

MCNARY,

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much space.”
Ten minutes later, the Titans struck again.
After it appeared that Young had gotten away with a handball, the Titans sophomore forward gathered the ball and fired a shot that found the back of the net, extending West Salem's lead to 2-0.

In the 67th minute, the Celtics had their best look of the night when McNary's Jack Baez beat his defender into the box, and then crossed the ball over to teammate Elio Carella after the West Salem keeper dove at the ball.

But despite having an empty net, Carella was unable to get a good touch on the ball and his shot sailed over the post.

Even though things were looking dim for McNary, Salazar gave his team a glimmer of hope in the 75th minute.

Lopez earned a free kick on

the far right side after getting fouled by a pair of West Salem defenders. On the free kick, Lopez fired a missile into the middle to Salazar, who got a clean header on the ball that glanced off the keeper's gloves and found the twine for the score.

“I could tell that the defense was sleeping, so I screamed for Luis and he heard me and gave me a great ball,” Salazar said. “I was able to get a header on it to



KEIZERTIMES/Matt Rawlings
Luis Lopez dribbles upfield after getting a steal.

get us back in the game.”

But in the final five minutes of the contest, McNary failed to get another good look, allowing West Salem to get their fifth win of the season.

It won't get easier for McNary moving forward as they host sixth-ranked Summit on Friday afternoon at 4 p.m.

“We got to bounce back against Summit. That is going to be a tough game,” Salazar said.

MILLER,

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last three seasons, the stresses of being a type 1 diabetic manifest themselves in different ways everyday. However, one thing that assists both Ivie and Miller in making sure his blood glucose levels are in a healthy place is Dexcom continuous glucose monitoring technology.

The Dexcom G5 is a small wearable technology that automatically sends his blood glucose levels to him and his parents every five minutes to a smart device. The device also has alerts and alarms which notify Miller and his loved ones before a potentially life-threatening high or low in his blood sugar.

Miller still has to be diligent about checking his Dexcom more than 20 times per day. He also has to give himself a shot anytime he eats or drinks. However, with his Dexcom, Miller has been able to manage his symptoms by himself while he's at school.

“With the Dexcom, I'm able to keep my blood sugar in a tight range,” Miller said. “I catch it early when my blood sugar starts rising or falling.”

On the baseball field, it can be a little more difficult to manage his levels at times. Miller has even had to take himself out of a few games due to his blood sugar being too high.

“You never want to have insulin on board, because when

ATHLETE of the Week



presented by



ERIK BARKER

Senior QB at McNary High School

The senior quarterback was 14-of-21 for 193 yards passing in McNary's 21-9 loss against Barlow.

He also had 47 yards rushing and scored the Celtics lone touchdown.

Through four games, Barker has combined for 670 total yards and three touchdowns.

you have activity, it speeds up the insulin and makes it stronger. But I will have protein before my games because it stabilized my blood sugar longer,” Miller said.

Luckily, his mom is able to look at her son's levels on her smartphone while he's playing. “I try to take (monitoring) on during games so he doesn't have to pay attention to it,” Ivie said.

Even though Miller still has his struggles from time-to-

time, he still is able to live his life with joy.

“I could just be sad all the time, but that's not me. I'm a happy person and I don't let it get me down. I have a lot to live for and a lot of good things in my life that keep me positive,” he said. “Plus, I think my type 1 diabetes has made me a lot stronger, so it makes me proud of who I am.”

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LET'S MEET Lyndon Zaitz

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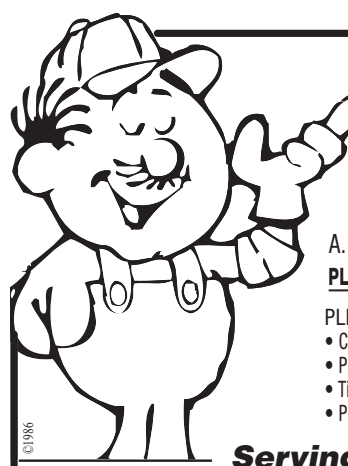
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