

Cascade challenges the Lady Cougars

By **Jenna Larkin**
IVN Contributing Writer

With a 1-9 loss against the Cascade Christian Challengers, IVHS girls' soccer had a disappointing week. On Wednesday, Sept. 24, the Cougars fought against the Challengers despite sickness and an injury early in the game. By the end of the first half, the Challengers lead with a score of 0-9.

"Cascade has speed and was able to take over quickly," said head coach Dick Matte. During the second half, the IVHS squad was able to work the ball down into Challengers territory. Senior Mikael Cusumano, who was not feeling well, scored the Cougars' only goal with no assist. "Mikael was able to overcome the defense and put the ball in," said Matte. The Cougars now sit with a 1-1 record in league and a 3-4 record overall.

The Lady Cougars had a bye this last Saturday, giving them plenty of time to rest and prepare for this coming week. With seven of fourteen games in the record books, the girls' squad has three games this coming week scheduled. The Cougars were scheduled to travel to Crater on Tuesday, Sept. 30, to take on the Comets. The Lady Cougars have already played against Crater once this season with a tough 0-3 defeat. Coach Matte hopes to have a better game and put a few goals in

the net. The girls will also go up against Rogue River, who they have not competed against this season. "Rogue River is a good team, it should be a close game," said Matte. The last game of the week for the Cougar squad will be against St. Mary's who has great team speed. Matte knows that all three teams are competitive, but looks forward to the challenge and is confident that the girls will hold their own.

Volleyball digs deep during a tough week

By **Jenna Larkin**
IVN Contributing Writer

The varsity volleyball team and both junior varsity squads had plenty of games this past week to keep them busy and on the road.

To start off the week, the Lady Cougars traveled to Cascade Christian on Tuesday, Sept. 23. Even with a tough defense, IVHS lost to the Challengers, 0-3.

"The girls played very well and stepped it up. Defense was strong, not allowing anything to hit the floor," said head coach Erica Butler.

Halona Jackson was able to hold off the Challenger's offense with several key digs. IVHS overall played well as a team.

With a 3-8 overall record this season, the Cougars traveled to Rogue River to take on the Chieftains on Thursday, Sept.

25. The Chieftains hold a 7-6-1 overall record so far. Both JV teams also had a chance to play against Rogue River.

JV 1 took won by a score of 2-0 while JV 2 had a close game with the Chieftains, but lost by a score of 1-2.

Following the JV games, the varsity squad lost to Rogue River in a five-set match. In the first game, Rogue River dominated with a final score of 15-25. The Lady Cougars took the second game 25-23. The Lady Cougars also won the third game with another close score of 29-27. Rogue River took the last two games with scores of 15-25 and 8-15.

Senior Alex LaFlamme played a crucial role in holding the team together and keeping the communication going while on the court. LaFlamme had significant blocks against the Chieftains, keeping them at bay when IVHS most needed to put points on the board.

"The girls communicated well as a team on the court. We still have some things to work on but are doing well so far this season," Butler said.

Saturday, Sept. 27, proved to be grueling for the Cougars. The squads traveled to St. Mary's to play in the Crusader Invitational. The varsity girls started the day off in pool play. They first went up against Etna in a two-set match. Each team won one set. Next, IVHS took on North Bend and lost close games. For the third and final match in the pool play, IVHS went up against Yreka, who took the win.

The Cougars then went on to play in brackets. The Cougars played in the silver division with better outcomes than in pool play. In the first match, IVHS took on the Brookings-Harbor Bruins. The Lady Cougars took their fourth league win of the season. In their second game, IVHS competed against the Chieftains in a three-set match. The Cougars lost to the Bruins with a final score of 1-2.

"Overall the day was long but the girls played well. We got the next win to keep us going," Butler said of the invitational tournament.

IVHS grad pursues body sculpting career

By **Judy Hoyle**
IVN Contributing Writer

In her very first body sculpture competition, July Sheridan won a fifth-place trophy at the Sept. 5-6 NPC Desert Storm in Mesa, Arizona. She competed in the "Bikini Novice Class A" group, one of 38 different contests, based on the competitor's height and age. Out of 207 competitors, she came in fourth overall at the two-day event.

Similar to beauty contests, the world of body sculpting is highly competitive and fast paced. The NPC organizers annually stage seven different events, which sport event titles like Thunderdome, Outlaw and Terminator. Sheridan works out three hours a day, seven days a week.

"It's a lifestyle," she said in a telephone interview.

The Arizona native moved to Cave Junction with her parents, brother and sister about 15 years ago and attended Lorna Byrne Middle School and graduated a year early from Illinois Valley High School in 2006. Her IVHS career included playing on the junior varsity softball team and making both the junior varsity and varsity cheerleading squads. She was also a member of the homecoming court in her final year at IVHS.

Upon graduating, she was offered a scholarship to Oregon State University. She traveled to Arizona to spend the summer with her grandparents, aunts, uncles and cousins. At the end of the summer, she decided to stay and has lived in the Scottsdale area ever since.

Sheridan is currently a full-time student and plans to complete her education at Grand Canyon University. She became interested in the sport

only recently, but her quick success has led her to consider making a career of the sport, and get paid for endorsements and appearances.

"She's concentrating on her physical fitness right now," said her mother, Shelly Sheridan. "She has a competition on Oct. 25 and there will be another one in California or Florida at Thanksgiving. If she can win one of the top three awards in the next competitions, she can become a professional."

Her parents originally moved the family to Cave Junction to get away from the fast paced life in Phoenix and Scottsdale where her father, Dell, had achieved fame and fortune as a member of the heavy metal band "Arsenal."

"We got tired of the groupies on the front lawn and fans knocking on our doors at all hours of the day and night," Shelly said. "Dell had grown up in Eugene and he liked Or-

gon. He came up here looking for property and called me one night to tell me he'd bought what we'd been looking for, so we sold our homes in Arizona and moved here."

"It's an incredibly slower pace of life here," she added. "C.J. is home. We like the peace and quiet."

Shelly has worked at the Siskiyou Clinic for the past six years as a patient care specialist, while Dell builds custom motorcycles. At one point he owned Redwood Highway Chopper, but no longer feels a need to advertise and simply relies on word of mouth for a steady stream of customers.

The Sheridans are proud of their three kids and are strong proponents of community support for the next generation coming up.

"When Illinois Valley kids succeed, we need to celebrate that," Shelly said.



July Sheridan

KERBY GENERAL STORE

NOW OFFER SCHOOL SUPPLIES AND BACKPACKS!

BEER • SNACKS • TOYS
FIREWOOD • ICE & MORE

SUMMER HOURS

9:00 AM - 8:00 PM • MON. to SAT.
9:00 AM - 6:00 PM • SUNDAYS

541-529-4903

STRETCH YOUR EBT DOLLARS!



ZUMBA

Instructor: **Lisa Sherier**
541-761-4342

Monday • Wednesday

Thursday
6:00 PM

\$5.00 for Drop-in
\$40.00 a Month

770 Caves Hwy • Cave Junction

2 WEEK SPECIAL

NEW!
Fern Valley
Goat Milk
Soaps

Gooseberries

Real Food Market

BONITA V
Hair, Skin,
Nails
\$15.99

Special Features

Big Tree Farms
Coconut Palm Nectar
• Blonde, amber
• Low glycemic
• Organic
• A delicious sweetener

11.5 oz. **\$4.99** ea.
Reg. \$8.19 ea.

Smart Chicken Thighs
An air chilled bird. No hormones or antibiotics. Bake them in the oven or BBQ them.

\$2.09 lb.
Reg 2.79 lb.

DELI SPECIAL! Niman Ranch
Andouille sausage on a bun w/side salad.
Reg \$7.99 ea.

\$6.99 ea.

Garnet & Jewel Yams
Nutrient-dense, very low-fat vegetable, rich in fiber. Delicious baked.

\$1.89 lb.
Reg \$2.19

Deli

NEW! Deli Hours - 9am - 5pm

Breakfast Muffin..... **\$2.59** ea.
1 egg, your choice of meat, 1 slice of cheese. Reg. 2.99 ea.

GRAB-N-GO Pretzel Hoagies..... **\$3.99** ea.
Assorted meats, cheeses, lettuce, mayo, mustard on a pretzel hoagie. Reg. \$4.99

GRILL MENU

Buffalo Burger..... **\$7.99** ea.
With a side salad. Reg. \$8.99

SALAD CASE

Penne Pasta Salad..... **\$6.99** lb.
Reg. \$7.99

We support our local farms!

Produce

Yellow Onions..... **89¢** lb.
Low in calories, very low in sodium, and contain no fat or cholesterol. Reg. \$1.19 lb.

Vine Tomatoes..... **\$3.49** lb.
Sweet, red, sun-ripened tomatoes, best for slicing on sandwiches or used in salads. Reg. \$3.79 lb.

Fuji Apples..... **\$1.79** lb.
Multi-colored variety of sweet, crunchy and delicious apples. Reg. 2.19 lb.

All Organic Girl Salad Mixes **\$3.79** ea.
Organic boxes of greens in a variety of mixes. Reg. \$4.39 ea.

Cheese

Organic Spelt Flakes..... **\$2.89**
Reg. \$3.59

Organic Pinto Beans..... **\$1.79**
Reg. \$2.19

Organic Red Chili Beans..... **\$1.59**
Reg. 1.99

Groceries

"Dirty" Potato Chips
• 3 Flavors to choose from
• Kettle chips cooked in peanut oil for a crunchier chip
• Gluten free
5 oz. **\$1.69**
Reg. \$2.59

Thai Kitchen
Organic Coconut Milk
• Regular, Lite
• So many things you can do with it!
• 13.66 oz. **\$2.19**
Reg. \$3.19

Zevia
Assorted flavors of Soda
• Stevia Sweetened
• Caffeine free
6 Packs **\$4.69** + Dep.
Reg. \$6.79

Mom's Best Reg. \$4.59 **\$3.59**
Assorted Cereals
• No artificial flavors
• No high fructose corn syrup. Kids love it!
16 to 24 oz.

Meat Specials

Painted Hills Grass Fed Tri Tip **\$7.99** lb.
No hormones or antibiotics. We will cut into steaks for you. Reg. \$9.79 lb.

Diestel Turkey Chunks **\$7.59** lb.
All 3 flavors, smoked pastrami or oven roasted. Reg. \$9.99 lb.

Niman Fearless Dogs **\$4.49** pkg.
Uncured beef hot dogs. Makes for a quick lunch. Reg. \$5.49 pkg.

Beeler's Thick Cut Bacon **\$5.99** pkg.
No nitrates or nitrites. Great for Sunday morning breakfast. Reg. \$7.39 pkg.

We Accept Oregon Trail Cards • Prices effective Wed., 10/01/14 thru Tues., 10/14/14. • Ad Specials - While Supplies Last
1201 Redwood Ave. • 541-471-2700 • Open Mon. - Sat. 8 am - 8 pm • Sun. 9 am - 7 pm