

SPORTS: Doubles team of Julson and Olson headed for State **PAGE 19**



PAM HUMPAL/AMERY FREE PRESS

Chomp, the mascot for the PowerUp program was in Amery Sept. 30 encouraging over 700 students and staff members at the elementary and intermediate schools to exercise for 15 minutes.

Amery... get ready to PowerUp!

Amery Hospital & Clinic is proud to announce a new partnership with our schools and the entire community called PowerUp! PowerUp is a community-wide initiative to make it easy, fun and popular for kids and families to eat well, be active and grow up healthy. PowerUp is committed to

working in partnership with the Amery community to help kids be healthy today and reach their full potential in life.

PowerUp launched in Amery on September 30 when more than 700 students and staff gathered for 15 minutes of exercise at Amery Elementary and Interme-

mediate Schools. The fun was led by Chomp...a giant, super-hero carrot representing PowerUp. Each student and staff also received a PowerPack Family Magazine, full of fun ways and kid-friendly recipes to inspire kids to eat more fruits and veggies and be active

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Room to run Dog park gets 13 acres from city

BY TOM STANGL
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Dogs and their owners will soon have an area to meet and run.

The Amery City Council voted 5-1 last week to allow the use of 13 acres on the southeast corner of the airport for a dog park.

Alderman Rick Van Blaricom, who chairs the Parks and Recreation Committee, explained that his committee approved the use because the Friends of the Amery Dog Park have been "forthcoming and forthright" in working with city. He explained that the friends organization will pay for the fencing and understand that if the airport needs the land in the future, it will be returned to the airport.

"This is not a gift," Van Blaricom said. "If the airport needs it, they get it."

Van Blaricom reported that he had visited with Rob Bursik, the owner of Dragonfly Gardens about allowing access to the proposed park through his property and is "amenable"

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Hockey pioneer Mandy Stokes in UW River Falls Hall of Fame

BY TOM STANGL

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Mandy Stokes, who was inducted into UW-River Falls' Athletic Hall of Fame on Oct. 2, still has a hard time dealing with the "pioneer" label that she has been given in women's hockey.

"I got in at the right time," Stokes said in an interview with the Free Press. She was among the first women's hockey play-



Stokes

ers to be inducted into the UW-River Falls Hall of Fame.

Stokes and her family moved to Amery when she was in the fourth grade, and wanted to play hockey, like her brother Chad, when she entered fifth grade.

Her parents were reluctant to agree, telling young Mandy that she would have to put in a lot of time at practice and they didn't want to invest in the equipment if she wasn't going

to stick to it.

"Apparently, I gave up on a lot of things," she recalled with a laugh.

Hockey was not one of them. Stokes played with the boys all the way through the youth program in Amery, and played forward in high school.

During her sophomore year, a girls hockey coop was formed with New Richmond, and Mandy could have played on a girls squad, but she chose to remain with the boys to complete her high school career.

When she began college,

UW-River Falls was among a group of schools that were just beginning their women's hockey programs. When she began, the program fielded a club team, like many other colleges that were making the transition.

The next season, the Falcons fielded a team in NCAA Division III. Mandy was one of the captains of that team, and would become the only person so far to be a four year captain of the women's hockey squad.

In 2000, she was the scoring leader of the team with 10

points. That same season she had nine goals and three power plays, according to UWRF-Sports.com.

In 2003, the Falcons would make it to the Final Four in Elmira, New York, one of the highlights of Stokes' career.

Mandy was a member of the UWRF Women's Ice Hockey team from 1999-2003. She was the team's first four-year player and currently is the only four-year captain in UWRF Women's Hockey history. Stokes helped lead the

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POWERUP: Eating challenge is slated for early 2016

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too.

In the next few months, schools will also receive the monthly PowerUp Press newsletter and in early 2016, Amery elementary and intermediate schools will participate in the PowerUp School Challenge.

The School Challenge brings three weeks of fun to school and inspires kids to Try for 5 fruits and veggies every day.

PowerUp will also be partnering to create cooking classes, open gyms and other resources for local families.

“We are excited to partner with PowerUp and work together to increase the focus on student nutrition and overall health.” Oralee Schock, Amery Intermediate Principal.

“Good nutrition and physical activity are essential to support growing bodies and minds. PowerUp is an important way for Amery Hospital & Clinic to help kids and families eat better with practical ideas that create fun for busy families,” Dr. Laura Smith, Pediatrician at Amery Hospital & Clinic.

Learn more at Powerup4kids.org.



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The Amery football field was packed as students and staff of the elementary and intermediate schools came out to exercise for 15 minutes on Sept. 30

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