

VHS Winter Sports Report: Loggers Go To State! *continued from front page*

pion at 120. Depue cruised to the finals with three straight pins in 1:40, 1:33, and 1:25, before losing in the finals by fall in 3:20.

Leo Cosce was unseeded at 120 and drew a bye in the opening round before defeating the #3 seed in the quarter finals by fall in 1:45. Cosce lost his semifinal match by fall, won his first match in the consolation round by fall, before losing by major decision in the consolation finals 14-5 to take 4th place.

Wolf was the #2 seed at 126 and received a bye in the opening round before losing by major decision, 14-3 in his first match. Wolf rebounded well and won the consolation bracket with two straight wins by fall, an 8-3 decision, and then a win by fall in 1:17 in the 3rd place match. "Trevor said a very inspirational thing to me after he lost that first match," said coach Rogers. "He said, 'Well, I owe the team some team points,' and that's just how we've been as a team this whole year – everybody considers their role as part of the team."

Sophomore Italo Cosce drew a bye at 152 in the opening round and won his quarterfinal match by fall in 3:25, before losing by fall to the #1 seed in the semifinals; Cosce lost his match in the semifinals of the consolation bracket.

Senior captain Cody West received a bye in the opening round at 220 before losing to the #1 seed

in the quarter finals. West contributed to the team scoring with a win by fall 0:52 in the consolation quarter-finals, before falling in his semifinal.

Naeve was the #2 seed at 285 and won his opening match by fall in 0:36, before losing in the semifinals. Naeve advanced to the finals of the consolation bracket with a win by fall in 0:27, before losing by fall to take 4th place.

"We wanted a trophy, and we wanted to be one of the best teams in the state," said Rogers. "We peaked at the right time and we were the best versions of ourselves when it counted. Being a top team in the state is the standard we're going to set for ourselves going forward and this is the expectation we're going to have going into every year."

At the District Tournament, held at Neahkah-Nie High School, the Loggers finished with three individual champions, Depue at 120 pounds, Wolf at 126, and Naeve at 285. Following the meet Wolf was named the tournament's Outstanding Wrestler. Johnson at 106 pounds and Leo Cosce at 120 both took 2nd to earn a trip to State, and Italo Cosce at 152 and Cody West at 220 both placed 3rd and were at-large selections to round out the seven Logger state qualifiers.

At the District meet, Depue pinned both his first two opponents to make it to the final, where he was scheduled to face teammate Leo Cosce, who

pinned his first opponent before pinning the #1 seed from Knappa in the semis – one of the most exciting matches of the tournament. "Everybody was watching that match and the gym was super loud when he got that pin," said Rogers about Cosce's win. Rogers made a coaching decision and had Cosce forfeit to Depue. "Both of them had qualified for State and I didn't feel the need to have them wrestle each other."

Johnson is a first year wrestler at 106 and was unseeded going into the tournament but pinned the #3 seed in the opening round, pinned the #2 seed in the semifinals, before losing in the finals. "He really showed up, ready to wrestle, and just had a great day," said Rogers.

Rogers says Wolf was "super dominant" at the District Tournament in the 126 pound bracket on his way to being named Outstanding Wrestler, pinning all three of his opponents in the first round of each match. "Trevor was really focused mentally, and physically he was really controlling and never out of position," said Rogers.

Italo Cosce lost in the 152 pound semis but bounced back to take 3rd and earn a spot at State. "Italo did a great job shaking off that loss and continuing to wrestle hard," said Rogers.

At 220 West and Joey Ellis both won their *continued on page 7*

"Tribal Perspectives on Water" *continued from front page*

High Bear also has an interesting perspective on protests and conflict. "I really don't do boycotting or picketing or activism, or shouting in anger. It's not my personal style. But I do support my friends who do that because we have to raise voices and state our concerns. But I've found that I can reach people more easily by sharing in a gentle way as a friend without any negative emotions. In my work, we've been extremely positive, and that has attracted a lot of people. For me personally, it's much better that I make a friend out of somebody and talk to them in a loving manner than to shout at them and blame them."

Her recent work at Elderberry Wisdom Farm will provide her with an opportunity to share her knowledge and perspectives with a new generation of community members. High Bear initially bought a two acre "farm" near Salem. She very recently finalized the purchase of an additional 17 adjacent acres. "Everybody thinks it's going to be a farm, but really we're a school for education. Native People learn at the feet of our grandparents and out in the world of nature. So I've developed a school, or an educational, experiential,

service/learning project that helps people prepare for a career in earth based things – conservation, environmental, habitat restoration, even farming. What we do is we teach Native People how to reconnect with the earth through traditional ecological knowledge."

High Bear is still developing ideas for the new property her nonprofit acquired, but a native plant nursery seems to be high on the list, along with other agriculture, horticulture, conservation, and habitat restoration projects. "I had partners who followed me to Salem and they've helped us do some larger projects that will help stabilize our work."

Current projects include a workforce development program in partnership with Chemeketa Community College that creates career pathways into horticulture and agriculture; a habitat restoration internship program in partnership with Marion Soil and Water Conservation; and a five year research program in partnership with the University of Washington and the Chemewa Indian School, a High School in Salem, to document the success of a health and ecology curriculum developed for the school's students. In addition a new

program was started this year, which will train interns in microenterprise development and will utilize an 11 acre organic farm near Aurora where they just secured a long-term lease.

Even in what was suppose to be retirement, High Bear continues to create and develop and inspire. "I pray a lot

and I get ideas, and then I try find a way to fund that idea. We're strengthening the health and wellness of people, help them look at their dreams and their vision, and outline a future for themselves that is bright and promising."

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One year subscription (24 issues) \$35

Vernonia's Voice is published
on the 1st and 3rd Thursday
of each month.

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