don't forget to recycle

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THESIUSLAWNEWS.COM

Little

from 1B

(Unless your PE Teacher was Coach Lutero.) Our PE classes included a variety of activities unrelated to extracurricular sports available after school.

There were few — if any — club sports during my time at Warrenton High School. Athletes were expected to change shoes and location as the next sport season arrived. This diversity in sports allowed athletes opportunities to engage in more than one sport.

Today, with the coronavirus shutting down sports at all levels, a sports enthusiast must find other entertainment.

The options include watching a variety of past games on ESPN. This is like watching a movie you already know the ending to. So, it is with diversity we need to find other media entertainment to grab our attention.

Depending on the cable or satellite dish of your household, the options may be between few to literally hundreds. If there are several of you, and the number of TVs is limited, then your opportunity to watch shows of your choosing will be restricted.

There is the option of reading about sports. I have several sports-related books I have read and, since the library is currently closed as a precaution to COVID-19, I have started to read these books again.

My wife looks at me as if to say, "Haven't you read that book before?"

To which I answer, "Yes, I have. But many people watch the same movies over and over so I can reread books if I so choose."

This downtime for 24/7 sports reporting and game watching has altered some of my priorities in the value of watching televised sports.

To be honest, the only sports I am missing is the Miller Park games that would have been played by my three young grandchildren.

They have such fun and joy in playing that it carries over to my wife and I while watching them.

I was going to write about how different athletes have adjusted to a season cancelled. The NCAA has decided to add an additional year of eligibility to all spring athletes.

Seniors will need to evaluate the pros and cons of coming back for another year. Siuslaw and Mapleton high school senior athletes have no such options.

Most will leave with unfulfilled individual and team awards and records that may have been achieved but now never will. It is so much different than an individual losing a year of competition due to injury.

It is an entire team sidelined for safety to themselves and others.

This pandemic has awakened the sports world to things much more important than being bigger, faster and stronger.

I can only hope that all of us see the importance of one another's safety and health through the lost sports season.

Let us hope it is only the one season.

OSAA

from 1B

and personnel costs for school districts already facing uncertain financial impacts, as well as scheduling issues regarding facility availability, student/family commitments for jobs, travel, etc."

Regarding safety issues associated with COVID-19, Weber said OSAA staff has been working with its Chief Medical Advisor and Sports Medicine Advisory chair Dr. Mick Koester to develop acclimatization guidelines, which the board approved to emphasize student safety if schools are able to reconvene this spring.

Among the guidelines the board adopted to included:

- An initial 7-day period with practices only, no contests
- Limiting practices to once per day and no more than three hours in length
- Maintaining the current requirement of no more than six consecutive days without a rest day
- Continuing heat warnings as appropriate to weather and baseball pitch count limitations
- Limiting the number of contests allowed in a week specific to each activity (more details to come later)
- Emphasizing late afternoon starts and weekend contests when possible to limit loss of class time

The OSAA Executive Board has an online meeting scheduled for April 15 to discuss developments regarding this situa-tion and to take any action it deems necessary regarding spring activities and state championships. The OSAA will post updated information to the website as well as send an update to all schools following that meeting.

Visit http://www.osaa.org/coronavirus for OSAA policies, plus health and safety resources, related to COVID-19.

Faith – Friendship - Fellowship – Fun
CHURCH DIRECTORY

To include your organization in this directory, please call us @ 541-997-3441

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
Online Worship Services 11:00 AM Sunday
All our welcome! 541-999-1979.
Bishop Larry Farnsworth

COMMUNITY BAPTIST CHURCH
4590 Hwy. 101, Across from Fred Meyer –- 997-7418
Sunday School, 9:30a.m. – Worship, 10:45
Wed. Prayer - 6:00 p.m. –
Wed. Ministries 1-8 Grade 7 p.m.

CROSS ROAD ASSEMBLY OF GOD
Corner of 10th & Maple –997-3533
We will be live streaming from
Facebook at 10am Sunday morning.
Link to our website
https://www.florencecrossroadag.org/church-online
All other platforms will be update after the service.
florencecrossroadag.org
office@florencecrossroadag.org

FIRST BAPTIST CHURCH - SBC
1935 25th St. – 997-7660 • Pastor, Ron Allen
Services on Facebook live
Sunday's at 11:00 am
Wednesday's at 6:00 pm
All Bible studies held at the church including Sunday morning, Thursday Ladies study, and Children's Programs are suspended.
Blessings on you and your family.

FLORENCE CHRISTIAN CHURCH
2nd & Ivy – 997-2961 –Non-Denominational
Services suspended this week. We will continue to meet as The Church through our Community Groups. We are working on options for you and will communicate that with you soon.

FLORENCE CHURCH OF CHRIST
Pre-Denominational (Romans 16:16)
1833 Tamarack Street
(2 blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.
www.churchofchristflorence.org

FLORENCE CHURCH OF THE NAZARENE
12th and Nopal – 997-9020
Services will be available via YouTube.
Follow the link at http://florencenaz.church/

FLORENCE EVANGELICAL CHURCH
1318 Rhododendron Dr. • 541-997-2523
Sunday Service 11am (Children Sunday School)
Mid-Week Activities, all ages.

FLORENCE SEVENTH-DAY ADVENTIST
4445 Hwy 101 (South of Fred Meyer) – 997-3951
Worship on Saturday 10:30 A.M.
Adult/Children's Sabbath School 9:15 A.M.

FLORENCE UNITARIAN UNIVERSALIST FELLOWSHIP
87738 Hwy 101 at Heceta Beach Road
All are welcome to explore the answer.
In lieu of our regular service, we will be videotaping the sermon and have it available from YouTube (https://www.youtube.com/channel/UC1h3s3IhuRKRCXNxbF8H3Nw).
www.FlorenceUUF.org - (541) 997.2840

FLORENCE UNITED METHODIST CHURCH
2nd & Kingwood • (541) 997-6025
Link to Sunday services at
www.florenceunitedmethodist.org
or find us on Facebook.

FOURSQUARE CHURCH
1624 Highway 101 (next to A&W) –- 997-6337
Pastor George Pagel – Something for the entire family.
Sun. Services: 10:45 a.m., Wed. Bible Study 6pm-7pm
Website:florence4square.com

NEW LIFE LUTHERAN CHURCH, E.L.C.A.
21st & Spruce Street – 997-8113
Pastor Rachel Simonson – All are welcome
Church leadership has decided to cancel all worship services (Wednesdays included) between now and the end of April.
Sermons are on YouTube at
https://youtu.be/jcTJVWp_6ps.
www.florencenewlife Lutheran.org

PRESBYTERIAN CHURCH OF THE SIUSLAW
3996 N Hwy 101 997-7136
Traditional Worship Service 10:00 a.m. ,
Reverend Greg Wood
Worship services and all group meetings in the church have been temporarily suspended at least until the end of March.
Our 10am Sunday worship service will be available via Zoom using your phone, tablet or computer.
Church members and friends will be called this week and given phone in/logon information.
You can also call the church office for this information.
All Welcome. Come as you are.

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)
"War is still not the answer." FCNL
We worship in homes at 11am Sundays
Call 997-4237 or 902-9511 for locations.

RESURRECTION LUTHERAN CHURCH, L.C.M.S.
Every Sun., Bible Class 9 a.m., Worship Service 10 a.m.
85294 Hwy. 101 S. – 997-8038
DVD of Weekly worship service available.
Pastor Randy Benscoter

ST. ANDREW'S EPISCOPAL CHURCH
2135 19th St. — 997-6600
8:30am, Tuesdays, Morning Prayer
Sunday Services: 8 a.m. and 10 a.m. - Wed, 11 a.m.
Everyone Welcome – Come walk our Labyrinth.

SAINT MARY, OUR LADY OF THE DUNES CATHOLIC CHURCH
1.5 miles south of river on Hwy 101 – 997-2312
No Mass schedule until further notice.

Give us a call
541-997-3441
to get us your updates or email to:
mberg@thesiuslawnews.com

WEEK #9 UPDATE

LOSE! to WIN.

Contestant Name	Weekly % Lost	Season %Lost
RESULTS		
Patricia Ann Timothy	1.42%	16.74%
Nancy Robinson	0.79%	5.73%
Margaret Free	0.46%	5.61%
Robyn Barrett	-0.59%	2.80%
Vickie Hunt	-0.89%	3.75%
Jim Hecker	3.96%	8.82%
Dustin Williams	1.01%	11.08%
James McKinney	0.89%	13.52%
Matt Danielsson	0.67%	16.58%
Brad Koehn	0.57%	9.92%
Tyrell Hunt	0.45%	4.92%
Franklin Spencer	0.42%	7.63%
Ed Wasco	-0.39%	4.46%
Skye McCloud	0.85%	9.06%

Hi Everyone!

We have been informed that Coastal Fitness will be closing their doors until April 1st "in response to our President's and Governor's advice about public spaces".
We are still accepting home weigh-ins (instructions below) if you want to keep your momentum going, but we will also be waving this week and next from the penalties of missing the weigh-in for the contest.

HOME WEIGH-IN INSTRUCTIONS
- Use your scale at home
- Have your camera phone ready
- Place the piece of paper in view on the scale and then weigh yourself
- Send the pic by 6pm next wednesday to 541-590-9093 or email jbartlett@thesiuslawnews.com
- Please include your name in the text or email.

Most of all, stay safe and healthy friends. We will see you again soon!

"It is always wonderful for us at Coastal Fitness to see the determination, discipline and progress of those taking charge of their health, even in the face of adversity. As are normal lives have been disrupted, may we encourage you to not just "hunker down" but that you KEEP MOVING!

The best way to boost you immune system that fights off disease and lower your stress is through exercise! It is such an important part of our mental and physical health. Keep Moving!"

~Coastal Fitness & Aquatics

Diet Tip #9

Shop with a list. This will stop you buying food on impulse.
http://weigh2live.safefood.eu/eatwell/tips/shopping/

Sponsored by

Siuslaw News
148 Maple St., Florence
541-997-3441

PeaceHealth Medical Group
www.peacehealth.org/phmg/florence

Coastal FITNESS & AQUATICS
2285 Hwy. 101, Florence
541-997-8086

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