

VHS Spring Sports Update *continued from page 10*

in fourth place and will play third seed Portland Christian in the first round of the League Playoffs—although they were still waiting for Knappa to finish its season. The winner of that playoff game qualifies for the state tournament.

The Vernonia girls finished their season at 8-7 in the league. They have been hitting the ball well and scoring lots of runs; they were leading the league with 222 total runs scored, well ahead of any other team.

The team lost five straight games to end its season, losing two close games to Knappa down the stretch, 10-12 and 7-8.

Coach Randy Shockey says freshman Stephanie Castro, Makenzie Anderson, Megan Rock, and Sam Wallace, have all been hitting well.

“We’re right where I expected us to be,” said Shockey about his young team that only has three seniors. “We keep getting better—our fielding is improving.”

The girls finish the season with two non-league games against Western Mennonite and Horizon Christian as they get ready to head into the playoffs.

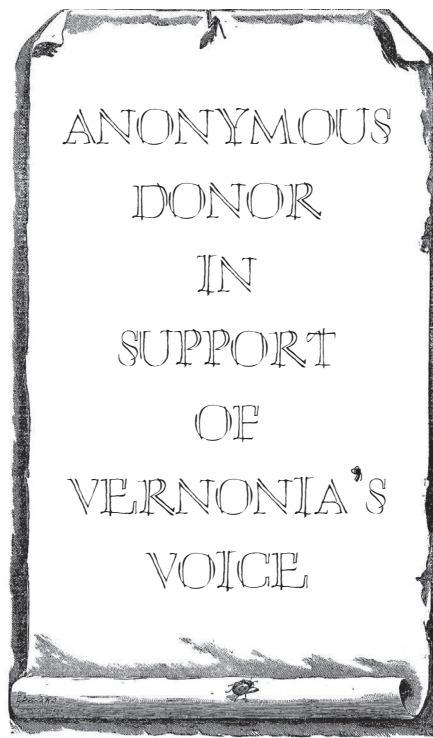
Track and Field—Coach Byron Brown’s team is preparing for the District Meet on May 13-14. “It’s all practice until you get to district,” says Brown.

At the District Meet Brown says a lot goes into strategy and placing athletes in the right events. “We can only enter three people in an event, and they can only compete in four events, and some of our people are pretty talented in more than four, so we have to decide which four events to enter them in,” says Brown. “We want to match them and ideally give everyone the best shot they can to be one of the top two finishers and go to State.” The State Meet is May 20-21.

Brown has high hopes for sprinters Jake Stevens on the boys’ side and Samantha Lindauer on the girls’. Brown says Lindauer also has a good shot in the long jump and high jump. Stevens may run the 200 or 400 meters. “I think there is an outside chance that both Stevens and Lindauer could go to State in four events,” says Brown.

Brown has strong relay teams with the 4x100 boys’ and 4x100 girls’ and has added a 4x400 boys’ relay that includes Stevens, Tanner Faber, Nathan Fleck and Kodi Dyer; that team has performed well in some recent meets.

Sophomore Fleck is the boys’ best chance in the distance events. He has been running well in the 800 meters and may also run the 1500 at District. “He’s become a really good 800 runner this season, and running on that 4x400 relay has made him an even better 800 runner,” says Brown. Rowan Cheney will compete in the 3,000 meters for the girls.



WGS Run for the Arts

This year the Washington Grade School “Run for the Arts” raised \$4,255.89. That was an increase from last year when \$3,392.50 was raised.

Students ran a total of 1,582 Track Laps (converted from gym laps), which equaled 396 miles.

This year’s Grand Prize Winners were: McKenzie Pickering and Kaili Pickering, each with 81 points. This is the second year the sisters have scored the highest.

Each participant’s score is determined by the following formula: (2 x # of paid sponsors) + (# of laps completed) = score. There were 37 students who scored 30 or more points. 108 students participated by turning in all of their materials.

As a reward for student participation, two years ago event organizer and PE teacher Mr. Spaulding shaved his head. Last year he took a pie in the face. Unfortunately this year no students reached the personal goal in order to get Mr. Spaulding.

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**“Sticks and stones indeed break bones.
BUT texts and phones wound also.”**



What Counts as Cyberbullying?

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. Online threats or “flames” (rude texts, IMs, or messages) count.

So does posting personal information or videos designed to hurt or embarrass someone else.

Online bullying can be easier to commit than other acts of bullying because the bully doesn’t have to confront the victim in person. Some cyberbullies probably don’t realize just how hurtful their actions are.

By definition, cyberbullying involves young people. If an adult sends the messages or notes, it may meet the legal definition of cyber-harassment or cyber-stalking.

Vernonia Students of the Month

April 2011



Kale Sullivan, Grade 3

Kale’s teacher, Mrs. Gingerich, says he is a positive role model to all of the students in the school. He has helpful ways of looking at difficult situations. Rather than complain about the circumstance, he comes up with possible solutions. “When I am teaching and look out over my class, I always see at least one smiling face, Kale,” says Gingerich. Kale says he enjoys playing basketball, exploring in nature, especially the creek around his house, and doing art projects. He is also raising a chicken to take to the County Fair.

Ashley Hernandez, Grade 8

Ashley, who recently moved to Vernonia from Venezuela is an extremely hard worker; her teachers say Ashley pushes herself to excel. She carries her English/Spanish dictionary everywhere and now even teaches her teachers new English words! Ashley plays volleyball, basketball, and track, although she says her favorite sport is soccer. Her favorite classes are Art and Math and she says in her free time she enjoys listening to music, watching TV, spending time with her family and sleeping.



Tasia Pond, Grade 11

Tasia was chosen because of all the extra things she does around school. She is a member of OSSOM (Operation Student Safety On the Move) THAT (Teen Health Advocacy Team), and the National Honor Society. She is also a Student Rep to the Vernonia Prevention Coalition, a Lunchroom Buddy, a Teacher’s Assistant in kindergarten, part of the Walk and Talk—spending one hour each week with 5th grader acting as a surrogate older sibling, and plays softball. She enjoys doing graphic design work, and we know there’s more, we just ran out of space...

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