

Outlaws honor eight senior players

By Rongi Yost
Correspondent

Sisters varsity soccer squad honored their eight seniors at their final home league game of the season on Thursday, October 18. The eight, including Asher Bachtold, Colby Simeral, Samson Henneous, Orry Abbenhuis, Skyler Larson, Dalton Gonzalez, Kinnon Rutherford, and Jude Kokesh-Carhart made up almost one-half of the entire team.

Bachtold is a two-time first-team all-league player, and one-time honorable mention, and has also been selected second-team all-state twice. Asher was a member of the 2015 state championship team, and has been a starter on the squad all four years.

Coach Rob Jensen said, “Asher provided valuable leadership, and is an impact player. He changes the game and creates opportunities for everyone around him.”

Simeral has led the Outlaws in scoring for the past two years, and was a first-team all-leaguer last year

as a junior. Jensen said, “Colby has the ability to score from outside the 18, and he provided a passion for the game. His ability to make plays sets him apart from others.”

Henneous was an all-league keeper last season, and had an amazing final year as an Outlaw.

“I can almost guarantee Samson led the league in saves, and really kept a lot of games close with his goal keeping,” stated Jensen. “His leadership and commitment make him very valuable.”

Abbenhuis completed his first year as a varsity starter, and did a great job at the center midfield position.

“Orry is a quiet leader, and he did his job very well,” said Jensen.

Jensen told *The Nugget* that Larson is also a great leader, as well as a great play-maker.

“Skyler plays with passion, and he provided flow from the midfield,” said Jensen. “He also did a great job creating plays for his teammates.”

Gonzales was a solid

defensive player this year for the Outlaws, and was asked to defend some of the best players in the state over the course of the season.

“Dalton did a great job, and got involved in the offense as well,” Jensen said. “His poise and calmness provided strength in the back line.”

Rutherford was a second-team all-league pick last year, and this year he locked down the middle at center-back.

“Kinnon provided a spark and athleticism that will be missed,” said Jensen.

Kokesh-Carhart rounds out the senior veteran players.

“Jude was a creative player at the striker position, and got better every game he played,” stated Jensen. “He was a leader, and provided an enthusiasm and work ethic that will be missed for sure. He did a great job of keeping his engine on and tirelessly pressed up top.”



Fit For Sisters

Andrew Loscutoff
Columnist

Healthy kitchen essentials

Eating well requires some assembly, but it need not be tedious or frustrating. A savvy kitchen helps create easy and delicious healthy meals, thanks to time-saving tools and techniques.

Everyone has read the advice to limit processed foods and pre-packed because of the sugar, salt and caloric content. Why not make some of the things one

would typically buy off the shelf in the kitchen?

Enter the food processor, one of the leading tools in any kitchen where people are serious about eating well and enjoying it, too. Want some hummus? Leave the tub on the shelf. Grab a can of garbanzo beans, some lemon juice, olive oil, and salt. Whip it in the processor until smooth. Pesto, a sauce of bright, herby and rich flavor, also can be processed faster than it takes to boil pasta. Basil, pine nuts, olive oil, and a little parmesan cheese go into the bowl and let it rip.

In a rush and need some nutrition? Look at a smoothie as a viable option to meet the need of fruits and veggies on the fly. In order to make a smoothie a proper blender is an essential. It’s worth spending the money on, to throw some fruits and veggies into the container and be left with a treat that’s both quick and easy. Try a banana, a few strawberries, some coconut

See **HEALTHY** on page 8

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