

Siuslaw Athletic Booster Club to hold 'Barn Bash'

A limited number of individual tickets are on sale now at the Shippin' Shack and Coastal Fitness for the Booster Barn Bash—the 2017 Siuslaw Athletic Booster Club Dinner and Auction.

Tickets are \$40 each. The Barn Bash will be held Saturday, Aug. 19, at a local North Fork barn. It is the second and final year for the event to be held here so don't miss it.

The doors open at 4 p.m. and a barbecue dinner, beer and wine, live music and numerous auction items and special drawings will follow.

Pre-sold tables of 8 are also available.

This annual event benefits Siuslaw Middle School and High School athletes and their athletics programs.

The Siuslaw Athletic Booster Club has financially



COURTESY PHOTO

'Barn Bash' diners enjoy BBQ dinners and refreshments at last year's event.

supported many projects for Siuslaw athletics throughout the school year.

The Booster Club has funded the Ian Foster Scholarship fund which provides scholarships for participation fees.

The fund has also added youth basketball hoops to the middle school, funded practice gear and equipment for various teams, purchased a used ATV for softball field maintenance, funded camp fees, sponsored the recently revived boys' basketball summer tournament, helped purchase digital timing equipment for track and funded roter buses.

For more information about the event or about donating, contact Jennifer Waggoner at 541-520-1255 or email her at jwaggoner@peak.org.

Air quality 'unhealthy' as wildfire smoke lingers

Smoke from an early morning fire near Mt. Pisgah pushed air quality monitors in Eugene and Springfield to the "Unhealthy" levels.

Wildfire smoke is more prominent this time of year, and the high temperatures have elevated fire danger around the state.

"Residents who are sensitive to pollution form smoke are advised to use caution when participating in outdoor activities," said Jo Niehaus, spokesperson for the Lane Regional Air Protection Agency.

"We are expecting more

smoke impacts this week as winds shift. People may see some improvement on Friday, as onshore wind flows are predicted to increase," they continued.

Fine particles from smoke called PM 2.5 are easily inhaled and enter the bloodstream and lungs.

It can aggravate existing respiratory and cardiovascular conditions and is especially harmful to children and seniors.

LRAPA's monitors are updated hourly. Follow them at www.lrapa.org/216/Todays-Current-Air-Quality.

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Fall salmon season to kick off with mixed forecast

The popular Buoy 10 fishery at the mouth of the Columbia River opened Aug. 1, with a mixed forecast for Chinook, coho and steelhead returns.

The biggest change for the 2017 fall season are restrictions on steelhead retention which include area-specific, 1- to 2-month steelhead retention closures and a one-steelhead bag limit when retention is allowed.

Facing low expected returns

of upriver summer steelhead, fishery managers adopted a series of "rolling closures" that progress upriver following the steelhead return to reduce the take of both hatchery and wild fish.

All steelhead (hatchery and wild) must be released as follows:

- Buoy 10 upstream to The Dalles Dam during Aug. 1-31
- The Dalles Dam upstream

to John Day Dam during Sept. 1-30

• McNary Dam upstream to Hwy. 395 during Oct. 1 through Nov. 30

Night angling is also prohibited except for registered anglers targeting Northern pikeminnow.

A total of 614,000 Chinook are expected to enter the Columbia this fall, which is slightly less than last year's

actual return of 642,000 returning Chinook.

The Buoy 10 fishery is the first Columbia River area that will encounter returning fall salmon.

Effort and catch in other sections of the mainstem will build as the season progresses. Chinook retention seasons will vary by area to remain within harvest quotas.

Timeout from 1B

The more competitive situations an athlete is faced with, the better and more instinctive their critical decision making will be on the field or court when it matters most.

Playing multiple sports in high school is one way to demonstrate athleticism and build the experience necessary to make good decisions under pressure.

Athletes specializing too early can limit the development

of well-rounded experience in addition to increasing the potential of injuries caused by overuse of certain muscles groups.

Little League pitchers, (until recent rule changes) were often over-pitched. You see very few little league pitchers throwing at the Major League Baseball level.

In addition, specializing in a sport can lead to isolation from other athletes as well as burn out.

Playing other sports is like cross training; it utilizes other

muscle movements to prevent overuse injuries.

Encouraging your child to play multiple sports improves their athleticism while, at the same time, improving the chances of success for other teams — especially in a small school.

Oftentimes, high school athletes may not even play their high school position once they reach college.

I was a quarterback and linebacker in high school, yet played safety in college, setting a school record for intercept-

ions.

And though I played only five baseball games in high school, I was named MVP for pitching my senior season at Pacific University.

As the new school year begins, try not to put all of an athlete's dreams into one basket.

When good athletes compete in multiple sports it benefits themselves, their school, and their communities.

They will also add to their athletic resume for the future.

Olympians from 1B

certification program prior to Special Olympics coaches. All told, there are 14 Olympic-type sports sanctioned by Special

Olympics and held over the course of three sports seasons each year, with 8,000 participants throughout Oregon.

For the time being, Stent is just focused on gaining momentum with the bowling

program, which she is currently taking registration for.

A completed Special Olympics medical form, due by Tuesday, Aug. 15, is required before athletes can participate in practices.

For more information, to obtain a medical form or help sponsor the program with a donation, contact Stent by calling 541-844-5573 or email her at stentlinda@yahoo.com.

Broncos from 1B

work hard to remain respectful of Old Town merchants, tourists and residents.

The big event is the Show and Shine at Three Rivers, from 10 a.m. to noon. All the participating Broncos will be

on display. There will also be a raffle.

Craig's BBQ Food Truck will have a booth at the event for people to purchase lunch.

For more information, visit NorthwestBroncoRoundup.com or email northwestbr@gmail.com.

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240 HOURS

Is your family prepared?

If an emergency happens in our community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 240 hours.

Get your emergency kit started with these essentials:

- Battery powered radio
- First aid kit an manual
- Sleeping bags and blankets (wool or thermal)
- Manual can opener
- Waterproof/windproof matches
- Water storage (1 gallon/person/day)
- Water purification tablets
- Non-Perishable Food
- Utility knife
- Emergency candles
- Extra eyeglasses and contact lenses
- Essential medications

This message brought to you by the West Lane Emergency Operations Group. www.wleog.org

IDENTIFY • PREPARE • SURVIVE

Buying or Selling? I can help.

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Fundraiser for Boy's and Girl's Club.

FREE LUNCH

50's Party Car Show, Elvis & BBQ
Thursday, August 17th • 11am-1pm
1451 Spruce Street, Florence

Raffle to benefit our local Boy's and Girl's Club.

Menu: Octoberfest Brats, Beef Burgers, BBQ Chicken Drums, pasta salad, Corn on the cobb, Watermelon and Chips. Eat FREE, listen to Elvis, talk to the car owners, have your picture taken.

JOIN US AT SHOREWOOD SENIOR LIVING FOR A 50'S FEELING!

Shorewood SENIOR LIVING

Siuslaw News

Moving Sale!
Sat 8/5
8am-? **2382 20th St.**
Dolls, Toys, household, lots of good stuff!

Sat. Only 8/5,
Sandpines Annual Garage Sale,
Royal St. George's off 35th
Something for everyone!

Fri-Sat 8/4-8/5
8am-3pm
1515 Xylo St.,
Multi-Family Sale
Lots of everything!

Sat/Sun 8/5-8/6
8am-3pm
84802 Newcomb Rd,
2mi up Canary, left on Newcomb
camping gear, coffee table.

NOT FOR THE WHIMPY
SUN 8/6 ONLY
7AM-4PM
Follow Signs 18mi, up the N. Fork,
10424 Trail Creek Place
Antique buffet & school desk,
couch/loveseat. Western tack. Power
tools, bedroom furniture, lots of misc.
Jewelry, bird feeders.
MC/VISA accepted.

Wed 8/2
Until Sold,
8am-5pm
358 Juniper St.,
1923 Ford, woodworking tools,
old hunting, & much more.

Sat-Sun 8/5-8/6
11am-4pm
3220 31st St.,
(off Munsel Lake Rd)
Fundraising Garage Sale for Malakai.

Garage Sale GUIDE

Sat 8/5 Only
10am-3pm
Moving Sale!
Prices Reduced!
Everything Must Go!
5455 Brownings Corner Rd,
2mi. N. of Fred Meyer,
Furniture, tools, household, compressor,
bike, Quad rack, tons more.

Fri.-Sat.
8/4 & 8/5
9am-4pm
4741 Horizon Way
MOVING SALE
Pressure washer,
tools
garden/carpenter,
exercise/sports
equip., animal
cages, BBQ, new
small appliances,
sewing machines,
Bdrm.
dresser/chest,
much more.

SALE!

Estate Sale
August 4-5
9am-3pm
87542 Rice Rd.,
Mapleton, OR.
Quilters: You will love
this sale, we have
quilts, half made
quilts, tons of fabric,
sewing notions, nice
antique dressers, book
shelves, kitchen items,
tools, generator,
camping items,
rubber raft,
see ad on craigslist.
Visa/mc accepted.
Sale prepared by
Linda Wilcox.
See you there!