



Staff photo by Kathy Aney/East Oregonian  
**Andrea Hernandez, of Hermiston (right), starts her match with Pasco's Makenna Bartels in the 115-pound weight class during Wednesday night's MCC mixer.**

# Hermiston's Deike wins two matches at MCC mixer

By ANNIE FOWLER  
 STAFF WRITER

Each time out on the mat is a learning experience for the Hermiston girls wrestling team.

Wednesday, the Bulldogs hosted five other Mid-Columbia Conference teams in a mixer, where each girl got anywhere between one and four matches depending on the number of competitors in their weight class.

Hermiston's Jazmin Deike won both of her matches at 190 pounds, beating Chiawana's Lizbeth Jauregui 13-3, then pinning Chiawana's Rachel Castaneda in 3 minutes.

"I have won a few matches," said Deike, who is in her first year of wrestling. "If I win, it is by good luck."

Or by using her training

— all four weeks of it.

Against Castaneda, Deike trailed 5-1 in the second round, and Castaneda had her cradled and on her back. Deike was able to break her grasp, maneuver a reversal, and get a quick pin.

"I just made sure to get my leg out," Deike said. "I knew if I got to my belly I had a fighting chance. This is really physically demanding. You have to want it and give it all you've got. It's super fun."

Deike's reward for a good day on the mat?

"I'm going to go home and eat a fat burrito," she said. "I'm 10 pounds under weight."

Other big wins for Hermiston came from Laly Morin, who earned an 11-6 decision over Adriana Bonner of Richland at 155 pounds, and Sally Wooster,

who pinned Kamiakin's Addison Fountain in 5:53 after taking a 6-0 lead in the third round.

"I saw a lot of fight," Hermiston coach Andy Hall said. "Andrea Hernandez (115) fought really hard, and Jazmin went 2-0. She did as good as always. Our middleweights are battling for positions."

Other Hermiston wrestlers did not have as good a night.

Pasco's Cassandra De La Mora pinned Schae Borrego in the second round at 145, and Kamiakin's Sarah Hamilton pinned Amree Braithwaite in 50 seconds at 145.

"From here, we go back and teach what we do," Hall said. "Once is not enough."

Hermiston returns to action Dec. 21 at the Columbia-Burbank Invite.

# Bulldogs take down Richland, Kennewick in MCC duals

By ANNIE FOWLER  
 STAFF WRITER

For the first time in five years, Kennewick High School is able to put a full lineup on the mat for a dual.

It didn't much matter against Hermiston, which won nine of 14 matches to hand the Lions a 54-27 Mid-Columbia Conference loss Thursday night at the Dawg House.

The Bulldogs made a clean sweep of the double dual, beating Richland 69-8, a match in which Hermiston took advantage of seven forfeits.

"It keeps things in perspective," Hermiston coach Kyle Larson said of the matches. "We know who is tough. We are just trying to put guys in position to do their best."

That was Jordan Franklin. The 138-pound junior won both of his matches on the mat.

Against Richland, he recorded a technical fall (21-5) over Taylor Coleman, then pinned Blake Brooks of Kennewick in 4 minutes, 17 seconds.

"We try to leave the room a little bit better every day," Larson said. "We have a ton of work to do, and we are continuing to work on the fundamentals and the basics."

Against Richland, the Bombers forfeited 106 to 126, and in the upper weights from 195 to 285.

In the middle, the Bulldogs got pins from Gage Shipley (132), Chris Lomeli (145) and Blake Betz (182).

Richland's Patrick Workman earned a technical fall (18-3) over Trevor Wagner at 160, and the Bombers' other win came at 170, where Connor Gibbon defeated Ethan Teel 11-9, registering a takedown with 6 seconds left in the match.

The Lions put up more of a fight.

The Bulldogs jumped

out to an 18-3 lead with pins by Isaac Lambert (120) and Hunter Dyer (126) and Franklin.

Kennewick made things interesting as Jacoby Weiber pinned Lomeli in the second round, and Brody Ray pinned Avant Ortiz at 3:18.

Hermiston won the next two matches to make it 30-15, but the Lions refused to back down.

*We want to put a product on the mat that people want to see. We like them old or young. We just want to fill the stands."*

**Kyle Larson,**  
 Hermiston coach

Dylan Holt pinned Betz at 182, and Caleb Gragg did the same to Stanley Scott at 195 to make it 30-27 with four matches remaining.

"We are freshman and sophomore heavy, but they are stepping it up," said Kennewick coach AJ Vogtman, whose team opened the night with a 63-18 win over Richland. "We are a lot more aggressive and they are putting it together."

The Bulldogs won the final four matches by pin — Jon Lee (220), Dustyn Coughlin (285), Zayne Helfer (106) and Adrian Delgado (113) — to secure the win and improve to 2-2 in the MCC standings.

"We want to put a product on the mat that people want to see," Larson said. "We like them old or young. We just want to fill the stands."

**Tri-State**  
 Hermiston's Adrian Delgado placed eighth at 106 pounds Saturday at the Tri-State tournament at North

Idaho College in Coeur d'Alene.

Delgado, who finished 3-3 on the weekend, was pinned by Rene Pierre of Polson (Mont.) in the seventh/eighth placing match.

The Bulldogs, who had just one placer, finished 34th in the team standings with 42 points.

Isaac Lambert (113) won his first match of the tournament before finishing 2-2.

Hermiston had two wrestlers at 220 pounds. Jon Lee lost in the quarterfinals and finished 2-2. Sean Stewart also finished 2-2.

At 120 pounds, Hunter Dyer won his first match, then lost his next two.

Gage Shipley (126) won his first match then lost in the quarterfinals. He won his first consolation match, then fell to Riley Butth of Mt. Spokane 6-4.

At 152, Trevor Wagner won his first match by pin, lost in the quarterfinals, then went 1-1 in the consolation bracket.

Jordan Franklin went 1-2 at 138 pounds.

**MATCH RESULTS**  
 Team score: Hermiston 69, Richland 8.  
 \*106 — Zayne Helfer (H) won by forfeit.  
 \*113 — Adrian Delgado (H) won by forfeit.  
 120 — Isaac Lambert (H) won by forfeit.  
 126 — Hunter Dyer (H) won by forfeit.  
 132 — Gage Shipley (H) p. Tyler Birchenough, 3:40.  
 138 — Jordan Franklin (H) tf. Taylor Coleman, 21-5.  
 145 — Chris Lomeli (H) p. Tristan Allgaier, 2:35.  
 152 — Avant Ortiz (H) md. Sam Lemieux, 13-5.  
 160 — Patrick Workman, (R) tf. Trevor Wagner, 18-3.  
 170 — Connor Gibbon (R) d. Ethan Teel, 11-9.  
 182 — Blake Betz (H) p. Tyler Bonser, 2:38.  
 185 — Stanley Scott (H) won by forfeit.  
 220 — Jon Lee (H) won by forfeit.  
 285 — Dustyn Coughlin (H) won by forfeit.  
 Team score: Hermiston 54, Kennewick 27.  
 106 — Zayne Helfer (H) p. Eduardo Sanchez-Gutierrez, 3:13.  
 113 — Adrian Delgado (H) pin Ler Htoo, 4:41.  
 \*120 — Isaac Lambert (H) p. Porter Brower, 1:01.  
 126 — Hunter Dyer (H) p. Chris Tiscerano, 4:34.  
 132 — Antonio Ramos (K) d. Gage Shipley, 4-3.  
 138 — Jordan Franklin (H) p. Blake Brooks, 4:17.  
 145 — Jacoby Weiber (K) p. Chris Lomeli, 3:55.  
 152 — Brody Ray (K) p. Avant Ortiz, 3:18.  
 160 — Trevor Wagner (H) p. Sunnie Gomez, 2:33.  
 170 — Ethan Teel (H) p. Hser Htoo, 1:06.  
 182 — Dylan Holt (K) p. Blake Betz, 4:33.  
 195 — Caleb Gragg (K) p. Stanley Scott, 2:38.  
 220 — Jon Lee (H) p. Chayc Ottum, 5:05.  
 285 — Dustyn Coughlin (H) p. Mason Epperly, :53.

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**Christmas Spirit Award Presentations**

*Good Shepherd Community Health Foundation is pleased to announce*  
**Cathy Wamsley and Robert Luke**  
*as the 2018 Christmas Spirit Award Recipients.*

Good Shepherd Community Health Foundation is pleased to honor Cathy Wamsley as a recipient of the 23rd Annual Christmas Spirit Award. This award is given to one who exemplifies the spirit of Christmas by giving of themselves to others all throughout the year.

Cathy is a benevolent example of one who gives of her time, talents and resources to the organizations and communities that she serves. Her energy and dedication to accomplish great work through various programs and organizations has blessed the lives of many community members.

She has participated as a member of the Hermiston Wellness Coalition, the Umatilla County Community Health Action Response Team, and is a former director of Umatilla Morrow County Head Start program. She currently is the grant Administrator for the ESD oral health program, a school-based oral health initiative within our local area.

Cathy has been one of the driving forces behind the Hermiston Festival of Trees for many years; a fundraiser that benefits the community and kicks off the holiday season. She directs the procurement and design of large trees that are the staple of this elegant and beautiful auction event.

She freely supports many local charities and service projects within the Hermiston and surrounding areas and is a member of Hermiston Kiwanis, providing additional benefit to qualified service projects. She is never passive in her activities but is known as a worker and doer. She has the ability to get things done.

It is for these reasons that Good Shepherd Community Health Foundation, which strives to make our community a better place to live, has selected Cathy Wamsley as a 2018 Christmas Spirit Award recipient.

Good Shepherd Community Health Foundation is pleased to honor Robert Luke as a recipient of the 23rd Annual Christmas Spirit Award. This award is given to one who exemplifies the spirit of Christmas by giving of themselves to others all throughout the year.

Robert's expertise and talents as a photographer are well-known and greatly appreciated, but it is his dedication and desire to use those talents for the benefit of others that truly sets him apart.

He is a quiet, gentle and kind volunteer that uses his talents to bring happiness to others. His gives of his personal time to photograph special community events, walks, fairs, civic, and children's presentations throughout our local region and does so without fanfare or recognition. These simple acts of generosity have given our community a legacy of photos that mark the history of Hermiston and surrounding areas. He is passionate about what he does but judicious in the method it is done.

Robert operated a family photography business for many years and spent extensive hours teaching students of all ages the art of photography. His exceptional diligence and training have benefited many. His unassuming nature allows him to work unobtrusively to produce photos of highest value.

He is a familiar and welcome guest at any function and his professionalism has been in demand throughout the area. He has blessed the lives of many by his kind acts of philanthropic service and is held in highest regard by others within the community.

It is for these reasons that Good Shepherd Community Health Foundation, which strives to make our community a better place to live, has selected Robert Luke as a 2018 Christmas Spirit Award recipient.

The Foundation mission is to enhance the quality of life and general health of residents living in West Umatilla and Morrow County communities by raising funds and giving to community projects. Good Shepherd Community Health Foundation reviews funding requests and makes awards for worthwhile projects twice a year. The next deadline for submitting grant applications to the Foundation is January 31, 2019. Groups or individuals interested in making a donation or being considered for funding are encouraged to call the Foundation office at 667-3419.

*Best wishes for a happy holiday season.*

**GOOD SHEPHERD COMMUNITY HEALTH FOUNDATION**