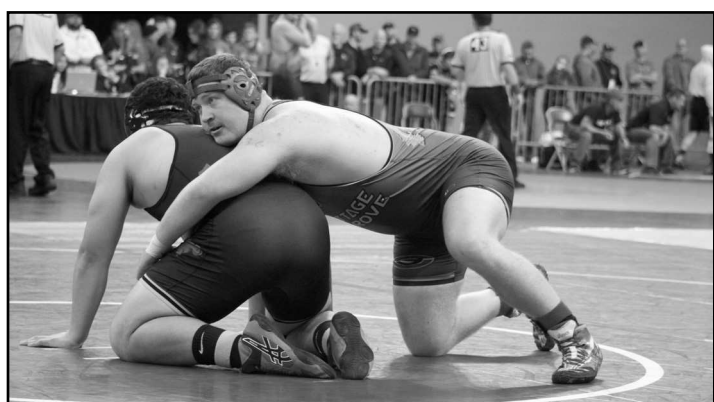


Another state title for CGHS: Lamb takes 4-A wrestling title

BY ZACH SILVA
zsilva@cgsentinel.com



Adam Lamb pins top seed John Dover of Junction City to win the 4-A state wrestling championship on Feb. 17.

John Dover from Junction City. Lamb defeated Dover earlier this season at a tournament in Junction City.

The message for Lamb from his coaches throughout the tournament was just to do what he has been doing all season.

"Wrestle his match. When we get to this point, all the coaching is done in the room, right? And we talked about it, you earn the trophies in the practice room, you just come here to collect them," said Cottage Grove wrestling coach Richard Herzog. "So you get out there and now it's time to put all that together and wrestle with authority and that's what he did."

The state tournament began Friday morning when Lamb defeated Marshfield's Phillip Hernandez.

"From here if he beats him he goes three seed, he beats that he goes two seed and if he beats that then hypothetically has the one seed. So he's just got to wrestle the next six minutes every time," said Herzog.

The only Lion to advance to the quarterfinals, Lamb then made quick work of Ontario's Antonio Sanders as he pinned him in just 21 seconds.

"He initiated the moves and so I'll just take whatever he wanted to do and he wanted to throw himself on his back so I held him there," said Lamb.

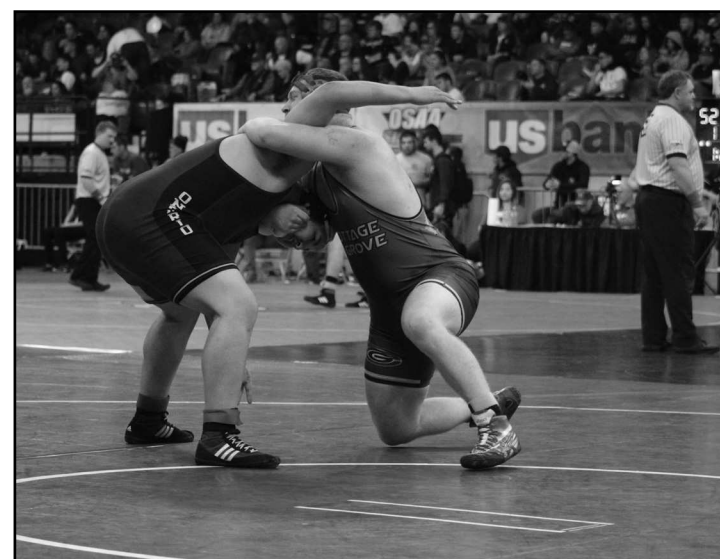
The victory secured Lamb a spot in Saturday's semifinal. But the victory only made the dream of winning a state title more clear.

"I think both for Adam and everyone around him expected Adam to place at state. But because of unfortunate things it hasn't happened. So for him, right, that's the mission. With that match he placed. So now how high? We have expectations that he wins this thing. That's if we fall short then it is short. He is that caliber, he is that good," said Herzog.

Lamb then faced two-seed Caleb Parrott from Crook County and defeated him by fall in 2:33 to move to the championship.

"That's what you want to do as a senior is to compete at your highest level, compete at the state tournament and be successful at the state tournament," said Cottage Grove coach Chris Joyce.

The Lions had four other wrestlers compete at state, Chance Ralston (120), Jacob Dunn (138), Nate Farrell (160) and Drew Swenson (160). After losing in the first round, these wrestlers were then in the consolation round and did not place.



February Students of the Month

YONCALLA ELEMENTARY SCHOOL



the classroom and what her fellow students say about her: "Tori is nice, kind and sweet. "Why I picked Tori is because she pays attentions to the teacher. She is good at making friends. She is good at being kind and respectful." Future goals: Tori wants to play basketball in high school and maybe in college. She wants to go to Umpqua Community College. She doesn't know what she wants to do when she grows up.

TORI NOFFSINGER
Tori was nominated because of what her teacher sees in

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NORTH DOUGLAS MIDDLE SCHOOL



William Duncan has made excellent academic improvements over the course of this school year.

WILLIAM DUNCAN

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NORTH DOUGLAS ELEMENTARY



Ryder Bohlman is an excellent role model for his peers. He is an eager learner who is always willing to lend a hand when needed.

RYDER BOHLMAN

North Douglas Fire & Rescue
531 South Cedar St.
Drain, OR 97435

LATHAM ELEMENTARY



Veda Compton is a kindergartener at Latham! She is a great reader and is always doing her best in class. She follows the rules and is kind to all peers. Veda is a very confident writer and pushes herself to write new and challenging words. We are proud to have Veda represent Latham as our Student of the Month!

VEDA COMPTON

541-746-1583
epud.org

BOHEMIA ELEMENTARY



Shelby Peppard is a 3rd grade student in Mr. Cavaner's class who does an amazing job following all of the school rules. She turns in her homework each week and her teacher can count on her to give it her best! She is very kind to everyone and always makes other students feel welcome!

SHELBY PEPPARD

STACY'S COVERED BRIDGE RESTAURANT
401 MAIN STREET • COTTAGE GROVE
541-767-0320

YONCALLA MIDDLE SCHOOL



her ability to always have a smile and encourage others. For the last couple of months, Kim has been volunteering her time with our special education students on trips to Saving Grace, special Olympics events and was an active participant with the north Douglas Unified Sports program. Kimberly's hobbies are Music and Art. Future Goals: My future goals include becoming a digital artist or a professional singer. I also want to make art that people will enjoy or remember.

KIMBERLY HOUTZ
Kim has been nominated because of her dedication to classes, her work with others,

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COTTAGE GROVE HIGH SCHOOL



Cottage Grove High School's student of the month is Dayna Harris and she has been nominated by Alyssa Eggen. Dayna works in the office 1st period as an office assistant, always showing up 20 minutes early and ready to work. We can count on her to make new students feel welcome and she tackles every job with a positive attitude. We are so lucky to have her working with us!!

DAYNA HARRIS

South Lane County Fire & Rescue
233 Harrison Ave • 541-942-4439
southlanefire.org

NORTH DOUGLAS HIGH SCHOOL



Estefani a Senior at North Douglas High School, participated in FBLA, National Honor Society and Cheer. Her plans after high school are to attend college to become a dialysis technician.

ESTEFANI ALCANTAR

North Douglas Fire & Rescue
531 South Cedar St.
Drain, OR 97435

YONCALLA HIGH SCHOOL



teachers, is going the extra mile in his classes - especially Math, and is dedicated to his goal of becoming a journeyed foreman. We are proud of the changes that he has made over the last year and look forward to what he is able to accomplish after graduation. His Hobbies are riding and fixing ATVs and fishing. Future Goals: Join an apprenticeship as a Journey Foreman in Coos Bay, be able to purchase a new Ford diesel pick up, get married and buy a house.

JERROD BRAGG

Jerrod a Senior at Yoncall High School, offers to help

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