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SNOWBOARDER ULTIMATE FRISBEE PLAVER

The bell rings and students shuffle through the halls in what seems like a pretty short 5 minutes. Wearing worn-in Vans skater shoes, chinos and a hoodie, he blends in with the crowd. What makes Sam Loman stand out? Ultimate Frisbee, snowboarding and football is what I love spending my time on. Why did you pursue these? I love snowboarding because it's the only time I have no expectations or pressure. It's whatever you want it to be and no two runs are ever the same. It's all original. You seem to have a chill approach to snowboarding but get pretty fired up for competitive interests: I love Ultimate Frisbee because I love winning. Being competitive is just a part of me, and I can easily funnel that into Ultimate. In most sports, you need to be a good teammate and have a good attitude, right? Because of my back injury, sitting out for the rest of the season was a painful experience, knowing I could have helped my team. [But] I think kids that are on the team that don't have a driven attitude just hold back the team. You seem to dive out of your comfort zone and try new or different things. Do you think others should try that? Give something a shot if you are unsure about it. At least you tried a new opportunity that could have turned into something great.

-By Matt Haney



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Jessica Nguyen Catherine Nielsen Sayo Nishii Bailey Nock Kia Noibi Devin Nolte Tiffany Nunley

Riding. An unseen, unspoken language in which the rider and

PHOTO BY MIKINNA KERNS

the horse are harmonious. "When I first rode a horse, I was extremely amazed and overjoyed," Hannah Luce said. "I felt like a piece of myself was finally put in place."

Riding and taking care of horses has taught Luce the importance of responsibility. So has her volunteer work.

"I like [the Silver Cord program] because I think it shows that you care about your community," she said. "I also like it because it shows how much achievement vou've made."

As a role model, Luce sees her sister Lauren in a good light because she does a lot for the community.

"Lauren makes things so much more enjoyable," she said. "Without her, volunteering wouldn't be the same."

Besides regular volunteering, Luce is a member of Best Buddies. "Best Buddies is a great way for

everyone in our school to have fun and accept everyone for who they are," she said.

Helping others isn't her only passion. She also loves to travel.

"I want to go into international business so I can travel around the world," she said. "I think it's so cool to see other people's cultures because they're so different."

She appreciates family support. "It's nice to have that," she said, "and be able to count on them to get me through tough situations."

On a postive note, Luce said she tried to live by this quote: "Be so happy that when others

look at you, they become happy too."

-By Barbara Nagueza

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