

## Cook leads C-M grapplers at state tourney

### Baxter's Johnelle Gliem also competes at Xtream Arena

**Troy Hyde**  
Sports Editor

CORALVILLE — Colfax-Mingo sophomore Emma Cook was angry but determined to bounce back from an early-round loss at the Iowa Girls High School State Wrestling Championships on Feb. 2.

After winning her first match, ninth-ranked and 12th-seeded Cook lost in the second round and moved to the backside of the 235-pound bracket.

"I think it made me angry. I was just mad I lost," Cook said. "And I was determined to not go home without a medal today."

Cook indeed left Xtream Arena on Feb. 3 with her first state medal after posting five straight victories in front of sell-out crowds in the first-ever sanctioned girls' state wrestling tournament.

She led a group of four Tigerhawks in the field. Sophomore Lily Webster, a medalist last

season, was 3-2 at 100 pounds and junior Shy Steck and sophomore Devan Chadwick both finished 1-2 at 130 and 115, respectively.

"The level of wrestling from last year to this year has increased," Colfax-Mingo head girls wrestling coach Erin Hume said. "For all of them to win at least one match is huge because they all come back next year. But it's huge for the team and the ones who didn't make the trip this year, too. It adds motivation. They can work hard and get to state with their teammates next year."

Baxter freshman Johnelle Gliem also competed in the 110-pound bracket.

Seeded 30th, Gliem (10-13) was pinned in the first period by both third-seeded Adyson Lundquist (35-2) of S.W.A.T. Valkyrie and 14th-seeded Emma Hall (21-8) of North Central Trailblazers.

Cook (38-7) opened her tournament at 235



Troy Hyde/Jasper County Tribune  
Colfax-Mingo sophomore Emma Cook, top, won six matches and placed fourth at 235 pounds during the Iowa High School Girls State Wrestling Championships on Feb. 2-3 at Xtream Arena in Coralville.

with a win by fall in the second period over 21st-seeded Trinity Young (15-12) of Linn-Mar. The loss came against fifth-ranked and fifth-seeded Jocelyn Bufum of Missouri Valley in the second round.

Cook's run to a state medal started with a first-period pin over 27th-seeded Elizabeth Kalinay (25-19) of West Marshall in an elimination match. It continued with a third-period pin over 13th-seeded Skyla Jevre (19-13) of Decorah.

That set up a rematch against Boone's Clara Carpenter, who defeated Cook at last year's state tournament and in the semifinals at this year's regionals.

The two rivals were scoreless after one period, but three stalling calls on the eighth-seeded Carpenter (26-9) put Cook in front 2-0 in the third period.

She eventually won by pin in the final min-

ute of the match.

"I wanted that rematch bad," Cook said. "Today we had a plan. We haven't gotten those stall calls this year really. It worked today though."

The key to Cook's success against Carpenter, and in some of her other matches, was staying patient, according to Hume.

"Typical heavyweight matches aren't going to be 10-0. We might win some 1-0 or 2-0 matches," Hume said. "We wanted her to take what comes to her and not to force things. She's done that since the loss. She's waited for things to come to her and put pressure on her opponents. She's stayed calm and I'm proud of her."

Cook also avenged an early-season loss against S.W.A.T. Valkyrie's Hailey Armstrong.

Sixth-ranked and fourth-seeded Armstrong (28-5) pinned Cook in about 30 seconds in their previous

match this season, but the C-M sophomore rebounded to win by fall in the first period on Feb. 3.

Armstrong led 2-0 in the match, but an escape and takedown by Cook pushed her in front 3-2 before she won by fall with 20 seconds to go in the opening frame.

"When you lose, you learn and you are able to watch how you lost and make sure it doesn't happen next time," Hume said, "Emma's wrestled that Boone girl numerous times and she'll have to wrestle her a lot more in the future. She may get Emma next time, but today, when it mattered, she was patient."

After pushing aside the fourth seed, Cook then took care of fourth-ranked and second-seeded Savannah Sistas of Creston, 8-1. Sistas (13-3) was last year's 220-pound champion but fell behind 2-0 after one and Cook scored a pair of take-

downs and got two more stalling points the rest of the way.

In the third-place match, Cook fell behind early as third-ranked and third-seeded Isabella Canada of AHSTW registered a quick takedown and led 2-1 after the first two periods. After a pair of blood timeouts, Canada (21-4) extended her lead to 3-1 with an escape and went on to win by that margin.

"She's doing everything we thought she was capable of doing all year. And even capable of last year," Hume said about Cook. "We thought she would do this last year. She didn't, but that motivated her to come in a lot over the summer. She always goes out and competes."

Sistas ended up fifth, Buffum placed sixth and Armstrong was eighth in the heavyweight division.

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Troy Hyde/Jasper County Tribune

Colfax-Mingo sophomore Lily Webster, right, goes in for a single-leg takedown attempt during one of her matches at the girls' state wrestling tournament at Xtream Arena. Webster finished 3-2 at 100 pounds.

## Church Schedules

**HOWARD ST. CHRISTIAN CHURCH**  
(Disciples of Christ)  
Pastor Tom Burns  
Howard & Locust St., Colfax  
Office - 674-3746  
Church Cell - 971-0569  
SUNDAY - 9 a.m. Adult & children's Sunday school classes; 10 a.m. Coffee and Fellowship Time; 10:30 a.m. Worship  
TUESDAY - 9:30 a.m. Grounds for Discussion  
WEDNESDAY - 3:15 to 5:30 p.m. ChiRho (jr. high) and CYF (high school) Third Sunday of month - Marathon Sunday includes elders, board, potluck and food pantry  
First Monday of month - WIC appointments

**FIRST BAPTIST CHURCH**  
Colfax  
Minister, Pastor Cody Dyer  
Church Office 674-4165  
SATURDAY, Feb. 4 - 7:30 a.m. Men's Breakfast/Bible Study  
SUNDAY, Feb. 12 - 9 a.m. Fellowship; 9:15 a.m. Bible Education Classes; 10:25 a.m. Message by Pastor Cody Dyer  
WEDNESDAY, Feb. 15 - 9 a.m. Busy Bee Quilters and Fresh Encounter Prayer; 5:45 p.m. AWANA Family Meal; 6:25 p.m. AWANA  
THURSDAY, Feb. 16 - 3 p.m. Women's Coffee & Prayer  
SATURDAY, Feb. 18 - 9 a.m. Women's Bible Study; 10:15 a.m. Women's Ministries

**SACRED HEART CATHOLIC CHURCH**  
Newton, Iowa  
SATURDAY - 4 p.m. Mass  
SUNDAY - 9 a.m. Mass  
**IMMACULATE CONCEPTION CATHOLIC CHURCH**  
302 E. Howard St., Colfax  
Fr. Ron Hodges  
515-674-3711  
SUNDAY - 9 a.m. Mass  
DAILY MASS - 8 a.m.

**BAXTER CONGREGATIONAL CHURCH**  
218 S. Main, Baxter  
Pastor Ben Spera  
SUNDAY - 10:30 a.m. Worship (*Labor Day-May, Sunday School during church service; June-Labor Day worship at 9:30 a.m.; No SS during summer*)  
Check us out on Facebook and baxtercongregational.com

**CORNERSTONE BIBLE FELLOWSHIP**  
1000 E. 12th St., Newton  
Rev. Josh Farver, pastor  
Phone 641-792-4650  
SUNDAY - 9 a.m. Sunday school; 10:15 a.m. Worship  
WEDNESDAY - 6:30 p.m. Prayer Meeting and Bible Study; Youth Group

**METZ COMMUNITY CHURCH**  
3253 W. 62nd St. S., Newton  
Pastor David Rex  
641-521-4354  
SUNDAY - 9 a.m. Sunday school; 10:10 a.m. Worship  
Last Saturday of month - 8 a.m. Men's Breakfast

**COLFAX FIRST UNITED METHODIST CHURCH**  
S. Locust & W. Division St.  
Office - 674-3782  
Rev. Phil Dicks pastor  
SUNDAY - 11 a.m. Sunday School; Family Worship; Today is Food Pantry Sunday

**MINGO UNITED METHODIST CHURCH**  
Rev. Phil Dicks  
515-689-4926  
SUNDAY - 9:45 a.m. Worship service (Sunday school not meeting at this time)

**HERITAGE WORD OF LIFE ASSEMBLY OF GOD**  
102 Second St. NW, Mitchellville  
Pastor Dave Adams  
515-967-3330  
SUNDAY - 9 a.m. Bible classes; 10 a.m. Worship service; 6 p.m. Evening service  
WEDNESDAY - 7 p.m. Evening activities

**ASHTON CHAPEL**  
8887 W. 122nd St. N., Mingo  
Pastors: Larry Craig & Mark Eddy  
SUNDAY - 9 a.m. Sunday school; 10 a.m. Worship

**BETHANY UNITED CHURCH OF CHRIST**  
5627 N. 95th Ave. W., Baxter  
641-227-3402  
Pastor Chris Hayward  
SUNDAY - 9:15 a.m. Sunday School; 10:30 a.m. Sunday Worship. First Sunday communion. All are welcome.

**LUTHERAN CHURCH OF HOPE —**  
Local Newton  
Capitol II Theatre in Newton  
SUNDAY - 9:30 a.m. Livestream Worship Service

**HOPE ASSEMBLY OF GOD**  
126 E. Howard  
Rev. Matt Stuva, pastor  
Church: 674-3700  
SUNDAY - 9 a.m. Sunday school; 10 a.m. Worship; 6 p.m. Evening services  
WEDNESDAY - 6 p.m. Bible study

The church schedule is brought to you by

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**Prayer Service**

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