Hidden Valley Mustang News

October ~ November

Dates to Remember:

10/1 Progress Reports Out 10/7 Conference Day 10/8 No Classes 10/20 Open House 10/29 2 Hour Late Start 11/11 Veterans Day No Classes 11/19 End of 1st trimester 11/22 Clerical Day No Classes 11/23 Clerical Day No Classes 11/24 No School 11/25 Thanksgiving Holiday

Inside this issue:

11/26 Holiday No Classes

Conferences

Open House

Important Dates

Athletics

Announcements

Class News

Culinary Arts

FBLA

Club News

Holiday Bazaar

Dear Mustang Families,

We are happy to welcome 746 kids to fall 2010 at Hidden Valley. Our teachers have done a great job of setting up classes that engage our kids. Our kids have started enthusiastically and well behaved. I am very pleased with how well the school year has begun.

Student conferences for first trimester are scheduled for October 7th. There is no school for students on the conference day. Teachers will be available for private individual conferences in their rooms from 11 am to 3:00 pm. From 4:00 to 7:00 pm all faculty members will be available in the commons. You are encouraged to call our counseling office at HVHS to make evening conference appointments. the day time hours you may stop in without a reservation. If you would like to attend the evening conferences you have to make appointments.

Our traditional Open House has been moved to October 20. I have asked all teachers to have products, projects or performances that our students can share with their family. I am inviting every parent to come to school and see the good things your kids are learning. We have many very talented students who enjoy demonstrating their best work and skill.

Our teachers will have many examples of student work for you to see. I hope that you will bring your student to Open House from 6:00 pm to 8:00 pm on the 20th of October. Ice Cream Social will begin at 5:45 pm.

Our fall sports programs offer many exciting opportunities for great entertainment. Your encouragement of our athletes, cheerleaders and band are most welcome. We have high hopes for successful sports performances this fall.

As we go through the year, I hope you will regularly check on the academic progress of your child. Every student was given a daily planner to help them organize their due dates and assignments. Please refer to that planner as a source of information about what is being required in class.

We have added an online service for parents through the Three Rivers Website. Once you have been given a secure account you may see your student's grades, attendance and assignments. Please use the website and talk with your student often about their classes.

When you need additional support as we educate your children, you are welcome to personally contact me at Hidden Valley.

Sincerely,

Visit us on the web at:

Dennis Misner

www.threerivers.k12.or.us/hvhs

OCTOBER AND NOVEMBER HIGHLIGHTS



10/20 4-6 pm Senior **Presentations**

10/20 **OPEN HOUSE** 5:45 ICE CREAM 6-8 pm CLASS **VISITATIONS**

11/9 **Choir Concert**

11/12 Winter **Sports Parents** Meeting 7:30 PM

10/5

RCC Placement Tests HVHS

10/1

Progress Reports Mailed Home

> 10/7 Conferences No Classes

10/29 Two Hour Late Start

> 11/10 Band Concert

11/22 & 11/23

Clerical

Days

No Classes

PSAT for all Sophomores

10/13

10/29 Homecoming Football Game vs North Valley HS 7:30 PM

> 11/11 **Veterans** Day No Classes

Two Hour

Late

Start

10/8

Statewide

In Service

No Classes

10/30 Homecoming Dance 8-12

11/6 **HVHS** Annual Craft Bazaar

11/24 NO **CLASSES**

11/25 & 11/26 Holiday No School



11/19



Stan Michael Schaefer, Athletic Director/Assistant Principal

michael.schaefer@threerivers.kl2.or.us

Upcoming Home Sports Events

- Volleyball; 9/30, 10/7, 10/14, 10/26
- Football: 9/24, 10/8, 10/29 (Homecoming)
- Women's Soccer: 9/28, 9/30, 10/5, 10/9, 10/12, 10/19
- Men's Soccer: 10/2, 10/9, 10/16, 10/23, 10/28
- Cross Country: 10/30, Skyline Conference Championships: Moore Park, Klamath Falls

'Stangs vs Knights

Volleyball: 10/15 @ NV 10/21 @HV	5:15/ 6:30
Football: 10/29 @ HV HOMECOMING	4:30 7:30
Women's Soccer: 10/09 @ HV JV VAR 10/26 @ NV	1:00 3:00 6:00
Men's Soccer: 10/9 @ HV JV VAR 10/26 @ NV	1:00 3:00 12:30

Fall Starts out Hot for 'Stangs

There are some great things happening in our student-activities again this year. If you haven't had a chance to see some of our teams, here's the latest update going into this weekend's competitions. Further results can be found at www.oregonprepsports.net , www.osaa.org, and at www.athletic.net.

Cross Country

This season the men's and women's team are led by Coach Stan Goodell in his return from a brief hiatus. and assisted by Dave Johnson. The coaches and students have been training all summer to get ready to take a run at another State Championship appearance. For the men, senior Michael Monahan, sophomore Devon Wiggington, and the rest of our hard-working team are making progress daily. On the women's side. Senior Alyssa Watson, sophomore Sierra Brown and freshman Annie Watson are leading a strong squad

which recently took the championship at the prestigious Marist Invitational.

Be sure to mark Saturday. October 30th on your calendar for the Skyline Conference District Meet which will be hosted by Klamath Union High School at Moore Park, followed by the OSAA State Championships on November 6th at Lane Community College in Eugene. For statewide results, see www.athletic.net.

Women's Soccer (2-0, 0-0)

Coach Swanburg's team will seek to make another appearance in the State Championships as they battle in their first full season as a Skyline Conference, replacing the previous Special District. They will open up Conference play at home Tuesday against Mazama.

All home conference games will be at 10:00 (JV and V) on Saturdays, and at 4:00 on Tuesdays at the District Office Fields. Updated results, schedules and rankings can

be found at www.oregonprepsorts.net.

Men's Soccer (2-0, 0-0)

Coach Tim Hannah is back at the helm of the men's soccer program here in his second year. We open up Skyline play this coming Tuesday at Mazama, returning Saturday for 10:00 games against Henley at the District Office fields.

Volleyball (8-0)

Coach Jackson returns at the helm of our volleyball program, looking to return to the OSAA State Championships again this year. Currently undefeated in non-conference play, they open Skyline action with a home game this Thursday against Mazama.

Football (1-2, 0-0)

After strong non-conference wins against Del Norte (18-7), Mt. Shasta (34-0), and South Umpqua (35-14), Coach Jim Figoni (19th year) returns to lead the Mustangs against Cascade Christian this Friday before opening Skyline play on Oct. 1 at Phoenix.

Trimester Eligibility

The new requirements to be athletically eligible are found in the Student Handbook. In brief, a student must be registered for and passing 4 classes to be considered eligible by the OSAA. Further, students must have a 2.0 GPA based upon the previous trimester's grades. Progress reports will be mailed out on Oct. 4th, and I encourage you to evaluate your student's progress, and call for a conference on 10/07: 862-2124.

Don't forget to get your Family Pass... \$100 gets you into all home events, except for OSAA playoffs! Good for your student's validation, too!

PARENT TEACHER CONFERENCES October 7, 2010



You are invited to come and visit one on one with each of your student's teachers and to review your child's first trimester progress report.

We will be offering conferences in the following manner:

From 11:00 am – 3 pm "Open House" – There is no need to schedule a specific time. Teachers will be in their rooms. As a courtesy to other families, please limit conferences to no more than 15 minutes per teacher.

From 4:00 pm to 7:00 pm Reservations Required. 10 minute conferences in the commons area (limited privacy).

Call Counseling at 541.862.2124 or email christie.rodgers@threerivers.k12.or.us to schedule evening conferences.

Please bring your student's progress report to Conferences. Counseling will be available to assist you in locating teachers and answer any questions you may have.

ITALY! ITALY! ITALY!



There will be a Spring Break trip to Italy on March 18th-26th trip to Milan, Venice,

Siena, Florence, Pompeii, Capri and the beautiful city of Rome. Talk to Mrs. Bickle about prices and arrangements.

All students that drive to school must have their cars registered.

To register your car you need to get a sticker from the bookkeeper for \$1 and complete a registration form. All cars must be registered by Oct. 15th.



Purchase them at our web store or contact our bookkeeper today. We have years 78, 83/84, 85/86, 88/89, 89/90, 91/92, 1997, 1994, 1995, 98, 96, 99, 2000, 03, 06, 07, and 08.

1978 to 2006 are \$10. Plus Shipping 07 and 08 are \$20 plus shipping

ART NEWS:

Chalk Art Saturday October 2nd,



The Art Department will have one team of artists competing in Chalk Art. In Grants Pass. The drawing will take place in an 8' x 8' square from the hours of 9 to 5 on H Street

Come out and support our HV Artists!

Yearbook News:

Yearbooks are <u>for sale NOW!</u> Purchase your yearbook now from the bookkeeper for \$55! They will arrive in May 2011.

Parent Ads are available! Parents can select from a \$100 1/8 page section, a \$200 1/4 page section, or a \$400 1/2 page section to submit photos of their student and write words of wisdom or quotes that will be cherished forever in our Annual!

Business Ads are also for sale: \$100 1/8 page, \$200 1/4 page, \$400 1/2 page, or \$800 for a full page. Advertise your business and help support our yearbook program

Either of these Yearbook sections can be purchased through the yearbook staff. To contact us, please call the front office at 541- 862- 2124, and leave a message for Mrs. Julie Bickle. We will contact you as soon as possible!

SENIORS! Your senior yearbook pictures are due as soon as possible! The due date is October 22. Turn your pictures to Lisa Morgan, Bookkeeper.

Spring Break Trip to the East Coast

Again this year, Hidden Valley History teacher Mr. Burgess will be taking a trip to the East Coast during Spring Break.

Who: It is open to all students. There is also space for parent chaperones.

When: March 16th-24th, 2011.

Where: Boston, New York, Philadelphia, Gettysburg, Baltimore, Washington, D.C., (possible addition: Richmond, Williamsburg, Jamestown, Yorktown.)

What: In depth study of historic sites.



Cost: \$1,200 (approximately) Includes airplane ticket, hotels, two meals per day, ground transportation, and entry fees. We may add a Broadway play which would increase the cost.

More information or to sign-up: please call Mr. Burgess at school: (541) 862-2124 or email

stuart.burgess@threerivers.k12.or.us.

There is also information and photos of past trips

at :www.MysticChordsOfMemory.com or join the Hidden Valley High School History Club on Face Book.





Colege ... Career ... Yes They Can



After high school what do they do next?

ASPIRE and YOU can help!

ASPIRE is looking for volunteers to mentor students one-on—one to assist them with post secondary education planning, career choice, financial aid and admissions and scholarship applications.

Training and resources from ASPIRE staff to help you work with students.

Please contact Claudia Johansen, Aspire Coordinator, at HVHS 541-826-2124 or



After high school what next?
ASPIRE can help!

ASPIRE provides advising, resources and encouragement to help students access education and training

beyond high school.

Stop by B-1 or the Counseling Office to pick up a permission form NOW!!!

Seniors RUN! Juniors JOG!

Sophomores and Freshman get a head start so it's now a panic later, get help NOW!

<u>FFA</u> News



Our Hidden Valley FFA started off the 2010 school year with their first meeting of the year held on the eighth day of school. Grilled Corn Dogs and Rootbeer floats, and games followed the meeting that recapped an eventful summer. Our summer started with our annual Pottsville Food booth fund raiser, followed by a two day Leadership Camp at Camp Cottonwood for the FFA Officers. Then, we had an outdoor summer meeting, with a high speed, downhill 'Slip-n-Slide' for entertainment, and ¼ lb. hot dogs to supply all the energy. The summer concluded with a fantastic week of fun and competition at the Josephine County Fair.

We are now looking forward to new activities and competitions. District and State Soil Judging are coming soon, followed by our Agriculture Sales competition near Thanksgiving.

We appreciate the awesome community support we receive, and look forward to another productive year of developing leaders for our community. Keep looking for those National Blue FFA jackets that have "Hidden Valley" on the back to be doing things to help keep America great, and make Americans proud!



Control Transconnect Tea

FAMILY SPORTS PASSES

Family sports passes are on sale. You can purchase a Fall Pass for \$60 (Volleyball and Football) or an All Year Family Pass for \$100 (Volleyball, Football, Mens and Womens Basketball)

Each pass is good for 2 adults and all school age children. Your high school student will get an ASB sticker on their student body card which will allow them into all of these games for free.

Hidden Valley Library News:

Students may use the library before school and at lunch. The library is usually open during these times to check out library and text books, return books, read or work on homework.

Students are expected to treat each other, myself and library materials with respect. I hope that students will feel comfortable and safe in the library. The Library usually opens at 8:00am.

Please mention Hidden Valley when you make purchases at **Oregon Books**. They provide a partnership program for our school library. We earned a free book last year for our library.

Our two most requested books last year were <u>The Lightening Thief</u> by Rick Riordan and <u>Marked by P.C. Cast</u>. One of my favorites was <u>The Hunger Games</u> by Suzanne Collins. The third book of this series <u>Mockingjay</u> is now available in our new book section.

Book donations are always welcome.

When using the library website from home students will need the following information to access the Oregon State Library Information System:

User name: 3rivers

Password: oslis

If you have any questions or concerns, please contact me at 862-2124 Extension 218.

Ms. Marilyn Ackerman

Interact Club

The Interact club is fairly new to Hidden Valley, and we wanted to let everyone know what we do and give you the opportunity to join. We are sponsored by the Rotary Club, which is a great organization that was essential to establishing Interact here last year. Our advisors include several Rotary members as well as a teacher, Mrs. Harmes. This club is committed to participating in service projects and fundraisers to give back to our community; we spend our time volunteering as a group to benefit others. It may sound like work, but it is actually a lot fun. We get to create and decide what projects to do, and everyone gets a say. This is a great club that helps its members gain and hone indispensable life skills such as leadership, responsibility, and respect for others.

Becoming a part of Interact will not only be self gratifying, but will also be academically beneficial for all grade levels. Volunteer hours are required to graduate, and are often looked at on college and scholarship applications. This club can make helping others and meeting those requirements easy and enjoyable. Not to mention, we get cool bright or-

ange shirts.

We did many projects last year and a few things over the summer: this included helping the Rotary Club at their First Crush fundraiser and parading around in the duck costume at the fair. Interact members also got the chance to go on a rafting trip a few weeks ago at Galice Resort with the Rotary Club. If we put in the work, then we are often rewarded with great experiences. A couple of upcoming events are duck banding on Sept. 22^{nd} with the Rotary Club, and the annual Interact Fall

Training Assembly in Medford on Oct. 22nd-23rd.

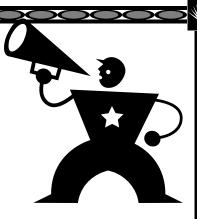
This assembly is a weekend of interacting with members from other clubs around the area—playing games, having fun, and planning for events this school year. Everything is paid for—meaning free food. This is a great experience and a lot of fun to be apart of. For the duck banding, the local Interact clubs help the Rotary to prepare the ducks to go down the river for the annual Duck Derby. These are just a few things coming up that we are participating in.

If you are at all interested or want more information we are having our first club meeting on Thursday, Sept. 16th during both lunches. We have meetings every 1st and 3rd Thursday of every month. You can come to listen in or ask questions, without any obligation to join. If you wish to become a member you can get a form at any meeting or from Mrs. Harmes.

Whether you wish to become a member, have a project idea for us, or need assistance with an event or project, please feel free to contact Mrs. Harmes at Hidden Valley. You may also contact Stephanie Carter, Interact Club President, by email (stephaniecom) or phone (541) 621-6041.



On Oct. 20th The Inaugural Senior Presentation



Hidden Valley High School

4:00 P.M. to 6:00 P.M.

- •All Seniors currently in Senior Forum or College Prep will present
 •Students will be demonstrating their achievements and career readiness
 - •Students will present to a panel of community members
 - •Parents and family are welcome to attend
 - •Each student will present for approximate 15 minutes

If you would like to be a judge for this event, please contact
Heidi Marks heidi.marks@threerivers.k12.or.us
Or Chris Pendleton chris.pendleton@threerivers.k12.or.us



Class of 2011

Do you have a Senior? We've got a lot to do!

Senior parents plan the All Night Graduation Party.

We need **everyone's** help to make it happen.

If everyone donates \$40 =

Lots of FUN for the kids, less work for the parents If not = Lots of FUNDRAISING!

Upcoming things to Remember...

Next Meeting Monday, October 18th, 7pm in HVHS commons Holiday Craft Faire—November 13th Senior Pictures



For more information please call: Debbie Lawrence—541.761.2332 or Kym Woolsey—541.660.2192

HVHS WEBSTORE

Check us out on line!

Use your credit or debit card to pay for Booster clothing, sports fees, club fees, PE clothes, yearbooks, dance tickets, field trips, fees & fines, and AP tests.

All from the convenience of your home.

Log onto:

threerivers.k12.or.us

- Hidden Valley High School
- Webstore
- Log in for students or create an account for parents
- Student ID number is the user name
- First initial and last name (in lower case) is the password

When you are finished, the sale will show up on your students account in the bookkeeper's office. Your student will go to the bookkeepers office to pick up purchases.

To all Parents PROJECT GRADUATION Needs your help!

Each year it is the responsibility of Senior parents to sponsor, plan and raise funds for the All Night Alcohol and Drug-Free Graduation Party. This much anticipated event is available to EVERY graduate at no cost.

Each class respectfully requests all parents to donate \$40 toward this party. If all parents made this donation, nearly half of the fundraising would be complete. Many families chose to donate \$10 per year to spread out the financial commitment.

However you chose to do it, please submit your contribution to your teen's graduation party. The money can be turned in to HV's bookkeeper. Please be sure to note on your check that the money is for "Project Graduation" and the year your student graduates.

Each class also has a group of parents already working on the graduation party and could use your help. If you would like to help with this endeavor for your teen's class, the office can put you in touch with the appropriate person.



Family and Consumer Arts Class

It's fall and our HVHS student's will be cooking up a storm next week. Hurray, safety & sanitation is done! Possibly, some of you will be catching your heads as your students become more germ-a-phobic in the kitchens. We discussed a variety of food born bacteria and how we can easily make our selves sick. I am hoping they will practice their sanitation skills at home. I just chuckled, at the students reactions, when they realized how easy it is to contaminate food. The first line of defense, in avoiding a Foods Born Illness, is to "WASH YOUR HANDS!" "Food Born IIInesses" often goes unreported because the symptoms mimic the flu. I urged them to wash their hands at least four times throughout the day. It is also important to wash their hands when they get home from school. This will slow down the transfer of germs and help protect their families.

The Foods I classes, in the next couple of weeks, will focus on measuring properly. They will practice these methods in lab: the stick (margarine), the packing method, the water displacement method, leveling, and sifting). Working in groups and learning how to cooperate is sometimes a challenge. They will become really good at it by the end of the trimester. In this unit, our labs will include a variety of cookies: peanut butter, chocolate chips, snicker doodles, monster cookies, and the "bestessst" of all brownies (AWLAYS their favorite)!



The Culinary Arts students decided they wanted to order chef jackets and matching hats. Their black jackets arrived this week and they are so excited! Our first unit will focus on entry level home canning skills. Their lab assignments will include a variety of jams and jellies: Kiwi, Banana-Orange (which in scrumptious), Blackberry, maybe Strawberry and Jalapeño. I suggested "Corn Cob, and Tomato" jelly but they just turned up their noses. We will eat these luscious treats on fresh home made bread. I can just smell it now.

Chow, Ms. Reynolds

Hidden Valley FBLA Claims First-Ever National Champion

Hidden Valley brought home the three highest places among the eight awards won by Oregon. Devon Andrade gave Hidden Valley its first National Championship with a dominating performance in E - Business.

Last year Hidden Valley's FBLA, Future Business Leaders of America. sent 18 students out of the 20 that qualified to the National Competition. All year the students strive to achieve the level it takes to get to nationals. The people who accomplished this goal include: Gabrielle Pendleton, Kaylee VanLeuuen, Lauren Hogan, Xandre Pornaras, CJ Severson, Kaity Markley, Ashley Pendleton, Mckenna Norris, Sean Davis, Emily Ice, and Aaron Hernadez. Serena Kasner qualified for nationals in Public Speaking I placing between 11th and 15th in the nation. Ben Nelson and Travis Fitchie received 2nd place in their American Enterprise Project. Lindsey Conard, Josh Faust, and Cedar Wilkening captured 2nd place in Business Financial Plan.

Anaheim, California, and after that it will revert back to Nashville.

FBLA has inspired many people to attain excellence. Through FBLA these students are also recognized and appreciated for all their hard work and dedication throughout the year. We should all be proud of the people who make our school recognizable.

This year our focus is on community service and other activities. We are hopeful to have our 10th year of dominance and excited to get things rolling. If your interested in joining FBLA contact Mr. Fisher or Mr. Pendleton in room D6.



Cedar Wilkening, Josh Faust, Lindsey Conard



Current State 4A Champions (9 years running!)

What is FBLA?

FBLA is an organization that has approximately a quarter of a million members in 6,000 schools nation wide. This student leadership organization holds several conferences every year held in various locations throughout the United States. FBLA is a business oriented organization that competes every year at different levels; regional, state, and national. There are over 60 competitive events. So you have to ask yourself; how can a quarter of a million teens all be wrong? THEY CAN'T! The Association has four divisions:

- FBLA for high school students
- FBLA Middle Level for junior high, middle and intermediate school students
- PBL for postsecondary students
- And the Professional Alumni Division for business people, educators and parents, who support the goals of the Association.

The FBLA-PBL Mission is to bring business and education together in a positive working relationship through innovative leadership and career development programs. FBLA-PBL is headquartered in Reston, Virginia, and organized on local, state and national levels. Business teachers/advisers and advisory councils (including school officials, business people and community representatives)

Why should you join?

- Amazing Travel Opportunities
- 60+ Exciting Competitive Events
- Generous scholarships
- Leadership Development
- Community Service Opportunities
- Awesome networking opportunities

Anything else we should know?:

Breakdown of Dues

- Chapter dues are \$50 or \$60 to include a chapter polo shirt.
- Where does the \$ go?
- \$6 for national membership dues
- \$9 for state dues

\$35 for chapter dues and pays for your entire trip to the Regional Skills Conference!

To join you need to bring a check made out to "HVHS FBLA" for the proper amount of dues, or pay in cash to the HVHS Book-keeper. **Bring your receipt, registration form(s) and class schedule** to Mr. Pendleton in room D-6 or Mr. Fisher in room D-9 to let them know your dues are paid. Bring your payment to them...

As Soon as Possible!!!	4/
First Name:	_ Last Name:
Address:	E-Mail Address:
	Date of Birth:
Home Phone:	Cell Phone:
Grade Level: Yea	rs in FBLA: 9 10 11 12 Gender: M F



FBLA

We would like to welcome you to the new school year and give you information about the exciting opportunities which await you. This year promises to be one which offers great learning opportunities along with the opportunity to win our **TENTH CONSECUTIVE STATE CHAMPION-SHIP**.

The 2009-2010 campaign was a successful one, as we saw many great performances and received many quality awards. Among the highlights: our chapter won the Oregon 4A Chapter of the Year award for the ninth consecutive year. In addition, we had over 40 top ten finishers, and seated two state officers at the State Business Leadership Conference. We went on to have 19 members compete at the National Leadership Conference in Nashville, TN, with 3 national awards; two second-place finishes and our first National Champion!

In addition to the many competitive event and chapter activity opportunities, we have the opportunity to travel to the following FBLA sponsored events: Chapter Leadership Tour @ HV, Oregon Leadership Institute in Eugene, Rogue Umpqua Regional Skills Conference @ SHS, State Business Leadership Conference in Portland and the National Leadership Conference in Orlando, FL!

Our chapter is blessed with numerous resources at your disposal, as we have two state officers, the Chair of the Oregon FBLA Board of Advisers and member of the Board of Trustees. We also have many terrific business partnerships in the valley which you can tap into for assistance with chapter and other school projects.

Our goals for 2010-11 year are to continue the recent success of our chapter, and improve our written projects so that we can achieve greater success at the NLC in Orlando next summer. We also hope to create more community partnerships to assist members with skill development and employment opportunities.

Thank you for your membership and continued support of HVHS FBLA!

Yours in Success

Chris Pendleton & Dale Fisher

SPANISH CLUB

There is a Spanish club organizing during the month of September and October. All students who have ever taken a foreign language class, or who are interested in Hispanic culture are eligible to belong. This fall we have three goals:

- 1.) To form a Foreign Language Honor Society to be charted by the Oregon Confederation of Foreign Language Teachers (COFLT). Prospective members must complete two years of foreign language and have a cumulative GPA of 3.5.
- 2.) To design and sell Mustang t-shirts for the Spanish Club.
- 3.) To organize an International Night for November or December.

We are looking for presenters for the International Night. If you or a friend would like to provide entertainment (music or dance), or give a short presentation about a foreign country (Africa? Mexico? Germany) we would most appreciate it. For more information please contact: Kelly Turner, Spanish Teacher, Hidden Valley High School. (kelly.turner@threerivers.k12.or.us or 541-787-0242)FBLA

FENCING CLUB

Fencing has started up again here at HV. We lost several great fencers to graduation, but I hope that we will get some great new fencers to replace them. Already, a large number of freshmen have shown interest, and the team looks like it will have nearly 24 members, with equal numbers of men and women being represented. We hope once again to bring back the gold to HV. Our tournaments will be mostly over in Medford, at the Southern Oregon Fencing Center. Fencing is a life time sport, and increases or improves balance, strength, endurance, coordination and flexibility.