



HRV baseball mounts crazy comeback over Hermiston

After going down 6-0 in the first inning, Eagles score 11 runs in the 10th to defeat Bulldogs, 19-9

By BEN MITCHELL
News staff writer

For the second time in a week, the HRV Eagles (13-6 overall, 5-1 Columbia River Conference) were pushed into extra innings by their opponent. And for the second time in a week, the Eagles were able to battle back and win the game, but Tuesday's road win over the Hermiston Bulldogs (8-9 overall, 1-5 CRC) was anything but ordinary.

After Hermiston tied the game up 8-8 in the bottom of the seventh inning to force extra innings, HRV's offense erupted in the top of the 10th for 11 runs, putting the Bulldogs in the doghouse. Hermiston was able to respond, but the one run wasn't anywhere near enough to overcome HRV's outrageous inning, and the Eagles won the game, 19-9.

HRV's roster has no shortage of talent, to be sure, but HRV's highest scoring inning in its highest scoring game of the season was sparked by a player whose name you likely haven't seen in baseball stories this spring: senior Rily Wilson, who according to the stat sheet, hasn't started in a varsity game once this season.

With bases loaded, Wilson stepped up to the plate for his first at-bat of the game, and promptly cracked a line drive to left field that turned into a three-run double after Skyler Hunter, Kam Walker, and Patrick Harvey were able to score, making it 11-8, HRV.

Wilson's three-run double ignited what would become a prodigious inning for HRV. With one out on the scoreboard, Dallas Buckley, hits a line drive single to right field, send-

ing Wilson home. Next, a single from Riley Van Hoose brings home Buckley. On the very next play, Chase Lariza triples, sending Van Hoose and Andrew Roberts in. Next play, Hunter hits a single, with Lariza as the scoring runner. Fast forward one out and a couple plays later (including another hit by Wilson, this time a single), Adam Cameron hits a single, bringing Walker home. The very next play, Buckley hits a double to left field, bringing home Harvey and Wilson again to make it 19-8.

Making the 10th inning heroics all the more incredible was what HRV had to do to even get there in the first place. HRV's contest in Hermiston started out with a brutal 6-0 drubbing at the hands (paws?) of the Bulldogs in the first inning. After a scoreless sec-

ond inning by both teams, HRV got on the board in the top of the third thanks to a three-run double by Harvey, whose fly ball to center field would help send Lariza, Hunter, and Walker home to make it 6-3, Hermiston.

HRV added another three runs in the fifth inning to knot up the game, 6-6. Kellan Duffy doubled, Cameron singled, and Buckley hit a sacrifice fly, with Walker, Harvey, and Duffy as the scoring runners, respectively.

Pendleton would add another run in the fifth, but HRV was able to even it up after Hermiston's pitcher beamed Cameron with bases loaded, allowing Lariza to score. HRV got its first lead of the game at the top of the seventh when Roberts scored off a single

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Narrowing the gap

Elementary P.E. teacher Brandon Bertram creates program to promote physical fitness at school and at home

By BEN MITCHELL
News staff writer

Coming into his first year at Westside Elementary and May Street school, Brandon Bertram had a quandary: how could he increase students' opportunities for physical exercise not only at school, but at home... and make sure it's done on a shoestring budget?

Bertram, the new physical education teacher for Hood River's elementary schools, just wrapped up the in-school component for the Westside WildCat Tracks curriculum this week: a voluntary program that encourages students to participate in non-competitive class-wide races at school and get outside with their friends and families when they're at home.

The idea is, in part, a portion of Bertram's graduate school project — who, in addition to running P.E. programs at the elementary schools and serving as an assistant track coach, is also finishing up a master's in human performance and physical education at Adams State College in Colorado — but also due to what he saw as a lopsided arrangement when it came to opportunities for physical exercise in the district.

"We noticed a need," he explained. "When I moved here (from Arizona), I noticed that opportunities were very prevalent at the high school level, but at the elementary level, there was a need for a form of recreation where all students could be successful."

Making matters more difficult, said Bertram, are the "drastic cuts" that have been made to P.E. due to state funding levels, which has resulted in fewer P.E. classes for students over the years.

The program Bertram created helps provide students with another opportunity besides gym and recess. Starting in December, about once a month after school, Bertram has hosted school-wide races, that students have the choice of signing up for or not. If they sign up and run, they get to collect a token and put it on a band around their wrist — similar to a charm bracelet. Distances range from a quarter mile for kindergartners to a mile for fifth graders. The tokens represent how far students have run or how many activities they've done, but Bertram says that's about where the tracking ends.

"We don't take times, we don't count places... they don't have to worry about anything other than finishing with a smile," he said.

The home component is a little different. There's obviously no organized races, but students get credit for getting out of the house and getting active, which can mean any number of activities.

"When they go home... if they're active with family, if they go to the park, if they walk the dog, if they go to practice, if they're going



Photos by Ben Mitchell

READY, SET, GO! Students at Westside Elementary take off from the starting line during Wednesday's race, while teachers and parents watch in the background.

outside and playing with friends, their parents sign off on these cards, and then they bring these to me at P.E. class," Bertram said.

The tokens are an extrinsic reward, Bertram admitted, but he said the students so far seem more excited about what the tokens represent as opposed to the items themselves. The plastic tokens are the only part of the program that costs money, furnished by the Parent Teacher Organizations at both schools.

So far, the program seems to be working. Bertram estimated that 80 percent of students have chosen to participate this year and on average, 40 percent of the student body turns up to each race. Even better, more and more students are getting credit for doing activities at home as opposed to recess or the afterschool races.

Bertram said that parents, teachers and administrators have all been supportive and are invited to the events. A good turnout was present at the last race of the year on Wednesday, with parents and students from different grade levels cheering each other on. The kids were all smiles, enjoying the sunny weather and the chance to run, skip, walk, or whatever, around the Westside fields.

Bertram may have a love of running, but his personal fondness for the sport has nothing to do with its implementation into the program: it's about opportunity.

"There's no barriers to it; you don't need a stick or a ball to do it," he said of running. "All students of all abilities and backgrounds can do it."

Bertram plans to bring the program back next year, and is hosting a summer fun and activity camp June 17-19 for incoming first-through ninth-graders. For more information, contact Brandon Bertram at brandon.bertram@hoodriver.k12.or.us



'We don't take times, we don't count places... they don't have to worry about anything other than finishing with a smile.'

BRANDON BERTRAM



Contributed photo

COACH JOHN WACHSMUTH with wrestlers (left to right, back row) Noah Wachsmuth, Johnny Garcia, and Jeremiah Wachsmuth, all of whom took state titles.

HR wrestlers take titles in state tourney

Local wrestlers stood atop the podium at this past weekend's Kids State Freestyle and Greco Wrestling Championships held at Mt. View High School in Bend.

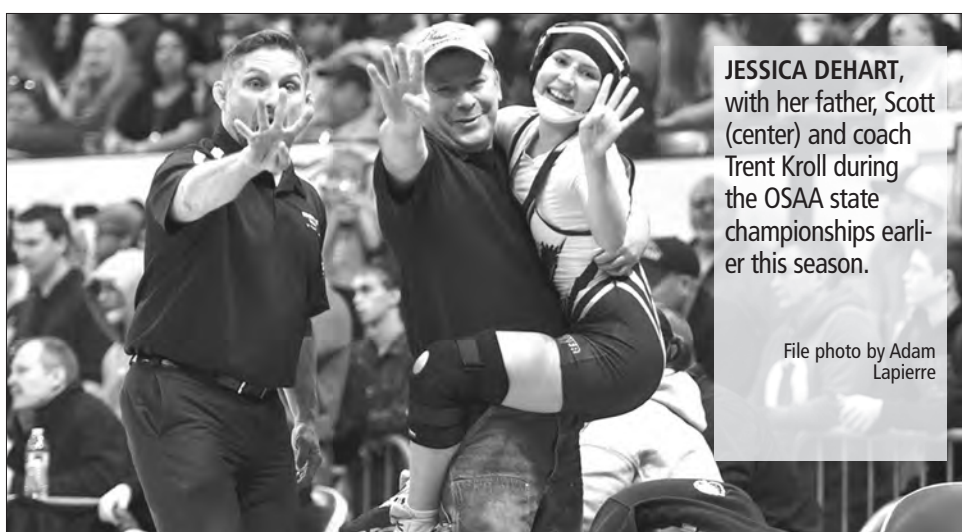
Noah and Jeremiah Wachsmuth, as well as Johnny Garcia, placed first in their respective categories for both styles of wrestling. This is Noah's fifth-straight triple crown.

Noah, who is an eighth-grader at Hood River Middle School, wrestled in the School Boy/Girl 105-pound category for Cobra All-Stars — a wrestling club based in Portland. In freestyle, Noah defeated two opponents by technical fall (10-0) and one by a fall; in Greco, Noah received a bye in the quarterfinal and defeated both his opponents by fall to take first.

Jeremiah, who is enjoying his first triple crown win, is a third-grader at Westside Elementary, and also wrestles for Cobra All-Stars. He won by fall in the semifinal and by a 12-9 decision in the final to take first in the Intermediate 50-pound category for freestyle. In Greco, Jeremiah received a bye in the semi and defeated his opponent via fall to take the title.

Wrestling for Hood River's Elite Edge Wrestling Academy was Johnny Garcia, who is a seventh-grader at HRMS. Garcia, competing in the Novice 112-pound class, won by technical fall (10-0) in the semifinal and won by a 6-3 decision in the final round to win the freestyle category. In the semifinal of Greco, Garcia won by technical fall (10-0) and then a close 1-0 decision in the final.

In the School Boy-Girl 120-pound weight class and wrestling for the Hood River Youth Wrestling Club was eighth-grader Tristan Keely. He received a bye in the first championship round of the freestyle tournament, but lost the next round to fall into the consolation bracket. He then defeated his next two opponents by fall and technical fall (10-0), and lost to his next two opponents to receive sixth place in the tournament.



JESSICA DEHART, with her father, Scott (center) and coach Trent Kroll during the OSAA state championships earlier this season.

File photo by Adam Lapierre

DeHart wins national honor for wrestling

By PAYTON RIGERT
News intern

The National Wrestling Hall of Fame & Museum, in Stillwater, Okla., has announced its winners of the Dave Schultz and Tricia Saunders High School Excellence Awards for 2015.

Originally created in honor of Schultz, an Olympic and World champion, the High School Excellence Award is based on excellence in wrestling, scholastic achievement, citizenship and community service. State winners for both the Schultz and Saunders Awards have been selected in each of the states that sponsor high school state wrestling championships. This year marks the second anniversary of the Tricia Saunders High School Excellence Award that is given to female wrestlers from states that hold all-female high school state wrestling championships.

There are seven states which hold high school state wrestling championships for women: Alaska, California, Hawaii, Oregon, Tennessee, Texas, and Washington. The National Wrestling Hall of Fame, Tricia Saunders High School Excellence Award, for the Outstanding Female Wrestler of the Year in Oregon went to four-time girl's wrestling state champion from Hood River Valley High School, Jessica DeHart.

DeHart is one of the pioneers of women's wrestling in the state of Oregon. For her entire high school career, Jessica has wrestled at the varsity level for the HRVHS Eagles.

As women's wrestling has become more popular in Oregon and Washington, DeHart has wrestled in as many of the Pacific Northwest Women's Wrestling Tournaments as possible. She boasts a high school career record of 54-3 versus girls. Nationally, DeHart is a three-time Fargo All-American with a Cadet National Championship. Last July, she placed fourth in the Juniors category at Nationals in Fargo, N.D.

Next year, DeHart will wrestle in college and has chosen to stay close to home and wrestle for the Raiders at the brand new women's wrestling program at Southern Oregon University. From the seven winners in the states that sponsor an all-female state championship, a national winner will be revealed for the Saunders Award on May 4. The award will then be presented to them at Honors Weekend in Stillwater, June 5-6.