

Scott Sets Record at 2015 Winter Open Swim Meet

Riana Scott of Baker City was the only local swimmer to attend the 2015 Winter Open in Ellensburg, Wash. on Jan. 24-25. There were 327 athletes representing 11 teams from Oregon & Washington. In addition to winning first place in 10 different events, she set new meet records in the 100 Free, 100 Back and 200 Breast. Scott is the daughter of Noel and Joe Scott, owners of Premier Auto.

Long-Term Care Insurance: How to Pick the Best Policy and Mistakes to Avoid

Should you buy long-term care insurance? This is a decision many baby boomers are grappling with. A free community program, Long-Term Care Insurance: How to Pick the Best Policy and Mistakes to Avoid, will be Thursday, Feb. 12, 2015 from 1-3 p.m. at Baker County Community Connection, 2810 Cedar St. in Baker City.

Topics that will be covered: What is Long-Term Care insurance? Who should buy it? When is the best time to buy it? What mistakes should you avoid when shopping for Long-Term Care insurance?

Come, bring your curiosity and go home with tools for building your own quality eldercare toolkit.

Baker Wrestlers Do Well Against Imbler and Grant Union

From BHS Wrestling Coach, Brandon Young:

Wt	Name	Grade	Record	Pins
106	Dawson Dollarhide	10	2-0	2
113	Elijah Banister	9	2-0	2
113	Jesse Hamann	10	2-0	2
120	Jace Hays	10	2-0	2
120	James AhHee	10	1-1	1
132	Logan Valentine	12	2-0	1
132	Nick Blair	9	2-1	-
138	Marco Vela	11	2-0	2
152	Dylan Feldmeier	10	1-3	1
160	Derritt Gwynn	9	1-1	1
170	Peter Baker	12	1-0	-
170	Sam Harper	9	0-1	-
285	Will Goodwin	11	1-1	1

The Bulldogs were a little stingy with letting their opponents have many opportunities Friday. We tallied up 19 wins and only eight losses. It is difficult to single out one individual's standout performance when so many of our kids did well. It's a great problem to have! Freshman Nick Blair had his best performance of the year winning two close matches, one 8-7 and the other 10-6. He also lost a close one 2-6. Nick has got a lot of grit. Jesse Hamann also had one

of his best performances of the season. Dawson Dollarhide has gone undefeated two weeks in a row. He was trailing against Imbler's Taylor Lane 1-12 when he got a reversal and was able to hold Lane for the fall. That's what we try to coach and I hope that attitude catches on with a few of our other wrestlers. Just because we are down big doesn't mean the match is over. All we need is one good move and we can pin our opponents. It's difficult to reach this mentality, but we

have to learn to believe in ourselves even when the scoreboard is not looking so good.

Logan Valentine won the most exciting match of the evening over Clay Johnson who is one of Grant Union's stand outs. It was a great match from the beginning all the way to the end. Valentine took a one point lead in the final 40 seconds of the match. Johnson was able to get an escape to tie the match and then Valentine earned a takedown in the final two seconds of the match.

Next up is Mac-Hi in Milton Freewater next Thursday. They are likely going to our toughest opponent in the GOL races for League Dual Champions and Regional Champions. Mac-Hi did well at the Oregon Classic and are looking to avenge a loss to the Bulldogs from last season.

Next Friday we go to John Day and then split forces with our veterans going to Madras for a tournament on Saturday and our more inexperienced wrestlers going to Imbler.

YMCA Running Clinic Begins Feb. 23

The Baker City YMCA is excited to announce that it will be holding a runners' clinic beginning Feb. 23 and ending in April. Its cost will be \$125 per person and is led by Blake Marlia, DPT. The course includes video gait analysis and six sessions of clinic. Runners may also pay \$75 for video gait analysis only. Those interested may call (541) 523-8888 to sign up or for more information on the clinic.

Bank of EO 7th Annual Wrestling Invitational Tournament

Bank of Eastern Oregon announces the invitees to Bank of Eastern Oregon's 2015 Invitational Wrestling Tournament to be held at Heppner High School on Feb. 7, 2015. High schools scheduled to compete are Adrian, Baker, Crane, Culver, Elgin, Enterprise, Grant Union, Heppner, Imbler, Irrigon, Joseph, MacHi, Pine Eagle, Riverside, Union, and Wallowa. The competition begins at 10 a.m., and Bank of Eastern Oregon invites the public to come watch these talented athletes compete. Tickets can be purchased at the door and concessions will be available.

Mark Lemmon, Bank of Eastern Oregon's Chief Financial Officer and Heppner High School wrestling coach, has been instrumental in organizing the bank's sponsorship of the event.

"The bank's management has been very involved in establishing this annual tournament and looks forward to the 2015 competition. The first six years of the event were outstanding and we intend the BEO Invitational to be a 'can't miss' tournament on every school's future schedule," said Lemmon. "We appreciate bank staff and local citizens who volunteer to help at the event or sponsor amenities; their help makes the tournament run smoothly!"

If you'd like to volunteer to help or have any inquiries concerning the upcoming event, please contact Heppner High School's Athletic Director, Greg Grant, at 541-676-9138 or Mark Lemmon at 541-676-0224.

Ramos Girls Win District Hoop Shoot

On Jan. 18, the winners of the Baker Elks Lodge #338 Hoop Shoot traveled to Hermiston for the District contest. Those youth were Paul Hobson, Justin Ash, and Clayton Hickman for the boys and Jayme Ramos and Jozie Ramos represented the girls. Keanna Bingham was also a local winner but did not participate at District.

Jozie Ramos (8-9 year olds) and Jayme Ramos (12-13 year olds) won first place in each of their age divisions at the District contest. Paul Hobson was second in the 8-9 year old boys division.

Jayme and Jozie will advance to the State Elks Hoop Shoot contest in Milwaukie Oregon on Feb. 14. Here they will compete against representatives of the other Elks Lodge Districts throughout the State or Oregon.



Submitted photo
Jozie and Jayme Ramos were District Elks Hoop Shoot Winners

Wrestlers Have Busy Week

By Brandon Young

First was an exciting dual with Mac-Hi on Thursday, then the Grant Union Tournament, and then we finished off in Madras at the White Buffalo Classic. And four of our younger guys went to Imbler on Saturday, as well.

Baker 30, Mac-Hi 47

With only 14 kids in our lineup we cannot afford to have anyone out. We had two key wrestlers out and it

hurt us. Hopefully we can get everyone on track by next week and end with a different result on Thursday against LaGrande & Payette. We started at 285. After the 120 pound match, Mac-Hi had built a 6-13 lead. Whoever won the 120 pound match was likely going to win the dual. It was also by far the best match of the dual. With Elijah Banister trailing 1-6 in the first round, he battled all the way back and came within two points, but lost 8-11. We had to try and come up with a way of getting the points back. The way we had it figured the best we could do after this was 36-41 Mac-Hi. So we took a gamble at 138 and put Nick Blair in who did a great job and gave it all he had. It's a tough job a freshman to get called up to the big leagues. I'm proud of Nick, he went for it! After inserting Nick we bumped everyone else in our lineup up a weight class. We took a gamble and it didn't work. But, that's all we can do is try to win. Final score Baker 30, Mac-hi 47

285-Will Goodwin (Bk) Lost 0-11 to G. Moreno (MH)
106-Baker Forfeit to Z. Crisman (MH)
113-Jace Hays won by Fall over D. Zerba (MH)

120-Elijah Banister lost 8-11 to R. Chester (MH)
126-James AhHee won by Forfeit
132-Logan Valentine won by Fall over I. Riley (MH)
138-Nick Blair Lost by Fall to B. Ryan (MH)
145-Marco Vela Won by Fall over G. McAlester (MH)
152-Sean Stanford Lost by Fall to C. Skramstad (MH)
160-Dylan Feldmeier lost 5-13 to A. Shaw (MH)
170-Baker Forfeit to J. Jones (MH)
182-Sam Harper Lost by Fall to V. Roff (MH)
195-Peter Baker Won by Fall over J. Torres (MH)
220-Baker Forfeit to J. Podolski (MH)

Grant Union Tourney:

Weight-Name-Record-Pins
113-Jace Hays, 2-0, 1 pin
113-Jesse Hamann, 1-1, 1 pin
120-James AhHee, 3-0, 3 pins
120-Elijah Banister, 3-0, 3 pins
132-Logan Valentine, 3-1, -
132-Nick Blair, 1-1, 1 pins
138-Marco Vela, 2-0, 2 pins
145-Sean Stanford, 3-0, 2 pins
152-Dylan Feldmeier, 2-1, 1 pin
170-Peter Baker, 2-1, 1 pin
170-Sam Harper, 0-2, -
285-Will Goodwin, 1-1, 1 pin

Overall the Bulldogs went 23-8 with 17 Falls. Jace Hays defeated State Champ/Mulenburg Champ Ryan Smith by a 6-0 decision. Peter Baker defeated Elgin's Vermillion 7-0 and nearly had Chad Witty of Union. Logan Valentine had the toughest pod out of everyone today. Sean Stanford has been working in the classroom and is finally eligible. He went 3-0 on the day.

Madras

We brought nine wrestlers and were doubled up at 120 pounds with James AhHee and Elijah Banister. You can only have one scorer per weight class so we had a total of only eight scorers out of 14 weight



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Or
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