

trending

# @AHealthyState

The news of a state-wide Walk-a-Thon quickly went viral. Hundreds of schools across the state of Iowa participated in the @HealthiestIowa State Walk to celebrate Iowa being named one of the top 10 healthiest states in the country. High school PE teacher Sean Leonard pushed to have Hudson students and staff participate in the event so to encourage all to lead healthy lifestyles. #GetYourWalkOn

@HS\_Teachers **Dennis, Deppa, Jolitta, Yoder,** and **Dawn\_Tye** enjoy the nice fall weather walking with students. @**Donovan\_Arauf9** trails behind @**Kacie\_Herring10** and a determined @**Zach\_Koch10**. @**Sam\_Hanson9**, @**Tom\_Mills9**, and @**Wiley\_Sourahda9** pick a leisurely pace around the track. @**Spencer\_Holupnick9** chooses to run around the track instead of walking. @**CJ\_Christopher12** and @**Jackson\_Reisner12** lead a pack of freshmen in hopes to catch up to power walkers @**Al\_Hageman12** and @**Wes\_Geisler12**.

#WalkMore



TRIM LINE

## Your Leaders



Eleven students represented Hudson High School at the Ed Thomas Legacy Leadership Academy. "It's a great honor to be selected by teachers to help make Hudson better by being a leader," said Sara Hansen, who was one of four freshmen to attend. At the end of the conference, each school chose a student that demonstrated the qualities for a leader. The Hudson representative was senior Emma Yoder. "I think Emma Yoder is a good leader at Hudson," said sophomore Jake Hoppes. "She always volunteers a lot of her time for the school."

Hudson leadership reps were @Emma\_Yoder12, @Sophie\_Selanko10, @Emma\_Kegebein10, @Sara\_Hansen9, @Kylee\_Sallee9, @Maddie\_Grams11, @Alex\_Reynolds10, @Payton\_Suart10, @Jackson\_Reisner12, and @Trey\_Jochmusen9. Not pictured: @Blake\_Johnson9.



## Testing the Waters



Although junior Morgan Kegebein has never swam competitively, she thinks she was born a mermaid. "Since I was little I've been in the water," said Morgan. She has competed on the Water Hawks Ski Team for many years. Her family also has a lake house in Ponderosa that she loves to spend time at in the summer.

Morgan was born without any cartilage in her knees, making it difficult to play volleyball so she decided to try swimming this year. She loves the individual part of swimming- where it's just you and the water.

Morgan sometimes wishes her sport did not have so much of a time commitment. She practices six days a week for three hours. Because of these excessive practices, she has to miss her sister's (sophomore Emma Kegebein) volleyball games.

Morgan hopes to continue swimming competitively in the future.

#OurStory

TRIM LINE

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## doggone good

The second graders at Hudson are "sprinkling kindness" each month by doing small acts of community service.

For one of their October acts of kindness, they donated toys, food, and care products to the Cedar Bend Humane Society.



@Brinkley\_Simmer2 gives a hug as @Cathrine\_Barber2 smiles.



A Cedar Bend Humane Society rep speaks to @2nd\_Graders.



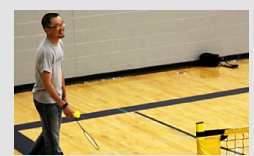
@JH/HS\_Counselor Ashley\_McCaulley poses with dog mascot @Jackson\_Reisner12.

## sailed the ocean blue



@Knox\_Carter2 celebrates Columbus Day with his class by making a snack. The oranges represent the three ships that Columbus sailed on. "Learning about Christopher Columbus) was fun, but the oranges felt weird," said Carter.

## badminton battle



@HS\_Social Studies Teacher Paul\_Simmer prepares to serve in the badminton competition organized for teachers. After a series of games, it was activities director Kevin Wurzer who was crowned champion.

Sept 24 - Oct 14