

# Nationals:

Continued from Page A10

try and balance, reminiscent of Arnold Schwarzenegger when he competed in the 1970s, rather than the more heavily muscled bodies in the men's bodybuilding division. The look of classic physique bodybuilders makes it a popular division with many competitors and fans.

At about four months out, Duncan said he is in a fun stage of training and diet. This is when he said he starts "cleaning up" his food intake, eating food that is more nutritious and less fatty. And he has a lot of energy and continues training hard.

That changes as he nears the competition date. At four weeks out, he begins to "dial it in," he said, reducing his calories and increasing cardio. His body takes peak shape, he said, as muscles become most visible, most defined. By the day of the show, he will be lean, vascular and in the parlance of the sport "shredded," with little fat or water between his skin and the muscles underneath.

## Getting into bodybuilding

Duncan said he was skinny and stressed in 2012 and realized he would have to do something different. Of all the things he could have done to alter his life, he picked bodybuilding. It was, he said, something he could do to change his energy level, his health and his confidence.

And it's working out, he said.

He said he was fit enough to begin competing in 2015. He, then, put on as much size as he could. Also, he began studying nutrition, as he discovered he would need to gain "quality muscle and not just mass" if he were to look his best, he said.

Duncan has competed in nine shows, including Nationals. He also has become a fixture throughout the region, competing in Washington, Oregon and Idaho.

Duncan said his physique



Ben Lonergan/East Oregonian

Bodybuilder Terrell Duncan poses for a portrait Wednesday, Jan. 5, 2022, in the home gym of his Hermiston residence.

was pretty good, and he was placing high at contests to prove it. He has won shows, including first place in the 2020 Idaho Cup, that qualified him for national-level competitions.

Last year, Duncan competed at Nationals in Arizona. He did not win, or even place very high, but he called his appearance at Nationals a good experience. There, he was able to see top amateurs from all around the country.

"I will go wherever it takes to become a professional," he said, as he has set his eyes on obtaining the highly valued "pro card," the stamp of approval that can lead to making an income as a bodybuilder.

## Looking at the greats

Duncan said he has a lot of respect for people who have already obtained their pro cards. Right now, the pro schedule is starting to take off, as elite athletes ready themselves for the 2022 Arnold Classic, March 3-6, in Columbus, Ohio.

Duncan said he is looking forward to seeing how competitors face off in this show, which in terms of presti-

gious professional bodybuilding shows is second only to Joe Weider's Olympia Fitness & Performance Weekend.

Last year, Duncan met the winner of the 2021 Arnold, Hunter Labrada, son of bodybuilding great Lee Labrada. It was an honor, Duncan said, and he was happy to have received advice from the young champ, who told him to put on more muscle. Hunter Labrada, 29, outweighs Duncan by around 100 pounds and is one of the world's top competitors. Even so, Labrada is a nice guy, Duncan said.

## Bodybuilding as a life-changer

Duncan said he is a strong believer in his sport's transformative nature.

"You have more control over your life and your body than most people think," he said.

Bodybuilding can turn an underweight, overstressed individual into a better version of himself. Likewise, it can transform people who are overweight, weak or otherwise troubled into someone with fewer problems.

After he started bodybuilding, he said, he got married, felt more confident and

obtained a better job. Now a mechanic for Lamb Weston, he said his life is good.

"I can't complain," he said.

Competitive bodybuilding, though, will not put protein on the table, he said. Only a handful of people at the top of the profession make enough money to live, he said. For this reason, Duncan stated that he may not even compete as a pro when he achieves his pro card. Instead, he said, he will start a business. By becoming an IFBB pro, he will gain credibility and notoriety that will allow him to begin his own dietary supplement line and a food prep business.

He said he likes helping people, and he hopes he will be able to assist others once he starts his business. In the meantime, he said, he has been able to help other people by passing his bodybuilding knowledge onto them.

"I see a lot coming up in the next five years, and I feel very excited about the way things are going," he said. "I think I can help others by showing them what I have done, and I can continue to meet some of my other goals. I'm going to take some classes, learn more about fitness and pass this onto others. I feel good about this."

# Simmons:

Continued from Page A10

"He is a super good coach," she said. "He is so smart in the basketball department. He just wants us to have fun. He leads the team so well. I have only heard him yell one time. He's quite a laid back guy."

## Like mother like daughter

You don't have to look very far to find out where Simmons gets her basketball talent.

Her mom, Alissa Edwards Simmons graduated from Hermiston in 1999, and was a four-year starter on the basketball team. The Bulldogs went to state every year, but never brought home the championship trophy.

"We won the IMC (Intermountain Conference) every year," she said.

Alissa played college basketball at University of Oregon from 1999 to 2003. She had limited playing time as a freshman, but became a starting point guard part way through her sophomore year.

"My first two years, we went to the NCAA tournament," she said. "My junior year, we won the WNIT tournament and the championship game was at Oregon."

Izzy never knew how good her mom was until recently.

"I didn't realize she was that good until a couple of years ago," she said. "People would say she played DI. We started watching some film we had. What those people were saying was true. I got some athleticism from her. It still shocks me when they say 'your mom played DI.' It's just crazy how it worked out."

Alissa married Justin

Simmons, who also went to Hermiston, and later played college baseball at Lane Community College. Justin joined the family business — Simmons Financial Group — when they returned to Hermiston. He died of cancer in November 2020.

"That was tough," Alissa said. "Right before her dad was diagnosed, Izzy decided to put in more time to be better at basketball. She spent a lot of time in the gym during COVID. We are in the process of building a shop with a basketball court and a weightlifting area."

Alissa coached Izzy during her AAU years through seventh grade.

"Now, I just enjoy watching her play rather than coaching her," Alissa said.

After watching her daughter hone her skills, Alissa felt Izzy was ready for the rigors of high school basketball.

"She has put a lot of time and work into her game," Alissa said. "I told her it was just another game. She has played thousands of games. If she was nervous, she didn't show it."

Though they share some tremendous basketball skills, Alissa said she isn't quite ready to hit the court with her daughter.

"Maybe once the shop gets built I will go shoot with her," she said. "She's a way better player than I was. I lived at the 3-point line."

Not only has Simmons made an impact on her team and in the MCC, but Ego said her reach goes beyond the court.

"When you have a role model like Izzy, she sets the bar pretty high," Ego said. "Little girls look up to her. She leads by example and plays by example. It enhances the program and it creates excitement for the community."

VISIT US ON THE WEB AT:

[www.EastOregonian.com](http://www.EastOregonian.com)

# HEALTH NOTIFICATION!

## Are You Hard of Hearing?



A major name brand hearing aid provider wishes to field test a remarkable new digital hearing instrument in the area. This offer is free of charge and you are under no obligation.

These revolutionary 100% Digital instruments use the latest technology to comfortably and almost invisibly help you hear more clearly. This technology solves the "stopped up ears" and "head in a barrel" sensation some people experience.

If you wish to participate, you will be required to have your hearing tested in our office **FREE OF CHARGE** to determine candidacy and review your results with the hearing instruments with our hearing care specialist.

At the end of this evaluation, you may keep your instrument, if you so desire, at a tremendous savings for participating in this field test. Special testing will be done to determine the increased benefits of this technology.

Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing test, and proper fit.

**This is a wonderful opportunity to determine if hearing help is available for your hearing loss and get hearing help at a very affordable price.**

**Call Now and Make a Reservation if you wish to be Included!**

**THIS WEEK ONLY!**

**Offer Expires Jan 17, 2022**



**The Miracle Ear Foundation**  
Since 1990 the Miracle-Ear Foundation™ has been providing hearing aids, follow-up care, and educational resources to people with hearing loss who demonstrate personal inability to financially provide for their hearing health needs. We do this because we believe everyone in our community deserves quality hearing instruments.

**Special Notice State Employees**  
You may qualify for a hearing aid benefit up to \$4,000 every 4 years. Call for eligibility status.

**Hermiston:**  
955 SE 4th St. Ste. B  
Hermiston, OR 97838  
(541) 716-5092

**Pendleton:**  
29 SW Dorian Ave.  
Pendleton, OR 97801  
(541) 224-8661

**visit us online at: [www.miracle-ear.com](http://www.miracle-ear.com) Use Code: 22JanHealth**

Hearing tests are always free. Hearing test is an audiometric test to determine proper amplification needs only. Hearing Aids do not restore natural hearing. Individual experiences will vary depending on severity of loss, accuracy of evaluation by our Consultant, proper fit, and the ability to adjust amplification. Pursuant to terms of your purchase agreement, the aids must be returned within 30 days of the completion of fitting, in satisfactory condition for a full refund.