

SHS squad preps for biggest cheer of year

BY STAN PUSIESKI
For Siuslaw News

Siuslaw High School cheerleading adviser Diane Conlee has a serious youth movement on her hands.

The Vikings will take five sophomores and two freshmen to Portland on Saturday for the Oregon School Activities Association's 2016 State Cheerleading Championships.

Siuslaw's 10-member team also will include two seniors and a junior.

"We're a complete team of 10, and I think we'll be competitive," said Conlee, who has coached four state championship teams.

And they will be healthy, which is a feat in itself for a season nearly six months old.

"We've had a lot of sicknesses, like the flu virus that's gone around," Conlee said. "But we're healthy now."

All-state individual performer Victoria Rojas is one of the five sophomores, along with Tallyn Bello, Emilee Christensen, Siarra Rain and Ariel Rosinbaum.

Four-year member Amilia Perez is one of the seniors, while transfer Meg Donohue is the other.

Filling out the team are junior Habana Ramos and freshmen McKenzie Colton and Marissa Wells.

The Vikings have a three-part routine to deliver at 9:35 a.m. this Saturday, Feb. 13,



NED HICKSON/SIUSLAW NEWS

Members of the Viking cheerleading squad practice their routine for state competition this Saturday in Portland.

when they are the fourth of nine 4A small teams to perform their two-and-a-half-minute routine at Veterans Memorial Coliseum.

The team will be on the road from Florence to Portland just after 4 a.m. that morning. There is a team photo scheduled for 8:05 a.m., check-in is 8:50 a.m.

and practice is 8:55 a.m. prior to showtime.

That's a long day, capping a long month of qualifying, topping a long season — twice as long as any other school sport.

"People don't know how hard cheerleading really is, that commitment to practice every day," Conlee said.

Her young athletes have been there for all the other sports, they've performed at least one community event a month, worked fundraisers, and put in endless hours of practice.

And that means more than just jumping up and down, yelling "Go, Team!"

The routine they've worked

to perfect incorporates the key elements of the sport, broken into three segments.

"The first piece we're showcasing is the hard things you have to do, running tumbling, team jumping, team tumbling, stunting," Conlee said. "So we're kind of showing a lot in our first piece."

The second segment is the cheer portion, which includes crowd participation.

"The last section we do a lot of dancing," Conlee said.

The Vikings have showcased their routine this past month at competitions at Sheldon High School (where they finished fourth, one point out of third place) and Tualatin High School, where they placed fifth.

The routine must be the same for the two qualifiers and the state meet.

"Officials check that you are not in violation of safety rules," Conlee said.

The goal is to make the routine flawless for state.

"We are working on making everybody a good jumper," Conlee said. "I have three power tumblers who I use to my advantage, and two great flyers. And some really amazing dancers."

Mix in some music that works, and you're good to go.

"You take your strengths and build your routine around them," Conlee said. "And then you hope it's something people are really proud of when it's done."

If you want to watch the cheerleaders live without making the trek to Portland, go to osaa.org.

Click the tab that takes you to the state cheerleading page. Click on "NFHS Network, Watch games live."

ODFW to issue clam dive permit in April

SALEM — The Oregon Department of Fish and Wildlife will award one South Coast bay clam dive permit April 15, at ODFW headquarters in Salem.

"The commercial bay clam dive fishery in Oregon is limited to 15 permits — 10 coast-wide permits and five south coast permits," said DeAnna Erickson, license services manager for ODFW. "If the number of permits falls below 15, we hold a lottery to bring the number back up to 15."

"Currently there is one South Coast permit available."

South Coast permits are only valid in Oregon estuaries south of Heceta Head.

Bay clams are harvested by licensed inter-tidal commercial harvesters and also by permitted sub-tidal divers. Harvest focuses on cockles, gapers and butter clams.

"Historical landings patterns and species targeted vary depending on market demand, environmental conditions and population abundances," said

Mitch Vance, shellfish project leader for ODFW's Marine Resources Program. "Some restrictions also exist for conservation purposes."

"For instance, the season for gapers is closed from January to June when they are spawning."

Only one application per vessel or individual will be accepted.

Applications must be received in the Salem office or postmarked no later than March 31.

To renew a permit for the next year, the holder must meet minimum landing requirements of five landings of at least 100 pounds each or an annual total of 2,500 pounds with dive gear.

If there are no landings, the permit reverts to the state. For more information on applying for a permit, contact ODFW's licensing services, 4034 Fairview Industrial Dr. SE. Salem or call 503-947-6101 or 800-720-6339 ext. 76142.

Dunes City seeks help with Triathlon

Dunes City is seeking volunteers to help with the city's annual Oregon Dunes Triathlon and Duathlon.

The event, which is scheduled for Saturday, May 7, offers volunteers an opportunity to watch their friends and neighbors compete — and witness potential Olympic competitors as they swim, bike and run their way through Dunes City, Lane County and Honeyman State Park.

Competitors from as far

away as Australia have made their way to here to compete in this iconic event.

Dunes City will pay a \$250 cash prize to the organization that registers and brings the most volunteers to help.

Volunteers are needed for a variety of positions and most only take a few hours.

For more information, or to register as a volunteer, contact Dunes City at 541-997-3338 or email admin@dunescityor.com.

Winter Discovery Series continues Saturday at Cape Perp.

YACHATS — The blue-collar logging community of Waldport hardly would seem the birthplace for the radical peace movement of the 1960s.

But a war a generation earlier and a conscientious objectors camp on the Siuslaw National Forest may have laid the groundwork for the ensuing cultural revolution.

Author and historian Steve McQuiddy will discuss his book "Here on the Edge" at 2 p.m. on Saturday, Feb. 13, as part of the Winter Discovery Series at the Cape Perpetua Visitor Center, 2400 S. Highway 101.

From October 1942 until April 1946, Camp Angell was the second conscientious objector's camp in Oregon, detaining about 120 objectors.

A brochure circulated at the time, penned by renowned poet William Everson, described the camp as a "School for Fine Arts," and men with interests or experience in the creative arts were invited to transfer to the camp.

"These people had an enormous effect on an entire generation," McQuiddy said. "But many Americans today are not even aware that there were conscientious objectors at all during World War II."

During the day, the men worked planting trees, crushing rock, building roads, chopping wood and fighting forest fires.

At night, however, they produced books, plays, art and music — giving up to 15 community performances a week.

The camp produced such literary works as "War Elegies"

and "Waldport Poems" by Everson and "Horned Moon" by Glen Coffield.

After the war, McQuiddy said, camp members went on to influence other cultural events which eventually led to the radical peace movement of the '60s.

"Nearly all the great social movements in history can be traced to small groups working in obscurity, sometimes for years," McQuiddy observes. "It's powerful to actually see the evidence of how small actions really can make a big difference."

McQuiddy has won awards for his feature writing, while "Here on the Edge" was a 2014 finalist for the \$10,000 Dayton Literary Peace Prize. He is an honorary director of the Oregon Cultural Heritage

Commission and teaches writing at Lane Community College in Eugene.

The Cape Perpetua Winter Discovery Series is an opportunity to explore topics and resources relevant to the Oregon Coast during the off-season months between November and March.

Upcoming Winter Discovery Series events:

- Feb. 27 (2 p.m.) — Whales of the Oregon Coast: Joy Primrose, president of the Oregon Chapter of the American Cetacean Society, will discuss the diverse species of whales, dolphins and porpoises found off the Oregon Coast.

No RSVPs necessary.

- March 5 (2 p.m.) — The Amanda Story and Trail: Learn the tale behind the trail. Doc

Slyter, an elder, flutist and tribal council member for the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, along with Yachats resident and trails enthusiast Joanne Kittel, will tell the story of a native woman and her people's forced march over Cape Perpetua's rocky headland to a resettlement camp and the legacy they left behind.

No RSVPs necessary.

- March 20 (2 p.m.) — Children's Stories and Tidepool Walk: Children's author Kizzie Jones will read from one of her latest books, and then lead families down to the tidepools for a guided tour. Jones blends her love of dachshunds and the ocean to create whimsical tall tales.

For more information, call 541-547-3289.

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