

Hermiston's Romero, Palzinski pick up wins at Strandberg

By ANNIE FOWLER
STAFF WRITER

Hermiston had a pair of winners on Saturday at the Strandberg Invitational at Central Valley High School in Spokane.

Jazlyn Romero won the javelin with a toss of 129 feet, 11 inches, while sophomore Paige Palzinski won the shot put with a mark of 37-8¾.

Palzinski also was seventh in the discus (106-10), while Sheridan Deike was third in the javelin (96-5), and Bailey Young added a fifth-place finish in the shot put (33-9).

On the track, McKaylee Young finished second in the 100 meters in a personal best time of 12.60 seconds. She also was seventh in the long jump with a leap of 15-9½.

Jayden Ray added an eighth-place finish in the 400 (1:03.40), while the 4x100 relay team of Abigail Sharon, Young, Kamryn Aldred and Ray finished sixth in a time of 53.77.

The Hermiston girls were seventh in the team standings with 49 points. Central Valley won the team title with 115.

For the boys, the 4x100 relay team of Benjamin Wicks, Thomas Reagan, Donovan Wilson and Garrett Walchli placed sixth with a time of 45.34.

Walchli also was sixth in

the 200 with a PR of 22.98 seconds, while Freddy Mendoza was sixth in the 800 in a time of 2:03.71, and Seth Buck cleared a personal best 12 feet for sixth in the pole vault.

Central Valley won the boys team title with 90.5 points. Hermiston was 16th with 12 points.

HERMISTON AT KAMIKIN

Hermiston's Jazlyn Romero unleashed a personal best throw of 146 feet, 1 inch Thursday to win the javelin event in a Mid-Columbia Conference meet at Kamiakin.

Romero's mark is the fourth best in the state this spring, regardless of classification.

Paige Palzinski placed first in the shot put with a mark of 36-7 3/4. Bailey Young followed at second, throwing a personal best 34-11 3/4.

In the 100-meter dash, McKaylee Young finished second at 12.80. Amanda Nygard finished third in the 800-meter at 2:32.86.

In the 1600-meter, Sydney Sanchez placed fifth with her personal best time of 5:44.18, and Shelia Solrio set a season record with her 6:00.47, eighth-place finish.

Jayden Ray placed third with a PR in the 300-meter hurdles, finishing at 50.63.

Hermiston's Broc Remmer placed third in the men's high jump event

(5-8), then went on to set a personal record in the long jump, soaring 19-7 3/4.

Remmer wasn't the only Bulldog to have a record day. In the 1,600, Hermiston occupied the sixth, seventh, eighth, and ninth spots in the top 10, with each athlete setting a new personal record.

Anthony Duron placed sixth, crossing the finish line at 4:49.70. Gregory Anderson finished seventh at 4:52.21, and Jackson Shaver (4:53.11) and Angel Benites Vera (4:53.87) were right behind him.

In the 200-meter, Simon Headings (sixth; 24.23), Freddy Mendoza (eighth; 24.49), and Skyler Stubbs (ninth; 24.77) all set new PRs.

Mendoza also set a personal record in the 400-meter, placing fourth at 53.06. Headings followed up at fifth with a PR at 53.10, and Freddy Ibarra placed eighth with a PR at 57.31.

Hermiston's 4x100 relay team, consisting of Benjamin Wicks, Thomas Reagan, Donovan Wilson, and Garrett Walchli placed third with a time of 46.35.

Ibarra, Anderson, Benites Vera, and Heredia teamed for a third-place finish in the 4x400 relay, clocking in at 3:54.55.

Hermiston's Seth Buck tied for fourth in the pole vault with Walla Walla's Dash Simon with a personal record of 11-06.



Romero



Staff photo by E.J. Harris, File

A great egret stands perched on the branch of a willow tree on Sand Island in the Columbia River near Irrigon. Sand Island offers ample nesting habitat for the native bird populations.

Eastern Oregon offers myriad bird-watching opportunities

By JADE MCDOWELL
NEWS EDITOR

Friday was Audubon Day, but every day is a good bird-watching opportunity in Umatilla County.

Multiple wildlife refuges are less than an hour's drive away for residents.

Keely Lopez, refuge manager for the Mid-Columbia River National Wildlife Refuges, said those refuges — Umatilla, McNary, Cold Springs and McKay Creek — have been specifically developed and maintained for migratory fowl.

"Snow geese have been a big draw, especially at McNary," she said.

Sand pipers, grebes, ducks, herons and many more species are also on display. While the refuges "really shine in the winter," she said, there are great opportunities year-round to

see a variety of birds.

"I just saw a flock of goslings at McNary this morning," Lopez said.

Between February and November bird watchers are more apt to see large migratory waterfowl. Now, songbirds including finches, yellow warblers, red-winged black birds and lazuli buntings are returning from their trip south for the winter.

Lopez recommended would-be bird watchers check ebird.org for updates on bird sightings in the area. The website crowd-sources reports from around the world.

Each of the area's wildlife refuges maintained by U.S. Fish and Wildlife has public access for wildlife viewing, either through trails, roads or lookout points. The refuges are open from sunrise to sunset — both prime times for

catching a glimpse of wildlife before the heat of the day sets in.

Even if people don't spot a good variety of birds during a refuge visit, Lopez said, there is also an array of native flowers and other plants to be enjoyed.

The Oregon Department of Fish and Wildlife also operates a network of Columbia Basin Wildlife Areas at Irrigon, Coyote Springs, Power City and Willow Creek. Each offers its own array of bird species for viewing, as do the trails around McNary Dam and Hat Rock State Park.

The Umatilla National Forest offers bird watching opportunities. A full guide of the 214 species of birds that have been spotted in the 1.4 million acres of forest can be found at www.fs.usda.gov/Internet/FSE_DOCUMENTS/fsb-dev7_016072.pdf.

PREP ROUNDUP

Dawgs close out season with loss to La Grande

HERMISTON HERALD

Hermiston closed out its season Monday with a 7-5 nonleague loss to visiting La Grande.

Finishing fourth in the 3A division of the Mid-Columbia Conference, the Bulldogs did not qualify for the postseason.

The Bulldogs (1-16) led 3-0 after four innings, but the Tigers got back in the game with three runs in the top of the third inning, getting help from a two-run single by Justin Frederick.

La Grande (12-6) added four runs in the top of the seventh to take a 7-3 lead. Hermiston hung two runs on the board in the bottom of the seventh, but it wouldn't be enough.

Wyatt Noland went 2-for-3 with a double and two RBIs for the Bulldogs, while Ethin Randolph and Gave Hunter also had two hits.

HANFORD 14-16, HERMISTON 6-6 — The Bulldogs closed out their first season in the Mid-Columbia Conference on Friday with a pair of losses to the visiting Falcons.

Hermiston used four pitchers in an attempt to contain the high-scoring Falcons. Jordan Ramirez

allowed six runs, and Chase Elliott five.

Hermiston (1-15 MCC) tied the score at 3-3 in the bottom of the second inning in the second game, but Hanford pulled away for good with five runs in the third and six more in the fourth.

Seth Prewitt gave up 11 runs over three innings. Trevor Wagner belted a home run in the third inning, but it would not be enough to keep up with Hanford.

Tennis

HERMISTON GIRLS AT CAPITAL INVITE — The Bulldogs finished 15th in the team standings at the two-day Capital Invite in Boise.

Hermiston earned 181 points at the event, which featured 36 teams from three states. Bishop Kelly (Boise) won the team title with 269 points.

In girls No. 4 singles, Cydney Lind reached the championship match with wins over opponents from Eagle, Fruitland and Bishop Kelly. She lost a 6-2, 6-1 match to a player from Timberline in the finals.

In No. 1 doubles, Ashlyn Hofbauer and Violet Mitchell lost to a team from Pasco in the semifinals, 6-3, 6-1.

In No. 1 singles, Addie Caplinger was 1-1, while Adriann Stewart finished 2-1 at No. 2 singles.

"I'm very proud of how the Hermiston girls performed this year," said coach Jason Sivey. "Addie is a freshman and played a lot of tough seniors. Cydney is new to the program and also competed great."

HERMISTON BOYS 4, CHIAWANA 3 — The Bulldogs made a clean sweep of their four singles matches last Tuesday against Chiawana, but the Riverhawks claimed all three doubles matches to end the day.

Hermiston's day was highlighted by Hayden Cissna's 6-0, 6-2 No. 1 singles win. Cissna and Matt Ekhardt were honored for senior night before the matches began.

"Those two kids are the foundation of the team, and have really helped build the program to what it is right now," coach Shann West said. "They're both having excellent seasons."

CHIAWANA GIRLS 6, HERMISTON 1 — Cydney Lind scored Hermiston's only win on Tuesday with a 7-5, 6-1 No. 4 singles win. The Bulldogs dropped three singles and three doubles matches to Chiawana.

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PET OF THE WEEK

Lucious is a Mastiff mix approx 2 years old. He is large and powerful so needs a strong handler. He does great with children, seems fine with both dogs and cats. Does bark when strangers approach. He is healing fast from having a leg removed and will be ready for adoption soon. If interested please put an application in at fuzzballrescue.com



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