

— Fox Cities —

JULY 26

SPORTS



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From the Editor



Hooray, it's Summer! Here in Wisconsin, that means baseball and soccer and fishing and camping and so much more! So grab yourself a cool, sweet treat (maybe some homemade ice cream or frozen yogurt), and when there's a break in the action ... check out everything *Fox Cities Sports* has to offer.

Greg gets us geared up for hiking, with timely recommendations on what to wear, what to bring, and of course where to go. If you decide to do some camping as part of that hike, Nicole has some great suggestions for friendly competition among the campers ... or in your own backyard!

This month's cover story features Appleton Legion Baseball, which is celebrating its 100th season. The program has a winning tradition, for sure ... but there's more to Legion Baseball than wins and losses! Read more on pages 12-15.

We have a special One-on-One column this issue, featuring our very own Paul Stumpf of P.S. Portraits. His photos are my favorite thing about this magazine, and I think you'll enjoy meeting the man behind the camera.



Anna offers tips for developing *resilience* in our student-athletes. "Never give up" is easy to say, but more difficult to do! Don't miss her informational session for parents, *Pressure, Confidence, and Resilience* — register using the QR code on page 6.

Also in this issue: "the rest of the story" about Appleton East basketball coach Ron Parker; an introduction to Hands of 10ve, the charitable foundation started by Packers QB Jordan Love; Kate's advice for ways to keep yourself fueled and hydrated during the season's heat; and much more.

Whether you're celebrating Independence Day with small-town fireworks or just chilling up north ... wherever Summer finds you, be sure to bring a few extra copies of *Fox Cities Sports* to share! ■

Diane

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SPORTS

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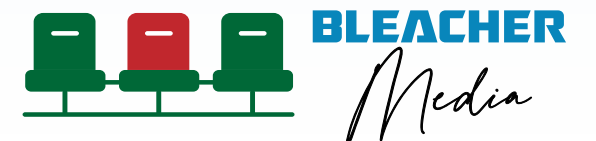
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INSIDE JULY



Photo By Paul Stumpf, P.S. Portraits

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The 2026 season marks a significant milestone in the history of Appleton Legion Baseball: The program began in 1926 and is celebrating its 100th season of affiliation with American Legion Baseball.



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Thank you for pushing us hard this summer and making us stronger faster players. Love the challenges. Can't wait to return next year! See you at the games!
~ Peyton, Julia, and Layla Tamith

I thought I was strong when I arrived. You made me so much stronger now. You found my weaknesses and built me up. Thanks for the push and believing in me.
~ Easton



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Building Strength Beyond the Game: Youth Resilience

BY ANNA BOMBER, MS, CMPC

Sports and performance play a powerful role in shaping the resilience of youth athletes. Beyond physical fitness and competition, participation in sports teaches valuable life lessons that help youth overcome challenges both on and off the field.

Resilience, the ability to withstand pressure using mental techniques and personal qualities, helps athletes and performers maintain functioning and optimal performance even when tough situations arise. This skill is one of the most important qualities developed through athletic and other performance experiences.

Young athletes often face obstacles such as losing games, injuries, intense training schedules, and pressure to perform. These experiences can be disappointing and stressful, but they also provide opportunities for growth. Learning how to handle failure and continue striving toward improvement helps young athletes build mental strength and determination. Instead of giving up after setbacks, resilient athletes learn to stay motivated and focused on their goals.

Coaches, teammates, and parents play a critical role in fostering resilience. Encouragement, constructive feedback, and emotional support create an environment where youth

feel confident taking risks and learning from mistakes. Team sports can help young players develop communication, cooperation, and problem-solving skills, all of which contribute to resilience.

Resilience also means athletes must practice regularly and remain committed to goals even when progress is slow. A bonus feature to building resilience is that these habits often transfer into academics, relationships, and future careers. Resilient athletes are better prepared to cope with stress and adapt to life's uncertainties.

The benefits of resilience gained through sports extend far beyond competition. Young people who develop resilience are often bettering their mental health and self-confidence, and they learn to approach challenges with optimism. As a result, sports serve as more than just recreational activities; they become important tools for personal development and lifelong success.

Ultimately, youth sports help shape strong, confident individuals capable of overcoming adversity and thriving in many areas of life. Resilience is a psychological skill to grow, just like any other mental skill. When harnessed effectively, it can have benefits that extend far beyond the performance arena.

Bomber Performance Consulting will be hosting a Mental Performance for Parents Informational Session on Wednesday, August 12 at 5:30 p.m. over Zoom. The session will be geared towards parents of athletes and will highlight key areas such as helping athletes reduce pressure and build confidence and resilience in sport, just in time for fall sports to start ramping up. Please scan the QR code below to register for the event! Tickets are limited, so please register as soon as you are able.



For more information, please schedule an informational session with Anna Bomber, Bomber Performance Consulting, LLC, Call 920-470-8118, email at bomberperformance@outlook.com, or visit Bomberperformance.com. ■



Anna Bomber is owner of Bomber Performance Consulting, LLC, where she specializes in one-on-one and team sessions to help athletes thrive in their performance arena. Anna is a Certified Mental Performance Consultant (CMPC) through the Association for Applied Sport Psychology and works with athletes through a holistic approach on areas such as motivation, confidence, teamwork, communication, concentration, and so much more.

Lessons Beyond the Scoreboard

BY MATT TEN HAKEN, DIRECTOR OF SPORTS MARKETING, FOX CITIES CONVENTION & VISITORS BUREAU



As I was driving home from one of my kids' sporting events recently, I thought about what they were really learning from all these camps, practices, games, and tournaments. Beyond physical skills, the X's & O's, and the wins and losses, are all the registration fees, driving, and schedule-juggling really worth it?

Here are three stories from our family that make me think youth sports are worth every penny.

One of my daughters was recently playing in a golf meet. She was playing the best round of her life and contending for medalist honors. With three holes left she had a makeable par putt. At worst, it should have been a bogey. But she ended up four-putting for a triple bogey! I held in my emotions and when she looked at me, she just gave me her best shrug emoji impression and moved on to the next tee box.

At her age, if I had four-putted there, I probably would have thrown my putter into the woods. Her reaction to the four-putt was partly her natural demeanor—but it also came because the activities she has participated in have helped her develop an ability to shake things off and move on to the next task. Certainly, this ability not to dwell on the negative or let her emotions get the best of her will be valuable in school and work in her future.

Another daughter was on a team that participated in a very challenging tournament with some really high-level teams. It was clear early on that her team was out of its league in this tournament and that the rest of the games were going to be a struggle. It would have been understandable for the team to get angry about its lack of competitiveness or sad about

the prospect of a weekend getting crushed by opponents. But I was really impressed by how the team responded to the challenge and fought hard until the last match was over. Now, they didn't end up winning any games, but the lesson my daughter took away from that weekend was how to respond when the odds are against you. She played hard until the very end and knew the only things she could control were her effort and attitude. There are few scenarios today where kids can be put into challenging, but controlled, situations that could be embarrassing or frustrating at the moment, but provide them with teachable moments for the rest of their lives.

I think most families probably have a love/hate relationship with youth sports tryouts. Our family has certainly experienced all the highs and lows of the tryout process. When our kids made the team they wanted, it has always been great to celebrate being recognized for their hard work. But we have also found positives that come from not making the desired team. Yes, the initial moments of that decision are brutal, bringing feelings of hurt, dejection, and fear of missing out. But those emotions pass, and what is left is a better perspective on what is appropriate at that moment for our young athlete and our family.

It's very similar to not getting the job you really wanted. Sometimes, it can be a blessing in disguise, and you realize the job (or team) isn't what you had perceived it to be and maybe wasn't the best fit for you at the moment.

The stated goals of any youth sports team or activity probably aren't career and life training, but I strongly believe all the experiences that our children are having in youth sports can provide them with valuable lessons and skills for their lives ahead of them. ■



Photo Credit - Chad Mazur

Looking to plan a tournament? *Let us help!*

Contact Matt and Abby at the Fox Cities Convention and Visitors Bureau to discuss ways we can help you plan and promote your event and possibly even help you secure grant funding support!



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Backyard Games: Bringing People Together for Generations

BY NICOLE CAMPUZANO

Nothing says summer quite like a friendly and competitive backyard game played among family or friends. Long before we had the television set, video games, or the smart phone, there were yard games. These simple and wholesome games provide a way to pass the time, get a little exercise, and bond with the people we care about the most. As a nod to summer fun, here is a brief list of just some of the many great backyard games to play during the warm summer months.

Backyard games are a great way to get the whole family, or even the whole neighborhood, involved in a little friendly competition. For instance, all you need to get a competitive game of **kickball** going is a grassy area and a rubber ball. Originally known as “kick baseball,” kickball was likely invented in the United States around 1917 as a way to teach kids the basics of baseball without the dangers of a hard ball or wooden bat (bssc.com/who-invented-the-kickball). This game is fun for people of many ages and is easy to play no matter the crowd.

Another game to consider is **croquet**. This classic yard game dates to the 19th century, when it was considered rather sophisticated. Croquet was popular among the aristocrats of England when it first came on the scene. In this game, players use wooden mallets to knock heavy balls through a series of hoops. Isaac Spratt, a toy dealer in London, first registered a set of game rules in 1856. It became very popular in England and was often featured at fancy and elite garden parties (Wikipedia). Croquet was even an event in the 1900 Paris Olympics. Eventually, the game’s popularity fizzled out, but there was a revival in popularity in the United States in 1977 when industrial designer Jack Osborn founded the United States Croquet Association (Wikipedia).

Badminton is another classic yard game invented in the United Kingdom. Players use light-weight rackets to hit a shuttlecock, or

birdie, over a net. The first cited players of the game are usually considered to be a group of British Army officers who were stationed in occupied India. The game is named after a village and civil parish in South Gloucestershire, England. Sometime in the 1870s, the ninth Duke of Beaufort hosted a party where guests played the game (Biswas 2022).

Some games, such as **Frisbee**, get their origins from more humble and unexpected beginnings. In 1937, Fred Morrison and Lu Nay, a teenage couple from California, were simply looking for a way to entertain themselves during a Thanksgiving party. Using the lid of a popcorn container, they created a simple game of tossing the disc back and forth. A year later, while using a cake pan to play the same game at a beach in Santa Monica, they were astounded when someone observing their fun offered to pay 25 cents for the pan. Eventually, the two got married and started selling cake pan lids after Morrison returned from his tour during WWII. The couple designed a new disc toy and called it the “Flyin-Saucer.” Later, in 1957, Wham-O-Toy Company bought the rights to their design and renamed the toy the “Pluto Platter.” Later, they would rename the disc, calling it by its current name, the “Frisbee,” as a nod to the Frisbee Pie Company (Wham-O.com).

Whiffle ball is another example of a great American classic backyard game. In 1953, retired semi-professional baseball pitcher David Nelson Mullany designed a ball that he thought would be easier for kids to throw with a curve than a traditional baseball. He constructed a plastic ball that was hollow to help his 12-year-old son practice his throw. His son came up with the name Whiffle ball thanks to a term the neighborhood kids used when one of them missed hitting the baseball while batting (as in, “You whiffed that one!”). Mullany mortgaged his house to finance his invention, and in 1959, he opened a factory in Shelton, Connecticut, where Whiffle balls could be mass-produced (Rosengren 2025).

Though earlier versions of the game came out of ancient Rome known as “quoits,” **horseshoes** is another all-American game. Invented in the 19th century in the United States, this simple game has players competing by throwing metal horseshoes around a stake in the ground. The game was played during the American Revolution by soldiers who utilized discarded horse hardware for recreation. The sport surged in popularity during the Civil War (Little 2025). According to one source, there are an estimated “15 million people who play tournaments, leagues, socially, and in backyards” (Pearce 2015).



Another game, **spikeball**, is an interesting mix of volleyball and four square that has been around for decades. This game became popular in the late 2000s. Spikeball was originally called “Roundnet” when toymaker and cartoonist Jeff Knurek invented it in the 1980s, but it was later relaunched by Chris Ruder, who changed the name to spikeball (USA Today). This game was featured on the popular show Shark Tank in 2015, and although the deal fell through, the television attention still launched the game into the mainstream (YouTube).

The fast-paced, four-player outdoor disc game, **Kan Jam**, is another great backyard game to play. In this game, two teams compete to score exactly 21 points by throwing and deflecting a flying disc into plastic scoring targets, or “kans.” Charles Sciandra and Paul Swisher invented this game in the 1980s near Buffalo, New York. According to one online source, an earlier iteration of the game was called

“Garbage Can Frisbee” when it was created by four friends, who later introduced the game to Sciandra and Swisher (Wikipedia). Though it has been around for decades, it wasn’t until 2005 that it was patented.

Last on this list is the game **Kubb** (pronounced “koob”). This classic Nordic lawn game is also known as “Viking Chess.” Teams take turns throwing wooden batons to topple the opponents’ wooden blocks with the objective of knocking down all the other team’s blocks and the “king” in the center of the pitch. There are a few forebears to Kubb, such as the Norwegian game called killkasting and the Swedish game called Kågelkrig (Wikipedia).



These games represent just a few of the many in existence. Yard games are meant to bring people together, make people laugh, and provide a simple form of leisure that can be hard to come by in our fast-paced world. Many of these games have withstood the test of time, while others are mere decades old. One of the best aspects of playing backyard games with family, friends, or even acquaintances, is that people of any skill level can come together to enjoy a shared activity.

So whether you’re at a backyard BBQ, an Independence Day celebration, a neighborhood block party, or just with your family in a local park, break out the yard games and let loose. It’s a great way to pass the time, and you might even come up with a brand new backyard game of your own! ■



Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor’s degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

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PHOTO BY PAUL STUMPF

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GRAND CHUTE BASEBALL 11U (TOURNAMENT TEAM)
HOT BIDDY'S (GC MAJORS LEAGUE TEAM)

MY FAVORITE HOME-COOKED MEAL

IS: Deer 'sghetti (spaghetti w/ ground venison meat sauce).

I WILL NEVER GO: Skydiving.

WHAT I LIKE ABOUT MY HOMETOWN

IS: All the ponds and spots to go fishing.

IF YOU COULD PICK ONE ANIMAL TO HELP YOU WITH A FIGHT, WHAT WOULD IT BE?

Gorilla.

MY FAVORITE ATHLETE IS: Jacob Misiorowski.

MY FAVORITE TEAM IS: Milwaukee Brewers.

THE BEST THING ABOUT MY SPORT IS:

Playing with friends and helping each other out.

MY MOST MEMORABLE SPORTS MOMENT:

Winning the Grand Chute Minors League Championship after our team won just one game the year before.

MY FAVORITE JUNK FOOD: Hot Cheetos.

IF YOU COULD START A NEW COLLECTION, WHAT WOULD YOU COLLECT? Autographed baseballs.

HOW DO YOUR TEAMMATES MAKE PRACTICE FUN? Playing pickle and practicing slides with them.

WHO DO YOU WISH WAS WATCHING YOU PERFORM AT EVERY GAME?

My Grandma Carla.

WHAT IS YOUR FAVORITE SPORTS MOVIE? The Sandlot.

WHAT DO YOU DO TO CALM YOUR BUTTERFLIES WHILE YOU COMPETE?

Take deep breaths.

IF YOU COULD PLAY ANOTHER SPORT, WHAT WOULD IT BE? Golf.

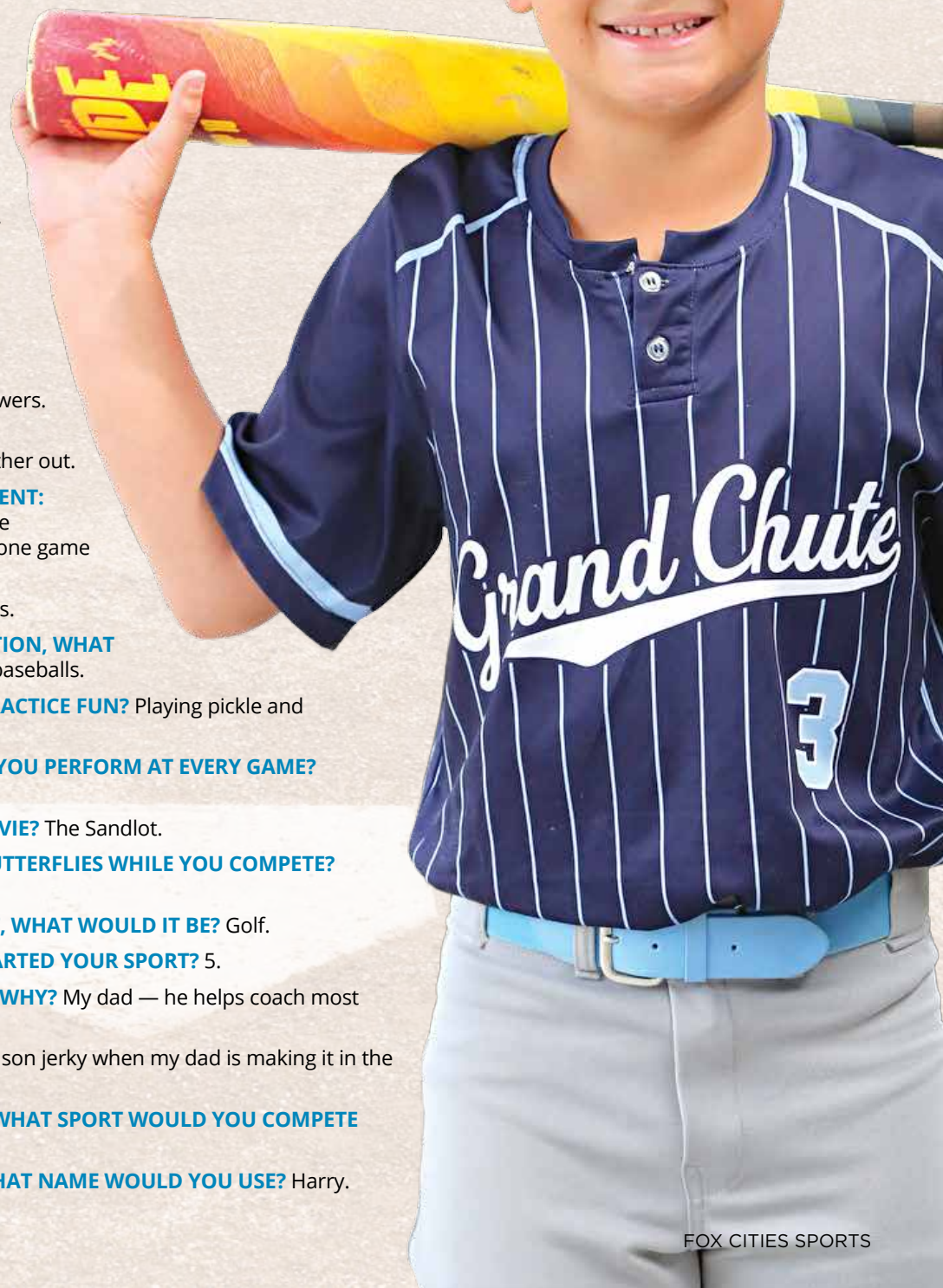
WHAT AGE WERE YOU WHEN YOU STARTED YOUR SPORT? 5.

WHO IS YOUR FAVORITE COACH AND WHY? My dad — he helps coach most of my teams.

WHAT IS YOUR FAVORITE SMELL? Venison jerky when my dad is making it in the garage.

IF YOU WERE AN OLYMPIC ATHLETE, WHAT SPORT WOULD YOU COMPETE IN? Archery.

IF YOU HAD TO USE A FAKE NAME, WHAT NAME WOULD YOU USE? Harry.



A Parent's Perspective

BY ANDY & MELISSA FULCER | PHOTOS BY PAUL STUMPF



We are proud of the athlete Mason is becoming. He dedicates time outside of regular practices to work on his skills. He is an intelligent player who understands game situations that help him put himself in a better position to be successful. We enjoy watching him

and love to see how he continues to develop his skills and his passion for the game!

Mason has been a part of Grand Chute Baseball for seven seasons. We as a family enjoy the balance of player development and a competitive game atmosphere, as well as the overall positive experience at the park on game nights. As a kid, Andy spent six seasons playing Grand Chute Baseball (GFC at that time), so it's great to see our son playing and learning the game on the same fields at Plamann Park. Being part of the league for several years now, we appreciate all the effort from so many people who contribute to make the program successful and create such a positive experience for the kids.

Football is Mason's other main sport. He played Pop Warner for the past three years and will be playing for the sixth grade Chargers team this fall. He also loves outdoor sports like fishing and hunting. We balance the organized sports activities with turkey hunting in the spring, fishing in the summer, and hunting in the fall. Mason and our family enjoy ice fishing the most at our family cabin in Vilas County, which works out well since things slow down a bit over the winter months.

Mason has two sisters who both play sports. Older sister Aubrey plays softball, and younger sister Madelyn plays basketball and softball. Spring and summer are our busiest times, as there are usually multiple games and/or practices for everyone most nights of the week.

Our biggest challenge as a sports family is balancing the time commitment it takes to develop and improve their skill level during the season and in the offseason, while also finding time for the non-sport type activities. We have been traveling for spring break for the last several years and always make a point to spend at least a week or more up north in the summer either at the cabin or camping. It helps provide family bonding time and a much-needed break from the busy nights of sports.

Mason does well in school, and we know we are fortunate for that. He tries to get his homework done during the school day, if time allows. That makes it easier on us as parents to plan family activities, and he can focus his time on his sports schedule after homework is done. When he does have homework, we encourage him to get it done before the game or practice, so the time afterwards can be used to come home and relax and unwind.

It can get busy for everyone in the family, and there are certain tasks or projects that get put aside or completed later, but as parents we recognize the opportunities for them to participate in activities, sports leagues, and on tournament teams will be over before we know it. So we make sure things are balanced among all our kids; we work to devote our time equally to each of them and take the time to appreciate and enjoy it.

As the coach of many of Mason's teams, Andy reacts to wins and losses in a way he thinks is most productive for the kids. After a big win, he focuses his excitement on the kids' accomplishments and highlights the things they did well. Most kids react well to positive reinforcement, and Andy strives to make sure we acknowledge the things they do well so they can continue to improve upon their strengths. After a loss, we focus on the things that didn't go as planned, things that we can cover in practice and improve on for the next game. Most of the time they recognize the mistakes they make. One of his coaching philosophies is to critique and correct quietly — and recognize the big plays and positive things with passion and enthusiasm.

Our son is learning many life skills by playing sports. Teamwork for sure, and building trust with his teammates. Also building relationships and friendships that will hopefully last a lifetime. Understanding sportsmanship and respecting his opponent, the officials, coaches, and the game overall. Lastly, he is learning to be coachable by respecting and listening to the advice the coaches provide, and learning from it and making adjustments to be better. These are skills that not only make someone a successful athlete, but also a successful employee, and someone who has a positive impact on the community.



So far, we have experienced no serious injuries. While we don't want to see any of our kids seriously injured, we aren't specifically worried about it, as it can happen in any activity they are involved in. For example, the worst injury for any of our three kids to date occurred when our youngest broke her arm falling off the ottoman during what we would consider normal everyday kids playing in the house.

It's too early to know where Mason will be in a few years as far as considering opportunities for organized college sports. We for sure see Mason being involved in rec leagues and intermural-type leagues after high school. We both played in adult softball leagues for many years and were fortunate to have our dads be able to sub in our teams from time to time. Our goal is for our kids to ask us to play with them in the same way someday.

Education will be the focus of any decisions related to colleges. If sports happen to be part of that opportunity, that would be something we would consider at that time.

The biggest reward to having children who play sports is watching them learn valuable lessons and skills they will carry with them throughout their life, both on and off the field. They also meet new friends and build relationships with them, especially during those longer breaks in between weekend tournament games. From the parent perspective, it's been great meeting other parents who are at the same stage in life and have similar interests, which helps develop new friendships and makes the time at the fields and in between games more enjoyable for the entire family. ■

Celebrating a Milestone: 2026 Marks 100 Years of Appleton Legion Baseball

BY DIANE BAST | PHOTOS BY PAUL STUMPF AND SUBMITTED BY STEVE HAWKINS

The 2026 season marks a significant milestone in the history of Appleton Legion Baseball: The program began in 1926 and is celebrating its 100th season of affiliation with American Legion Baseball. It is one of the oldest Legion baseball programs in the nation.

"We offer a structured program built on history and tradition," says Bob Seide, president of Appleton Legion Baseball Inc.

"Our uniform front says 'Appleton' in Columbia blue. It's a uniform full of history, tradition, and hometown pride. Thousands of players over the past 100 seasons have worn a variation of this jersey," Seide says.

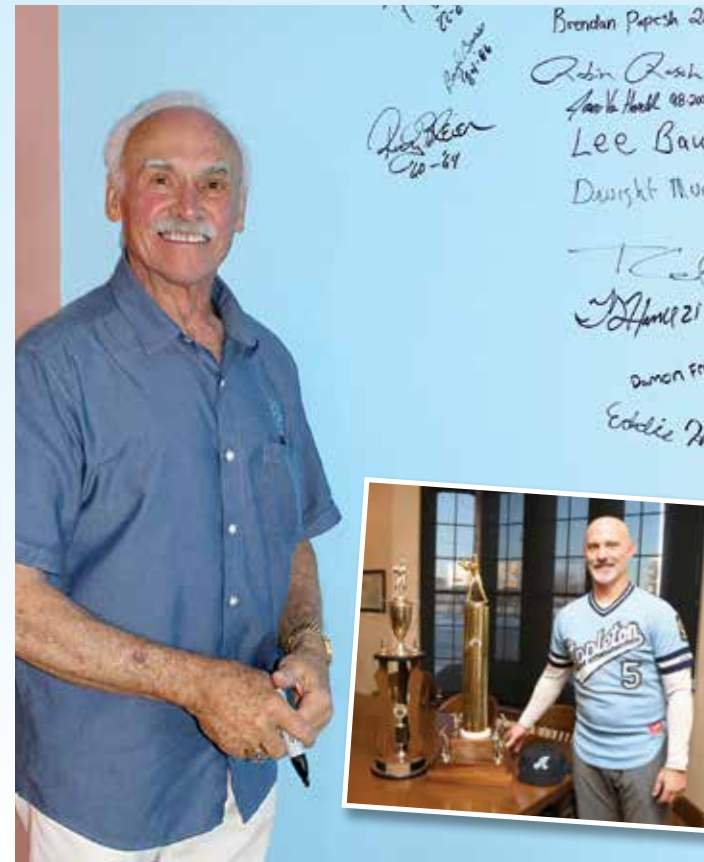
BIG-NAME PLAYERS

Many players over the years have helped define the legacy of Appleton Legion Baseball.

"I would say all the players have left their mark in some way, making our program what it is today," notes Seide.

He recalls, "Our first team in 1926, when Appleton was split into districts," was the trailblazing team. "All nine state championship teams" continued the winning tradition, notes Seide.

When asked to name individual players, he points out "Don Werner, who caught Tom Seaver's only no-hitter [on June



Rocky Bleier, ALB Alum (1960-64) signing the Alumni Wall. Inset photo: Matt Erickson, ALB Alum (1991-93) was a member of the 1991 and 1993 State Championship teams and still fits into his game worn jersey from that year!

16, 1978]," was an Appleton Legion Baseball player. So was football standout "Rocky Bleier, who was named Wisconsin American Legion Player of the Year in 1963."

Ryan McGinnis, head coach of Kimberly's baseball program since 2005, played Appleton Legion Baseball, as did Matt Erickson, who played Major League Baseball for the Brewers and Florida Marlins, was former manager of the Wisconsin Timber Rattlers, and is now the Brewers' third base coach.

"We've also had some coaching legends," notes Seide, "in Don Hawkins, Dave Emmers, Bob Weyenberg, Bob Beltrone, and Clarence "C.O." Baetz, program founder in 1926."

TRAINING FOR LIFE

"Our program is interested in what the players do off the field just as much as what they do on it," says Seide. "Being the best teammate you can be and always giving your best effort in everything you do—that speaks louder than win and losses."

Legion Baseball works to develop players beyond on-field skills, Seide says. "We strive to develop our players to use lessons learned on the field in real-life situations. It's about doing their best in school and the workplace, becoming leaders in their communities, and later in life a great husband and father. When the time is right, we encourage them to give back to the game of baseball and pass along what they learned to the next generations."

"We offer teams at the 16U, 17U, and 19U levels," Seide explains. "The players form a bond during the season that only sports can forge. Legion Baseball is all about being a family."

The program supports the players in many ways, Seide notes.

"We make scholarship opportunities available to the senior players. They also have an opportunity to play in an All-Star Game held at American Family Field: Wisconsin is the first state in the nation to offer such an event for Legion Baseball players."

Since 1968, Appleton Legion Baseball has given out the Sonny Filz Sportsmanship Award, named for Merrill "Sonny" Filz, who played (1937-38) and coached many of the Appleton Legion championship teams. Other awards presented to players after the season include The Hoover Golden Glove Award, presented by Jeff Breitzman since 1978, and the Don "Hawk" Hawkins Most Valuable Player Award, presented by the family of Don Hawkins since 1982. For more than six decades, Hawkins was dedicated to baseball and youth development.



Don "Hawk" Hawkins.

STAYING COMPETITIVE

Appleton Legion Baseball has appeared in 31 state tournaments since its founding in 1926. It won the state championships in 1932, 1944, 1979, 1990, 1991, 1993, and 1994, and the 17U state championship in 1995 and 2006.

"We expect to be competitive every year," says Seide. "Our season is short due to the high school season extending to mid-June, but we try to enter one away weekend tournament a season so our players can have an overnight experience."

"If schedules permit," he continues, "we also plan a fun outing with the parents. A few years ago, we played in Wheaton, Illinois ... and during our 'off day' we took the team to Wrigley Field for a Cubs game."

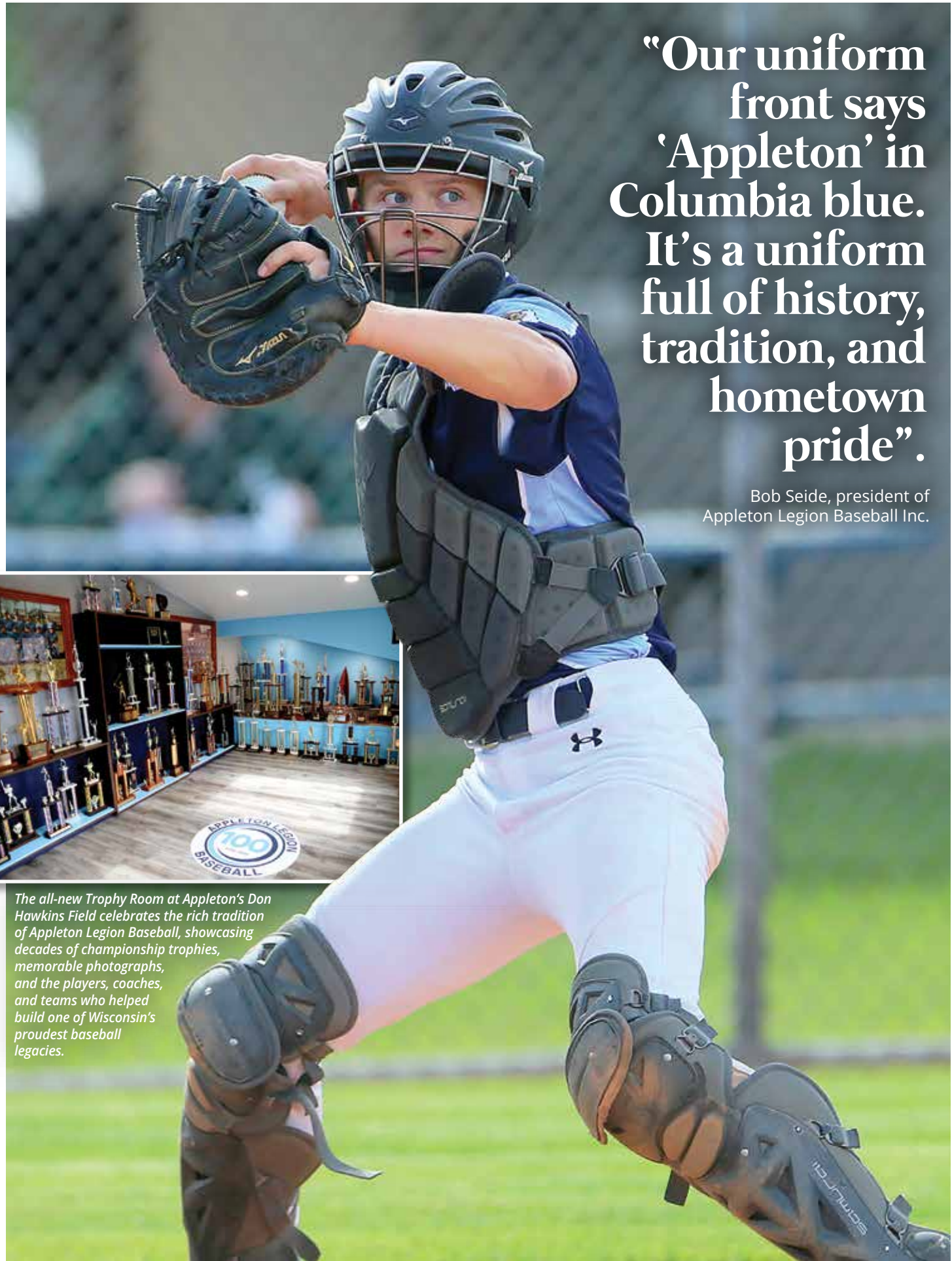
The key to staying competitive year after year, Seide says, is "making sure the players have an enjoyable experience while in our program. It's a partnership between our organization and the parents/players that make it special. And being able to adapt to the changes that come along the way."

CHANGE IS INEVITABLE

The program has had to evolve over the years, but it has maintained its competitive edge—and its identity—through it all.

"You must accept change to stay successful," Seide says. "For example, we started a fall baseball program for players who don't participate in a fall high school sport. That time is spent instructing players on the fundamentals, and it keeps them involved for a few more weeks after our summer programs end."

He continues, "We also have reached out to the incoming freshman classes at the high schools we draw from. We want to encourage those teams to play at our field, so the



“Our uniform front says ‘Appleton’ in Columbia blue. It’s a uniform full of history, tradition, and hometown pride”.

Bob Seide, president of Appleton Legion Baseball Inc.



The all-new Trophy Room at Appleton’s Don Hawkins Field celebrates the rich tradition of Appleton Legion Baseball, showcasing decades of championship trophies, memorable photographs, and the players, coaches, and teams who helped build one of Wisconsin’s proudest baseball legacies.



Don Hawkins is shown laying out home plate for the new Appleton American Legion Baseball Post 38 field in 1977. Prep work for the site of the field had begun three years earlier, in 1974. The field was dedicated and renamed Don Hawkins Field in June 2000. Prior to that it was known as Legion Memorial Field.

Don “Hawk” Hawkins and his wife Joan.

players can see our facility and ask any questions they may have about Legion Baseball.”

The biggest challenge facing the program today, Seide says, is simply “having players find the time to play Legion Baseball. With work commitments, high school summer camps, family vacations, etc.—fielding a team has its issues.

“But we believe family comes first,” he notes, “and we encourage those activities also. If someone misses a game, it’s a great opportunity for the ‘next guy up.’”

COMMUNITY SUPPORT

Appleton Legion Baseball is a non-profit organization specifically dedicated to providing youth with the opportunity to grow all of their life skills—not just baseball skills. Financial donations to the program are tax-exempt under Section 501(c)(3) of the Internal Revenue Code.

“We truly appreciate the Appleton and Grand Chute business community support,” Seide says. “Without them it would be difficult to keep going.

“With an annual budget approaching six figures, we rely on sponsorships, and on fans patronizing our concession stand. Their support allows us to purchase uniforms and equipment for the teams, maintain the field, and schedule weekend tournaments away. We provide transportation,

hotel stay, and meals for all players and coaches when traveling.”

Appleton Legion Baseball is played at Don Hawkins Field, 3220 West College Avenue in Appleton. The field is also home field for the Xavier High School Hawks and host for the Legion’s “Fall Ball” program. The field was the official practice field for the NCAA Division III Baseball Championships from 2002 to 2018.

Learn more about Appleton Legion Baseball at its website: appletonlegionbaseball.org. There you can find opportunities to support the program financially or volunteer to “help keep the facility in tip-top shape”! ■



After 35 years as senior editor for the Illinois-based Heartland Institute, Diane Bast returned to the Fox Valley and now enjoys with her husband, Joe, a retirement of bicycling, kayaking, long walks, and tennis.

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THIS MONTH IN SPORTS HISTORY

RON PARKER Now You Know the Rest of the Story

BY JON HAGEN

Legendary radio personality Paul Harvey used to have a segment called "The Rest of the Story." People would think they knew everything about a subject until they learned "the rest of the story." With that in mind ...

Most local sports fans know that Ron Parker was a very successful varsity boys basketball coach at Appleton East High School. He coached the Patriots from 1976 to 2000. His teams had an overall record of 315-205. They won the Fox Valley Association conference title three times; the 1990 team went 16-0 in conference play.

Coach Parker led East to the WIAA state basketball tournament five times (1984, 1986, 1990, 1995, and 1996), including two title games. In 1986, they lost to Sheboygan North (25-1), finishing the season 17-9. In 1990, they lost to Milwaukee Washington (26-1), finishing that season 24-3. He is a member of both the Appleton East Hall of Fame and the Wisconsin Basketball Coaches Association Hall of Fame.

Coach Parker is a native of Grayslake, Illinois. He attended college at Drake University in Des Moines, Iowa. He played college basketball in his freshman year only. He was the center fielder and team captain on the Bulldogs' baseball team.

He came to Appleton in 1969, hired as a chemistry teacher. He was Dick Emanuel's assistant basketball coach for the 1969-1970 basketball season; the Terrors were undefeated, beating Neenah 58-57 in the state tournament final when Scott Hanson made the winning shot in the final seconds. Coach Parker "wanted a team of his own," so he coached the JV basketball team at West until 1976, when the job opened up at East and he moved across town.

Coach Parker said he "loved practices" and enjoyed seeing players develop their skills. The kids worked hard in practice — he is a "no-nonsense" guy — and it usually paid off. The team would build camaraderie by sharing spaghetti dinners at players' homes. They also participated in "Patriot Camp," where the older players would mentor the younger players, even down to the grade school level. Kids also played in summer leagues to improve their game.



Coach Ron Parker with the 1975 and 1976 WIAA State Baseball Tournament Trophies.



Coach Ron Parker kneeling, second from left, Appleton West 1969-1970 State Basketball Championship team, 26-0.

Coach Parker mentioned the names of several players who worked hard to get better, many of whom started out as average players and went on to win all-conference honors. Many of them earned college scholarships. He is proud of the men they have become, those "East kids." He still keeps in touch with several of them, all these years later.

And now ... the rest of the story. Coach Parker was the varsity BASEBALL coach at West for three years, 1974-1976. Appleton didn't start playing high school baseball until 1971. Under Coach Parker, the Terrors went to the WIAA state baseball tournament all three years he was the coach, and they won state championships in 1975 and 1976. They had to win three games in one day in 1975, due to the tournament being rained out the two previous days in Wausau. The 1976 team had to replace seven starters from the team that won it all in 1975.

Coach Parker's overall record as a baseball coach is 52-11, including a tournament record of 21-1. He was named the Wisconsin Baseball Coaches Association "Coach of the Year" in 1976. The Terrors baseball tradition continued when Bruce Erickson took over when Parker left "because he wanted to coach varsity basketball."

Coach Parker is 79, looks fit, and could probably still fit into his old West baseball uniform. He lives in Florida seven months of the year and spends the rest of his time in Appleton. He loves to golf and has an 8 handicap.

And NOW you know ... the rest of Ron Parker's story. Good day! ■

- July 1, 1904** III Summer (Modern) Olympic Games open in St. Louis, the first held in the United States
- July 2, 1927** Wimbledon Women's Tennis: Helen Wills Moody beats Spaniard Lili Álvarez for her first of 8 Wimbledon titles
- July 4, 1994** FIFA World Cup: A Bebeto strike saves Brazil from embarrassment, beat USA 1-0 at Stanford
- July 5, 1935** Tony Cuccinello (Brooklyn Dodgers) and Al Cuccinello (New York Giants) become first brothers to both hit a MLB homer in the same game
- July 7, 1974** Milwaukee's Don Money sets MLB record for consecutive errorless games at 3rd base (78) in Brewers 8-5 win over the Minnesota Twins
- July 8, 1960** Fidel Castro ends Havana's International League baseball team, Sugar Kings move to New Jersey
- July 9, 2002** 73rd MLB All-Star Game ends in a 7-7 tie when both teams run out of available pitchers at Miller Park, Milwaukee
- July 12, 1959** NBC uses cameras to show catchers signals during Yankee-Red Sox game
- July 14, 1934** The New York Times erroneously declares Babe Ruth's 700 home run record to stand for all time

- July 15, 1876** Baseball's first official no-hitter: George Bradley of the St Louis Brown Stockings no-hits the Hartford Dark Blues, 2-0
- July 16, 1941** Joe DiMaggio goes 3 for 4, hitting in his 56th consecutive game
- July 18, 1951** Jersey Joe Walcott KO's Ezzard Charles in 7 rounds, becoming at age 37 the then-oldest world heavyweight champion
- July 20, 2021** NBA Finals: Milwaukee Bucks beat Phoenix Suns, 105-98 in Game 6 to win first title in 50 years
- July 22, 1990** 77th Tour de France won by Greg LeMond of USA
- July 25, 1949** St. Louis Cardinal Stan Musial hits for the cycle, defeating Brooklyn 14-1
- July 26, 1962** Milwaukee Brave Warren Spahn sets home run record of 31 by a pitcher
- July 27, 1947** New York Yankees catcher Yogi Berra starts a record 148-game errorless streak
- July 30, 1960** First AFL preseason game: Boston Patriots defeat Bills in Buffalo 28-7
- July 31, 1981** Mid-season strike by MLB players ends after 42 days, after causing the cancellation of 713 games

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STUDENT SPOTLIGHT

NAME: Ava Helmbrecht
AGE: 18 **GRADE:** 12

SCHOOL: Appleton North High School
SPORTS: Cross Country and Track and Field

1. WHAT HAS BEEN YOUR FAVORITE HIGH SCHOOL SPORTS MEMORY?

My favorite high school sports memory is going to State my senior year for track in the 800m and the 4x800, breaking two school records. It was such a surreal moment. I had been waiting to qualify for the open 800 at State since freshman year, and finally getting that chance whilst simultaneously breaking the school record is something I will forever cherish. Also, running the 4x800 with my teammates one last time, re-breaking our own school record we set the year prior, and placing 3rd was such a privilege; I'm so grateful for that opportunity.

2. WHO HAS HAD THE BIGGEST IMPACT ON YOUR ATHLETIC JOURNEY?

There are so many people who have impacted my athletic career: my parents, coaches, but I'd have to say that my teammates have shaped my journey the most. They are always there for me, in the good moments and the bad moments. When I was at my lowest, my junior year of cross country, I remember one of the sole reasons I kept going and kept showing up was because of my teammates. If it had not been for them, I don't know where I would have ended up.

3. WHAT MOTIVATES YOU TO KEEP IMPROVING?

The payoff. One of the most satisfying things is working hard and pushing past limits: Whether those limits are physical or mental, being able to overcome those barriers is what keeps me coming back. Every race, every hard workout, every moment where I question myself and my abilities, yet manage to overcome them, gives me that drive to keep going, keep improving to see what I can overcome next.

4. WHAT ARE YOUR PLANS AFTER GRADUATION?

I will be attending DePaul University, where I plan to continue



my academic career, studying Biological Science, as well as my athletic career.

5. WHAT ADVICE WOULD YOU GIVE YOUNGER ATHLETES?

There are so many things I wish I knew before I started running, one of the most pivotal being to never stop believing in myself, no matter how hard or hopeless it may seem. Everyone around you can believe in you, but if you don't believe in yourself, if you don't trust yourself, you start to put up these mental roadblocks and ultimately, your performance suffers. Trust the process, trust the hard moments, and trust yourself. Moreover, don't put a massive amount of pressure on yourself, have fun. Yes, sports are a big part of a lot of athletes' lives and you want to do well, but don't let one bad performance, moment, or practice take the joy away from you. Be in the moment and remember there is always something you can learn. ■

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Raised in the Gym, Built for the Platform: Quinley Meyer Competes at Youth Powerlifting Nationals

BY SARA JEAN MEYER

At just 8 years old, Quinley Meyer is already proving that hard work, resilience, and dedication have no age limit.

This June, Quinley traveled to Lombard, Illinois to compete at the prestigious USA Powerlifting Nationals — the highest level of competition available to youth powerlifters in the United States. The event brings together the strongest youth athletes from across the country, all competing for national titles and the opportunity to test themselves against the very best in the sport.



Photo by Barbell Productions.

What makes Quinley's appearance even more remarkable is that she was the only female youth lifter from Wisconsin competing at this year's National Championships.

For Quinley, powerlifting is more than a sport — it's part of her family's story. Her father, Quintin Meyer, has competed in powerlifting for more than two decades, earning opportunities to represent Team USA, 5x National Champion, and 3x Arnold Sports Festival Champion.

Alongside her mother, Sara Jean, a professional natural bodybuilder and former powerlifter, the Meyers have built their lives around the gym. Growing up at Limitless Elite Gym, Quinley has had a front-row seat to that journey since day one. What started as tagging along with Mom and Dad eventually became a passion of her own.

This year's road to Nationals was far from perfect. Just weeks before the competition, Quinley suffered a significant ankle sprain in a bounce house accident, spending time on crutches and only recently returning to training. With limited preparation and plenty of uncertainty heading into the meet, simply stepping onto the national platform was an accomplishment in itself.

Yet Quinley rose to the occasion. At just eight years old, she not only carried onto the platform her own goals, but she also represented Wisconsin as the state's lone female youth competitor at the event.

Competing against some of the strongest youth lifters in the country, Quinley finished the day going 7-for-9 on her attempts earning the silver medal, matching her all-time personal-best squat of 45 kilograms (99 pounds), benching 20 kilograms (44 pounds), and setting a new personal-record deadlift of 60 kilograms (132 pounds). She finished with a total of 125 kilograms (276 pounds), matching her all-time best competition total.

While the numbers were impressive, the experience was even more valuable.

Nationals marked Quinley's first opportunity to compete on a national platform against athletes from across the country and provided an opportunity to test herself against the nation's best young lifters. The confidence, composure, and determination she displayed throughout the event reflected years of learning what it means to work hard, stay disciplined, and persevere through challenges.

For her parents, the moment was about far more than medals or records. Watching their daughter walk onto a national platform, representing both Wisconsin and the community they have built at Limitless Elite Gym, was a full-circle moment years in the making.

Quinley already has her sights set on returning to Nationals next year. One thing is certain: This is only the beginning of her journey. ■



8-year-old Quinley poses with dad, Quintin, and mom, Sara.

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2025 NEENAH ROCKETTS SOFTBALL

Who Is That Named for... and Why?

BY JON HAGEN

As you drive around the Fox Cities, do you ever wonder, “who is that named after?”

Calder Stadium, Menasha – Nathan Calder, a 1918 graduate of Menasha High School, was a long-time teacher and coach at MHS. He was instrumental in building a swimming pool at the school in 1938.

Koslo Park, Menasha – George Bernard Kosloski, known as “Dave Koslo,” was a left-handed pitcher for the New York Giants, Baltimore Orioles, and Milwaukee Braves. He was the 1949 E.R.A. leader (2.50) in the National League, and he finished his career with 92 career wins over 12 big-league seasons. In 1951, he won Game One of the World Series, beating the New York Yankees. He also gave up the first career home run to Jackie Robinson. A life-long Menasha resident, he died in 1975 and is buried at St. John’s Cemetery.



Photo by Lawrence University.

Banta Bowl, Lawrence University – LU alumnus George Banta, Jr., was president of the Banta Corporation and son of its founder, George Banta.

Ron Roberts Field, Banta Bowl, Lawrence University – Roberts was the head football coach of the Vikings for many years, starting in 1965. His overall record was 121–54–1. He is a charter member of the LU Hall of Fame and a member of the Wisconsin Football Coaches Hall of Fame as well. He died in 2012 at the age of 81.

Alexander Gym, Lawrence University – Lewis W. Alexander, president of the LU Board of Trustees from 1899 to 1932, donated \$300,000 to the university, allowing the facility to be built.

Val Wylie Field, USA Youth Sports – Wylie was founding executive director of the Fox Cities Convention & Visitors Bureau. She was instrumental in the NCAA bringing the Division III College Baseball World Series to Grand Chute from 2000 to 2018. She died in March 2026.

Ade Dillon Field at the Happel Sports Complex, Appleton West – Dillon was varsity football coach at Appleton High School from 1942 to 1968. He coached at Lawrence University from 1937 to 1942. He is a charter member of the Wisconsin Football Coaches Hall of Fame. The field named in his honor hosted the first “home game” for the Terrors in 2014. He passed away in 1987, at age 74.

Happel Sports Complex, Appleton West – The sports complex was funded by a generous donation by Jim and Claudine Happel. Jim taught math at West for 35 years; Claudine was a Library Media Specialist there for 32 years and also coached track, cross country, and girls basketball. Jim, who won numerous awards during his career, passed away in 2023.

Ron Einerson Field House, Neenah – As coach of the Rockets, Einerson won the WIAA boys state basketball tournament in 1975 and 1978 (undefeated) and finished as runner-up four times. His overall career coaching record is 556–235. He coached the Rockets from 1969 to 1993.

Richard Emanuel Gym, Appleton West – Emanuel’s Terrors won the WIAA boys state basketball tournament in 1970. He coached at West from 1953 to 1981, where he taught math and served as assistant principal. He died in 2013.

Del Prust Field, Appleton East – DeLore “Del” Prust coached varsity softball at East for 17 years. He also coached golf. He was a communication arts teacher for 29 years. The field was named in his honor in 2005. He passed away in 1999.

Bill Radtke Field, Appleton East – Radtke was the first baseball coach at East, taking them to the WIAA state tournament in 1970, the first season they had a team. He coached baseball for 13 years, from 1970 to 1982. He was the athletic director at East for 24 years. He died in 1998.

Goodland Field, Appleton – Originally called the Spencer Street Athletic Field when it opened in 1940, it was named after Mayor John Goodland shortly afterwards. The field was razed in 1996 after 54 seasons and is now Nienhaus Field, owned by the Appleton Area School District. Goodland died at the age of 81 in 1953.

Nienhaus Field, Appleton – Mary Beth Nienhaus was a long-time teacher and coach at Appleton West. She took the Terrors girls basketball team to the first WIAA state tournament in 1976. She also was the owner of Wingamie Golf Course and is involved in several philanthropic endeavors in the Fox Valley. In 1994, she was inducted into the Wisconsin State Golf Hall of Fame.

Bayorgen Field, Kaukauna – Francis Joseph “Doty” Bayorgen was the mayor of Kaukauna, re-elected nine times. The park has a football field, baseball field, and two softball fields. Bayorgen died at the age of 61 in 1966.



Fitzpatrick Field, Little Chute – Bill Fitzpatrick was the football coach at St. John’s High School in Little Chute from 1951 to 1966, then took over at Little Chute High School from 1967 to 1985. The Mustangs were undefeated (49–0) at home during his tenure. He is a member of the Wisconsin Football Coaches Association Hall of Fame and the National Football Coaches Association Hall of Fame. He died at the age of 89 in 2012.

Torchy Clark Gym, Xavier High School – Eugene “Torchy” Clark started the football and basketball programs at Xavier in 1959.

In 1963, he coached the Hawks to WISAA state championships in both sports. His football teams went 69–9–2; his basketball teams were 208–26. In 1965, he started the basketball program at Florida Technological University, now called Central Florida.

Ed Zepka Pool, Appleton West – Zepka coached the boys swim team from 1971 to 1996 and the girls team from 1984 to 2007. His teams have won 29 Fox Valley Association titles and 16 WIAA Sectional titles. He was inducted into the Wisconsin State Swimming Coaches Hall of Fame. The pool was formerly called Badger Pool.

Paul Engen Field, Appleton North – Coach Engen moved to Appleton North from Appleton West and was the head coach of the Lightning from 2002 to 2008. He is a member of the Wisconsin Football Coaches Hall of Fame. Overall, his teams won more than 200 games and 14 conference championships, and the Terrors won the WIAA state title in 1992, finishing second in 1991 and 1993.

Berven Tennis Courts, Neenah – Tom Berven coached the Rockets boys tennis team for 48 years, winning 41 conference championships. He coached 5 state championship teams and finished second 7 times. He retired in 2018; his teams compiled a 454–54–1 record in dual matches over his career.

Whiting Field, Lawrence University – The field was dedicated in 1925 and currently is the home of LU track and field as well as the Vikings baseball and softball teams. George W. Whiting was the owner of Whiting Paper Company in Menasha. A plaque at the field reads “Memorial Gateway – In Commemoration of Lawrence men who gave their lives for Justice and Humanity and in honor of all who serve for God and Country.”

Seims Gym, Appleton West – Myrlon Seims was the basketball coach at Appleton High School from 1939 to 1953, winning 6 conference titles. He is in the Wisconsin Basketball Coaches and the UW-Oshkosh Hall of Fame. His teams compiled a 247–63 record. The gym was named in his honor in 1966.



Akin Field, Hortonville – George Akin retired in 1968 after serving the Hortonville community as a teacher, coach, and administrator. The football field was dedicated in his honor in 1977. Akin died in 1978.

Witte Field, Einstein Jr. High School, Appleton – The field is named in honor of Werner Witte, who served the Appleton school district for 40 years, 36 of those as assistant principal at Appleton High School. He was very involved with local athletics. He retired in 1965 and died a few months later at age 66. The field was dedicated in his honor in 1966.

Pickett Field, Appleton East – The field was dedicated to William “Bill” Pickett in October 1970. He was an educator, coach, and friend of Appleton’s youth for 44 years. The Patriots play their home football games, soccer games, and track events there.

David Richardson Memorial Basketball Park, Kimberly – Richardson died of bacterial meningococcal meningitis in 2004 at the age of 12. Thanks to fundraising efforts by the community, a 25,000-square-foot, outdoor basketball court area was built outside the Kimberly YMCA and named in his memory.

McGuire Sports Complex, Appleton YMCA – Leland “Mickey” McGuire worked for 40 years at the downtown YMCA, serving in a variety of positions. The Mickey McGuire Sports Complex was dedicated shortly before his death in 1987. He was 63 years old.

Joe Perez Track, Appleton East – Perez taught at Appleton East for approximately 50 years. He was the head coach of boys and girls cross country for 51 years, and he also coached basketball and track. His athletes were highly successful over that time. He is a member of the Wisconsin Cross Country Coaches Hall of Fame. The track was dedicated in his name in May 2007. He died at the age of 85 in 2018.



Don Hawkins Field, Appleton Legion, Grand Chute – “Hawk” spent 60 years affiliated with Appleton Legion Post 38 baseball, many of those years as manager. He is a member of the Wisconsin Baseball Coaches Hall of Fame. He died at the age of 91 in December 2025.

Rocky Bleier Field, Xavier – Robert “Rocky” Bleier is a native of Appleton, playing high school sports at Xavier High School. He played football at Notre Dame. Wounded in Vietnam and awarded a Purple Heart, Bleier overcame significant injuries to star as a running back with the Pittsburgh Steelers, helping them to win 4 Super Bowls. He remains very active supporting the causes of fellow veterans.



Photo by MSA Professional Services, Inc.

Erb Park and Pool, Appleton – Erb Pool opened in 1941 and for a time was known as Sea Shore Pool. Herman Erb, Sr. immigrated to Appleton from Germany in 1860. He worked in the banking industry and eventually became president of First National Bank. His second wife, Julia, helped establish the Appleton Children’s Home. Herman Erb, Jr. was elected mayor of Appleton in 1897. He was Appleton’s youngest mayor at age 24.

Mead Pool, Appleton – The pool opened in 1961 and was refurbished in 1993. The land for Mead Park, where the pool is located, was donated to the city by the Consolidated Water Power and Paper Company. Mead family members have been principal leaders at Consolidated.

Lundgaard Park, Appleton – Located on the far northeast side of Appleton, near North High School and just south of Fire Station #6, this beautiful park honors the memory of Appleton fire fighter Mitch Lundgaard, who died in the line of duty in 2019. Lundgaard and his crew responded to a medical emergency at the Appleton Transit Center; the patient they were called to assist shot and killed Lundgaard, a 14-year veteran of the Appleton Fire Department. He was married and the father of three children; they helped design the park. ■

How Jordan Love's Nonprofit Foundation Is Touching Lives

BY NICOLE CAMPUZANO

Love is a term thrown around immoderately in today's world. From loving our new car, to loving the fancy coffee we just ordered on the way to work, we use the word a bit excessively.

True love is shown in kindness through positive action, genuine care, and continuous generosity. In this way, NFL Packers quarterback Jordan Love is living up to his name. Through his recently founded nonprofit organization, Hands of 10ve, he is making a lasting difference for countless young people, families, and communities.

Jordan Love established the Hands of 10ve Foundation in May 2024. The nonprofit's mission "is to inspire and empower children from all backgrounds to engage in sports, promoting physical and mental well-being [and to] raise awareness about mental health and suicide prevention, and foster stronger relationships between law enforcement and the community" (handsof10ve.org). That mission statement is worth unpacking.

But first, to understand why Love started the nonprofit, it is important to understand a bit about his personal background. When Love was only 14 years old, his father, a police officer in Bakersfield, California, where Love grew up, who Love considered to be his number-one fan, died by suicide. Love describes the sudden death of his father as "the biggest loss of [my] life" (handsof10ve.org). Though he was devastated by his father's death, he was encouraged by those around him to continue his participation in sports. Love writes on the foundation's website: "Sports allowed me to persevere on and off the field" (handsof10ve.org). The focuses of the foundation—on creating awareness about suicide prevention and better relationships between law enforcement and communities—are both directly related to what Love experienced in this earlier era of his life.

Since its creation just over two years ago, the foundation has already made a lasting impact in a variety of ways. For example, the foundation hosts two youth camps during the off-season. These football camps are held in Milwaukee and in Bakersfield. They are intended for youth between the ages of 8 and 18. While attending these day camps, kids learn valuable football knowledge through hands-on instruction, lectures, and fundamental skill stations taught by coaches and Jordan Love himself. Incredibly, these camps are free to attend for the nearly 600 kids who register for each event!

Another focus of the foundation is to build better relationships between law enforcement and the communities they serve. The foundation has vowed to "participate in efforts like Police Activities League (PAL) which provide programs for at-risk youth, and Dane County Sheriff's initiatives on mental health both amid the homeless ... and internally for its employees ..." (handsof10ve.org). Love has been the keynote speaker at law enforcement conferences, sharing his own story to encourage dialogue around mental health.

Another initiative Love's foundation has taken on is the Annual Green Bay Charity Softball Game, which has been running for the past 25 years. This event raises money for local charities in the Green Bay area. According to its official Instagram page, the most recent event,

held at Neuroscience Group Field at Fox Cities Stadium in Grand Chute, raised \$200,000.

Additionally, for the past two football seasons, the foundation has come up with a unique way to support youth both locally and in Love's hometown of Bakersfield. For every touchdown Love makes, the foundation provides brand new free cleats to a different youth football team. Between the 2024–2025 and 2025–2026 seasons, Love made a total of 49 touchdowns, leading to the donation of more than 2,000 pairs of cleats to kids on 46 different teams between Wisconsin and California (Wilde 2026).

There are several other initiatives that Love and his foundation have been involved with in recent years. For instance, the foundation hosted a holiday shopping event at Dick's Sporting Goods in Green Bay to provide local children in need with the opportunity to purchase \$300 worth of gifts for themselves and their families. In 2024, through his foundation, Love also partnered with a local Green Bay nonprofit, Better Days Mentoring, LLC, to distribute 1,100 coats to adults and children in need. Hands of 10ve also has partnered with other organizations to provide Thanksgiving meals and groceries to families in need.

To focus on suicide prevention, the foundation has partnered with organizations dedicated to this cause in Kern County (California) and Green Bay. Hands of 10ve sponsored Save a Life Today Kern County's Stomp Out Suicide Walk and the Brown County Coalition for Suicide Prevention's Be the Light Walk. Furthermore, the foundation is a big supporter of Rawhide Youth Services, which is a faith-based nonprofit organization that "provides mental health counseling, residential care, and job training for at-risk youth and families" (rawhide.org). To further support at-risk youth, in April 2025, Love visited the Kern County Youth Detention Center in Bakersfield to share a positive message with the young people detained there. He surprised each at-risk youth with a \$20,000 scholarship to use toward trade school or college.

With all of these fantastic accomplishments, it is no wonder that Love, who is only 27 years old, was the winner of the 2025 Walter Payton NFL Man of the Year Packers Club award. Love married professional volleyball player Ronika Stone in June 2025, and the couple recently welcomed their first child, a daughter, in May 2026.

Not only is Love building a family of his own, but he's creating a web of positive connections that stretches to thousands of people who have benefited from the work his organization has done so far.

The Hands of 10ve Foundation was established only two years ago, but it is amazing to see all the good it has already accomplished. Love's vision of helping create positive change in the world has come to fruition through the actions, care, and generosity his foundation shows. In the years to come, this phenomenal organization is sure to keep on spreading the love to everyone it reaches. ■

Building a Championship Culture: Traits Coaches Value in Recruits

SUBMITTED BY LAWRENCE UNIVERSITY

What does it take to build a championship culture? For Lawrence University's Swimming and Diving program, Head Coach Kayla Wiltzius and Assistant Coach Stella Macfarlane agree — it starts long before an athlete ever steps on campus. Recruiting isn't just about times, scores, or results. It's about finding people who will show up, do the work, and make those around them better.



Kayla Wiltzius



Stella Macfarlane

More often than not, the traits that matter most don't show up on a stat sheet.

Who You Are Every Day Matters Most

When evaluating recruits, both coaches consistently come back to a simple idea: consistency of character.

Wiltzius looks for athletes who can push through the harder days. "You have to be able to self-motivate. Show up to the pool and weight room day in and day out — even when things feel hard."

Macfarlane adds another layer: how an athlete impacts the environment around them. Recruits who are positive, respectful, and genuinely supportive of others stand out right away.

Together, those qualities shape the kind of culture programs are trying to build: one where effort is expected and attitude is contagious.

Little Things Signal Readiness

Beyond personality and work ethic, both coaches pay close attention to habits, especially academic ones.

For Macfarlane, a big indicator is how recruits talk about their daily routine. When someone enjoys the structure of swimming or diving, it often signals they are prepared for the balance of academics and athletics.

That appreciation matters because college athletics requires a shift: less time in the classroom, but far more responsibility outside of it. Athletes who are comfortable managing structure tend to transition more smoothly.

It's not just about being a good student — it's about being prepared for the rhythm of the student-athlete lifestyle.

Not Always About the Times

In a sport that can feel heavily individualized, both coaches emphasize the importance of a team mindset.

Some of the most memorable recruits weren't the ones who talked about their best performances, but those who shared stories about overcoming challenges or taking pride in team accomplishments.

Those answers reveal something deeper: pride in the process and a willingness to be part of something bigger.

Authenticity Goes a Long Way

If there's one piece of advice both coaches share, it's this: Be yourself.

"Be 100% authentically you. We want to get to know who you actually are."

Recruits who take the time to research a program and clearly explain why it's a good fit leave a lasting impression. Strong communication and genuine interest help build meaningful relationships throughout the recruiting process.

Recruiting Is a Two-Way Fit

Recruiting isn't just an evaluation of the athlete — it's an opportunity for athletes to evaluate programs as well.

Through calls, visits, and conversations, recruits should feel empowered to ask questions and determine whether a program aligns with their goals and values.



For Wiltzius and Macfarlane, building a championship culture isn't about stacking talent — it's about finding the right people.

Athletes who are disciplined, positive, coachable, and invested in their academics and their team are the ones who elevate a program over time.

Because championships aren't just won in competition: They're built every day through consistency, mindset, and a commitment to something bigger than yourself. ■

ONE ON ONE

BY DIANE BAST | PHOTOS BY DV PHOTOGRAPHY- DIANE VERHAGEN

PAUL STUMPF

OWNER, P.S. PORTRAITS AND
FOX CITIES SPORTS PHOTOGRAPHER



What first got you interested in sports photography?

I would say it was about 20 years ago when my oldest son Chase was in soccer. A gentleman was on the sideline taking photos, and I thought it would be interesting to do that. I went out and purchased my first camera, which was a film camera. I have since gone digital.

The P.S. Portraits name came from my then sister-in-law Wendy. She didn't like Paul Stumpf Photography, and she brought up P.S. Portraits. The rest is history.

What's your favorite part about photographing athletes and teams?

I would say the favorite part is the friendships I have made through the years—not just with the players or coaches, but also with the parents. The parents really appreciate that I'm the one busy taking the photos, so they can just sit back and enjoy watching their sons or daughters play the sports they love.

You've shot everything from youth sports to high school stars. What moments do you enjoy capturing the most?

The favorite moments for me have to be the state tournaments. It's wrestling, softball, football. It's intense sometimes to be close to the action. Youth State Wrestling is a lot of fun, because you have 1st through 8th grade boys and girls. You get a lot of the little boys and girls out there, and to see the smiles on their faces is just priceless.

What's the biggest challenge when trying to get the "perfect shot" during a live game?

The biggest challenge is getting close to the action. Football, baseball, and wrestling are no problem, but softball does not let you on the fields. Softball is played on a smaller field, and the umpires are not in favor of photographers on the field.



Another challenge is just trying new things when you're out there snapping photos. A photographer gets sick of the same picture game after game. I like to move around, go high, go low just to get a different angle for a photo.

Is there a photo you've taken that still stands out as one of your all-time favorites?

There are a lot of favorite photos—besides the favorite photos I have of my boys in sports. The one that sticks out to me is from last year's softball season down at State. That photo [at right] shows now-retired Kaukauna Ghosts Coach Tim Roehrig sitting in the dugout looking out to the field ... knowing that this was his last game coaching high school softball.

Outside of photography, what are some of your favorite ways to relax?

Relaxing, I will hit the golf course or take my puppy dog, Azul (Fox Cities Sports Dog), for a walk. I also enjoy just spending time with my family.

Anything else you'd like to add?

I'm really glad to be the photographer for this magazine. Thanks to Dale for reaching out to me!

I also want to mention how spoiled I have been over the years. I was able to be a part of 15 State Championships: I was photographer for ten Kaukauna Wrestling championships, four Kaukauna Softball championships, and yes, one Kimberly Football Championship. It has been amazing to be present for those big days, and I hope to be photographing many more of them. ■



**Congratulations Kaukauna Boys Baseball
2026 WIAA State Champs!**

Appleton West to Host Eighth Terror Twilight Track Meet

BY DIANE BAST

The Fox Valley's eighth Terror Twilight Track Meet will take place on Wednesday, July 29 from 6:00 to 8:00 p.m. at Appleton West High School. Terror Twilight is a free community-wide track meet hosted by Appleton West at the Claudine and Jim Happel Track and Field Complex.

The event has been held annually since 2018 (except for 2020). The 2025 meet saw 214 participants. The meet is open to all ages: Past events have seen kids as young as 2 years old and adults in their 70s. Youth and adults of all abilities, from down the street or across the state, are encouraged to participate. This is an open meet; you do not need to have a current or past association with Appleton West.

The meet consists of seven running events and three field events. A pole vault exhibition is also scheduled.

With the support of donations and an entirely volunteer hosting team, there is no cost to register! Register early to secure your limited-edition bag tag. Individuals and families can sign up in advance online or on-site prior to the meet. On-site registration will begin at 5:00 p.m. with the running and field events beginning at 6:00 p.m.

Sign up and test your training progress, see how you match up to others on the track surface, or simply join in the fun with no pressure to be "speedy"! The goal is to offer an evening



of physical activity and social engagement; your ability is welcome on the track.

The meet will be held rain or shine: Unsafe weather would be the only cause for cancellation.

A FEW DETAILS

Event Date: Wednesday, July 29, 2026

Register Online at runsignup.com, search for Twilight Terror or scan the QR code at left.

Event Location: Claudine and Jim Happel Track and Field Complex, Appleton West High School, 610 North Badger Avenue, Appleton.

Parking: Parking is available in Appleton West parking lots and on designated neighborhood streets.

Event Seating: Bleacher seating is available.

Food and Water: Water will be available to fill water bottles: Be sure to bring yours! Also, Fox Pops will be available for sale throughout the event.

SCHEDULE OF EVENTS

These are approximate starting times.

- 5:00 p.m. Onsite Registration Opens
- 6:00 p.m. Shot Put, Long Jump, High Jump Begin
- 6:00 p.m. 1600 m (2 heats based on goal pace)
- 6:30 p.m. 800 m (2 heats based on goal pace)
- 6:50 p.m. 100 m (anticipating teens and adults)
- 7:15 p.m. 50 m kid's race (multiple heats)
- 7:30 p.m. 400 m Open
- 7:45 p.m. 4 X 100 (practice hand-off race for the 4 X 400)
- 8:00 p.m. 4 X 400 (may be split into smaller pieces) ■

Beyond the Game: How Recovery Helps Student Athletes Build Strength, Resilience, and Confidence

BY NALETTA SANCHEZ

As parents of student-athletes, we've learned that success isn't just about practice, training, and game day. Recovery matters just as much.

Whether your child plays football, basketball, volleyball, soccer, hockey, track, lacrosse, or another competitive sport, their bodies are constantly being pushed to perform. Between practices, games, strength training, schoolwork, and social commitments, soreness, fatigue, stress, and emotional pressure can quickly build up.



Like many parents, we wanted to help our athletes recover better, feel better, and stay ready for the next competition — not just physically, but mentally and emotionally. That's why we added a Tylo sauna and cold plunges to our wellness routine.

WHY A TYLO SAUNA FOR OUR ATHLETES

After a hard practice or game, our athletes often come home tired, sore, and mentally drained. A session in

the sauna provides a chance to slow down, relax, and begin the recovery process.

The soothing heat helps increase circulation and ease muscle tightness, while the quiet environment allows athletes to disconnect from screens and the constant demands of their schedules. It's one of the few places where they can simply relax and recharge.

THE ADDED BENEFIT OF FAR INFRARED THERAPY

One feature that stood out to us is far infrared therapy, which warms the body more deeply than traditional surface heat. Rather than heating only the air, far infrared energy penetrates muscles and soft tissues.

For student athletes, that can mean:

- Deeper muscle relaxation after practices and workouts
- Improved circulation to tired muscles and joints
- Reduced stiffness during a long season
- A gentler heat experience for longer recovery sessions



THE MENTAL STRENGTH BENEFITS OF COLD PLUNGING

Admittedly, cold plunges seemed intimidating at first — but if you can make it through the first 30 seconds, you can do it!

Cold plunge therapy has become a valuable recovery tool for athletes of all ages. With adjustable temperatures ranging from 80 to 40 degrees, athletes can find a comfortable starting point while enjoying the benefits of cold-water immersion.

Cold therapy may help reduce soreness, support recovery, and leave athletes feeling refreshed after demanding workouts. Many also report feeling more energized, mentally clear, and emotionally refreshed after a session.

WHY THE COMBINATION WORKS SO WELL

The sauna and far infrared heat promote relaxation, muscle recovery, and improved circulation, while the cold plunge helps sharpen focus, build resilience, and address inflammation. Together, they create a wellness routine that supports the body, mind, and emotional well-being.

As parents, there's nothing better than seeing our children feel strong, confident, and prepared for whatever challenge comes next. While no recovery method can replace proper training, nutrition, hydration, and sleep, incorporating heat therapy and cold plunging can be a valuable addition to a student-athlete's routine.

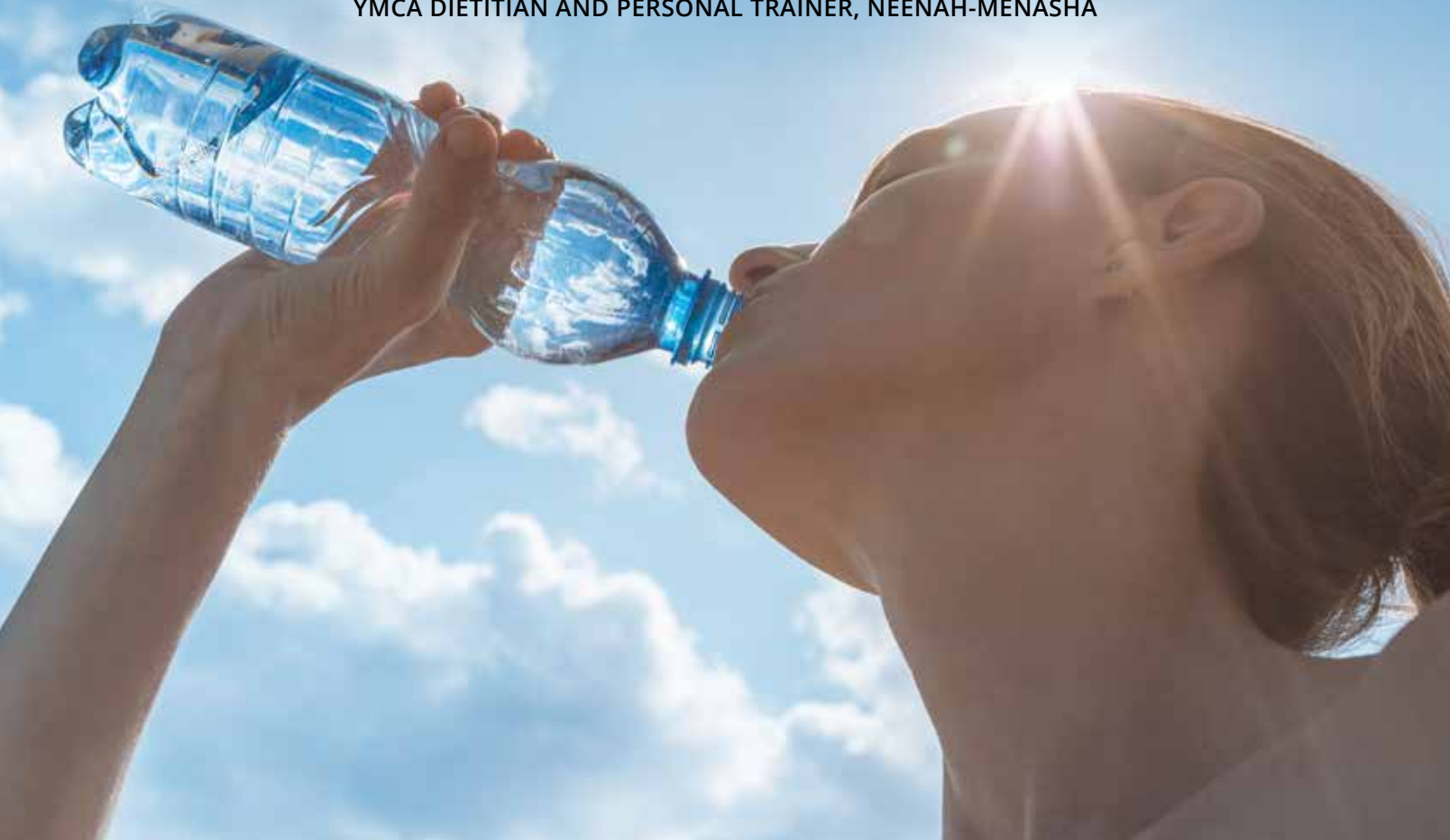
Because when athletes recover physically, mentally, and emotionally, they're better equipped to perform, grow, and thrive — both in sports and in life.

To learn more about these recovery options, please visit The Spa Team at 846 N. Westhill Avenue, Appleton or online at www.thespateamwi.com. ■

Beat the Heat

Fueling and Hydration Strategies for Managing the Heat

BY KATE HARRELL JENKINS, MS, RD, CSSD, LD
 YMCA DIETITIAN AND PERSONAL TRAINER, NEENAH-MENASHA



The heat and humidity snuck up on us quickly this Spring. It takes the body time to acclimate to these changes, so it is important to be mindful of your body and attentive to how these variables can affect fluid and fueling needs, so you do not run into issues with health or performance.

Why is hydration important? **Your body is 60-70% water**, and the percentage in the muscle is even higher. Optimal hydration helps with nutrient delivery, joint lubrication, temperature regulation, and even cognition. Exercising in hot and humid environments increases losses and therefore increases needs. Given the intensity of the effort in hot and humid environments, carbohydrate demand may also increase.

Below are strategies to help improve hydration and fueling strategies to support performance.

Daily Strategies: Consistently hydrate across the day, starting as soon as you wake. Across the day, listen to your thirst and aim for a pale yellow urine color. Be sure to keep a water bottle with you throughout the day (*and refill it!*).

How much should you consume? The Dietary Reference Intakes for adults are 2.7L per day for women and 3.7L per day for men. That said, daily needs are highly variable individual to

individual. It's important to listen to your body and its cues to guide your hydration.

Fluid recommendations before exercise:

4 hours out, consume 5-7ml/kg (for most, this will be in the range of 12-16oz)

2 hours out, if urine is still dark, consume 3-5ml/kg (another 6-10oz)

Top off before exercise (leaving time to run to the bathroom if needed).

Foods like fruits and vegetables can also contribute to your fluid needs across the day. This is a great reason to eat more fruits and veggies and improve your hydration at the same time. Summer favorites like cucumbers, lettuce, celery, watermelon, and strawberries have some of the highest water contents. Other liquids count too, such as broth soups, coffee, and tea.

During Exercise: Fluid needs vary athlete to athlete based on losses and can vary based on conditions (heat, humidity, altitude, attire, and more!). Heat and humidity can also increase fueling needs (specifically carbohydrate) due to the higher intensity efforts.

Try to consume fluids consistently during exercise versus waiting until symptoms of dehydration are present. Signs of dehydration may include thirst, fatigue, decreased concentration, increased perception of effort, reduced urine output, dark urine color, headaches, dizziness, and more. Hydrating consistently can help you avoid these symptoms and a decrease in performance (which can happen with even a 1-2% fluid loss).



In team sports, be sure to take advantage of breaks to consume fluids. For exercise greater than 60-90 minutes, using a sports drink may be advantageous to provide fluid, electrolytes, and carbohydrates to fuel performance.

Carbohydrate utilization may increase in exercise in the heat as the intensity of the effort is often greater. This makes fueling during exercise equally as important as hydration, especially for efforts of longer

duration in hot and humid environments. Quick carbohydrate options can include sport fuels like gels/bloks/beans/bars, sports drinks, and also whole foods like fruit or dried fruit or bars broken up into pieces.

Post exercise, start rehydrating right away. Consume salty foods to help retain fluids and replace lost sodium in sweat (and aid in refueling too!). If you know your sweat losses

during exercise, aim to consume 1.5 times the amount lost. Then it's back to the daily recommendations: Listen to your body, obey your thirst, check in with urine color, and be sure to hydrate consistently across the day.

Fueling-wise, given a potential increase in carbohydrate use during exercise in the heat, aim for healthy carbohydrates paired with protein. Carbohydrates will help to refill the "tank" so to speak, and protein will help with muscle repair and recovery.

Healthy combinations could include:

- Fruit smoothie
- Yogurt, fruit, granola
- Low fat chocolate milk and a peanut butter sandwich

The above recommendations should help you meet your hydration needs and help you beat the heat ... AND perform at your best this Summer!! ■



Kate Harrell Jenkins is a registered dietitian, certified sports dietitian, personal trainer and group fitness instructor. She loves all things wellness, and is an avid runner with over 20 marathons and ultramarathons under her belt. She also has a passion for working with Parkinson's and is certified in Rock Steady Boxing, PWR! Moves and Pedaling for Parkinson's. Kate believes in bringing together nutrition and fitness and would love to talk with you! Feel free to email Kate at kharrell@ymcafoxcities.org or kateharrellrd@gmail.com. Photo by David Schuhart, DRS Photos

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Outdoors

WITH GREG SEUBERT

Take A Hike This Year, Just Don't Overdo It

The dog days of summer are here, which means it's time to enjoy Wisconsin's outdoors, whether by camping, kayaking, biking, swimming, or fishing.

Another activity can be added to that list: hiking.

Heading out on a secluded hiking trail is one of the easiest—and best—ways to get up close and personal with nature. Whether you're tackling a half-mile trail in a local park—and there are lots of them to choose from—or heading to northern Wisconsin for a two- or three-day trek through the remote wilderness of the Chequamegon-Nicolet National Forest, Wisconsin offers numerous destinations for the novice to experienced hiker.

While heading for a hike may seem like an easy decision, there are several things to keep in mind before hitting a trail.

WHAT TO WEAR?

Let's start with footwear. A good rule of thumb is thumbs down to Crocs and flip-flops. While lightweight walking shoes might be appropriate on most trails, a pair of hiking boots or shoes are a better bet. They provide better traction, especially if trails are wet and slick.

Although it might be hot, long pants, a hat, and possibly a long-sleeved shirt are good ideas. Two words come to mind when it comes to long pants: poison ivy. Pants and a long-sleeved shirt will also come in handy when dealing with insects, which will be out in full force during the summer.

WHAT TO BRING?

It's not a necessity when heading out on a short trail, but on anything longer a compass is a must, especially on an unfamiliar trail that takes hikers deep into woods.

It's also a good idea to stay on a marked trail. It's easy to get lost by heading off a trail for even a few feet and not being able to find it again. It's easier to lose track of a trail in the late fall, after it's covered with leaves. Some trails, such as the Ice Age National Scenic Trail, have painted markings on trees to help hikers stay on the trail, but most trails don't.

A small backpack is also a good idea. Besides being a good way to bring bottles of water or granola bars, it can also include a first-aid kit and cell phone. Speaking of cell phones, use them on the trail to take photos or shoot video. It's a great way to remember trips such as visiting waterfalls.

WHEN TO GO?

This might not seem like a big deal to most hikers, but there are times to hike and times when it's not a good idea.

First, keep the weather in mind. If severe weather—or even just rain—is in the forecast, don't head out. If it's hot and humid,



Hiking is a great way to enjoy Wisconsin. Hartman Creek State Park near Waupaca is one place that offers several miles of hiking trails. Greg Seubert Photo

plan a hike for another time. Also, don't head out with only a couple of hours of daylight left. Imagine getting lost on a trail once it gets dark. Not fun.

WHERE TO GO?

The Internet has made it easy and convenient for people to find popular and out-of-the-way trails that rarely see visitors.



A yellow mark on a tree helps hikers along the Ice Age National Trail follow the trail near Waupaca. Greg Seubert Photo

Popular state parks in Door County—including Peninsula, Potawatomi, Whitefish Dunes, and Newport—have miles of trails open to hikers.

A little closer to the Fox Valley, the Northern Unit of the Kettle Moraine State Forest maintains trails through 30,000 acres of wooded hills and prairies in Fond du Lac, Sheboygan, and Washington counties, about an hour from Appleton.

High Cliff State Park in Calumet County and Hartman Creek State Park in Waupaca and Portage counties are also worth checking out, as are sections of the Ice



A stretch of the Ice Age National Scenic Trail passes through Hartman Creek State Park in western Waupaca County. Greg Seubert Photo

Age National Scenic Trail, a 1,000-mile-long trail that passes through several local counties, including Kewaunee, Manitowoc, Waupaca, Waushara, and Marquette.

The Wisconsin State Park System also maintains 44 state trails throughout the state. Local trails include the Wiouwash State Trail in Winnebago, Outagamie, Waupaca, and Shawano counties; the Newton Blackmour State Trail in Outagamie County; and the Tomorrow River State Trail in Waupaca and Portage counties.

For those who aren't interested in heading out of town, the Appleton area has several nature centers with hiking trails, including Bubolz Nature Preserve, Guckenberg-Sturm Preserve, and Bruce B. Purdy Nature Preserve in Appleton; Heckrodt Wetland Reserve and Menasha Conservancy Area in Menasha; 1,000 Islands Environmental Center in Kaukauna; and WILD Center in Neenah ■



Greg Seubert is a freelance reporter, photographer and editor based out of his rural Weyauwega home. He spent 28 years covering high school sports for the Waupaca County Post, a Waupaca-based weekly newspaper, before stepping down in April 2024. Before that, he spent 10 years as a reporter and editor at four other newspaper in Wisconsin. He joined the Waupaca County Post prior to the start of the 1996-97 school year and eventually covered sports teams from Waupaca, Iola-Scandinavia, Weyauwega-Fremont, Little Wolf (Manawa), Amherst, Wild Rose, Almond-Bancroft, Stevens Point, New London, Clintonville and Hortonville high schools.

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~ Frank Harris

Irish-American author, editor, journalist, and publisher.



Bill Miller and Jonathan Enneper with the Wisconsin Kites get their kite airborne at Appleton's Inaugural Apple Blossom Fest in Appleton this past May.

PARTING SHOTS

Photos by Paul Stumpf - P.S. Portraits

