

Eagles soar over Bulldogs ahead of playoffs



KENDRICK MURPHY/CG SENTINEL

Lizabelle Osborn makes a well placed hit over the Santiam Christian defense.

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Since the loss in the 2019 volleyball championship to Santiam Christian, the Creswell Bulldogs have sought revenge against their conference rival to the north, but their most recent matchup would

not go the way they had hoped.

Creswell played Santiam Christian twice in three days due to COVID exposure within the Eagles volleyball program. The Bulldogs played the first contest at home losing 3-1 and would lose their next match with the Eagles 3-0 on the road.

“Our kids have played so much better. They just didn’t play well today so I’m trying to just stay positive with them,” said Head Coach Anna Baltrusch after the game. “The good news is the next time we see them (Santiam) it could be in the championship of the state tournament.”

Creswell started the first set with a very early 3-1 lead and keep the set close until after a point from Creswell’s Samairah Quinones made the game 10-9 in favor of Santiam.

The Eagles would go on the offensive as they scored seven unanswered, making the score 17-10. Santiam grabbed firm control of the set after two points from Joya Euhus and Elise Linderman pushing the lead to 21-11.

Santiam Christian finished out set one with a 25-14 win following a big hit from Maddie Fields and a Creswell hit going out of bounds.

Santiam wasted no time in the second set as the student section cheers started to intensify and the Eagles’ play turned up a level. Santiam jumped out to a quick 11-2 lead forcing coach Baltrusch to call a timeout.

Creswell would come out of the timeout and make a few plays cutting the Eagles lead in half at 12-6, but Santiam continued to show why they are the number one team in the state to this point as they halted the scoring efforts for Creswell and would command the rest of the set with more help from Fields and Euhus.

The Eagles took the second set 25-6 in turn taking a 2-0 set lead on Creswell.

The third set was closer than the scoreboard would actually indicate as Creswell was able to string some points together and make well-executed plays. Quinones for Creswell made a great play diving for the ball and saving a point for the Bulldogs early in the set.

After two hits going out of bounds by Santiam, Creswell’s Emme Whitson would get two hits back-to-back as they would score four unanswered making the score 15-11.

The Eagles responded with a three-point run of their own growing the lead back up to seven and putting themselves back in the driver seat for the set win. Santiam closed out the set 25-14 giving the Eagles a 3-0 victory over Creswell.

“They know what makes them play better,” said Coach Baltrusch. “It’s talking and communicating and we didn’t do as much of that as we usually do tonight.”

Stat leaders

Kyla Ellis 5 blocks, 6 kills

Emme Whitson 13 kills, 1 ace

Kimmy Kelsey 34 assists, 1 ace

OCTOBER 2019

National Crime Prevention Month



OCTOBER 2019

Domestic Violence Awareness Month

Practice digital safety while social distancing



As COVID-19 spread across the globe, it was evident that strong measures would need to be taken to help slow the rate of infection so as to not overwhelm the health systems. Schools shifted to remote learning, nonessential workers were asked to work remotely and families were told to engage in internet-based chats in lieu of in-person gatherings. Staying home dramatically increased reliance on the internet. Heightened use of the internet and digital products puts users at risk when they go online. Brandongaille Small Business & Marketing Advice offers that 82 percent of predators use social networking sites to target victims by learning about them. In addition, many identity theft crimes are perpetrated online. The following are a handful of ways people can stay safe as they rely on the internet more and more.

- Limit the information you share. Children and adults should limit how much personal information they share online. Do not share bank account numbers, birth dates, addresses, and other information readily — especially on unsecured sites.
- Utilize private browsers. It’s possible to set browsers to private mode and lock down social media accounts to offer the bare minimum of information to the public. However, even with such precautions, websites and applications may be

collecting information and using it for marketing purposes. Law enforcement, website administrators and even hackers may be able to access private information, according to the computer security company Norton.

- Take note of your surroundings. People who engage in video chats or share images online should be aware of their immediate surroundings. Do items in the house in view of the camera give indication of personal identity details? Are there any embarrassing or inappropriate belongings in view? Check reflections in windows and mirrors to make sure that others in the house are not inadvertently showing up online as well. Consider limiting video or photo use in bedrooms, especially for children.
- Be careful of attachments. Exercise caution when downloading attachments from unknown sources through social media, chat rooms or email. Do not click on unrecognizable links, which could be harboring viruses that steal data.
- Use only a secure internet connection. Always use a secure internet connection when sharing important data, such as credit card numbers or banking information. Password protect all Wi-Fi networks. These are some ways to stay safe as internet activity increases in the wake of social distancing mandates.

Warning Signs of domestic violence

Domestic violence is a serious issue that’s more prevalent than people may realize. Data from the Centers for Disease Control and Prevention indicates that nearly 20 people per minute are victims of physical violence by an intimate partner in the United States, and researchers suggest the pandemic contributed to increased instances of domestic violence.

A study from the University of California, Davis released in February 2021 found that 39 percent of the nearly 400 adults surveyed indicated they had experienced violence in their relationships during the COVID-19 pandemic. Researchers noted that the increased social isolation during the pandemic created environments in which victims and aggressors, or potential aggressors in a relationship, could not easily separate themselves from each other.

Victims of domestic violence often feel helpless against their aggressors, and those feelings might have been exacerbated during the pandemic, when people were urged to stay home as much as possible. But domestic violence victims are not alone. Anyone can help by learning to recognize the warning signs that someone is being abused, and WebMD notes that such signs include:

- Excuses for injuries
 - Personality changes, like low self-esteem in someone who had previously been a confident individual
 - Constantly checking in with their partner
 - Never having money on hand
 - Overly worried about pleasing their partner
 - Skipping out on work, school or social outings for no clear reason
 - Wearing clothes that don’t align with the season, such as long sleeve shirts in summer to cover bruises
- Concerned individuals also can learn to spot the warning signs of an abuser. According to the National Coalition

Against Domestic Violence, abusers come from all groups, cultures, religions, and economic backgrounds. In fact, the NCADV notes that one study found that nine out of 10 abusers had no criminal records and were generally law-abiding outside their homes. That can make it hard to spot abusers, though the NCADV indicates that such men and women may exhibit certain warning signs, including, but not limited to, the following:

- Extreme jealousy
- Possessiveness
- Unpredictability
- A bad temper
- Cruelty to animals
- Verbal abuse
- Extremely controlling behavior
- Antiquated beliefs about gender roles within relationships
- Forced sex or disregard of their partner’s unwillingness to have sex
- Sabotage of birth control methods or refusal to honor agreed upon methods
- Blaming victims for anything bad that happens
- Sabotage or obstruction of the victim’s ability to work or attend school
- Controls all the finances
- Abuse of other family members, children or pets
- Accusations of the victim flirting with others or having an affair
- Control of what their victim wears and how the victim acts
- Demeaning the victim, either privately or publicly
- Embarrassment or humiliation of the victim in front of others
- Harassment of the victim at work

Instances of domestic violence have been on the rise since the onset of the pandemic. Anyone who is a victim or suspects a loved one or acquaintance is a victim of domestic violence is encouraged to call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) immediately.

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