

## 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.  
The Dragons also lost to Roseburg 49-29 on Dec. 22. Statistics were not avail-

able as of press time.  
Dallas played McKay Tuesday after press time and will finish at Abby's Holiday Tournament Wednesday (today).  
The Dragons (3-4 overall) will open Mid-Willamette Conference play on Jan. 8 at Woodburn.

## FALLS CITY GIRLS BASKETBALL Falls City drops game

**Itemizer-Observer staff report**  
SILETZ — Falls City's girls basketball team lost to Siletz Valley 38-23 on Monday.  
Statistics were not avail-

able as of press time.  
The Mountaineers (5-3 overall) played Alsea Tuesday after press time.  
Falls City will play at Perrydale Tuesday at 5:30 p.m.

### PERRYDALE ROUNDUP

## Pirates defeat Monroe

**Itemizer-Observer staff report**  
ST. PAUL — Perrydale's boys basketball squad defeated Monroe 51-25 on Dec. 22 in its second game of the St. Paul Holiday Tournament.  
Cruikshank

"This was the best our zone (defense) looked all year," Pirates coach Mike Lowry said. "The kids passed the ball well and took advantage of opportunities. It was

a good win heading into the break." Devin Cruikshank scored 13 points to lead Perrydale. Haylen Janesofsky and Brant Barnes scored nine points each.  
The Pirates (4-4 overall, 3-1 Casco League) played Gaston Tuesday after press time. Perrydale hosts Falls City Tuesday at 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**  
PORTLAND — The Central girls basketball team dropped a nonleague contest to Sunset 65-59 on Dec. 22.  
Krista Omid and Elizabeth Chavez scored a game-high 15 points each to lead the Panthers.  
Alex Alvarez and Emma

Girod added 10 points each 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-

gional network," WOU Athletics 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."  
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.rootssports.com/northwest](http://www.rootssports.com/northwest).

## SPORTS BRIEFS

### 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](http://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.

## Energy: Central to host Mountain View

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Once he learned to control his body, Stepp has carved out his role as one of the Panthers' hardest working 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.  
"The kids understand the importance of not only playing with each other, but for each other," Kreta said. "Madison has been the guy for us, that solid foundation. The rest of the guys are starting to click in practice. Now we just need to transfer that to games."



LUKAS EGGEN/Itemizer-Observer  
Madison Stepp battles for a ball against Roosevelt.

## Nelson: Dragons compete at shootout

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This season, Brautigam is on a mission to improve the one area Nelson has struggled with the most — becoming a vocal leader.  
"I'm not very vocal on the court," she said. "I like to keep things to myself."  
Nelson has worked on staying loud, even when Dallas has trailed.  
"Against Jesuit, I felt like I talked a lot more and was more of that vocal leader," Nelson said.  
That leadership showed

Dallas, which competed at the Nike Interstate Shootout (which ends today), relied on Nelson to make its offense go.  
"We've challenged her to get better at running the 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.  
That leadership showed

up in a big way during Dallas' 37-34 overtime win over Beaverton on Dec. 22.  
"I love how hard (basketball) 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 two of their first four

games canceled because of 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 up and do their job."

## 2016: New year brings ambitious goals

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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 disregarding 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).

**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



JOLENE GUZMAN/Itemizer-Observer file  
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 my 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

excursions in Polk County. I love golf. I really do. There's nothing like an afternoon on the course during a beautiful day. Of course, depending on how my round is going, all the weather in the world won't stop me from getting frustrated, using colorful language and/or questioning why I like torturing myself like this. I don't care what kind of course I shoot this on, but I WILL get this mark at least once — even if it's on a mini golf course (just kidding ... but seriously).

There you have it — my four athletic New Year's resolutions for 2016. As I write this, I question whether this is actually a good idea, or if I've finally crossed that line from sane to crazy. I'm probably being a tad bit overconfident in my athletic ability in a lot of areas. I'm not exactly the shining example of peak physical shape, but one thing is certain — I'll be gloating to friends about my athletic triumphs or wondering what the heck I got myself into.

## SCOREBOARD

<b>Falls City</b> 0-3 <b>Tuesday, Dec. 22 Result</b> Perrydale 51, Monroe 27	<b>Mario, E. Lindemann, Totals 18 19-30 65.</b> <b>Central 15 9 14 16 5 —59</b> <b>Stayton 10 9 22 13 11 —65</b> 3-point goals — Central 3 (Omid 2, Chavez); Stayton 6 (Hollenbeck 2, A. Lindemann 1, Hendricks 1, Doran 1, Shelton 1).	<b>Alaska Fairbanks</b> 2-0 <b>Alaska Anchorage</b> 2-0 <b>Western Washington</b> 2-1 <b>Saint Martin's</b> 1-1 <b>Montana State Billings</b> 1-1 <b>Central Washington</b> 0-2 <b>Northwest Nazarene</b> 0-2 <b>Concordia</b> 0-2 <b>Simon Fraser</b> 0-3
<b>MID-WILLAMETTE LEAGUE</b>	<b>Sunday, Dec. 27 Result</b> North Medford 53, Dallas 43 <b>Monday, Dec. 28 Result</b> Tualatin 62, Dallas 36 <b>Tuesday, Dec. 29 Games</b> Wilson at Central Dallas at Nike Interstate Shootout <b>Wednesday, Dec. 30 Game</b> Dallas at Nike Interstate Shootout <b>Saturday, Jan. 2 Game</b> Mountain View at Central <b>Tuesday, Jan. 5 Games</b> Beaverton at Central Sunset at Dallas	<b>Tuesday, Dec. 29 Game</b> Western Oregon at Oregon <b>Thursday, Dec. 31 Game</b> Western Oregon at Central Washington <b>Saturday, Jan. 2 Game</b> Western Oregon at Northwest Nazarene
<b>BOYS BASKETBALL</b>	<b>PNRRYDALE 51, MONROE 27</b> <b>DEC. 22 BOX SCORE</b> <b>PNRRYDALE (51)</b> — Cruikshank 13, Janesofsky 9, Barnes 9, McGill 5, Leppin 4, Bailey 3, Bibler 3, Sagemon 3, Pope 2, Willis, Rosenbaum. <b>Totals 20 9-18 51.</b> <b>MONROE (27)</b> — Nassi 9, Warden 4, Rodriguez 4, Sanchez 4, Lynn 2, Z. Gilliam 2, Crowson 2, Homing, Sutton, Koch, Baker, Teran, B. Gilliam. <b>Totals 11 5-13 27.</b> <b>Perrydale 19 11 13 8 —51</b> <b>Monroe 2 2 6 17 —27</b> 3-point goals — Perrydale 2 (Cruikshank 1, Barnes 1); Monroe 0.	<b>GNAC WOMEN</b>
<b>CENTRAL 39</b> <b>DEC. 22 BOX SCORE</b> <b>CENTRAL (39)</b> — K. Cable 13, Mason 8, Abraham 5, Stepp 4, Mendazona 3, Barba 2, W. Cable 2, Barry 2, Avila, Bal. <b>Totals 13 13-20 39.</b> <b>STAYTON (49)</b> — Schwann 18, Lindemann 15, Diehl 11, Nau 3, Classen 2, St. Clair, Weeks, Daniels. <b>Totals 15 13-23 49.</b> <b>Central 8 16 5 10 —39</b> <b>Stayton 13 12 8 16 —49</b> 3-point goals — Central 0; Stayton 6 (Schwann 3, Lindemann 3).	<b>Tuesday, Dec. 22 Result</b> Stayton 49, Central 39	<b>Thursday, Dec. 31 Game</b> Western Oregon at Western Oregon <b>Saturday, Jan. 2 Game</b> Western Oregon at Western Oregon
<b>CASCO LEAGUE</b>	<b>Tuesday, Dec. 28 Results</b> Roosevelt 66, Central 51 North Medford 67, Dallas 32 <b>Tuesday, Dec. 29 Game</b> Dallas at Abby's Holiday Tournament <b>Wednesday, Dec. 30 Game</b> Dallas at Abby's Holiday Tournament <b>Saturday, Jan. 2 Game</b> Mountain View at Central	<b>Team</b> Western Oregon 2-0 Seattle Pacific 2-0 Alaska Anchorage 2-1 Central Washington 1-1 Simon Fraser 1-1 Concordia 1-1 Saint Martin's 1-1 Northwest Nazarene 0-2 Western Oregon 0-2 Alaska Fairbanks 0-3
<b>Perrydale</b> 3-1 <b>Country Christian</b> 3-1 <b>Willamette Valley Christian</b> 3-2 <b>C.S. Lewis</b> 2-1 <b>Livingstone Adventist</b> 1-3 <b>St. John Bosco</b> 1-4 <b>Jewell</b> 0-1	<b>Monday, Dec. 28 Result</b> Siletz Valley 38, Falls City 23 <b>Tuesday, Dec. 29 Games</b> Falls City at Alsea Perrydale at Gaston <b>Tuesday, Jan. 5 Game</b> Falls City at Perrydale	<b>Thursday, Dec. 31 Game</b> Simon Fraser at Western Oregon <b>Saturday, Jan. 2 Game</b> Western Washington at Western Oregon
<b>CROSSHILL CHRISTIAN</b> 3-0 <b>Perrydale</b> 3-1 <b>Country Christian</b> 3-1 <b>Willamette Valley Christian</b> 3-2 <b>C.S. Lewis</b> 2-1 <b>Livingstone Adventist</b> 1-3 <b>St. John Bosco</b> 1-4 <b>Jewell</b> 0-1	<b>Tuesday, Dec. 29 Games</b> Falls City at Alsea Perrydale at Gaston <b>Tuesday, Jan. 5 Game</b> Falls City at Perrydale	<b>WRESTLING</b>
<b>CASCO LEAGUE</b>	<b>Tuesday, Dec. 22 Results</b> Stayton 65, Central 59 (OT) Dallas 34, Beaverton 31 (OT)	<b>Tuesday, Dec. 29 Match</b> Central, Dallas at NW Duals <b>Wednesday, Dec. 30 Match</b> Central, Dallas at NW Duals <b>Wednesday, Jan. 6 Match</b> Central, Dallas at Lebanon
<b>STAYTON 65, CENTRAL 59</b> <b>DEC. 22 BOX SCORE</b> <b>CENTRAL (59)</b> — Omid 15, Chavez 15, Alvarez 10, Girod 10, Nash 7, Broadus 2, Berry. <b>Totals 19 15-28 59.</b> <b>STAYTON (65)</b> — A. Lindemann 12, Bender 11, Hollenbeck 11, Doran 9, Hendricks 8, Shelton 7, Anderson 5, Ikea-	<b>COLLEGE BASKETBALL</b>	<b>PREP SWIMMING</b>
<b>Team</b> Western Oregon 2-0 Seattle Pacific 2-0	<b>GNAC MEN</b>	<b>Tuesday, Jan. 5 Meet</b> Corvallis at Dallas