

VHS Sports Report

This column was written by Gordon Jarman, Athletic Director, Vernonia High School.

It is not too late to sign up if students are interested in Volleyball, Football or Cross Country – just stop by Vernonia High School and get the proper paperwork.

Free Physicals for next year's sports teams will be July 10 from 11:00 a.m. to 1:00 p.m. at the Providence Medical Clinic. Students will have to have the proper paper work filled out and have an appointment. They will sign up and receive the paper work at the Vernonia School District office. These physicals are required for incoming ninth graders and incoming eleventh graders. They are also required of any athlete who does not have a current physical or are new to the district.

Weight lifting begins June 21 in the high school weight room from 5:00 to 6:30 p.m. The remaining sessions will be June 25, 27 and 28. Weight training will be offered in July from 5:00 to 6:30 on July 2, 3, 6, 9, 11, 13, 16, 18, 20, 23, 25, 26, and 30. August dates are 1, 2, 6, 8, 9 and 13.

Summer passing league will be on July 10, 12, 17 and 19.

Vernonia football conditioning camp begins on August 15 and will take place August 16 and 17, finishing August 18 with the "Lumberjack Gauntlet."

There will be a football meeting for parents and players, with gear issued on Sunday, August 19 at 5:00 p.m.

Practices will begin Monday, August 20 and continue from 5:30 -9:00 p.m. through the rest of the week culminating in the Blue and Gold Game on Satur-

day, August 25, at 11:00 a.m. There will be a potluck at the conclusion of the scrimmage, and a picture session starting at 10:00 a.m. on the football field.

Volleyball Summer activities start with a conditioning camp for freshmen and sophomores on August 13 and 14. All player conditioning camp will be August 15 -17.

Practice begins for all grades August 20 and continues through August 24, from 8:00 to 10:00 a.m.

Team selections will be made on August 24.

August 27 - 31 will see daily doubles practices from 8:00 to 10:00 a.m. and 4:00 to 6:00 p.m.

Volleyball Team pictures will be on Saturday, August 25, at 11:00 a.m. Parents are invited to take pictures at this time, too.

47J sets new grad. requirements

A public hearing on Vernonia School District's 2007-08 budget preceded the June 14 meeting of the board of directors. There were no public comments. Tobie Finzel, chairman of the budget committee, thanked Superintendent Ken Cox and the budget team for providing a clear, concise budget and for promptly answering any questions that were raised.

When the board meeting started, Cox presented information on Student Test Data Trends and provided a possible district goal of a 10 percent increase in the number of students who meet or exceed the writing benchmark at each grade level. The district will take advantage of state-wide training to help with staff development to implement effective

Please see page

Bittinger receives D.A.R. award

Alex Bittinger, recent graduate of Vernonia High School, received the Daughters of the American Revolution (D.A.R.) Good Citizen Award for leadership involvement and volunteer work. Bittinger is the son of Lisa Bittinger of Vernonia.

The D.A.R. Good Citizen Award has two parts. The first part is a question on how the candidate had tried to manifest the qualities of a good citizen, a copy of the official grade transcript and two letters of recom-

mendation. The second part requires an essay on "Our American Heritage and Our Responsibility for Preserving It." The essay must be written under the supervision of a faculty or D.A.R. member with no computer help.

A Tea was held in honor of Bittinger and the other Columbia County teens who received D.A.R. Service Awards, at Caples House in Columbia City.



Left; on June 5, the Vernonia Band marched downtown to kick off their fundraiser to bring Dallas Brass to Vernonia in February of 2008. Watch for opportunities to help them raise the money.

KOG youth forest programs start

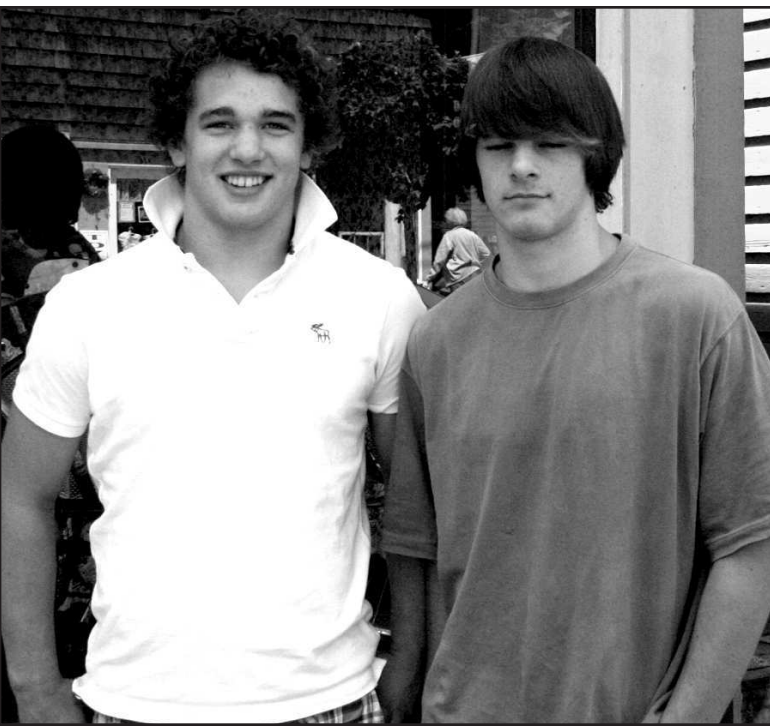
From page 10 sources Institute, World Forestry Center, and the OR Federation of Garden Clubs developed that program. David Heil and Associates of Portland was the contractor.

Funding for the project was made possible by the National Fire Plan, The Weyerhaeuser Company, The Campbell Group, Friends of Paul Bun-

yan, Salem Women's Club, and the Richard Keuhner Trust. The Sportsman's Warehouse is partnering with KOG to supply tee-shirts for those who complete the activities or lessons. A Certificate of Completion will also be awarded.

For further information, contact Keep Oregon Green Association at 503-945-7499 or visit the website.

Gwin and Owens will wrestle for Oregon



Two Vernonia wrestlers have qualified for the Oregon National Wrestling Team. Trevor Gwin and Tylor Owens have been selected to represent the State of Oregon at the west regional and the national championships. Both young men train at USA Cobra Wrestling in Scappoose.

The national championships will be held July 21-26 in Fargo, North Dakota.

Both Gwin and Owens are seeking sponsors. Call 503-543-2256 for information on how to donate. Firewood sales will also help the young men raise money. Call 503-705-4031 to order a cord of firewood for \$130 with local delivery.

This summer at Cedar Ridge...

Shimshai Concert & BBQ Dinner
Saturday, July 7, gates open at 5pm

Youth Yoga Camp
Ages 8-14, Overnight
8/26-8/30 \$275

Larry Steele Basketball Camp
Girls Camps 7/8-7/13 & 7/22-7/27
Boys Camps 7/15-7/20 & 7/29-8/3
Co-ed Shooting Camp 8/26-8/30
Day Campers \$260

Swim Lessons
Five 45-minute classes \$35
Contact Dana Hyde
503.429.9351

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www.VisitCedarRidge.com
www.LarrySteeleBasketball.com
www.ExplorogaYoga.com

