

SCHEDULE

WEDNESDAY, SEPT. 14

Cross-country: Central at Silver Falls Invitational, 4 p.m.

Women's Soccer: Oregon Tech at Western Oregon, 3 p.m.

THURSDAY, SEPT. 15

Boys Soccer: Central at Cascade, 4 p.m. Dallas at Southridge, 7:30 p.m.

Girls Soccer: Cascade at Central, 4 p.m. McNary at Dallas, 4 p.m.

Volleyball: Central at Lebanon, 6 p.m. Silverton at Dallas, 6 p.m. Falls City at Willamette Valley Christian, 5:30 p.m. Northwest Nazarene at Western Oregon, 7 p.m.

FRIDAY, SEPT. 16

Football: Central at Glencoe (at Hare Field), 7 p.m. Silverton at Dallas, 7 p.m. Mapleton at Falls City, 7 p.m. Mitchell at Perrydale, 7 p.m.

SATURDAY, SEPT. 17

Cross-country: Dallas at Three Course Challenge, 9:15 a.m. Western Oregon at Sundodger Invitational, 9 a.m.

Football: Western Oregon at Montana State, 1:05 p.m.

Volleyball: Central, Dallas at Dallas tournament, 8 a.m. Central Washington at Western Oregon, 7 p.m.

Women's Soccer: Western Oregon at Western Washington, 4 p.m.

TUESDAY, SEPT. 20

Boys Soccer: Dallas at Parkrose, 4:30 p.m.

Volleyball: Dallas at Central, 6 p.m. Falls City at Crosshill Christian, 5:30 p.m. Jewell at Perrydale, 5:30 p.m.

WEDNESDAY, SEPT. 21

Cross-country: Central, Dallas at Mid-Willamette Conference District Preview (at Willamette Mission State Park, Brooks), 3 p.m.

Schedules Subject to Change

QUICK HITS

Tickets available for CHS fundraiser

INDEPENDENCE — Tickets are on sale for the Friends of Panther Baseball Auction on Saturday at Eola Hills Wine Cellars in Rickreall.

The evening will include a dinner, and silent and live auctions. The evening begins at 5:30 p.m. with the silent auction, followed by the dinner and live auction.

Tickets cost \$30. A table of eight costs \$240 and includes a bottle of wine. A 10-person table costs \$300 and also includes a bottle of wine.

Sponsorship opportunities are available.

To purchase tickets, become a sponsor or to make a donation, contact Joe Mendazona, PantherBaseballOR@gmail.com or 503-932-9416.

Cross Creek men's club results

DALLAS — Cross Creek's men's club results for Sept. 6:

Low gross/net
Gross: 1 (tie), Brian Halin and Ben Talon-Kayne, 39.

Net: 1 (tie), Lynn Hurt and Darrel Smedstad, 34; 3, Derrill Weaver, 35.

Ribich receives weekly honor

MONMOUTH — Western Oregon junior David Ribich was named the Great Northwest Athletic Conference's Male Cross-Country Athlete of the Week on Monday.

This is the second week in a row he has earned the honor.

Ribich took first at the Ash Creek Invitational on Friday, finishing the 6,300-meter race in 18 minutes, 53.8 seconds.

The Wolves finished second in the men's team standings.

CROSS-COUNTRY

Bring on the pain

Sophomore takes aim at 16 minute mark



By Lukas Eggen

The Itemizer-Observer

MONMOUTH — What attracts an athlete to cross-country?

What causes an athlete to willingly sign up for a sport centered around what other sports use as punishment?

Dallas sophomore Trevor Cross says it's simple.

"Can I take more pain in training and

during a race than the guy next to me," Cross said. "That's distance running."

Cross is quickly showing that he's willing to do whatever it takes to be among the Mid-Willamette Conference's best.

As a freshman in 2015, Cross broke on to the cross-country scene. He set a personal record of 17 minutes, 6.5 seconds on Oct. 14 and took 18th overall at the

district championships, helping the Dragons to a fourth-place finish in the team standings.

He's got bigger goals in mind this fall.

"I'm really close to breaking 17 minutes, and I think for sure I'll do that this season," he said. "It'd be cool to run maybe below 16 (minutes) or get close to 16 flat."

See PAIN, Page 12A

LUKAS EGGEN/Itemizer-Observer

Dallas sophomore Trevor Cross sprints to the finish at the Ash Creek Cross-Country Festival on Saturday afternoon in Monmouth.

PREP VOLLEYBALL

Panthers embrace pressure

By Lukas Eggen

The Itemizer-Observer

INDEPENDENCE — Trailing 6-0 in the fifth and final set against South Albany on Thursday, Central's volleyball team didn't panic. They weren't frustrated, despite seeing a 2-0 lead evaporate. In fact, they were the opposite.

"We told each other that we got this," Krista Omlid said. "This is our game."

The Panthers outscored South Albany 15-4 the rest of the way to earn the victory.

It was an early season victory, one that showed the



Omlid

Panthers might be growing up quickly on the court. "Last year we would always lose in five games," Omlid said. "We were really bad under pressure."

For the team's seniors, Central had been winless in matches where they win the first two sets, but lose the next two sets.

See PANTHERS, Page 11A



LUKAS EGGEN/Itemizer-Observer

Krista Omlid, Sydney Nash and Jori Kerr share a word with each other during Central's five set victory over South Albany on Thursday evening.

Central volleyball

- Central defeated South Albany 25-17, 25-17, 20-25, 18-25, 15-10 on Thursday. The Panthers opened Mid-Willamette Conference play with a 25-16, 25-13, 25-21 loss to Silverton on Sept. 6.

- Central plays at Lebanon on Thursday and at the Dallas tournament on Saturday before hosting the Dragons on Tuesday.

PREP FOOTBALL

Finding their footing



LUKAS EGGEN/Itemizer-Observer

Falls City sophomore running back/defensive back Austin Burgess attempts to get past a Dufur defender during the Mountaineers' 54-12 loss on Friday night.

By Lukas Eggen

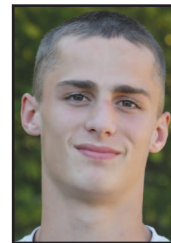
The Itemizer-Observer

FALLS CITY — The start of Falls City's football team's season has not gone according to plan.

Injuries to several players, including starters Jeremy Labrado (quarterback) and Noah Sickles has left the Mountaineers to play at less than full strength — without an idea on when they will return. A 54-12 loss to Dufur on Friday was the latest setback.

"You give as good as you can give and hold your head up high at the end of the game," coach Laric Cook said. "The players are a direct reflection on myself and the coaches and there's not one person who is a quitter. It's not in our makeup."

While the Mountaineers have dealt with adversity, sophomore running back/defensive back Austin Burgess has emerged as a



Burgess

bright spot. Against Perrydale on Sept. 2, he returned an interception for a touchdown.

On Friday, Burgess scored one of Falls City's two scores against Dufur. "He's one of the better athletes we have," Cook said. "He's long and lean and athletic. He catches the ball well and tackles well. He's going to be a heck of a football player before he's done."

Burgess' success on the football field comes as little surprise to those who know him best.

Burgess began playing football in elementary school. It didn't take long for him to realize he had found his sports passion.

See FALLS CITY, Page 11A