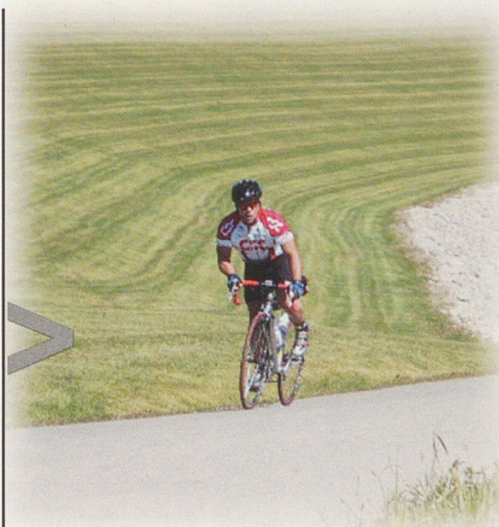


GETTING READY TO PITCH. Dean Hampton, 10, joined a recreational baseball team during the summer. This helped him prepare for the school baseball team before the season started. "I really enjoyed playing for the Nighthawks baseball team. We had a really great team and it was a lot of fun," said Hampton.



ELEVEN MINUTES! Mr. Brein Miller, history teacher, participated in the Deer Creek Pineman triathlon. He swam 1.25 miles, biked 56 miles, and ran 13.1 miles, in the half race September 20 in Mt. Sterling, Ohio. He trained months in advance by swimming a mile, biking 20 miles, and running about 5 miles daily. His goal was to complete the course in 8 hours, and crossed the finish line in seven hours and forty-nine minutes - eleven minutes better than he set out for!

