

HOF from 1B

Selection.

He led the Vikings to three state tournament appearances. He played in the Northwest Shootout All-Star Game, averaged 28 points

and 7 assists per game as a junior, then 21 points and 9 assists per game as a senior — including 47 points and 12 assists in a game against Toledo.

Voogd was a member of the 2007 LSU team that won the SEC Championship and

advanced to the NCAA Final Four, finishing with a No. 3 ranking in the AP Top-25.

• Jesse Schutte (2006) won three individual 3A state golf championships, one of only two high school golfers in Oregon to achieve that distinction. Schutte was also a four-time district champion who led his team to a state title, averaging a score of 70.2 his senior.

Schutte finished eighth in the Junior World Championship, was a two-time Oregon team champion in the Junior Americas Cup, and was the youngest-ever participant in the Oregon Classic at the age of 16.

• Scott Parker (1981) was a standout on Siuslaw's 1981 state 2A championship football team and according to some the best football player to come out of Siuslaw. Parker led the Viks in rushing

that season, including 1,085 yards on 115 carries during league play, scoring 16 touchdowns and 102 points leading Siuslaw into the play-offs in 1981 — where they tied for the state 2A title with South Umpqua in a 0-0 stalemate.

• Andy Rodet (1992) won state titles in both the long jump (21-8.5) and triple jump (45-1) his senior year 1992.

• Bruce Plaep (1972) still holds the school record in the shot put (52-1) set in 1972, and once held the school's discus record (154-6), which is still Siuslaw's fourth-longest throw in school history.

He was a three-sport athlete who also competed in football and basketball.

• Raelyn Robinson (2010) won state titles in cross country and the 1500-me-

ter race in track and field. She was also on three state championship cross country teams for Siuslaw. Robinson still holds the school record in the 1500 meters. At one time, she held the school record in the 800, 1500, 3000 and 5000 (Cross Country).

She remains on Siuslaw's top 10 list in the high jump and qualified for state in it.

• Caley Nordahl (2001) was a three-sport athlete who excelled volleyball, basketball and track. In track, Nordahl competed in four events at the state meet her senior year: the high jump, triple jump, 400 meters and as a member of the 4x400-meter relay team.

She graduated holding the school record in the triple jump (35-0), and still holds the second-best mark in the high jump (5-4), 400 meters (59.84) and is remains a

member of the third-fastest 4x400 relay team (4:08.7.)

Tickets will be soon be available for those wishing to attend the ceremony, which will also include a full dinner.

Doors will open at 5:30 p.m.

Selection to the Hall of Fame is based on at least one of four criteria, including athletic accomplishment during and/or beyond high school; team success or achievement; contribution to the athletic program and its success as a private citizen; as an outstanding district employee; or academic achievement beyond high school.

For more information on the Siuslaw Hall of Fame or this year's induction ceremony, visit the HOF Facebook page at facebook.com/groups/SiuslawHOF.

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Fishing from 1B

warmwater fish more active. These fish will start heading into the shallows for the spring spawn creating good fishing opportunities.

SIUSLAW RIVER:

Winter steelhead

Winter steelhead fishing closed on the Siuslaw and Lake Creek on March 31 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.

The popular NF Alsea fishery is very low and clear and has been slow and will benefit from the forecasted rain. 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 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.

WEEK #12 WINNERS

LOSE!
to **WIN!**

TOP 5 Women



AUREA HINE 1.94%



BETTY BLAKE 1.82%



NOEMI SANTOS 1.11%



SHARON DUTTON 1.10%



PHYLLIS "KAY" MOORE 1.05%

TOP 5 Men



GAYLE "JOE" MOORE 7.48%



JIM HECKER 1.93%



DIRK ANDERSON 1.91%



BRAD KOEHN 1.73%



ROBERT YBARRA 0.99%

Contestant Name	Weekly % Lost	Total % Lost
WOMEN'S RESULTS		
AUREA HINE	1.94%	12.33%
BETTY BLAKE	1.82%	-0.34%
NOEMI SANTOS	1.11%	1.47%
SHARON DUTTON	1.10%	11.79%
PHYLLIS "KAY" MOORE	1.05%	10.20%
JESSICA ESQUIVEL-AVALOS	0.92%	7.13%
GUADALUPE GALVAN	0.91%	9.37%
ANGIE BURNS	0.62%	11.15%
CARLEY SEIBETTA	0.52%	9.38%
VICKIE HUNT	0.43%	3.67%
KRISTI RIGGS	0.43%	2.17%

SUSAN BURKHART	0.00%	1.39%
AMBER FOX	0.00%	6.09%
JESSICA HOLMES	0.00%	3.42%
KIM HOLDEN	-0.10%	8.84%
LORI COFFINDAFFER	-0.17%	7.52%
VIDA HANKS	-0.23%	4.34%
BETTY SCARBROUGH	-0.44%	5.03%
BARBARA WATSON	-1.04%	6.10%
ELIZABETH BURKHART	-1.94%	3.00%

MEN'S RESULTS		
GAYLE "JOE" MOORE	7.48%	11.02%
JIM HECKER	1.93%	9.37%
DIRK ANDERSON	1.91%	12.45%
BRAD KOEHN	1.73%	7.79%
ROBERT YBARRA	0.99%	4.36%
DUSTIN WILLIAMS	0.98%	11.68%
RON CAPUTO	0.95%	8.83%
TIMOTHY MOFFETT	0.81%	10.64%
TYRELL HUNT	0.09%	6.35%
WES MAHLING	0.00%	4.61%
BRION PFENDLER	0.00%	5.33%
VERNON SCARBROUGH	-0.34%	-0.68%
DELBERT HANKS	-1.59%	1.69%

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 #12

Get Good Sleep

Sleep is highly underrated but may be just as important as eating healthy and exercising.

Studies show that poor sleep is one of the strongest risk factors for obesity, as it's linked to an 89% increased risk of obesity in children and 55% in adults.

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