0-3-0



LEWIS

ON THE TRAIL

 \P arly in the year — January and Februdary — my dad was fishing a couple of our few lakes that had open water and he was frustrated. His friends were catching more and bigger fish than he was, by two to one.

A person can chock that up to luck and say, "That's just fishing," but a person can also do something about

I asked him, "Dad, do you want to catch more fish than your friends?"

To which he said he did. "Then you need to put an Action Disc in front of your fly."

Dad immediately placed an order from Wigglefin. com, figured out how to rig the disc and barely a week later, he sent me a picture of a 23-inch rainbow he caught out of Prineville Reservoir. He was catching more and bigger fish than his buddies and last time I checked, he hadn't told them about the Action Disc either.

That gave me an idea. One of our local lakes kicks

Records:

Continued from Page B1

A family affair

club has not been an easy one

and got back into lifting. He

had a setback in July 2019 with

I was deadlifting," he said.

"That put me out of commis-

sion for quite some time. A

good six months after surgery

ened his relationship with his

biggest joy," Logman said.

The sport also has strength-

"Doing it with my kid is the

Christopher Logman, a

freshman at Pendleton High School, will compete in the

Teen 275-pound class. He

will compete in all three disci-

squats.

bench, deadlift and

"He is a strong kid," Dan

Logman said. "This will be his

second meet. What the records

are right now, he should set

top marks are a 240-pound

bench press, 405 in the dead-

At present, Christopher's

records for his age group."

I pulled 591 (pounds)."

a torn distal biceps tendon.

for Logman.

The road to the 500-pound

He got sober six years ago

"That happened when

out big fish in February and March and I knew there had to be a good one there for me. I thought if I could get there early enough on a Saturday, I might catch a fish at the inlet. When we pulled into the parking area, another guy was walking down to the water ahead of us. As it turned out, he

walked to the wrong spot. Dad and I crawled down the cliff and perched on a narrow ledge above the fast water where it empties into the lake.

I knotted on a Mack's Lure Smile Blade Fly, in rusty orange. The Smile Blade is a small mylar spinner at the head of the fly, which gives the fly action and flash. To up the ante, I dressed the fly with Pro-Cure crawfish gel scent. I fed line into the current and wham! It broke my leader with one grab and a headshake.

I cut the 4X tippet off, trimmed it back to about 8-pound test and tied on another Smile Blade Fly, dressed it with crawfish scent and three casts later, had another grab. It came to the surface so fast, it was dancing just off my rod tip a moment later and then it headed toward the bottom, where it tried to saw the line in the boulders then started a long run out into

the lake. Dad was so excited, I thought he was going to fall off the cliff. Eventually, I was able to calm the fish and Dad enough that he was able to net the gnarly 21-inch broodstock trout for me.

There are times when trout will follow our flies and peck at the tails or otherwise short-strike. Sometimes trout follow out of curiosity and don't bite at all. That little bit of chaos that an Action Disc or a Smile Blade imparts to the fly is sometimes the differ-

In places like Wallowa Lake, Phillips Reservoir or Willow Creek Reservoir, where the fish can run a little bigger, the Mack's Smile Blade Fly is a great trolling option. Where the fish are 8- to 12-inch legals, a better choice might be a white, olive or black beadhead Woolly Bugger. Other good leech patterns for casting and trolling include blood red, black and olive tungsten or beadhead Mohair Buggers. Leeches should be weighted at the head so that they sink or wobble when the fly isn't moving. If you have to catch more and bigger fish than your buddy, rig with an Action Disc.

The fish-catching principle at play here is that as the fly is drawn through the water, pressure builds on

Ben Lonergan/East Oregonian

He has been lifting for 11 years, and doing competitive

powerlifting for five years. He

will compete in the Masters

275-pound class in all three

Williams said. "You are the

only one on the platform.

There's a lot of adrenaline and

a lot of fear, but it's a beautiful

Energy Trust of Oregon, won

a USPA National Champion-

ship in Las Vegas in July 2018,

Williams, who works at

"It's an amazing sport,"

disciplines.

thing."

Christopher Logman, left, Dan Logman and Donald "Eagle"

Williams pose for a portrait at the Round-Up Athletic Club

in Pendleton on Thursday, May 6, 2021.

'It's an amazing sport'

competing equipped—a cate-

gory that allows a power shirt

will be raw lifting with just

the aid of knee sleeves, an

approved singlet, a lifting belt

of the Confederated Tribes of

the Umatilla Indian Reserva-

tion, grew up in Oklahoma but

returned to the Pendleton area

Williams, who is a member

and chalk.

in 2018.

Christopher and Williams

the concave front surface. When the pressure builds, the disc turns and releases it. which turns the tube into a lever, bending the line in the opposite direction, kicking the fly with it. The fly, representing a leech or baitfish, appears to be wounded or injured. And that makes it hard to resist for a curious predator like a big rainbow or brown trout.

Slide the Action Disc up the leader with the concave side pointed toward the reel. Next, slide on a small bead or stopper to protect the knot from abrasion. Dad's little extra trick involves a blood knot and a short tippet section of six to eight inches, which results in a slower action and wider swim path.

Last night we fished another of our local lakes and Dad's new favorite lake rig definitely outperformed the standard fly on leader. Finally I took my own advice and caught a nice trout at sunset.

There. A little trick to put a limit of trout in the boat. Just don't tell any of my dad's friends.

Gary Lewis is the author of "Bob Nosler Born Ballistic" and "Fishing Central Oregon" and other titles. *To contact Gary, visit www.* garylewisoutdoors.com.

shortly before moving back to

He met the Logmans at a

local gym, and they also train a

few days a week at The Muscle

Shack in Walla Walla, Wash-

a lot of knowledgeable people

in the sport. There's a lot of

science behind this sport now."

meet in March in Lewiston,

Idaho, winning their respec-

tive divisions, but with the

COVID-19 pandemic, compe-

titions have been hard to come

just had to make it work,"

Williams said. "Whatever we

could do, we did. When you

are a powerlifter, you make do.

This pandemic was a unique

situation, you just have to

set Oregon records for his division. His top bench is 350, with

a 450 squat and a 505 deadlift.

his daughter Brylee, 9, who at

times can be heard cheering

over the grunts and groans of

said. "She has been raised in

the gym with me since she was

'She's great," Williams

the lifters.

a year old."

He will be cheered on by

Williams will be trying to

"Through COVID, we

All three competed in a

'It's a great place," Logman said. "I'm blessed to be around

Oregon.

ington.

LOCAL STANDINGS

Through games played May 6

MEN'S COLLEGE BASKETBALL

CASCADE COLLEGIATE

CONFERENCE		
Team	League	Overa
z-Corban	10-2	15-3
Oregon Tech	6-2	7-2
Southern Oregon	5-3	5-4
Bushnell	5-5	6-6
Warner Pacific	3-5	5-8
Eastern Oregon	3-7	8-10
Multnomah	0-8	1-24
#-Lewis-Clark State	0-0	22-2
#-Northwest	0-0	4-3
#-College of Idaho	0-0	8-9
Note: Due to COVID-1	9 concern	s, Ever-
green and Walla Wall	a have ele	cted to
opt out of the 2020-2	1 season.	
z-spring season cham	npion	

#-Teams that have opted out of spring

	conference scriedule		
NWAC EAST DIVISION			
	Team	League	Overall
	North Idaho	4-0	4-0
	Wenatchee Valley	6-1	6-1
	Columbia Basin	3-1	4-1
	Walla Walla	4-2	4-2
	Yakima Valley	2-3	2-3
	Big Bend	2-3	2-4
	Treasure Valley	2-4	2-4
	Spokane	1-6	1-6
	Blue Mountain	0-4	0-4
	WOMENIC	01154	

WOMEN'S COLLEGE **BASKETBALL**

CASCADE COLLEGIATE CONFERENCE

Team	League	Overall
z-Bushnell	9-1	11-2
Eastern Oregon	8-2	14-4
Oregon Tech	6-4	6-4
Corban	4-6	7-6
Warner Pacific	3-7	7-10
Multnomah	0-10	0-17
#-Lewis-Clark State	0-0	14-6
#-Northwest	0-0	6-3
#-College of Idaho	0-0	4-14
Note: Due to COVID-1	9 concern	s, Ever-
green, Southern Oreg	on and W	'alla Walla
have elected to opt or	ut of the 2	020-21
season.		

z-spring season champion #-Teams that have opted out of spring conference schedule

NWAC EAST DIVISION

Team	League	Overal
Big Bend	5-0	5-0
North Idaho	1-0	1-1
Walla Walla	6-1	6-1
Spokane	4-2	5-2
Treasure Valley	3-2	3-2
Wenatchee Valley	2-2	2-2
Columbia Basin	2-5	2-5
Yakima Valley	1-5	1-5
Blue Mountain	0-7	0-7

COLLEGE BASEBALL

CASCADE COLLEGIATE CONFERENCE

leam	League	Overal
z-Lewis-Clark State	30-2	38-4
x-Oregon Tech	18-14	23-23
x-Corban	16-16	21-27
College of Idaho	11-21	19-28
Eastern Oregon	5-27	5-31
z-clinched CCC regula	ir-season	champi-
onship, tournament h	ost	
X-clinched playoff be	rth	

NWAC EAST DIVISION

Team	League	Overall
Spokane	14-1	21-4
Big Bend	9-3	10-6
Yakima Valley	13-7	13-7
Columbia Basin	9-5	13-9
Treasure Valley	5-11	5-11
Wenatchee Valley	4-9	4-9
Blue Mountain	2-14	2-16
Walla Walla	1-7	1-7

COLLEGE SOFTBALL

CASCADE COLLEGIATE

Team	League	Overal
z-Southern Oregon	26-1	45-3
x-College of Idaho	22-5	35-14
x-Oregon Tech	21-6	38-8
x-Corban	16-11	25-21
x-Eastern Oregon	10-17	16-30
x-Warner Pacific	10-17	19-23
Carroll	9-18	15-30
Bushnell	9-18	13-33
Northwest	7-20	8-30
Providence	5-22	5-29
z-clinched CCC regular-season champi-		
onship, tournament host		
x-clinched playoff bei	rth	

NWAC EAST DIVISION

Team	League	Overall
North Idaho	16-2	17-2
Walla Walla	11-3	13-3
Big Bend	4-2	4-6
Columbia Basin	5-7	5-7
Yakima Valley	4-6	7-9
Treasure Valley	7-11	9-15
Wenatchee Valley	4-12	4-12
Spokane	1-9	2-13
Blue Mountain	0-0	0-0

COLLEGE MEN'S SOCCER

Times subject to change

Pendleton at Ridgeview, 11 a.m.

Pendleton vs. Mountain View, at Rid-

McLoughlin at Joseph/Enterprise/Wal-

Lyle/Wishram/Klickitat/Trout Lake at Irri-

Umatilla at Sherman/Arlington/Condon

Stanfield/Echo at Weston-McEwen (2),

La Grande at Pendleton, 11 a.m.

MCC playoffs: Hermiston vs. TBA

Stanfield/Echo, Griswold, Ione, at

Umatilla at Heppner/Ione (2), 11 a.m.

Ridgeview at Pendleton, 4 p.m.

SATURDAY, MAY 8

Prep baseball

geview, 1 p.m.

gon (2), 10 a.m.

Prep softball

Prep boys soccer

Prep track and field

(2), noon

lowa/Elgin (2), 1 p.m.

NWAC EAST DIVISION		
Team	League	Overal
Blue Mountain	4-0-2	4-0-2
North Idaho	3-2-1	3-3-1
Wenatchee Valley	2-2-2	2-2-2
Columbia Basin	2-3-1	3-3-1
Spokane	1-2-2	1-2-2

Walla Walla 0-0-0 0-0-0 **COLLEGE WOMEN'S**

SOCCER

NWAC EAST DIVISION

Treasure Valley

Team	League	Overa
Walla Walla	4-1-4	4-1-4
Columbia Basin	4-2-1	4-2-1
Spokane	3-0-2	3-0-2
Blue Mountain	3-3-0	3-3-0
Yakima Valley	2-3-2	2-3-2
North Idaho	1-3-1	1-3-1
Treasure Valley	0-5-0	0-5-0
Wenatchee Valley	0-0-0	0-0-0

PREP BASEBALL

5A INTERMOUNTAIN

eam	League	Overall
endleton	7-0	9-1
ood River Valley	5-2	6-4
edmond	3-3	3-5
ne Dalles	2-4	2-8
dgeview	2-5	2-8
rook County	1-6	1-9

4A/3A MID-COLUMBIA

7A/3A MID	COLUMBIA	
Team	League	Overall
Richland	12-2	13-2
Walla Walla	11-3	11-3
Kennewick	10-4	10-4
Kamiakin	9-5	9-5
Hanford	7-7	7-8
Chiawana	6-8	6-8
Southridge	5-9	5-9
Hermiston	3-11	3-11
Pasco	0-14	0-14

3A SPECIAL DISTRICT 5 League Overall

Burns	4-1	6-3	
Vale	2-2	3-6	
Wallowa Valley	0-0	8-1	
Umatilla	0-0	6-5	
Riverside	0-0	5-5	
Irrigon	0-0	4-3	
Nyssa	0-3	0-8	
2A/1A SPECIAL DISTRICT 7			

ream	League	Overa
Heppner/Ione	2-0	8-1
Weston-McEwen	2-0	3-4
Dufur/South Wasco Co	o. 2-1	7-1
Sherman/Arlington/		
Condon	2-2	4-5
Grant Union/Prairie Ci	ty 1-0	2-5
Stanfield/Echo	1-1	4-6
Pilot Rock/Nixyaawii/		
Ukiah	1-3	5-4
Adrian	0-0	0-1
Lyle/Wishram/		
Klickitat/Trout Lake	0-2	1-9
Union/Cove	0-2	0-7
Glenwood	0-0	0-0

PREP SOFTBALL

5A INTERMOUNTAIN

CONFERENCE		
Team	League	Overall
Pendleton	6-0	9-1
Ridgeview	5-2	7-3
Crook County	4-3	6-4
Hood River Valley	3-4	5-6
The Dalles/Dufur/		
Sherman/Wasco Co.	2-5	4-6
Redmond	0-6	0-8

4A/3A MID-COLUMBIA League Overall

Walla Walla	13-1	13-3
Kamiakin	12-3	14-3
Kennewick	10-4	11-4
Richland	9-5	10-6
Chiawana	7-7	8-8
Hanford	5-9	6-10
Southridge	4-10	6-10
Hermiston	3-11	3-13
Pasco	0-14	0-14

3A SPECIAL DISTRICT 2

Team	League	Overall
Burns	3-0	6-0
Wallowa Valley	1-1	6-3
Nyssa	1-1	1-8
Riverside	0-0	2-5
Umatilla	0-0	0-8
Vale	0-3	1-8
Crane	0-0	0-0
Irrigon	0-0	0-0

2A/1A-SD6 SPECIAL DISTRICT 6

eam	League	Overa
Inion/Cove	4-1	8-2
irant Union/Prairie C	ity 3-0	6-1
tanfield/Echo	1-1	6-3
Veston-McEwen	1-2	6-4
leppner/lone	0-1	2-7
ilot Rock/Nixyaawii	0-4	4-7
drian	0-0	0-0
lain	0-0	0-0

PREP BOYS SOCCER

4A/3A MID-COLUMBIA

League Overall Team

Wheeler County Invite, 10 a.m.

Blue Mountain at Wenatchee Valley

Blue Mountain at Yakima Valley, noon

Columbia Basin at Blue Mountain (2),

Heppner/Ione at Grant Union/Prairie

Echo/Stanfield at Weston-McEwen,

The Dalles at Pendleton, 3 p.m.

Pendleton at Hood River, noon

College men's soccer

College women's soccer

SUNDAY, MAY 9

MONDAY, MAY 10

Prep baseball

City (2), 2 p.m.

Prep softball

Prep girls tennis

Prep boys golf

4 p.m.

College baseball

Hanford

ON THE SLATE

Richland 8-0-0 7-1-0 10-2-0 Chiawana 5-3-0 7-4-0 Hermiston 5-3-0 6-5-0 Kamiakin 5-7-0 3-5-0 2-5-0 Southridge 2-8-0 Walla Walla 1-6-0 1-9-0

0-6-0

1-8-0

Peal:

lift and a 385 squat.

Continued from Page B1

"I'm just up there to hit," he said. "I hate getting walked. I'm not thinking a whole lot up there. Overthinking is the biggest problem for a lot of people."

On the mound, Peal has had quite the start to the season. Through 15% innings, the right-hander has given up two hits, allowed one run and has an ERA of .002. He's also struck out 32 and walked five.

"It's a lot better than I expected," Peal said. "Levie (Phillips) has stepped up behind the plate, and the defense has stepped it up, and

CENTER

that has boosted my confidence.'

In this shortened season, his anemic ERA would not be eligible for the state record book, should it remain where it is. Pitchers have to have a minimum of 50 innings pitched. The TigerScots simply don't have enough games left for him to reach the required innings needed.

The TigerScots are 3-4 this season heading into a Saturday, May 8, home doubleheader with Stanfield/Echo.

Peal will start one of the games, but how long he goes depends on his pitch count. Pierce would like to keep him in the 60-pitch range to make sure he can pitch on Tuesday, May 11.

No matter what he does the rest of the season, nothing will match his performance against Dufur on May 1, when Peal held the Rangers to one hit and struck out 11.

> "Against Dufur, I challenged him to do something special and he did," Pierce said.

Peal was happy to oblige. "Pitching is my favorite part," he said. "It's a very team game, but it's more individual when you are pitching. There is only one thing I can do and I have to trust my team behind me."

Peal also is the quarterback on the football team, and he plays basketball, but it's baseball that has his heart.

"Baseball is definitely my

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favorite," he said. "My parents have raised me as a baseball kid since T-ball."

Peal keeps his skills sharp by playing summer ball in Pendleton with the Pepsi Diamondjaxx and Hodgen Distributing.

"They have good coaches over there, and they treat him real good," Pierce said.

Weston-McEwen should be right back in the thick of things next year. The Tiger-Scots lose just one senior.

"We're doing a little better than we expected," Peal said. "We are heading in the right direction. I'm looking forward to next year. No one will be having to fill any roles. We are just going to get better."

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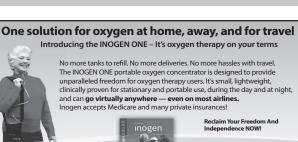




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