

Outlaw boys win in Union

Wallowa County Chieftain

UNION — Dylan Jennings and Jacob Amaro took the top two spots to lead the Enterprise boys golf team to victory Friday, April 23, at the Buffalo Peak Invitational in Union.

Jennings and Amaro were the only two golfers to break 90, with Jennings shooting a round for 79, and Amaro finishing right behind him at 82.

"I'm really excited about how all my players performed," head coach Kyle Crawford said. "I had a number of kids post their best scores ever. With Dylan and Jacob placing first and second, the boys team is going to be tough to beat if they can keep playing at such a high level."

The rest of the top five for the boys were Alex Albanez at 107, Parker Siebe at 110 and Landon Greenshields at 117.

The boys team score was 378 to best runner-up Wallowa/Joseph at 406.

Frank Westerman took third with a score of 93 to lead the efforts of the Wal-



EO Media Group, File

Enterprise's Jacob Amaro, shown in this file photo, placed second at the Buffalo Peak Invitational Friday, April 23, 2021, in Union. His teammate, Dylan Jennings, won the tournament, and the duo helped Enterprise to first place.

lowa/Joseph boys.

Westerman and his teammates all dropped scores from the previous week. The big mover on the team was Owen Gorham, who improved his score from last week by 22 strokes and shot 108 Friday.

Willie Gibbs also turned

in a 108, while Mason Moore carded a 100 and Owen Mallory had a 105 for the top-five scores on the team.

Jett Peterson had a score of 112, and Jesse Larison shot a 135 for a 15-shot improvement.

"Everybody improved a bunch," head coach Marvin Gibbs said. "That was good. Happy to see that. I think they were happy with their performances, also."

On the girls side, Jessie Journigan shot a score of 116 from the No. 5 spot to lead the Outlaws. Lannie Stonebrink followed at 126 and Jordyn Stonebrink carded a 141. They were followed by a 154 from Codi Cunningham and a 156 by Greta Carlsen.

"The girls have made great strides, and all the kids seem eager to keep improving," Crawford said.

Both teams play twice this week — Wallowa/Joseph at Heppner on Thursday and at The Dalles on Friday, and Enterprise at Heppner Thursday and at Wildhorse in Pendleton on Friday.

Mountaineer women's soccer out of national tournament

The Observer

FOLEY, Ala. — No. 16 Eastern Oregon University women's soccer saw its season draw to a close on Tuesday afternoon, April 27. The Mountaineers fell in the first round of the National Association of Intercollegiate Athletics National Championships to No. 7 Spring Arbor University, 3-2, inside the Foley Sports Tourism Complex. With the loss, EOU bows out of the national tournament with a final record of 8-2-3.

Despite trailing 3-1 late in the first period and through the majority of the second, according to EOU Athletics, the Mountaineers battled all 90 minutes and forced pressure the whole match. The difference maker in the win for the Cougars was netting all three goals in the first 45 minutes.

EOU held Spring Arbor scoreless in the second.

Cailin Koupal scored the Mountaineer's lone goal of the first half as the senior played a long pass from Kana Mateaki to get into the penalty area. Koupal then made a move to the right to get into the penalty area and beat the goalkeeper and tie the game at 1-1.

The Mountaineers then surrendered back-to-back goals within three minutes of each other. The Cougars retook the lead in the 35th minute as Madison Marshall netted her second goal of the half, and three

minutes later Spring Arbor went up 3-1.

The pressure on offense helped the Mountaineers create opportunities to score, but it was not until late in the game they were able to find the back of the net.

A foul by Spring Arbor in the 89th minute inside the penalty area set up the penalty kick for Kayla Storm, who nailed the shot into the bottom right corner of the net just past the goalkeeper's reach to bring the score to its final of 3-2.

Schedule

THURSDAY, APRIL 29

PREP BOYS GOLF

Wallowa at Heppner/Ine

FRIDAY, APRIL 30

PREP BOYS TENNIS

Vale at La Grande, 4 p.m.

COLLEGE TRACK & FIELD

EOU at Buc Scoring Invitational, Spokane, Washington

COLLEGE BASEBALL

Lewis-Clark at EOU, 3 p.m.

COLLEGE SOFTBALL

EOU at Oregon Tech, noon & 2 p.m.

WOMEN'S COLLEGE

BASKETBALL

Pacific at EOU, 5:30 p.m.

MEN'S COLLEGE

BASKETBALL

Pacific at EOU, 7:30 p.m.

SATURDAY, MAY 1

PREP BASEBALL

La Grande at Baker/Powder Valley, 11 a.m.

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,599 \$2,349

1-888-817-0676
promo code N7017

* Free date changes anytime up to 45 days prior to departure for land tours, up to 95 days prior to departure for cruise tours. Deposits and final payments remain non-refundable. Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 6/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

One solution for oxygen at home, away, and for travel
Introducing the INOGEN ONE - It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-855-839-0752

© 2020 Inogen, Inc. All rights reserved. MKT-P0108

STORAGE BUILDINGS

www.CountrysideSheds.com

Start Growing Season in your NEW Building organizing your equipment

(541) 663-0246
Locally owned and operated for over 25 years

Countryside SHEDS
CCB #149931

"More Than Just a Shed"

10505 N. McAlister Road
(Corner of Hwy 82 & N. McAlister Rd.)

RENT to OWN
starting at **\$68 Month**

MATURE living

Losing weight after menopause

Menopause is a time of change in a woman's life. Much as the start of menstruation is accompanied by great fluctuations in hormones that can cause different symptoms, so, too, is the end of menstruation.

During menopause, many women experience weight gain and have trouble shedding pounds. Researchers are not quite sure why women gain weight during menopause. However, the health and wellness site Healthline advises that both elevated and low levels of estrogen can lead to increased fat storage. This is compounded by a loss of muscle mass that occurs due to age, hormonal changes and decreased physical activity.

According to JoAnn Pinkerton, MD, executive director of the North American Menopause Society, most women will gain about five pounds during the menopause transition. Women who do not gain weight may notice that fat is being repositioned around their midsections. Other factors also may contribute to this weight gain.

Losing weight during the menopause transition can be challenging, but it is not impossible.

- Cut down on calories. Post-menopausal women can cut back on calories because they likely do not need as much as they did when they were younger. Eating may be out of habit, not necessity.
- Increase exercise. While mature women may not have the endurance of younger women, they can make up for it by scheduling shorter, more frequent exercise sessions. The general recommendation is 30 minutes of moderate-intensity exercise most days per week. But this can be split up into different sessions per day. Incorporate resistance training to help combat muscle mass lost from aging. The more muscle one has, the more calories burned, even at rest.

- Cut out sweetened beverages and desserts. Cutting back on sugary items can trigger weight loss. Researcher Bethany Barone Gibbs, Ph.D., of the University of Pittsburgh, noted that participants in a school-sponsored weight-loss study who were able to decrease their consumption of desserts and sugar-sweetened beverages tended to have more success losing weight and keeping it off than those who did not.
- Talk about medications. Speak with a doctor about medications, some of which can contribute to weight gain. Many women are prescribed antidepressants in midlife to combat, among other things, symptoms of menopause. Side effects of such medications can include weight gain. Women gaining weight during menopause can discuss



Much as the start of menstruation is accompanied by great fluctuations in hormones that can cause different symptoms, so, too, is the end of menstruation

their concerns with their doctors, trainers and dieticians and work toward healthy goals for postmenopausal weight loss.

Did you know?

Leisure activities may be widely viewed as fun ways to fill up free time, but the benefits of leisure activities extend beyond beating boredom. A 2011 analysis published in the journal BBA Molecular Basis of Disease found that leisure activities have a positive impact on cognitive function and dementia. The analysis, conducted by researchers with the Aging Research Center in Stockholm who examined various studies regarding the relationship between certain activities and cognitive function, defined leisure activity as the voluntary use of free time for activities outside the home. After retirement, leisure time constitutes a large part of many retirees' lives, and finding ways to fill that time is more beneficial than merely avoiding boredom. The researchers behind the study concluded that the existing research is insufficient to draw any firm conclusions regarding the effects of certain types of leisure activities on the risk for dementia and cognitive decline, though they did note that multi-domain cognitive training has the potential to improve cognitive function in healthy older adults and slow decline in affected individuals. A multi-domain approach to cognitive training involves memory, reasoning, problem-solving, and map reading, among other activities. Aging adults who embrace activities that require the use of such skills may find that they're not only finding stimulating ways to fill their free time, but increasing their chances of long-term cognitive health as well.

For help with ALL your Medicare Coverage options

Reed & Associates for excellent service **LOCALLY!**

Reed & ASSOCIATES
An Independent Insurance Agency

Nicole Cathey
10106 N. 'C' • Island City
541-975-1364
Toll Free 1-866-282-1925 www.reed-insurance.net

CONFUSED? About Medicare?

CALL TODAY WE CAN HELP

RONALD G. 'BUD' SCUBES

INSURANCE AND RETIREMENT SERVICES

77 N 8th Ave, Suite A Elgin, OR 97827

Office: 541-437-3691
Fax: 541-437-3691
Cell: 541-786-4282

Many people have been asking if preplanned funeral arrangements are transferable from one funeral home to another. The simple answer is yes, they are. And the process is easy.

Call Loveland Funeral Chapel today, and let us take care of the details for you.

LOVELAND FUNERAL CHAPEL
and Union County's Crematory
1508 Fourth St. 541-963-5022