

Little from 1B

a tradition of excellence in that sport.

It is easy to spot them because they tend to run much faster than the normal morning jogger.

Their dedication shows up each year at district and state cross country meets. This sport is truly a signature team sport in that "you are only as strong as your slowest runner."

If ever five strong individuals are needed, it is in cross country.

There are few team sports with all members of similar body types. Most sports need a variety of body sizes to fulfill specific team needs.

Cross country teams all need runners with long endurance, which is a quality seldom found in large people.

During my Pacific University baseball days, I often felt like a cross country

runner. As a pitcher, we ran and ran and ran. Our coach believed in pitching from our legs first.

He would say, "As the legs go so does the heart!"

I was not a cross country runner because the season coincides with football. However, I did run the two mile on occasion in high school when our team needed a rabbit to make opponents build up lactic acid early.

When I moved to Florence I ran most mornings. My com-

petitiveness prevented me from running the same route unless I went faster or I had to run farther. past Siuslaw football coach Len Lutero joined me for a few months of morning runs. Our morning jogs were never meant for conversation, with our longest route covering more than six miles.

The first day of football practice at Pacific University we had a 12-minute run.

I'm sure it was a test to see if we followed the summer condi-

tioning program.

In 11 years of football, I am quite certain not once did a play last more than 12 seconds.

Coach Johnson has established a tradition of excellence among cross country teams around the state. Siuslaw boys and girls have individual and team state plaques in the trophy case, with state titles painted on the wall.

I used to joke with Coach Johnson that it is easy to coach cross country.

I said to tell his runners when they hear the gun, start running and then hurry back.

It is much more than that.

Peaking at the right time for big meets requires a watchful eye.

The next time you see a group of young runners, remember they are running for themselves, their families, their school and the Florence and Mapleton communities.

Huff from 1B

In the next city, Huff and his fellow wrestlers stayed with host families who, again, had no running water in their homes.

"They had a spot where there was a pipe that you could turn on and off, and everyone had a bucket," he explained. "You had to fill the bucket in order to take a shower — which wasn't really a shower."

After pouring the bucket into

the top of a tank, the water drained through a shower pipe that was affixed with a Coke bottle on the end.

"There were holes drilled in the bottom of the bottle for the water to drain through like a shower head," said Huff, who shook his head. "But even without running water, they still had Wi-Fi."

While Huff lost all of his freestyle matches, he competed well in the Roman-Greco style, winning both matches.

"They had only been studying Roman-Greco for two years, so I had an advantage," said Huff, who admitted that while the Oregon wrestlers were bigger and more experienced, "the Russian wrestlers picked us apart with technique in the freestyle matches.

"Plus, they train a lot more."

On his return to Oregon, Huff said it was a once-in-a-lifetime experience he's glad he had the chance to experience.

When asked if he would make

another trip to Russia, Huff paused.

"I'm still in touch with some of them through Facebook, so who knows?"

Huff will compete for the Viking wrestling team again this winter, when he will move up into the 120-lb. bracket with his eye on another state title.

And maybe, someday, a return trip as part of another, larger team from the U.S. in search of a gold medal.

STEP meeting to feature surf perch fishing tips

The Wednesday, Oct. 4 Salmon Trout Enhancement Program (STEP) meeting will feature two local fishermen who will share their methods to catch surf perch in the ocean and how to catch Coho in local lakes.

The first speaker will be Terry Barret, who will show the gear and bait he uses to catch surf perch. He will also tell when and where to fish for these tasty fish.

Surf perch fishing is open all year and the limit is 15 fish.

The second speaker will be Dean Hendricks. He will show the methods he uses to catch Coho salmon in the Siltcoos and Tankenitch lakes.

Hendricks is co-owner of North Country Lures and an ardent fisherman who has fished local lakes for many years. He will show how to catch these salmon and will provide a map of the best places to fish.

This year, anglers can catch one Coho per day and keep up to five per year.

Florence STEP meetings are held the first Wednesday of every month in the back room of the Florence Elks club, beginning at 7 p.m.

The public is always welcome at STEP meetings.

For more information, call Ron Caputo at 541-997-4961.

Fishing from 1B

picking up in tidewater. Trout season continues with some nice cutthroat around. Remember the limit on streams and rivers is two per day over 8-inches.

Anglers are reminded the two-rod validation is only valid while angling in standing water bodies excluding coastal lakes with wild coho seasons.

Two rods are prohibited on all coastal rivers, tidewater, estuaries and bays.

ALSEA RIVER: Chinook, trout

Fall Chinook fishing is starting to pick up in tidewater. Trout season continues and there should be some nice cutthroat around. Remember the limit on streams and rivers is two per day over 8-inches.

Anglers are reminded the two-rod validation is only valid while angling in standing water bodies excluding coastal lakes with wild coho seasons.

Two rods are prohibited on all coastal rivers, tidewater, estuaries and bays.

SALMON RIVER: Chinook, trout

Fall Chinook fishing is starting to pick up in the estuary and upriver to the hatchery. Trout season continues and there should be some nice cutthroat around. Remember the limit on streams and rivers is two per day over 8-inches.

Anglers are reminded the two-rod validation is only valid while angling in standing water bodies excluding coastal lakes with wild coho seasons.

Two rods are prohibited on all coastal rivers, tidewater, estuaries and bays.

SILETZ RIVER: Steelhead, Chinook, trout

The Siletz River remains open for fall Chinook and fishing is starting to pick up in tidewater.

Anglers are reminded the two-rod validation is only valid while angling in standing water bodies excluding coastal lakes with wild coho seasons.

Two rods are prohibited on all coastal rivers, tidewater, estuaries and bays.

Trout remains open and there should be some nice cutthroat around. Remember the limit on streams and rivers is two per day over 8-inches.

WILSON RIVER: Chinook, steelhead, trout

Fall Chinook fishing opened on the Wilson River Sept. 16. With the recent rains, there are probably a few fish sneaking in. Bobber fishing bait, back-bouncing, back-trolling plugs or divers and bait, or casting spinners can all be effective methods.

Anglers are reminded the Wilson River is closed to salmon angling until Dec. 31, upstream of Jordan Creek (River Mile 21.9).

Summer steelhead fishing on the Wilson has been moderate to slow, but there are good

numbers of fish throughout the system.

Late September can be a great time to target these fish as cooler nights lower water temps, and fish that have been holding get more active. Target riffles and the top of pools during first and last light, and concentrate on deeper holding pools once the sun is on the water.

Fishing stealthy, with light gear, and targeting first and last light is often the key to success with these fish.

Trout season continues with some cutthroat around, but fishing for them in the Wilson's clear summer flows can be tough. Remember, the limit on streams and rivers is two per day over 8 inches.

YAQUINA RIVER: Chinook, trout

Chinook is open and with the rain early this week fishing is starting to pick up in tidewater. Trout season opened May 22, and there should be some nice cutthroat around. Remember, the limit on streams and rivers is two per day over 8-inches.

Anglers are reminded the two-rod validation is only valid while angling in standing water bodies excluding coastal lakes with wild coho seasons.

Two rods are prohibited on all coastal rivers, tidewater, estuaries and bays.

COOS COUNTY LAKES AND PONDS: Warmwater fish, trout

Largemouth bass fishing has been good in many of the area smaller lakes. Bluegills can be found in area lakes right along the weed lines.

Rainbow trout are scheduled to be stocked in **POWERS POND, BRADLEY LAKE,**

BUTTERFIELD LAKE, EMPIRE LAKES, and SAUNDERS LAKE during the month of October.

COOS RIVER BASIN: Dungeness crab, bay clams, rockfish, salmon

Streams and rivers are open to trout fishing until Oct. 31. Anglers are allowed to use bait in streams above tidewater.

Anglers may harvest two trout per day that are a minimum of 8 inches long.

Anglers were catching Chinook salmon from the BLM boat ramp in the lower estuary up through the Coos River and South Fork Coos River. The bite was best a couple hours before the slack tides.

A few wild coho have been caught lately. There is not a wild coho season inside Coos Bay this year so all wild coho must be released but anglers may keep an adipose fin-clipped hatchery coho.

Salmon anglers are having the best luck trolling cut plug herring behind a flasher.

As of Sept. 18, fishing for lingcod, rockfish, cabezon, greenling or other bottomfish are closed because the quotas for several species have been reached.

This includes the ocean along with bays and estuaries.

Crabbing continues to be good for those crabbing from a boat and from the docks in Charleston. Crabbing has been best near Charleston but legal crab can be caught all the way up the bay to the BLM boat ramp off of the North Spit.

There was a mixture of hard and soft shelled legal Dungeness crab.

Recreational harvest of bay clams remains open along the entire Oregon coast.

Clamming is excellent during low tides near Charleston, off Cape Arago Highway, and Clam Island.

There are also good places to dig clams even on positive low tides in Coos Bay.

The recreational harvest of razor clams is CLOSED from Cascade Head to the California Border for elevated levels of domoic acid. This includes all beaches and all bays.

COQUILLE RIVER BASIN: Crab, trout, smallmouth bass, salmon

Streams and rivers are now open to trout fishing until Oct. 31. Anglers are allowed to use bait in streams above tidewater.

Anglers may harvest 2 trout per day that are a minimum of 8 inches long.

Chinook salmon are being caught throughout the Coquille River. Most anglers are fishing the lower river from Riverton to the jetties. Salmon anglers are having the best luck trolling cut plug herring behind a flasher.

There is no wild coho season in the Coquille River this year so all wild coho must be released but anglers may keep an adipose fin-clipped hatchery coho.

Smallmouth bass fishing has been good throughout the Coquille and South Fork Coquille rivers.

UMPQUA RIVER, SOUTH: Trout, bass

The South Umpqua mainstem and tributaries closed to all angling starting Sept. 16 to protect fall Chinook. It reopens to winter steelhead fishing in December.

Get Results...List With Tim.

Tim Sapp
Owner /
Principal Broker
541 999-8230

TR HUNTER REAL ESTATE
541-997-1200

Sutton Lake Dr #200 - North lakes lot near Sutton Lake, with several large trees and a gravel driveway. Heceta water meter and underground piping for electrical installed in 2017. Septic approval for low pressure bed system. \$70,000. #2662-16149446

1749 Highway 101 • 541-997-1200

DENTURE SERVICES INC.

LOCALLY OWNED AND OPERATED
Open 4 days a week!

Here to serve your denture needs:
Dentures
Partial Dentures
Immediate Dentures
Implant Dentures
Relines & Repairs Same Day

Monday-Thursday
10am - 2 pm

524 Laurel St.
541-997-6054

William Foster LD
Sherry, Office Manager

"As a denture wearer myself, I can answer your questions and address your denture concerns."
~ William Foster, LD

Financing: Citi Health Card
12 Month no Interest

MasterCard VISA DISCOVER NOVUS

Kid's Leagues Forming Now!
It's Not too Late to Sign Up and Join the Fun

High School Bowling Team
Signup at Holiday Bowl

Junior League
6th through 12th Grade
SATURDAYS, 1:00 pm
Begins Oct. 7th

Youth League
1st through 6th Grade
SATURDAYS, 1:00 pm
Begins Oct. 7th

Fun for Everyone!!

Everyone is Welcome at HOLIDAY BOWL
27th and Hwy. 101 • Florence • 541-997-3332

Find us on Facebook

Quality Pet Grooming

Grooming Products
Pet Fashions
Natural Shampoos
Holistic Treats & Supplements

541-997-2126

Aloha PET GROOMING

1751 12th Street • Florence

See Jim for your auto sales needs!

JOHNSTON MOTOR COMPANY

2150 Hwy. 101 • Florence
(541) 997-3475 • 1-800-348-3475

Ford Mercury