

OUTDOORS

Cascade, Stayton wrestlers earn titles at 4A state championships

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Salem Statesman Journal
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More highs than lows were witnessed at the OSAA 4A wrestling state championships Feb. 26 at jam-packed Cascade High School in Turner.

Cascade and Stayton each had a wrestler win individual titles which quickly followed with hugs, tears and cheers from family and friends.

Cascade's Lance VanHoose won the 182-pound title with a 12-2 major decision over Banks' Daevon Vereen.

"This is everything I have ever wanted since I was a little kid," the senior said. "I'm looking at my brothers growing up and all these kids, and it used to seem like such an unattainable goal. But we all grow up, and now I'm here and it feels like a dream.

"I just wanted to go out with a bang, bring one (title) back to the school," VanHoose added.

Also finishing high in the competition for Cascade were Brody Copple and Blake Perlichek who finished fourth at 106 and 182 pounds, respectively.

Stayton's Mauro Michel won his third consecutive state title, earning a fall at 1:27 against Banks' Dylan Smith at 132 pounds.

Immediately after his victory, the senior grasped his head in complete shock.

"Winning for the first time for Stayton felt like a different story," the senior said. "I didn't even know what was happening. It was something new."

Michel adds his new title to 4A state titles he won at 106 and 113 pounds for Cascade as a freshman and sophomore.

Stayton's other prominent finishers include: Eli Howard who placed second at 138 pounds, Wyatt Hooper who finished fourth at 120 pounds, Connor Hollenbeck who finished fifth at 170 pounds and Jason Ritchie who finished sixth at 160 pounds.

Other winners from area schools included Tony Cisneros of Dayton who defeated Kevin Peasley of Burns, fall 5:34, for the 3A titles at 145 pounds; and Michael Fox of Willamina who defeated Garrett Forbes of La Pine, 4-1, for the 3A title at 160 pounds.

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Stayton's Mauro Michel reacts to defeating Bank's Dylan Smith during the OSAA 4A state wrestling championship on Saturday at Cascade High School in Turner. PHOTOS BY ABIGAIL DOLLINS/STATESMAN JOURNAL



Cascade's Lance VanHoose wrestles Bank's Daevon Vereen to the ground during the 182 lb. weight class on Saturday.



Cascade's Lance VanHoose defeats Bank's Daevon Vereen during the 182 lb. weight class OSAA 4A state wrestling championship on Saturday. ABIGAIL DOLLINS / STATESMAN JOURNAL

OSAA WRESTLING RESULTS

6A state title matches

120: Brayden Boyd (Sprague) defeats Ethan Ritchie (Newberg), fall 3:05
170: Riley Davis (Sprague) defeats Justin Rademacher (West Linn), 5-2
182: Brook Byers (Sprague) defeats Kyle Kelley (Newberg), fall :27
220: David Sherman (Sprague) defeats Hayden Hampton (Newberg), 3-2
285: Cole Steketee (Sprague) defeats Grady Hamilton (Roseburg), fall 2:23

5A state title matches

138: Koltan Malone (Thurston) defeats Derek Sossie (West Albany), 9-2
145: Junior Downing (Redmond) defeats Ethan Dunigan (Central), 7-5
152: Hunter Harwood (Thurston) defeats Daniel Jaramillo (Ridgeview), fall 1:35

220: Vaun Halstead (Thurston) defeated Sebastian Echeverria (Hillsboro), 7-1

4A state title matches

132: Mauro Michel (Stayton) defeats Dylan Smith (Banks), fall :33
138: Joshua Collins (La Grande) defeats Eli Howard (Stayton), 11-4
160: Carson Henderson (Junction City) defeats Mason Buss (Siuslaw), 9-2
170: Emmett Henderson (Junction City) defeats Blaise Pindell (Philomath), 8-6
182: Lance VanHoose (Cascade) defeats Daevon Vereen (Banks), 12-2
195: Miguel Velazquez (Marshfield) defeats Brody MacMillan (La Grande), 9-5

3A state title matches

106: Luke Cheek (Harrisburg) defeats Canon Winn (Burns), 4-2
126: Oliver Barnes (Burns) defeats Curtis Talmadge (Harrisburg), 13-0
132: Devon Kerr (La Pine) defeats Nephi Heakin (Harrisburg), fall 1:28
138: Dylan Mann (La Pine) defeats Austin Johnson (Willamina), fall 1:57
145: Tony Cisneros (Dayton) defeats Kevin Peasley (Burns), fall 5:34
160: Michael Fox (Willamina) defeats Garrett Forbes (La Pine), 4-1
182: Alec Carey (Nyssa) defeats David Bowlin (Dayton), 3-2

2A/1A state title matches

132: Coy Butner (Pine Eagle) defeats Aaron Solomon (Reed-Sport), 7-2
170: Kaleb Oliver (Oakland) defeats Jake Doman (Crane), fall 2:33

2:33

Team scores

Class 6A
Champion: Newberg 418
Top-10 locals: 2. Sprague 220.5, 10. South Salem 66.
Class 5A
Champion: Crescent Valley 241
Locals in top-10: 3. Thurston 208.5, 5. Dallas 119, 9. Silverton 63.
Class 4A
Champion: La Grande 275.5
Locals in top-10: 6. Stayton 96, 9. Cascade 77.
Class 3A
Champion: La Pine 199.5
Locals in top-10: 3. Harrisburg 110.5, 5. Willamina 80.5, 7. Dayton 52.5.
Class 2A/1A
Champion: Culver 200
Locals in top-10: 8. Regis 53.

A cut above

Give overgrown trees a makeover with new OSU pruning video series

Kim Pokorny

Oregon State Extension

CORVALLIS – Moving into a new house often comes with an intimidating proposition for many homeowners – mature trees thick with branches that need serious pruning.

Knowledge is everything when it comes to pruning mature trees, said Nicole Sanchez, Oregon State University Extension Service horticulturist. But proper, easy-to-understand instructions can be hard to find. To help fill the gap, Sanchez produced 11 short videos covering every aspect of pruning a mature tree.

The video series, called "Pruning With the Pros," begins with necessary tools and ends with advice on when to hire a professional. Choose an arborist with care, Sanchez said, or your tree

may end up worse than when pruning started.

In the videos, Tom Ford, a certified arborist who volunteered his time, appeared on screen performing the pruning. John Bellom, urban forester in Klamath Falls, assisted Ford.

Sanchez approached Bellom about working together to create a video series on pruning mature trees. They both serve on the board of the volunteer Klamath Tree League. Bellom, who is the former parks supervisor for Klamath Falls, agreed. With a small grant to help cover part of the cost of a videographer, Sanchez and her team were on their way.

"I realized there is a lot of information out there about pruning young trees, but there's less available about the problems you might inherit when you buy a house or one is passed down," Sanchez said. "The idea came when I found out the nonprofit Klamath Falls Arboretum was going to do some pruning demonstrations. It's helpful to see the process, to walk through it with pros."

The videos do just that. Ranging in



Patty Driscoll, Extension Master Gardener pruning specialist, demonstrates proper pruning techniques at the OSU Extension Service Lane County office. CARRIE MACK, OREGON STATE UNIVERSITY.

length from a 50-second introduction to a 10-minute episode on pruning a Thundercloud plum, most of the videos are a manageable four to five minutes long, clear and easy to follow.

Pruning is necessary to maintain the tree's value. If a tree isn't pruned properly early on, it will need extensive

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