

Warriors from B1

tently protect the ball, the Warriors were down only two at halftime.

“At that point I was thinking, ‘Ok, we had 20 turnovers in the first half and it’s just a two-point game. We can easily clean this up and get a win,’ but we didn’t,” said Cyr. “Then they started shooting the ball well in the third quarter and it just got out of reach.”

Adding to the sting of lost possessions, the Pirates turned to their sharpshooting senior twin sisters, Sydney and Kenzy Lawrence, whose scoring abilities allowed Perrydale to pull away in the second half and prove to those in attendance that there are few teams better in the state of Oregon.

“Perrydale is clearly the third-best team in the state and that’s a fact,” said Cyr. “The one thing I came away from that tournament realizing is that every team there - first of all, they’re all good - they each have a person they can go to at any time, whether it’s to calm things down or get a good shot.”

Despite North Douglas’ egalitarian play-style being one of the reasons they made it this far, it was ultimately a facet that spelled disaster come playoff time, where opposing teams step up their defensive intensity and turn to the stars on their roster to provide reliable offensive output.

Nonetheless, Nicki Derrick — one of the Warriors’ senior leaders — did her best to provide the punch necessary to compete, averaging 17 points per game in North Douglas’ two tournament contests and earning a spot on the all-tournament second team.

The Warriors had a dominant regular and league season and achieved their biggest goal of making it to Baker and the state quarterfinals. But, once the field has been

pared down to the final eight, the game becomes a different beast, particularly when the tournament is held in such a far-flung location for a team west of the Cascades.

“You get to Baker and it’s a whole different animal,” said Cyr. “You’ve driven nine hours, you’re eating out, you’re sleeping in a hotel bed, you’re up early and then when you get on the court it’s just a completely different stage. It’s a packed house and your opponent is going to be very good. You don’t get an opportunity to take a game off or not be consistent and do things perfect, otherwise you get beat. And that’s what happened.”

The team will graduate five seniors this year — Derrick, Rilie-Jo Olds, Bailey Holcomb, Natalie Draeger and Sofia Alcantar — which will naturally be a challenge for the Warriors in the 2020-21 season, but Cyr’s first year coaching at the high school level couldn’t have been much more successful, going undefeated in league, earning a top-10 ranking and making an appearance at state. Ask him, however, and there’s still plenty of work to be done.

“I learned a good deal [my first year], more so at Baker,” Cyr said. “Some of those teams were doing things very differently, but it was needed at that level ... It put a new focus on where we need to be by that time next year.”

The Warriors will return a young, but talented roster next season and, even though they didn’t have the postseason success they craved, the experience of attending the state tournament in itself will be invaluable for North Douglas’ returning players as they prepare, sooner rather than later, for 2021.

“Championships are not won between November and March,” Cyr added. “They’re won between March and November, so let’s meet and get a plan for that timespan.”

Lions from B1

not go out quietly and upped their full-court press defense after halftime, a strategy they employed all game.

Madras forced nine Lions’ turnovers in the third quarter alone and turned a 10-point deficit into a brief lead midway through the quarter.

“Tonight, that was a really good team, really scrappy,” said Lions’ head coach Steve Eastburn of their opponents. “They had us on our heels, but give credit to our girls. They fought back, they extended our lead and got some separation there at the end ... so I was really proud of our kids.”

The Lions found their resilience before the final period started and worked their way back to a 39-35 lead heading into the fourth.

“We got together as a team and talked a lot about keeping our energy up and being strong with the ball and pushing past the adversity,” said Gardner of their third-quarter struggles. “I feel like we did a really good job.”

Over the final eight minutes of the game, Cottage Grove outscored Madras 21-8 and put to rest any questions of who was the better team.

Ladd, the 2020 Sky-Em Player of the Year, led the way with 19

points and 12 rebounds while fellow big Gracie Arnold contributed 10 points, 7 rebounds, 4 assists and 2 steals in a well-rounded effort.

The team statistics also bore out the Lions’ dominance. Cottage Grove won the rebounding battle 28-14, shot 63% from the field to Madras’ 33% and, perhaps most importantly, shot 18 of 24 from the free throw line, including 12 of 14 in the fourth quarter to seal the victory and reach the final rounds of the 2019-20 basketball season.

“Like the girls said, that’s been a goal of theirs and we let it slip away last year,” said Eastburn. “This year they fought really hard every day in practice. They just got after it and got better every single day and when we had a setback, they’d bounce back with a real positive effort.”

It’s difficult to predict what will happen the rest of the way, but the Lions’ proved their mettle in their first play-off matchup and, no matter what result their remaining games may have, junior point guard Mikaela Blomquist summed up the feelings of Lions’ players and fans after the game.

“I have one thing to say,” Blomquist yelled, “We’re going to state!”

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DISASTER PREPAREDNESS

Principles of first aid everyone should know

Emergencies can strike at any time. When such situations arise, emergency care of-ten must administered to someone who is sick or injured, and that care can mean the difference between life and death.

Being prepared for emergencies means understanding basic first aid procedures that can help a person navigate a crisis — or at least stabilize the situation until paramedics arrive. The following are some first aid principles that individuals should know and practice, courtesy of the American Heart Association, American Red Cross and CPR Certified Indigo Medical Training. They should not replace formal first aid training, but can assist a person when he or she is providing medi-cal care to someone in need.

Bleeding

Bleeding can almost always be controlled until more help is available. Severe bleed-ing can lead to shock and death, so bleeding needs to be addressed immediately. Cloth should be used to cover the wound, and direct pressure should be applied to stop the blood flow. Do not remove the cloth; add more layers as needed. Tour-niquets may do more damage to a limb than good, so they are generally no longer recommended. Nosebleeds can be treated by pinching the nostrils for a few min-utes until the bleeding stops. Wounds to the head and mouth tend to bleed a lot even if they are superficial. So keep a level head when addressing these areas.

CPR

Cardiopulmonary resuscitation is one of the most important medical procedures to know. If the heart is no longer pumping blood, a person can die quickly. Im-mediately start chest compressions hard and fast in the center of the chest, allow-ing recoil between compressions. Many buildings also have automated external defibrillator devices that can help save lives. If you’re not trained in CPR, then provide hands-only CPR, says the Mayo Clinic. That means uninterrupted chest compressions of 100 to 120 a minute (the beat of “Stayin’ Alive” by The Bee Gees) until paramedics arrive. People who are trained also may perform rescue breath-ing. The Red Cross and other medical groups offer first aid and CPR certification classes that train people on how to perform CPR and use an AED.

Fainting

Someone suffering from shock or fainting needs blood to get back to his or her brain. Victims should lie on their backs with their feet elevated.

Choking

The Heimlich maneuver can be performed when someone is choking. Contrary to popular belief, people who are chok-ing do not typically make any sounds. Stand behind the victim and wrap your arms around him. Place a fist between the person’s rib cage and belly but-ton, and place your other hand over the fist. Deliver a quick thrust upward, and keep doing this until the foreign object is dislodged. Choking in children is handled differently depending on the child’s age. Parents can get training in child maneuvers.

Sprains and fractures

Sprains and fractures occur readily, especially among active adults and children. Immobilize the limb, apply a cold pack, elevate it, and offer anti-inflammatory drugs for discomfort and swelling. A doctor should be seen for further diagnosis and treatment.

Common first aid procedures can help save lives or reduce the severity of injuries when promptly offered.



PUT TOGETHER A PLAN

Make sure all the pieces are in place to render you and your family prepared in the event of a natural disaster.

- Listen to radio or television newscasts for the latest weather information, and follow all evacuation directions and suggestions.
- Keep a stock of non-perishable food items as well as bottled water on hand inside your home.
- Keep a 72 Hour Kit on hand inside your home that is easy to get to in the event of a disaster.

For more information and tips on disaster response and preparedness, contact your local emergency services center.

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