

# Nordal: A hardworking, innovative and altruistic youth

**Judy Hoyle**  
IVN Contributing Writer

Illinois Valley High School (IVHS) Valedictorian Kynan Nordal is the daughter of Dr. James and Ginger Nordal.

Her life has gone from trauma to triumph over the past four months. Injured in the 4A girls' basketball league playoff game against Lakeview, she had to sit out the state championship.

Her team lost by two points in double overtime against Portland Christian.

Nordal went on to secure seventh at the 4A girls' state golf championship in Redmond at Eagle Crest Golf Course. She had to wear a knee brace to keep her anterior cruciate ligament from being further damaged and had to modify her swing to accommodate it. Competitors are not allowed to ride golf carts, so she had to walk for four hours straight.

She had surgery the week after the competition, missing out on the IVHS scholarship awards presentations. Her surgeon told her she would need to work a desk job for the summer.

Nordal said she plans to study mechanical engineering at Oregon Institute of Technology.

"I've always been interested in math and science," she said. "I like welding and building things."

She took two welding classes at IVHS, learning arc, mig and oxyacetylene techniques. During the last semester of class, her teacher

let her build a 3D printer for the school.

"I like art, so I'm hoping mechanical engineering will combine all these skills and interests," she said.

Nordal also represented IVHS in math for the recent Academic Masters competition.

One of her ongoing interests has been volunteering for Fishwatch, participating in field trips, trail maintenance and community service projects.

IVHS Spanish and language arts instructor Jaime Szijarto considers Nordal one of the most remarkable young women she has been acquainted with during her 12 years of teaching.

Szjijarto wrote, "A more hard working, innovative and altruistic youth would be hard to find. She is mature beyond her years, yet never acts superior. She believes in herself, is determined to do her absolute best and does not let anything bring her down; moreover, she encourages her peers to do the same. Kynan is a natural leader and a lifelong learner. In addition to her amazing character traits, she possesses innate artistic and creative abilities that far surpass her peers and many adults."

Szjijarto related that Nordal researched different Spanish speaking artists for a class project last year and in addition to her presentation, created a painting of Szjijarto's last name with symbols interspersed throughout, including a Day of the Dead mask on one letter, a Salvador Dali dripping clock on another and

a musical scene.

"One thing that I love about Kynan is that she takes constructive criticism so well," Szjijarto wrote. "She sincerely wants to learn how to be the absolute best that she can, but she does not get down on herself when she receives criticism; contrarily, she thinks of it as a challenge and comes back even better the next time."

Szjijarto stated that Nordal's fun-loving nature shines through in all that she does and concluded by writing, "She will surely continue to make this world a better place in whatever career path she chooses."

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# 2016 IVHS track awards

**Ray Brown**  
IVN Contributing Writer

The 2016 IVHS track awards were presented on the evening of May 24.

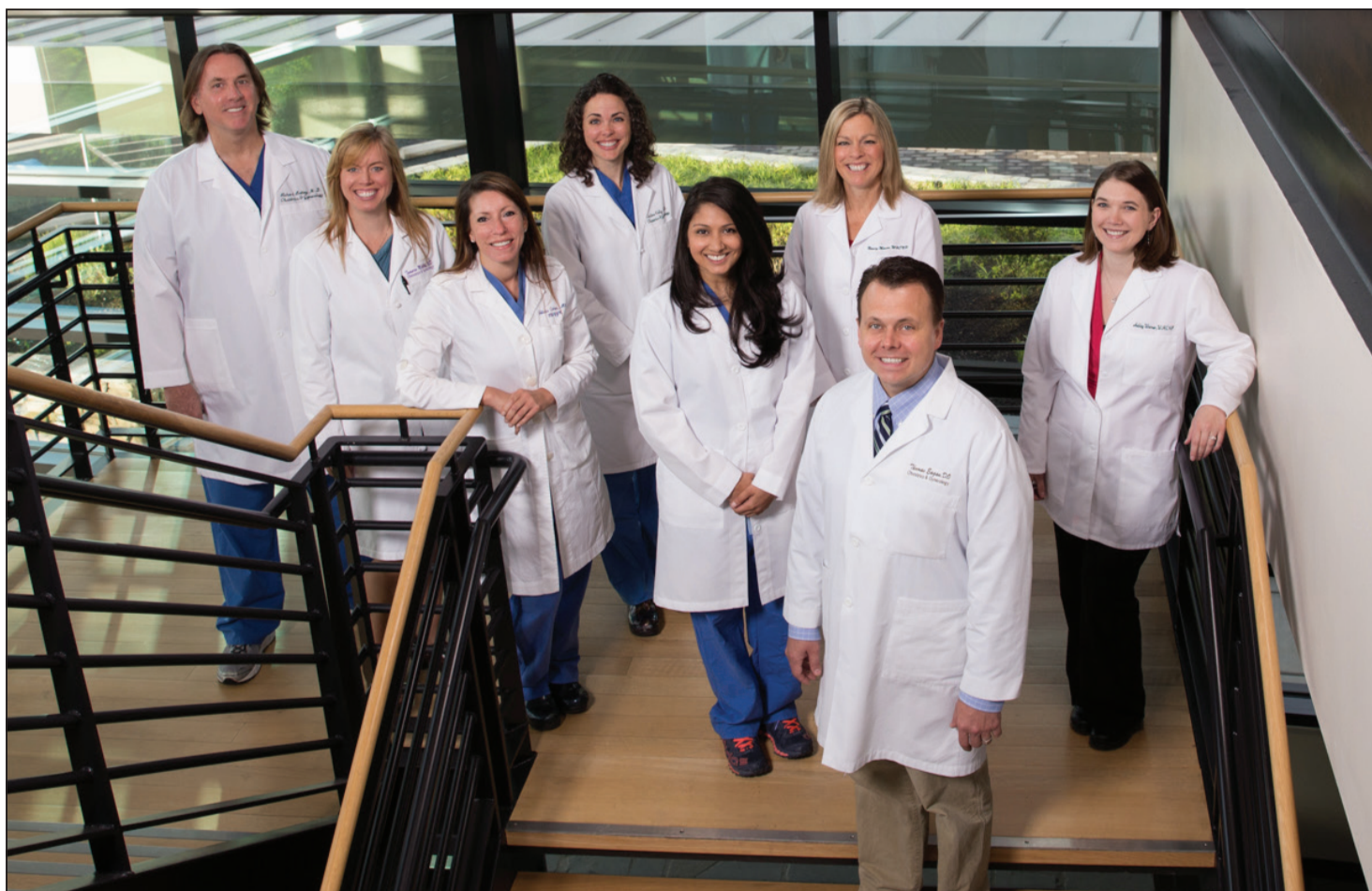
Most Inspirational Awards were given to Evan Vallot and Taylor Jackson. Vallot was noted for his great attitude improvement and work ethic. He also looked for ways to encourage teammates. Jackson's personality, encouragement, determination and grit got her the award.

Most Improved went to Evan Vallot, Dean Hearn and Cynthia Burns. Vallot went from last year's journeyman to a fine distance runner, competing well all season. Hearn, much the same, went from a jumper to someone to watch at the long jump pit, getting near 18 feet. Burns spent her first season in track learning correct running form, getting stronger and becoming one of the fastest sprinters on the team. She will be someone to watch in the next two seasons.

Most Dedicated went to Savannah Baez and Austin Young, who were fixtures at opposite ends of the field practicing their events. Baez was usually the last to leave practice and a great example of dedication to her beloved high jump event. Her last successful jump at the district meet equaled her best ever and would have earned a medal at the State Meet, but due to being in a strong district, she was excluded. Young at the other end of the field was a fixture at the discus ring where it was always clear that he took his sport very seriously and worked hard at it. Two days before the district meet he threw several distances that would have qualified for the state meet, but a finger injury kept him from his best when it counted.

The Most Valuable Award went to Halona Jackson, who came into the season well trained and strong. After fine-tuning her sprinting form, she took her successful season all the way to the finals at the state meet where she won medals in three events. Jackson will be continuing her track career in college.

These athletes are appreciated for their examples that will encourage excellence in track athletes in the future.



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