

THURSDAY | SEPTEMBER 16, 2021

# CGXC races at Stayton

By KENDRICK MURPHY  
KMURPHY@CGSENTINEL.COM

After the whirlwind events of a week ago for the Cottage Grove cross country team, the Lions were able to race on Saturday at the scheduled time and scheduled location.

The Lions had previously been forced to relocate their meet due to poor air quality at Marist.

Cottage Grove traveled to Stayton over the weekend and competed against 15 other teams including perennial powerhouse Philomath. Saturday had perfect conditions with the sun out and the temperature keeping at a comfortable, race-conducive level.

The course consisted of an out-and-back, primarily in a forest with some rolling hills.

The girls' team took to the course first and the two top finishers from a week ago were the same on Saturday.

Kajsa Merz ran the exact same time on Saturday as she did the week prior with a 23:15 and fellow senior Piper Youngmyr came in after with a time of 23:27. Cora McClean and Allison Palluck came in very close together with McClean running a 24:30 and Palluck finishing with a 24:32.

see CGXC on B2



KENDRICK MURPHY/CG SENTINEL

**Brennen Murphy gives the rest of his energy with a sprint toward the finish line beating out two other runners.**

## Lady Lions handle North Valley with ease

By DANIEL FRIIS  
FOR THE SENTINEL

Domination.

That's the best way to describe Cottage Grove's win over North Valley on Tuesday, Sept 7.

From beginning to end, the Lions had their way against the Knights. Led by senior Gracie Arnold, Cottage Grove snagged a 3-0 win in their first game in front of home fans in some time.

As soon as the first whistle blew, the Lions came out hot. They jumped out to an 11-point advantage before the Knights could even score in the first set.

The Knights would rebound by rattling off four straight points but midway through the set when it became Arnold's turn to serve, she took over.

Arnold's first two serves resulted in two aces, giving CG a 14-4 lead. Later in the set, she spiked a ball ferociously thru the heart of the Knight defense barely nicking the net in the process that proved to be the final blow of the set. Arnold finished with a game-high seven kills on the day.

CG took the first set convincingly, 25-



DANIEL FRIIS/CG SENTINEL

**Gracie Arnold serves the ball to the North Valley defense.**

10.

"Gracie is a really strong player for our team," Head Coach Abby Ladd said. "She's very reliable and she does a great job, but she is just one player on our entire team. Even when she gets a great swing it's because it came from a great set that came from a great dig."

The Lions kept the momentum going in the second set – this time, led by Izabell Senters. Just like Arnold, Senters' serves were too much to handle. With each one, she'd change the pace, location, and spin pressuring the Knights' defense mightily. Senters finished with six aces on the day.

Despite a big lead midway through the second half, the Lions wouldn't let up. Bodies were all over the hardwood floor and balls were being chased with intention like the score was 0-0. Instead, they'd climbed out to a 14-2 advantage.

"If you would've watched us play last season then you'd see that our mental toughness was a huge wall put between us and being successful," Ladd said. "We've come a long way since."

see LIONS on B2

## Remembering Stephanie

The Sentinel staff was deeply saddened to learn of the passing of Stephanie Deatherage last weekend, Sept. 11. She and her husband Ben had just welcomed a new child to the family only weeks prior.

Stephanie regularly provided reports for The Sentinel and the community about the races at the Cottage Grove Speedway. Her detailed reporting added a delightful flavor to the paper and brought to life a unique corner of Cottage Grove's community. Her presence will be dearly missed.

Heather Boyce, owner of the Cottage Grove Speedway, has contributed the following tribute:

*Stephanie was brought into our lives what seems like both forever ago and just yesterday. She instantly became part of the Cottage Grove Speedway family and was a constant fixture right beside*

*her husband, Ben, our long-time announcer.*

*Stephanie very rarely missed a race at Cottage Grove or a tour race if Ben was there. To say she was a supportive wife is truly an understatement.*

*They say behind every successful man is a great woman and this was truly the case. Stephanie worked tirelessly behind the scenes to not only make sure Ben always had everything he needed but also to make sure that everything was set in place to give a great performance for the racers and fans. Everyone who knew Stephanie knows how passionate she was about her husband and children.*

*What some may not know was that she also shared her husband's passion for dirt track racing. And honestly, if you ever spent a night alongside the two of them in the tower, you just might say she was even more passionate*

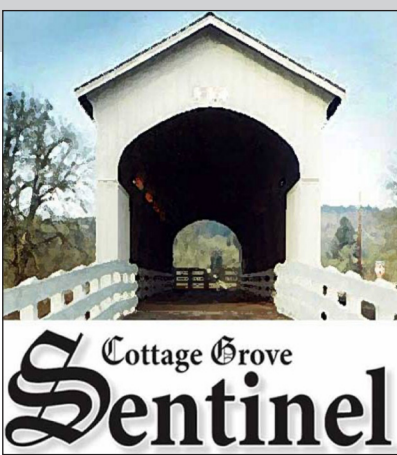
*about racing than Ben!*

*This year they had a lot going on with a growing family as well as a growing career in the racing industry, which at times could find Ben double-booked or just spread a little too thin. Announcing a race is not an easy task by any means, but if ever Ben couldn't be at Cottage Grove, Stephanie would step right up and accept the challenge.*

*She was always willing to help in any way to make the races happen and happen as smoothly as possible.*

*I'm not sure I have fully accepted or let myself believe that we lost such an amazing and strong piece of our family here at the track, she will be missed more than words can say.*

*We will carry on and race another day because we know she is still here with us in our hearts and she most definitely would want the show to go on!*



### ODFW RECREATION AND FISHING REPORT

myodfw.com/recreation-report

Updated September 16, 2021

#### Updated hunting and wildlife viewing reports

This week you'll find updates to the wildlife viewing report and the first updates for the 2021 hunting seasons.

#### Find the latest fishing regulation updates

They're always at the top of the Recreation Report in the zone where they're happening.

#### 2021-22 game bird hunting forecast

A look at the upcoming hunting season for upland and migratory game birds.

#### Tips for e-tagging

The ODFW electronic licensing system makes it easy to tag your salmon, steelhead and halibut, as well your deer, elk and turkey on your phone. Visit this page myodfw.com/articles/tips-tagging-fish-and-game with some tips for making it go smoothly. Limited wild coho seasons open Sept. 15

#### Wild coho retention seasons will open Sept. 15

In the Tillamook, Nestucca, Siletz and Coos basins. See the regulation update sections at the top of the NW and SW zones.

#### Fall trout stocking

Trout stocking is schedule to resume a little later this month in some locations. There may be some changes to the published schedule due to poor water conditions in some places. Be sure to check the Rec Report for the latest updates.

#### WILLAMETTE UNITS (Scappoose, eastern Trask, Willamette, Santiam, McKenzie, N. Indigo wildlife management units)

**General season antlerless elk:** Hunters are reminded to only purchase this tag if they know where they will be hunting since the hunt areas are nearly 100 percent private property. In 2020 there were 120 cows reportedly harvested in the Trask unit (hunters = 209) and 145 harvested in the Willamette unit (hunters = 419). Please refer to the ODFW maps page to review maps of areas where this tag is valid.

**General deer and elk:** General Archery Deer and Elk seasons have started. There are fifteen units that changed their bag limits to "One buck with visible antler" last season. That change remains in effect this year as well. Not every wildlife management unit has the same bag limit in general season, so hunters should refer to the regulations before heading out to familiarize themselves with the appropriate bag limit for the unit they are in. As usual for the kickoff of archery seasons, temperatures play a major factor in deer and elk activity levels. Expect animals to spend most of their time feeding in the late evenings and early mornings. During the heat of the day, they will typically bed in shady, cool locations such as north slopes of timber stands. As the temperatures begin to cool, animal activity during the day will begin to increase.

## Athlete of the Week



*This week's athlete of the week is freshman cross country runner Carter Bengston. Carter ran a 17:39 finishing 7th at the meet in Stayton over this past weekend.*



Bengston races with the top runners at the start of the boys varsity run.

PHOTO BY KENDRICK MURPHY/CG SENTINEL

## Sports Calendar

### Cottage Grove Football

• Cottage Grove vs. North Valley Sept. 17, 7 p.m.

### Cottage Grove Boy's Soccer

• Cottage Grove vs. Henley Sept. 18, 3 p.m.

### Creswell Football

• Creswell vs. Central Linn Sept. 17, 7 p.m.

### North Douglas Football

• North Douglas vs. North Lake Sept. 17, 7 p.m.

### Yoncalla Volleyball

• Yoncalla vs. Powers Sept. 17, 4:30 p.m.