

VHS Winter Sports Awards

Girls Basketball

Meghan Sullivan League MVP, First Team All League
Julia Fletcher Second Team All State, First Team All League
Marketa Veselkova Second Team All League
Lisa Paje Honorable Mention All League

Boys Basketball

Clay Sullivan First Team All League, MVP,
Brett Elliot Second Team All League
Tristan Adams Honorable Mention All League, Most Improved
Will Botelho Most Inspirational
Jacob Medearis Coaches Award

Wrestling

Andrew Jennings Second District, State, Mr. Hustle
Jake Harbour Second District, State, Most Inspirational
Niklas Merzadah Second District, State
Alex West Second District, State
Daniel Rice Third District, State, Most Valuable
Mekhi Williams Third District
Noah Rylands Fourth District
Storm Hensen Fifth District, Most Improved
Jeffrey Goodman Sixth District
Jessica Goodman Ms. Stat-Tastic



Schools Update: Two Upcoming Events

By Gienah Cheney

On Tuesday, April 21st, two exciting events are happening at Vernonia Schools. First, Operation Safe Students on the Move (OSSOM) in conjunction with the Vernonia Prevention Coalition will be hosting a health fair.

OSSOM is a student led leadership program that focuses on the health and well-being of students. OSSOM Vernonia students have hosted a health fair at Vernonia High School since 2010. Topics have been chosen to address current issues that teens face.

This year's topics include:

- Impact of drugs on brain development
- Stress/depression
- Underage drinking
- Suicide/self-harm
- Healthy eating
- Bullying and Cyber bullying
- Stereotyping

Each booth will be interactive and participants will walk away with the most up to date knowledge of what kids are dealing with on a daily basis. This event will be held in the Large Gym at the Vernonia Schools building from 9:00 AM - 2:00 PM.

Later that evening, in the commons area, from 6:00-8:00 PM, the special education department will be hosting an evening event: 411 for Parents. This will be an opportunity for families of special needs children to visit with agencies that provide

assistance and resources for families in need.

Agencies attending include: Family And Community Together (FACT), SAFE of Columbia County, Columbia Community Mental Health, Northwest Regional Educational Service District, Vocational Rehabilitation, Job Corp, and The Child and Family Development School Based Health Center Coordinator.

We hope that this will be an informative and helpful evening for all that attend.

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Vernonia Track and Field 2015

Day	Date	Opponent	Place	Start Time
Thurs.	Apr. 2	League Relays	Nestucca	3:30
Sat.	Apr. 4	Tillamook Invitational	Tillamook	11:00
Thurs.	Apr. 9	Life Christian Invitational	Life Christian	3:30
Sat.	Apr. 11	Lower Columbia Invitational	St. Helens	12:30
Thurs.	Apr. 16	League Track	Knappa	3:30
Sat.	Apr. 25	Banks Invitational	Banks	10:00
Thurs.	Apr. 30	League Track	Nestucca	4:00
Thurs.	May 7	League Track	Neah-Kah-Nie	3:30
Fri.- Sat.	May 15-16	District Track	Portland Christian	11:00
Thurs- Fri.	May 21-22	State Track	Eugene	TBA

Head Coach: Byron Brown
Assistant: Teresa Williams

Vernonia Softball 2015

Day	Date	Opponent	Place	Game Time
Tues.	Apr. 7	Gaston	Home	4:30
Fri.	Apr. 10	Gaston	Gaston	3:00 DH
Sat.	Apr. 18	Western Mennonite	W. Mennonite	12:00 DH
Mon.	Apr. 20	Kennedy	Kennedy	4:30
Thurs.	Apr. 23	Portland Christian	Home	4:30
Tues.	Apr. 28	Knappa	Home	4:30
Fri.	May 1	Knappa	Knappa	3:00 DH
Tues.	May 5	Neah-Kah-Nie	NKN	4:30
Fri.	May 8	Neah-Kah-Nie	Home	3:00 DH
Tues.	May 12	Delphian	Delphian	4:30
Fri.	May 15	Delphian	Home	3:00 DH
Wed.	May 20	League Playoffs	Pacific University	TBA

Head Coach: Michael Fetch
JV Coach: Ernie Smith

Vernonia Varsity Baseball 2015

Day	Date	Opponent	Location	Game Time
Fri.	Apr. 3	Nestucca	Nestucca	3:00 DH
Tues.	Apr. 7	Gaston	Home	4:30
Fri.	Apr. 10	Gaston	Gaston	3:00 DH
Tues.	Apr. 14	Portland Lutheran	Portland Lutheran	4:30
Fri.	Apr. 17	Portland Lutheran	Home	3:00 DH
Tues.	Apr. 21	Faith Bible	Hops Field	4:30
Fri.	Apr. 24	Faith Bible	Home	3:00 DH
Tues.	Apr. 28	Knappa	Home	4:30
Fri.	May 1	Knappa	Knappa	3:00 DH
Tues.	May 5	Neah-Kah-Nie	NKN	4:30
Fri.	May 8	Neah-Kah-Nie	Home	3:00 DH
Tues.	May 12	Delphian	Delphian	4:30
Fri.	May 15	Delphian	Home	3:00 DH
Wed.	May 20	League Playoffs	Pacific University	TBA

Head Coach: Joe Walters
Assistant: Jim Krahn

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