



# Congratulations!

**Hendricks**

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## Athletes of the Month



**We're proud to support  
Lincoln HI Athletics!**



*\*Photos provided courtesy of Mark Wilmes Photography*  
**Cody Ness**  
Junior—Track



**Ryan Verschelde**  
Junior—Track

Cody has done well at recent meets, finishing in the top three spots consistently. “Every day [at practice], he’s here leading the team in stretching, agilities, etc.,” said coach Panka. Cody is the son of Jim & Jeanie Ness and Carol & Tony Simons.

Here’s what Cody told us: Favorite Food—Steak; Greatest Role Model—Parents; Favorite Sport—Football; Most Memorable Athletic Achievement—All Conference Honorable Mention 2 yrs in a row!

Ryan’s attendance at practice is noteworthy. At meets, his teammates count on his leadership and depend on his quality efforts in jumps and sprints. Ryan is the son of Bob & Cheryl Verschelde.

We asked Ryan to tell us a little about himself: Favorite Food—Sesame Chicken; Greatest Role Model—His Parents; Favorite Sport—Track; and Most Memorable Athletic Accomplishment—Making it to Sections in track last year! Will he do it again?

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