

McNary baseball turns to seniors to lead

By JEREMY McDONALD
For the Keizertimes

One thing we know about baseball: pitching is a crucial part of the game. And for the McNary Celtics this spring, they'll have a nice little bullpen to go to once the game starts on March 16 at Lakeridge.

Eben Meyer, Logan Ready, Hayden Kaiser, Jake Allen, Carter Hawley all saw varsity pitching experience, accruing about 100 innings between them entering this season coming off the Celtics 12-8 spring season this past year.

In addition to the five pitchers, head coach Larry Keeker is expecting

sophomore Trevor Ratliff, junior Anthony Cepeda and freshman Jordan Araiza to add depth to the rotation. All in expectation to competing a tough Mountain Valley Conference with the likes of West Salem, Sprague, Mountain View and Bend this upcoming season.

"Our league is good and not just our teams in town, it's also the Bend schools... it's going to be a good experience for us. It's going to be a battle every game, for every team," Keeker describes. "So, it'll be interesting to see how everything plays out."

This senior class, said Keeker, is

talented. He knew that coming into McNary four years ago. Pointing towards Ready, Meyer, Kaiser, Zane Aicher, Gunner Smedema and Quinn Bach to be their 'staple' of their program.

They bring in a lot of baseball experience into the program and will be looked to be the trend setters as they enter this season.

"If you just start with the core senior class, that's going to be...they're going to be the staple of our team in terms of leadership," Keeker said. "Setting the standard of how we practice and how we play, what our culture is going to be. It's all going

to start with those six seniors. There's no doubt about it."

But here's the trick. How can they convey that leadership? Yes, they know the standard and the expectations, but they have to learn how to be the leaders they and Keeker are expecting of them this spring.

It is something he's gone over a few times with his senior leaders going into the second week of the season.

"I've already discussed this with our senior class. They know the standard that I expect, however, they never really had guys in front of them to show them how to



McNary meets as a team prior to the start of the March 7 practice at McNary High School.

Photo by JEREMY McDONALD for the Keizertimes

Advanced surgical technology available closer to home.

Karen Brady, MSN, RN
Vice President, Chief Nursing Officer
Legacy Silverton Medical Center



Imagine needing to undergo a surgical procedure. Understandably, you might wonder how long the recovery time would be or how painful the surgery might be. A recent advancement in robotic surgery makes surgery quicker and safer and is now available in your backyard.

As a longtime Marion County resident, I'm proud to share that Legacy Silverton Medical Center is now home to an Intuitive daVinci Xi Surgical System robot.

This state-of-the-art technology allows us to perform minimally invasive procedures that result in less pain for patients and quicker recover times, too.

The daVinci robot can be used for several surgeries, including hernia repair, reflux, abdominal and colorectal surgeries. We offer robotics surgery at several Legacy Health hospitals and have seen firsthand the benefits to our patients and surgeons.

legacyhealth.org/roboticsurgery

For our patients, complex procedures can now be done as outpatient surgeries with less trauma, pain and scarring. Patients may even be able to return to the comforts of home within a few hours after surgery. If a hospital stay is required, it will likely be a short one.

For our surgeons, they can now perform very delicate, complex operations with increased vision, precision and control.

Personally, this news excites me when I think about Legacy's commitment to providing the best patient care closer to home.

Just two years ago, we brought 3-D mammography to Legacy Silverton. It is now widely and successfully used, giving patients access to the most advanced breast cancer screening tool around.

The daVinci robot is the latest example of this commitment, and I am so happy to see our local communities gain access to the kind of technology usually seen in big cities. We look forward to providing this new service to the Marion County community.

