DALLAS BOYS BASKETBALL **Dragons lose two**

Itemizer-Observer staff report MEDFORD — Dallas' boys basketball team lost its first game of the Abby Holiday Tournament to host North Medford 67-32 on Monday

Dallas played McKay Tuesday after press time and will finish at Abby's Holiday Tournament Wednesday (today). The Dragons (3-4 overall)

able as of press time.

The Dragons also lost to will open Mid-Willamette Conference play on Jan. 8 at Roseburg 49-29 on Dec. 22. Statistics were not avail-Woodburn.

FALLS CITY GIRLS BASKETBALL Falls City drops game

Itemizer-Observer staff report able as of press time. SILETZ — Falls City's girls basketball team lost to Siletz Valley 38-23 on Mondav.

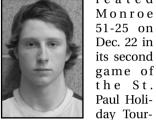
The Mountaineers (5-3 overall) played Alsea Tuesday after press time. Falls City will play at Perstatistics were not avail- rydale Tuesday at 5:30 p.m.

PERRYDALE ROUNDUP

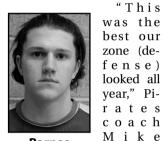
Pirates defeat Monroe

Itemizer-Observer staff report ST. PAUL — Perrydale's

boys basketball squad defeated

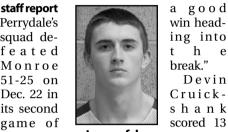


Cruickshank nament.



Barnes

Lowry said. "The kids passed the ball well and took advantage of opportunities. It was



scored 13 Janesofsky points to lead Perrydale. Haylen Janesofsky and Brant Barnes scored nine points each.

"This The Pirates (4-4 overall, 3-1 Casco League) played was the Gaston Tuesday after best our press time. Perrydale zone (dehosts Falls City Tuesday at fense) looked all 7 p.m.

GIRLS BASKETBALL FALLS: Perrydale's girls basketball team lost to Monroe 64-33 on Dec. 22 at the St. Paul Holiday Tournament. The Pirates (3-5 overall, 3-1 Casco League) faced Gaston Tuesday after press time. Perrydale plays Falls City Tuesday at 5:30 p.m.

CENTRAL GIRLS BASKETBALL Central falls to Sunset

Itemizer-Observer staff report Girod added 10 points each

Energy: Central to host Mountain View

Continued from Page 12A Once he learned to control his body, Stepp has carved out his role as one of the Panthers' hardest work-

ing players. As Kreta works to finalize his rotation, Stepp and his teammates are becoming more comfortable with each other by the day.

"We're still learning how to play with each other," Stepp said. "I think people are starting to understand what their roles are."

The Panthers, which lost to Roosevelt 66-51 on Monday, hosts Mountain View Saturday at 2 p.m. They are

close to rounding into shape, Stepp said.

As Central hopes to find its stride before the start of Mid-Willamette Conference play, it will be Stepp helping give his teammates an energy boost whenever they need it. Now, Kreta hopes his teammates follow suit.

importance of not only playing with each other, but for each other," Kreta said. "Madison has been the guy The rest of the guys are start-

"The kids understand the

for us, that solid foundation. ing to click in practice. Now we just need to transfer that to games.



Madison Stepp battles for a ball against Roosevelt.

Nelson: Dragons compete at shootout

Continued from Page 12A This season, Brautigam is on a mission to improve the one area Nelson has struggled with the most becoming a vocal leader.

keep things to myself."

Dallas has trailed.

talked a lot more and was more of that vocal leader," Nelson said.

Shootout (which ends today), relied on Nelson to 22 make its offense go.

"We've challenged her to show," Brautigam said. "We want her to recognize mismatches, get players where they need to be and set the tempo of the game." Nelson doesn't shy away from that pressure. Instead,

it's what keeps her driven.

over Beaverton on Dec. "I love how hard (basket-

ball) is," Nelson said. "I love how much you have to be willing to rely on your team and know that people are relying on you. When you step onto that court right before the game starts, you just have to be ready.

The Dragons, which had That leadership showed two of their first four up and do their job."

weather, entered the shootout with less game experience than they hoped. With multiple injuries, Dallas has also yet to play at full strength, but Nelson said these early season setbacks will only serve to make this team stronger in the end.

"It's going to be a good season once everyone heals up," Nelson said. "We just know everyone has to step

2016: New year brings ambitious goals

Continued from Page 12A Feel free to come watch me this Fourth of July weekend. Just be warned you're watching at your own peril

Enter (and finish) a full/half triathlon — The Independence Sprint Triathlon was my athletic triumph for 2015. I imagined myself finishing the sprint triathlon in a blaze of glory. Instead, it was more of a flicker than a bang. I have also never wanted to smell, see or taste pizza less in my entire 25 years of life on this earth than I did after that race (sorry Brian). During the training process, I also questioned my sanity, completely disregarded my pre-race strategy and promptly returned home afterward wishing I had an escalator installed in my apartment instead of stairs — but there was something strangely addicting to it. The smart move would be to do another sprint triathlon. I say, go big or go home. Forget Chariots of Fire music playing in the background. I'm ready to go all Leonidas on this (aside from the dying, hopefully). If only I could convince my coworkers to join me (Emily Mentzer).



"I'm not very vocal on the get better at running the court," she said. "I like to Nelson has worked on staying loud, even when

"Against Jesuit, I felt like I

Dallas, which competed up in a big way during games canceled because of at the Nike Interstate Dallas' 37-34 overtime win

PORTLAND — The Central girls basketball team dropped a nonleague contest to Sunset 65-59 on Dec.

Krista Omlid and Elizabeth Chavez scored a game-high 15 points each to lead the Panthers. Alex Alvarez and Emma

in the losing effort. Central (2-4 overall) played Wilson Tuesday after press time. The Panthers host Mountain View Saturday at 1:30 p.m.

Central finishes nonleague play by hosting Beaverton Tuesday at 7 p.m.

WESTERN OREGON

WOU men, women to appear on Root Sports

Itemizer-Observer staff report MONMOUTH — Western Oregon's men's and women's basketball teams will appear on Root Sports Northwest in 2016.

The men's basketball squad will be featured on Jan. 9 when the Wolves host Saint Martin's at 9 p.m. The women's team will see its game at Montana State

Billings on Feb. 11 televised. "WOU Athletics is

pleased to once again participate with our sister GNAC schools and Root Sports to provide great exposure of our men's and women's basketball programs, while providing our Western Oregon University alumni and fan base the

opportunity to view their

Wolves on a premier re-

letics Director Barbara Dearing said. "Partnering with Root Sports will increase the university's visibility to potential students within the Pacific Northwest as a destination university to pursue their higher education degree."

gional network," WOU Ath-

The Great Northwest Athletic Conference's championship games will be shown on the American Sports Network as part of the Division II Basketball National Showcase.

Root Sports is broadcast in more than 3.4 million homes in Oregon, Washington, Idaho, Montana and Alaska

For more information: www.rootsports.com/north west.

Free first day hike on New Year's Day

SILVER FALLS — For the fifth year in a row, the Oregon Parks and Recreation Department (OPRD) is partnering with America's State Parks to offer free guided First Day Hikes in state parks across Oregon on New Year's Day.

The \$5 day-use parking fee will be waived on Jan. 1 only. Silver Falls State Park will host a special hike at 10 a.m. State parks across Oregon will also host special hikes throughout the day. For more information: www.flashalert.net/id/OPRD.

Dallas mat club to recycle trees Sunday

DALLAS — The Dallas Mat Club will hold its annual Christmas tree recycling day on Sunday.

Trees can be brought to LaCreole Middle School, located at 701 SE LaCreole Drive, between 10 a.m. and 3 p.m.

Take part in one of Dallas' adult rec leagues — What better way to satisfy my competitive fire than to join a rec league? Basketball is

BOYS

BASKETBALL

MID-WILLAMETTE

Tuesday, Dec. 22 Result

STAYTON 49, CENTRAL 39

Dec. 22 Box Score

STAYTON (49) — Schwann 18, Lin-

8 16 5 10—39 13 12 8 16—49

League

3-0

3-1

3-1

3-2

2-1 1-3

0-1

dermann 15, Diehl 11, Nau 3, Classen 2

St. Clair, Weeks, Daniels. Totals 15 13-23

3-point goals — Central 0; Stayton 6 (Schwann 3, Lindermann 3).

Monday, Dec. 28 Results

Tuesday, Dec. 29 Game

Wednesday, Dec. 30 Game

Saturday, Jan. 2 Game

CASCO LEAGUE

Dallas at Abby's Holiday Tournamen

ain View at Central

League

0-0

0-0

0-0 0-0

0-0

0-0

0-0

0-0

6-2 5-3

4-3 4-3

4-4

3-1

3-4

2-4

All

7-1

4-4

3-4

4-4

1-3

3-5

3-2

Team

Corvallis

Silverton

Lebanon

Woodburr

Stayton 49, Central 39

Totals 13 13-20 39.

Roosevelt 66, Central 51

North Medford 67, Dallas 32

Dallas at Abby's Holiday Tourna

Central

Dallas

Central

Stayton

Team

Perrydale

C.S. Lewis

Jewell

St. John Bosco

Crosshill Christian

Country Christian

Livingstone Adventist

Willamette Valley Christian

Crescent Valley

South Alban

After completing a sprint triathlon, the time has come for a full or half triathlon. the most likely one I'll do. Perhaps it can rekindle the memory of the high point of mv basketball career — a two-game stretch where I made the game-winning shot in each. We're not going to talk about the fact it was on a team where I was the only player with any organized basketball experience or that this triumphant stretch came in the sixth

grade. Shoot a 45 or lower (for 9 holes) in golf — It's been a year and a half since my ahem — wonderful golfing

(just kidding ... but seriouslv). SCOREBOARD

65

Falls City Mario, E. Lindemann. Totals 18 19-30 Tuesday, Dec. 22 Result Central 15 9 14 16 Stayton 10 9 22 13 Perrydale 51, Monroe 27 PERRYDALE 51, MONROE 27 Dec. 22 Box Score PERRYDALE (51) — Cruickshank 13, Chavez); Stayton 6 (Hollenbeck 2, A. Lin-demann 1, Hendricks 1, Doran 1, Shelton Janesofsky 9, Barnes 9, McGill 5, Leppin 4. Bailey 3. Bibler 3. Sagemon 3. Pope 2. enbaum. Totals 20 9-18 51. MONROE (27) — Nasu 9, Warden 4 Rodriguez 4, Sanchez 4, Lynn 2, Z Gwillim 2, Crowson 2, Homing, Sutton, Koch, Baker, Teran, B. Gwillim. **Totals 11** 5-13 27. Dallas at Nike Interstate Shootout 19 11 13 8-51 Perrvdale 2 2 6 17-27 Monroe 3-point goals — Perrvdale 2 (Cruick shank 1, Barnes 1); Monroe 0.

Tuesday, Dec. 29 Games Falls City at Alsea Perrydale at Gaston CENTRAL (39) — K. Cable 13, Mason Tuesday, Jan. 5 Game 8, Abraham 5, Stepp 4, Mendazona 3, Barba 2, W. Cable 2, Barry 2, Avila, Bal. Falls City at Perrydale



CENTRAL (59) — Omlid 15, Chavez 15, Alvarez 10, Girod 10, Nash 7, Broadus 2 Berry Totals 19 15-28 59 STAYTON (65) — A. Lindemann 12,

Bender 11, Hollenbeck 11, Doran 9, Hen dricks 8. Shelton 7. Anderson 5. IkeaJOLENE GUZMAN/Itemizer-Observer file

excursions in Polk County. I There you have it — my four athletic New Year's reslove golf. I really do. There's

nothing like an afternoon on olutions for 2016. As I write the course during a beautithis, I question whether ful day. Of course, dependthis is actually a good idea, ing on how my round is or if I've finally crossed that going, all the weather in the line from sane to crazy. I'm world won't stop me from probably being a tad bit getting frustrated, using coloverconfident in my athletorful language and/or quesic ability in a lot of areas. I'm not exactly the shining tioning why I like torturing myself like this. I don't care example of peak physical what kind of course I shoot shape, but one thing is certhis on, but I WILL get this tain — I'll be gloating to mark at least once — even if friends about my athletic it's on a mini golf course triumphs or wondering what the heck I got myself into.

> Alaska Fairbanks 2-0 2-0 8-2 9-4 8-4 7-3 4-6 Alaska Anchorage 2-1 Western Washington 1-1 Saint Martin's Montana State Billings 1-1 Central Washington 0-2 0-2 5-2 4-4 Northwest Nazarene Concordia 0-2 2-7 1-8 0-3 Simon Frase Tuesday, Dec. 29 Game Western Oregon at Oreg Thursday, Dec. 31 Game Western Oregon at Central Washington Saturday, Jan. 2 Game Western Oregon at Northwest Nazarene

GNAC WOMEN Team All League 2-0 Western Washingtor 6-4 6-4 5-4 15-1 8-2 Montana State Billings 2-0 2-0 Seattle Pacific Alaska Anchorage 2-1 1-1 Central Washington 3-4 3-7 Simon Fraser 1-1 Concordia 1-1 2-6 Saint Martin's 1-1 Northwest Nazarene 0-2 0-2 2-6 1-9 Western Oregon Alaska Fairbanks 0-3 5-8 Thursday, Dec. 31 Game mon Fraser at Western Oregon Saturday, Jan. 2 Game Western Washington at Western Oregor WRESTLING

Tuesday, Dec. 29 Match Central, Dallas at NW Duals Wednesday, Dec. 30 Match Central, Dallas at NW Duals



Tuesday, Jan. 5 Meet Corvallis at Dallas

Perrydale 3-1 Crosshill Christian 2-1 Willamette Valley Christian 2-2 1-2 Falls City C.S. Lewis 1-2 St. John Bosco 1-3 Livingstone Adventist 1-3 Jewell 0-1 Monday, Dec. 28 Result Siletz Valley 38, Falls City 23 Tuesday, Dec. 29 Games

Perrydale at Gastor Tuesday, Jan. 5 Game Falls City at Perrydale

Falls City at Alsea

COLLEGE

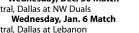
GNAC MEN



Seattle Pacific

Team

League 2-0 9-0 2-0 9-1



Central, Dallas at Lebanor

11 —65

3-point goals — Central 3 (Omlid 2,

Sunday, Dec. 27 Result

Monday, Dec. 28 Result

Tuesday, Dec. 29 Games

Wednesday, Dec. 30 Game

Saturday, Jan. 2 Game

Tuesday, Jan. 5 Games

CASCO LEAGUE

League

4-0

7-0

3-5

2-4

4-2

5-3

1-7

2-5

1-3

2-3

Dallas at Nike Interstate Shootour

Mountain View at Central

Beaverton at Central

Sunset at Dallas

North Medford 53, Dallas 43

Tualatin 62, Dallas 30

Wilson at Central

BASKETBALL

Western Oregon