

SCHEDULE

WEDNESDAY, OCT. 18

Cross-country: Central, Lebanon, South Albany at Dallas (Dallas City Park), 4 p.m.

THURSDAY, OCT. 19

Boys soccer: Corvallis at Central, 7 p.m. Dallas at Woodburn, 6 p.m.

Girls soccer: Central at Corvallis, 6:30 p.m. Woodburn at Dallas, 4 p.m.

Women's soccer: Western Oregon at Concordia, 7 p.m.

Volleyball: Woodburn at Central, 6 p.m. South Albany at Dallas, 6 p.m. Casco League Tournament: Falls City vs., TBA, TBA. Western Oregon at Central Washington, 7 p.m.

FRIDAY, OCT. 20

Football: Central at Silvertown, 7 p.m. Crescent Valley at Dallas, 7 p.m. Falls City at Mapleton, 7 p.m. Oakridge JV at Perrydale, 7 p.m.

SATURDAY, OCT. 21

Cross-country: Western Oregon at Great Northwest Athletic Conference Championships (at Bellingham, Wash.), 10 a.m.

Football: Western Oregon at Humboldt State, 6 p.m.

Volleyball: Casco League Tournament: Crosshill Christian vs. Perrydale (at Oregon School for the Deaf), 4 p.m. Western Oregon at Northwest Nazarene, 1 p.m.

Women's soccer: Saint Martin's at Western Oregon, 1 p.m.

TUESDAY, OCT. 24

Boys soccer: Central at Woodburn, 6 p.m. Dallas at South Albany, 6:45 p.m.

Girls soccer: Woodburn at Central, 6 p.m. South Albany at Dallas, 4 p.m.

Volleyball: Central at Corvallis, 6 p.m.

WEDNESDAY, OCT. 25

Cross-country: Central, Dallas at Mid-Willamette Conference District Meet (at Willamette Mission State Park, Gervais), 2:30 p.m.

Schedules Subject to Change

QUICK HITS

Registration open for championship

POLK COUNTY — Registration is open for ROTC/JROTC Physical Training Championship Oct. 28 at the Chemeketa Community College's Brooks Regional Training Center, 4910 Brooklane Road NE, Salem.

Five-member high school JROTC and college ROTC teams along with three member teams from the community will take part in a contest of pushups, pullups, sit ups, a 300-meter dash and 2-mile run.

Proceeds from the event will go toward awards for veteran students through the Chemeketa Community College Foundation.

There is no cost to register at www.chemeketa.thankyou4caring.org/rotc-jrotc-physical-training-championship.

Polk Pedalers to hold 30-mile ride

DALLAS — The Polk Pedalers Bicycle Club will meet at Courtyard Coffee House, 156 SE Mill St., Dallas, on Saturday at 8 a.m. The group will go on a 30-mile ride touring the covered bridges in Scio. Children must be accompanied by an adult. Carpooling available. For more information: 503-623-6533.

Cross Creek men's club results

DALLAS — Cross Creek's men's club results for Oct. 10:

Low gross/low net
Gross: 1, Bill Karjala, 36; 2, Ted Bennett, 37; 3, Rich Dominick, 38.

Net: 1 (tie), Larry Hatcher and Steve Altman, 32; 3 (tie), Bob Bennett, Ken Ross, Vern Smith, Darrel Smedstad and Wayne Baughman, 35.

PREP BOYS SOCCER



Best foot forward

LUKAS EGGEN/Itemizer-Observer

Central midfielder Evan Hoover (6) dribbles past a Lebanon defender during the Panthers' 13-0 victory on Oct. 11.

By Lukas Eggen

The Itemizer-Observer

INDEPENDENCE — Central's boys soccer team has been here before.

The Panthers have been on the cusp of a special season, only to see it end sooner than expected.

After a 13-0 victory over Lebanon on Oct. 11, Central entered the week undefeated and with a chance to win a league title and earn a high seed for the state playoffs.

The situation is similar to 2016. The Panthers entered their final two league matches — against Corvallis and Woodburn — with a chance for a league title. Two losses later meant Central finished third in the Mid-Willamette Conference.

The Panthers are ready to write a different ending.

"We haven't won anything yet," senior Evan Hoover said. "We have a good record, but we haven't accomplished what we want yet."

— Prior to defeating



Hoover



Padilla

"I was worried we weren't going to react well," senior Aaron Padilla said.

The Panthers responded with three goals in the second half.

"You have to trust your teammates," Hoover said. "When you get down, you can't change the way you play to try and score quickly. You have to trust your teammates."

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Lebanon, Central defeated Crescent Valley 3-2 on Oct. 9. The Raiders led 1-0 in the first half — the first time the Panthers had trailed all season long. It was one of the few remaining tests Central had yet to pass.



LUKAS EGGEN/Itemizer-Observer

Central defeated Lebanon 13-0 on Oct. 11.

COLLEGE CROSS-COUNTRY

Ribich, Wolves ready to go on the hunt

By Lukas Eggen

The Itemizer-Observer

MONMOUTH — Western Oregon's top cross-country runners have been waiting for this moment.

The Wolves will compete at the Great Northwest Athletic Conference Championships Saturday in Bellingham, Wash.

At stake are team and individual championships — and a chance to show the



Ribich

time for talking is over," senior David Ribich said. "It's time to race."

For Western Oregon's top

runners, Saturday couldn't come soon enough.

Aside from the San Francisco State Invitational on Sept. 22, many of the Wolves' top runners have not raced this season, with Johnson opting to focus on training.

"I think it's a really smart plan," Ribich said. "We raced once and then had a good, long five weeks of training."

The weeks of training

without a chance to

race against other schools could have been a detriment to team morale in years past.

But the Wolves know that the preparation has all led to this.

"The year before it would



Rufener

have been a pretty big downside for me," Ribich said. "We are all super competitive. But what's great about the team we have now is, on Tuesdays and Fridays, our workouts have been incredibly competitive. The inner squad competition carries us because our workouts are so strong. We don't need to race every weekend, we're working to the same end goal."

See WOLVES, Page 11A

A glowing time



LUKAS EGGEN/Itemizer-Observer

Participants stop for a photo at the photo booth during the second annual Dallas Glow Run on Saturday. The evening featured food, music, a costume contest, kids run and a 5-kilometer run/walk. There were more than 400 people signed up, according to organizers. Money raised will go toward Dallas Christmas Cheer. The amount of money raised was not available as of press time. Check www.polkio.com for more information.

PREP FOOTBALL

Falls City beats Yoncalla 84-32

By Lukas Eggen

The Itemizer-Observer

FALLS CITY — Fresh off an 84-32 victory over Yoncalla on Friday, Falls City's football coach Laric Cook had one message for his team: We can do better.

"I think for the most part we played well, but we gave up a couple of touchdowns I don't think we should have given up," Cook said. "When we play disciplined, we flat out don't let people move the football. We had some moments where we were real good and some moments where we weren't so good. We have to be more consistent."

Cook's insistence on improvement may be surprising at first glance — but Cook is driven by the potential he sees in Falls City to have a truly special season.

Since a season-opening loss to Dufur, the Mountaineers have won five games in a row. The offense has scored 58 or more points in four of them.

"I'm very proud of this team," senior Jesse Sickles said. "We're going to go a long way this year. The guys, they're great football players. They have heart and love the game. I love playing with them."

See FALLS CITY, Page 11A