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MCLOUGHLIN HIGH SCHOOL VOLLEYBALL

Ruiz takes the reins

Pioneers move to 3A EOL this fall

By ANNIE FOWLER East Oregonian

MILTON-FREEWATER Studying theater was Kassidy Ruiz's passion when she graduated from high school.

She got a scholarship to study theater at Umpqua Community College in Roseburg, and set out to follow her dreams.

"I realized I wasn't going to move to New York or California, so that dream had to die," Ruiz said. "I came back after one year, got my associates at Blue Mountain and finished my bachelors at Eastern Oregon."

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Kassidy Ruiz poses for a photo July 19, 2022, at McLoughlin High School, Milton-Freewater. She is stepping into the role of head volleyball coach for the school.

Hermiston's Hottman second in hammer at **Junior Olympics**

East Oregonian

SACRAMENTO — Hermiston's Caden Hottman and Bradley Hottman earned All-American honors Monday, July 25, in the hammer throw at the USA Track

& Field National Junior Olympic Championships at Hornet Stadium at California State University.

The top eight in each event earn All-American

Competing in the 17-18

division, Caden Hottman, Hottman a recent Hermiston graduate, placed second with a throw of 195-5 on his fourth attempt. He will continue his track and field career at Washington State University.

Bradley Hottman, an incom-

ing junior at Hermiston, finished seventh with a throw of 168-1, which came on his fifth throw.

Michael Pinkney won the event with a mark of 224-5 on his first

> The Hottmans, who compete for Tri-City Thunder, will compete Thursday in the 17-18 men's discus.

> > In the women's 17-18 hammer throw, Hermiston's Bailey Young earned All-American honors with a seventh-place finish with a throw of 142-4 on her first throw of her series.

Katelyn Peterson won the event with a mark of 166-2.

Young, who will throw collegiately at Eastern Washington University, also competed later in the week in the shot put and discus.

Exceeding expectations

Pasena-Littlesky. Loverchecks help Three Rivers to third place at nationals

> By ANNIE FOWLER East Oregonian

ORLANDO — The Three Rivers Black girls soccer team made its first trip to the U.S. Youth Soccer National Championship, and finished tied for third with Chicago

after dropping a 4-0 semifinal game Saturday, July 23 to SC Wave Junior from Wisconsin.

"It was a crazy week," Three Rivers coach Jason Quintero said. "We exceeded our expectations, for sure. Wisconsin was absolutely legit. We didn't give them anything easy. We ran into an opponent that was able to beat us, that was athletic and more talented. They have seven or eight girls going on to play Division I. I am very, very proud of them."

Wisconsin defeated Utah Celtic 2-1 in Sunday's championship game.

Pendleton's Kelsey and Reilly Lovercheck, and Hermiston goalkeeper Lindsey Pasena-Littlesky, played key roles for Three Rivers, which had a record-setting season.

We really would haven't been there without them," Quintero said "They have positive energy and their work ethic was great. They were in there causing havoc, never giving up and being a great part of the team. Lindsey is definitely a legit college goalie."

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Hermiston Little League opens regionals with two victories

By ANNIE FOWLER

East Oregonian

SAN BERNARDINO, Calif. - Armed with fresh-picked watermelons, the Hermiston 10-12 Little League softball team packed up and headed to the Northwest Regional Tournament.

While the watermelons were a gift for their first opponent, they also provided a little hometown magic.

Hermiston won its first two games at regionals, beating Lewiston, Idaho, 17-0 on July 23, and Palmer, Alaska, 10-0 on July 24. Hermiston played Issaquah,

Washington, on July 27.

"I'm very proud of these girls," Hermiston coach Travis Rood said. "They are very happy with where we are right now. They have been disciplined at the plate, and we've gotten great pitching performances by Lillian Rood both games. Not a lot of opportunities for hits, there's been a lot of walking going on."

HealthyMC.org

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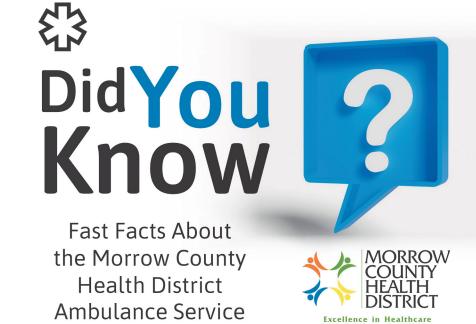
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Who provides emergency medical services in Morrow County?

Morrow County Health District is the sole ambulance service provider in our county. This hospital-based ambulance service has been serving our communities for over 70 years. Our Ambulance Service Area Plan specifically delegates this responsibility to Morrow County Health District.

How does Morrow County Health **District ensure that Morrow** County residents get high-quality emergency medical services?

The Ambulance Service Area Plan includes a quality assurance process administered by a multidisciplinary EMS Advisory Committee. The Committee has representation from EMS, fire, dispatch, and local hospitals. Quality Assurance efforts include:

- Monitoring call response times
- Quarterly medical review of selected calls
- Ensuring proper training and equipment
- Recommending service improvements, such as the current staffing enhancements