

Library presents life of Woody Guthrie

Folksinger and storyteller Adam Miller will present his award-winning “Woody Guthrie: When the World’s on Fire” at 2 p.m. on Sunday, July 14 — the anniversary of Guthrie’s birth — at the Siuslaw Public Library, 1460 Ninth St. in Florence.

In his short life from 1912 to 1967, Woody Guthrie authored over 1,000 American songs — and he didn’t use an original melody for any of them. Miller’s outstanding musical tribute tells the story of the man who wrote “This Land is Your Land,” one of the most widespread English language folksongs.

Miller is a renowned old-school American troubadour and a natural-born storyteller. His original nonfiction account of

Guthrie’s life received the prestigious Storytelling World Award in 2019.

One of the premier auto-harpists in the world, he is an accomplished folklorist, song-collector and raconteur, who has amassed a remarkable repertoire of more than 5,000 songs.

Miller is a masterful entertainer who never fails to get his audience singing along. He accompanies his resonant baritone voice with lively finger-picking acoustic guitar, and stunningly beautiful autoharp melodies.

Skillfully interweaving folksongs and the stories behind them with the elegance of a documentary filmmaker, he has distinguished himself as one of the great interpreters of American folksongs and as a storyteller par excel-



Adam Miller, award-winning storyteller, will bring the story of Woody Guthrie to the Siuslaw Public Library on July 14, Guthrie’s birthday.

And he is that rare performer who appeals to audiences of all ages.

For more information call 541-997-3132. The concert is free to the pub-

lic, but people are asked to arrive early for best seating.

For more information on Miller, visit www.folksinging.org.

The hardest year — junior year recap

By RAMIRO RAMIREZ
SIUSLAW HIGH SCHOOL STUDENT

Well, here we are again. School’s out. What better way to end it with an entire recap of the school year? To give a bit of an overview, I’ve heard from many that the junior year of high school is the hardest, and boy did that come true very quickly for me. But it didn’t stop there. In fact, something would happen that I never thought I would have to do in order to stay afloat during the school year.

As always, back-to-school ads started to pop up everywhere way too early in the summer. What a nightmare that is! The earlier they are, the worse it is. I started seeing them around mid-August, which means that the companies wanted to cut some slack for making us go through those awful, school-is-such-a-cool-place commercials. Soon, September came, and I was robbed from my summer freedoms.

Junior year: the second to last year before your class finally gets a little more attention from the school.

To start off the semester, I would have the following classes: first period, U.S. History; second period, English III; third period, Exploring Computer Science; fourth period, Advanced Chemistry; fifth period, Health II; sixth period, Algebra II; and finally, seventh period, Leadership.

At first, things seemed to not be as frantic and hellish as I’ve heard others say before. But right around November, that’s when things started to speed up faster than other school years.

Advanced Chemistry was

by far the toughest class I’ve ever taken, surpassing even Intro to Mechanics, which I took my freshman year. To raise the stakes, it was Advanced Chemistry was a college class. So, while students would not have to take that class when they reached college, we had to face the challenges right then.

Meanwhile, Exploring Computer Science was shaping up to be my favorite class of the year. It was a class that I found myself truly enjoying. While we did a lot of fun things with computers, it wasn’t just all about coding. We also expressed questions about computers in our life, the history of computers and so much more. My favorite unit had to be block coding. Thanks to MIT’s Scratch, I’ve been able to code many games, presentations and creations.

Winter came and things were still going strong for me. As for my extracurricular activities, they were still as busy as before. I still did piano, dance — both tap and lyrical partner dance — and soccer. I even kept up with my monthly article in the Siuslaw News.

Christmas break came and I decided to take advantage of the situation we were about to be handed. On the bright side, we went to California for an extended two weeks, meaning I got a whole month off from school. Unfortunately, the reason for it was to commemorate the first anniversary of the passing of my sister, Lilly Oneida Ramirez.

Even before we crossed the Oregon/California border, I knew that I would not have enough time to finish playing catch-up with the work I was given beforehand in such a short amount

of time.

When we came back from Winter Break, I was scrambling to get things in control. This is when it started to crumble. I was still far from the danger zone, but it couldn’t be stopped. My Junior year was slowly heading towards Hell.

Second semester came and I only had one class change. I had finished my Health credits and proceeded towards another college class. But I knew from the get-go I wanted to do this class, not because the state told me I had to do it, but because it was based on my own decision.

Out went Health II and in came Computer Science 160. With a more in-depth experience, I was ready to discover more on how a computer worked.

Meanwhile, I executed all my finals with passing scores. My GPA was looking healthy as well, but then came Spring Break.

The moment I stepped out of the high school doors for Spring break, something did not feel right in my stomach. I didn’t feel like vomiting, but when I got home, I started to get hot. I then decided to take a quick nap because I knew that I was getting a fever. Last time I had a fever, I took a nap in layered clothing, and after that, no more fever. So this should be the same thing as well no?

Well, it initially worked, but one hour later while eating dinner at ICM, the fever came back, and my taste started to be disrupted.

Surely, I needed medical attention after trying to get rid of it. Then came trying to fix my ear infection with medicines, which unfortunately led to another de-

velopment. The day after I took my last pill, there was a red itchy spot on my chest. I shrugged it off because it didn’t seem that big a deal. But after showering the next day, my whole chest and arms were covered in rashes so horrifying, my mother immediately took me to the emergency room. After staying there for a while, we discovered I had an allergy.

Like my Winter Break, my Spring Break was extended by two full weeks. When I came back, I was in a heap of trouble — not by authority, but grade wise.

Soon, my grades fell like an anchor. I was able to salvage some good grades by classes I had a good grip on, but other classes that were harder made things worse. By the end of April, I needed to revitalize the situation. I did this by dropping out of my extracurriculars. It was an unfortunate shame, but you have to do what you have to do in order to survive a school year. Hopefully sometime in the future I can return to these activities.

With the end of the school year approaching fast, I focused on school-work more than ever. At first it was hard, since the amount of work I missed had to be turned in as soon as possible, and most of it was either overdue or nearing its due date. Eventually, after making the time to do it, everything fell into place by the second to last week of school.

Whew. I’m not sure of the rest of the Class of 2020, but my junior year was definitely the hardest in my life. Here’s looking forward to Summer Break. Maybe I can get two extra weeks for this break, too!

Families can learn to save money grocery shopping

Families on a tight budget report that the cost of healthy groceries is their biggest barrier to making healthy meals at home. Food skills, like smart shopping, can help overcome that barrier.

Cooking Matters at the Store is a free program of FOOD For Lane County and OSU Extension SNAP-Ed that empowers families to stretch their food budgets so their children get

healthy meals at home.

This program will be in Florence on Monday, July 8, from 10 a.m. to noon at Fred Meyer, 4701 Highway 101.

People are asked to register at www.eventbrite.com/e/cooking-matters-at-the-store-florence-tickets-63386704339 or by contacting Beatriz at 541-283-5120. Space is limited. Healthy food doesn’t have to break the bank.

FRESH CRAB

FIRECRACKER GRILLED SALMON

Recipe by Southern Living

INGREDIENTS:
6 (6-oz.) salmon fillets
1/2 cup vegetable oil
1/4 cup reduced-sodium soy sauce
1/4 cup balsamic vinegar
1 tablespoon honey
2 teaspoons finely chopped garlic
2 teaspoons dried crushed red pepper
1 1/2 teaspoons ground ginger
1 teaspoon sesame oil
1/2 teaspoon table salt
1/4 teaspoon onion powder

DIRECTIONS:
Place salmon fillets in a large zip-top plastic freezer bag. Whisk together vegetable oil, soy sauce, balsamic vinegar, honey, garlic, dried crushed red pepper,

ground ginger, sesame oil, table salt, and onion powder. Pour over salmon, reserving 1/4 cup mixture. Seal and chill 30 minutes. Preheat grill to 400° (high) heat. Remove salmon from marinade; discard marinade. Grill salmon, without grill lid, 4 to 5 minutes or until fish is cooked through and flakes with a fork turning occasionally and basting with reserved marinade. Remove and discard skin. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

FRESH IN THE CASE THIS WEEK:
Crab, Salmon, Halibut, Rock Fish, Ling Cod, Dover Sole, Oysters, Mussels, Smoked Fish and more.

Happy 4th July

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