

EAST OREGONIAN SPORTS

SATURDAY, JULY 23, 2022

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STIHL Timbersports/Contributed Photo

Kate Page of Heppner competes in the stock saw event at the 2021 STIHL Timbersports U.S. Championships in Little Rock, Arkansas. She placed sixth and is returning Saturday, July 23, for the 2022 competition.

Lumberjack power

Page looking to chop her way into top 3 at Timbersports Series

By ANNIE FOWLER
East Oregonian

HEPPNER — Kate Page has chopped her way to the STIHL Timbersports U.S. Championships once again.

Page, from Heppner, will be one of 12 women from throughout the country to vie for the title Saturday, July 23, in Little Rock, Arkansas.

"This is my fourth trip," Page said. "My top goal is third and my short goal is fifth. I'd like to get some personal records in my events."

Page placed second at Western Regionals June 4 in Shelton, Washington, to earn her trip to the finals. Erin LaVoie of Spokane won the event.

Page and LaVoie are two of three women from the West Coast competing at U.S. Championships. The rest are from the East Coast and Midwest.

"There are seven women from the West Coast who compete and 30 from the east and Midwest," Page said. "It's like East vs. West. Erin and Martha King (two-time champions from Pennsylvania) are the favorites. Erin holds the world record in the underhand at 22 seconds. My best time is 42 seconds. She has a slow swing and hits the block where she needs to."

Page, 31, has improved each time she's competed at the U.S. Championships. She placed eighth in 2018, seventh in 2019 and sixth in 2021.

Competitors try their skills in four events — the single buck, standing block chop, underhand chop and stock saw. Everything is based on time.

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Heppner's Nichols earns NAIA academic honors

East Oregonian

LA GRANDE — Eastern Oregon University's men's and women's track and field teams earned U.S. Track & Field and Cross Country Coaches Association National Association of Intercollegiate Athletics all-academic honors for their efforts during the 2022 season.

EOU was one of 14 teams to win the award.

Heppner's Hunter Nichols was one of 11 athletes on the men's team to earn a 3.25

GPA or better, and achieve automatic or provisional qualifying marks for the indoor or outdoor season.

"Given all the challenges over the last few years, I am very happy and impressed with how well the athletes have been doing in the classroom," EOU coach Ben Welch said in a news release. "Ultimately, academic success is the most important accomplishment and reason to be in college."

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Nichols



Yasser Marte/East Oregonian

Lorena Woods, Stanfield's new athletic director, works on Wednesday, July 20, 2022, out of Stanfield Secondary School.

IN HER ELEMENT

Woods brings energy, passion to role as Stanfield AD

By ANNIE FOWLER
East Oregonian

STANFIELD — Lorena Woods had no intention of being an athletic director when she took her first teaching job out of college, but once she started she found she had a passion for it.

Woods recently took over as athletic director at Stanfield High School and is working to serve the community and school.

"Working and serving my own community is super important to me," said

Woods, who also is dean of students. "When the opportunity came up for me to apply for the job, it was a no-brainer. Dan (Sharp) did a really good job. He really cares about the kids and Stanfield. The pandemic really did a number on Dan. He has been super helpful to me.

in Stanfield. For her, it's all about relationships.

"Being an athletic director, it grew my resources for my job, but also another family for my kids," Wood said. "They were gym rats. It's so nice to know every kid at the school. We welcome the kids in the morning. You

Woods took over at Stanfield as the school district is going through renovations. A new middle school gym was added, the tennis courts have been resurfaced, and the school is getting a new track.

"The track will be red and nice and cushy," Wood said. "We have two full size gyms now, which will be nice for three-way volleyball days. We also got our booster club back up and running."

As much as improvements are exciting, Woods enjoys sharing the success on the court and on the field with her athletes and coaches.

"Going to state with the (Stanfield) girls was special," she said. "When I was in Nyssa, the baseball and boys basketball teams went to state

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"WORKING AND SERVING MY OWN COMMUNITY IS SUPER IMPORTANT TO ME."

— Lorena Woods, Stanfield High School athletic director

Now he can focus on coaching. He started some good things here in Stanfield."

Woods had stints as athletic director at Arlington and Nyssa before landing

know their names. It adds value to our day. Your actions become their actions. You want to make sure the kids have an experience they want to cherish forever."

Biking and fishing the Blues



BRAD TRUMBO

OUTDOOR PURSUITS

One of the many beautiful things about summer in the Blue Mountains is the opportunity to pack up a mountain bike and fly rod and hit the trail for a little surf-n-turf adventure. The rainbow trout are on the rise, wildflowers are in full bloom, and wildlife is at its peak activity for the year. With streams and trails in close proximity, biking and fishing are a match made in heaven with seemingly endless opportunities.

Recently, I found myself casting big fluffy stimulator flies to feisty rainbows in a canyon bottom. The stream was swollen, colored and



Brad Trumbo/Contributed Photo

A mountain meadow with a Blue Mountain view is one of the many rewards of biking in the Blues.

cold from rain and runoff. My mountain bike was in the truck and the plan was to catch rainbows for a while, then head to the mountain-top for a wildflower ride in the wilderness.

The river reach I selected for the day was lousy with large woody debris and

prime pools. I had not fished it since before 2020 and the high flows that year and this spring had carved new side channels, deposited massive log jams, and allowed for trout to sprinkle out all over the place. Few fish were looking up, but the stimulator grabbed the attention

of those willing to play the game.

The first pool I approached was formed by a channel-spanning log in which water was spilling over, creating a scour hole on the downstream end with a gentle glide off to the right side. Dissecting the habitat suggested fish would be holding at the head of the pool by the log, on the left where flow slowed against a root wad, in the flow seam between the pool and glide on the right, and through the glide itself. Maybe even a fish in the pool tail-out.

Starting on the left side of the pool, a few small fish came to hand from the root wad, many of them bumping the big fly as it bobbed along but struggling to fit the hair mass into their small gapes. But big or small, watching trout attempt to smash a big dry fly is always exciting.

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