

Race from 1A

Pardi's parents moved from Alabama to Yachats when they retired four years ago, the same time he entered the University

of Oregon to study classical music and focus on triathlons. "I feel like the local triathlon scene is very important to me," Pardi said. "When I heard there was a triathlon down in Dunes City, I thought, 'Well that is

pretty much the closest thing that I have to a hometown race,' living in Yachats all these summers. So I better go down and race and I better do well because that is like hometown stuff." Pardi began running his freshman year of high school and switched to triathlons when he entered college.

"For me, the biking is probably my favorite part of the triathlon," Pardi explained. "I used to be a runner, but I really took to riding four or five years ago. The technological elements of cycling now are amazing. ...

"It is a great feeling to be pushing upwards of 30 mph sometimes during the race." Biking also is Pardi's strongest element of the three-event triathlon.

"I usually take the lead in the bike," he said. "That is when I make my move, when I win races. It is my tool to take over."

In addition to setting the sprint course record at the 2013 Dunes City event, Pardi finished second in the 2014 Olympic distance triathlon.

"The Olympics are still a little bit quick for me," he said.

Pardi is a member of Team USA and has two local corporate sponsors.

"We went to the national championships the year before to qualify people," he said. "The great thing about triathlons that you don't have in a lot of other sports is that we have age divisions. You can be any age and get to represent your country at the world championships."

Pardi is impressed with the Dunes City course.

"The Dunes City Triathlon is probably one of my favorite races," he said. "The course is really pretty and I love how you have to run up the dune at the end. The course at Dunes City is one of the most challenging courses in the Northwest."

"The other aspect is when you get a lot of community members and volunteers involved, the races are more fun than going to a big national championship race where you are just a face in the crowd."

Constitutional constituents



COURTESY PHOTO

More than 25 people attended the April 28 seminar "America at the Crossroads," taught by Joel Marks, former adjunct professor from Southern Oregon University, who has retired to Florence. The next presentation in the multipart series is called "Socialism vs. Capitalism" from a historical perspective. The sessions are free and held Thursdays from 6:30 to 8:30 p.m. through June 9 at Pacific Pines RV Park Conference Room.

Court from 1A

Members of the community can select an item off of a tree at Big Dog Donuts or Berkshire Hathaway Real Estate and return with an unwrapped gift for an at-risk child, which she and her junior court will be distributing shortly after the Rhody Festival.

"I love interacting with my community," Anderson said. "I love the opportunity to meet new people and to help the community, and I was just ecstatic when we were told that we get to speak out on a topic that was important to us."

She wants to pursue a career in communications, whether as a freelance writer, news host or novelist.

Senior Rhody Princess Taylor Coolidge is an 11th grader at Siuslaw High School and is sponsored by Community Baptist Church and Slash P Ranch.

"I try to show kindness at school by holding doors for people, picking things up for people when they drop them and just trying to be the kindest I can be to my fellow classmates," Coolidge said.

Her platform is on the importance of human life.

"Pro-life is important to me because someone needs to have a voice for the voiceless children," she said.

Coolidge is active in Interact, Fellowship of Christian

Athletes, National Honor Society, Earth Club, student leadership and her church.

She hopes to attend university to study pre-medicine before earning a graduate degree in anesthesiology.

Coolidge is coordinating a May Day Project and distributing hand-made flower baskets to invalids and elderly shut-ins in the community.

"I want to give back to the community because they have given so many people so many things and opportunities," she said.

Senior Rhody Princess Lyndsey Keppol is a senior at Siuslaw High School and sponsored by ESA Delta Gamma.

"My platform is on the importance of the arts in school. The arts build character and improve learning, as well as give hands-on problem solving skills," Keppol said.

She draws on her experience working in local theater productions as the basis for her platform. Keppol also serves on the board for the Last Resort Players.

She is involved in band, an advanced culinary class, Rotary Interact and the elementary school's Native Education Program. She hopes to attend Lane Community College's culinary arts program before transferring to a four-year university with the long-term goal of becoming a first-grade teacher.

Keppol's community service

project will collect and deliver care packages of personal care and toiletry products to residents of a local senior care center.

"Being a Rhody Princess gives me an opportunity to give back to the community that has given me so much," Keppol said. "Everyone is so kind and supportive of the arts and the people around them. I would just like to say thank you for the opportunities I have received in my years living here."

This year, each senior princess has a team made up of members of the Rhody Junior Court. Each team has a uniform and motto that goes with the showcase's nautical "Catch the Wave" theme. The teams will compete for scholarships and other prizes.

Anderson's team is called the Walloping Whales and includes Lexis Flansberg, Cort Waggoner and Kenji Tanikawa.

Coolidge's team is the Jumping Jellyfish. Her Junior members are Rhealeigh Dascher, Kristin Wall and Chance Jones.

Keppol leads the Electric Eels, with Riley May Selig, Sunshine Armer, Tony Garcia Galvan and Roman Meadows.

Jared Anderson and Meg Spencer return to produce the Scholarship Showcase on May 11. The entire Rhody Court will appear in the Rhododendron Festival's Grand Floral Parade on Sunday, May 22, at noon, as well as other festival events.

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Clinic from 1A

"We have been calling some patients and asking if they could move prescheduled afternoon appointments up to the morning. If they have a reason why they can't do that,

then we leave them where they are," Harvey added.

She said the new scheduling model would also be helpful for patients who currently have lab-work follow-up appointments several months away.

"You go and have your lab-work done, then you can call in

and be seen on a day that will work for you. That will help us not have as many appointments wasted because patients forget when it is months out," she said. "Sometimes patients forget to get labs done. They get here for their appointment, but they haven't had the lab-work done."

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