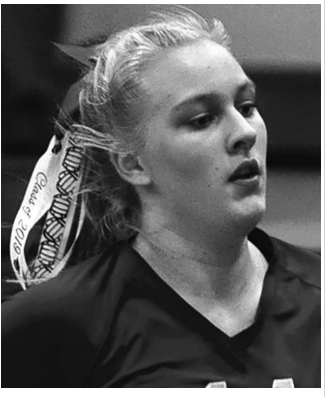


ATHLETE OF THE WEEK



Makenzie York
Senior



VOLLEY BALL

Highlight: Congratulations to senior Volleyball standout **Makenzie York** as this week's Athlete of the Week. In last week's league win over Marist, Mak had 12 kills and 7 serving aces on offense and 12 digs and 8 blocks on defense. It was the first league win for the Vikings

Honorable Mention
Brea Blankenship
CROSS COUNTRY

Highlight: Sophomore **Brea Blankenship** scores an honorable mention for her 5th place finish out of 63 participants at the Paul Mariman Cross Country Invitational where the Lady Vikings took home a First Place finish.

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Athletics plays important role in offering kids balance in digital world

(Editor's Note: Viewpoint submissions on this and other topics are always welcome as part of our goal to encourage community discussion and exchange of perspectives.)

From the Greatest Generation to Baby Boomers, Generation X to Millennials, teenagers in every era have had challenges growing up.

In today's digital world, high school students are being tested in unique and demanding ways. The Washington Post confirms that 73 percent of all American teenagers own their own smartphone and, on average,

spend almost nine hours a day texting, chatting, gaming, blogging, streaming and visiting with friends online.

Although conclusive research showing a direct correlation between the mental health of teenagers and smartphone usage won't be complete for years, it isn't a great confidence builder for a student to discover online that everyone else seems to have more friends.

In addition, recent figures indicate that more than 31 percent of America's 42

like these verify how important it is for teenagers to participate in high school sports and other activities such as band, orchestra, choir, speech and debate.

The most recent survey by the National Federation of State High School Associations (NFHS) indicates there are almost 8 million participants in high school sports and more than four million in performing arts activities. Most of these students would agree the primary advantage of playing a sport or participating in an after-school activity is the opportunity to meet new people and develop meaningful friendships.

An online chat is no substitute for working toward a common goal face-to-face, side-by-side for weeks on end with teammates. And positive social rela-

tionships are only the beginning. Among other benefits, high school sports are instrumental in helping teenagers establish nutritional and exercise habits that will carry them for a lifetime.

Participating in a sport in high school is a great way to maintain a healthy weight, establish good eating and sleeping habits, discourage the use of alcohol and drugs and develop a greater sense of self-esteem.

Additional benefits of participating in a high school sport or activity are shared by the NFHS on a new website at MyReasonWhy.com, where dozens of high school students address this topic in their own words through videos.

A new school year brings with it an opportunity for teenagers to make new friends and establish new lifestyle habits. Encouraging them to make friends on the field of play as well as online is great way to start.

GUEST VIEWPOINT

By **Karissa Niehoff**

Executive Director of National Federation of State High School Associations (NFSHA)

Peter Weber

Executive Director of Oregon School Activities Association (OSAA)

million teenagers are overweight or obese, compared to only 5 percent in 1980.

According to the 2016 National Survey of Children's Health, Oregon is ranked the 50th most obese state in the nation, but 20.3 percent of all Oregon teenagers are still considered overweight.

Not surprisingly, many psychologists and researchers agree that today's teenagers are more lonely, anxious and depressed than ever before.

As the new school year gets underway and social pressures increase, statistics

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TURN POACHERS IN, GET BIG GAME PREFERENCE POINTS

SALEM — A new program will provide big game preference points in lieu of a cash reward to people who turn in poachers.

The program builds on the long standing Turn in Poachers Program (TIP), a successful collaboration between the Oregon Hunters Association and Oregon State Police which until now only provided cash rewards for information about poaching.

But new this year, a person who provides information that Oregon State Police determines leads to an arrest or citation for the unlawful take/possession or

waste of big game (deer, elk, moose, mountain goat, bighorn sheep, antelope, bear, cougar, or wolf) are eligible for preference points or the cash reward.

For cases involving bighorn sheep, mountain goat, moose, and wolves, the person will be awarded five preference points. For cases involving elk, deer, pronghorn, cougar and bear, the person will be awarded four preference points.

All preference points must go to one hunt series (elk, buck deer, antlerless deer, antelope or spring bear).

Hunters can only get one

point in each hunt series each year. Five preference points would allow a hunter to draw 76 percent of buck deer hunts, 69 percent of doe deer hunts, 83 percent of elk hunts and 24 percent of pronghorn hunts.

The new program is due to the passage of HB 3158 by the 2017 Oregon Legislature, which directed ODFW to offer big game preference points in lieu of a cash reward for people providing information leading to citations or arrest of poachers. The Fish and Wildlife Commission adopted rules for the program last month at their meeting in Bandon, and the rules are retroactive until Jan. 1, 2018.

"Poaching is a serious problem for Oregon's wildlife," says Travis Schultz, ODFW Access and Habitat Coordinator. "It can have significant long term impacts on our wildlife populations."

For example, a six-year study involving radio-collared mule deer in south central Oregon found that illegal take actually exceeded legal take of mule deer. Even more troubling, poachers often killed does, not bucks, even though regulations prohibit taking female deer in order to protect breeding populations. Most poaching occurred during legal hunting seasons.

"Poaching is a heinous crime that affects all Oregonians and people who break the law need to be held accountable," said Lieutenant Craig Heuberger, Oregon State Police Fish and Wildlife Division. "Our Fish and Wildlife Troopers make a lot of great cases that start from people reporting when they see something suspicious or wrong."

"We are hoping this encourages more people to step forward and report poaching," Heuberger added.

Report wildlife violations via email to TIP@state.or.us or by calling *OSP or 1-800-452-7888.

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