

Middle school track wraps up season

By **Charlie Kanzig**
Correspondent

The Sisters Middle School track and field team finished the 2018 season Wednesday, May 16, at the Central Oregon Mid-Major District Championship held at Reed Stadium in Sisters.

Teams competing included Crook County, Jefferson County, Elton Gregory, La Pine, Obsidian and, of course Sisters.

Coaches included Bryn Singleton, Kent Boles, and Dave Gregson.

“We had a nice mix of sixth-, seventh- and eighth-graders this year,” said Singleton. “Every year seems a little different, and this year the kids seemed particularly interested in field events. Everyone was willing to try all the events and made great progress over the course of the short season.”

At district, sixth- and seventh-graders compete together, separate from eighth-graders. The Sisters Middle School sixth-graders were at outdoor school, unable to compete

Highlights from the eighth-grade girls at district included wins by Lexi Miller in the shot put (29 feet 7 inches) and Lila Magnuson in the pole vault (7 feet 6

inches), but the victory that drew the most attention was Hollie Lewis clearing 5 feet in the high jump. Her mark equaled the state qualifying standard for high school jumpers at the 4A level this year. Her teammate, Miller, finished second with a strong mark of 4 feet 8 inches.

Lewis showed her springs in the long jump as well, where she finished second with a leap of 14 feet, 5 inches. Madison Pollard picked up a third-place ribbon in the 200 meters with a time of 30.58.

The crew of Lewis, Brook Knirk, Jenna Kizziar, and Olivia Rychard took third place in the 4x100-meter relay with a time of 56.69.

Among sixth- and seventh-grade girls, Ella Thorsett picked up a pair of fourth-place finishes in the 1,500 (5:36.94) and the 800 (2:46.66), which were both personal records. Hadley Schar tossed the turbo-javelin 58 feet 3 inches and Ashlynn Moffat jumped 13 feet 4 inches to place fourth in their events as well.

On the boys side, eighth-grader Nate Orozco had a banner day, winning the long jump (16 feet 9.25 inches), and placing second in both the 100 (12.29) and the pole vault (8 feet 6 inches). AJ

Hinderman won the high jump with a clearance of 5 feet even. Hinderman placed just behind Orozco in the 100, finishing third in 12.68.

Singleton counted the season a success, saying, “This year’s team impressed me with their willingness to try events and distances that were new to them, and with their overall attitude. Everyone encouraged each other and showed up at practice ready to learn and try. As long as they are having fun while being introduced to track and field, I feel like we’ve accomplished our goal and I feel like everyone enjoyed the season this year.”

She went on to explain that the athletes came ready to compete at district. “Almost everyone set one or more personal records at district. In all as a team, there were 42 PRs set at the district meet. Although the sixth-graders were at outdoor school I must say they showed great promise with their improvement and dedication over the season.”

Sisters Country birds

By **Douglas Beall**
Correspondent

As the smallest bird in North America, and the smallest long-distance migrating bird in the world, the Calliope hummingbird’s [Selasphorus calliope] migration travel of 5,000 miles from southern Mexico to western mountainous regions is prodigious and inspiring. When heading north the Calliope flies along the Pacific coast and returns south along the Rocky Mountains for a round trip total of 10,000 miles.

This tiny hummer weighs in at 0.1 ounce, which is similar to a ping-pong ball. Named after the Greek muse Calliope and Stellula, which means little star.

The Calliope female builds the nest at altitudes of 4-11,000 feet in conifers and incubates the 2-3 white eggs for 15-16 days and feeds the

chicks for another 20 days before they leave the nest. Insects and flower nectar feed the Calliope’s energy needs as they maintain wing-beat speeds of 50-200 beats per second and a heart rate that can reach 1,280 beats per minute.

The males perform mating dives reaching 100 feet as they try to impress the females.

A group of hummingbirds is known as “tune,” a “hover,” a “glittering,” or a “bouquet.” To view more images of the Calliope hummer, visit <http://abirdsingsbecauseithasasong.com/recent-journeys>.



PHOTO BY DOUGLAS BEALL

Calliope hummingbird.

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