

WRESTLING: DAWGS TAKE A BITE OUT OF WALLA WALLA

SPORTS, B1



EAST OREGONIAN

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143rd Year, No. 72

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Your Weekend



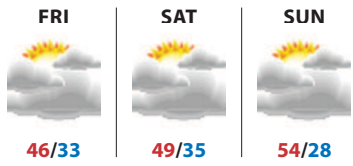
• **Taizé Service,**
First Presbyterian Church

• **Watch 'Smallfoot'**
at the Adams Library

• **Magic: The Gathering**
tournament, Pendleton

FOR TIMES AND LOCATIONS
CHECK COMING EVENTS, A3

Weekend Weather



UMAPINE

Murder suspect tells police shooting was justified

By PHIL WRIGHT
East Oregonian

Murder defendant Antonio Vasquez-Vargas told police he felt justified in killing his co-worker in November at the dairy near Umapine. According to a search warrant affidavit, he claimed the victim, Renee Luiz-Antonio of Milton-Freewater, harassed and even tried to kill him.

Vasquez-Vargas, 53, of Walla Walla, faces charges of murder and felon in possession of a firearm for the deadly shooting. He is in the Umatilla County Jail, Pendleton. He appeared via video Wednesday in the Pendleton courtroom of Circuit Judge Christopher Brauer for a status check. Defense attorney Kara Davis told the court she was meeting Vasquez-Vargas on Friday and following up on a mental health evaluation.

Relatives of Luiz-Antonio sat in the galley and listened to the brief hearing. Davis also said she might not ask for a bail hearing, which would entail the court evaluating the strength of

See Shooting, Page A8

DECISION TO FARM HEMP BRINGS AGRICULTURAL ADVENTURE



Staff photo by E.J. Harris

Rebecca Heger of Pendleton feeds her horse, Apple, a treat laced with CBD, or cannabidiol, oil from hemp she and her partner grew on their farm north of Pendleton.

Local growers get into CBD market

By KATHY ANEY
East Oregonian

About a year ago, Morrie McCormach and Rebecca Heger pondered what to plant in one of their fields.

A friend suggested hemp, a crop that was up and coming. Heger and McCormach took to their computers to research the plant. The couple learned that this cousin of marijuana differs radically from weed, which has a high percentage of tetrahydrocannabinol (THC) and is psychoactive. Hemp has cannabidiol (CBD), known for its medicinal effects and not pot's mind-altering highs.

Heger, an Alaskan with a holistic approach to health, is a former glacier guide who loves the outdoors. She was intrigued with the therapeutic possibilities of CBDs. Her intrigue slowly evolved into resolve. A month ago, Heger launched Pendleton CBD, an online business that offers CBDs for horses and humans.



Staff photo by E.J. Harris

CBD, or cannabidiol, oil is renowned amongst its advocates for its anti-inflammatory and anti-anxiety properties.

"It's an incredible medicine," she said. "There's no high. It's no different than eating an orange for vitamin C."

She says the substance has anti-inflammatory and anti-anxiety properties. Other possible uses include treating pain, nausea, arthritis, addiction, epilepsy, post-traumatic stress and seizures.

Heger liked the idea of producing hemp oil — but first they had to grow the hemp.

Their first summer as hemp farmers proved an edifying experience.

"This was a trial run with only 10 acres," Heger said. "We didn't want to get in over our heads."

McCormach, a sixth-generation farmer, said they considered the risks carefully. Crop insurance was unavailable. Additionally, the harvest would have to be tested at the end of the season for THC content. By law, hemp must have less than 0.3 percent THC to be used for CBDs.

"When we got a permit from the state, it came with that requirement," McCormach said. "An independent third-party laboratory tests to make sure."

See Hemp, Page A8

Resolved for something new in 2019

Three people talk about starting a new habit or project in the new year

By JAYATI RAMAKRISHNAN
East Oregonian

While the new year is a chance to ditch old habits and start with a clean

slate, for others it's a blank page waiting to be filled with something new. For three Eastern Oregon residents, New Year's resolutions involve picking up new habits, hobbies and projects.

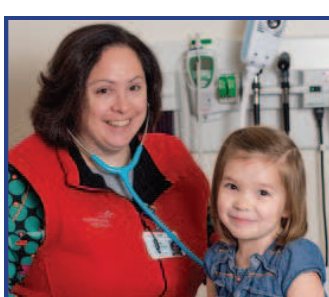
Nestor Chavez, a recent Umatilla High School graduate, used the new year as a chance to jump-start what he hopes

See 2019, Page A8



Burger King shift manager Nestor Chavez of Hermiston made the unlikely New Year's resolution to begin trading in the stock market.

Staff photo by E.J. Harris



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