the elementals

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1 - the beginning

This is the beginning of a new team of heroes or shell I say heroines. Let there be no more delay lets start the story today. Fifteen-year-old nonidentical twins Gemma and Cara were sitting in the foffee coffee in Felixstowe having a deep conversation. Gemma has broad shoulder, brown hair and eyes she is stubborn and always gets her own way she also tends to jump into things with out thinking. Cara is just a bit shorter and thinner then Gemma with Blonde hair and brown eyes she thinks before acting and holds back Gemma so she can't get into to mush trouble. Caraand Gemma liked exploring caves and woods, just last week they found the remains of a house and railway in some woods not far from here, and were discussing whether to go and check out a new cave they discovered yesterday."I say we take a look and if it looks dangerous then we get out as fast as we can." Gemma said taking a sip of her hot chocolate "I don't know last time we did that we almost got killed remember." Taking a bite of her cake "and remember you were the one who spent a month in hospital because of it." Cara said. Ok this is what happened last time the two girls had found a hidden cave just off the coast. They had decided check it out; they had a torch and their dads old hard hats they entered the cave. "Are you sure Gemma?" Cara asked "Everything's fine Cara there's nothing to worry about." Gemma couldn't have been more wrong. They didn't know that the cave was very unstable so the deeper they went in the more the rock was unstable so at one point the rock begin to cave in the girls ran for their life's. They weren't quick enough they were so close to the exit Cara in front and gemma not far behind when the rocks fell on top of them trapping them. Luckily only Cara legs were trapped under the rocks but Gemma was completely trapped and unconscious. "Gemma, gemma are you ok.Gemma oh god I hope she's ok I've got to call for help." Cara reached for her mobile and called for help. They were rescued in no time and were rushed to hospital, Cara only had a broken leg but Gemma had lots of injuries and was unconscious for a week. So that's what happened last time they explode a cave. "So! that's not going to happen again." Gemma said "How do you know it could and we could die this time." Cara said with worry"You really scared me last time.""Look I am sorry but how can we pass up a opportunity like this?" said Gemma getting up and paying for their drinks and cakes. "Ok but if it looks dangerous we are out of there." Cara said giving in to Gemma" Cool see you there in a hour." Gemma headed to the door"Why were are you going?" asked Cara following her"To get the hard hats and torch of cause." She replied "Right ok see you soon." Gemma headed home and Cara went to see a friend. Just as they said they met in front of the cave Gemma handed Cara one of the hard hats and with torches in hand they entered the cave they ventured further into the cave and the deeper they went the bigger it got. They had been in the cave for about an hour when they came to a folk going left or right some thing was telling them to go left so they continued down the left hand path another fifteen minutes went by then they came across a device on a rock table. It had four sets of handprints on it Gemma went to have a look she put her hands in two of the prints her hands fit perfectly. "How weird they fit Cara you try it." She said as she removed her hands form the thing. "Are you sure its safe?" Cara asked nervously "I'm still here am I not?" Gemma replied with a smile, she spun around to prove her point "I guess." Cara went toward the device and put her hands in the prints just like Gemma did. Gemma walked forward and put her hands in the prints opposite the ones Cara's hands were in and standing opposite each other the air began to spark then with out warning a jolt of electricity went though the two girls they both screamed in pain. Then two symbols appeared in front of the two girls as they screamed the symbols were of ice and fire, fire in front of Cara and ice in front of Gemma the symbols then appeared on the girls fore heads and disappeared. As the symbols disappeared the electricity stopped and the girls fell to

the floor unconscious. When the girls came round the device was gone, "What happened to us?" Cara asked Gemma "Ouch don't know all I do know is that as soon as we both were touching that thing that we got electrocuted." Gemma said as she rubbed her head "Lets get out of here before something like that happens again." Cara said and she ran back to the opening of the cave "Hay wait for me." Gemma Shouted after Cara. They went back home after that and after making up a story as to were they've been they both went to bed.

2 - super powers

Their rooms were opposite each other's so they said good night and went to sleep. That night something happen, both the girls had a dream Cara's dream was about being in a volcano and Gemmas dream was about being in the north pole. When they both woke Cara's room was on fire and Gemmas was frozen in ice then the fire and ice disappeared. Both Gemma and Cara ran to their doors at the same time and when they got out of their rooms they banged into each other and fell over. "You'll never believe what just happened." They said together "What." They said together again then they laughed "So what happened to you Cara?" Gemma asked getting up and helping Cara to her feet, "I had this dream about being in a volcano and when I woke up my room was on fire then the fire just vanished." Cara told Gemma "That's funny I had something like that only with ice and the north pole." Said Gemma "Do you think it had some thing to do with that thing we found in the cave?" asked Cara "Donno might do. Any who lets get some breakfast." They went down stairs and got some breakfast. After breakfast they went to the park and hung around cara was looking at a dog playing while Gemma was climbing a tree, "Look over there Gemma that dog is so cute." As cara said this she swung her arm in an ark with her hand out flat and fire came out of her hand in an ark "I know you've told me that ten times now." Said Gemma. To get more grip on the tree Gemma put her hand out flat on the tree trunk and ran it up and down looking for holds but the tree froze in a block of ice Gemma slipped and fell out of the tree. She landed on her butt, "Gemma are you ok." Cara rushed over and helped Gemma to her feet then had a look for injuries "I'm fine just slipped on the ice." Gemma said rubbing her bum "What ice?" Asked Cara"The ice that came out of my hand and froze the tree." Gemma said "Funny when I waved my hand fire came out of it." Cara said with a puzzled look"Hang on I think that device gave us super powers. Oh my god that is so cool." Gemma said getting excited "Lets test that out we need a space were we can't be seen." Cara said "We could go to my base in the woods." Gemma offered "Is that the one you keep disappearing to?" Cara asked"Yeah, it's at the woods we found last month." Said Gemma guiltily "Lets go then." Said Cara she led the way to the woods. The woods were at the very edge of Felixstowe and it took them about an hour to get there. The woods had lots of trees and undergrowth when they got in the woods they came to a door with a lock Cara was puzzled but Gemma went towards it and took a key out of her pocket and unlocked the door. They entered Gemmas base and Cara was shocked to see a house in the tree and what looked like a pond on the ground, "Did you do all this?" Cara asked in awe "Yep with some help from my friends. This is were I disappear to once a month." Gemma said heading to the rope ladder up to the house Cara followed. The inside was great it had a bunk bed some cupboards, a table Gemma went and got some drinks from the cupboard. "This place is great Gemma why didn't you ever tell me about it?" Asked Cara "Because I didn't want to that why." Said Gemma in a voice of stone "Oh rightLets get this test over with and I'll forget I was ever here ok." Cara said hurt"No don't be like that I'm glad you know about this place and I am sorry ok." Gemma said her voice softened "I'm ok no need to say sorry so lets get this over with." Cara said giving Gemma a hug. They went outside and stood next to each other "Now what?" Cara asked "Eh think of fire and punch the air in the direction of that tree." Gemma shrugged Cara did just what Gemma said and a fire ball flew out of her fist and hit the tree and in a flash of light it bust in to flames, "Gemma put it out quick." Cara said urgently Gemma began to think of ice then she put her hand in front of her, palm out and a stream of ice came out and froze the tree. "Oh my god we have super powers." Gemma said happily