

VHS Fall Sports Preview



Football-- Two losses to non-league opponents to start the season have not dampened the enthusiasm of first-year head coach Brad Baker. "I think we have one of the toughest non-league schedules in the entire state," said Baker after big losses to Sheridan and Knappa. Two more tough opponents are on the schedule, Amity and Portland Christian, before the Loggers start 2009 league play

ing quarterback and running back for us. Charles Tungwenuk is our number-one receiver. Joe Benes is a sophomore who is playing running back and quarterback. We have a couple of linemen who have started for three years-- Levi Timmerman and Brandon Gilbertson. They're providing some good leadership for us."

Cross Country-- Coach James Brookins is pretty excited about this year's Cross Country squad. "We've had a good start to our season," said Brookins in mid-September. "We have a full Boys team and a full Girls team this year."

With some very good young talent that is showing lots of potential and some good returning upperclassmen, Brookins has the makings of a deep team. "At our first meet, we had our first five girls finish in under 30:00. That's the first time I remember that happening," said Brookins. "And at one of our first meets, we had six boys all finish in under 22:15, and again that's as good a start as we've had in a long time."

On the girls' side, Katy Stevens has been running first, with Souvanny Miller and sophomore Kim Allen trading second and third place on the team. Sami Morgan joined the team late and freshman Rowan Cheney, sophomore Crystal Carreon, returning letterman Adrienne East and middle schooler Hannah Fleck have all been contributing.

On the boys' side, Jackson Miller has been leading the team, followed by freshman Nathan Fleck, Paul Whiteman, Kodi Dyer, Daniel Shaw and exchange student Petr Jaranek. Those top six runners have been joined by middle schoolers Drew Cheney and C.J. Hieronimus, who show great potential.

"I'm pretty optimistic that this is going to be a good season," said Coach Brookins.

The only home Cross Country race this year is the Vernonia Relays on October 22, the one chance to see our local runners here.

Volleyball-- The Varsity Volleyball team took first place at the Neah-Kah-Nie Tournament, their first

test of the season. The team beat Knappa, Neah-Kah-Nie, and Tillmook to advance to the championship match where they defeated Warrenton. "The girls really played cohesively," said Coach Brooke Vanmeter. Vanmeter was even more excited when



The VHS Volleyball Team were the winners of the season opening Neah-Kah-Nie Tournament.

the Lady Loggers defeated Rainier for the first time in school history on September 22. "That was a really big win for us."

Vanmeter has eight seniors on her team this year and three juniors. "This is an older team this year that's been playing together for a long time," said Vanmeter. "And a really great bunch of girls. The nicest, most accepting of each other that I've ever coached in nine years."

Vanmeter feels she has a very balanced and deep team this year with three setters, three good middle blockers, five outside hitters and three great back row players. "This is probably the most versatile team I've coached," said Vanmeter.

"Our theme this year is 'No Regrets,'" says Vanmeter. "With so many seniors-- this is probably their last year to play competitive ball. So this is the time to lay it on the line, play to their capacity and when they leave the floor, don't have regrets-- be able to say 'I played as hard as I could.'"

Coach Vanmeter is working on the confidence level of her players, after a tough year last year when her team lost a lot of close matches. "I don't think there is a better team than us in this league this year, they just need to learn to pull out those close matches."



at home against Rainier on October 9th. This year's Homecoming Game will fall on October 23rd against Neah-Kah-Nie. "The playoffs are still an attainable goal," said Baker. The top three finishers in league play make the playoffs, and Baker appears confident that Vernonia will be in contention. "Rainier looks to be the best of the league, but we should be fighting it out with the other four teams for those two spots."

Baker has a roster that is not just small in numbers, but small in stature and limited in experience. "We're up to about thirty players, now that school has started," said Baker. "About half of our roster is freshman, and the next biggest class is sophomores." The squad has only six seniors and four juniors. "We have some good leadership from our seniors, there's just not a lot of them. It's a young group," said Baker. "We have a lot of guys who haven't played any Varsity ball before, who are getting some good experience, not only for this year, but for future years."

"We have some good players at our skilled positions," continues Baker. "Alex Lende is play-

"Beyond the Field" Comes to Vernonia in November

This November, with the help of the Vernonia Prevention Coalition, the Vernonia School District has invited 150 administrators, coaches and Athletic Directors from Columbia, Tillamook, Washington, and Clatsop Counties to join us in taking a step further in providing a safe and healthy community for all students. This two day event, entitled "Beyond the Field," is designed for administrators, teachers, coaches, volunteers, parents and students.

John Underwood, Founder of the American Athletic Association and creator of the innovative program "PURE PERFORMANCE," has gained international prominence and has been a guest speaker for many forums in Oregon and throughout the U.S. In August, 2009, the American Athletic Institute, of which he is the president and founder, is proud to announce that New Mexico is the 2nd state in the US to go statewide with the "Life Of An Athlete" program. This program was geared toward student-athletes and was focused on the negative effects alcohol consumption has on athletes' lives and their athletic performance.

On Thursday, November 19th, administrators, coaches and athletic directors will have an opportunity to work with each other to envision how they can develop and collaborate on a unified strategy for students. That evening, parents, care providers, business owners and community members are invited to join John and the Vernonia Prevention Coalition to highlight how we can build a safe community where our kids can grow to their full potential.

Friday, November 20th, surrounding schools are invited to join the Vernonia 3rd-12th grades in attending an assembly led by John and VSD staff. This interactive program will help give kids the skills to refuse the pressures of ATOD abuse and develop a strong sense as a person who can make healthy choices that affect their future. For more on John Underwood and the American Athletic Institute, go to www.americanathleticinstitute.org. For more information on attending either day of this event, contact DeAnna Pearl by phone at (503) 369-7370 or on-line at DeAnna@vernonia-or.gov.

Students and parents head to school on the first day of classes in early September. Morning fog reminded students that summer really was over.



Vernonia School District Receives Good News About Bond

Headed into the final month before Election Day, the Vernonia School District has received some good news concerning the School Bond for \$13 million dollars that voters are being asked to approve on November 3rd.

"We have received word that we have been approved for the Qualified School Construction Bond (QSCB) program," said Vernonia Superintendent Ken Cox in an interview just before press time.

QSCB is a new program recently approved as part of the American Recovery and Reinvestment Act of 2009 (Stimulus Bill).

How qualifying for this program will affect the Vernonia School Bond is still being decided, as details were still being worked out. What it does mean is substantial savings for Vernonia residents if they do approve the Bond Measure. The program allows for no interest or low interest (less than 2%) loans to back the Bonds, depending on the market at the time the Bonds are being sold. That means the possibility of either a reduced length of time that residents would have to pay, or a reduced amount each year. District officials and Bond experts are still trying to figure out how to best take advantage of this opportunity.