

Radio show takes on lies and deception

“We are fascinated with the lies that other people tell, enjoying pointing the finger with harsh judgment,” says radio host Kelsey Collins. “But it is rare that we turn the finger toward ourselves, acknowledging that ‘Yes, I lie, too.’”

High-profile figures have been caught out recently, embellishing a story or making things up entirely. Why do we do it?

“We lie to protect ourselves, to make ourselves look better, to elevate our status and to shiny-up our self-image,” Collins says. “In today’s dog-eat-dog world most people will do about anything to get a job, including spewing out prevarications on our résumé, hoping no one will notice.”

“The vast majority of our lies are fostered by well-camouflaged, sub-conscious beliefs we have about ourselves: essentially that we’re unworthy or incapable. There are many other false beliefs, too, most of which justify our continual addiction to deception.”

Collins will discuss the phenomenon, and the work and incalculable rewards of living an authentic life on *The Kelsey Collins Show* this Saturday at 9 a.m. on KZSO radio, 94.9. The show will also be live streaming at www.kzso.com or can be heard Saturday afternoon on iTunes or at kelseycollins.podbean.com.

Gorayeb will take the reins as lacrosse coach

By Rongi Yost
Correspondent

Andrew Gorayeb will take over the reins as Sisters High School’s boys lacrosse head coach this spring. Gorayeb worked closely with former coach, Bill Rexford, who started the boys program in 2006.

Gorayeb got involved when he moved to Sisters and has been involved for the past seven years. He was the seventh- and eighth-grade coach as well as Rexford’s assistant his first year with the program (2008). The following year, and up through 2014, Gorayeb coached the JV squad and assisted Rexford with the varsity squad.

It was only natural for Gorayeb to move into the head coaching position after Rexford moved back east last summer.

Lacrosse has been a part of Gorayeb’s life since he was just 6 years old. He played pee-pee lacrosse, and then all the way through college. Andrew grew up on Long Island, New York, and attended Cold Spring Harbor (CPH), a high school of approximately 800 students, and played center-midfield on the varsity lacrosse team for four years.

The small high school was surrounded by schools of 2,000 students or more and was always the underdog. CPH was, and still is, very well known for their lacrosse program and often makes it to the state championships. While Gorayeb attended there, the team earned state-level notice several times.

Andrew went on to play

lacrosse while attending Bates College in Maine. After his move to San Francisco, Gorayeb played for the San Francisco Lacrosse Club, where players ranged in age from 22 to 40 years old. Andrew told *The Nugget* that playing for them was very hard.

“Lacrosse got popular in the West and we played against some really good college programs.”

Gorayeb recalled one match-up in particular.

“We played UC Santa Barbara one time and ESPN showed up unexpectedly to film it,” said Gorayeb. “We played so hard a number of us wound up being sick on the sidelines.”

Gorayeb says that the heart and soul of the lacrosse program has always been Rexford’s and his desire to do right and make a positive contribution to the world, and that’s the reason the team has ‘Warrior Day.’”

Warrior is a lacrosse manufacturer that gave the Outlaws helmets, cleats, arm-sticks, and more. Because of

that, the coaches wanted to pay that generosity forward, which resulted in Warrior Day, where the team volunteers and gives back to the community.

“One year we cleaned Reed Stadium, and then spread over 700 yards of wood chips (70 dump-truck loads), and painted the announcer’s box, all in one day,” he said. “Since then, Warrior Day has evolved into Celebrate Sisters Day, which this year is on May 23. We volunteer to do work all over town and pull in volunteers aside from lacrosse, but at the core are the lacrosse kids and their parents.”

The lacrosse program is unique in that the fact it does two things that specifically define their culture.

“We drug-test all our boys, and we also have a volunteer incentive fee for the parents,” said Gorayeb. “The parents pay \$50, but then if they volunteer for two separate tasks they get their money back.”

The boys lacrosse team is small compared to the teams



PHOTO BY JIM CORNELIUS

Andrew Gorayeb.

they’ll face this season, and Gorayeb told *The Nugget* that because of that, the team needs to be strong and fit.

“We’ll have 18-20 kids on our varsity team and we’ll play teams with 30-plus players,” said Gorayeb. “We need to be in a lot better shape than they are. I’m proud of the fact the boys worked hard over the winter and I look forward to the season. We’ve got so many bright, dedicated, hard-working, talented players. They’re just fantastic. They’re into it and they’re good.”

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