

## FROM EXHIBITS TO EXPERTS

It's not yet spring, but with the changes going on here at redshoes26 design headquarters, you'd think it was. I have exciting things to tell you about!

First is something that's not part of redshoes26 design but of my role as a graphic designer in the Exhibits Division at the **Science Museum of Minnesota**. I'm excited to announce the March 12 opening of the exhibition I designed, *The Dead Sea Scrolls: Words That Changed the World*. My team and I worked very closely with the Israel Antiquities Authority (keeper of the scrolls and artifacts) to create this 15,000-foot, blockbuster show, which also includes an exhibition on the Saint John's Bible, an illuminated bible dreamed up by the folks at Saint John's University in Collegeville, MN. I created the graphic template for this portion of the show, and my coworker, Matt Quintanilla, used it to produce a beautiful exhibition. *The Dead Sea Scrolls* will run through October, and we'll have a new set of scrolls every three months. Tickets are on sale now. For more info, visit [smm.org/scrolls](http://smm.org/scrolls), or call 800.221.9444.

Keep this in mind for opening weekend: Metro Transit is offering free rides on their buses to those headed to *The Dead Sea Scrolls* on March 12–14.



Christy Johnson

My mixed-media shadowbox collage, "Who Will Guard the Door?" will hang in the Minneapolis Institute of Arts' MAEP Gallery through June 13. It's identification #: 068-09

How cool is this? My work is hanging in the Minneapolis Institute of Art! I submitted one of my mixed-media shadowbox collages to the **Foot in the Door 4** exhibition, which takes place at the MIA every 10 years. Submission is open to everyone, and the only caveat is that each artwork has to fit in a 12-by-12-by-12-inch cube. In 2000, the event attracted about 1,700 pieces of art, and this year close to 5,000 pieces fill the gallery's walls. I attended the Opening Reception on Feb. 18 and it was a madhouse, but ridiculously fun. Artists in my network who also have pieces on display

are **Megan Moore**, **Amy Cerny Vasterling**, and **Stephanie Meyer**. Did I miss yours? If so, let me know! [artsmia.org/foot-in-the-door-4](http://artsmia.org/foot-in-the-door-4)

I'm gearing up to participate in the **Spring St. Paul Art Crawl** April 23–25. I'll once again be joining **Josephine Geiger** at **J.A. Geiger Studio** in St. Paul. More

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## NEXT MONTH:

## MARCH

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## What's going on in the redshoes26 network

- A little exhibit I designed called *The Dead Sea Scrolls: Words That Changed the World* opens **March 12** at the **Science Museum of Minnesota**. [smm.org/scrolls](http://smm.org/scrolls)
- Will you be in St. Louis, MO, before May 2? If so, hit the **Missouri Historical Society Museum** to see **RACE: Are We So Different?**, an exhibition I co-designed for the Science Museum of Minnesota in 2006. [smm.org/travelingexhibits](http://smm.org/travelingexhibits) [understandingRACE.com](http://understandingRACE.com) [mohistory.org](http://mohistory.org)
- Artist **D.C. Ice** has artwork in the Illo Minn: Volume Two illustration show that runs through **March 6** at **CVA Gallery** (173 Western Ave. N., St. Paul 55102). She's also currently creating artwork for two children's books. [sinisterbutsweet.com](http://sinisterbutsweet.com), [cva.edu/gallery](http://cva.edu/gallery)
- Folk-pop band **The Western Ridge**, featuring **Adrienne Vaughn**, has two gigs booked this month: with Walker Fields on **March 12** at Clubhouse Jäger

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info will be available in next month's newsletter, but I can tell you now that each artist is crafting a piece with the theme "Transparent Dreams" in mind. It should be a fun show.

OK, on to this month's featured superstar. I profiled lawyer **Julie Westbrook Healy** of **Healy Law, LLC** ([healylawllc.com](http://healylawllc.com)), in the March 2009 issue of *redshoes news*, when we talked with her about wills and estate planning. But in addition to having a law degree, did you know she's also a talented softball pitcher? It's true! This fall she was inducted into the Simley High School (Inver Grove Heights, MN) Hall of Fame for her outstanding prep career, and last October she was inducted into the Cornell University (Ithaca, NY) Athletic Hall of Fame. Unreal.



Courtesy Julie Westbrook Healy

**The Big Red's Julie Westbrook (Healy) hurls a curveball to a Harvard batter.**

Julie owns **Strike 3 Pitching, LLC**. She works both individually and in a clinic setting with young pitchers of all ages to teach everything from the basics to finely tuned skills. Go to [strike3pitching.com](http://strike3pitching.com) to watch her Cornell Hall of Fame slideshow and to find more info. A flier for upcoming clinics is also included at the end of this newsletter. (Side note: yours truly designed the logos for Strike 3 Pitching and Healy Law!)

A while back, I gathered questions about pitching from redshoes news readers. Here's what they wanted to know, and how our pitching expert responded. Game on!

**How many pitches can you throw, and what do you think is the most "intimidating" pitch?** —Eric, St. Paul

**Julie Westbrook Healy:** My four core pitches in college were the fastball, curveball, riseball and change-up. Other pitchers might have in their repertoire a dropball, screwball, or knuckleball.

I believe the riseball is the most intimidating pitch to throw. The riseball does just as its name suggests: It comes in at a hitter in the strike zone, and then rises just as the hitter swings the bat. A riseball that is thrown well is virtually unhittable.

**What age should a young girl start working with a coach for it to be most beneficial? Is one-on-one or group training best?** —Mary Lee, Minneapolis

**JWH:** If a pitcher can work with a coach to initially learn the correct mechanics, she is on her way to becoming a good pitcher. Many girls are now starting at ages 8 and 9.

Initially, I believe it's best to have group training. It's good for a young pitcher to watch other pitchers and to see how other girls learn. It's also important that it be a fun experience early on.

Once a pitcher has learned the basic mechanics, it's much more beneficial to have individual training. One-on-one is essential to learning new pitches because the coach can watch each pitch and guide the pitcher to make big or small changes in the motion to get the pitch right.

**Did you pitch according to how an umpire called a game or would you just "play your game" regardless of how they called your pitches?** —Wendy, St. Paul

**JWH:** I've found that an umpire *does* have some control over a game. If the umpire has a tight (small) strike zone, then I would work

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(923 Washington Ave. N., Minneapolis, 55401), and with Farewell Milwaukee and Joey Ryan and the Inks on **March 20** at the Turf Club (1601 University Ave. W., St. Paul, 55104). Check them out!

[myspace.com/thewesternridge](http://myspace.com/thewesternridge)

- Stained-glass artist **Josephine Geiger** of **J.A. Geiger Studio** is set to be at the Art at Highland show from 10 a.m.–5 p.m. on **March 18** at Highland Park Senior High School. Paul (1015 S. Snelling Ave., St. Paul, 55116.). Josephine is also busy working on the 32 windows she's creating for the City of Middleton (WI) Police and Municipal Court Facility. They are scheduled to be installed in April.

[jageigerstudio.com](http://jageigerstudio.com)

[highlandfest.com/art\\_fair](http://highlandfest.com/art_fair)

- There's another cool **Network Buzz Event** on tap for March. Sign up for "The Active Citizen in You," which is from 6–9 p.m. on **March 18** at Stella's Fish Cafe in Uptown (1400 W. Lake St., Minneapolis 55408). Cost is \$15.

[networkbuzzevents.com](http://networkbuzzevents.com)

[stellasfishcafe.com](http://stellasfishcafe.com)

- Founder of **Network Buzz Events**, **Jean Nitchals**, will walk 60-plus miles in the Susan G. Komen 3-Day for the Cure in August to raise funds for breast cancer research. Jean's personal goal is to raise \$3,000 for the cause. To join her team or to donate, visit the website below and click on "Twin Cities," "click here to register," and "join a team," and then enter Team Network Buzz.

[the3day.org](http://the3day.org), 800.996.3DAY

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to get swinging strikes, rather than relying on the umpire to call strikes. That meant that I threw more riseballs and fastballs. I would try to get the hitters to swing at bad pitches and then rely on the fielders to throw the batter out, rather than try for a strikeout.

If the umpire had a large strike zone, I'd throw curveballs and fastballs just a few inches off the plate to try and get the batter to strike out.

**In baseball, there's tremendous strain on a pitcher's shoulder and elbow. I've heard that in fastpitch the strain is on the legs. Is this true?** —Anonymous, St. Paul

**JWH:** For most softball pitchers, the strain is on the back. Baseball pitchers take a step toward the catcher before releasing the pitch, but softball pitchers actually *leap* toward the catcher. The hip of the striding leg and the low back absorb the shock of that leap. Over time, the constant jarring wears on the low back.

Also, the repetitive pitching motion works the muscles of the upper back, especially on the side of the throwing arm. This causes a strength imbalance between not only the right and left side, but also the upper and lower back. Such an imbalance can cause intense and lasting back pain for a pitcher.

**I know the mechanics are easier throwing underhand vs. overhand, but why can a fastpitch pitcher throw after very little rest, and a Major League Baseball pitcher needs five or six days between starts?** —Alex, Plymouth

**JWH:** Throwing underhand is a much more natural motion for the body than overhand. Because of this, pitchers rarely need more than a day's rest before they can throw again, and many pitchers can even throw multiple games in one day. The underhand motion is less strenuous on the rotator cuff and uses more of the major muscle groups than overhand pitching.

The underhand mechanics are actually not easier than overhand. When I teach pitching

to beginners, I break the motion into eight parts. Each part has three to five different nuances that can affect the overall pitch. Just a slight adjustment of the thumb on the ball, or the angle of the planting foot, or the finish of the pitch, can have a profound effect on where the ball goes (inside/outside) and what the ball does (spins to curve or rise). There are many intricate parts to the underhand pitching motion.

**What is the best way to increase accuracy of your pitches, and how fast can you dive out of the way of a line drive?**

—John, Minneapolis

**JWH:** To increase accuracy, just keep throwing. I was *horrible* when I first started pitching. My nickname was “Wild Thing” (this was when the movie *Major League* came out). I couldn't throw a strike if someone paid me one million dollars. But my pitching coach said to keep throwing and one day it will just “click.” Sure enough, after a year or so of pitching, it did. From then on, it was easy to make those little adjustments to get the ball to go inside and outside, up and down.

As for the second part of your question, most of the time, your reflexes take over and you catch the ball or dodge it. But that's not always the case. The pitching mound is 43 feet from the batter, and, thanks to that leap, after throwing a pitch, the pitcher is usually only 35 feet away.

I actually took a line drive to the face in college. It was the last game of my freshman year, second pitch of the game. I threw an outside fastball to a lefty and she hit the ball square into my mouth. All I remember is letting go of the ball, seeing it about three feet in front of my face, and then waking up thinking, “Where are my teeth?” Luckily, my teeth were intact. But I needed more than 30 stitches to fix my upper lip, which had split from my nose down, and my lower lip, which had been stuck in my teeth.

My situation is rare, but it happens. I always teach my pitchers to be ready for the ball to come back to them after throwing it.

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- Designer **Julie Dixon** of **DB Card Studio** is gearing up for wedding season. She hit up the Craft and Hobby Association's trade show in January and has added new designers and retailers from the U.S. and Canada to her client list. [dbcardsstudio.com](http://dbcardsstudio.com)

**Is it realistic for young athletes to aspire to a college team with the possibility of a scholarship?** —Mary Lee, Minneapolis

**JWH:** It's always realistic to set a goal and do everything possible to reach it. The great pitchers usually get recruited to Division I schools. However, there are many Division II and III schools that need great pitchers, too. Most high school pitchers now make a recruiting video and send it to college coaches. Coaches may like what they see in the video and recruit that pitcher. Or, there is always the opportunity to walk on to a college team. Some of the best athletes in college were not recruited; the coach just didn't happen to see them play in high school. But those players didn't give up. They knew they had the potential to play and they proved it at tryouts. So, if a pitcher isn't recruited and initially offered a scholarship, that doesn't mean she can't prove herself and earn one.

Even at high schools that have six pitchers at the varsity level, I tell girls to keep at it, because you never know when someone may get hurt or quit or go to another school. You never know what the future has in store, and each pitcher should be ready when she gets her chance in the spotlight. <sup>26</sup>

*What's new with you? Do you have feedback on **redshoes news**? Email me at [christyj@redshoes26design.com](mailto:christyj@redshoes26design.com).*

*You can be removed from this newsletter list at any time. Email me with the subject line, “remove me,” and I'll do so.*

## Fastpitch Softball Pitching Clinics

**Dates:** March 13, 20, 27, April 3, 10, 17

**Cost:** \$180 for the six-week session

### **Location**

Sabes Jewish Community Center, 4330 S. Cedar Lake Road, Minneapolis, MN 55416 [www.sabesjcc.org](http://www.sabesjcc.org)

*Limit 10 pitchers per clinic*

**Pitchers MUST bring their own catchers**

### **Beginners**

Beginning pitchers will be new to fastpitch, or will have had some instruction in the past, but would like to revisit and ensure proper mechanics. Beginner clinics focus on the basic mechanics of pitching. The complete pitching motion is broken down into eight steps for easier learning. Pitchers will learn the correct grip, a warm-up routine, and the fastball pitching motion.

### **Intermediate**

Intermediate pitchers will have had some instruction in the past and possibly throw off-speed or spin pitches. Focus will be on refining mechanics to ensure a proper warm-up, and adjusting off-speed or spin pitches to work effectively. Mental preparation and pitching strategy will be interspersed throughout the session.

### **Times**

Clinic 1: Beginners	11:00 a.m. – 11:55 a.m.
Clinic 2: Beginners	12:00 p.m. – 12:55 p.m.
Clinic 3: Intermediate	1:00 p.m. – 1:55 p.m.

*Additional clinics, including Advanced, may be added depending on response.*

Contact Julie at [julie@strike3pitching.com](mailto:julie@strike3pitching.com) or 651-336-2599 to register.

### **Pitching Instructor Julie Westbrook Healy**

A native of Inver Grove Heights, Minnesota, Julie was an All-State pitcher for Simley High School and was recently inducted into the Simley High School Athletic Hall of Fame. Julie went on to play softball for Cornell University in Ithaca, New York. There, she earned accolades such as Ivy League Rookie of the Year, Northeast Regional All-American, Ivy League Pitcher of the Year, and Cornell University's Female Athlete of the Year. As a senior, she led Cornell to its first Ivy League title. In October 2009, Julie was the first softball player ever to be inducted into the Cornell Athletic Hall of Fame.

Through her clinic experience, Julie learned how to effectively teach an eight-step pitching technique. She believes that breaking down the full motion and teaching it in small steps is the most effective way to master the basic mechanics.

A practicing attorney, Julie specializes in the areas of estate planning and business law ([healylawllc.com](http://healylawllc.com)). She and her husband and son live in Richfield, Minnesota.

# REGISTRATION FORM

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone # (     ) \_\_\_\_\_ Age \_\_\_\_\_

Email Address \_\_\_\_\_

Parent or guardian \_\_\_\_\_

Name of School \_\_\_\_\_

Coach's Name (if applicable) \_\_\_\_\_ Year in School \_\_\_\_\_

## **STRIKE 3 PITCHING PARENTAL PERMISSION - HOLD HARMLESS AGREEMENT**

***Pitchers WILL NOT BE ALLOWED TO PARTICIPATE without this completed form!***

PITCHER NAME: \_\_\_\_\_

I am aware of the inherent dangers and risks involved in Strike 3 Pitching Clinics including, but not limited to: bodily injury to the eyes, nose, head, neck or back; sprains, fractures, breaks, or dislocations of the joints or limbs; lacerations, concussions, skin disease, or death. Additional risks include, but are not limited to:

1. Being hit or struck by sports equipment (bat, ball, stick, club, and helmet).
2. Being hit, struck, physically challenged or collision with other Clinic participants
3. Collision with camp facilities (floor, wall, backboard, ground, screen, bench, chair, mat).

I agree, on behalf, of myself, my child, and our assigns, executors, and heirs, to indemnify, and hold harmless, Strike 3 Pitching, and its trustees, officers, agents and employees from any and all liability, damage and claims of any nature arising out of or in any way related to my child's participation in this program except those things caused by the sole negligence of Strike 3 Pitching.

I understand that the terms of this agreement are legally binding and certify that I have signed this agreement on my own free will after carefully reading and fully understanding it.

I understand that Strike 3 Pitching does not provide any accident or medical insurance and that I am required to provide it for my child, and do so under the policy listed below. I agree that I am financially responsible for any and all medical expenses associated with my child's participation in this program.

**NOTE: Your child will not be allowed to participate in our clinics unless signed by a parent or guardian.**

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_