

Boys lacrosse drops game

By Rongi Yost
Correspondent

The boys lacrosse team fell 11-2 to Churchill on Saturday, April 9. Sisters started their season with a close win over Burns and have since lost three straight games. The young squad hopes to turn that around as they improve their skills each week.

In the game against Churchill, the Outlaws were held scoreless the first two quarters of the contest and trailed 7-0 at the half. Sisters was able to get a goal in the third to get on the scoreboard. The goal came from Ethan Morgan, with the assist credited to Jude Carhart. At the close of the third quarter the Outlaws were down 8-1.

Churchill scored three more goals in the final quarter, and Trey Stadel punched in an unassisted shot for Sisters' final goal of the contest.

"Trey's goal happened during a man-up situation," said Coach Eric Wentzel. "He took advantage of the turf field and a screen of the goalie to put a low shot on goal, which the goalie could not see."

Matt Harris led the Outlaws in ground balls with seven, and has led the squad in this area for the past four games.

Tyler Friend took the majority of the faceoffs, with an approximate 50 percent win rate. Wentzel told *The Nugget* that this is Friend's first year of lacrosse, and he improves every game.

Wentzel commented on the game.

"We continue to struggle playing on turf fields, which present challenges since we are unable to practice on our natural grass fields," said Wentzel. "This will benefit in the years to come as we play



PHOTO BY JERRY BALDOCK

Outlaws players protect their goal.

on them more.

"The area where have been seeing consistent improvement from game to game is the play of our defense. The defensive group as a whole is communicating with each other, which helps close down the opposing offense. The challenge is that we are playing on the defensive side too much, which ends up wearing down the team. We need to work on creating space for ourselves on the offensive side, so we can generate goals. And, we need to focus on our patience and not force passes, which can lead to early turnovers."

Wentzel made special note of senior captain David Keeton and Tyler Friend

(sophomore).

"David is doing a great job of leading our young defense, which is evident in our play in this area, and is improving from week to week. Tyler was willing to step up and take face-offs for the team. Prior to this game he had taken roughly two, and in this game he took about 15 and handled the pressure."

The Outlaws were to play at home against Summit on Tuesday, April 12. On Thursday, April 14, Sisters will play at Ridgeview, and two days later the Outlaws will host visiting Roseburg. Saturday's game will be held at Reed Stadium and is scheduled to begin at 2 p.m.

Boys golf team plays at Awbrey Glen

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The boys golf team played at Awbrey Glen on Thursday, April 7, and came in third out of seven teams, with a team score of 433. Summit took first at 312, and Bend was runner-up at 374. Remaining scores were: Mt. View (434), Crook County (454), La Pine (583), and Ridgeview (620).

Austin Lake led the Outlaws with a score of 99. Lake shot a 52 on the front nine, bettered his score by five shots on the back nine, and finished with two pars in the round.

Andrew Mayes, in his second competitive match, carded a 52 on the front nine and then shot a 54 on the back for a 106 finish. Mayes drove the ball well, and hit almost all of the fairways.

"Andrew improved his game by 20 shots, and Awbrey Glen is a tougher course than Tokatee," said Coach Bill Mitchell. "I was very proud of his effort."

Devin Robillard shot a 56 on the front and back for a final score of 112. Kade Owen shot a 58 on the front and the back nine for 116.

Mitchell told *The Nugget* that the putting greens were atrocious, which made it very hard for all the players to putt well.

"They put a lot of sand on the grass, and it was almost like putting through a sand trap," said Mitchell. "That affected all the kids' scores."

The golfers were to compete at Bend Country Club on Monday, April 11. Top teams from all over the state were expected to be in attendance.

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4 Steps to Secure the Next Chapter of Life

One challenge of living a good life is learning how to balance the realities of today with what lies ahead. In other words, it's important to live in the present, yet wise to also plan for the future. Change is always around the corner, whether of our own making or due to the course of time. You owe it to your future self to consider what you'd like the next chapter of your life to be. Here are four ways to constructively think ahead.

1. Be intentional. Take time to articulate what you hope to experience in the next phase of your life. Whether you envision your future to include starting your own business, moving to a new job or new career, dedicating more time to volunteer work or entering into a secure retirement — it's all good. The more detailed you can be, the better. There's something empowering and motivating about naming your goals and claiming them for yourself. You only have one life, so give yourself the opportunity to reach for the experiences that will be most meaningful to you and bring you a sense of fulfillment that money can't buy.

2. Make saving an ongoing priority. When change comes along, it's easier to take a leap of faith with a financial safety net in place. Regular contributions to savings in various forms — bank accounts, Certificates of Deposit, IRAs and employer-sponsored retirement plans, mutual funds, stocks and bonds — all can help you weather potential financial hiccups or storms that may arise, not to mention their importance for the day your working and earning life comes to a close. Make saving a regular activity and turn it into muscle memory that you'll be more likely to flex in the event of a windfall.

3. Stay covered. Insurance is a product we all should have, yet hope we never have to use. Your insurance needs will change over time, making it especially important to periodically review your coverage levels. Homeowner's, auto and even health insurance are required by law, but don't stop there. Disability and life insurance policies, as well as annuities designed to provide a reliable income stream, may give you peace of mind that you and your loved ones can have financial security if the unexpected occurs. A will and health directives are also helpful documents that can make life easier under difficult circumstances.

4. Establish a solid plan. Change can be scary, but it also is what keeps life interesting and exciting. You can give yourself a better chance of succeeding in the next phase of life by establishing financial guardrails. With a well-defined path to help guide saving and investing, you will have a clear framework for your financial life that also reflects your personal mission. Work with a qualified financial advisor to create a savings and retirement plan designed to help you reach your goals at all of the stages of life. Once your plan is in place, revisit it on a regular basis with your advisor to ensure it takes your changing life circumstances and needs into account.

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