

BILLIARDS

MIDCOAST EIGHTBALL LEAGUE — MARCH 13, 2019

TEAM RANKINGS	TOTAL BALLS	ROUNDS WON
JERRY'S BOUNTY HUNTERS	2399	46
BEACHCOMBER CLAM DIGGERS	2374	46
JERRY'S BREAKERS	2272	40
BEACHCOMBER BOILERMAKERS	2029	33
FRANK'S BALL DRAGGERS	1919	31
ITCHIBAN DRUNKEN MONKEYS	1936	31
JERRY'S BALL BUSTERS	1945	30
FRANK'S SAINTS	1922	27
DEADWOOD BALLZ IN YOUR HAND	1958	25

ITCHIBAN DEAD GUYS

1725

24

PLAYERS NAME	TEAM	AVR.	TOTAL BALLS
ROBIN WILKERSON	CLAM DIGGERS	9.10	619
JENIL NANDU	BOUNTY HUNTERS	9.09	618
DANNY WRIGHT	BOUNTY HUNTERS	9.01	613
GARY WRIGHT	BOUNTY HUNTERS	8.87	603
DARREL DIXON	CLAM DIGGERS	8.75	595
ROY PAYNE	BREAKERS	8.65	588
CHEWY	BREAKERS	8.47	576
JIM BARBATA	SAINTS	8.38	570
BOB GODDARD	BOILERMAKERS	7.97	542
CRAIG STEWART	CLAM DIGGERS	8.95	537

Little from 1B

role when they eventually become seniors.

It is imperative for the coach to have the next years' team ready. Using young

players during the season can prepare them mentally and practices are the times when seniors can show their future replacements what is needed to stay competitive. When a coach decides to ride the season on the skill

and experience of just seniors and fails to substitute in younger players, he will ultimately face a rebuilding year.

An ideal program built for longevity of success should be composed of an equal

number of players from each class. The graduating players will be replaced by juniors and sophomores skilled through practice and who ready to step up. The phrase "next player up without a sudden drop in team perfor-

mance" is a prime example of a successful blend of practice preparation with game readiness.

Each year, Siuslaw High School selects a senior male and female athlete of the year. If you look at the list of

those selected, you will find most of these seniors were not only quality athletes but were also leaders by their example and work ethic. They helped their teammates improve and, as a result, their teams succeed.

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Fishing from 1B

for the remainder of the season. Trout fishing in streams will reopen May 22.

ALSEA RIVER:
Winter steelhead

Winter steelhead fishing has been slow on the Alsea River. Low and clear conditions combined with sunny blue skies have created tough conditions. The warmer weather is warming up the water temperatures

and making the fish more active and they are starting to move around in the basin.

Rain is in the forecast for this week and a big storm is forecasted for the weekend. This should greatly improve the fishing conditions in the

Alsea River for the end of the winter steelhead season.

The lower river has been in good shape and the drift boaters have been catching a few fish every day. Numbers are still low at Alsea hatchery.

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WEEK #9 WINNERS

LOSE!
to **WIN!**

TOP 5 Women



SHARON DUTTON 1.72% VICKIE HUNT 1.34% JESSICA HOLMES 1.33% JESSICA ESQUIVEL-AVALOS 1.24% LORI COFFINDAFFER 1.21%

TOP 5 Men



BRION PFENDLER 2.72% DIRK ANDERSON 1.58% BILLY EMERSON 1.56% DUSTIN WILLIAMS 1.21% BRAD KOEHN 0.70%

Contestant Name	Weekly % Lost	Total % Lost
SHARON DUTTON	1.72%	9.19%
VICKIE HUNT	1.34%	5.36%
JESSICA HOLMES	1.33%	4.36%
JESSICA ESQUIVEL-AVALOS	1.24%	5.92%
LORI COFFINDAFFER	1.21%	6.65%
ELIZABETH BURKHART	0.88%	4.01%
AMBER FOX	0.52%	6.19%
AUREA HINE	0.27%	10.45%

THERESA FOX	0.13%	1.04%
ANGIE BURNS	0.06%	9.42%
PHYLLIS "KAY" MOORE	0.00%	7.10%
CINA HALPIN	0.00%	4.06%
MARGARET JANE FREE	0.00%	7.60%
VIDA HANKS	0.00%	5.04%
CINA LOVATO	0.00%	1.10%
BETTY BLAKE	-0.04%	-1.53%

BETTY SCARBROUGH	-0.05%	5.51%
NOEMI SANTOS	-0.05%	0.56%
GUADALUPE GALVAN	-0.24%	8.03%
KIM HOLDEN	-0.30%	6.86%
AVA ANALCO	-0.50%	3.26%
KASSEY KEPPOL	-0.58%	-0.27%
SUSAN BURKHART	-0.67%	1.15%
KRISTI RIGGS	-1.03%	2.93%
BARBARA WATSON	-1.04%	5.18%
JAMIE WILBY	-1.06%	-4.62%
CARLEY SEIBETTA	-1.41%	6.09%
TERRI MASON	-2.46%	1.48%

MEN'S RESULTS

BRION PFENDLER	2.72%	5.51%
DIRK ANDERSON	1.58%	11.94%
BILLY EMERSON	1.56%	14.51%
DUSTIN WILLIAMS	1.21%	9.77%
BRAD KOEHN	0.70%	5.85%
GAYLE "JOE" MOORE	0.39%	2.76%
RON CAPUTO	0.25%	6.94%
DELBERT HANKS	0.00%	4.83%
DANNY KEPPOL	0.00%	0.18%
TYRELL HUNT	-0.09%	7.75%
JIM HECKER	-0.10%	7.15%
ROBERT YBARRA	-0.26%	2.49%
TIMOTHY MOFFETT	-0.50%	8.37%
VERNON SCARBROUGH	-0.73%	-3.10%
WES MAHLING	-2.59%	5.70%

OVER \$1,000 IN PRIZES & GIFTS

14-WEEK CONTEST
January 30 - May 8, 2019

*Weigh in each week at Coastal Fitness & Aquatics
*2285 Hwy. 101, Florence, each Wednesday, 7:30a.m.-9:00a.m. -or- 4:30p.m.-6:00p.m.
*Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.
*Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News or any other sponsors does not and cannot, guarantee their safety. Contestants understand that they should not participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on January 24 and will weigh-in every Wednesday through May 8, 2019 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.



Diet Tip #9

Lift Weights

One of the worst side effects of dieting is that it tends to cause muscle loss and metabolic slowdown, often referred to as starvation mode.

The best way to prevent this is to do some sort of resistance exercise such as lifting weights. Studies show that weight lifting can help keep your metabolism high and prevent you from losing precious muscle mass.

Of course, it's important not just to lose fat — you also want to build muscle. Resistance exercise is critical for a toned body.

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