

EAST OREGONIAN SPORTS

SATURDAY, MARCH 5, 2022

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KEEPING IT LOCAL

EOU signs Hermiston's Cadenas to play football

By ANNIE FOWLER
East Oregonian

HERMISTON — Sam Cadenas is an exceptional athlete. He excels in football, wrestling and soccer, and could possibly play any of the three sports in college.

The Hermiston senior is putting his future on the football field, signing with Eastern Oregon University, La Grande.

"I just felt like football caught my attention right away," Cadenas said. "I like the physicality that you don't get in soccer, and the environment around you when you make good plays."

EOU coach Tim Camp is excited to add Cadenas to his ever-growing roster of Eastern Oregon athletes.

"We are super excited about him," Camp said. "We plan to redshirt him, get him bigger and stronger, then unleash him. We have known Sam for a while, and I knew I wanted him to be a part of our program. He has a motor that will not quit."

Cadenas said he had interest from Texas Western and a few others, but liked that EOU was a little closer to home.

"Texas was too far," he said. "Eastern is more local and has some local players."

Hermiston football coach David Faaeteete said he believes EOU is a good fit for Cadenas.

"He stays local and it's close to family," Faaeteete said. "Eastern Oregon is like another Hermiston. We went to camp there last summer, he liked it there and liked the coaching staff. They will redshirt him and give him time to develop. It will be interesting to see him play just one side of the ball."

At 6-foot, 245 pounds, Cadenas is undersized for a defensive lineman, but he is strong. Faaeteete said Cadenas has the frame to carry 30 more pounds and still retain his quickness.

"I don't think they realize how strong he is," Faaeteete said. "He has a three-lift total of over 1,000 pounds



Ben Lonergan/East Oregonian, File

Hermiston's Sam Cadenas (52) celebrates after successfully blocking a punt in the end zone for a touchdown Oct. 8, 2021 during a 27-14 loss to the Southridge Suns in Hermiston. He has signed to play football at the college level at Eastern Oregon University, La Grande.

coming out of high school. His frame is big enough to carry 275. He is quick and will be more athletic than most guys. Imagine his motor when he is playing just one position."

Cadenas was a two-time all-conference defensive lineman in the Mid-Columbia Conference, and said that the Mounties are eyeing him to play on the defensive line, though he also has played on the offense line.

"Defense is definitely my stronger side," Cadenas said. "I would love to play right away, but I trust him (Camp). He has been doing this a long time. What he says goes."

Cadenas might need a little extra time to work through knee and shoulder issues that have been nagging him for a few months.

"I don't know if I will be able to play soccer this year," said Cadenas, who was a second-team all-MCC pick as a forward last season. "I'm going to get some recovery time, then have them checked out. I fought through it in wrestling."

Cadenas did a good job of keeping himself together during wrestling season, winning district, regional and state titles at 285 pounds. He and Jaxson Gribskov became the first two Hermiston wrestlers to win state titles in Washington on Feb. 19.

"Every one of the kids we have had here who were good football players were wrestlers," Camp said. "He isn't the biggest guy, but he is tough. There is just something about him."

Whatever it takes

Cadenas comes from a soccer family. His three older brothers played at Hermiston, and he continued the trend when he got to high school.

Football in the fall got him ready for wrestling, and soccer season follows wrestling.

The wrestling world was new to the Cadenas family, but if it was going to help make him a better football player, he was willing to give it a try.

"Coach (Justin) Binnetti told me my freshman year that it would help," Cadenas said of the former Hermiston assistant. "Coach Faaeteete agreed. I went, and I did it. The first few days were a little weird. It took a little while to get the hang of it. I was still in the denial side of it. After my freshman year, I was like OK."

Cadenas was a quick study. He placed third at 220 pounds at the 3A state tournament his sophomore year. The COVID pandemic wiped out his junior year, but he came back strong his senior season.

In addition to his coaches, Cadenas said there are many people to thank in helping him adjust to wrestling so quickly, and helping him succeed.

"I want to thank coach Tovey, Chris Elliott, the Elliott family and the Stocker family for all their support," Cadenas said.

If Cadenas can master wrestling that quickly, college football should be a breeze.

Memories of Mom



DENNIS DAUBLE

THE NATURAL WORLD

Three hours bent over a pair of 30-year-old Adirondack chairs challenges my arthritic back. It's a somber February afternoon when exhaled breath shows. Stocking cap, flannel-lined jeans, wool shirt, insulated down vest and leather gloves ward off chill. The vibration whine of my Dewalt palm sander clashes with the overhead honk of Canada geese. Wispy clouds of sawdust settle on the driveway. It has been a week since Mom passed away in her sleep, a recording of bird songs playing softly from a nearby iPad.

Find something to do that occupies your mind, I tell myself, preferably in an outdoor setting where your senses are challenged. Distraction can be an effective remedy for bereavement. Of all household items left for me and my siblings to arm wrestle over, it was not expensive wildlife art or the baby grand piano, but these vintage oak chairs I coveted. Certain memories and objects are forever connected.

"I'd give them a light sanding and a coat of tung oil," my woodworking-savvy brother-in-law advised when I shared restoration plans for the Adirondack chairs. Like Mom, the chairs gathered weather from time spent outdoors, but held their age well.

Not a single oak board is bowed or warped. However, the edge of one vertical stave benefits from a bead of glue where a brass screw split vertical grain. Tightening loose screws (53 in each chair) requires less than half a turn of a Phillips. A go-over of exposed surfaces with 100-grit sandpaper removes burrs, water marks and darkened wood where friends and family rested their backsides.

The history of Adirondack chairs reaches back more than a century when a Massachusetts native, Thomas Lee, developed his "Westport chair." Unlike modern versions of the same design, he crafted the high back and slanted seat from a single plank of knotless wood, usually hemlock. Nowadays the seat and back of these classic chairs showcase smaller slats to make for easier construction.

Quality Adirondack chairs made from hardwoods such as teak or oak can bend your pocketbook as much as \$1,500 a pair in today's market. The high oil content of these fine woods is more resistant to rot and mildew than chairs constructed from lighter-weight cedar and Douglas-fir. Call me a snob, but I am not a fan of recycled plastic or "polywood" Adirondack chairs. Although considered environmentally friendly, they lack character.

A pair of redwood-stain Adirondack chairs built from scrap wood grace the deck of our family cabin four seasons a year. Arm rests and staves have been replaced multiple times. Half a dozen extra screws hold them together. Their backward lean resembles a recliner. Several years

back, Uncle Chuck sat down with a bottle of beer in one hand and a ham sandwich in the other. The chair collapsed (I had neglected to bolt in the backrest) and he landed flat on his back. His sandwich flew through the air, but he held onto his beer. What stories do Mom's vintage oak chairs hold in their wood?

Two weeks after the first round of sanding, on a fine March morning when redwing blackbirds sing "conk-la-ree" along the banks of the Columbia River, I move to the front lawn to smooth weathered staves by hand. What should be a 45-minute job stretches to two hours when neighbors out for a walk stop to admire my handiwork. One hangs around long enough to tell a story about an Adirondack chair he crafted from discarded downhill skis. "I guessed the dimensions," he said, "but it turned out OK."

Much like fine furniture destined for a place in the living room, I leave tangential and straight grain surfaces free to express their inner beauty. Gray tone will soak up tung oil and provide elegant contrast to the flecking and curly grain pattern of quarter-sawn pieces.

Back in early February, before I loaded the last Adirondack chair in my truck for transport from Mom's back patio, I sat for a spell, looked up at passing clouds and whispered to her kindred spirit. How many times did you sit in this same chair and watch hummingbirds sip sugar water from a feeder? Count goldfish in your small pond? Listen to the gurgle of the nearby creek and the serenade of song sparrows? Savor the sweet odor of blooming honeysuckle while resting in the company of family and friends?

This remarkable woman raised five children, journeyed to all corners of the world following a lengthy career as a classroom teacher, chalked up 700 birds on her life list and left behind a rich personal legacy. Whose recent travel became restricted to pushing a walker from the living room couch to where a favorite Adirondack chair overlooked her backyard sanctuary for wildlife. Who at age 97 let go on her own terms before snowdrops and crocuses pushed through still frozen soil.

Although Mom stood only five foot two inches tall, I looked up to her all 71 years of my life. "Time heals all wounds," she said when I cried on her shoulder as a child. Easy to say, but not so easy to do whenever someone dear to you departs this world.

The rattle bugle call of a northbound flock of sandhill cranes shakes me from my thoughts to signal spring. Is it possible the groundhog did not see his shadow after all? Another coat of tung oil and these beloved chairs will be ready for a new life. Once their glossy finish dries to showcase a rich glow of old-growth oak, I will find a proper sitting place. One where there is shade from hot sun, protection from rain and snow and a rewarding view of nature's pleasures.

Dennis Dauble is the author of "Bury Me with My Fly Rod" and the recently released, "Chasing Ghost Trout." Contact him via his website at DennisDaubleBooks.com.

Umatilla lands 3 on EOL first team

Campos, Armenta and Durfey earn top honors

By ANNIE FOWLER
East Oregonian

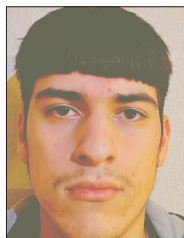
UMATILLA — The Umatilla Vikings had three players selected to the Eastern Oregon League first team by the league's coaches.

Senior Oscar Campos and Ulises Armenta were named to the boys team, while senior Taylor Durfey was named to the girls team.

The Vikings (16-9) finished second to Vale in the boys EOL district tournament, then knocked off Santiam Christian to earn a trip to the 3A state quarterfinals.

Campos led the Vikings with 12 points a game, along with 7.6 rebounds, 3.2 steals and 1.8 assists. Armenta was right behind him with 11.2 points, 4 rebounds, 2.2 assists and 1.7 steals.

Umatilla senior Lynkin McLeod was named to the second team. He offered



Campos



Armenta



Durfey

EASTERN OREGON LEAGUE BOYS BASKETBALL

Player of the Year: John Wolf, sr., Vale

Coach of the Year: Colby Shira, Vale

First team: Oscar Campos, sr., Umatilla; Ulises Armenta, sr., Umatilla; Adam White, sr., Burns; Tanner Steele, sr., Vale; Diesel Johnson, so., Vale.

Second team: Zane Kozeni, so., Burns; Garrett Johnson, so., Burns; Humberto Sanchez, sr., Riverside; Zach Kausler, jr., Nyssa; Lynkin McLeod, sr., Umatilla.

Honorable mention: Kade Kurata, sr., Vale; Colten Stepleton, so., Vale; Ramiro Alvarez, sr., Umatilla; Riley Lantis, so., Riverside; Lucas Szasz, jr., Riverside; Jon Cardenas, sr., Irrigon; Luis Coria, jr., Irrigon; Brandon Vela, sr., Nyssa; Orin Stipe, jr., Nyssa; Boyd Davis, jr., Irrigon

EASTERN OREGON LEAGUE GIRLS BASKETBALL

Players of the Year: Gracie Johnson, jr., Nyssa and Kaitlyn Wright, sr., Burns

Coach of the Year: Jeremy Chamberlain, Nyssa

First team: Kailey McGourty, sr., Vale; Taylor Durfey, sr., Umatilla; Laney Hartley, sr., Nyssa; Kaya Dobson, sr., Burns; Malerie Long, sr., Nyssa.

Second team: Halle Peterson, so., Vale; Akylah Kaino, fr., Burns;

Layla Castillo, sr., Riverside; Jasmin Lopez, sr., Riverside; Brooklyn Johns, sr., Nyssa.

Honorable mention: Kate Vineyard, sr., Nyssa; Melissa Leon, jr., Irrigon; Jolyne Harrison, jr., Irrigon; Nia Seastone, jr., Irrigon; Clarita Arizmendi, so., Nyssa; Ashley Wright, so., Burns; Haylee Cleaver, so., Vale; Paola Leon-Mendoza, fr., Umatilla; Marta Barajas, sr., Riverside; Riley Johnson, sr., Vale.

the Vikings 7.4 points, 2.5 assists and 2.3 rebounds a game.

Riverside (10-10) had senior guard Humberto Sanchez named to the second team. Sanchez led the Pirates with 11.1 points, 3.1 rebounds, 3.3 steals and 1.6 assists per game.

Durfey was a second-

team selection as a freshman, and has been a first-team player since. She averaged 10 points and eight rebounds a game for the Vikings (6-15) this season.

Riverside seniors Layla Castillo and Jasmin Lopez were named to the second team.

ON THE SLATE

SATURDAY, MARCH 5
Prep girls basketball
3A state tournament: Hermiston vs. TBD, Tacoma Dome
1A state tournament: Nixyaawii vs. TBD
1A state tournament: Echo vs. TBD
2A state tournament: Stanfield vs. TBD
Prep boys basketball
1A state tournament: Nixyaawii vs. TBD

2A state tournament: Heppner vs. TBD
3A state tournament: Umatilla, vs. TBD
College men's wrestling
Eastern Oregon at NAIA National Championships, Wichita, Kansas, TBA
College track and field
Eastern Oregon at NAIA Indoor Championships, Brookings, South Dakota, TBA

College baseball
College of Idaho at Eastern Oregon (2), 11 a.m.
Columbia Basin at Blue Mountain (2), 11 a.m.
College softball
Eastern Oregon at Bushnell (2), 11 a.m.
Mt. Hood at Blue Mountain (2), noon

College women's lacrosse
Eastern Oregon at Corban, 1 p.m.
SUNDAY, MARCH 6
College baseball
College of Idaho at Eastern Oregon (2), 11 a.m.
Blue Mountain at Columbia Basin (2), 11 a.m.

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