

Calendar

May 10

- SHS baseball hosts Marshfield 3 p.m. and 5 p.m.
- SHS softball hosts Marshfield 3 p.m. and 5 p.m.
- SHS track & field District — Day 1 at Marist H.S. 11 a.m.

May 11

- MHS track & field District meet at McKenzie H.S. 11 a.m.

Tide Tables

Entrance Siuslaw River

High Tide **Low Tide**

May 8

2:22am / 7.6 9:29am / -1.1
4:07pm / 6.0 9:19pm / 2.9

May 9

3:06am / 7.3 10:18am / -0.9
5:05pm / 5.9 10:14pm / 3.2

May 10

3:58am / 7.0 11:14am / -0.6
6:07pm / 5.8 11:24pm / 3.3

May 11

5:03am / 6.5 12:16pm / -0.3
7:11pm / 6.0

May 12

6:20am / 6.1 12:45am / 3.1
8:11pm / 6.2 1:21pm / 0.0

May 13

7:42am / 6.0 2:07am / 2.5
9:03pm / 6.6 2:24pm / 0.2

May 14

9:01am / 6.0 3:17am / 1.7
9:50pm / 7.1 3:22pm / 0.4



NED HICKSON/SIUSLAW NEWS

Siuslaw freshman Bailey Overton knocked in 7 RBIs and went 4-for-6 at Cottage Grove last Friday.

LADY VIKS CAGE LIONS IN DOUBLEHEADER

The Siuslaw boys team was swept in Cottage Grove as the season enters its final week for both teams.

By NED HICKSON
Siuslaw News

SHS girls: 226 03 — 13 11 1
CGHS girls: 100 01 — 2 5 1
SHS girls: 117 200 4 — 4 15 12
CGHS girls: 002 206 0 — 10 8 2

SHS boys: 100 030 0 — 4 7 3
CGHS boys: 301 003 X — 7 4 0
SHS boys: 000 12 — 3 4 2
CGHS boys: 651 2X — 14 12 3

Both Siuslaw ball clubs were on the road last Friday to take on the Lions in Cottage Grove. It was the second time the teams have faced each other on the diamonds, and Friday's match-up was similar to the previous outcome — with the Lady Viks sweeping their opponents and the boys team getting cut short in each game of their doubleheader.

For the Lady Viks, it was a

quick victory in the opener thanks to a 6-run series in the third inning that put Siuslaw head 10-1 and just one score away from a five-inning win. The Viks tacked on 3 more runs in the top of the fifth, and though Cottage Grove was able to bring 1 run across the plate in the bottom of the inning, it was well short of keeping Siuslaw from the win, 13-2, due to the 10-run rule.

"I was pleased to see our

See VIKS 2B

SAILORS HEAD TO DISTRICT THIS WEEKEND

By NED HICKSON
Siuslaw News

Mapleton's track team finished its regular season of competition last Friday at the Toledo Twilight Invite, where 10 teams from multiple divisions were on hand, including 4A Junction City and Tillamook, along with 1A Crow, Eddville and Clackamas Christian.

Mapleton athletes set a total of

12 personal records, two PRs each for junior Trinity Holmes, freshman Briar Shird, and sophomore brothers Phillip and Robert Burnett.

Holmes ran a PR mark of 2:50.32 in the 800 meters, then landed a throw of 68-0 in the javelin. Shird had her first PR of the day in the 200 meters with a time of 32.24. She then leaped 13-04 in the long jump for her second personal record.

Phillip and Robert Burnett each ran PRs in the 300 meters, with times of 13:08.13 and 13:11.64, respectively.

Phillips went on to run a time of 52.85 in the 300-meter hurdles, and Robert's second PR was landed in the triple jump at 33-03.

Meanwhile, other Mapleton athletes also had PRs on the day.

See MHS 2B

Vik tracksters gain speed as district meet approaches

By NED HICKSON
Siuslaw News

With the Sky-Em District Championships less than three days away, Siuslaw's momentum is continuing to build toward what could be multiple individual district titles and trips to state May 17 and 18.

This past Friday, junior Hannah Rannow, who recently moved into the No. 2 spot on Siuslaw High School's top-10 list in the 3,000 meters, set the fifth-fastest girls time in school history in the 1,500 meters during the Wally Ciocchetti Invitational in Cottage Grove.

Rannow, who won the event Friday, ran a time of 4 minutes, 50.75 seconds for a personal record, surpassing Siuslaw alumni Juline Walker and Hadley Roe.

Siuslaw's other two wins on the day came from junior Anne Wartnik in the 3,000 meters with a season

See TRACK 2B

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

MID COAST LAKES

Stocking of the mid-coast lakes will begin the first week of February. Check the stocking schedule online for dates and locations of stockings. These early stockings include: Alder and Dune Lake, Cleawox, Lost Lake, Munsel Lake, Thissel Pond, Mercer Lake, Big Creek Reservoirs, Ollala Reservoir and Devils Lake.

ALSEA RIVER: Winter steelhead

Winter steelhead fishing has been slow on the Alsea River and on the popular NF Alsea bank fishery. The river is in prime shape after the high water but the fishing continues to be slow. The Alsea River remains open for steelhead through the month of April but will close on April 30. Even though the fishing has been slow there are still a few bright fish around.

The later returning right

See FISHING 3B

PeaceHealth, local schools to offer free sports physicals

Free sports physical forms are available at schools in Florence and Mapleton

On Tuesday June 4, PeaceHealth Medical Group in Florence will be partnering with Florence and Mapleton schools to provide free sports physicals to students.

PeaceHealth Medical Group will contribute medical supplies along with the time and expertise of five providers and several Medical Assistants for the sports physicals, which can be obtained during the Sports Physical Day being held at Siuslaw Middle School.

Sports physicals are required in

order to participate in extracurricular sports in grades 6 through 12, and in some youth sports leagues. This pre-participation physical exam is an important part of safe sports participation.

The exam can help screen athletes for potential illness or conditions that may limit or restrict their ability to participate in a school sport. It helps ensure that students who play sports are physically capable of meeting the demands of the sport in which they choose to participate, and don't have any conditions that

may be aggravated by intense exercise.

Sports physicals are required prior to the student starting any type of practice related to their chosen sport.

During the Sports Physical Day, students receive a "Sports Pre-Participation Examination." This examination includes height, weight, blood pressure, pulse check, eye chart exam and examination by a provider. Also included is a health history questionnaire that asks about the student's medical history of injury,

illness and other conditions, such as asthma, to help ensure that they are being properly cared for and any or all conditions a student may have are being properly addressed.

If a provider encounters a medical issue with a student, this information will be documented on their sports physical form and the parents and/or guardians will be notified by an employee from PeaceHealth Medical Group to allow student issues to be addressed

See PHYSICALS 2B



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COAST REAL ESTATE

A mother is she who can take the place of all others but whose place no one else can take. Life doesn't come with a manual, it comes with a mother

Happy Mother's Day!