

SPORTS

SUMMIT HIGH

STORM "OWNS THE CITY" AFTER DESTROYING BEND 26-0



B

VOLUME 16, ISSUE 1

WHAT'S INSIDE



FANTASY FOOTBALL/FAIRUSE.COM

FANTASY FOOTBALL/B2

Much like March Madness, which is an NCAA basketball tournament where people try to fill out the perfect bracket, fantasy football sweeps up the sports world.

FACULTY MEMBERS RECALL THEIR GLORY DAYS/B3

Friday nights, flashing lights and big scores. They were the jocks and now they're our teachers. They made plays and changed names. From physics and statistics, to literature and society, they teach us things we are certain to remember.

ME, ME, ME/B4

"A new generation has emerged as a result of a technological boom: a generation of fame-obsessed trophy children, glued to their phones, and mothers watching their every move—oftentimes, from behind a screen. This cohort of adolescents has coined the title of the "Me Me Me Generation."

I'M A VEGAN/B6

The vegan lifestyle can be extremely healthy if it is a priority to make sure that all of the missing nutrients are somehow incorporated back into the diet.



COLLEGE LIFE/FAIRUSE.COM

BUYING INTO GREEK LIFE/B7

New college freshman wonder whether they should join the millions of students who call a sorority or fraternity their temporary home.

Cross country chases after regional legacy



Cross-country runners Tom Schoderbek, Nik Sjogren, Jett Ballantyne and Scott Kinkade race in the Mountain View XC Runoff in early September. The Storm dominated with the women's varsity team winning the race with a near perfect score of 19, junior varsity women claiming victory with a score of 20 and junior varsity men taking gold with a team score of only 23. The varsity men finished a close second behind Spokane's Central Valley, one of the top teams in the Northwest. PHOTO BY CHRISTOPHER SHUNK PHOTOGRAPHY

TOM SCHODERBEK
Sports Editor

It's 5 a.m., the morning lingers cool and crisp and the start of class looms a distant four hours away, but Scott Kinkade already begins to lace up his de rigueur Nike trainers.

The first miles of the day demand an early rise from Kinkade, but it's all in rigors of competing for one of the elite high school forces of the Northwest: our Storm cross-country squad.

We bear the belt for forging champions in every athletic division and crown our hallways with a veneer of trophies and state titles. In a crowd of champions cultivated on our home turf, our cross-country team carries the greatest legacy, yet lacks the same gestures of reverence provided to all of our other athletic teams.

The girls chase the chance to secure a ninth consecutive state championship; the boys, their sixth. However, for many of our runners, the season packs potential to extend beyond state as they attempt to enforce regional and national recognition of our Storm force.

Last season, our girls' team traveled beyond the Oregon borders to capture third at Nike Cross Regionals Northwest, a race featuring "the best state championship teams from all classifications of eight other northwestern states," said senior Scott Kinkade, a varsity XC racer. The boys stormed past the competition to claim the victory, demonstrating the fortitude of our athletic

programs and earning tickets to the top tier Nike Cross Nationals.

The victories are not painless prizes: defending the legacy of our illustrious cross-country dynasty requires deep commitment and an athletic asceticism. "I run twice a day everyday," said Kinkade. "I'm constantly icing and stretching in the training room and trying to fuel my body with the best foods possible in order to perform well."

Such diligence stems from historic roots in our cross-country community and is emerging in all of our athletic departments, earning us our reputation of athletic excellence.

While a collection of state championships falls into the Storm norm, cross country stands out with an unique culture of inclusion uncommon in high school athletics. A team with no cuts, no special equipment, no demand for adept athleticism, anyone and everyone belongs with the cross-country company.

"Summit definitely receives recognition for its great team, great coaches, great program," said Chad Ford, a recent junior transfer from South Eugene, who migrated east to join the running opportunity and legacy running rich in the veins of our school's program.

"Summit has a coaching style emphasizing the performance of every athlete over team hierarchy," said Ford, a crucial key to the success experienced throughout the 80+ athletes flying the cross-country colors.

CROSS COUNTRY/B3

"We definitely have a legacy to live up to. Our team has won the state championship for the last five years in a row and has competed at Nike Cross Nationals three of the last four years, so I think we have a huge motivation to live up to the team of the past."

SENIOR SCOTT KINKADE

New IMC challenges football team with the return of old opponents



PHOTO BY EMILY RICE

DAWSON RUHL
Staff Writer

It's back! The old Intermountain Conference (IMC) has turned back the clock to 2009 and competition soars between three new teams in our football conference this season.

Since we opened our doors in 2001, the football program has been a part of the IMC, which included the Storm,

Bend, Mountain View, Hermiston and Pendleton until 2009. Along with those teams, Hood River Valley was a part of the league between 2002 and 2005.

In 2006, Redmond joined the IMC to compete with us in the Special District I. The Redmond school then split to create the Ridgeview Ravens, who competed at the 4A level until joining the 5A Division IMC in 2014.

NEW IMC/B3

Talented freshmen take on challenges of varsity sports

MEGAN CORNETT
Staff Writer

It's rare, but it's special when athletes are given the opportunity to be part of a varsity team as freshmen. Not only does it mean they have the size, strength and technique to compete at the next level, but it means they are above and beyond in their sport.

Although it's sport specific, the average number of freshmen athletes on all varsity teams is one or two, if any.

This fall season is especially unique from years past with only one true varsity competitor out of all OSAA sanctioned teams combined.

Freshman Shea Campbell earned a spot on the girls' varsity soccer team along with Bailey Dickerson, who is a JV-varsity swinger.

Campbell has already seen a good amount of playing time, but emphasizes that she is just happy to have the opportunity to play.

"Playing on a varsity team is a lot different than teams I've played on because almost everyone is older than you, so you're not necessarily playing for yourself, you're playing up to their expectations," said Campbell. "Being on varsity is super fun, but sometimes it's a little scary."

Head soccer coach Jamie Brock says the number of freshmen she takes depends on the year and how many seniors graduated. Many factors come into play, but when Brock evaluates athletes, she looks to see if they have the "whole package" for soccer.

"As a freshmen you kind of have to be above and beyond," said Brock. "They have to be able to work well with the team, as well as have the size, speed, technique and awareness necessary at the varsity level. Not only that, but they have to be able to take a hit without getting completely destroyed."

FRESHMAN/VARSITY/B3

LOCAL ACTION:

Students, teachers take advantage of summer months

CAMERON DAVIS
Staff Writer

Dozens of lakes and mountains to hike, countless bike trails, a river that can now be surfed and one world-class bungee jump. These things can all be found within one hour from Bend, and are frequently taken advantage of by many students throughout the summer months.

Whether it's an easy hike to Tumalo Falls or a more difficult climb to Broken Top Crater Wilderness, there is something for anybody of any skill level around Central Oregon.

Senior Chris Pleasance took hiking to the extreme this summer. Pleasance backpacked Middle Sister with four of his friends in a two day journey that ended up being a 15 mile round trip. "We started at Pole Creek trailhead, and hiked seven miles to set up camp for the night at Camp Lake, between South and Middle Sister," said Pleasance.

The group woke up early the next morning to begin the hike to the summit. "There was no trail, it was very steep and rocky, and the last third was all sand and boulders, which made it even harder," said Pleasance, "We debated turning back several times, but once we summited and saw the view, it was all worth the effort," said Pleasance. "We turned around, went to take down camp, and ran to the car. Once we sat down and began to drive back to town, we realized how exhausted we were, but it was an awesome experience."

SUMMER ACTIVITIES/B2



Reese Marshall, Eli Zinner, Sam Singer and Chris Pleasance pose at the top of Middle Sister during a two day backpacking trip, totaling 15 miles. PHOTO BY CHRIS PLEASANCE

PREP SCOREBOARD

GIRLS SOCCER

Summit 4, North Medford 0
Anniston Ward (2), Maggi McElrath (1), Meghan Day; (1) Assists by Parker Campbell, Alexandra Walker, Gabbie Brocker

Summit 3, South Medford 1
No stats available

Summit 4, North Medford 0
Anniston Ward (2), Maggi McElrath (1), Meghan Day; (1) Assists by Parker Campbell, Alexandra Walker, Gabbie Brocker

Summit 2, Grant 2
Julia Hager (1), Maggi McElrath (1), Meghan Day (1); Assists by Meghan Day and Hailey Tobiason

Summit 8, Putnam 0
Meghan Day (1), Camille Weaver (2), Anniston Ward (1), Hailey Tobiason (1), Parker Campbell (1), Maggi McElrath; (1) Assists by Day (2)

Summit 5, Bend 2
Camille Weaver (2), Meghan Day, Maggi McElrath, Anniston Ward (1), Hailey Tobiason (one goal and one assist each)

Summit 11, Redmond 0
Lila Reinecke, Michaela Gorman, Anniston Ward (2), Meghan Day, Tara Tennis, Gabbie Brocker, Capra Williams, Olivia Treu (1), Julia Hager, Maggi McElrath; Parker Campbell, Hailey Tobiason, Ward, Tennis (1 assist)

Summit 5, Ridgeview 1
Meghan Day (1), Maggi McElrath (2), Michaela Gorman (2)

Summit 5, Mountain View 1
Anniston Ward (2), Michaela Gorman (1 goal, 2 assists), Maggi McElrath (1), Camille Weaver (1)

BOYS SOCCER

Summit 3, North Medford 2
Mack van der Velde (1), Cole Abbott (2); Assists by Ivan Kufeldt, Ragnar Schmidt, Jack Tyler

Summit 7, South Medford 1
Mack van der Velde (3), Kai Robinson (2), Quintin McCoy (1), Max Asevedo (1); Assists by van der Veld (2), Jack Tyler (2), Scott Bundy, Marcos Dos Santos, Ragnar Schmidt (1).

Summit 3, Sisters 0
Jack Tyler (1), Ragnar Schmidt (1), Kai Robinson (1).

Hood River 2, Summit 1
Mack van der Velde (1).

Summit 2, Bend 1

Cole Abbott (1), Nicholas Guyer (1)

Summit 8, Redmond 0
Ivan Kufeldt, Cole Abbott, Max Asevedo (2), Kai Robinson, Quilin Peters, (1) Florian Costa, Mack van der Velde (2 assists)

Summit 6, Ridgeview 0
Jack Tyler (2), Ben Brocker (2) Mack van der Velde (1 goal, 1 assist); Cole Abbott (2 assists), Mateo Fluhmann (1 assist)

Summit 6, Mountain View 0
Mack van der Velde (2 goals), Cole Abbott (1), Ivan Kufeldt (1 assist) Florian Costa (1) Ben Brocker (1) Quilin Peters (1 assist) Ragnar Schmidt (1)

GIRLS CROSS COUNTRY

Mountain View XC Runoff, First
Olivia Brooks, first; Hannah Tobiason, second; Taylor Vandenberg, third

Ash Creek XC Festival, Third Place
Hannah Tobiason, sixth, Emma Stevenson 16th

Northwest Classic, Lane, First
Hannah Tobiason, fourth; Taylor Vandenberg, ninth

Juniper Meet, First Place (23 points)
Olivia Brooks, first, Hannah Tobiason, fourth, Taylor Vandenberg, fifth

BOYS CROSS COUNTRY

Mountain View XC Runoff, Second
Scott Kinkade, third; Niklas Sjogren, fifth; Thomas Schoderbek, sixth.

Ash Creek XC Festival, First Place
Thomas Schoderbek, fifth, Scott Kinkade, sixth; Niklas Sjogren, fifth.

Northwest Classic, Fifth Place
Scott Kinkade, seventh; Niklas Sjogren, ninth.

Juniper Meet, First Place
Scott Kinkade, second; Niklas Sjogren, third; Sam Schoderbek, fifth

BOYS WATER POLO

Summit 18, Madras 3
Cole Sprando (5), Koal Robson (4), Kole Miller (3) Devin Swan, Carl Bohme, four saves each

Summit 18, Madras 3
Summit 9, Bend 7
Cole Sprando (2), Koal Robson (5), Kole Miller (1) Matt Barry (1).

GIRLS WATER POLO

Summit 9, South Eugene 5
Albany 13, Summit 7

Summit 13, Madras 3
Paige Miller (5), Jenna Wimmer (3), Sarah Brewer (1) Kelsey Norby (2), Gillian Fritz, four saves

Summit 8, Bend 3
Paige Miller (5), Jenna Wimmer (2), Maddie Coleman (2) Kelsey Norby (2), Gillian Fritz, five saves

VOLLEYBALL

Summit 3, Churchill 0
(25-19, 25-18, 27-15)
Hailey Smith, 12 kills; Lili Garcia, 14-of-16 serving with three aces.

Corvallis 3, Summit 2
(17-25, 25-21, 20-25, 15-5)
Hailey Smith, 21 kills with four aces; Jade Waskom, nine kills; McElle Kelley, 16-of-16 serving. Campbell, Alexandra Walker, Gabbie Brocker

Marist Catholic 3, Summit 1
(15-25, 25-17, 25-17, 25-23)
Ella Knowlton, 12 kills; Lili Garcia, 15 digs.

Sisters 3, Summit 2
(25-14, 23-25, 25-23, 21-25, 15-11)
Jade Waskom, 12 digs, Allison Taylor, 11 kills, five blocks, Ella Knowlton, 11 kills, Lily Garcia 19 sssists, one ace

Central Catholic Tournament Fourth Place Central Catholic
(25-18, 25-11) Central Christian (25-21, 25-15)

Summit 3, Ridgeview 1
(23-25, 25-15, 25-12, 25-21)
no stats available

Summit 3, Mountain View 1
(25-8, 18-8, 18-25, 25-22)
Jade Waskom, 36 digs; Kathryn Omizo, 10 kills, five aces, McElle Kelley, seven kills, four aces

Bend 3, Summit 0
(25-8, 25-22, 25-18)
McElle Kelly, seven kills, Ella Knowlton, six kills, Jade Waskom, 14 digs, Tatum Elshire, two aces.

Summit 3, Redmond 0
(25-7, 25-17, 25-0)
Aubrey Stewart, 14-for-14, four aces, Allison Taylor, eight kills, Jade Waskom, seven kills

Summit 3, Mountain View 0
(25-23, 25-22, 25-23)

FOOTBALL

CLACKAMAS 42, SUMMIT 14
Kyle Cornett, touchdown from John Bledsoe pass; Dawson Ruhl, touchdown

SUMMIT 35, ASHLAND 21
Dawson Ruhl 3 run (Ragnar Schmidt kick)
Ruhl 7 run (kick failed)
Ruhl 24 pass from John Bledsoe
Brayden Durfee 75 pass from Bledsoe
Ruhl 11 run (Schmidt kick) **SUMMIT 55, PENDLETON 17**
Scoring plays not available

SUMMIT 27, HERMISTON 14
Scoring plays not available

SUMMIT 29, MTN. VIEW 14
Dawson Ruhl 19 run (kick good)
John Bledsoe 24 run (Bend Graziani run)
Ruhl 10 pass from Bledsoe (kick good)
Ruhl 6 run (kick good)

SUMMIT 26, BEND 0
John Bledsoe 1 run (kick blocked)
Dawson Ruhl 5 run (run failed)
Ben Graziani 4 pass from Bledsoe (kick good)
Grant Leiphart 2 run (kick good)

Fans frenzy for fantasy football

CADE DOAN
Staff Writer

As summer ends, fall begins. The beginning of fall means football. And for many people, football season means fantasy football.

Fantasy football is a fun way to watch and follow the National Football League.

1. JOIN A LEAGUE: Once you receive an invite to a league, you create a team and wait for the draft. The invite to a league always comes from the league commissioner.

The league commissioner is the person who controls the league, adjusts the settings for the league, and invites each team. Once every team in the league joins, the league's commissioner sets a draft date.

2. DRAFT YOUR TEAM: The draft is where you pick players from NFL teams to play on your team. The team owners usually get together for the draft to make it more fun and interesting for everyone. The draft can be online.

The drafts usually last around two hours, but their lengths greatly depend on how many teams are in the league.

3. SET YOUR LINEUP: There are usually around 15

roster spots on a team. Each team consists of a starting quarterback, two starting running backs, two starting receivers, a starting tight end, a choice of another wide receiver or running back, a starting kicker and finally a team defense. The obvious goal is to win the league and talk some trash.

4. PLAY FOR SOMETHING: Some leagues have a buy in for each team, while others just play for bragging rights to their friends, family, and others in the league.

People of all ages play fantasy football as a fun supplement to watching professional football. Fantasy football can cause heartbreak to many owners if their team loses, especially if it's to one of their friends or family members.

League owners tend to have a favorite NFL team, which makes it hard for them to root for their fantasy players against that NFL team. This happens a lot if the players are in the same division.

Junior Ben Graziani, has an hard time rooting against his beloved San Diego Chargers, given that he grew up in San Diego. However, their lack of success gives him a reason to no longer root for them.

"I play because I love football

and it's a great way to enjoy the NFL," said Graziani, "This year, my best fantasy football player is Cam Newton." When it comes to rooting against his Chargers he said, "I always cheer for the Chargers even if they are playing against my fantasy players."

Many diehard NFL fans can't play fantasy football for that exact reason: they just can't root against their team. Injuries are a big factor in determining success.

If a star player gets injured, the fantasy team's year could get derailed and ruin their chances of winning. Obviously, overall health of players is more important. Some people have to have a team or else they wouldn't watch the NFL.

Much like March Madness, which is an NCAA basketball tournament where people try to fill out the perfect bracket, fantasy football sweeps up the sports world. The difference is that March Madness only lasts for about a month, as implied by the name.

The majority of the NFL games are played on Sunday, while there is also one game a week on Thursday and Monday nights.

It's always an ultimate goal to the end to win. The winner of his league

last year, junior Scotty Bundy, whose team name was "Dub City," loved the feeling of winning.

"It felt great to win the league. Experience is crucial in fantasy football so beating a tough opponent like Joe Hicks to win the trophy really made me feel that all the work I put in throughout the season paid off." Bundy was awarded a big trophy and a ring for winning his fantasy league.

He later proceeded to break the trophy and lose the ring. "Losing the trophy and my fantasy football ring was an unfortunate incident and really haunts me to this day. It was just an average day and unfortunately while I was admiring the trophy it just slipped out of my hands and broke."

The ring is still a mystery I'm trying to solve. My team last year was auto-drafted, but I still believe that it was fate for me to win and "DUB CITY" always was meant to be the fantasy football champion of 2015-2016."

What Bundy means by auto draft is he did not actually draft his team, the computer did it for him. Although, he did manage the team throughout the year.

People obsess over this phenomenon and some wonder if college fantasy football is going to rise. Many people hope so.

SUMMER ACTIVITIES

Continued from Page B1

"I hiked the Umpqua trail. It is a hike I try to do every summer," said senior Salma Parnell. "Even with all the hikes around us, the Umpqua trail has to be my favorite to do."

AP Language teacher Shannon Ables used her first full summer in Bend to explore Central Oregon's lakes via paddle board, bringing her two dogs, Norman and Oscar. "I went to Hosmer Lake on a Monday morning when there was no one else out there. It was just so peaceful and tranquil and was just such a great way to relax. It is so amazing that such a beautiful place is just half an hour away," said Ables.

You do not need to travel out to the lakes to be able to go for a ride on a paddleboard, however. "When I wanted to stay closer to town, I would just go down to Farewell Bend Park early in the morning with the dogs. It was a good way to get outside and take advantage of the beautiful Bend scenery. We would go down early so all we encountered would be one or two other paddlers," said Ables.

Senior Eric Wasserman spent many of his

summer days out on the biking trails. Wasserman has been biking for several years, but only this summer did he start trying new trails, and challenging himself. "I would go out the Phil's a lot, it is just so close to my house, and so easily accessible," said Wasserman. "Ben's and the Upper Whoops are my go-to trails, but there are so many out there that it's easy to just take off exploring and find some totally new trail I had never been to before."

Even with all the trails, many bikers develop favorites. "Tiddlywinks is easily my favorite trail I have ridden around town. It's such a cool mixture of ascending and descending, with good jumps and berms. I always look forward to riding it," said Wasserman.

Opening in 2015, the Bend Whitewater Park introduced a new water experience that Bend had never had before. Offering the ability to leisurely continue your river float past the Colorado bridge, or try your hand at surfing or kayaking, the park makes the river more accessible for everyone.

Senior Jack Hussman took advantage of the new waterpark over the summer months. "I have surfed in the ocean several times, and when I heard the wave was opening, I had to try it. I had some wetsuits and boogie boards, so I was ready

to start right away," said Hussman.

Hussman says that surfing at the whitewater park is a great way to hangout with friends as well as surf. "I usually go with the same guys, we have been surfing together since the park opened. It is really cool to have been going together for a year now, we have all gotten better together," said Hussman.

Central Oregon Bungee Adventures is a local bungee jumping organization based 30 minutes outside of Bend above the Crooked River Canyon. Opened in 2015, the 250-foot plunge is high enough to earn the title of tallest bungee jump in Oregon, and one of the tallest jumps in North America.

"When they stand you up against the ledge and are giving you the full run down, you try your best not to think about it, and not to look down," said senior Atticus Balyeat. "When you jump out and are staring at the ground 300 feet down, you forget that you have the bungee, and start to freak out." Balyeat says that the whole journey is totally worth it. "Once you start to swing back up, you realize how amazing the whole experience is. I would recommend it to anyone, as long as they are looking for the experience of a lifetime," said Balyeat.

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DON'T FORGET TO VOTE

Faculty share high school sports memories

JAKE REINKING
Staff Writer

Friday nights, flashing lights and big scores. They were the jocks and now they're our teachers. They made plays and changed names. From physics and statistics, to literature and society, they teach us things we are certain to remember.

A math teacher by day and a soccer player by night, Brandon Thompson and his foot skills haven't gone anywhere. As a student of South Medford High School, Thompson played all four years. As a senior in high school, he was named player of the year and selected as a member of first team all-state.

His career didn't end there. He pursued his soccer passion and found somewhere he could continue playing. "Don't ever stop playing," said Thompson, and college is where he could live that mantra through at the University of Redlands as a midfielder.

He played another four years and during his senior year he was named to the first team all conference, among some of the best players in the Pacific Northwest.

All throughout high school and college Thompson was a field general and he could not be stopped. So he asked himself, "why stop there?" Believing that, he still plays three days a week in the most competitive league in Bend where his team wins almost every season.

Not only is his personal career as an athlete impressive, he also coaches one of our extremely successful and hardware heavy teams, Summit High School's Junior Varsity soccer team.

A leader in the classroom of AP Statistics and geometry but also a leader out of the classroom and on the field.

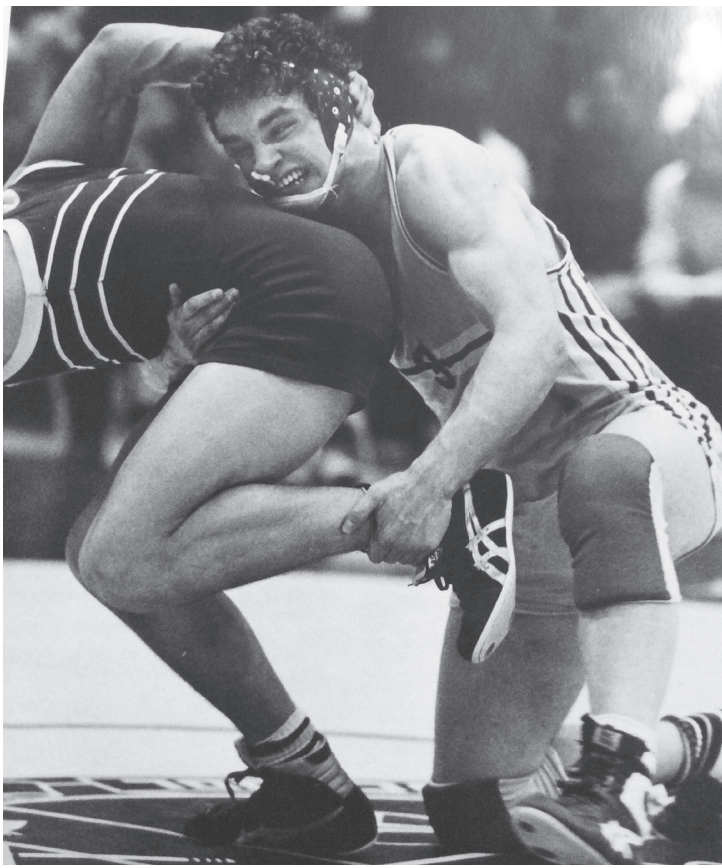
Thompson hopes to continue his career with soccer and play until he is sixty and teach until the day subdues him.

Grit, sweat and determination-wrestling is more than it seems. It teaches a sense of discipline and honor that Anatomy and Human Body Systems teacher, Jason Colquhoun, took from the mat and brought to teaching.

High school was the stomping grounds where Colquhoun found his love for something that was more than a game to him. Sophomore year, he decided to go out for the wrestling squad where he would go on to make varsity and continue to do so for the rest of high school at a whopping 168 pounds.

Junior year Thompson was state bound-practicing, competing and ultimately achieving his goal to make it. He competed and ended up finishing eighth in his first appearance on the big stage.

But, he wasn't satisfied with that finish. Countless hours, early mornings in the



Grit, sweat and determination-wrestling is more than it seems. It teaches a sense of discipline and honor that Anatomy and Human Body Systems teacher, Jason Colquhoun, took from the mat and brought to teaching. High school was the stomping grounds where Colquhoun found his love for something that was more than a game to him. Sophomore year, he decided to go out for the wrestling squad where he would go on to make varsity and continue to do so for the rest of high school at a whopping 168 pounds.

PHOTO COURTESY OF JASON COLQUHOUN

gym, blood, sweat, tears, he was ready for his final season. To end it with a bang. Bigger, quicker and stronger, Colquhoun had a goal, to make it to state and finish better than eighth.

Round after round he survived and made it to the semifinals. Losing that match put him in contention for a podium spot and unfortunately he couldn't come out victorious, finishing fourth. Just one spot away from bronze. But the work had paid off, finishing better than the year before and most importantly being seen and receiving college interest.

After receiving an offer from Pacific University, an NAIA collegiate wrestling school, he was off for a new journey and a new level of wrestling.

At 167 pounds, Colquhoun was in his prime. Wrestling on varsity all four years but placing in nationals senior year and finishing fifth where he learned one ultimate lesson that he carries with him everywhere, "defense is nothing more than intense pride and super aggressive drive".

Bringing this pride and drive with him from the mat to the classroom is what separates him from the rest and makes him a teacher for all.

Once a three sport athlete, now a three class teacher, Kristy Knoll is truly the whole package.

Knoll lettered all four years in track where she went to state three of her four years for high jump. And to top off her

extremely successful high school career, she was named the most athletic female in her senior class.

This title and season led to her receiving a small academic and an athletic scholarship to high jump at Western Oregon.

Despite the lack of a jam-packed schedule like in high school, Knoll's interests became intramurals where she played volleyball, softball and her favorite: basketball.

She carried this love for the games with her through college, staying involved in city leagues and ultimately winning a co-Ed Sisters city league volleyball championship.

This drive and commitment helps her lead her class and her daughter's third grade basketball and t-ball teams outside of the classroom.

Every skill in sports can be applied to everyday life. Keeping cool under pressure, hard work and commitment is why she is still actively invested in athletics, applying the skills on the court to the classroom, her daughters and her students.

In the summer you can see Knoll playing kickball and indoor soccer, constantly staying involved in sports and taking these traits to the classroom and staying fit.

Throughout high school, our leaders in the classroom teach us life lessons that they once learned on the fields, courts, mats that they now apply to teaching and everyday life that we will keep with us for the rest of our lives.

COLLEGE LIFE/FAIRUSE.COM

NEW IMC

Continued from Page B1

Prior to the 2009 season, the IMC split. Hermiston, Pendleton and Hood River Valley joined the Columbia River Conference and left us in the IMC with Bend, Mountain View, Redmond and the soon to come Ridgeview Ravens. This split occurred only to reunite all of these teams in one conference to kick off the 2016 season.

Stepping up the competition in the IMC are Hermiston and Ridgeview, who both won state championships in the last two years. Hermiston beat Silverton in the class 5A State Championship Game in 2014, 34-12, and looks to compete against the Storm in a battle for the IMC title.

Ridgeview, which defeated Cottage Grove 50-31 in the 4A State Championship game in 2013, now competes at the 5A level where they will also compete against the Storm for the league title.

"The bigger league adds a ton more competition for us," said fifth year head coach Joe Padilla. "Hermiston were State Champs in 2014 and they will bring a good battle to us. So will Bend High, who is starting the season off strong. It will be good to see how the boys step up their game now that each and every game matters for the rest of the season."

Not only is the competition stepping up, but so are the distances that the Storm will have to travel for games this year. With Hermiston, Pendleton, Hood River Valley and an out-of-league Clackamas game in the mix this year, the Storm will have to travel over 540 miles this season.

"The biggest negative of the Special District I is the travel time," said Padilla. "Getting home at one or two the next morning can be tough for teenagers. The situation is much worse for freshman and JV players because on top of getting home late, they have to go to school the next day. This creates problems for varsity as well due to the fact that JV swimmers may miss a class the next day, making them ineligible to play on Friday nights."

"It is a disadvantage for us to travel because we are tired when we get there and also the other team has home field advantage" said varsity quarterback John Bledsoe.

Bledsoe also claims that there are positives to the Special District I. "The advantage for the new league is that there will be more league games, which gives more accurate rankings going into playoffs," said Bledsoe.

This season, four teams out of the IMC will be able to compete in the 5A playoffs instead of just two like the years before.

"No matter what week it is and no matter who we are playing. If we want to win the league title, we have to win every game," said Padilla.

CROSS COUNTRY

Continued from Page B1

For all the power and potential concentrated in our cross-country community, the team receives a diluted dose of school recognition. "It's hard to recognize every team and club, especially since all of ours are so successful," said Kinkade, "but cross country is not even included on the school calendar, something entitled to all other sports."

Senior Autumn Layden agrees cross country often lacks the recognition provided to other departments. "Summit is so well-known in the xc world," said Layden, "but I don't think the general school population realizes how incredible it is that we sent nine athletes to nationals last year." While cross-country meets never generate as much hype as more traditional sports, such as soccer and volleyball, the school will host pep rallies for football but fail to even acknowledge upcoming xc races.

While the home crowd is slow to recognize the power pulsing through the cross-country team, other teams are placing our runners in their crosshairs. Our xc racers face fierce opposition from rising forces like Spokane's Central Valley Bears, which invested in the trek south to challenge our crew in the early season.

Riding the rails of perhaps the most challenging season confronted by our xc squad, the team focuses on maintaining the running legacy of dominance. Inspired by a history of victories, our boys and girls engage in an opportunity to establish a new era in Storm athletics. A nascent era of regional and national supremacy.

FRESHMEN/VARSITY

Continued from Page B1

Individual sports are a little different, too. Although there are no freshmen on either the boys or girls cross country teams, many freshmen have had success in the past. Current senior Olivia Brooks placed second in the state her freshman year and has continued leading the girls cross country team since.

Brooks proves that size and strength doesn't necessarily matter for individual sports; it's more about talent and work ethic.

While girls can compete with the size and strength of upperclassmen, guys develop later, making it more difficult to contend. Head football coach Joe Padilla has never had freshmen on varsity, other than few exceptions where he has brought up players for the end of the season and playoffs.

"For the most part, freshmen coming in just aren't ready," said Padilla. "Size, strength, speed of the game, physicality of the game; it's just a huge jump from a middle school experience to a varsity football experience."

It's very difficult for 14-year-old freshmen to compete against 18-year-old seniors who are not only physically stronger, but have more experience.

But this doesn't mean it's impossible. Current senior Kyle Cornett was one of the few exceptions of football players who got the opportunity to play varsity as a freshman.

"It means a lot to me that I got to play varsity minutes my freshman year," said Cornett. "It just means the coaches believed in me at that age and knew I could handle the pressure and physicality of football," said Cornett.

When looking at the number of freshmen on varsity



Freshman Shea Campbell plays centerback on the varsity soccer team. Campbell is one of the few freshmen to secure a place on a varsity squad. EMILY RICE PHOTO

teams, it's important to realize that the number of freshmen on varsity teams is school specific. There have been scenarios where athletes choose the high school they will attend based on whether or not they can make varsity. Because our sports teams have had so much success in the past, it makes it more challenging for anyone to make varsity, not just freshmen.

"For Summit as a whole, I don't think it even has to do with freshmen. It's just that our athletes have talent," said Brock.

With a great amount of athletic success in the past, the playing field gets more competitive. For freshmen to make varsity, it's rare, but it's not impossible.



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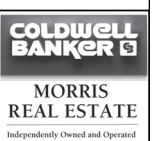
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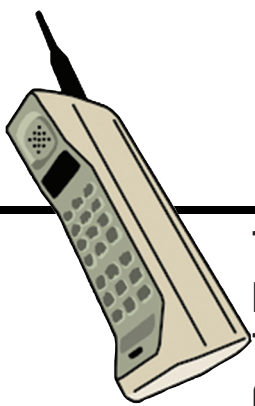
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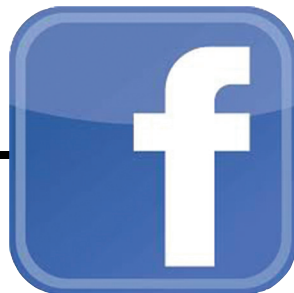


THE ME ME ME



1973

THE CELL PHONE BEGAN ITS GLOBAL DOMINATION ON APRIL 3, 1973. OVER TIME THIS DELICACY BECAME AN INTERNATIONAL COMMODITY, DOMINATING COMMUNICATION AROUND THE WORLD.



2004

MARK ZUCKERBERG AND FELLOW HARVARD UNIVERSITY STUDENTS CREATED, WHAT IS NOW KNOWN AS, THE BEGINNING OF A SOCIAL MEDIA ERA. AT THE TIME, COLLEGE STUDENTS WERE UNAWARE THAT THEIR SCHOOL PROJECT WOULD SOON BECOME THE LARGEST SOCIAL MEDIA PLATFORM IN THE WORLD.

C. EPPLÉ, J. JONES
Features Editors

A new generation has emerged as a result of a technological boom: a generation of fame-obsessed trophy children, glued to their phones, and mothers watching their every move—oftentimes, from behind a screen. This cohort of adolescents has coined the title of the, “Me Me Me Generation.”

According to The Huffington post, in the Millenials generation, three times more girls in middle school today want to be a personal assistant to someone famous rather than a senator, and four times as many would rather be the personal assistant than a CEO in a large company. What does this really mean? For today’s generation, the idea of meaningful work is changing and the impact of social media and reality television is revising young girls’ perception of job importance.

“I would definitely rather be a personal assistant to a famous person, because I would meet so many more people and get to try so many more new things, also I see so much more about doing this type of job than being a senator,” said freshman Spencer Hurley.

According to Time’s Magazine article, Me Me Me Generation, 40 percent of Millennials believe they should be promoted every two years despite work performance. They feel entitled to this promotion not because of the work they have put in, but rather the amount of time. Millennials are proven to be more reliant than ever and incapable of providing themselves with basic survival necessities. In fact, more people ages 18-21 live with their parents than on their own, (Time Magazine).

How did Millennials become these statistics? Although a good portion of the blame can be put on Millennials, it is not entirely their fault. Every human is born into a certain environment, and that environment is what shapes them into the person they become. Parents, community; every surrounding they have ever encountered cultivated them to be what they are now. So when grandparents point fingers in disapproval, they should really be tracing that finger back to where it all began.

Children of the 60s and 70s gallivanted around town on their bikes until their mom called out the window that it was time for dinner. There was no “Find My Friends” app on their rose-gold iPhone 6s, updating parents every time their child made a move.

Today parents are so afraid of all the “what ifs” that the thought of ever letting their children learn for themselves is practically unbearable. Despite how the world has changed, letting children learn how to fend for themselves when they are young may be more beneficial than coddling them throughout their childhood. There is a fine line between protecting, and controlling.

This is how it all began. This is when the last place team started receiving participation trophies, and parents started posting on Facebook about their children’s success in kindergarten. In the moment, parents felt like they were doing their “little angels” a favor, but in reality, the helicopter mom is only allowing her child to manifest into another descendant of the Me Me Me Generation.

Just to make matters worse, the early 2000’s were the beginning of the global domination of social media, and who was on the receiving end of this time altering event? The Millennials. Everything they do everyone already knows about through social media. According to Time Magazine’s article, Me Me Me Generation, teens, on average, receive and send at least 88 texts a day. Every discussion or thought, picture or post, can be found on their precious iPhone.

“I would say I receive about 500 texts a day with all the group texts I’m in, and I probably spend upwards of 2 hours on social media every day,” said junior Scotty Bundy.

This is also a main cause of the recent influx of

narcissism. People don’t share what they are ashamed of on Instagram or Twitter, they share what they are most proud of, creating a feed of perfect pictures that say, “I have no flaws.”

“I post about the cool and adventurous things I do, like going on hikes with friends and photographs I collect along the way, the places I travel or just something meaningful to me,” said senior Alex Bailey.

Not only has social media lead to self-admiration, it has also lead to the globalization of western culture. Millennials around the world are more similar as a whole than to any other generation within their nation. China, a country known for its importance in family kin, has been overtaken by the internet, resulting in Chinese Millennials as self-obsessed and overconfident as the rest of the world.

In comparison, some people from previous generations have not allowed the technology phenomenon alter their lives. Forty-five-year-old Jason Colquhoun has never owned a phone and does not plan on doing so. “The only person I need to contact is my wife and she doesn’t have a phone either, so it works out,” said Colquhoun. “I just have less of a distraction attached to me then the rest of the world, and I get to focus on living in the moment.”

Although elders speak of the Millennials with a sigh, the generations most notable attributes often go unnoticed. They are the most self-aware, politically confident, and some say the smartest generation the world has ever seen. The Huffington post calls them, “optimists.”

They are also the most politically involved generation. The frequent stereotype that younger voters don’t contribute their beliefs to better the nation has been abolished by Millennials.

According to NBC News, the turnout gap of voters under and over 30 was the smallest the United States has ever seen since people ages 18-20 were given the right to vote in 1972. Out of these voters, 66 percent of Millennials voted for Obama proving themselves to be the largest group of Obama’s supporters.

Junior Lulu Mastrangelo receives updates on her phone every hour about current political events, from sources such as CNN, The New York Times, Washington Post, The Wall Street Journal and Fox News. Mastrangelo also claims that she is an avid Obama supporter because of how he implements liberal beliefs as well as how he has impacted healthcare and social security. “Politics are so important because it’s the outline of our world, it’s the base line for everything that involves our country as well as the entire world,” said Mastrangelo.

In the United States, Millennials are also the most ethnically and racially diverse group. According to NBC News, 43 percent of our nation are of a different ethnicity than white. Millennials are pushing limits and the world has no idea how to respond. Social media has created a generation of optimists, and has encouraged the world to be socially liberal.

Counter to some claims, Me Me Me isn’t all about “me.” Today’s youth have actually shown identical characteristics as their parenting generation, being no more self centered and just as happy.

“Kids today are like they were 30 years ago- they’re trying to find their place in this world, they’re trying to carve out an identity, and it can be difficult,” said Donnellan. With each Generation comes a new identity, making their mark on the world around them, just as previous generations had done before.

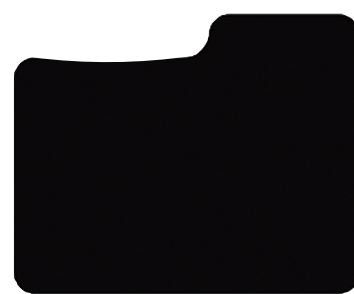
Every time a new generation enters the world, people will write, talk, tweet, and debate over the pros and cons this age group has introduced to the world.

Despite this, each new generation is fresh: something the world has never seen before, because they literally are just that.

It is not statistics that make up a generation, but rather how they react to them.



44% OF MILLENNIALS RELY ON MEDIA OR INTERNET FOR PERSONAL AND FINANCIAL GUIDANCE AND ADVICE.



MILLENNIALS ARE AGAINST BENEFIT INFO. ONLY 40% OF MILLENNIALS THINK BENEFIT INFORMATION IS USEFUL, AND OFTEN TURN TO FRIENDS OF FAMILY FOR BENEFIT ADVICE.

WHAT YOU SAID...

(ON A POLL OF 437 SUMMIT HIGH SCHOOL STUDENTS)

16.9%

SEND MORE THAN 100 TEXTS A DAY

38.4%

OF PEOPLE SEND 10-50 TEXTS A DAY

59.1%

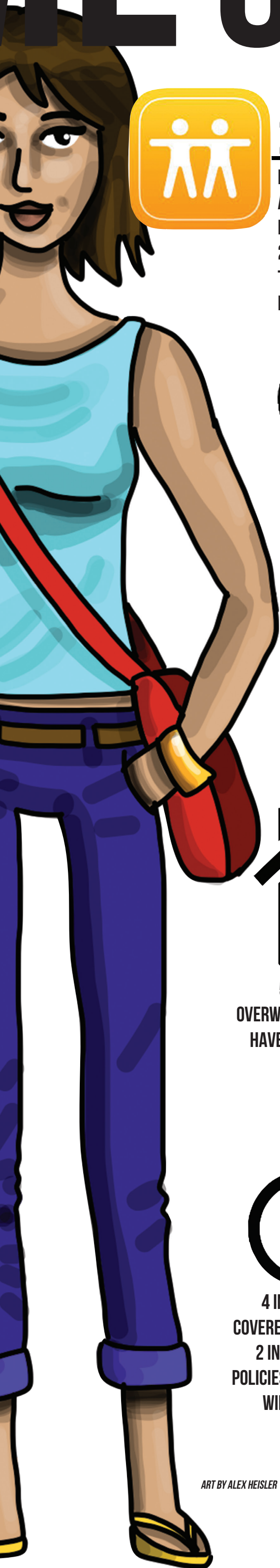
SPEND THE MOST TIME ON SNAPCHAT

11.8%

OF PEOPLE PAY FOR THEIR OWN CAR

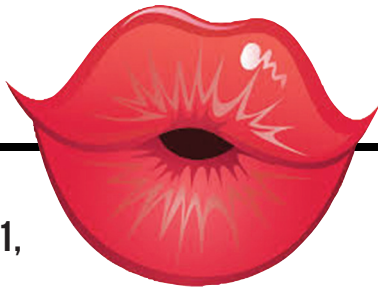


ME GENERATION



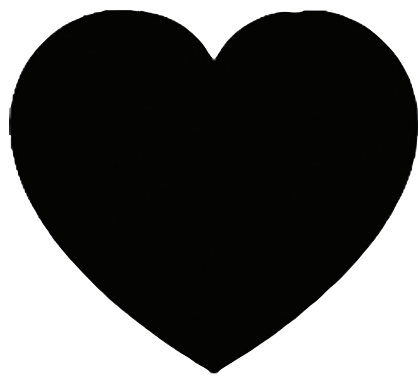
2011

FIND MY FRIENDS, IOS DEVELOPMENT OF APPLE INC. WAS INVENTED OCTOBER 12, 2011, HOWEVER WAS NOT MADE POPULAR UNTIL 2016. THE APPLICATION ALLOWS PEOPLE TO TRACK THEIR FRIENDS AND VIEW THEIR EXACT LOCATION AT ALL TIMES.



2013

NAMED 2013'S WORD OF THE YEAR BY OXFORD DICTIONARY, "SELFIE," REVOLUTIONIZED THE WORLDS IDEA OF THE FRONT FACING CAMERA. WETHER YOU POSTED YOUR CUTEST PICTURE ON INSTAGRAM OR SENT IT TO YOUR BEST FRIEND ON SNAPCHAT, ALL YOU COULD HOPE FOR IS A POSITIVE RESPONSE.



60% OF THE MILLENNIALS GROUP BENEFITS AS THE SECOND MOST IMPORTANT FACTOR IN DETERMINING JOB SATISFACTION.

"ALTHOUGH TECHNOLOGY HAS ALLOWED OUR GENERATION TO ACCOMPLISH THE UNFATHOMABLE, IT HAS HAD A NEGATIVE EFFECT ON TEENAGERS LIVES. IT IS A CONSTANT DISTRACTION."
JUNIOR MACY BRUNDAGE



52% OF MILLENNIALS HAVE OVERWHELMING STUDENT LOANS. 52% HAVE TO PAY MORTGAGE AND 45% ARE IN DEBT.

"SOMETIMES I FIND MYSELF HAVING MORE CONVERSATION OVER MY PHONE THAN I DO FACE TO FACE. I RELY ON MY PHONE FOR ALMOST EVERYTHING. ITS HARD TO MAKE PLANS OR GET IN TOUCH WITH OTHERS IF I DONT HAVE IT BY MY SIDE."
FRESHMAN KIRBY WACHS



4 IN 10 MILLENNIALS ARE COVERED WITH LIFE INSURANCE. 2 IN 10 HAVE INDIVIDUAL POLICIES. ONLY 9% HAVE A LAST WILL AND TESTAMENT.

ART BY ALEX HEISLER

43.3%

PAY FOR THEIR OWN FOOD

30.6%

PAY FOR THEIR OWN GAS

35.8%

WOULD BE A PROFESSIONAL ATHLETE

35%

WOULD BE A SENATOR



HELLO

I'm Vegan

M. JURRA, C. MATHEWS
Staff Writers

Despite its recent popularity, veganism has been practiced for centuries, its roots reaching as far back as 500 B.C.E. Buddha was one of the first to promote this plant based diet, encouraging his followers to embrace this type of lifestyle.

"My family became vegan because of the major environmental impact that agriculture has, the inhumane way that animals are treated and the health benefits it has," said senior Bri Hladysch.

Along with not consuming meat, vegans choose to avoid using any animal products. This includes eggs, dairy, honey, leather, fur, silk, wool and cosmetics and soaps that are tested on animals or contain animal products. The health benefits that accompany veganism are numerous, but most who live the lifestyle are motivated by the ethical reasons.

When it comes to ethical veganism a lot is left unsaid. Meat and dairy industries contribute to the core problem of animal mistreatment by keeping consumers uninformed about what is happening on their farms.

The release of "Food, Inc." - a documentary that focuses around the large amount of control exerted by corporations on the food market with a distinct exposure of the animal cruelty associated with it - in 2009 has caused consumers to question how their food and other animal related products are produced; images of male chicks being murdered in the masses because of their inability to produce eggs, calves being ripped from their mothers the day after their births in order to produce the most possible milk, have lead people to stop supporting these industries.

Many ethical vegans believe your

dollar is your vote. For them it is impossible to justify funding the mistreatment of animals due to the responsibility as humans to not take advantage of another species; subjecting innocent and helpless animals to the cruelty of man is not something that vegan support.

They believe both animals and humans understand what it's like to suffer and that it is the job of humans to not cause unnecessary pain.

Ethical vegans often believe the widespread popularity of dietary veganism is both a blessing and a curse.

It has caused a large increase in new alternatives to dairy and meat products but has also taken away from what it truly means. They believe veganism should be motivated by compassion and anger towards the exploitation of animals, not to achieve a slim figure or follow a trend.

The controversy that surrounds veganism is often due to lack of education or exposure. Many people are uncomfortable with the idea because the majority of cultures believe that daily intake of animal products, such as having meat with each meal and a glass of milk every morning, is necessary to be healthy. But vegans would greatly disagree.

"It is easier to have a healthy balanced diet than you would think," said junior Hailey Calkins. "I have strong beliefs as far as animal rights, but I also do it for health reasons because it makes me feel better. I don't ever feel bloated or heavy after I eat because being vegan is so easy on my stomach."

Ethics aside, some choose the lifestyle for dietary reasons. Often times, people with dietary restrictions decide to go vegan. The diet consists of fruits, vegetables, leafy greens, whole grains, nuts, seeds and legumes.

"Being vegan has changed my lifestyle mainly because of how my body has changed. I have more energy now and I feel lighter. Also, it is a healthier choice as you are eating purely organic, natural foods," said senior Bri Hladysch.

Vegan food is free of cholesterol and low in saturated fats. Because of this, eating vegan reduces the risk of heart disease and cancer. Veganism is recommended by nutritionists and physicians because plant based products are easy for the body to absorb and they don't contain artery-clogging fats.

However, this lifestyle lacks important nutrients that the body needs in order to be healthy.

Vitamin B12 is only found naturally in animal products so it is necessary for vegans to eat a variety of B12 fortified foods as well as a B12 supplement. Some of this supplementing foods include fortified breakfast cereals, nutritional yeasts and plant-based milk.

Vitamin-D is also missing from the vegan diet, therefore vegans must be sure to spend time in the sun or drink plenty of vitamin-D fortified soy or rice milk and juice. Calcium-fortified soymilk and orange juice is also crucial in order for vegans to get enough calcium. Eating dark-green vegetables and tofu made with calcium sulfate can also be a good way to compensate for the lack of calcium in the vegan diet.

"I am going to continue my veganism throughout adulthood, as it keeps me feeling healthy," said Calkins.

No matter the reason for adopting the lifestyle, veganism is growing through mass exposure on social media. Even if this spike of partakers diminishes with time, the grounding principles of veganism will remain the same: consuming foods and products that are healthy and just, for animals and humans, alike.

Q & A

WITH JUNIOR HAILEY CALKINS

Q WHY DID YOU CHOOSE TO BECOME VEGAN?

A Being vegan plays a very important role in my life. It means being world friendly and thinking about humanity as well as animals. Along with that is basically means maintaining a healthy lifestyle. It's a way to keep consistency in my life, while also feeling a sense of control of what is actually going into my body.

Q WHEN DID YOU START BEING VEGAN?

A Well I had been vegetarian for a while and then it was my new year's resolution to become vegan. The transition was not as hard as I thought it would be, considering I was vegetarian before, although the hardest aspect of it so far has been seeing my family eat meat everyday. I live in a house full of carnivores where they eat meat and dairy for every meal, but after a while I learned to ignore it and I also became very good at making meals for myself.

Q HOW DOES IT IMPACT THE WAY YOU FEEL?

A I have definitely noticed a change in the way I have been feeling. I have a lot more energy and I don't feel weighed down. This has made my everyday life a lot easier. I also have noticed a change in my skin, and with in my body I almost feel cleaner and lighter. Right when I decided to become vegan, my skin began to clear up a lot because dairy does clog your pores and being vegan eliminates this factor.

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BUYING INTO GREEK LIFE: IS IT WORTH IT?

MCHELLE KELLEY
Staff Writer

With the fall semester upon us, new college freshman may be wondering whether they should join the millions of students who call a sorority or fraternity their home.

According to the Fraternity Advisor, over nine million students belong to a fraternity or sorority. Best known for their philanthropy, these Greek organizations across the nation raise over 7 million dollars each year for various charities.

The first fraternity, Phi Beta Kappa, was founded in 1776. Both fraternities and sororities were established to further the social, scholastic and professional interests of their members. According to Prep Scholar, all Greek houses were originally called fraternities until 1882, when the Gamma Phi Beta women at Syracuse University decided to differ themselves from the opposite gender.

Rushing, the process of choosing your fraternity or sorority, normally occurs at the beginning of the fall or spring semester and lasts about a week. Students will meet the members of many sororities or fraternities and decide whether or not they would like to pledge. At the end of the pledge period the new members become officially initiated.

Greek life is a common part of campus life, so whether you like the stories you hear or find them unappealing, it's important to be aware of Greek life. Knowing the positives and negatives, and how it's likely to play into your future, is important before committing your college career to the Greek life.

For some, Greek life just cannot fit in the busy college schedule. "My older brother Patrick Leiphart [former student] decided to drop out of the fraternity, Sigma Nu, that he joined freshmen year because of how big of a commitment it was," said senior Grant Leiphart. "All the events, fundraisers and outings were too stressful with the workload of college, and he realized it wasn't worth it to sacrifice."

Despite the schedule overload, many advantages can come from joining fraternities and sororities. For some, it is the entirety for their social life, with 50-80 percent of students involved in fraternities or sororities, according to TheBestSchools.org. However, the expenses can exceed some student's college budgets.

On average, students pay around \$4000 per semester, for tuition and then going Greek increases college expenses by as much as 25 percent according to TheBestSchools.org.

"The biggest con of deciding to rush for me is the cost. It is very expensive and I would need to be fully committed to be in a sorority before making the decision to pay that much. Another con would be that I sometimes like to have my own space, which could be hard to adjust if I would be being around so many girls all the time," said senior Monica Hackenbruck.

On the other hand, the Greek life cultivates young leaders by giving students a social identity in which they develop social skills. The members will not only develop these skills, but contribute to the organization by serving in leadership roles. The contemplation of whether to join Greek life during your college career is a major decision.

"I don't necessarily know if the sorority life is for me," said Hackenbruck, but from what her sister, former student Darien Hackenbruck has experienced, it has made rush become more appealing.

Greek commitments can also cut into students time. Former student and current member of University of Oregon's Alpha Phi, Megan Buzzas, said, "I decided to rush since I wasn't playing sports or anything in college so I just wanted to be involved and be apart of something through the University, said Buzzas, "My favorite part about being in a sorority is the friends I have met and have gotten to know really well and my least favorite part is how big of a commitment it is, while also trying to focus on my rigorous school work".

Many stereotypes about rush have to do with the "Animal House" image of frats or the "Southern Belle" reputation of sororities. However, the Greek organizations also contribute the college community. They host academic speakers, engage in a large amount of service, raise money for local and national causes and enroll many campus leaders and athletes as members.

"I didn't really know what to expect going into rush, but I didn't feel like it was super competitive. It's nerve wracking talking to a bunch of older and experienced girls, while having to make small talk because I feel like there's a lot of pressure to make a good first impression," said Buzzas.

There comes commitment in the Greek life and students must manage their time in order to meet the expectations and requirements. "One of the main requirements to stay in Alpha Phi is grades. You have to have a certain grade point average to stay apart of it. You also have to fulfill volunteer requirements for each term and attend a certain amount of philanthropies at other houses. I am very happy with my decision to rush and join a sorority despite the overwhelming amount of events, it has been a really good experience," said Buzzas.

For most, college is the first time students are given the opportunity to create the world they want to live in—on their own. With any decision there are pros and cons but that in itself is the fun of the whole process. Whether it be a sorority or fraternity, a sports team, the orchestra or the dance team, college is exactly what you make of it.

SORORITY GIRLS HAVE A HIGHER RATE OF ALCOHOL ABUSE:

Outside the Greek system, 40.9% of college females admit to abusing alcohol, whereas sorority girls drink heavily at a rate of 62.4%.



COLLEGE LIFE/FAIRUSE.COM

1ST female senator was Greek	85%	9 MIL
71% of Greeks graduate versus 50% of non-Greeks	of executives at Fortune 500 companies called fraternities or sororities home during college	million Greek members reside nationally

25% of colleges in two recently researched states have had to outright bar participants from imbibing to keep them academically on track. Research consistently shows that Greek life involvement leads to a heightened risk of alcohol and drug abuse

82% of hazing-induced deaths these have come as a result of binge drinking. Since 1975, there has been at least one hazing-induced death per year across college campuses in America	76% of all congressmen and senators belong to a fraternity
	40 of 47 U.S. Supreme Court justices since 1910 were involved in a fraternity

85% of the student leaders on some 730 campuses are involved in the Greek community	123 different fraternities and sororities are established throughout America	71% of those listed in "Who's Who in America" belong to a fraternity	850,000 hours are volunteered by Greeks annually	7,790 undergraduate students are affiliated in fraternities and sororities based on spring 2016 counts
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GAY AND BISEXUAL GREEKS ARE HAPPIER THAN ONE WOULD THINK:

64% percent of gay fraternity members report high degrees of satisfaction with their experiences, as do 56% of lesbians — definitely a break from the stereotypes painting Greek life as a bastion of heteronormativity and intolerance alike.

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FALL SPORTS TEAMS WORK TO REPEAT CHAMPIONSHIPS

BOYS SOCCER (4-0 IMC, 9-1 OVERALL)

Coach Ron Kidder begins his 11th season strong with eight all-league players returning. Last year, the boys' team led an 8-6-3 overall. 5-2-1 IMC (second), but lost in the state quarterfinals.

"It seems every year, even when we haven't been extremely talented, the boys always have a huge amount of optimism when their record is 0-0-0," said Kidder. "This year is no different and they have the talent to dream big."

Senior captains Mack van der Velde, Flo Costa, and Casey Weaver are looking forward to a promising season.

"Since we only lost two seniors, nothing has really changed," said Weaver. "We have more players with playoff experience who are hungry for a state title this year."

GIRLS SOCCER (4-0 IMC, 8-0-1 OVERALL)

Coach Jamie Brock begins her 12th season after last year's team ending 17-0-1 overall, 8-0 IMC (first), and winning the state championship.

Returning all-conference players are Camille Weaver, Meghan Day and Anniston Ward. Megan Cornett, who has committed to Portland State, and Alexandra Walker are out with knee injuries.

"Knowing that we have four (state championships) for us and six for the program is what motivates us to train super hard," said senior Camille Weaver.

"The team is definitely a lot different from last year, but that was expected after losing eight seniors," said Day, "I hope to continue to see a fun, hard-working team that is willing to give it everything we have to make it back to the state championship."

CROSS COUNTRY

Under the guidance of Varsity Cross Country Coach Carol McLatchie, the boys and girls won the 2015 NW Regional championships and state championships for the fifth consecutive year. Seniors Tom Schoderbek (sixth at state), Scott Kinkade (eighth at state) and junior Jett Ballantyne (ninth) hope to earn the program's sixth straight state title.

"We lost three of our varsity teammates to graduation last year, so there's a few spots to fill, but we had a great JV team last year and some hard workers are stepping up," said Kinkade, one of the captains. "We also have a transfer from South Eugene High School, Chad Ford, who has some great talent. I think the team as a whole is closer- last year we were all good friends, but this year we're even more connected. Our focus is more on the end of the season than the mid-season meets, so I'm really excited to see what we can do."

Captains Autumn Layden, Sarah Reeves, Bri Absalon and Allison Timms are all hoping for an equally rewarding season. Senior captain Olivia Brooks is aiming for a third individual girls' championship for the new season.

"We have pretty much the same group, because we didn't have any seniors graduate last year, which is exciting," said Brooks. "Since we are returning with such a strong team, I think our chances at another state championship, our 9th straight, are very good. I am excited to see how we compete as a team at the meets beyond state. I would absolutely love to see the team qualify for nationals, which would mean finishing in the top two at regionals. I think this group of girls is capable, but getting it done is going to take an immense amount of effort from everyone."

FOOTBALL (4-0 SDI, 5-1 OVERALL)

Coach Joe Padilla ended his fourth season with the football program's first state championship, finishing 12-1 overall and first in the IMC. Returning players include seniors quarterback John Bledsoe, running back/safety Dawson Ruhl, and tight end/linebacker Grant Tobias, who are all captains.

"I think it's more about them wanting to make their own mark," said Padilla. "Each kid out there wants to do the best they can, for themselves and also for the team, and then kind of see what happens. It's a good quality of our group right now. The advantage the 2015-16 seniors had was that a lot of them had already been playing varsity. Because they were such a dominant group, this group of seniors did not have a lot of varsity experience."

This team is significantly different from the 2015-2016 season. "We lost a lot of seniors, and now we have younger guys that have to step up and play varsity," said Bledsoe. "I expect the team to be very competitive and hopefully win the league again. Our offense is really strong this year, and the receivers and tight end are really good."

WATER POLO

The girls' water polo team claimed their first state championship last season, in an overtime game against long term rival Mountain View.

Senior co-captains Jenna Wimmer and Paige Miller are both looking forward to an exceptional year. "Last year we had an amazing season, ending undefeated with a state title," said Wimmer. "This year we will definitely try for that state title again, but our focus is on having fun and giving 110 percent all the time. Surprisingly, we have a lot of first year players. We are finding our groove and making great progress. I'm excited to see what we accomplish this year."

Head coach Aaron Goldman (3rd year) and co-coach Doug Fischer (2nd year) begin the boys' polo season after the team placing second at state last year. This season's team includes captain Koal Robson, who placed First Team All-State during his junior year. "I just hope to see everybody on the team just do the best they can do," said Robson.

Captains Brett Cody and Aidan Gallivan are hoping to claim state. "I hope we all come together, and that the team chemistry gets good this year," said Cody. "We bond really well together, and there isn't any drama. Beyond that, I hope we can all focus in the water and use our time well, especially because we aren't getting a lot of water time."

VOLLEYBALL (4-1 IMC)

Jill Waskom begins her 10th season coaching the volleyball team after last year's victory. The 2015 season ended with an 18-6 overall, 8-0 IMC (placing first), and winning the state championship. Waskom believes that this year will bring similar victories, as this team is talented in both defense and serving.

Hailey Smith and Haydn Quatre, suffered serious knee injuries and are out for the remainder of the season. "Smith and Quatre are amazing players, and it is especially heartbreaking because it is Quatre's senior year," said sophomore Tatum Elshire. "We had to pull up two girls from JV to fill their spots. It makes it so that the remainder of us have to work a lot harder without the power and athleticism of both of them. It is a huge upset, but with the help from Jill, our coach, we are turning it into fuel to do better and do extra every day."

CHEER

Shaylynn Mayer is beginning her fifth year coaching the cheer team. "For the 2016-2017 season I expect to see the competitive cheer team place at state," said Mayer. "They've already proven to be a hard working and dedicated team and I'm sure that will reflect in their performance this season."

Returning seniors include captain Ashley Timmers, Canessa Thomas, Jill Taylor and Emily Olsen.

"A huge chunk of our team are new people," said Timmers. "Although it was hard at first to get so many new people, everyone learned quickly and we are performing better than expected. The returning cheerleaders know that they had to step up and lead."

The squad, which includes more than 20 members, has been invited to participate in the Pearl Harbor Parade Dec. 7 for the 75th anniversary.

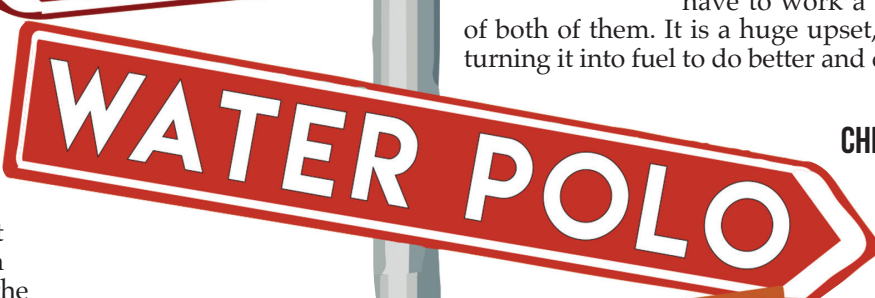
"We are the only cheer squad to represent Oregon and of course it means we are all fund raising individually at this point in time," said squad member Chloe Beucus.

"The team has improved a lot since my freshman year. We have been working hard on doing more advanced stunts and tumbling for our upcoming competitions and we are hoping to compete well at state again," said Cheerleader Jill Taylor. "The student section and school spirit this year has also made the games way more fun for us so we really focused on our cheers this summer and tried to find new ways to entertain the crowd."

GAMES TO WATCH

- BOYS SOCCER: TUESDAY, OCT. 18 VS RIDGEVIEW (HOME)
- WATER POLO: THURSDAY, OCT. 20 VS. MOUNTAIN VIEW (JUNIPER AQUATIC)
- FOOTBALL: FRIDAY, OCT 21 VS. RIDGEVIEW (HOMECOMING)
- GIRLS SOCCER: TUESDAY, OCT. 25 VS. MOUNTAIN VIEW (HOME, 7 PM)
- VOLLEYBALL: SATURDAY, OCT, 29 OSAA FIRST ROUND, PLAYOFFS
- FRIDAY, OCTOBER 28 — DISTRICT XC CHAMPS (JUNIPER GOLF COURSE, REDMOND)

ART BY CHLOE BEUCUS *Graphic Designer*
STORY BY SOLLIE CLARK *Sports Editor*



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 PMS 3005 = BLUE
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