

Boys basketball drops two on the hardwood

By Rongi Yost
Correspondent

The Outlaws dropped both their league games this past week: a 32-49 loss at home against Sweet Home on Tuesday, January 28, and a 52-63 loss at home against Newport on Thursday in a make-up game that was rescheduled from earlier in the season due to inclement weather.

In Tuesday's loss, Sweet Home jumped out early and capitalized on 15 first-half turnovers to enter the half up 24-10. The Huskies pressure got to the Outlaws, which resulted in unforced turnovers. Sisters came back strong in the third and cut the lead from 14 to six, but ran out of gas. Sweet Home scored 10 unanswered points to push the lead back to 15 at the close of the third. The Huskies held onto the lead and posted the win.

Sam Nicklous scored nine points after a scoreless first quarter, and Nate Weber finished with nine. Brogan Petterson scored five and was three-for-five from the free-throw line.

On Thursday, the Outlaws played a great first half against Newport. In the first quarter, Weber rattled down three three-pointers to keep Sisters within two at 12-14. The Outlaws were patient on offense and got the ball inside to both Brogan Petterson and Joe Scholl for the buckets.

In the second period, the score went back-and-forth the first four

minutes and was tied twice. In the final two minutes the Cubs pulled ahead, and at the half the Outlaws trailed 25-29.

The Outlaws didn't execute in the third quarter like they did in the first half. Pressure in the back-court by the Cubs caused the Outlaws to make errors and turn the ball over. At the close of the third, Sisters was down 33-43.

In the final quarter, the Outlaws were able to cut the Cubs' lead to six, but down the stretch Newport spread the court and stalled. Sisters was forced to foul, and the Cubs hit their shots and recorded the win.

Weber led the Outlaws with 18 points, Nicklous tallied 11, Petterson and Scholl each dropped in eight, and Max Palanuk added five.

"Overall, the offensive end was fine," said Coach Rob Jensen. "We just need to play better defense and limit turnovers."

Sisters was scheduled to play at Newport on Tuesday, February 4. They will face the Cascade Cougars at home on Friday.



PHOTO BY JERRY BALDOCK

Connor Linn scored for the Outlaws.



Fit For Sisters

Andrew Luscutoff
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Cold and Flu Basics

Cold and flu season begins in December, but it isn't until February and March that it reaches its pinnacle of infectious havok, often affecting millions.

The CDC (Centers for Disease Control) figures that between October of 2019 and January 18, 2020, between 15 and 21 million people have suffered. The death rate is around .1 percent.

The flu is a virus which is different than the common cold. Yearly, the virus

mutates and becomes hard for the natural antibodies in the immune system to protect against. This makes the sickness more communicable and harder for the body to ward off once infected.

The flu is different than the common cold in a few ways. First its symptoms appear rather quickly upon contraction. Colds start with a scratchy throat, runny nose, and can escalate when rest and recovery is not taken into consideration. Colds often have more of a mucus response than does the flu. The flu can include feeling feverish/chills, cough, sore throat, stuffy nose, muscle or body aches, headaches and fatigue, often to a greater degree.

The flu can be treated and the body can fight the virus off usually in five days, while a common cold may last much longer. The danger is the severity of the symptoms. The flu can be remedied with common antiviral medications, which help the body rid itself of the infection.

Certain areas, like Central Oregon, which can be cool and dry for long

stretches support the flu virus. The dry air keeps the mucus membranes of the nasal passage — which usually can intercept a virus — dry. Also, the dark days of Northern Hemisphere winter deplete the body of immune-supporting vitamin D. Our body is low in vitamin D right when the pinnacle of flu season is upon us.

The nature of winter months is that people end up being in close quarters with others. More people flocking to the indoors creates a better incubator for virus. Also, indoors the air tends to be less humid than outside.

Eating a healthful diet, resting, and regularly washing hands will be paramount to avoid illness. The flu is concerning, but it is a yearly occurrence. Being afraid, avoiding public places, or flooding the family practice with fear of the illness will only create complications for everyone. Knowing that the best armor against the flu is treating oneself's health and wellness respectfully is a good place to start.

Eat well, stay hydrated, and rest.

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