

High school standings and results

BOYS SKY-EM LEAGUE

Team	League	Overall
Marist	9-0	19-3
Junction City	6-3	15-9
Marshfield	5-4	14-8
Siuslaw	4-5	10-13
Elmira	2-7	6-16
Cottage Grove	1-8	5-18

BOYS SKYLINE LEAGUE

Team	League	Overall
North Douglas	11-1	16-8
Days Creek	11-1	15-9
Riddle	9-2	16-4
UVC	7-5	10-14
Camas Valley	5-6	13-11
Yoncalla	4-8	10-14
Glendale	3-8	11-12
NHC	1-10	8-11
Elkton	1-11	5-19
Milo	0-0	1-6

BOYS BASKETBALL SCORES

Tues., Feb. 11
CGHS 41, Elmira 64
Thurs., Feb. 13
Yoncalla 38, Oakland 71
Fri., Feb. 14
NDHS 57, Riddle 41
CGHS 63, Junction City 66
Sat., Feb. 15
NDHS 41, Life Christian 46
Elkton 41, Crow 35

GIRLS SKY-EM LEAGUE

Team	League	Overall
Cottage Grove	9-0	18-5
Marist	7-2	12-8
Junction City	6-3	12-11
Marshfield	3-6	8-15
Elmira	2-7	4-18
Siuslaw	0-9	1-22

GIRLS SKYLINE LEAGUE

Team	League	Overall
North Douglas	11-0	21-3
Elkton	9-2	17-6
Pacific/Powers	9-3	15-8
Days Creek	6-5	11-10
Yoncalla	5-6	14-8
NHC	5-7	9-9
Riddle	4-8	6-15
Camas Valley	3-9	8-14
Milo	0-0	1-7
Glendale	0-12	4-18

GIRLS BASKETBALL SCORES

Tues., Feb. 11
CGHS 63, Elmira 24
Fri., Feb. 14

CGHS 37, Junction City 24
NDHS 76, Riddle 24
Yoncalla 28, Pacific/Powers 36
Sat., Feb. 15
Elkton 47, Dufur 53

CGHS Swimming

OSAA Special District 4 District Championships (Fri.-Sat., Feb. 14-15 @ Warren H. Daugherty Aquatic Center, 10 total teams)

Girls team scores

1. Marshfield, 398 2. Cottage Grove, 352 3. Henley, 324.5
4. St. Mary's, 239 5. Klamath Union, 147

Boys team scores

1. Klamath Union, 315 2. Marshfield, 304 3. Cottage Grove, 265 4. St. Mary's, 226.5
5. Cascade Christian, 214.5

CGHS girls district finals times (* - state qualifier)

200-yard freestyle: 2. *MJ Raade (jr.), 2:08.61 7. Evie Smith (so.), 2:36.00
200-yard I.M.: 3. Mikayla Baird (sr.), 2:29.77 4. Kassidy Poetzl (fr.), 2:35.80
50-yard freestyle: 5. Emma Burleson, 27.84

200-yard medley relay: 2. *CGHS (Nadia Witt, Kajsa Merz, Mikayla Baird, Kassidy Poetzl), 2:01.99

100-yard butterfly: 7. Peyton Baird (so.), 1:16.08

100-yard backstroke: 4. Kassidy Poetzl, 1:08.58 5. Nadia Witt (sr.), 1:10.91

100-yard breaststroke: 2. Kajsa Merz (so.), 1:17.38 5. Peyton Baird, 1:21.51

500-yard freestyle: 2. *MJ Raade (jr.), 5:40.23

200-yard freestyle relay: 3. *CGHS (Nadia Witt, Peyton Baird, Emma Burleson, Kassidy Poetzl)

400-yard freestyle relay: 2. *CGHS (Mikayla Baird, MJ Raade, Kalee Walter, Kassidy Poetzl), 4:07.67

CGHS boys district finals times (* - state qualifier)

200-yard freestyle: 5. *Jairus Vanberg (jr.), 2:06.66 6. Max McCasline (jr.), 2:08.52

200-yard I.M.: 2. *James Kelly (so.), 2:18.58 7. Fisher Nash (jr.), 2:29.78

200-yard medley relay: 2. *CGHS (Iverson Bascue, Fisher Nash, Jairus Vanberg, James Kelly), 1:53.42

100-yard butterfly: 4. Jairus Vanberg, 1:05.61 8. Jaden Thuesen (jr.), 1:18.27

100-yard backstroke: 4. *Iverson Bascue, 1:04.30 7. Max McCasline, 1:10.71

100-yard breaststroke: 7. Fisher Nash, 1:11.86

500-yard freestyle: 2. *James Kelly (so.), 5:26.66

200-yard freestyle relay: 7. CGHS (Jairus Vanberg, Iverson Bascue, Fisher Nash, James Kelly), 1:43.64

400-yard freestyle relay: 6. CGHS (Max McCasline, Ayden Kimery, Justin Francis, Kelvin Johnson), 4:15.45

Warriors from B1

is that we just hung with the number-three team in the state in 1A," Vancil said. "We were down one with a minute to go and had to foul ... but we didn't play great in that game and we were still in the game to win. So I told them, 'If we can play that well on Monday against Days Creek or better, we got the game.'"

One big reason for the team's success has been the ongoing incorporation of the freshman talent on the roster. The veterans of the team — seniors Jake Gerrard, Ray Black, Austin Frieze, Colter Anderson and Tanner Parks — provide a steady foundation, but they always needed the less experienced players to step up in order to achieve loftier goals. In the Days Creek game, they got just that.

"The freshmen have that fluidness when they're on the court from playing together for so long," Vancil said. "But, trying to intermingle the freshmen and seniors who haven't, it just took a little longer

to get there, but we're there now and we're getting there at the right time."

After a scoreless first two minutes, freshman Keegan Mast hit a three to start the scoring and fellow first-year Ray Gerrard used his size and strength to dominate down low, grabbing rebounds and scoring 11 of his 13 total points in the first half.

"Those two freshmen didn't play like freshmen last night. Everyone else obviously contributed as well, but those two really stood out," Vancil said.

Just as the game began, Mast closed it out, getting a steal with under a minute remaining and scoring a layup on the fastbreak to go up by 12 and seal the victory. Now the Warriors will see if this is the end of the road, or just the beginning.

The past, present and future of the girls program has rarely been in doubt in recent memory. Their success is nearly a given. After clinching this year's league title, the boys may be taking it upon themselves to turn North Douglas into a basketball powerhouse no matter who takes the floor.



PHOTO C/O BECKY GERRARD

(From left) NDHS seniors Jake Gerrard, Austin Frieze, Tanner Parks, Cody Black and Colter Anderson get to celebrate a league title in their final season as Warriors.



We know a thing or two
because we've seen a thing or two.
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-Village Green
-Williams & Mathis
-Cascade Home Center
-Lane Community College

Healthy teeth start early

Do you know the most common chronic disease that faces young children today?
It's not asthma or hay fever. It's actually cavities in children's teeth, according to the American Academy of Pediatrics.

Fortunately, this common health problem can be corrected if it's caught early enough and good habits are taught from a young age.

CRITICAL TO HEALTH

For children, cavities are about more than mouth pain. They can distract students from learning or keep them home from school, which can have a big impact on their educational goals. It's tough for a child to "be himself" when he is distracted by tooth pain, after all.

To keep your child's teeth in tip-top shape, experts recommend they see a dentist for a checkup by their first birthday, or shortly after their first teeth appear. That's an early visit — and one too many parents skip — but it can help catch oral health problems quickly and also set the stage for a lifetime of healthy teeth.

GOOD HABITS

One of the most important aspects of good oral health is maintaining good habits, and that's especially true for children.
It's another reason why regular dental visits are so important for young people.
When children go to the dentist, they're

not only getting work done on their teeth. They're also learning lessons about oral hygiene that can last a lifetime.

Ideally, you'll want to find a dentist who is good at teaching children how to take care of their teeth properly. If the dentist can make it fun for the child — and show them how important it is to take care of their oral health — they'll be much better off later in life.

After all, the habits they pick up now will likely stick with them for a long time.

BABY TEETH

Some parents may wonder why they need to pay so much attention to their children's baby teeth when they won't last through adulthood anyway. But the truth is that the health of their gums and teeth as children can impact their smile as an adult.

Experts at the American Academy of Pediatric Dentistry say that baby teeth play three big roles:

- Maintaining good nutrition by permitting your child to chew properly.
- Play a part in speech development.
- Help the permanent teeth by saving space for them.

In the end, having healthy teeth is also an important part of having a healthy body. They will help your child eat right, learn to speak and smile with confidence.



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