

# Wrestling: It's a seven step program

From page 11

times out of 10 being pinned is a choice. The wrestler may lose by 15 points (technical fall) but being pinned is no longer an option.

2. YOU CAN'T TURN ME: once a wrestler has decided he can't be pinned anymore, the next step is to refuse to even be put on his back. Just say no! This is important because it involves tolerating a lot of pain through discipline. The result is that you take away about 50% of your opponent's ability to score points.

3. YOU CAN'T RIDE ME: an important part of wrestling is holding your opponent to the mat, it's called riding. At this point of the process a wrestler is getting very tough and quite skilled. An opponent still might take you down, but he can't keep you there. The result is that you are now scoring 1 point for every 2 of his; the 50% of his ability to score points has now been cut in half leaving only 25% scoring ability. 25% of 15 is about 4 points.

4. YOU CAN'T TAKE ME

DOWN: when this level of determination has been achieved it becomes very exciting. The wrestler still might lose takedowns, but she is winning more takedowns than she is losing. Based on #3 above, if she loses a takedown she gets away. At this point the wrestler starts winning more matches than she loses. She becomes very difficult to beat and confidence grows exponentially.

5. YOU CAN'T ESCAPE: at this level of confidence and skill the wrestler is very dominant and wins most takedowns and most matches. Once the wrestler gets a takedown, his opponent rarely gets away and quite often gets put to his back for points or pin. This level is a lot of fun and excitement for everyone.

6. YOU CAN'T BEAT ME: now the wrestler has a defined style and is well known in the league as one of the people to beat; though that rarely happens. This wrestler is a leader and role model for the less experienced wrestlers on the team and dictates the cohe-

siveness of the team. This wrestler may lose occasionally but never easily.

7. YOU CAN'T BEAT ME, I JUST WON'T LET YOU: very few wrestlers reach this level. It's the pinnacle of wrestling ability. The athlete is physically and mentally strong and has the heart, skill, and will not to lose. He is feared and respected in the league and is usually about the nicest, most polite, and respectful kid you will ever meet.

The first competition for VHS this year will be a tournament match at Banks High School on December 2.

# Starving Artist Faire dates set

The 14th Annual Starving Artist Faire will be held Friday, December 4, from 7:00 p.m. to 10:00 p.m., Saturday, December 5, from 10:00 a.m. to 6:00 p.m., and Sunday, December 6, from 11:00 a.m. to 4:00 p.m. at the historic Astoria Yacht Club, 1555 W. Marine Drive, Astoria.

The Faire showcases one-of-a-kind arts and crafts from regional artisans. This holiday event will have such hand-crafted items as holiday wreaths and centerpieces, jewelry, pottery, wood items, fabric

art, prints, cards and paintings, facial and body products, clothing, recycled-repurposed-reinvented items, and much, much more.

Admittance is \$1.00 or a can of food. This event is a fundraiser for the Astor Street Opry Company and the local Food Bank. Santa will be there, too! This year's sponsor for the event is Northwest Lending Group. Come join the fun. For more information, e-mail Cindy at [dogwater@pacifier.com](mailto:dogwater@pacifier.com) or call her evenings, at 503-458-6250.

# Close Up fundraisers help kids get to Washington

From page 11

confidence they need to be informed, engaged citizens.

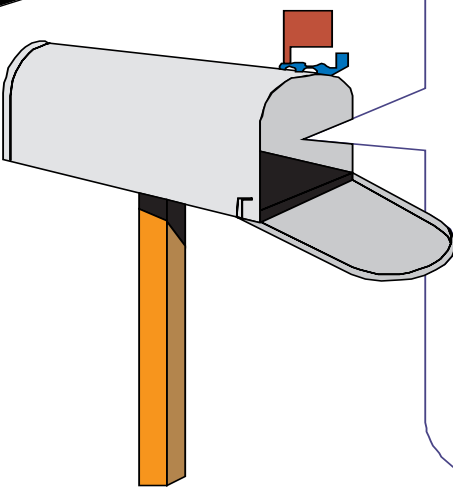
This innovative educational program is run by the Close Up Foundation, the nation's leading nonprofit, nonpartisan civic education organization. Since 1972, Close Up has brought over 665,000 students and teachers from across the coun-

try to Washington, D.C. to experience firsthand the history, politics, and culture of the nation's capital. While on the program, students will participate in a variety of hands-on activities such as small group workshops, seminars with Washington, D.C. journalists, lobbyists, and embassy officials, and meetings with members of Congress and their staffs. Furthermore, students will learn from and debate with their

peers from across the country, exposing them to differing attitudes and perspectives.

This year, two teachers from Vernonia Middle School will be accompanying students on the program. The all-inclusive program cost for each student, including instruction, travel, expenses, meals, and lodging is estimated at \$1,800.00. The kids thank you, in advance, for your support.

Wouldn't this make a great Christmas present?



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## To Your Health!

From page 8

coaches, administrators, parents, community members and students, who want to help Vernonia learn how we can "build a safe community where all children can grow to their full potential."

These are just two of the many ideas VPC is implementing in our community, and are only the tip of the iceberg of the many projects going on in Vernonia, all with the same ultimate goal – making Vernonia a drug-free environment.

Mahatma Ghandi once said, "Be the change you want to see in the world." This seems to be DeAnna's creed, a guiding principle as she performs her work. It is obvious that she enjoys her career. She lives in Vernonia, and, in her spare time, she and her 10-year-old daughter enjoy visiting museums and reading. And, they both appeared in the community melodrama this fall.

The Vernonia Prevention Coalition meets on the first Wednesday of every month at the Learning Center at 9:00 a.m. The meeting is open to the public, and input is welcome. She can be contacted by phone at 1-503-369-7370, or call City Hall and leave a message for her. Her email is [DeAnna@vernonia-or.gov](mailto:DeAnna@vernonia-or.gov).

The VPC Director position is funded by a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), and is structured as a member of the City of Vernonia staff. Her supervisor, City Administrator Bob Young, says, "DeAnna is doing a good job, a really good job!"

Now, dear readers, it is time for me to report that I am retiring, and will no longer be writing articles for *The Independent*. Judy Hargis will continue writing the column every other month. It has been a 12-year labor of love, and I thank Noni and the McGaughs for making it an enjoyable experience for me. And so, I now propose a toast to our readers: "To Your Health!"