

NBA

Love overwhelmed by reaction since revealing panic attack

By PAT GRAHAM
Associated Press

DENVER — Kevin Love has received more than 4,000 messages since opening up about his struggles with mental health issues.

“Overwhelming is a good word to use,” the Cleveland Cavaliers forward said Wednesday after the morning shootaround before a game against the Nuggets. “I’m trying to read through all the emails and all the texts and respond to everybody in the right way.”

Love considered it therapeutic to write his essay for The Player’s Tribune in which he addressed such things as his panic attack during a game this season and how he’s spent most of his life afraid to accept there was something wrong with him.

Although, it was daunting to release his story to the world.

“It did take me a while (to write). I didn’t know if I was going to address it potentially in the summer, but I’m glad I did it now,” said Love, a five-time All-Star who’s currently sidelined by a broken hand. “Everybody is going through something. Everybody has things that you can’t see, you can’t touch, that they’re walking with every day. ... We need to beat down that stigma about mental health and be able to



AP Photo/Brandon Dill

In this Feb. 23, 2018, file photo, Cleveland Cavaliers forward Kevin Love greets fans before an NBA basketball game against the Memphis Grizzlies, in Memphis, Tenn.

come out and talk things out.”

Love thanked Toronto All-Star DeMar DeRozan for recently acknowledging his bouts of depression. It gave Love the courage to tell his tale.

“I want to continue to push that message,” Love said. “There’s a lot of work to be done. I’m glad this is out there and glad I can help.”

He’s got the support of teammate LeBron James.

“When people that are dealing

with the same situation, that’s in the same situation as Kev, it helps them out more than anybody — to not feel like they’re alone, because they’re not,” James said. “We, as athletes, are put on this pedestal, but we go through some of the same problems. We’re all human beings. All of us. I think it’s very enlightening for him to know that, and to see that, and to know he can help others by doing that.”

James knows it’s not easy to

“We need to beat down that stigma about mental health and be able to come out and talk things out.”

— Kevin Love, Cleveland Cavaliers star and Lake Oswego native

come forward on such topics as mental issues.

“Because we live in a sport or a world where our whole lives, we always talk about, ‘Figure it out on your own,’ and ‘Be as strong as you can’ and ‘Don’t show anybody any weakness,’” James said. “So, that’s how we’ve been built. We’ve been built like that our whole lives, ever since we picked up a basketball or picked up a football, or whatever the case may be.

“I think that sometimes can become a problem. Obviously, when you’re able to see that, sometimes that’s not the way to deal with it, and it actually makes you even more strong in the respective sport that you are in.”

In his essay, Love said he was

hit hard by anxiety Nov. 5 during a home game against the Atlanta Hawks. Love added that he had been under family stress and hadn’t been sleeping well. After briefly being winded while playing 15 minutes in the first half, he felt his heart racing and couldn’t catch his breath during a timeout in the third quarter.

Love was taken to the Cleveland Clinic, but tests didn’t reveal anything abnormal. He returned to playing at a high level, but was perplexed by what happened and burdened about people finding out.

And while he did not mention it in his essay, titled “Everyone Is Going Through Something,” Love left a Jan. 20 game against Oklahoma City under similar circumstances.

He said Wednesday that had nothing to do with a panic attack.

“That was me being sick,” Love said. “I wasn’t aware how many people knew (about the panic attack). I kind of buried it and put it off to the side. That kind of started a big push in the back to why I wanted to write this article.”

Cavs coach Tyronn Lue said he hasn’t read Love’s essay yet, but that the team is there for Love.

“Whatever he needs,” Lue said. “We’re going to support him 100 percent.”

SPRING: Hermiston athletics moves into its final stop on OSAA farewell tour

Continued from 1B

ROCKETS’ RUN OVER?:

One of the best softball teams across the state of Oregon over the past three seasons has been the Pilot Rock Rockets. They captured back-to-back state championships in 2015 and 2016 and came up just short of a third straight title last June with a 3-1 loss to North Douglas in the championship game.

However, the road to a fourth straight title game appearance could be a little more difficult this season. Star pitcher Tehya Ostrom and former state player of the year Bekah Roe have graduated, as did key contributors Jacey Wilson, Stacy Fitz-

patrick and Shayla Walker. But senior catcher Rhyanne Oates and senior infielder Sara Weinke are among the returners this spring that are looking to add another ring to their collection.

The Rockets start on the road at Weston-McEwen on Mar. 20.

HERMISTON’S FINAL FAREWELL:

The narrative may seem repetitive by now, but Hermiston’s OSAA farewell tour is onto its final stop. The Bulldogs have only four more months of competing in the OSAA before leaving for the WIAA, which means only four more months to leave a lasting mark.

On the track, the Bulldogs’ boys and girls track teams each come into 2018 as



Staff photo by Kathy Aney

Pendleton varsity softball players fistbump before taking the field during a scrimmage on Wednesday at Sunridge Middle School.

defending district champions and top-five finishers at state. Nine combined individual state qualifiers in 19 events return for the Bulldogs this season in what should be

another strong year.

On the baseball diamond, the Bulldogs welcome in first-year head coach Kevin Moore to try and improve upon a last place finish in

the CRC with nine varsity returners. On the softball diamond, the Bulldogs aim to take a big step in the CRC with numerous returners from last season’s young squad that started four freshmen.

In tennis, Hermiston’s lone state qualifiers were lost to graduation but the Bulldogs are set to return some solid players including the top boys doubles pairing of Thomas McCullough and Patrick Wicks. And finally on the golf course, Hermiston girls team returns three starters from the state qualifying team in Grace Blackhurst, Makenzie Lind and Leslie Browning.

WILL MOTHER NATURE COOPERATE?: The first few weeks of the

spring season can be quite frustrating for fans, players and coaches alike. Between numerous rain storms that cause game postponements or cancellations, the chilly temperatures and blustery winds, it leaves many longing for the days not long ago of sitting in the warm gymnasiums in the winter.

But once the temperatures begin to warm up and the rains become less frequent here in Eastern Oregon, it’s quite enjoyable to head to the ballpark to catch a game or get out on the golf course to play a round.

Contact Eric at esinger@eastoregonian.com or 541-966-0839. Follow him on Twitter @ByEricSinger.

Local slate

WOMEN’S COLLEGE BASKETBALL

Thursday
EOU vs. Reinhardt (NAIA Championship First Round - at Sioux City, Iowa), 10:15 a.m.

COLLEGE BASEBALL

Saturday
Shoreline at BMCC (DH), 11 a.m.
Sunday
Linn-Benton at BMCC (DH), 11 a.m.w.

COLLEGE SOFTBALL

Thursday
Clackamas at BMCC, 1 p.m.
Friday
Southwestern Oregon CC at BMCC (DH), Noon
Saturday
Northwest Christian at EOU (DH), 11 a.m.
Sunday
Northwest Christian at EOU (DH), 11 a.m.

Basketball

BOYS OSAA PLAYOFFS

Class 6A State Tournament
(at Chiles Center, University of Portland)
Wednesday Quarterfinals
No. 1 Jefferson vs. No. 8 Jesuit, 1:30 p.m.
No. 12 Tualatin vs. No. 20 Barlow, 3:15 p.m.
No. 3 Southridge vs. No. 11 Lincoln, 6:30 p.m.
No. 2 Grant vs. No. 10 West Salem, 8:15 p.m.
Class 5A State Tournament
(at Gill Coliseum, Oregon State University)
No. 3 Central 62, No. 10 Crater 26
Class 4A State Tournament
(at Pacific University)
Thursday Quarterfinals
No. 1 Marshfield vs. No. 9 Valley Catholic, 1:30 p.m.
No. 4 Baker vs. No. 5 Banks, 3:15 p.m.
No. 3 Cascade vs. No. 6 Stayton, 6:30 p.m.
No. 2 Hidden Valley vs. No. 10 North Marion, 8:15 p.m.

Wednesday Quarterfinals
No. 8 Churchill 53, No. 1 Silvertown 51
No. 4 Wilsonville 67, No. 5 Springfield 51
No. 3 Thurston 70, No. 6 Mountain View 58
No. 2 Crater 65, No. 7 South Albany 54
Class 4A State Tournament
(at Forest Grove High School)
Thursday Quarterfinals
No. 1 Banks vs. No. 8 Sisters, 1:30 p.m.
No. 4 La Grande vs. No. 5 Valley Catholic, 3:15 p.m.
No. 3 Marshfield vs. No. 6 Newport, 6:30 p.m.
No. 2 Seaside vs. No. 7 Mazama, 8:15 p.m.

OSAA GIRLS PLAYOFFS

Class 6A State Tournament
(at Chiles Center, University of Portland)
Wednesday Quarterfinals
No. 1 Southridge 57, No. 9 Clackamas 42
No. 4 West Linn 42, No. 6 North Medford 32
No. 3 Beaverton 60, No. 6 Sheldon 45
No. 7 Benson 32, No. 2 Tigard 28
Class 5A State Tournament
(at Gill Coliseum, Oregon State University)
Wednesday Consolation
No. 9 Crescent Valley 47, No. 4 Springfield 37
No. 3 Central 62, No. 10 Crater 26
Class 4A State Tournament
(at Pacific University)
Thursday Quarterfinals
No. 1 Marshfield vs. No. 9 Valley Catholic, 1:30 p.m.
No. 4 Baker vs. No. 5 Banks, 3:15 p.m.
No. 3 Cascade vs. No. 6 Stayton, 6:30 p.m.
No. 2 Hidden Valley vs. No. 10 North Marion, 8:15 p.m.

NBA

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
x-Toronto	47	17	.734	—
Boston	45	20	.692	2½
Philadelphia	35	28	.556	11½
New York	24	41	.369	23½
Brooklyn	20	45	.308	27½

Southeast Division

	W	L	Pct	GB
Washington	37	28	.569	—
Miami	34	31	.523	3
Charlotte	28	37	.431	9
Orlando	20	45	.308	17
Atlanta	20	45	.308	17

Central Division

	W	L	Pct	GB
Cleveland	38	26	.594	—
Indiana	37	28	.569	1½
Milwaukee	34	31	.523	4½
Detroit	29	36	.446	9½
Chicago	22	42	.344	16

WESTERN CONFERENCE

Southwest Division

	W	L	Pct	GB
Houston	51	13	.797	—
New Orleans	38	26	.594	13
San Antonio	37	27	.578	14
Dallas	20	45	.308	31½
Memphis	18	46	.281	33

Northwest Division

	W	L	Pct	GB
Portland	39	26	.600	—
Minnesota	38	28	.576	1½
Oklahoma City	37	29	.561	2½
Denver	35	30	.538	4
Utah	35	30	.538	4

Pacific Division

	W	L	Pct	GB
Golden State	50	14	.781	—
L.A. Clippers	34	29	.540	15½
L.A. Lakers	29	35	.453	21

Sacramento	20	45	.308	30½
Phoenix	19	47	.288	32
x-clinched playoff spot				

Wednesday’s Games

Utah 104, Indiana 84
Colorado 97, Arizona St 85
Stanford 76, California 58
Oregon State 69, Washington 66
Oregon 64, Washington State 62
Thursday Quarterfinals
No. 1 Arizona vs. Colorado, 12 p.m. (PAC12)
No. 4 UCLA vs. Stanford, 2:30 p.m. (PAC12)
No. 2 USC vs. Oregon State, 6 p.m. (PAC12)
No. 3 Utah vs. Oregon, 8:30 p.m. (PAC12)

Thursday’s Games

Brooklyn at Charlotte, 4 p.m.
Philadelphia at Miami, 4:30 p.m.
Boston at Minnesota, 5 p.m.
Phoenix at Oklahoma City, 5 p.m.
San Antonio at Golden State, 7:30 p.m.

NCAA Men

Top 25 Schedule

Wednesday’s Games

No. 12 UNC 78, Syracuse 59

Thursday’s Games

Louisville vs. No. 1 UVA (ACC Men’s Tournament), 9 a.m.
St. John’s vs. No. 3 Xavier (Big East Men’s Championship), 9 a.m. (FS1)
Boston College vs. No. 19 Clemson (ACC Men’s Tournament), 11 a.m.
Oklahoma State vs. No. 9 Kansas (Big 12 Men’s Championship), 11:30 a.m.
Colorado vs. No. 15 Arizona (Pac-12 Men’s Tournament), 12 p.m. (PAC12)
UNLV vs. No. 22 Nevada (Mountain West Men’s Championship), 12 p.m. (CBSSN)
Notre Dame vs. No. 5 Duke (ACC Men’s Tournament), 4 p.m. (ESPN)
Texas vs. No. 14 Texas Tech (Big 12 Men’s Championship), 4 p.m. (ESPN2)
Marquette vs. No. 2 Villanova (Big East Men’s Championship), 6 p.m. (ESPN)
Baylor vs. No. 18 West Virginia (Big 12

Men’s Championship), 6 p.m. (ESPN2)

Pac-12 Tournament

at Las Vegas
Wednesday First Round
Colorado 97, Arizona St 85
Stanford 76, California 58
Oregon State 69, Washington 66
Oregon 64, Washington State 62
Thursday Quarterfinals
No. 1 Arizona vs. Colorado, 12 p.m. (PAC12)
No. 4 UCLA vs. Stanford, 2:30 p.m. (PAC12)
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WESTERN CONFERENCE

Central Division

	GP	W	L	OT	Pts	GF	GA
Nashville	66	43	14	9	95	216	168
Winnipeg	66	40	17	9	89	223	175
Minnesota	67	38	22	7	83	210	192
Dallas	67	37	24	6	80	195	176
Colorado	66	35	24	7	77	206	195
St. Louis	66	35	26	5	75	180	176
Chicago	67	29	30	8	66	190	196

Pacific Division

	GP	W	L	OT	Pts	GF	GA
Vegas	66	42	19	5	89	226	184
Anaheim	67	34	21	12	80	190	183
San Jose	66	35	22	9	79	196	184
Los Angeles	66	36	25	5	77	192	165
Calgary	68	33	25	10	76	193	200
Edmonton	66	28	34	4	60	187	219
Vancouver	67	25	33	9	59	181	219
Arizona	66	21	34	11	53	160	214

NOTE: Two points for a win, one point for overtime loss.

Wednesday’s Games

Calgary 5, Buffalo 1
Pittsburgh 5, Philadelphia 2
Arizona 2, Vancouver 1
Thursday’s Games
Colorado at Columbus, 4 p.m.
Winnipeg at New Jersey, 4 p.m.
Philadelphia at Boston, 4 p.m.
Buffalo at Ottawa, 4:30 p.m.
Montreal at Florida, 4:30 p.m.
Vegas at Detroit, 4:30 p.m.
N.Y. Rangers at Tampa Bay, 4:30 p.m.
Anaheim at Nashville, 5 p.m.
Carolina at Chicago, 5:30 p.m.
N.Y. Islanders at Edmonton, 6 p.m.
Washington at Los Angeles, 7:30 p.m.
St. Louis at San Jose, 7:30 p.m.

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