

**LCMR**

# UNDER THE LIGHTS

**Volume 1, Issue 1**

**October 26th, 2009**

## Life Does Roll On By: Austin Parker

He was surfing when all of a sudden a wave crashed on his back and thrust him head first into the water. His head slammed on a sandbar, and he lay under water, struggling to get help, paralyzed. Jesse Billauer has lost his professional career and may never walk again, but he hasn't given up.

Billauer knew that his surfing career was not

over yet, despite his life-changing injury. With the assistance of his friends and family, he made a custom surfboard that allowed him to continue to surf, but he rests on his elbows rather than standing up on the board.

Billauer stated that he is able to stay positive because "life is beautiful, and there is a lot out there." As for those athletes who have ever experienced a situation similar to Billauer's, he feels it's

important to "stay fit and work hard; follow your passion, no matter what the obstacle."



## When the Tough Become Tougher By: Randy Grey

A broken Librium ended a successful Lower Cape May Regional baseball player's season last year. From pitching at high rates of speed, his muscles finally gave out and his Librium tore. He has been absent from the line-up since the middle of May 2009. He had to watch the rest of his friends and teammates play their game while he sat on the bench. AJ

Hanson knew he had to recover quickly and come back even stronger.

Hanson has been in recovery for the past couple of months. His arm has made a tremendous come back. Hanson stated, "I stayed positive by thinking about how I was going to make a stronger come back. I am looking forward to playing again because I haven't played in a

while, and I'm due." His advice to other athletes who are going through tough times is to stay positive and try to make a strong recovery. Hanson is due back this November stronger than ever.



## K.G. is Back

By: Jake Shriver

Kevin Garrabrant is a sophomore at LCMR and a standout athlete in three major sports: football, wrestling, and track. In June his sports career was put on hold, when it was discovered that he had tumors in his leg. After he had the tumors removed, he was still unable to play.

Garrabrant admitted to having trouble staying positive. All he could do all day was lay on the couch. He later said, it got better when I was able to go to the beach.”



## A Rough Start

By: Kevin Garrabrant

The superstar with all the high expectations went down with a heartbreaking injury. The then freshman football player went down with a broken ankle and ended the season that was supposed to launch his football career. His return for the year ended when the decision came from the doctor to operate on his ankle. Screws and plates were inserted into his leg, and so ended the first season of Mike Mulligan’s high school

football career. Luckily, Mulligan’s confidence and leadership were not lowered by his predicament. He continued showing his commitment to the team and his teammates. Mulligan’s advice to other injured athletes is, “Don’t rush back; it’ll hurt you forever.” Now that he’s returned, Mulligan says he feels better than

ever and believes he’s even faster than he was before his injury.



## Never Back Down

By: Albert Dowe

A senior captain on the LCMR field hockey team who has endured many injuries including getting hit in the chin with the ball, getting stitches, and getting hit in the face with a stick, Lindsay Obermeier has managed to stay on the field despite all of these obstacles. Even though Obermeier has never had to sit out a game, she has had to step up her

game when key players have had to sit out due to injury. She has never missed a game because she has a never give up attitude. Her advice to other athletes who have to sit out is, “Stay positive and support your team from the sidelines.” If it ever came down to where she had a career ending injury, she would find other activities to keep her occupied and positive.



## Cara Aguado Triples the Pain

By: **Matthew McGaffney**

Entering her second year of high school, taking the toughest classes possible, planning on playing a sport all three seasons of the 2009-2010 school year, Cara Aguado's plans for the year were ruined as she took a bad step on the soccer field and twisted her knee, tearing her ACL and meniscus, while also sustaining a bruised bone. After getting an MRI to reveal her injury, Aguado received the devastating news that she was out for six months and may be out for longer before she can play any sport again. She is

going to miss the rest of the soccer season and the winter swim season. During these six months, Aguado stated that staying positive is important to her recovery. "I know that since I'm a sophomore, I have two more years to continue my athletic career after I recover from my injury." The young athlete also gave some advice to other athletes, stating, "You should not freak out... eventually the injury will heal, and listening to the doctor is very important." During the six months that she is out of the game, Aguado will go through muscle rebuilding therapy so that during her return to high school athletics, she won't reinjure her knee or ACL. She is also stretching

every day to help rebuild the strength around her knee. Aguado is also focused on staying a part of all of her teams. She attends most home games and is keeping in touch with Coach Zimmer in order to give her updates on her knee's progress. Cara Aguado is focused on her recovery and is planning on returning as soon as possible, better than ever.



## Don't Hate the Game, Hate the Injuries

By: **Alannah Moulton**

She has sprained all ten of her fingers, has injured her back, hurt both of her knees, had many bruises, and has popped her elbow out of place. The injury that has affected this senior, three sport athlete the most was when she tore ligaments in her left ankle, causing her to miss the entire 2009 lacrosse season. Janzell Rodriguez said, "The only

way I stayed positive was because I did my best to keep my head up." Rodriguez said that these injuries were all difficult to overcome, but she got through them all and eventually got to play soccer, basketball, and lacrosse again. The advice that she has to give to other injured athletes is simply, "Don't get injured!"



## Lacrosse Star Fights Through Injuries

By: **Katey Monzo**

A senior at LCMR, this star lacrosse goalie has suffered every injury in the book. Throughout her high school career, Joann McLaughlin has played various sports including lacrosse, indoor and outdoor field hockey, and softball. McLaughlin has severely sprained her left ankle five times, sprained her right ankle four times, cracked her growth plate in her right ankle leading to surgery, ruptured two tendons, tore a ligament, endured a concussion, sprained her right wrist, broke two fingers, and is now anxiously waiting to hear if she needs surgery due to a torn meniscus. She practically lives at

physical therapy, but she remains positive. She is always frustrated when she gets injured, and sometimes she keeps playing because she is so dedicated, but it only makes her injuries worse. Her coaches are also very supportive throughout the process, encouraging her to keep going. Her longest absence from the playing field was four months because of the cracked growth plate. It was a true loss to the lacrosse team; McLaughlin has a sixty four percent save percentage. "Lacrosse goalies are lucky to be in the fifty percent range, and that is when they are facing and saving about twenty shots a game. On average, she was facing fifty shots a game, and making thirty or more saves. It's a little unheard of in any league, high school or college. Her teammates have the utmost

respect for her. They realize she gives her all in every game, even if she is having a bad day or is injured. They always look to her for strength," says Coach Wright. When asked what advice she would give to injured athletes, McLaughlin said, "Don't play on your injuries, it only makes them worse. Listen to what your doctors tell you, but most importantly, don't give up; stay strong."



## Who Sliced the Wunderbread?

By: **Mike Mulligan**

A well-loved physical education teacher at LCMR who was once a stellar athlete has overcome his share of injuries. One of these injuries sticks out the most for him; in 1985, during the midst of his college football career, Jeff Wunder tore his ACL and MCL in his knee. His career was over, but he remained positive by becoming a student assistant coach for the team.

After six months in a hard cast and a full year until he could start running again, Wunder was still on track to get his college

degree and pursue a career in physical education. Now he is here at LCMR molding



the minds of our youth. We salute you Wunderbread!

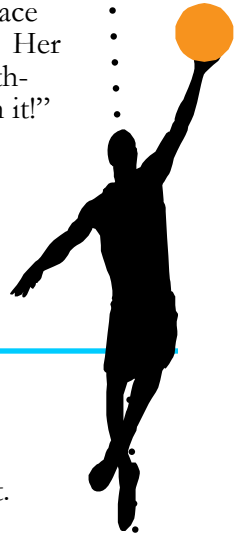
## Klumsy Kaithern

By: **Cara Aguado**

A junior female athlete had to go through the struggle of being injured during a sports season. In her eighth and ninth years of school, she hurt multiple fingers and her wrist, but as a sophomore, she had her first serious injury. During a basketball practice, she hurt her ankle, but did not think it was serious. After playing on it for two weeks, she realized she could not jump. Emaleigh Kaithern finally went to the

doctor and found out that she tore a ligament in her ankle and would not be able to play basketball, and she might not be able to lace up her sneakers for lacrosse or tennis either. When Kaithern found out she would not be able to play, she was so upset that she cried. She felt angry because she went to all of the preseason basketball practices, and now, because of this injury, she was unable to play in any of the regular season games. The doctor said she had to wear a boot for four weeks and a lace-up for three weeks. She was

sidelined from the sports she played for six months. Even though she was not able to play, she did all she could to stay a part of each of her respective teams. She became the manager for the basketball team, and she helped coach the freshman lacrosse team. After completing three weeks of physical therapy and giving her ankle some rest, Kaithern got back into the sports she loves. Today, she still has to get her ankle taped and wear a brace while she plays any sport. Her advice to fellow injured athletes is simply, "Stick with it!"



## One Too Many Injuries

By: **Meaghan Moore**

The worst feeling an athlete can have is being injured, and knowing they can't participate in the sport they play. But, being injured several times is even worse. Having a broken shoulder, torn ligaments, a broken kneecap, and a major head injury is what sophomore football player, Fred Shelton, had to go through. In his freshman year, Shelton had a major head injury that caused

him to have memory loss for some time. The worst part for him was not being able to play football.

Out of all of his injuries this one was the worst because he couldn't remember anything and couldn't play football for a while. Even though he felt very frustrated sitting out of games, he got through it by being patient and looking forward to the following season or game he could participate in. So when you're injured keep Fred Shelton's

advice in mind: "Keep your head up, you'll get through it. Talk to your teammates; they're your family."





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## **Under The Lights**

## **Battle Through**

**By: Joseph Bispels**

A dislocated elbow, out for three to four weeks, the devastation sank in. A sophomore coming into his own, ready to step up his game, but right before the start of the season, the worst news any athlete could receive was given to this tenth grader: he was unable to play. When he made it back halfway through the season, nothing was the same. "My timing was off, everything was harder, and everyone was in better shape than me. I was slow." Nothing was coming easy like it always had for Ernie Harper on the basketball court; he had to learn to battle through.

Having had few major injuries prior to this, Harper had to learn how to deal with the physical and mental strain. While there was physical pain due to the dislocated shoulder, the emotional struggle that was underlying his injury was bursting through. "You can't give up though", Harper responded when asked about advice he would give to athletes dealing with injuries. "Keep working, even when it hurts and you want to throw in the towel." Harper learned to battle through, and he is not only a better athlete, but also a better person for it.

## **This One's For You**

**By: Amber Holden**

"I couldn't stay upset or let my team down...I knew that's not what he would have wanted." Losing your father could be one of the toughest issues a teenager in high school would ever have to deal with. As you feel like your world is crashing down, it is easy to slip into a pessimistic state of mind and think, "How will I possibly be able to come back from a pain such as this?" Junior Meghan Oliver, a three year varsity field hockey player and equestrian, was faced with this question, but has been able to gain the strength to return to the sports world here at Lower Cape May Regional and also outside of school with the same, if not more, of the tremendous passion she had before the tragic loss of her father. By definition, rehabilitation means: "to restore (something) to its original good

condition." When referencing sports, many people think of rehab exercises, physical therapy etc... For Oliver, rehabilitation took on a whole new meaning. After losing her father, she says that being involved with field hockey and riding horses was her way of coping with the pain. "I love my field hockey team and the friendships that I have made. Also, the relationship I have like I do with my horse is hard to describe." It was challenging at times, but Oliver knew that her father would not have wanted her to watch from the sidelines, and he became the motivation she needed to make her comeback. Oliver's advice for anyone who wants to return from an ailment of any kind is to keep your ambition and drive, and stay involved. Through her experience, remaining active in field hockey and riding her horse have been her way to help keep the death of her father off of her mind.

She has used her father's passing as her source of motivation to continue to excel in the sports that she loves. Oliver is a model of true strength, and I know that she is making her father proud and will not let him down.



Layout: Publication Media & Design Student  
—Justin Cooper