

SCORES & STANDINGS

BOWLING

SUMMER SENIOR TRIO	6/12/19	WINS	LOSSES
TEAMS			
GUMDROPS	17	3	
NEVER SAY DIE	16.5	3.5	
STORM	14.5	5.5	
SUMMER FUN	10	10	
NO TEN	9.5	10.5	
3 TRAVELERS	5.5	14.5	
GREAT PUMPKINS	4	16	
TEAM 5	3	17	
HIGH GAME SCRATCH			
MEN			
LARRY LAVIOE	237		
WOMEN			
LINDA SPECHT	183		
HIGH SERIES SCRATCH			
MEN			
CAL HILKEY	588		
WOMEN			
PAT EDDY	455		
HIGH HDCP GAME			
MEN			
DUANE CUNNINGHAM	253		

WOMEN	WINS	LOSSES
PHYLLIS LOTTON	234	
HIGH HDCP SERIES		
MEN		
MICHAEL MACDUFFEE	635	
WOMEN		
SALLY JORDAN	621	
6/19/19		
WINS		
GUMDROPS	20	4
STORM	18.5	5.5
NEVER SAY DIE	16.5	7.5
NO TEN	12.5	11.5
SUMMER FUN	11	13
3 TRAVELERS	9	15
GREAT PUMPKINS	5	19
TEAM 5	3.5	20.5
HIGH GAME SCRATCH		
MEN		
BOB BROWN	251	
WOMEN		
LAURA MATHENY	189	
HIGH SERIES SCRATCH		
MEN		
REESE TIMONEN	545	
WOMEN		

RACHEL TIMONEN	503
HIGH HDCP GAME	
MEN	
LARRY LIEBERENZ	232
WOMEN	
SALLY JORDAN	242
HIGH HDCP SERIES	
MEN	
KEITH KRAFT	591
WOMEN	
PAT EDDY	638

GOLF

OCEAN DUNES GOLF LINKS — 2P BEST BALL 6-13-19
FLIGHT 1
1ST LOW GROSS: JOE WRIGHT & GARY KADEL — 74
1ST LOW NET: BILL GILLETTE & RICK LANASA — 60
FLIGHT 2
1ST LOW GROSS: JACK KAY & DAN PEASE — 80
1ST LOW NET: HERB SWAIN & DICK KAPRIELIAN — 59
FLIGHT 3
1ST LOW GROSS: LLOYD BAKER & RICK HARDWICK — 84
1ST LOW NET: DAVID RIPLEY & BOB GRAVES — 59

Little from 1B

talks I had with my athletes was about pain. They were told to expect some bumps and bruises while playing; you will experience pain on the field as collisions are occurring.

I also told them there is a difference between pain and injury. An injury may affect your ability to perform but pain does not always mean you are injured.

Will the use of marijuana change the players' ability to perform?

Coaches will need to

know whether or not a player is using marijuana for pain management. This use may alter game plans.

David Irving, a defensive tackle in the NFL, was suspended indefinitely for violating the leagues' substance abuse policy. His response on hearing the news of using marijuana for pain management: "I told you so!"

His use of marijuana to ease his pain is what lead to his suspension.

Performance enhancing drugs (PED) are the main concern for all sports.

As the money gets high-

er there is a greater chance of players trying to get an edge on their competition by using a PED.

The last question, for now, is marijuana a PED? I am quite sure all the people in Las Vegas and around the country selecting their fantasy football teams this fall will be interested in the NFL's decision on this manner.

As for me, my favorite PED is adrenaline.

Every time a competition is close, my body responds with a rush of readiness in the form of adrenaline.

Fishing from 1B

been improving on Siltcoos and Tahkenitch lakes. The recent warm weather is warming up the water and getting the fish more active. We are now in the post spawn time of year, fish will start to move out the shallows and disperse throughout the lakes into a variety of habitats. Warmwater fishing will continue to be good through the summer and into the fall.

Siltcoos also gets stocked rainbow trout, check the stocking schedule for numbers and dates of stockings.

SIUSLAW RIVER:

Cutthroat trout

Trout fishing in streams is open. Check the regulations for open areas and gear restrictions.

ALSEA RIVER:

Cutthroat trout

Trout fishing in streams are open. Check regulations for open areas and gear restrictions.

SALMON RIVER:

Cutthroat trout

Trout fishing in streams are open. Check the regulations for open areas and gear restrictions.

SILETZ RIVER:

Summer steelhead, spring Chinook, cutthroat trout

The Siletz River is open year-round for steelhead and summer steelhead fishing has been slow so far this season but should improve towards the end of June and the early part of July.

Anglers are catching summer steelhead throughout the system but the best fishing is in the Moonshine and gorge areas. The summer steelhead fishery picks up in May and peaks in June and July.

Fishing peaks mid-June through August and then continues to produce fish until the heavy rains come in the fall.

The 4.0-mile bridge (aka Steel Bridge) in the Siletz gorge is open to motorized vehicles but is only open to public vehi-

cles on the weekend. Anglers can walk/bike in the road during the weekdays. If anglers do walk in they can park at the one mile gate and start from there.

Trout fishing is open on the Siletz. Check the regulations for open areas and gear restrictions.

WILSON RIVER:

Steelhead, Chinook, cutthroat trout

The summer steelhead run is starting on the Wilson River and a few fish have been caught. There should be fish starting to disperse throughout the basin. The run will improve through June, and fish will be available throughout the summer. Bobber fishing with jigs/bait/beads, casting lures, and drift fishing are great techniques to catch a summer steelhead.

The river is low and clear, so fishing light tackle and starting early are keys to success in this fishery.

Trout fishing in streams is open. Fishing should be fair to good throughout the river.

YAQUINA RIVER:

Cutthroat trout

Trout fishing in streams is open.

TENMILE LAKES:

Trout, warmwater species, largemouth bass

Conditions should be

prime for bass, crappie, bluegill, and brown bullhead catfish fishing at this time. Anglers also use small jigs or a worm on a hook fished near the bottom to catch yellow perch.

The Tenmile Lakes have been stocked with legal-size rainbow trout.

Tenmile Lakes provide some nice holdover trout this time of year, and some can measure over 17-inches long. Try trolling slowly with a spinner or spoon, tipped with a worm, to catch these larger trout. Trout fishing may slow down with warmer weather, as the summer progresses.

UMPQUA RIVER,

SOUTH: *Trout, bass, warmwater*

Some stretches of the South are closed to fishing still. Please consult the fishing regulations for more info. Trout fishing in the entire basin is catch-and-release only. Bass fishing has been good throughout.

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.

Habitat for Humanity

Construction Volunteers needed for each stage of the building process. Experience is a plus, but not required. Help us build a new home For information call 541-902-9227

Helping Hands Coalition

We are in need of volunteers on Monday, Wednesday and Fridays. We need volunteers to serve food, set up for meals and also prepare meals beginning at 11:00 am and finishing at 2:00pm.
New Location: Community Baptist Church, 4590 Hwy. 101, Florence (Across from Fred Meyer)

Senior Services Advisory Council Needs New Members

Are you a senior? Have a passion for working with seniors? If yes, please consider applying for the Senior & Disability Services (S&DS) Senior Services Advisory Council. S&DS serves all of Lane County with a wide range of publicly funded services for older adults and persons with disabilities. The council advises S&DS on services and advocates on senior topics. Contact us at: sdsadvisorycouncil@lcog.org or download an application from: <http://www.lcog.org/827/SSAC-Council-Membership> Application deadline: April 26, 2019.

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

Memory Care Respite of Florence

Come join the team! Memory Care Respite of Florence is looking for new volunteers to spend time socializing, playing games, listening to music, and having coffee and lunch with our participating senior citizens. Our program depends on volunteer power to stay afloat and time is running out! If you're at all interested in socializing and relaxing with seniors while their loved one takes a break, please email us for more information. We need more volunteers like YOU to keep our program going. Contact us at memcarerespite@gmail.com

Oregon Coast Humane Society

relies heavily on volunteers. There are many opportunities to volunteer and a variety of skills and talents are always in need. Volunteer interest forms may be found online, at the shelter and at our Thrift Shop on Bay Street.
www.oregoncoasthumane.org/volunteer/

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



In 2019 we will be celebrating the 80th anniversary of our business in Florence. It is time to express the appreciation and gratitude we feel, and have always felt, for the friendship, trust and loyalty of those who live in this community. It is your confidence in us and your continued patronage that has made these 80 years such a pleasurable experience. Thank you.
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Volunteer Get involved Donate
Do your part and volunteer today to help support these local non-profit organizations in our community!