

Wolves: WOU takes aim at conference title

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 Ribich said the Wolves are approaching the weekend with the same energy and anticipation they had at the start of the season. "We're chomping at the bit like it's our first race," he said. "We're ready to get the ball rolling."
 The men's team could be a contender for the team title. The Wolves return every runner that competed at the GNAC championships in 2016, including Ribich, Dustin Nading, Tyler Jones, Josh Dempsey and Stephen Frey.
 That depth makes the Wolves dangerous, but Ribich said the top of the conference is stacked. "I think it'll be a four-team battle on the men's side," Ribich said. "It'll come down

to the finish. The first 5 kilometers of the race is flat, then the last 3 kilometers are a little hilly."
 The women's team, which features Kennedy Rufener, Olivia Woods and Megan Rose, among others, is also looking to make a splash. "The girls are a top-four team for sure," Ribich said. "The 6-kilometer distance is long enough for the endurance girls to do well and other girls like Olivia, Megan and Suzie (Van De Grift) can shine in the right opportunity because we know they can outkick anyone in the field."
 The Wolves have tailored their training schedule to be at their absolute best at the end of the season. On Saturday, they'll get a chance.



COURTESY OF WOU ATHLETICS/Itemizer-Observer
Western Oregon's cross-country team will compete at the Great Northwest Athletic Conference Championships.

WESTERN OREGON ROUNDUP

Wildcats earn shutout victory over Wolves



LUKAS EGGEN/Itemizer-Observer
Western Oregon quarterback Nick Duckworth (12) throws a pass on Saturday.

Itemizer-Observer staff report
MONMOUTH — Western Oregon University's football team was shut out by Central Washington 42-0 on Saturday.
 The Wildcats led 7-0 after the first quarter before scoring three touchdowns in the second quarter to take a 28-0 lead into the half.
 Central Washington held Western Oregon to 261 yards of total offense — its lowest offensive output of the season.
 Wolves' quarterback Nick Duckworth, who passed for six touchdowns on Oct. 7, completed 10 of 20 passes for 83 yards on Saturday. Phillip Fenumiai went 12-for-20 for 115 yards.
 Running back Taylor Poyadue had 18 rushes for

75 yards.
 WOU (2-5 overall, 1-4 Great Northwest Athletic Conference) plays at Humboldt State Saturday at 6 p.m.
VOLLEYBALL DROPS TWO: Western Oregon's volleyball team lost to Alaska Fairbanks 14-25, 28-26, 28-26, 25-19 on Thursday and Alaska Anchorage 19-25, 25-23, 25-17, 25-21 on Saturday.
 Mariella Vandenkooy had a team-high 18 kills

against Alaska Anchorage and 22 kills and three blocks against Alaska Fairbanks.
 Alisha Bettinson added 13 kills and six blocks.
 WOU (6-11 overall, 2-8 GNAC) plays at Central Washington on Thursday at 7 p.m. and at Northwest Nazarene Saturday at 7 p.m.
WOMEN'S SOCCER FALLS TO NORTHWEST NAZARENE: Western Oregon's women's soccer team lost to Northwest Nazarene 1-0 on Saturday. The teams played to a scoreless tie in regular before Northwest Nazarene scored in the 98th minute to earn the victory.
 The match was the Wolves' sixth overtime match of the season. The Wolves also tied Montana State, Billings 0-0 on Thursday. WOU (2-8-2 overall, 1-5-2 GNAC) plays at Concordia Thursday at 7 p.m. before hosting Saint Martin's Saturday at 1 p.m.



Bettinson



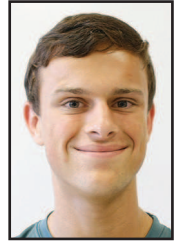
Vandenkooy

DALLAS ROUNDUP

Volleyball sweeps Central

Itemizer-Observer staff report
INDEPENDENCE — Dallas' volleyball team defeated Central 25-22, 25-18, 26-24 on Oct. 11. The Dragons also competed at the Seaside Tournament on Saturday, defeating Estacada and Philomath before losing to Valley Catholic.
 Dallas played Woodburn Tuesday after press time. The Dragons close out the regular season Thursday at 6 p.m. against South Albany.
 The Dragons entered the week with a 12-10 record overall and 6-6 mark in Mid-Willamette Conference play, good for fifth place. The top six teams advance to the postseason. The third- and fourth-place finishers will host a state play-in match. The fifth- and sixth- place

finishers will go on the road for a state play-in match.
 Crescent Valley entered the week in fourth place with a 7-5 mark in league play.
CROSS TAKES FIRST AT INVITATIONAL: Dallas junior boys cross-country runner Trevor Cross placed first in the Silver Varsity race at the George Fox Invitational. Cross finished with a time of 15 minutes, 47.39 seconds.
 The boys placed third in the team standings.
 "We had outstanding performances from Toby Ruston, Orion Knudson and Gavin



Cross

Grass," coach Monique Lankheet said. "Ryan Bibler had a great performance coming back from injury."
 Ruston finished 11th in 16:36.92, Grass took 19th in 16:53.28 and Knudson placed 38th in 17:30.14.
 Bekah Rocak led the girls. "Bekah set a new personal record and Melody and Mikayla ran tough and got big PRs," Lankheet said. "Maddie Kennedy and Jaydin Darrington had huge PRs as well."
 Dallas will host a meet Wednesday (today) at 4 p.m. at Dallas City Park.
BOYS SOCCER FALLS TO SILVERTON: Dallas' boys soccer team lost to Silverton 7-1 on Oct. 11. The Dragons (2-8 overall, 1-3 MWC) played Central Tuesday after press time. Dallas plays at Woodburn Thursday at 6 p.m. and at South Albany Tuesday at

6:45 p.m.
GIRLS SOCCER LOSES: Dallas' girls soccer team lost to Silverton 6-0 on Oct. 11. The Dragons (0-9 overall, 0-4 MWC) played Central Tuesday after press time. Dallas hosts Woodburn Thursday at 4 p.m. and South Albany Tuesday at 4 p.m.
SPARTANS DEFEAT DRAGONS: Dallas' football team lost to Corvallis 40-27 on Thursday.
 Evan Courtney rushed for 116 yards and two touchdowns. Jaret Stewart and Camden Frizelle also scored rushing touchdowns for the Dragons.
 The Spartans jumped out to a 21-7 lead at the half. The Dragons pulled within one possession twice in the second half, but Corvallis answered each time.
 Dallas (2-5 overall, 0-4 MWC) hosts Crescent Valley Friday at 7 p.m. It will be the team's final home game of the season.



LUKAS EGGEN/Itemizer-Observer
Josie Smith (11) and Taylor Williamson (8) wait for a point to start during the Dragons' win over Central on Oct. 11.

Bowling league results

Cherry Pickers First Place 18 wins 6 losses
 High Scratch Game Men: Dennis Fritz 236
 High Scratch Game Women: Sherrie Johnston 223
 High Handicap Game Men: Daryl Jones 290
 High Handicap Game Women: Doris Stefani 284
 High Scratch Series Men: Dennis Fritz 627
 High Scratch Series Women: Sherrie Johnston 518
 High Handicap Series Men: Daryl Jones 730
 High Handicap Series Women: Nancy Baxter 760

PREP VOLLEYBALL

Falls City drops close match

Itemizer-Observer staff report
FALLS CITY — Falls City's volleyball team lost to Willamette Valley Christian 11-25, 25-20, 22-25, 25-8, 16-14 on Monday. The Mountaineers played Jewell Tuesday after press time.
 Falls City will compete in the Casco League tournament beginning Thursday. The tournament's schedule was not finalized as of press time.
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Falls City

Continued from Page 10A
 Sickles missed the first three weeks of the season, but the senior is thankful to be back on the field.
 "I got myself into a little bit of trouble, so I couldn't play," he said. "I fixed everything. It helped me be a better leader. I've been through a lot. When people get down, I've been in a rough spot before so I can help pick people up and keep them focused."
 Sickles makes the Mountaineers a more dangerous team.
 "Jesse has allowed us to open things up on offense more," Cook said. "He does a good job of running the show and making his reads. It allows us to put Jeremy (Labrado) in the backfield. Austin (Burgess) is a real good blocker and receiver. Noah (Sickles) is a heck of a runner. Jesse makes us more dangerous."
 That was on display on Friday, as Burgess, Labrado, Noah Sickles and Jesse Sickles all scored touchdowns.

With Jesse Sickles at quarterback, he gives the Mountaineers a dual threat capable of making plays with his arm and his feet.
 Now, it's a matter of fine tuning and eliminating mistakes on offense and defense.
 "Yoncalla couldn't stop us," Cook said. "We stopped ourselves with a few fumbles and stupid penalties."
 The Mountaineers close the regular season at Mapleton Friday at 7 p.m., and both Cook and his players believe that a home playoff game — and a deep run in the postseason — are possible.
 "I'm probably too hard on the kids at times because I've had good groups in the past," Cook said. "I've had teams that haven't given up 100 points in 13, 14 games. I believe these kids can do the same thing because of how hard they play and their football intelligence. We just can't take plays off. This is a special group."



LUKAS EGGEN/Itemizer-Observer
Jesse Sickles and Jeremy Labrado talk with Falls City coach Laric Cook (not pictured) during the Mountaineers' 84-32 victory over Yoncalla on Friday night.

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