

PeaceHealth, school districts provide free physicals

On Wednesday, June 4, PeaceHealth Medical Group in Florence partnered with the Siuslaw and Mapleton school districts for School Sports Physical Day.

The event assisted families with the annual requirement that students and athletes obtain physicals prior to participating in extracurricular sports

for grades six through 12, and some youth sports leagues.

"The goal of sports physical is to keep student athletes safe," said Paul Pearson, M.D., one of the participating physicians. "These exams can help screen for potential conditions that may limit or restrict athletes' ability to participate in school sports.

"We are particularly concerned about rare cardiac conditions that could be disastrous if left undetected."

"The practitioners use the one-on-one time with students to discuss making good lifestyle choices such as avoiding tobacco use and other risky behaviors," added Pearson.

PeaceHealth Medical Group

contributed medical supplies, as well as the expertise of five physicians and 12 medical assistants.

This year, 191 elementary, middle and high school students were seen: 172 students from the Siuslaw School District and 19 who were transported from the Mapleton School District.

Siuslaw Athletic Booster Club to elect new officers at meeting

The Siuslaw Athletic Booster Club will hold a special membership meeting on Tuesday, June 14, at 6:30 p.m. at the Siuslaw High School library to nominate and vote in new board members for the 2016-2017 school year.

If you or anyone you know is interested in volunteering some time to support the athletic programs of the middle school and high school, come to the meeting.

Regular membership meetings are held once a month at the high school. The SABC has supported athletics by pro-

viding funding for team uniforms and equipment, scoreboards, track resurfacing, the Ian Foster Scholarship Fund (for participation fees) and, new this year, two \$1,000 scholarships to Siuslaw seniors.

The club also helps support the Athlete of the Year reception on Friday, June 3, and the Hall of Fame dinner on Friday, Aug. 19.

For questions or to get on the committee for the annual booster club auction to be held Aug. 20, contact Gina Castro Brandt at 541-997-4089.



PHOTOS BY NED HICKSON/SIUSLAW NEWS

Clockwise from above: A father and son team up to make a free lure at Honeyman State Park; a young angler waits while his fish are cleaned by STEP volunteers; members of STEP wait for the next fish to clean; and rods and reels provided by STEP.



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Free fishing was part of a weekend of recreational opportunities offered by the ODFW and Oregon Parks and Recreation Department (OPRD). Along with fishing, hiking trails and camp spots were also offered for free.

During Free Fishing Weekend, fishing licenses, tags and endorsements were not required anywhere in Oregon.

The ODFW made sure there were plenty of fish to catch, thanks to the release of more than 185,000 trout at 80 locations around the state.

Most everyone who dropped a line had a great chance of hooking some pole-bending action.

"Lakes and ponds were fully stocked, a number of rivers were open, and of course there was crabbing and clamming," said Rick Hargrave, administrator of ODFW's Information and Education Division.

The purpose of the free recreation weekend was to encourage people to explore Oregon's parks and outdoors by waiving fees and offering a recreational activities, including fishing events, nature walks and specialized outdoor-related workshops.

Several state parks hosted fishing events and waived park admission and camping fees during "State Parks Day," June 4.

Near Florence at Cleawox Lake, members of the local STEP group provided fishing poles, tackle, bait and instruc-

tion, along with complimentary fish cleaning for anyone who brought their fish.

Honeyman Park Rangers set up a lure-making station for young anglers to make and

keep their own custom lures.

"Free Fishing Weekend is always a great opportunity for families to get out and enjoy a day or two of fishing," said Hargrave.

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