

SCHEDULE

WEDNESDAY, JAN. 4
Wrestling: Central at 4-way league duals (at Woodburn), 4 p.m. Dallas at 4-Way league duals (at Lebanon), 4 p.m.

THURSDAY, JAN. 5
Boys basketball: Lebanon at Dallas, 7 p.m. Livingstone Adventist at Falls City, 7 p.m. Perrydale at Jewell, 7 p.m.
Girls basketball: Livingstone Adventist at Falls City, 5:30 p.m. Perrydale at Jewell, 5:30 p.m.
Men's basketball: Western Oregon at Seattle Pacific, 7:30 p.m.
Swimming: Central at Crescent Valley, 4 p.m.
Women's basketball: Alaska Anchorage at Western Oregon, 7 p.m.

FRIDAY, JAN. 6
Boys basketball: Central at Silverton, 7 p.m. Dallas at Hermiston, 7 p.m.
Girls basketball: Silverton at Central, 7 p.m. Dallas at Lebanon, 7 p.m.

SATURDAY, JAN. 7
Boys basketball: Falls City at Jewell, 4 p.m. Perrydale at Damascus Christian, 5:30 p.m.
Girls basketball: Falls City at Jewell, 2:30 p.m. Perrydale at Damascus Christian, 4 p.m.
Men's basketball: Western Oregon at Saint Martin's, 7:30 p.m.
Swimming: Central at Clemens Invitational (Philomath), 10:30 a.m.
Women's basketball: Alaska Fairbanks at Western Oregon, 2 p.m.
Wrestling: Dallas at Brunner Invite, 9 a.m. Central at Bob Bishop Invitational, 10 a.m.

TUESDAY, JAN. 10
Boys basketball: Falls City at Willamette Valley Christian, 7:30 p.m. Perrydale at Livingstone Adventist, 7 p.m.
Girls basketball: Central at South Albany, 7 p.m. Crescent Valley at Dallas, 7 p.m. Falls City at Willamette Valley Christian (at Blanchet), 6 p.m. Perrydale at Livingstone Adventist, 5:30 p.m.
Swimming: Central at Lebanon, 4 p.m. Dallas at Corvallis, 4 p.m.
Women's basketball: Western Oregon at Concordia, 7 p.m.

WEDNESDAY, JAN. 11
Boys basketball: South Albany at Central, 7 p.m. Dallas at Crescent Valley, 7 p.m.
Wrestling: Corvallis at Central, 6 p.m. South Albany at Dallas, 6 p.m.

Schedules Subject to Change

QUICK HITS

Williams ends with 1,059 yards

SAN DIEGO — Former Western Oregon wide receiver Tyrell Williams caught six passes for 70 yards for the San Diego Chargers on Sunday.

Williams finished the season with 69 catches for 1,059 yards and seven touchdowns.

Williams led the Chargers in catches and receiving yards and was second in receiving touchdowns.

Williams caught at least one pass in each of the Chargers' games, grabbing a career-high eight against Houston in week 12.

He had a career-high of 140 receiving yards against Atlanta in week seven.

Williams ranked 17th in the NFL in receiving yards and was tied for 16th in receiving touchdowns.

San Diego finished 5-11, placing fourth in the AFC West.

STAT SHEET

9 The number of Western Oregon men's basketball players who scored during the Wolves' 98-77 victory over Central Washington on Thursday. Ali Faruq-Bey led the scoring with a game-high 22 points.

PREP BASKETBALL

Falls City putting pieces together

By Lukas Eggen
 The Itemizer-ObsERVER



Houghtaling

FALLS CITY — For Falls City's girls basketball team, the true benefits of this season may not be seen until future seasons.

With seven freshmen and three sophomores on the roster, the Mountaineers have spent much of the team's first eight games get-

ting players acclimated to offensive and defensive systems and laying the groundwork for future success.

"We knew once (last year's) seniors left, it would

be a learning and growing year," sophomore Amara Houghtaling said. "It has taken some patience, but we knew it would be like this. This is a learning and growing year."

The process has been slow but steady, teaching players the right spots during offensive and defensive sets.

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Basketball

- Falls City's girls basketball team went 3-0 at the Valley 10 Tournament last week.
- The Mountaineers defeated St. Stevens Academy 48-36, Camas Valley 35-26 and Portland Waldorf 29-23.
- Amara Houghtaling scored 23 points against St. Stevens, and Sarah Mack and Gracie Tadlock each scored seven points.
- Against Portland Waldorf, Sairah Ziola hit two free throws with less than a minute left in the game to help preserve the victory. Falls City outscored Portland Waldorf 10-0 to take the lead for good.

CENTRAL BOYS BASKETBALL

Never back down

Cable brothers make their presence felt

By Lukas Eggen
 The Itemizer-ObsERVER

INDEPENDENCE — At 6-foot-1, Central boys basketball player Will Cable is rarely the tallest player on the court, nor the biggest.

But the senior post stands tall for the Panthers in the paint.

"You have to have an attitude," Cable said. "You have to work hard. I'm not the biggest guy out there, by far. You have to be stronger than them."

That attitude has helped him become a cornerstone for Central on both offense and defense.

"He brings energy and is a strong foundation down low," coach Tim Kreta said. "He's not one of our scorers, but is one of those guys that helps balance out our rotations offensively and is at the core of what we are doing defensively as well."

By holding his own down low, Cable allows the Panthers' guards to play defense more aggressively.

"These last two games, he and Andrew (Barry) have helped create an environment where the guards can do their job and not worry if they get beat, because they will be there in the paint," Kreta said.

He may not light up the scoreboard as much as his teammates, but Cable's role is one that he relishes.

"I don't focus on myself too much," Cable said. "I see myself as a defense guy and a rebounder. Being smaller is one of the things that fuels me the most. You have to body up (in the paint) and work for every-



LUKAS EGGEN/Itemizer-ObsERVER

Will and Jesse Cable helped the Panthers go 2-1 last week.

thing."

Cable has also found a new role in teaching some of the new varsity

players the ins and outs — including his younger brother, Jesse.

"Will will be talking to the guys

Central

- Central's boys basketball team went 2-1 at the Century/Hillsboro Tournament, finishing in fourth.
- The Panthers lost to Tigard 48-34 on Dec. 28 before beating Milwaukie 62-46 on Thursday and Mountain View 51-46 on Friday.
- Alec Barba scored 13 points to lead Central against Mountain View. Peter Mendazona added 12 points.
- Barba also scored 22 points against Milwaukie.

and making sure they know what we're doing," Kreta said. "He's kind of taken the sophomore group and is sharing what he knows. He's taken ownership with what he does, and you can't teach that. It stems from a love of the game."

While Will is passing along his knowledge to less experienced players, Jesse, a sophomore guard/wing, is showing flashes of potential.

"Jesse is a diamond in the rough," Kreta said. "He didn't start off as strong as he had hoped, but he's really starting to become a good, foundational part for us. He's strong and smart."

Jesse looks to all the upperclassmen for advice — but the chance for the two siblings to play together adds significance to the season.

"I love it," Will said. "It's a blessing, I think. It's awesome. I always looked forward to my senior year, because I knew he'd be a sophomore and was hoping he could play varsity."

They haven't been disappointed with the experience so far.

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DALLAS SWIMMING

Trio discovers thrill of the swim meet

By Lukas Eggen
 The Itemizer-ObsERVER

DALLAS — Sophomore Jack Johnston and juniors Joseph Cook and Tyler Boggs all joined Dallas' swim team for the same reason — to get into shape.

All three have found that swimming has evolved from something to do, to something they love.

"I'm digging this sport," Cook said. "This is my sport right now."

What draws them in is also what keeps them motivated — the challenge.

The trio all entered the

season with varying degrees of swimming experience, but all three were swimming competitively for the first time.

"I thought I was an all-right swimmer before I started," Cook said. "Then I jumped in."

The trio expected high school swimming would be difficult.

They quickly found out they weren't truly prepared for what came next.

"I knew it was going to be hard, but didn't know it was going to be this hard," Boggs said.

The workouts pushed them to their limits.

"At the beginning, swimming 200 yards was hard," Johnston said. "... You feel dead afterwards. It's a good dead, though, and you feel accomplished, but sometimes I can barely walk afterwards."

Slowly but surely, they started to swim longer distances, and today, they can swim more than 500 yards with relative ease.

"I found muscles I didn't even know I had," Cook said.

More importantly, they are finding their comfort zones in races and learning the nuances of competitive swimming.

"I've learned how to cope

with the feeling of needing oxygen, but not really needing oxygen," Boggs said. "It's a crazy feeling. I want oxygen, but I know if I don't (take a breath) I will swim faster."

The trio are still working out a few kinks, though.

"The worst part is the feeling of drowning," Cook said. "I was in a meet and I tried to take a breath, but I ended up sucking in water and choked for the next half length of the pool."

All three competed in freestyle events during Dallas' first meet against Silverton on Dec. 6. Johnston also swam the backstroke.

As they've improved, the trio has redefined goals from just wanting to stay in shape to excelling during meets.

"Before it was about self-improvement," Cook said. "Now I love competing. I want to compete better and go as far as I can."

They didn't know quite what they were getting into beforehand, but Johnston, Cook and Boggs are glad they gave it a go.

"It's crazy to think that less than two months ago, we were dreading swimming 500 yards," Boggs said. "Now we do that every single day, no sweat."



LUKAS EGGEN/Itemizer-ObsERVER

Tyler Boggs, Joseph Cook and Jack Johnston joined Dallas' swim team for the first time.

WESTERN OREGON ROUNDUP

Men's basketball splits matchups

Itemizer-ObsERVER staff report

MONMOUTH — Western Oregon's men's basketball team defeated Central Washington 98-77 on Thursday before falling to Northwest Nazarene 64-59 on Saturday.

Against Central Washington, nine different Wolves

scored. Ali Faruq-Bey led the way with 22 points. Demetrius Trammell recorded a career-high 21 points.

Tanner Omlid had 18 points, 11 rebounds, four assists, four blocks and two steals.

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