

Outlaws boys soccer stifles opponents

By Rongi Yost
Correspondent

The Outlaws shut down the Hornets 5-0 at Henley on Tuesday, September 13, and two days later smashed the Bulldogs 9-0 at Sutherlin.

Sean Willitts got the Outlaws on the scoreboard in Tuesday's shutout over Henley. Willitts scored four minutes into the contest with an assist from Keaton Green on the ground. Four minutes later, Keaton crossed the ball from the right side over to Malachy Sundstrom, who hit a lefty shot into the net.

At the 10-minute mark, Willitts got a second chance after a deflection off the keeper, and punched it into the lower corner for the score.

Sundstrom scored Sisters' fourth goal off a nice through-ball from Asher Bachtold in the 38th minute. The Outlaws' final goal came midway through the second half. Bachtold threw the ball in and Keegan Greaney scored from the center of the box.

Coach Rob Jensen told *The Nugget* that outside backs Willie Stewart and Colby Simeral played well.

"Willie and Colby both executed the game-plan well and were able to play with poise under pressure," said Jensen. "They really added to our defensive pressure."

Ryan Funk recorded three saves in the contest, and Sisters out shot Henley 13 to 3.

Jensen said, "We started

to ping the ball around well, and our combos were looking better all over the field. Asher (Bachtold) and Alec (Gannon) controlled the ball in the mid-field and Sean (Willitts) and Malachy (Sundstrom) really put pressure up top providing two goals each."

In the 19th minute in Thursday's match-up against the Bulldogs, Keaton Green blasted a shot into the back left corner past the keeper off a nice through-ball from Sean Willitts to get the Outlaws' scoring frenzy started.

Three minutes later, Minam Cravens' shot from 45 yards out skipped between the keeper's legs for a goal.

In the 34th minute, Malachy Sundstrom took a shot that deflected off the keeper, and Jude Kokesh-Carhart volleyed the rebound into the back of the net. Five minutes later, Sundstrom dribbled through the Sutherlin defense and crossed the ball to Jude, who scored his second varsity goal.

At the half, the Outlaws were on top 4-0.

Sisters piled up five more goals in the second half.

Three minutes into the final half, Malachy received a ball from the corner and took a shot. It was deflected off the keeper and then rebounded back in by Sundstrom for the fifth goal of the match.

Sundstrom dribbled past



PHOTO BY JERRY BALDOCK

Sam Garbrecht playing great defense with header.

the defense and slotted in another goal just seven minutes later.

Midway through the half, Kokesh-Carhart received a cross from the wing. His shot hit the cross-bar and bounced straight down, and Keegan Greaney was there to follow it into the goal.

With seven minutes left in the contest, Sundstrom rounded the right corner and crossed the ball to Brogan Petterson, who had a sweet double-knee volley for the score. In the final minute, Sundstrom attempted to cross the ball to a teammate, and it deflected off the Bulldogs' defense for the goal.

Sundstrom finished the game with a hat trick and four assists. Kokesh-Carhart

scored two goals, and Green, Cravens, Willitts, and Petterson each contributed one goal.

Jensen said, "Overall, we passed the ball around much better and had about 99 percent of the possession. The boys really took pride in looking for teammates and playing at their own level. There was a really big improvement this week from last week on team chemistry."

The Outlaws were to play at home against Sweet Home on Tuesday, September 20. On Thursday, September 22, Sisters will travel to Elmira.

Sisters salutes...

• Pete Rathbun, Sisters Folk Festival, wrote:

A tip of the hat to the City of Sisters Public Works Department. For yet another year the crew at the Public Works Department has raised the bar on customer service. From huge infrastructure improvements at the Village Green to new restrooms at Cliff Clemens Park to shade-sails at Fir Street Park (not to mention the work they're doing every single day to keep our city beautiful), Paul and his team just make it happen.

For the first time in years, the Sisters Folk Festival was put on with *no generators* at the Village Green! Not only did that result in a significant savings in dollars, but it also greatly reduces our footprint on the planet. Every event that's held at the park will benefit.

To Paul, Nicole, Robin, Wanda, Danny, Doug, Josh and Gus: Thank you SO MUCH for everything you do to keep the town we love looking great and working better than ever.

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Emily Ho, PhD
Endowed Director, Moore Family Center for Whole Grain Foods, Nutrition & Preventive Health; School of Biological & Population Health Sciences; Principal Investigator, Linus Pauling Institute; Oregon State University

Dr. Ho's presentation will focus on the link between diet and cancer risk, and the simple things people can do to decrease their chances of developing the disease by food choices. Cancer is an incredibly complex disease, but for certain cancers, like breast, prostate, and colon cancer, diet could make a big difference in your risk. Many natural compounds found in foods target the same pathways that drugs use to help fight off cancer and other diseases. Cancer-prevention research can be hard to understand, as the results aren't seen right away, but preventing cancer absolutely will save lives. As we find out about what drives the biology of cancer, it is becoming clearer that it's not just genetics that predict your risk. Even if genetics is not in your favor, there are choices you can make with your environment and your food choices that can help you tip that balance favorably that will be discussed throughout the presentation.

Tuesday, September 27
At The Belfry, 302 E. Main Ave., Sisters
One-hour lecture begins at 7 p.m.

Doors open at 6 p.m. for food and beverage.

Admission: \$5; Science Club Donors, Teachers and Students - FREE

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