

VHS Spring Sports Recap

Golf—Vernonia performed solidly at the end of the year District Tournament, although no golfer qualified for the State Tournament. After a rough first day, Coach James Brookins was extremely pleased with the way his team performed on the second day, with a team score of 374. Team leaders Paul Whiteman shot an 86 on the first day and a 90 on the second day, Jake Alf shot 101 on the first day, his worst tournament score all year before coming back with an 87 on the second day. Brookins was very impressed by foreign exchange student Theo Ionita, who shot a 92 on the second day—the tournament was held at Quail Valley which was where the state tournament was also held. “To go from being a raw beginner two months before, to being able to shot bogey golf on the state course at the end of the season—we are very proud of Theo,” said Brookins.

Brookins noted that Alf and Whiteman shared the Mickey Bruers Memorial Golf Award this year; the fourth year in a row Whiteman has received the award.

Equestrian—At District Brianna Carr won Gold in Keyhole; Carr and Mackenzie Tarkalson won Silver in Birangle; and Brent Benes received the first Champion Award Trophy ever given for “Dancing in the Dirt”.

At State Brianna Carr finished 14th in Figure 8, 22nd in Keyhole and 26th in Barrels.

Coach Diane Benes wanted thank her two seniors for the last four years, “of great fun and learning and wants to wish them the best of blessings for their future endeavors. I will miss them lots!”

Track and Field—Coach Byron Brown was extremely happy with this season and especially with the State meet results. “The state track meet held May 14th and 15th at Western Oregon University in Monmouth was a huge step forward for our program. Everyone made it to the finals, scored points for team, got on the podium and received medals,” said Brown. The 4x100 meter relay team (Dalibor Kufa, Tanner Faber, Lane Sullivan, and Jacob Stevens) sprinted to a 4th place finish, “a remarkable achievement considering we are the only team in the state that doesn’t have a track to practice this event. Our “track” is mud when it rains and dry dust when it’s dry--no lanes, no

exchange zones and the traction is so poor you can’t really go 100%. What I thought was interesting and revealing is how unsatisfied the team seemed with their accomplishment. I think they know they were one good hand-off away from maybe 2nd place to Central Linn’s state record finish. Their reaction tells me they have high expectations of themselves--the mark of champions,” said Brown. Samantha Lindauer ran to a 5th place finish and a personal record in the 200 meters--a race she has only run a few times. “She is only a sophomore, has a ton of talent and the ability to qualify for state in multiple events,” said Brown. Nathan Fleck ran a personal best 2:07 in the 800 meters and finished 8th. “He is also only a sophomore and has the ability to be a state champion before he graduates,” said Brown. Jacob Stevens, in his first year in track, anchored the 4x100 relay, finished 6th in the high jump and 6th in the 200 meters. “Jacob is a great athlete and was an inspiration to the entire team. Next year, we’re going to train him for the 400 meters where I think he can win a state championship,” said Brown.

“As a team, we got a lot of experience at state, qualifying in the prelims and scoring in the finals, which will be invaluable for our self-confidence next season. Almost everyone who went to state will be back next year, and they will be our leaders next season. I’m already excited for it,” concluded Brown.

Principal Awards—At the Principal Awards Ceremony the following athletic awards were given:

Albert Brunson Memorial Award for Athletic Sportsmanship

Samantha Lindauer

Most Inspirational Underclassman in Sports

Austin Cutright

Terry Smith Memorial Most Inspirational Senior Athlete

Daniele Della Rossa

Outstanding Athlete

Megan Rock

Mickey Bruers Memorial Golf Award

Paul Whiteman

Jacob Alf

Spring Sports Awards—At the Spring Sports Awards the following awards were given:

Baseball

T J White

Most Valuable, 1st Team All League

Ryan Lawrence

2nd Team All League

Jackson Miller

2nd Team All League

Bo Clark

Hon. Men. All League

Austin Cutright

Hon. Men. All League

Jake Titus

Hon. Men. All League

Josh Butcher

Hon. Men. All League

Ethan Johnston

Most improved

Chris Dass

Most Inspirational

Softball

Natalie Wallace

Most Inspirational, 1st Team All League

Megan Rock

1st Team All League

Ariel Rock

Most Valuable, 2nd Team All League

Samantha Wallace

2nd Team All League

Stephanie Castro

2nd Team All League

Krystina Fields

Most Improved

Track and Field

Jacob Stevens

Top Male Athlete, All League

Samantha Lindauer

Top Female Athlete, All League

Nathan Fleck

All League

Tanner Faber

All League

Dalibor Kufa

All League

Lane Sullivan

All League, Most Improved

Rowan Cheney

Most Improved

Golf

Jacob Alf

Most Valuable

Paul Whiteman

Most Inspirational

Theo Ionita

Most Improved

Equestrian

Brianna Carr

Most Valuable, All League, State Qualifier

Mackenzie Tarkalson

All League, State Qualifier

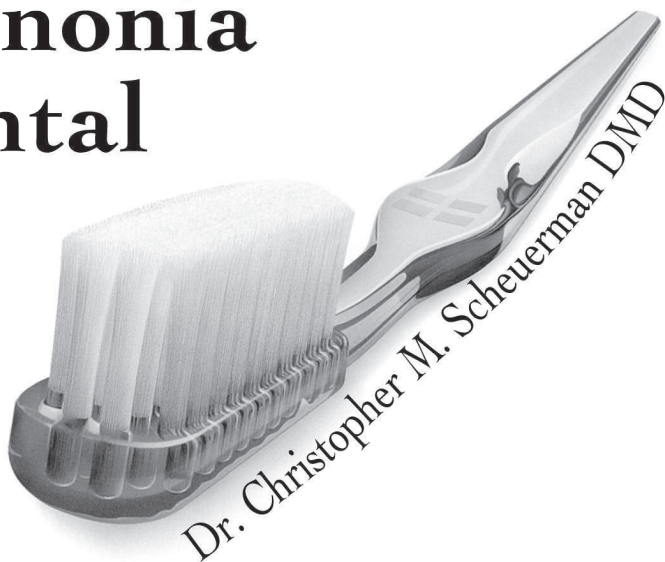
Brett Benes

Most Inspirational

Chrissy Garrison

Most Improved

Vernonia Dental



622 Bridge Street Vernonia, OR 97064
phone (503) 429-0880 -- fax (503) 429-0881

VERNONIA SERVICE & REPAIR
LUBE, OIL & FILTER
WHILE YOU WAIT
STARTING AT **\$29.95**
UP TO 5 QT.
58605 NEHALEM HWY. S.
503/706/9409

VERNONIA PHARMACY
Better Service, Less Wait, Same Co-Pay
We take Pride in our Quality, Personal service
Come on in for your flu shot
Call now to Transfer Your Prescriptions!
503-429-0591
Check out our website:
www.vernoniarx.com
*ONLINE PRESCRIPTION REFILL
*PERSONALIZED E-MAIL NEWSLETTERS
*DRUG ALERTS AND INFORMATION
*AND MUCH MORE
Hours of Operation:
Mon.-Fri. 9:00 a.m.-6:00 p.m.
Saturday 9:00 a.m.- 1:00 p.m.
Closed Sunday

Vernonia Students of the Month

May 2011



Natalie Groshong, Grade 2

Natalie is a wonderful student who lights up the room each and every day. Natalie is a helper at heart, always willing to help her teacher or another classmate whenever possible. She has great attendance and always tries her best in everything she does. “Natalie is a joy to have in class and I’m proud to select her for student of the month,” says her teacher Emily Askew. Natalie says she enjoys playing baseball and basketball and plans to take swimming lessons this summer.

AJ Due, Grade 8

AJ has been a positive role model all school year. His teachers say he is always looking to help others and is always smiling, laughing, and is considered a shining star on campus. Recently AJ helped raise \$300 through his “Shave the Due” fundraiser. “To see him take pride in an event and have him be successful was so neat to see,” said Leadership Teacher Ashley Rogers. AJ says his favorite subject is History. When not shaving his head to raise money, AJ plays football, and likes to hang out with friends.



Chris Watrus, Grade 11



Chris was chosen for all his help in the Learning Resource Center this year. He has matured into a great person and is always ready to help no matter what is asked of him. Chris works in the concession stand during school sports events and enjoys working together with others. He also says he enjoys Physical Education classes because he gets to be part of a team, work out and play sports. When not at school, Chris says he enjoys cooking, playing basketball, and skateboarding.