

**Little from 1B**

negatively. Sitting on the bench is not the place any competitive athlete wants to sit. Sometimes players are just not ready for

playing time. This is determined by coaches during practices. When a player is on the bench they can increase their chances for playing time by watching and learn-ing from the person in their position.

Besides gaining knowledge by watching and listening I can also show positive support for my team. Depending on your character and integrity if you are a team player you will want success for your team.

This can be demonstrated by vocal support of good plays made by team mem-bers. You should congratulate the person playing your desired position when appropriate.

You will work hard in practice to help the starters get better. These actions will show your coach you are trying to improve the team and yourself as well.

The new Warrenton High School basketball coach benched me on several occasions. Up until his hiring, my senior season, the only time I saw bench time was when I was

in foul trouble.

Coach Cole insisted the ball handler on a 3-on-2 break stop at the foul line. After several trips to the bench for failing to stop I learned he was serious. We did score more easy baskets when I began stopping. I also saw less bench time by so stopping.

After playing quarterback, linebacker, punter and kicker for six years of football at Warrenton I seldom sat down. At Pacific University few players played both sides of the ball. My Freshman year I sat during defense.

My sophomore year I was moved to defense and was added to most special teams. Bench time greatly reduced as a result.

Not all players are content to be on the bench. They sometimes distract from team play;

they may secretly hope for the person ahead of them to make mistakes; they will tell friends and family they are better than the person ahead of them; they sincerely believe of their skill and feel cheated.

This attitude can be destructive.

My daughter, Miranda, was given a choice of playing another year of JV volleyball or be a re-serve on the varsity. Her playing time would be very limited as the person ahead of her was her sister, an all-league returning setter.

She chose being a reserve setter and set about learning and working hard to be ready for her junior season. Her reward was all-league setter her junior and senior seasons.

Some very famous NFL bench sitters include Steve

Young and Aaron Rodgers.

Young watched for years while Joe Montana took the San Francisco 49ers to two super bowls. When he got his chance he also took San Francisco to two super bowls.

Rodgers replaced Brett Favre of the Green Bay Packers and just recently became the highest paid NFL player in history. I am quite sure neither of these men pouted or complained from the bench but learned and made good.

If your son or daughter is a reserve this year for the Vikings or the Sailors, make sure they con-tribute positively to the team.

It will demonstrate character and integrity.

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**Sailors from 1B**

the biggest lead held by the Sailors at 18-13. From there, errors late in the set by Mapleton allowed Siletz to close the gap to 21-23.

An error by the Lady Warriors gave the advantage to Mapleton and brought the set to match-point.

From the service line, Michael delivered a thunderous ace for the final score, and match win, 25-21.

Thursday, Mapleton was back on its home court to host McKenzie in what became a three-game sweep for the Eagles, 25-4, 25-14, 25-14.

Today, the Lady Sailors will compete in the Glendale Tournament before traveling

to Crow on Tuesday to continue the Mountain West League season.

First serve against the Cougars is set for 6 p.m. at Crow High School.

**Fishing from 1B**

Aug. 1, a few fish are being

caught but overall the fishing has been slow

Concentrate your efforts low in the estuary and close to the ocean to catch the fish moving in and out on the tides. Expect numbers of fall Chinook entering the bays and estuaries to increase later in the month and into September. Best techniques include trolling herring/spinners and bobber fishing with bait.

Sea-run cutthroat will begin entering the lower river later this month and into the fall. These fish are very aggressive, respond well to flies and lures, and can be up to 20-inches long.

**SALMON RIVER:** Cutthroat trout, fall Chinook

Fall Chinook fishing on the Salmon river/bay opened Aug. 1, expect numbers of fall Chinook entering the bays and estuaries to increase later in the month and into September. Best techniques include trolling herring/spinners and bobber fishing with bait.

**SILETZ RIVER:** Steelhead, cutthroat trout, fall Chinook

Fall Chinook fishing on the Siletz river/bay opened Aug. 1, a few fish are being caught but it has been slow. Expect numbers of fall Chinook entering the bays and estuaries to increase later in the month and into September. Best techniques include trolling herring/spinners and bobber fishing with bait.

• Note: Salmon fishing in the Siletz river is closed above the marker sign approximately 1,200 feet above Ojalla bridge until Oct. 7.

Summer steelhead are in the river. Fishing has begun to slow down as stream flows decrease and water temperatures increase in the gorge.

Early mornings or late evenings provide the best opportunity to catch these fish. The fishing will improve when we get some cooler weather or a little bit of rain to "stir" things up a bit.

Casting spinners, drifting bait or using a bobber and jig can be effective.

Sea-run cutthroat will begin entering the lower river later this month and into the fall.

**Florence Food Share**  
Ask us about volunteer opportunities.  
2190 Spruce Street • P.O.Box 2514  
Florence, Oregon 97439  
(541) 997-9110  
info@florencefoodshare.org

**Florence Van Fans**  
We are looking for new volunteers to join our team and help out with new ideas and support. Van Fan volunteers raise money to help keep the busses running 5 days a week transporting cancer patients from Florence to Eugene. Our success is because of our volunteers. Please help us help others by volunteering your time. Meet 1st Wednesday of every month Shorewood Senior Living Luncheon Meeting (8.50) 1451 Spruce St 541-991-3209 or sgelmstedt@gmail.com

**Habitat for Humanity**  
Florence Habitat for Humanity ReStore is a place to put your talents to work. From customer service to furniture repair, we offer volunteer opportunities geared toward individual interests and skills. By giving your time, you help Florence Habitat ReStore do more to support building projects that benefit families in our community. 2016 Hwy 101 or email volunteer@florencehabitat.org Store hours 9am – 5pm Monday- Saturday 541-997-5834 www.facebook.com/restoreflorence

**Meals on Wheels and Cafe 60**  
Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting. 1570 Kingwood, PO Box 2313, Florence 541-997-5673 lanesenior meals.org

**Peace Harbor Volunteers**  
Join the Peace Harbor Hospital Volunteers, you will find an area of interest in a caring organization. 400 9th Street, Florence 541-997-8412 ext. 2218

**Us Too Florence**  
Saving men one PSA test at a time. "Someone to talk to...who understands!" 541-997-6626 maribob@oregonfast.net www.ustoooflorence.org

**To include your organization in this directory, please call us @ 541-997-3441**



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**THANK YOU**

The Siuslaw Athletic Booster Club would like to thank the following businesses, individuals, and organizations for supporting the Vintage Viking Booster Bash. We raised approximately \$40,000 for Siuslaw Athletics thanks to your generosity.

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