

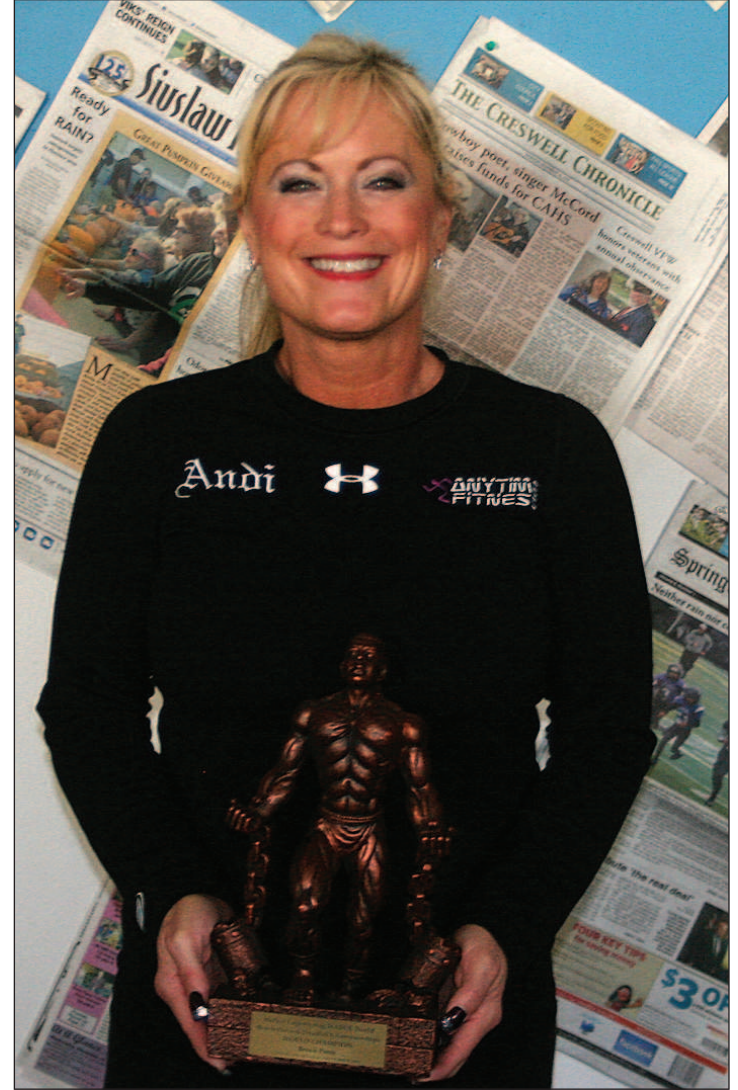


Andrea Macauley pushes on in her bench press competition while her husband watches on in support. Courtesy Photo



Athlete of the Week

Andrea Macauley brought home the first place trophy for a world bench press competition in Las Vegas for the third time in a row



Cottage Grove earned global recognition last weekend as Andrea Macauley of Cottage Grove took home first place in the 148 weight class Masters for women aged 47-53 at the World Association of Benchers and Deadlifters' world championship meet.

Cottage Grove local brings home first place in world bench press competition

Macauley puts Cottage Grove on the map last week with her third-time first-place trophy at a world bench press championship meet

BY SAM WRIGHT
The Cottage Grove Sentinel

Very rarely does Cottage Grove receive national recognition, let alone global recognition. This small town and its locals don't usually get the chance to show off their athletic potential on a worldwide scale, however, one local was able to do just that.

The World Association of Benchers and Deadlifters (WABDL) hosted its World Bench Press and Dead Lift championships from Nov. 17 through Nov. 22 in Las Vegas, and Andrea Macauley took home first place in her event for the third time in a row.

Macauley was born and raised in Cottage Grove and still currently resides here, she

is about as local as you can get. She competed in the Masters 148 weight class for women in the age group of 47 to 53. The competition featured competitors from 20 different countries and Macauley ensured that the United States, Oregon, and specifically Cottage Grove was recognized by bringing home yet another first place trophy.

"It's really cool to meet peo-

ple from all over the world," Macauley said. She specifically mentioned a woman she met at the competition in years past who hails from Finland. "Two people from small towns on opposite sides of the world is almost surreal to me," she added.

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The girls basketball team welcomes Kevin Yoss along with seven newcomers and only two returning players.

Girls' basketball welcomes new head coach

Kevin Yoss moves from boys' assistant coach to girls' head coach

BY SAM WRIGHT
Cottage Grove Sentinel

The Cottage Grove High School girls' basketball team is welcoming a new head coach this year. Kevin Yoss has been an assistant coach for the boys basketball team for over ten years. Yoss recently had a conversation about moving to head coach for the girls' team with Winter Sports Athletic Director Gary Roberts.

"It was a very mutual approach about the position," Roberts said. Yoss, who works in real estate outside of coaching basketball, has now been transitioning his coaching from the boys game to the girls' game, but Roberts is confident in his ability to succeed. "I think he's really going to do a great job, he's already been doing a great job," Roberts said.

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Kiana Hemenway takes a free kick in a regular-season game. She was the top scorer for the Lions Sky-Em winning team.

Hemenway lands first-team all-state spot for 4A soccer

The power of the Cottage Grove girls' soccer team had a chance to shine one last time as the soccer season came to an end. Although the Lions fell to Gladstone in the first round of the playoffs, Kiana Hemenway further extended her legacy by being awarded with a first-team all-state recognition. She received the fifth highest number of votes in the state. Head Coach Vern Stewart says that he is "definitely proud."

"It is very difficult to be recognized when the whole state votes. Other coaches usually wouldn't know anything about her," Stewart said. Hemenway was the leading scorer on a team that had five out of 11 spots on the first team all league roster.

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