

Track

from 1B

Little

from 1B

In addition, both 4x400-meter relay teams won their events. The Lady Viking team of Naomi Shoji, Anna Wartnik, Gracie Freudenthal and Ran-now won in 4:19.72.

For the boys, Jensen, Johnson, Jennings and Aedan Lawrence teamed up for the win in 3:50.35.

Today, Siuslaw is at the Prefontaine Rotary Invitational in Coos Bay, with the Vikings on the road at Mapleton High School Tuesday. They will return to host the annual Central Coast Invitational on Friday, beginning at 4 p.m.

adjust their pitching rotations depending on their opponents. Generally, a coach will start their number one pitcher against the toughest team.

Rain may alter the team schedule and take away the planned pitching rotation.

It is the responsibility of the home team to decide if their field is playable. This was difficult for me when I coached.

Our field was located below the Florence Events Center. If the rain was on again-off again, my prep time and lunch time meant driving to the field to determine readiness. Notifying our opponents before

they left their school meant an early decision. Driving hours to play a game only to show up and have it cancelled was a big responsibility.

In the spring of 1970, the Warrenton School Board elected to reinstate baseball as a spring sport. The decision was to play a non-conference schedule. It gave me an opportunity to turn in my track spikes for baseball cleats. It was a much better alternative for me.

It just so happens the spring of 1970 was a very good year for flowers. We were scheduled for 17 games; we played just five due to rainouts. When our non-conference games were rained out, our opponents had to reschedule league games.

They did not have available days

to get us back on schedule.

The rainouts did allow me enough time between games to start all our games. Thirty-three years later, my daughter, Charnae, would also start all the games for the Siuslaw varsity softball team. She did pitch more than five games.

If a game begins and the weather changes to intermittent showers, it is the responsibility of the umpires to decide playability. If a game is called before five complete innings, the rescheduled game is replayed from the start.

Some coaches used tactics to either speed up the game or slow it down, depending on whether or not they were ahead or behind on the scoreboard.

Back in “the day,” no team was

better at these strategies than Bandon. Unfortunately, there are no specific rules on stalling to get a game called due to the rain.

If you or your children ever played Florence Junior Baseball, you would have seen Rick and Corrine Gehlke doing everything they possibly could to get the fields at Miller Park ready for the games.

Seeing them in rubber boots and pushing wheelbarrows of sand to spread on the fields was a common sight. There were even times when either gas or diesel was burned to try and dry the base paths.

Watching softball or baseball on the Oregon coast requires warm clothes and at times an umbrella to stay dry — even if the players get wet.

Fishing

from 1B

have been catching a few fish every day. Numbers are still low at Alsea hatchery but the fishing continues to be fair overall.

The later returning right maxillary clipped fish will continue to return through April. The earlier returning left maxillary clipped fish are past peak and numbers will continue to decrease for the rest of the season.

Expect more fish to show up with each rise in the river level from now through April. Bobber fishing with jigs/bait, drift fishing, and casting lures are all effective ways to catch these hard fighting fish.

Trout fishing in streams will reopen May 22.

**SALMON RIVER:**  
*Winter steelhead*

Winter steelhead fishing closed on the Salmon River on March 31.

Trout fishing in streams will reopen May 22.

**SILETZ RIVER:**  
*Winter steelhead*

Winter steelhead fishing has been slow on the Siletz. Low and clear conditions and bright sunny skies have made for some tough conditions. Water temperatures are warming up and fish activity and movement is increasing throughout the basin.

Anglers are starting to catch more wild fish in the basin as well, remember to handle these wild fish with care and immediately release them back into the river. January is typically when

things heat up and continue through April.

Side drifting, bobber dogging, bobber fishing with jigs, and casting lures are all great techniques to catch winter steelhead.

Trout fishing in streams will reopen May 22.

**WILSON RIVER:**  
*Steelhead*

Fishing on the Wilson has been moderate, despite the challenging conditions, with some fish being caught. Catch-and-release only for wild fish.

The Wilson is predicted to start rising on Friday and peak under 6 feet on Sunday afternoon. There have been fish available and the rain could get fish moving and more active.

There are hatchery and wild fish available through-

out the system, and bright fish still coming in (catch-and-release only for wilds).

Trout fishing in streams will reopen May 22.

**YAQUINA RIVER:**  
*Winter steelhead*

Winter steelhead closed on the Yaquina and Big Elk on March 31.

Trout fishing in streams will reopen May 22.

**COOS RIVER BASIN:**  
*Winter steelhead*

Steelhead returns should begin to drop off as the month progresses, and some of the steelhead encountered will be spawned out.

Trout fishing in streams and rivers will open May 22, while lakes in the basin are open year-round.

**TENMILE LAKES:**  
*Trout, warmwater species, largemouth bass*

Tenmile Lakes should start giving up some nice holdover trout in the coming weeks; some can measure over 17-inches long.

Fishing for largemouth bass, bluegill, crappie and brown bullhead catfish should begin to “turn on” with spring weather and longer days.

Yellow perch fishing should also pick up this time of year, with some fish in the 9- to 12-inch range. Look for yellow perch in the deeper mudflats in the lake. Anglers are using small jigs or a worm on a hook fished near the bottom.

**UMPQUA RIVER, SOUTH:**  
*Winter steelhead*

The river should be in shape for the weekend. Lots of hatchery fish have been reported this year. Anglers

were doing well in the upper sections of the South around Canyonville this past week.

**WINCHESTER BAY:**  
*Bottomfish, perch*

Fishing in the Triangle and South jetty has been successful.

**PACIFIC OCEAN and BEACHES:**  
*Bottomfish, salmon, halibut, surfperch*

Bottomfishing has been good when the ocean lays down and anglers have been able to make it out.

Bottomfish anglers may now fish at all depths until May 1. Fishing for lingcod and rockfish has been good when the ocean is calm enough to fish. The daily bag limit for marine fish is 5 plus 2 lingcod. The retention of cabezon is closed until July 2019.

LOSE!

to WIN.

TOP 5 Women



KIM HOLDEN 2.08%



CARLEY SEIBETTA 1.82%



PHYLLIS “KAY” MOORE 1.58%



GUADALUPE GALVAN 1.10%



BARBARA WATSON 0.52%

TOP 5 Men



VERNON SCARBROUGH 2.20%



GAYLE “JOE” MOORE 1.18%



TIMOTHY MOFFETT 1.06%



RON CAPUTO 0.63%



BRAD KOEHN 0.51%

Contestant Name	Weekly % Lost	Total % Lost
WOMEN’S RESULTS		
KIM HOLDEN	2.08%	8.94%
CARLEY SEIBETTA	1.82%	7.92%
PHYLLIS “KAY” MOORE	1.58%	8.68%
GUADALUPE GALVAN	1.10%	9.13%
BARBARA WATSON	0.52%	5.70%
ANGIE BURNS	0.50%	9.92%
AUREA HINE	0.38%	10.82%
AMBER FOX	0.31%	6.51%
TERRI MASON	0.29%	1.77%
SHARON DUTTON	0.13%	9.32%
SUSAN BURKHART	0.00%	1.15%

THERESA FOX	0.00%	1.04%
MARGARET JANE FREE	0.00%	7.60%
VIDA HANKS	0.00%	5.04%
KASSEY KEPPOLE	0.00%	-0.27%
KRISTI RIGGS	0.00%	2.93%
JAMIE WILBY	0.00%	-4.62%
BETTY SCARBROUGH	-0.10%	5.42%
JESSICA HOLMES	-0.22%	4.14%
NOEMI SANTOS	-0.30%	0.25%
JESSICA ESQUIVEL-AVALOS	-0.52%	5.40%
BETTY BLAKE	-0.72%	-2.25%
VICKIE HUNT	-0.83%	4.54%
LORI COFFINDAffer	-0.93%	5.73%
ELIZABETH BURKHART	-2.32%	1.69%

MEN’S RESULTS		
VERNON SCARBROUGH	2.20%	-0.90%
GAYLE “JOE” MOORE	1.18%	3.94%
TIMOTHY MOFFETT	1.06%	9.43%
RON CAPUTO	0.63%	7.57%
BRAD KOEHN	0.51%	6.36%
DIRK ANDERSON	0.39%	12.33%
DUSTIN WILLIAMS	0.33%	10.09%
ROBERT YBARRA	0.00%	2.49%
JIM HECKER	-0.05%	7.10%
BRION PFENDLER	-0.72%	4.78%
TYRELL HUNT	-0.92%	6.83%
DELBERT HANKS	-1.05%	3.78%
WES MAHLING	-1.09%	4.61%



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.

TOTAL POUNDS LOST TO DATE

431.4

Diet Tip #10

Eat More Vegetables and Fruits

Vegetables and fruits have several properties that make them effective for weight loss.

They contain few calories but a lot of fiber. Their high water content gives them low energy density, making them very filling.

Studies show that people who eat vegetables and fruits tend to weigh less.

These foods are also very nutritious, so eating them is important for your health.

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Siuslaw News

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