

Wrestling: What I've learned

by *Chris Barnes, Wrestling Coach, Vernonia High School*

Wrestling: What I've learned
For me, wrestling is more than a sport, it's an education. Wrestling has taught me philosophy, physics, sports training, psychology, and discipline. I originally planned to write about my own opinions and experiences but decided against it. I have asked the kids to speak out about what they have learned from wrestling. They are an insightful group of people and the responses may surprise and delight you, enjoy them:

Wrestling has made me a better teammate. In practice, when we do live wrestling and I get a takedown, it makes me feel good. When I get pinned in practice I get frustrated but I never give up. At practice I get tired a lot, I try not to give up so I can get better. I never thought I would be able to wrestle because I have cerebral palsy. But I can wrestle. It's tough to wrestle with cerebral palsy, but I can, and I enjoy it.

~ *Dakota Henson, Freshman*
Wrestling has taught me to manage my weight, to be comfortable with myself, and to be physically and mentally tough. I don't have to let someone score on me, pin me, or hold me on my back. I am better than that. Most of all, wrestling has taught me to believe in myself.

~ *Jake Barnes, Sophomore*
Wrestling has taught me to be mentally and physically

tough. And, to never give up on myself.

~ *Shylo Dooley, Sophomore*
Wrestling has taught me to never give up on myself, even when I don't think I can keep going.

~ *Tyler Young, Senior*
Wrestling has taught me to keep on going even when I am dead tired. Not dead in the head, but physically dead tired.

~ *Jacob Alf, Junior*
Wrestling has increased my mental strength, physical strength, and self-discipline greatly.

~ *Parker Roach, Junior*
Self-respect. Self-Discipline. That's what wrestling has taught me.

~ *Calvin Barnes, Senior*
All for one and one for all, and no quitters. You reach the equilibrium of your life.

~ *Quin Johansen, Freshman*
My mental strength is many times what it used to be. I have learned how powerful mental strength is.

~ *Preston Roach, Senior*
Wrestling has taught me more than just mental toughness. But the fact that it is 'mental', you can push yourself to the edge and over it, and still get up again. But only if you believe you can.

~ *Damien Vitquain, Sophomore*
Wrestling has taught me discipline throughout life. Fight for what you want. Mental toughness. The desire to win. Working as a family to achieve an individual goal. Have no quit. A work ethic like no other.

~ *Joe Benes, Sophomore*

Between the Bookends

By *Nancy Burch, Librarian Vernonia Public Library*



Over the years I have discussed plots and patron comments concerning many novels, but have been quite selective when making personal recommendations. Looking back, it appears that many of the reading materials I have suggested have been related to the plight of Japanese Americans during and following World War II, and my recommendation for this month is another that touches on this topic. Hank Davenport, the main character in Craig Joseph Danner's latest novel, is a respected pediatrician whose reputation hangs in the balance when he is accused of the mercy-killing of a young patient. Hank, a Japanese-American raised in Oregon by Caucasian parents, seeks refuge on the rundown homestead of his adoptive mother, Myra, where he finds that she is succumbing to Alzheimer's. As his mother's dementia progresses, the secrets of her past are revealed and Hank unravels the convoluted mystery of his ethnicity. There is also a mysterious element involved concerning the unexplained burning of the buildings in Edgarville—thus, the title, *The Fires of Edgarville*, but this book is so much more than these mysteries. It gives the reader a chance to experience the hatred and injustice aimed at Japanese-Americans during this era. Danner brings these sentiments to light as Myra's Alzheimer-induced (memories?) take her back to the past. While the plot and descriptions are exceptionally compelling, the method that Danner utilizes to let the reader have a glimpse

work, you will achieve.
~ *Kodi Dyer, Junior*
Wrestling has taught me that if you think hard enough and try hard enough, anything can happen for you.
~ *Alax Barber, Junior*
Wrestling has taught me that you need to be disciplined and hard working, don't give up. You could say that pain is weakness leaving the body.
~ *Ethan Johnston, Fresh-*

Wrestling has taught me to fight through mental weakness. Going through pain means nothing.

~ *Dillon Dethlefs, Sophomore*

Wrestling has taught me what true discipline, sacrifice, and hard work are. It has made me much tougher physically and mentally. I realized that if you can give the time to show discipline, sacrifice and hard

into how the mind of someone with Alzheimer's might work are especially provocative. Who among us, who has dealt personally with an Alzheimer's patient, has not wondered where their minds may be taking them? Of course Danner doesn't really know, but it certainly gives one something to consider.

Other recent acquisitions include *The First Rule* by Robert Crais, *Treasure Hunt* by John Le scroart, *Iron River* by T. Jefferson Parker, *Deeper than the Dead* by Tami Hoag, and *Home Game* and *The Blind Side* by Michael Lewis.

Movies for the month will be *Up*, shown at 2:00 p.m. Saturday, January 23rd, and *The Proposal*, shown at 6:30 p.m. Thursday, January 28th. The movies are free and so is the popcorn; the public is encouraged to enjoy these with family and friends.

Book discussion will be 5:30, Monday, January 23rd, with works by the author, Mitch Albom being the topic of the month.

Remember the after school reading/activity hour that takes place every Tuesday afternoon (when school is in session) at 3:30. Youngsters are encouraged to participate in this hour of fun and learning.

Testing will be held in Vernonia for census positions, on two dates: Friday, January 29 at 1:30 p.m., and Saturday, February 6 at 10:30 a.m. This testing will take place in the library.

Vernonia Public Library: 701 Weed Ave.

Hours: Mon., Wed., Fri. 10 a.m. - 5:00 p.m.

Tues., Thur. 1:00 p.m. - 7:00 p.m.

Sat. 10 a.m. - 4:00 p.m.

Preschool Story Time: Mondays, 10:30 a.m.

when school is in session.

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man

When faced with a challenge, those who put forth the most effort receive the greatest rewards.

~ *Cody Cowles, Junior*

Wrestling has taught me to never give up. Even when you think you can't keep going. Just keep going.

~ *Brett Benes, Sophomore*
Wrestling has taught me to never give up when it gets tough. Also, I can do a lot more than I thought I could. It has taught me discipline.

~ *Dani Hevron, Sophomore*
Wrestling has taught me that no matter who you are, if you put your mind to it, you can do anything. My first season, just about the whole team told me I wouldn't make it through the first week because I was a girl. I didn't let that get to me...and here I am.

~ *Sammy Morgan, Sophomore*

Wrestling has taught me to never give up and work hard because it will pay off.

~~ *Josiah Naeve, Junior*

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