bike ride around Goshen on a beautiful sunny day.

on, lots of grass and the smell of formaldehyde is nowhere to be found among the great scent of nature. While biking is still considered one of the best ways to exercise, it also remains a good way to experience nature.

If you're sick of living in complete boredom during the summer, there's a simple solution that parents, teachers, and anyone you ask will tell you: Try going outside. Walk out your door, jump on a bike and keep your eyes peeled.

Goshen provides cure for summer boredom

By Alicia Yoder

The weather is warming up as summer approaches, and students are encouraged to come out of hibernation and get outside for some fresh air and exercise. While some students are natural-born athletes or have a natural competitive attitude, what are the rest of us supposed to do to keep in shape?

Luckily, the small city of Goshen provides multiple opportunities for leisure exercise. For instance, follow a bike trail around the city and spend a day cycling with your friends. You can also go on a relaxing walk just outside the city

limits. Although still in the city, Shanklin Park is perfect for both.

For the more adventurous non-athletes, Shanklin pool is also open during the summer, letting you get some exercise and cool off at the same time. In order to have access to Shanklin pool, residents are required to get a photo ID, which costs \$2 and is valid for 3 years. In addition, a daily fee of \$2.50 applies for residents under 18 and \$3.50 for residents 18 and older. If you wish to visit the Shanklin pool frequently over the summer, season passes can also be purchased for \$42 (under 18) or \$52 (18 and older).

Monday's are also the "Teen Scene" at Shanklin pool. With a school ID, teens can gain admission for a discounted rate of only \$2 every Monday.

If rollerblading or skateboarding is more your type of recreation, the Tyler Joldersma Memorial Skatepark on Chicago Ave. is the place for you. There is no entry fee for the skate park and it is open from dawn until dusk each day.

For a more relaxing way to get some fresh air, the Reith Interpretive Center, across from Shanklin Park, plans to host hikes and bird walks this summer. For more information on these events, you can contact Aaron at 537-0986.

If you're looking for another way to get in touch with the nature of Goshen, why not attend the Fantastic Fishing Derby on June 9 at the Linway Pond? This event is open to everybody and no fishing license is required. Multiple awards will be given out and registration is only \$1 per person. Interested participants can register before June 8 through the Goshen Park Office at 607 W Plymouth Ave. or by calling at 574-534-2901. You can also register at the event.

If your summer plans include a lot of laying around the house in your PJs, this may be the summer to change up your normal routine and lay around outside in your swimsuit or explore what Goshen has to offer outside of your own bedroom.

Athletes of the Month



Jesus Castillo

By Jasmine Troyer

Tomahawk: How long have you been running for track?

Jesus Castillo: This is barely my second year, sadly.

TH: What do you love most about running?

JC: Definitely the feeling of setting a personal best.

TH: What other activities are you involved with at GHS?

JC: Just Cross Country and Track [for] 2 years each.

TH: What motivates you to do your best?

JC: There is always one of my teammates that I wish to beat.

TH: What is your favorite track, and cross country, memory?

JC: Track: When I rolled out people's calves. They were such babies about it! XC: Seeing Luke Jacobs box Alberte (last years foreign exchange student).

TH: Does your life change during the off-season?

JC: Definitely. Staying in the mindset that I should run every day by myself is so difficult.

TH: Who do you look up to and why?

JC: The class of 2013's XC and Track runners. They've been running since middle school and still have the urge to improve!

TH: What are your plans after high school?

JC: I'll be attending Trine University to major in computer engineering while I minor in Computer Science. I'm kind of a computer nerd.

TH: Will you continue to run throughout college?

JC: Oh yes! Definitely.

TH: What are some of your other interests?

JC: I like to write poetry [yes, haha], play soccer and bike.

TH: Any other comments, words of wisdom, advice, for lowerclassmen?

JC: Stay strong XC Boys! I'll be back next year to see you guys tear it up!



Andrea Yeater

By Alicia Yoder

Tomahawk: What activities are you involved with at GHS?

Andrea Yeater: I'm involved in volleyball, tennis, and symphonic orchestra.

TH: Which sport do you enjoy playing more?

AY: There are things that I like about each sport, so it's hard to decide. If I'm in volleyball, I'll say that volleyball is my favorite, and if I'm in tennis, I'll say that is my favorite.

TH: When did you start playing each sport?

AY: I started playing volleyball in third grade and tennis in fourth grade.

TH: What first got you interested in playing tennis and volleyball?

AY: My sister played both of those sports, so I just wanted to follow in her footsteps (and I'm totally better!)

TH: What have you learned from being involved with athletics at GHS?

AY: I learned that it's important to play in the moment and not have any regrets when you walk off the court.

TH: What's the best piece of advice anyone has ever given you?

AY: It may not seem like great advice, but I keep it in mind every time I do anything: "Just do better."

TH: What are your plans for next year?

AY: I plan to go to Ball State University to study English Education or ESL (English as a Second Language) Education.

TH: Do you think you'll continue playing sports in college?

AY: I'll probably do intramural sports.

TH: How do you balance schoolwork and being involved in multiple sports?

AY: It's tough, but I really utilize my SRT time, and if it's necessary, I stay up later to get everything done.

Exercise: the best feel-good drug

By Neil Rippey

Picture yourself riding a bike along the canal at the Mill-Race, or any other trail you might prefer. The water is teeming with life, the sun is warm against your skin, and a breeze blows against you as you leisurely ride down the path. Nice sounding, isn't it?

Most people know that it's quite good for your physical health; but, recent evidence has pointed that regular exercise has a drastic effect on mental health, most notably dealing with depression.

In a time when many people rely on medication to deal with their lack of serotonin (the chemical responsible for happiness), it could be helpful for many to learn that pills aren't always the only way.

Maybe getting off your lumbering buttocks could help, too.

Just ask any athlete or even someone who exercises regularly. There's a common phenomenon referred to as "runners high," or a feeling of euphoria and energy soon after a large amount of healthy physical activity. The cause of this is the release of endorphins, which is a natural pain-killer and anti-depressant, as well as a notching up of most of the bodies systems, including serotonin production.

If this shows anything, it means one of the easiest ways to get your serotonin pumping is to get your blood pumping. It may not work for *everyone*, but it's worth a shot and won't harm you if you give it a shot.