

November 2010 Student-Athlete Winner:

**Luke Vanoudenhaegen**

Central Catholic High School

Sports: Football, Baseball, Swimming

Luke is a true leader at Central Catholic High School. He has been nominated the past three years to serve as a “Rambassador” to his peers. Rambassadors are leaders in the school who represent the student body at school and special events, serving as role models for their peers.

Community service is another passion that makes Luke stand out. He has logged over 120 hours of community service, along with coaching at summer football camps and coaching for CYO youth football teams. This past summer, Luke participated in a volunteer service trip to provide 50 hours of physical labor to families in a New Orleans parish still needing help in the aftermath of Hurricane Katrina.

When it comes to athletics, Luke is exceptionally passionate. Not only is he competitive, but also among the first players to extend himself to his teammates and his competitors during a game. When his teammate had a heart attack on the field, Luke spent many hours in the hospital and later at his home providing friendship and support. He created a special team flag with the motto, “#21 Gun Salute, HD3” to honor his teammate.

We congratulate Luke on winning November’s KGW Student Athlete of the Month, generously sponsored by Portland-Salem Acura Dealers.