

Outlaws fall in round one of lacrosse Cup

By Rongi Yost
Correspondent

The boys lacrosse squad lost 18-1 to No. 1-seeded Westview High School out of Beaverton on Monday, May 21, in round one of the Cascade Cup. The event is a 16-team playoff for the teams that don't make the 24-team Championship Playoff.

Sisters was the 16th seed, and played on the road against a powerful Westview squad. The Outlaws were short-handed once again, just as they were for most of the last half of the season. Only 17 of their 26 players were able to compete, and they did as well as could be expected.

Several of their top players were out, and so kids had to be shuffled around to different positions, and the younger players saw a lot more time on the field.

Tyler Friend, who was still recovering from illness and unable to give 100 percent, scored the Outlaws' lone goal of the contest.

Casey Warburton did a solid job in the goal, when you consider he faced over 50 shots, as Westview controlled the ball for most of the game.

Coach Paul Patton noted three players in particular who stepped up in face of adversity.

"Connor Martin (freshman) took most of the face-offs for us, and Damien Wills moved from long-stick midfielder to attack. Gator Haken, who is also recovering from illness and injury, took some face-offs as a midfielder, in addition to his usual role as an attackman. These guys all did a great job."

In spite of the loss, Patton had praise for his entire team.

"I'm proud of the team for keeping their spirits up, and competing hard throughout the game despite our depleted condition," stated Patton.

"The positive is that we used the opportunity of facing good competition to learn and improve, and we'll be better off for it in the future. So, despite the loss, the players who'll be coming back next year feel like we left off on a good spot to build from. For seniors Damien Wills, Tyler Friend, Jared Richerson, Cole Pade, Ethan Kennedy, Sam Mitchell, Jaden Condel, and Casey Warburton, this was their final high school lacrosse game, and we're going to have a hard time filling their shoes next year."



Journey through Thyme

Jodi Schneider McNamee
Columnist

Diet changes with historical trends

A century ago someone like you was seated at a kitchen table, mulling over a morning paper. The big difference? The meal. While you may be munching on fat-free yogurt and granola with a café latte made with almond milk, the centenarian, depending where he lived, filled his plate with porridge, flapjacks, mutton or a heart-stopping amount of home-cured bacon.

Over the last century, American eating habits have changed dramatically, with our diets becoming almost

unrecognizable to those of our grandparents and great-grandparents. The way we cook, shop, and dine out has been altered by our attitudes toward food.

Oh, the irony of how we romanticize great-grandma's supposedly local, sustainable food habits. Because when processed food was coming into place over a hundred years ago, American women leapt at the chance to buy canned vegetables, boxed cereal, industrial meat, and newly invented processed cheese.

And at the same time, the new science of nutrition was turning complicated terms like calories and vitamins into household names. And by the 1910s calories were actually changing how Americans ate. As vitamins began to be discovered from 1912 on, fruit, vegetables and milk became more important than they had in earlier years. And that new knowledge was morphing them into central players in the modern diet.

Exactly 100 years ago Americans were in the middle of the "Great War" and one thing World War I doesn't bring to mind is food. But it should, because during World War I the progress

of industrial food processing, nutrition science, and America's first food aid program changed American food on almost every level.

With U.S. entry into World War I, President Wilson appointed Herbert Hoover to head the newly created U.S. government Food Administration.

In 1917 in response to food shortages, Hoover had the job of shipping calorie-dense food to allies and soldiers abroad. So, diets changed again when Americans began exporting as much beef, pork, white flour, butter and sugar as possible, and folks had to eat less of them. The tightened food regulations altered the pantries, recipes, and diets of folks on the home front.

When American families sat down for dinner in 1918, the table would often behold meatless and wheatless dishes. Depending on the day of the week, (Wheatless Mondays and Wednesdays, Meatless Tuesdays, and Porkless Thursdays and Saturdays became a mantra in many households) a meal might begin with rolls made of potato flour or a blend of

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