

PULSE

of 517

VOICES. HUSTLE. COMMUNITY.

FACES OF
THE 517:
SPIRIT OF
A CHAMPION

BUILT
DIFFERENT:
WHAT MAKES
A 517 ATHLETE
SPECIAL

MIND
OVER
MUSCLE



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LETTER FROM THE EDITOR

Welcome to the debut issue of *The 517* — a magazine born from passion, purpose, and pride in our community.

Our mission is — Highlight real people doing real things in our neighborhoods. From the high school student-athlete breaking records in track to the local barber opening a new shop downtown, *The 517* aims to reflect the pulse of our streets and the power of our voices.

Thank you for being part of this journey. Let's continue building together — one page, one story, one voice at a time.



Stay tapped in,

A handwritten signature in black ink that reads "Antonio Griffin". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Antonio Griffin

Editor-in-Chief, *The 517*

FACES OF THE 517: SPIRIT OF A CHAMPION

By Antonio Griffin

SUMMER | 2025

Letter From the Editor

They say every face tells a story — and in the 517, those stories are full of grit, hustle, and heart.

This isn't just about sports. It's about spirit. It's about what it means to wear your school colors like armor, to rise before the sun for workouts no one sees, and to compete not just for wins, but for respect — for yourself, your teammates, your town.

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"This isn't just strength — it's mindset. Pressure builds champions."

We See You

We see the wide receiver running routes with hand-me-down cleats.

The point guard who studies plays harder than homework.

The wrestler who makes weight with discipline that rivals professionals.

The track star with no fancy gear — just raw speed and something to prove.

You don't need a blue check to be a champion. In the 517, champions are crowned by character.

Build for More

The faces of our athletes tell stories that numbers can't. A scar from a hard fall that didn't end the game. Eyes that stay locked in, even when the odds stack up. A quiet confidence that says, "I belong here, even if no one handed me the spotlight."

That's what makes our athletes different. They're not just building stats — they're building legacy.

More Than a Moment

A real champion doesn't peak on game day. They show up for tutoring. They pick up younger teammates without being told. They represent their families, their culture, their zip code.

The world may never hear their names on ESPN. But here? We see them. We honor them. We tell their stories.

This is the spirit of a champion. This is the 517.



BUILT DIFFERENT:

WHAT MAKES A 517 ATHLETE SPECIAL

Small-Town Roots, Big-Time Mindsets

What makes a 517 athlete different is that our environment demands character. There are no private trainers on every corner or camera crews filming our highlight tapes. We build our legacy on cracked courts, frozen fields, and with hand-me-down gear — but our dreams? They’ve always been first-class.

These athletes compete with heart, because they’re not just playing for college looks — they’re playing for pride. For the name stitched across their jersey. For the neighbors in the stands who’ve watched them grow up. And for that little voice inside saying, “I can make it out, but I’ll never forget where I came from.”

THE CULTURE WE’RE BUILDING

The 517 magazine exists because these stories matter. Because these athletes — even when their names aren’t in headlines — are shaping our communities through effort, focus, and the way they inspire others to elevate.

They are students. Leaders. Hustlers. Believers.
And above all else...
They’re built different.

Discipline Over Hype

While social media often glorifies flash, the 517 athlete embraces foundation. They know real work doesn’t always get posted. It’s the unseen reps in empty gyms. The study hall grind between games. The mental reset after failure.

They don’t just want to go viral.
They want to go further.



“Grip. Lock in. Push past it.”

By The 517 Staff

In the 517, we don’t raise ordinary athletes — we raise difference-makers.

Step into any gym, field, or weight room in our counties, and you’ll feel it: that gritty, unshakable energy. The 517 athlete doesn’t just train for the game — they train for life. While others may chase spotlight moments, ours are forged in early morning grind sessions, late-night film breakdowns, and silent sacrifices no one else sees.

It’s deeper than sports — it’s identity.

Here, being an athlete means being a role model. It means carrying the hopes of a community that rallies behind you when the lights come on and still believes in you when the scoreboard doesn’t go your way. Whether it’s a mother working two jobs to buy cleats, or a coach who sees more in you than you see in yourself — every victory is shared. Every lesson is bigger than the box score.



“Rise Up!”

MIND OVER MUSCLE



BY TIFFANY ROLLINS, M.A.,
MENTAL PERFORMANCE
CONTRIBUTOR

MIND OVER MUSCLE

Muscle can make a
moment — but *mindset*
makes a legacy.

TISHA ROLLINS, M.A.
Mental Performance Contributor

More Than a Game

At its core, sport is a reflection of life. The disciplines athletes develop — commitment, patience, adaptability — extend far beyond the field or court. That's why investing in mental performance is not just about wins and losses; it's about building leaders, teaching grit, and cultivating lifelong confidence.

As we celebrate the physical achievements of our local athletes, let's not forget the inner strength it takes to get up early, keep going after a loss, or push through mental blocks. That's not just talent — that's training the mind to serve the mission.

Because when it comes down to it, muscle can make a moment — but mindset makes a legacy.



Power is born in the moments nobody sees — mental reps, quiet grit, inner grind."

When we talk about athletic greatness, the conversation often begins with speed, strength, or statistics. But any seasoned competitor or high-performance coach will tell you: the mind is the most powerful muscle an athlete has.

Athletic performance is not just about what your body can do — it's about how your mind directs it. In fact, the true separator between good and great athletes is often not physical ability, but mental resilience.

The Mental Game

Mental performance refers to the psychological skills and strategies that athletes use to optimize focus, confidence, composure, and motivation. Just like we train our muscles, we must train our minds. Visualization, goal-setting, self-talk, and emotional regulation are no longer luxuries for elite athletes — they are non-negotiables.

Research from sport psychology consistently shows that athletes who engage in mental training outperform those who don't. A prepared mind can slow down the chaos of a high-stakes moment, recalibrate after a mistake, and stay locked in even when the odds are stacked.

Building Mental Muscle

Just like training schedules, mental performance can be structured. Here are three foundational practices every athlete — and coach — should embrace:

1. **Control the Controllables**
Focus only on what you can influence: effort, attitude, and preparation.
2. **Win the Inner Game**
Your self-talk becomes your self-image. Replace doubt with belief, and fear with focus.
3. **Bounce Back Better**
Mental toughness is not perfection — it's how fast you recover from mistakes and setbacks.

From Pressure to Power

Pressure is inevitable in sports. Whether it's the final shot, the last rep, or the state championship on the line — how an athlete responds to pressure can define their legacy.

And here's the truth: pressure doesn't break athletes, thoughts do.

When young athletes learn to reinterpret pressure as a privilege — as something they're built for, not burdened by — they unlock a new level of performance. The most successful athletes don't eliminate nerves, they learn to dance with them.



"Discipline is the key to success."

Game Plan for Greatness:

THE UNSEEN DISCIPLINE OF STUDENT-ATHLETES

BY THE 517 STAFF

In the competitive landscape of the 517 area, student-athletes navigate a demanding dual existence that requires an extraordinary level of discipline. Their pursuit of excellence extends far beyond the scoreboard, encompassing rigorous training, academic mastery, and significant personal sacrifices. This commitment shapes individuals who embody resilience and unwavering dedication.

The journey to athletic and academic distinction begins with meticulous planning, particularly concerning training schedules. For many, the day commences before dawn, with early morning workouts often starting between 5:00 AM and 7:00 AM. These sessions vary by sport, from intense weightlifting and conditioning to precise skill drills on the field, track, or in the pool. Following a full school day, these athletes transition immediately into their second, often lengthier, training sessions in the late afternoon or early evening. These practices are comprehensive, focusing on strategic development, team cohesion, and advanced physical conditioning, consuming several hours daily.

Equally crucial are their study routines. The "student" component is not merely nominal; academic eligibility is foundational to their participation. This necessity fosters highly efficient and structured approaches to learning. Student-athletes become adept at time management, utilizing every available moment—lunch breaks, bus rides, and brief intervals between classes—for reviewing material and completing assignments. Their academic strategies often include prioritization of tasks, strict time blocking for study periods, and active recall techniques to solidify understanding. They proactively seek support from educators when needed, understanding that falling behind academically directly impacts their athletic aspirations.

Perhaps the most understated challenge lies in the social sacrifices inherent to this lifestyle. Spontaneous social outings, weekend events, and casual hangouts with friends are frequently bypassed in favor of training, competitions, and academic obligations. While this can lead to feelings of missing out, many student-athletes find deep camaraderie and support within their teams, forming bonds with peers who share similar commitments and understand the demands of their schedules. The social sphere becomes one of careful planning and, at times, difficult choices, as personal leisure often yields to their broader goals.

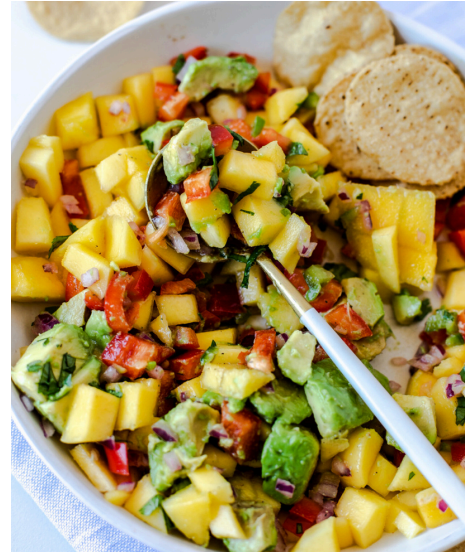
Ultimately, the rigorous demands of being a student-athlete cultivate more than just athletic prowess or academic grades. They forge individuals with exceptional time management skills, self-discipline, mental toughness, and leadership qualities. These are not merely habits for a season, but foundational life skills that prepare them for future challenges, long after their competitive days are over.



"Game Plan for Greatness."

Beast the Heat with a Refreshing Mango Avocado Salad

By Robin Bradley



"Fresh, bold, and packed with summer flavor — the 517 way to fuel your day."

Summer in Adrian calls for light, bright, and hydrating meals. Look no further than this vibrant Mango Avocado Salad! It's packed with flavor, healthy fats, and essential nutrients, making it the perfect dish for a quick lunch, a light dinner, or a flavorful side at your next BBQ. The sweetness of the mango beautifully complements the creamy avocado, while a zesty lime dressing ties everything together.

Instructions:

- * In a medium bowl, gently combine the diced mango, avocado, red onion, cilantro, and jalapeño (if using).
- * In a small bowl, whisk together the lime juice and olive oil. Season with salt and pepper to your liking.
- * Pour the dressing over the salad and toss gently to coat.
- * Serve immediately and enjoy this burst of summer flavor!

Tips & Variations:

- * Add protein: Toss in some grilled chicken, shrimp, or black beans for a more substantial meal.
- * Spice it up: Increase the amount of jalapeño or add a pinch of red pepper flakes for extra heat.
- * Add crunch: Sprinkle with toasted pepitas or chopped almonds for added texture.
- * Make it a grain bowl: Serve over a bed of quinoa or rice for a filling and nutritious option.

This Mango Avocado Salad is not only delicious but also a fantastic way to incorporate fresh, seasonal produce into your summer diet here in the 517. Enjoy the taste of sunshine in every bite!

Ingredients:

- * 1 ripe mango, peeled and diced
- * 1 ripe avocado, peeled and diced
- * 1/4 red onion, thinly sliced
- * 1/4 cup chopped fresh cilantro
- * 1 jalapeño pepper, seeded and finely minced (optional)
- * Juice of 1 lime
- * 1 tablespoon olive oil
- * Salt and pepper to taste

"Quick to make. Hard to forget. This is fuel for champions."



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Jasmine Griffin, Arron Millar, Isaiah Fox, Moses Salazar, Sophie Skeels, Ayda Skeels

Legacy in Motion

By The 517 Staff

In a year defined by perseverance, discipline, and raw determination, six student-athletes from Adrian High School have etched their names into local history by qualifying for the state championships. Their achievements are not only a reflection of individual excellence but also a testament to the spirit of a community that believes in pushing limits and embracing purpose.

These athletes have become more than competitors — they are role models. With early morning workouts, late-night practices, and countless hours of silent preparation, each of them has earned the right to be called state-bound. Whether sprinting down the track, leaping into the sandpit, or launching themselves into the sky, they carry the pride of the 517 with every step.

Their journey is a reminder that greatness doesn't happen by accident — it's built, one rep at a time. The Adrian community has cheered them on not just for their wins, but for their character, humility, and heart. These six champions remind us all that legacy isn't only what you leave behind; it's what you build in motion.

As they represent Adrian on the biggest stage of their high school careers, we honor them with these words and with our unwavering support. The road to states was never promised — it was earned. And through their drive, these athletes have already won.

To the six: You are not just running races. You are setting the pace for what's possible.

From all of us at The 517 — thank you for showing us what legacy looks like in motion.

The 517 Legacy Team – Adrian High School State Qualifiers

- Sophie Skeels (Senior) – 3200m (2-Mile)
- Ayda Skeels (Sophomore) – 3200m (2-Mile)
- Isaiah Fox (Senior) – Long Jump, 110m Hurdles
- Moses Salazar (Senior) – 3200m (2-Mile)
- Jasmine Griffin (Junior) – 400m Dash
- Arron Miller (Senior) – Pole Vault

LEGACY IN MOTION

BY THE 517 STAFF

SIX STATE-BOUND STUDENT-ATHLETES

ADRIAN HIGH SCHOOL

*You are not just running races.
You are setting the pace for what's possible.*

Sophie Skeels (Senior) – 3200m (2-Mile)
Ayda Skeels (Sophomore) – 3200m (2-Mile)
Isaiah Fox (Senior) – Long Jump, 110m Hurdles
Jasmine Griffin (Junior) – 400m Dash
Arron Miller (Senior) – Pole Vault

THANK YOU FOR SHOWING US
WHAT LEGACY LOOKS LIKE

THE 517

Coming Soon:

The Future Pulse of 517

By Antonio Griffin
Editor-in-Chief,
Pulse of 517

We're just getting started.

The debut issue of The 517 laid the foundation—highlighting excellence, celebrating resilience, and amplifying voices from every corner of our athletic and academic communities. But the road ahead is even more exciting.



"Where creativity meets purpose — this is where Pulse of 517 is built."

So, what's next?

Interviews That Matter:

We'll be sitting down with athletes, coaches, and community leaders to go deeper into their stories. Not just stats, but the struggles behind the victories, the purpose behind the passion, and the moments that shaped them.

Team Features:

We're spotlighting entire teams that represent unity, leadership, and sportsmanship. Whether it's a state-ranked squad or an underdog team rebuilding its legacy, Pulse of 517 will capture the heartbeat of their journey.

Game-Day Spotlights:

Expect raw energy from the sidelines and stands. We'll be covering pivotal matchups, unforgettable plays, and student sections that bring the heat. We want to bring you into the moment—feel the intensity, the pressure, the pride.

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Website pulse517mag.com



"Voices amplified across every screen — because every story matters."

Your Voice, Your Picks:

Have someone in mind who deserves recognition? Readers will soon be able to submit athlete nominations—those who grind in silence, lead by example, and lift others up. This is your magazine, your community.

The Movement Grows:

Pulse of 517 is more than a magazine. It's a movement. We're building something that not only highlights talent but inspires it. We're bridging generations, towns, and schools—one story at a time.

**Get ready for more visuals, more energy, and more powerful storytelling.
Stay tapped in.**

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*Greatness lives here.
It's in our sweat, our backs,
and our comebacks.*

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