## Pendleton has 4 players selected to IMC volleyball team

By ANNIE FOWLER East Oregonian

PENDLETON — Pendleton had four players selected to the Intermountain Conference volleyball team as the conference coaches

recently handed out awards. Junior outside hitter Sauren Garton and junior middle Daisy Jenness made the second team, while senior outside hitter Josie Wilson and senior setter Emma



Garton



Jenness

House were honorable mention selections.

"Sauren and Daisy are two of the youngest girls on the team," Pendleton coach Amanda Lapp said. "They have exceeded their age level since they were freshmen. Their senior year will only get better for them. Daisy has been working hard in the offseason trying to perfect her skill. You could put her out there in a pickleball tournament and she might win."

Lapp was excited to see House recognized by the conference coaches.

"I was happy to see her get nomi-

nated and get that honorable mention spot," Lapp said. "She worked so hard for us. She's a hustler for sure. I transitioned Josie to outside hitter, and she played a big part in our offense. It's good to see her go out with a bang in a tough league."

Crook County had five players selected to the first teams, including Co-Player of the Year Kacie Staf-

Ridgeview had three selected to the first team, including Co-Player of the Year Ally Henry.

Crook County's Kristy Struck was named Coach of the Year.

"Crook County and Ridgeview play year around out there," Lapp said. "Their coaches are working their girls 365 days a year. We share our girls between sports out here. They have good skills, but our girls can give them a run for their money."

In a makeshift season, Pendleton finished 6-4 in Intermountain Conference play and 10-6 overall.



Weston-McEwen junior Blane Peal poses for a portrait at the high school's baseball field on Wednesday, May 5, 2021.

# **DOING HIS PART**

### Weston-McEwen's Blane Peal has found his groove on the mound and at the plate

By ANNIE FOWLER

ATHENA — When Shawn Pierce was approached about taking the head baseball job at Weston-McEwen High School, he didn't take long to give an answer.

The TigerScots had a wealth

of talent, led by junior Blane ing season.

"He's a lot of the reason why it made it easy to take the job," Pierce said of Peal. "I knew Blane from coaching junior high basketball, and I knew most of this group of guys. I saw potential in them."

Henley, a senior from Twin

soul of the TigerScots this season.

At the plate, he is hitting .681 with 15 hits, including four doubles and three home runs. He has only struck out twice. He also has 17 RBIs, has scored 13 runs, and has six stolen bases.

"Blane is a bulldog," Pierce said. "He wants to be the best at

Peal has been the heart and everything. If he's not, he tries. He helps everybody else out along the way to be the best they can be. It's my privilege to be around him."

Peal said there's nothing fancy about his approach at the platehe just wants to hit the ball.

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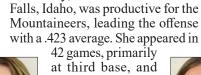
### Three Mountaineers earn All-CCC softball honors

East Oregonian

LA GRANDE — The Cascade Collegiate Conference recently

announced its 2021 softball all-conference teams and three Eastern Oregon University athletes Jordan Henley, Makenzie Chambers and Amanda Smith — made the list.

Henley was selected to the first team as an infielder and was the lone first-team pick for EOU. Chambers was a second-team selection at catcher, while Smith was an honorable mention at pitcher.



at third base, and was a starter in 40. Henley tallied 52 hits in 123 at bats, scored 38 runs and had 27 RBI. She also hit five home runs to go along 10 doubles and one

triple. She slugged .642 during the regular season and had an on-base percentage of .459. Defensively, she had a fielding percentage of .914 and posted 56 putouts.

Chambers, a freshman from Hood River, was the primary catcher for the Mountaineers in

2021, appearing in 39 games total, starting 37. Chambers batted .387, scored 16 runs, tallied 41 hits in 106 at-bats and had 26 RBI. She also two triples and one

hit seven doubles,

home run. She slugged .519 for the regular season and had an on-base percentage of .405. On defense, Chambers posted a .981 fielding

percentage and threw out 11 baserunners.

Smith, a junior from Sisters, was a consistent presence in the Moun-

> taineers pitching rotation. She appeared in 22 games in the circle, starting in 11. She posted a 6-6 overall record and pitched seven complete games. Her ERA in the regular season was 4.03 and she totaled 41 strikeouts, which led the team. She tossed one shut-

out. Smith also put in work on offense appearing 24 games overall, batting .250 to go with eight RBI and four runs scored.

Smith

## Lifting to win

### Pendleton powerlifters going after Oregon records

By ANNIE FOWLER East Oregonian

PENDLETON — When you want to be the best, you seek out the best.

Pendleton's Dan Logman did just that, enlisting the help of bench press world champion Ryan Kennelly to help prepare him for the USPA PAC Cartel Kilos on Saturday, May 8, at Power Athletics Compound in Richland, Washington.

Logman, who will compete in the Masters 308-pound class, has been making weekly trips to the Tri-Cities to work with Kennelly.

"He is an incredible guy," Logman said. "In nine weeks, he took my bench from 501 (pounds) and I have hit 550. I raised my PR almost 50 pounds through techniques he has shown me. I am fortunate to have trained with him and his crew. The very first night I worked out with him, he let me wear one of the multi-ply shirts and I had 705 pounds in my hands. I will never be afraid of a 500-pound bench press again."

Kennelly holds the World Powerlifting Organization (WPO) record, and held the all-time world record in the assisted (aid of a bench shirt) bench press with a lift of 1,075 pounds. He bench pressed an unequipped 650 pounds.

Logman, 49, will be joined at the meet by his son Christopher, 15, and lifting partner Donald "Eagle" Williams, 47.

Logman, who is a manager at Standard Plumbing Supply in Pendleton, plans to open with 501 pounds, which will set an Oregon masters record in the United States Powerlifiting Association.

"I think I will get around 540," said Logman, who will be wearing a single-ply Super Katana bench shirt. "I will have one of the best bench specialists with me that day. If that doesn't make you confident, I don't know what will."

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#### **SPORTS SHORT**

## Saban encourages Alabamians to get vaccinated

Associated Press

TUSCALOOSA, Ala. — Alabama football coach Nick Saban and other sports figures have taped a public service announcement encouraging Alabamians to get the COVID-19 vaccine.

The Alabama Department of Public Health says Saban and others, including former NBA star Charles Barkley, participated in the PSA saying vaccinations are the way to make sure sports stadiums are filled and "loud again" this

"College football fans and play-

ers both want full stadiums this fall. Let's make sure we can safely make this happen by getting vaccinated. Please get your COVID-19 vaccine," Saban says in the spot, according to a script provided to The Associated Press. "We want Bryant-Denny Stadium loud again this coming season and Roll Tide!"

The public service announcement is expected to be released next week. It comes as state health officials are looking for ways to boost lagging vaccination rates and persuade people to sign up for

Less than 25% of Alabamians

have been fully vaccinated, which ranks last nationally, according to the Centers for Disease Control and Prevention. The public service announcement is part of a campaign by the Alabama Department of Public Health to address vaccine hesitancy, State Health Officer Scott Harris said.

University of Alabama athletic director Greg Byrne has said the school intends to allow 100% capacity next season for the defending national champions.

Byrne posted a tweet saying he appreciated "Coach Saban's leadership encouraging vaccination."



Alabama head coach Nick Saban watches during Alabama's spring **NCAA** college football game at **Bryant-Denny Sta**dium on April 17, 2021, in Tuscaloosa, Ala. Gary Cosby/Associated

Press, File