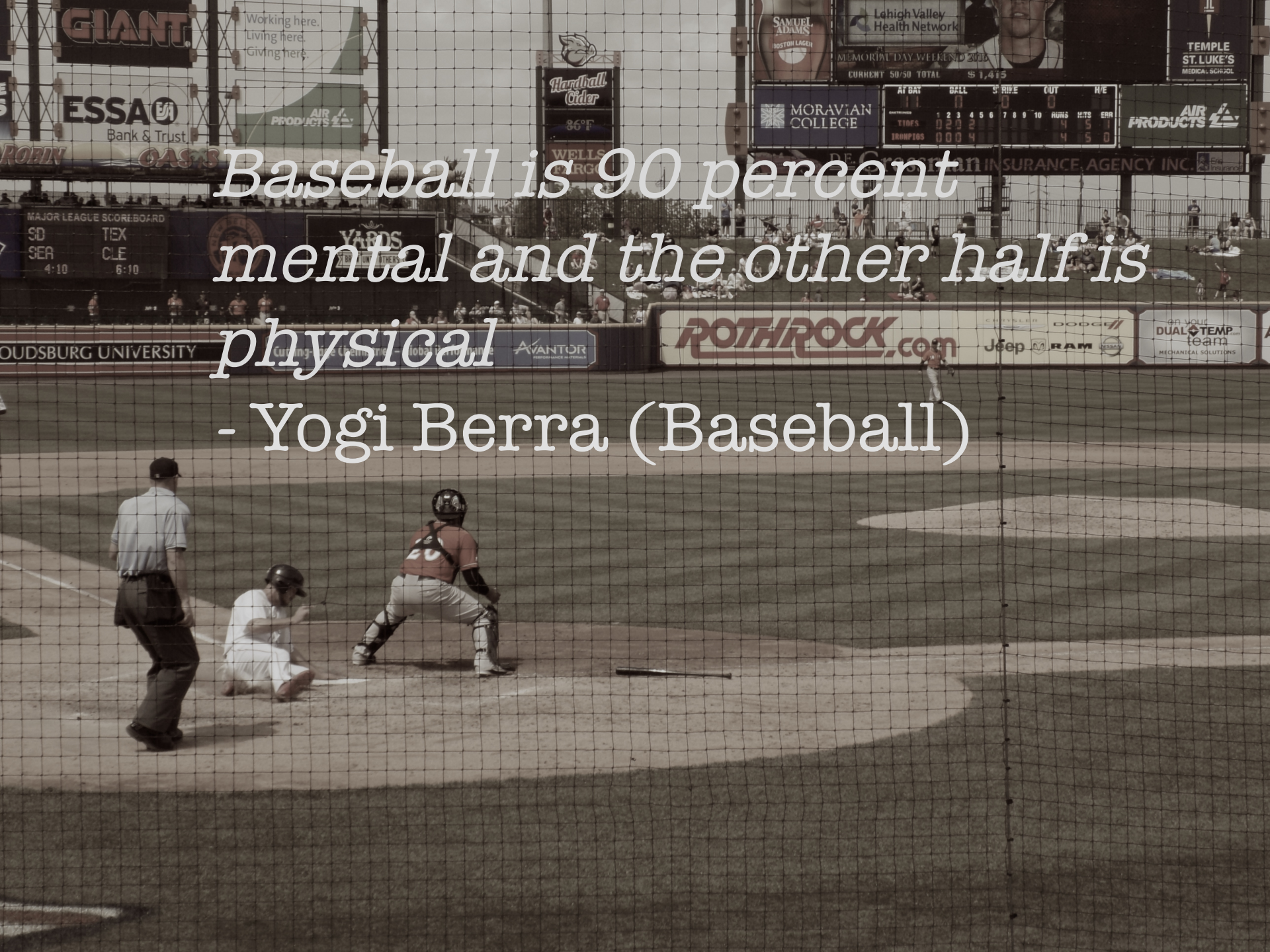


Sports

By: Benji Siegel





*Baseball is 90 percent
mental and the other half is
physical*
- Yogi Berra (Baseball)

GIANT

Working here.
Living here.
Giving here.

ESSA
Bank & Trust

AIR PRODUCTS

Hardball
Cider

86°F

WELLS
FARGO

SAMUEL
ADAMS
BOSTON LAGER

Lehigh Valley
Health Network

MEMORIAL DAY WEEKEND 2010

CURRENT 50/50 TOTAL \$1,415

MORAVIAN
COLLEGE

AT BAT	BALL	STRIKE	OUT	H/E
1	0	0	0	
TIOPS	0	2	2	
TRONPLOS	0	0	4	
			4	5
			0	1

AIR PRODUCTS

TEMPLE
ST. LUKE'S
MEDICAL SCHOOL

MAJOR LEAGUE SCOREBOARD

SD
SEA 4:10

TEX
CLE 6:10

YARDS

DOODSBURG UNIVERSITY

Curving the line (Teamwork) - Job Safety (Teamwork)

AVANTOR

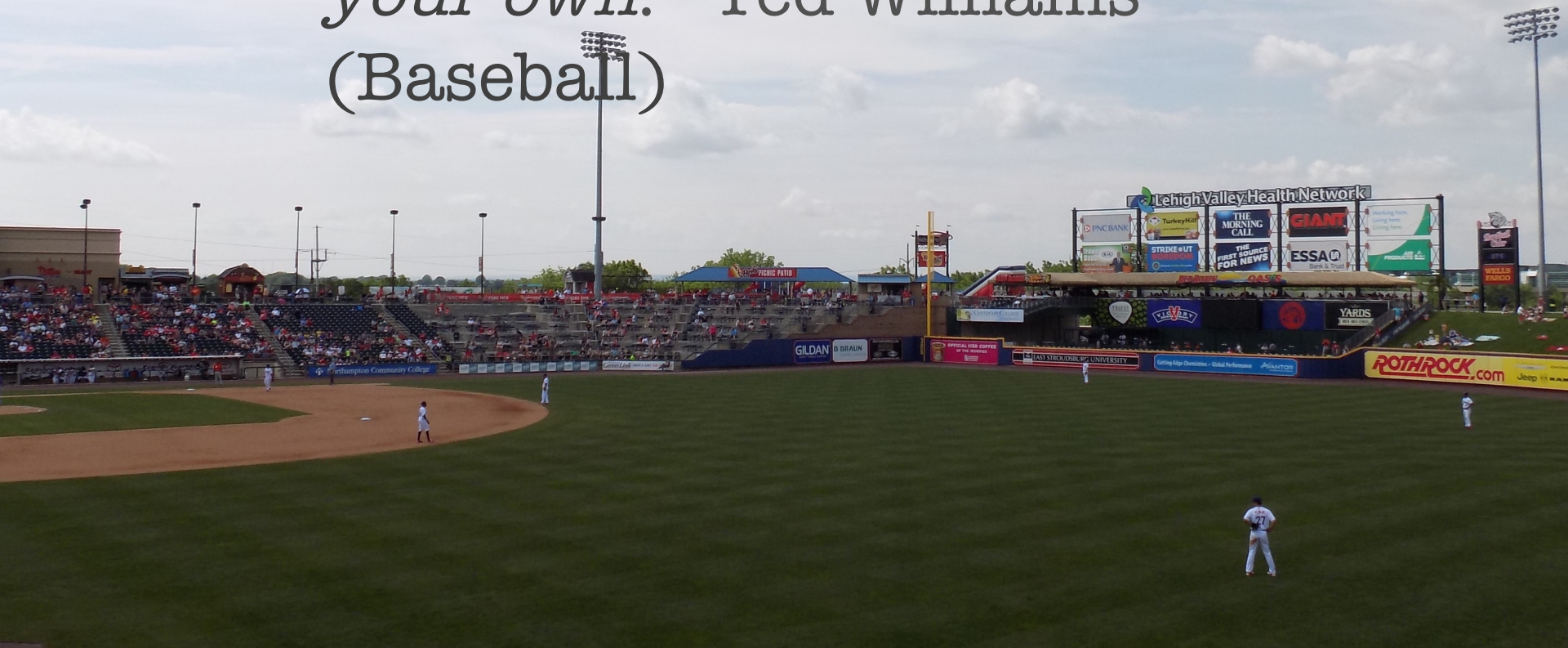
ROTHROCK.com

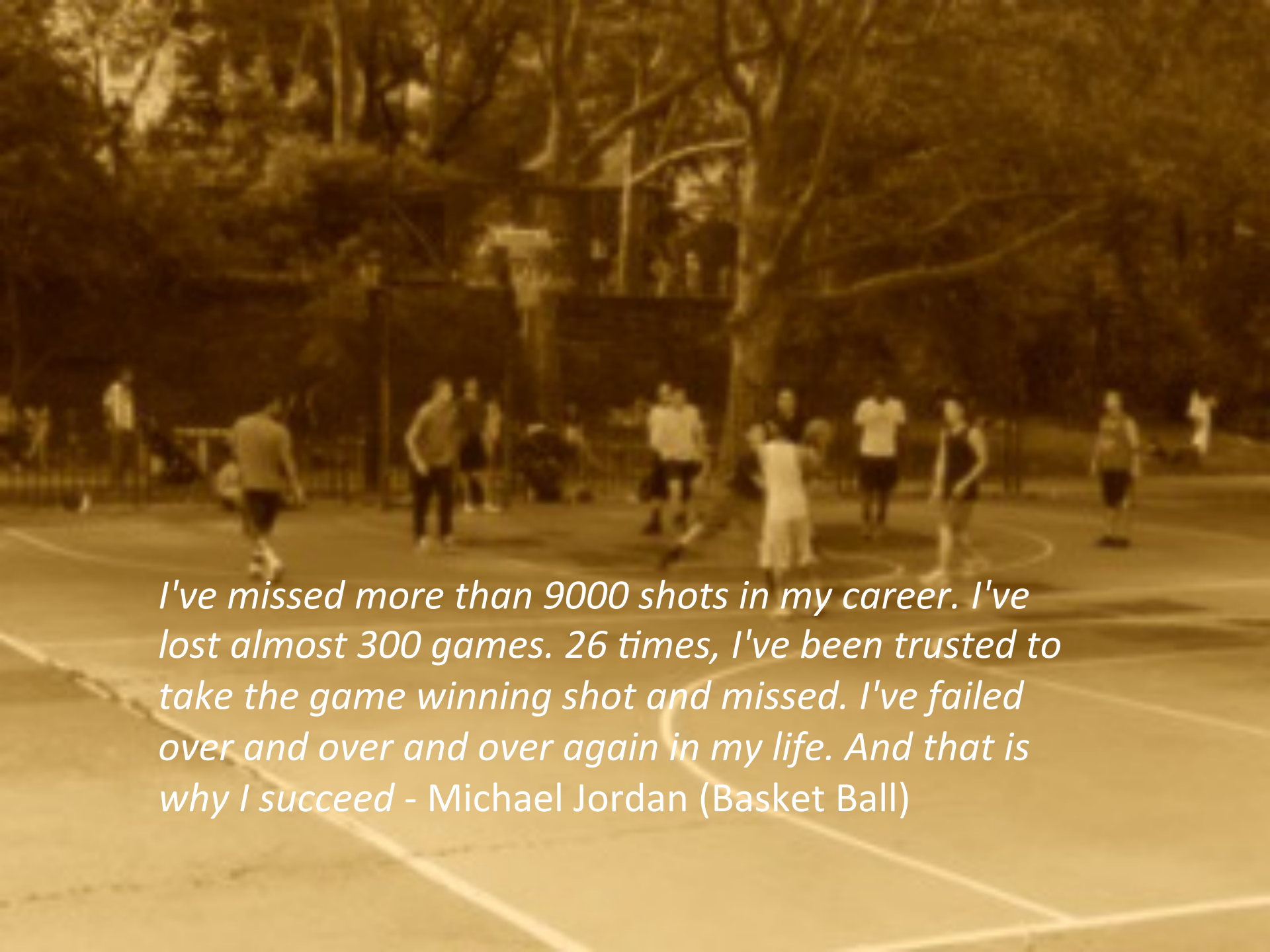
Jeep

RAM

DUAL-TEMP
team
MECHANICAL SOLUTIONS

*God gets you to the plate, but
once you're there you're on
your own. - Ted Williams
(Baseball)*





I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed - Michael Jordan (Basket Ball)

4



3



2



1



Have you played a sport? Have you ever been to a sports game? Has sports changed your life? Well I think sports can change your life.

First of all, Sports can change your health. According to *Livestrong* playing sports as a kid can help you not take drugs and smoke as an adult. Why? Because if you're healthy and active as a kid you know what's right and wrong. Sports can prevent various types of cancer. Not only that but can decrease the risk of colon cancer by as much as 300%. In an interview with Michael Miller the gym teacher at PS290, he says, "Playing sports helps me have sportsmanship and to eat healthy". I think, as a kid people should play a sport not only for when they get older and to be healthy, but to have fun. When I was in 5th grade sports got me out of the house and I got a lot stronger.

Also, did you know that sports could also help your social skills? In an interview with Michael Miller, Michael says he believes playing with a team is the best. *Livestrong.com* says that playing a sport can boost your self-esteem because you're doing hard work and getting a reward like WINNING!!! Playing a sport can help build friendships says *Livestrong.com*. Playing a sports is a way to get to know people, such as make friends. I think kids should play sports as a kid so they can get to make more friends.

Lastly, Playing sports can help you with school. According to PAMF.com, sports can help you learn time management skills like when to do homework and how to organize your work. Playing sports can help you with hand eye coordination in school like drawing. If people play sports it can help people with school and when they get older, maybe with certain jobs.

Overall, I think that sports can change your life. I chose this topic because sports changed my life such as my heath. Also, I made friends. Whether it's heath or your social life, sports can change your life.