

Gaston rallies for win at Knappa nets

The Daily Astorian

KNAPPA — It was Senior Night with a lot on the line Thursday at Knappa, where the Lady Loggers hosted Gaston, the Northwest League's first place team.

And the Greyhounds had to rally from a Game 1 loss to win the next three, for a 24-26, 25-11, 25-22, 25-22 victory.

With just one senior on its roster, Gaston improves to 9-0 in league, while Knappa falls to 5-4.

Despite the loss, "I was extremely happy with our play tonight," said Knappa coach Jeff Kaul. "The girls played one of their best games of the season tonight. As Paris (Vanderburg) said during our post game huddle, 'when we play like that, even though we lost the match, it felt like we were winners.' I agree with that statement 100 percent."

Knappa opened with a 6-1 lead on its way to the Game 1 win. Gaston came back strong in Game 2, winning by 14 points.

Games 3 and 4 featured multiple lead changes and back and forth volleys, along with some incredible saves and digs, Kaul said, "with blocks and hits from both sides."

Gaston relied on junior middle blocker and hitter Charity Hall to keep a step ahead of the Loggers.

Jaden Miethe had 21 digs to lead the Loggers, followed by Alisha Murphy with 16 digs.

Kaitlyn Landwehr finished another all-around good night with 12 kills, 10 digs, six assists and three blocks, in addition to 13-of-13 serving.

Mack Strain had six kills, Vanderburg finished with five assists, and Kaitlyn Truax added 17 digs.

Fishermen score road victory over Valiants

The Daily Astorian

BEAVERTON — A stronger second half attack helped the Astoria boys soccer team post a 2-0 Cowapa League win at Valley Catholic Thursday.

The Fishermen snapped a 0-0 halftime tie early in the second half, when Jose Gonzales scored off a crossing pass from Jorge Herrejon; and Herrejon scored on

a pass down the center of the field from Trevor Byrd in the closing minutes to secure the win.

"It's the best game the boys have played yet," said Astoria coach Lee Cain. "Valley put up a good fight, but we transitioned to a stronger attack in the second half, and made a vast improvement."

Astoria hosts Seaside Tuesday.

Gulls keep league title hopes alive

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SCAPPOOSE — Seaside fought back from an early 1-0 deficit to score two goals in the final 15 minutes of the game, to keep their league championship hopes alive with a 2-1 win at Scappoose Thursday, in Cow-

apa League boys soccer action.

After a "slip of communication" allowed Scappoose to score the game's first goal, Seaside coach John Chapman said, "the boys stayed focused, and fairly well dominated play after that."

The Gulls scored the tying

goal in the 65th minute, a header by Christian Hernandez into a lower corner of the net.

With five minutes left, Seaside's Brent Walsh pounded a shot at the goal, where it deflected off the back of a Scappoose defender and into the net. "We played a very well-bal-

anced game," Chapman said. "We had a couple banged up guys last week who were back, and we played with a lot of composure. We needed this one. This was a must-have win."

Seaside improves to 2-1-2 in league play, while Scappoose falls to 2-2-1.

No. 2-ranked Valiants blank Astoria girls 9-0

By GARY HENLEY
The Daily Astorian

Two goals just six minutes into the game set the tone for the night, for the Valley Catholic girls soccer team.

The No. 2-ranked Valiants added two more goals for a 4-0 halftime lead, on their way to a 9-0 Cowapa League win over Astoria Thursday night on a rain-slickened CMH Field.

Valley Catholic improves to 6-0 in league play (7-3 overall), while Astoria slips to 1-4-1 in league.

The Valiants entered the game carrying a six-game win streak, having outscored those last six opponents 32-1.

They can now make it 41-1, as the offensive-minded Valiants dominated play, allowing the Fishermen to cross midfield only a handful of times in each half. Astoria finished with just two shots on goal for the game, both free kicks by Jenna Rudolph in the second half.

Valley Catholic scored its first goal just three minutes into the game, when Callie Kawaguchi dribbled the ball across

the top of the penalty box, left to right, and scored from 20 yards out.

Taylor Menkens scored on a header at the 5:03 mark, off a corner kick from Katelyn Snook — the second of 10 corner kick opportunities for the Valiants.

Chloe Brock scored on a nicely-placed shot in the 15th minute; and following a deflected save, Menkens scored her second goal with 10:18 left in the first half.

Brock and Menkens each tacked on a goal in the second half, while Kawaguchi scored back-to-back goals in a four-minute span midway through the half, to finish with the hat trick.

Riley McGee scored off another corner kick for Valley's final goal of the night, with 12:07 left.

Sparked by good play from Claire Albright and Ashlee Dalton, the Astoria back line held on and allowed just two corner kicks in the second half, with nice play in goal from Lexi Law, who made saves on two breakaways for the Valiants.

Astoria, Seaside spikers suffer three-game sweeps

The Daily Astorian

It was a tough night on the road for the North Coast volleyball teams Thursday in the Cowapa League.

No. 5-ranked Tillamook maintained its hold on second

place in the Cowapa, with a 25-15, 25-14, 28-26 win over Astoria.

At Valley Catholic, the No. 1-ranked Valiants swept past Seaside, 25-21, 25-11, 25-16.

No details were available.

SCOREBOARD

PREP SCHEDULE
TODAY
Football — Astoria at Tillamook, 7 p.m.; Seaside at Valley Catholic, 7 p.m.; Blanchet Catholic at Warrenton, 7 p.m.; Nestucca at Knappa, 7 p.m.

pa, 7 p.m.; Raymond at Ilwaco, 7 p.m.
SATURDAY
Volleyball — Seaside Tournament, 9 a.m.
Cross Country — Seaside at Philomath Invitational, 1 p.m.



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 - 20-40 years old: Get a clinical breast exam every three years from your doctor. Talk to your doctor about self exams.
 - 40 years and older: Get a mammogram and a clinical breast exam from your doctor every year.
- Practice self care. You can reduce your risk of cancer by getting regular exercise, maintaining a healthy weight and limiting your alcohol intake.
- Be proactive. Through early detection and better treatment, more women are surviving breast cancer.
- Talk about it. Tell any woman you care about to get a mammogram. You could save her life.

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