

WRESTLE: Outlaws showed grit in tough competition

Continued from page 15

Wyatt Maffey and junior Chaz Patterson. Wyatt did very well as a sophomore versus some tough varsity competitors, delivering two wins and two losses for the weekend, earning a tie for seventh place out of 16 wrestlers.

Patterson was only one match away from placing in the top eight but lost his third match in the consolation rounds.

The 160-pound weight class featured two Outlaws varsity wrestlers, sophomore Jared Miller and senior Dillon King.

"Dillon and Jared didn't start strong, losing their first match, but then came back in the consolation rounds winning three straight matches each," Downs said.

The Outlaws ran into tough competition just before the placing rounds and they both were unable to win those matches. Miller and King ended the weekend with a winning record of three wins and two losses.

Downs noted, "Senior Ethan Martin was our lone 195-pounder and he had competed in six matches this weekend and it really took a toll on his injured shoulder from the first day of competition. He ended the weekend going three-and-three and earning a sixth place."

In the 285-pound weight class, sophomore Jacob Washington and senior Damien King had good matches. Washington went one and King wrestled five matches and took fifth place, ending the weekend with a 3-2 record.

Junior Landon Nothiger

and senior Anthony Randolph wrestled at 145. Nothiger went .500 for the weekend with two wins and two losses. He was very close to earning a spot in the placing rounds.

"Anthony was our wrestler of the men's tournament," Downs said. "He was finally down to his new weight class at 145 pounds and it really showed. He won three straight matches with pins over his opponents, and this earned him a spot in the first-place final match where he met Wyatt Patzke from Lakeview. Patzke is currently undefeated with a record of 14-0 and he was able to catch Anthony and quickly take him to the ground and pin him. It was a tough loss for Anthony, but overall a great weekend. He was very proud to take home the silver medal from a weight class that had started with 19 competitors."

“This doesn't happen very often when a team can accomplish having everyone still in the tournament on the second day.”

— John Downs

In the girls tournament the Outlaws had Tyler "Daisy" Patterson competing at the 125-pound weight class.

"She won her first two matches with pins and then had to fight hard in the first-place match versus Vanessa Ruiz of Nyssa," Downs reported. "Daisy went all three rounds, just losing by points at the end but she, too, had a great weekend and was able to earn a silver medal!"

RESOLUTIONS: Make goals meaningful and reachable

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will all alter the scale. Consider measurements, or get a body-fat test. Make sure that what is being measured or tracked actually matters.

What is being measured also needs to adjust along the way. Once a person gets 5,000 steps a day for several weeks they ought to try for more. A reason why people drop out of their fitness quest is because it gets boring; they forget that to continue there needs to be progression.

Let's boil it down:

- Make the goal matter, it needs meaning and purpose.

- Start basic, establish progressions, keep things challenging along the way.

- Make the environment match the goal. Friends, family, and others can help support.

- The goal will get boring; change it up and make it interesting again.

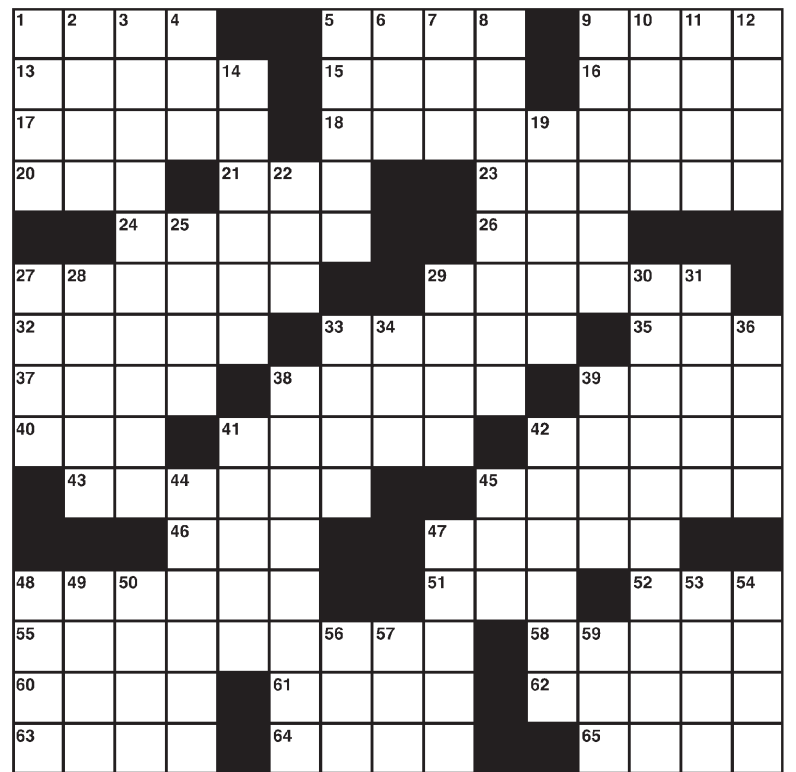
- What is measured ought to matter: weight, steps, pounds lifted need to be meaningful.

Don't fall into the trap of making an arbitrary goal because losing weight and exercise is healthy. Make it meaningful and don't go overboard. Remember, it takes time to create the persona one lives in. Constant progression is key. Best of luck to all the fitness and health endeavors for the new year.

The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- Excessive publicity
 - "If the ___ fits..."
 - Purina Dog ___
 - Bread ingredient
 - Beatles movie
 - Out of ___; misbehaving
 - Swampland
 - Government law
 - Org. for Ducks & Penguins
 - Come in first
 - Went separate ways
 - Fuming
 - Rush
 - Elevator alternative
 - Sea near Stockholm
 - Entice
 - Take ___; put forth effort
 - Fem. title
 - Hatchets
 - Travis or Quaid
 - Tiff
 - Prohibit
 - Smooths wood
 - Minimum or maximum limit
 - Flat grassland area
 - Hepburn or Meadows
 - Ring around the collar
 - American poet Robert ___
 - Insult
 - Class ___; admirable person
 - On ___ fours; crawling
 - Down-to-earth
 - Pyle or Kovacs
 - Compass direction
 - Surpasses
 - Cheney & Smothers
 - Crazy
 - Days of ___; olden times
 - Flying insects



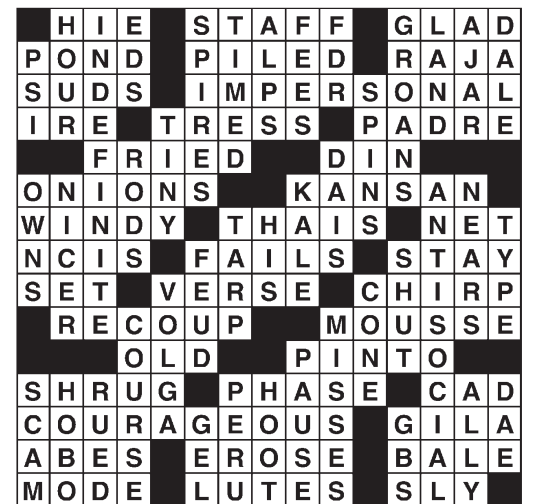
Created by Jacqueline E. Mathews

1/1/20

DOWN

- Choir selection
- Slangy reply
- Britain's congress
- Curvy letter
- Glowed
- That girl
- Like a centenarian
- January 6
- Bordeaux wine
- Suggestion
- A single time
- Do garden work
- Stymie
- Manicurist's focus
- Part of TGIF
- Van Winkle's namesakes
- Puncture
- Austin's place
- eBay offers
- Significance
- Wooden box
- Window glass
- ___ so forth; etc.
- Linger
- Quickness

— Last Week's Puzzle Solved —



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12/26/19

- Soap lather
- Exhausted
- Used the words of
- Votes into office
- St. Joan of ___
- Inaccurate
- "___ Sesame"; Ali Baba's line
- Frankfurt wife
- Eat nothing
- Take a shine to
- More or ___
- Pigeon's cry
- Part of spring: abbr.
- Tease

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