



Community & Lifestyle

ODFW REGIONAL FISHING REPORT

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SIUSLAW RIVER: *Cutthroat trout Fall Chinook*
 Fall Chinook fishing opens on the Siuslaw River on Aug. 1. Fishing is typically slow during the beginning of August but usually picks up by the end of the month. Anglers are reminded that due to low forecasted returns for the 2020 season bag limits have been reduced. The bag limit for the Siuslaw River is 1 wild Chinook per day and 1 per year for the 2020 season.
 Trout fishing opened in the Siuslaw basin (including Lake Creek) on May 22 and has great opportunities to catch a trout throughout the summer months.
ALSEA RIVER: *Fall Chinook, cutthroat trout*
 Fall Chinook fishing opens on the Alsea River on Aug. 1. The beginning of August is typically slow on the Alsea River but things start to pick up at the end of the month. Anglers are reminded that due to low forecasted returns for the 2020 season bag limits have been reduced. The bag limit for the Alsea River is 1 wild Chinook per day and 5 per year for the 2020 season.
 Cutthroat trout fishing opened May 22 on the Alsea River and trout fishing has been good throughout the basin. The rivers are dropping quickly into more normal summer flows but are still providing good conditions for trout fishing and will provide good opportunities through the summer months.
SALMON RIVER: *Cutthroat trout, fall Chinook*
 Fall Chinook fishing opens on

See FISHING 3B

Tide Tables

Entrance Siuslaw River

High Tide	Low Tide
Aug. 8 3:24am / 6.0 4:18pm / 6.2	9:52am / 0.5 10:28pm / 1.8
Aug. 9 4:10am / 5.5 5:31pm / 6.2	10:26am / 1.2
Aug. 10 5:03am / 5.0 2:06pm / 6.2	11:02am / 1.7 7:34pm / 2.1
Aug. 11 6:09am / 4.6 6:14pm / 6.2	12:17am / 1.6 11:43pm / 2.4
Aug. 12 7:28am / 4.4 7:03pm / 6.2	1:21am / 1.4 12:36pm / 2.9
Aug. 13 8:52am / 4.4 7:59pm / 6.4	2:26am / 1.1 1:43pm / 3.3
Aug. 14 10:04am / 4.7 8:56pm / 6.6	3:26am / 0.6 2:54pm / 3.4



COURTESY PHOTO

Brianne Dias, who works at PeaceHealth Peace Harbor in Florence, lost more than 500 pounds as a participant on TLC's "My 600-lb. Life."

Losing weight, gaining life

It's been a little over two years since Brianne Dias, a patient access representative at PeaceHealth Peace Harbor Medical Center, decided she had to make a change.
 Her life and future depended on it. Her then-husband was undergoing major heart surgery, and complications put his life at risk. Dias weighed 750 pounds at the time and realized she relied on him for so much — getting dressed, tending to personal hygiene matters, bringing in a paycheck.
 "I thought every day, 'OK Bri, this is it, you have to want this now. Not for yourself but for your loved ones and friends,'" she recalls. "I knew that I never wanted the helpless feelings again, and I knew my goals in life meant far more than any food ever could."

One night, she sent an email to the TLC show "My 600-lb Life," which documents the lives of morbidly obese people as they try to lose weight. Within two hours she had a response and an invitation. Over the last two years, the film crew has followed her journey — first her initial loss of 275 pounds, necessary before she could undergo a gastric sleeve procedure.
 Through the show, she was introduced to Dr. Younan Nowzaradan, a Houston-based physician who espouses a high-protein, low-calorie, low-fat, low-carb, no-snack diet.
 Today, Dias is more than 500 pounds lighter.

On July 10, the show's production team visited Florence to film Dias. She doesn't yet know the date the program will air but anticipates it will be later this month or next.
 "That Friday was a lot of filming and stress but, towards the end of my day, we went to the beach," Dias said in a note to coworkers. "I took my dog, Champ. Usually I take him for a walk around my

"...Even in this crazy COVID-19 epidemic we can and should get up and do things that make us happy."

— Brianne Dias

neighborhood but this time we went to the beach."
 And this time, Dias did something she hadn't done in more than 12 years: She ran.
 "For more than an hour!" she said. "I know to some that's not a big deal, but to me two years ago I was over 750 lbs. and was almost bed-bound, unable to even walk to the bathroom."
 "So, to run was a huge monumental moment for me. I'm sharing this for all of you because I want everyone to know that even in this crazy COVID-19 epidemic we can and should get up and do things that make us happy."
 Dias has lived in Florence since 2012, but only began working at Peace Harbor in April. She also volunteers as a Mental Crisis Responder and CST with Siuslaw Valley Fire & Rescue.
 "It's been over 12 years since I've worked and I can 100 percent say this is the first job I look forward to coming to and hate leaving at the end of the day," she said. "I love all the patients and look forward to seeing them and putting smiles on their faces, as they put smiles on mine."

This article first appeared in PeaceHealth's online caregiver magazine and was submitted to Siuslaw News

TIME OUT

By Lloyd Little
 Retired teacher, coach and game official

With more than 55 years as an athlete, coach, parent and spectator, Lloyd Little has gained some insights and perspectives regarding athletics. Each week, he shares what he's learned about sports from his multiple points of view.

Modern Olympics and old thrills

"The thrill of victory—the agony of defeat — this is ABC's Wide World of Sports."

These were the words of the voice of the Olympics, Jim McKay. This opening scene for the Wide World of Sports did not occur during the Olympics. How many times have you wondered what happened to the ski-flying jumper who has that terrifying crash as he attempts to launch himself down the hill of a ski jump event?
 I looked it up. The jumper was Vinko Bogata. He was taking his third jump, after setting a personal best on his previous jump, when something went terribly wrong. It was the voice of Jim McKay telling us the jumper was OK.

As a young boy in the 1960s, my life was filled with sports activities. Every Saturday, my brother and I would go inside and turn on our television to the "Wide World of Sports." This program was the ESPN of today, but 50 years ago.
 Once the world began watching sports television, it was certain to telecast the Olympic Games. From the 1968 Olympics through the Calgary Olympics of 2002, the voice of Jim McKay carried to the action in each Olympic venue.
 The first modern day Olympics began in 1896. They took place in Athens, Greece, with 14 nations and 241 athletes (all male). The United States was the only non-European country competing. The U.S. won the most gold medals that year with 11, and host Greece winning the most overall medals with 46.

See LITTLE 2B

Annual Siuslaw Open Golf Tourney fundraiser tees off Aug. 29

The 10th Annual Siuslaw Open Golf tournament to support services provided by Siuslaw Outreach Services is still taking place.
 The tournament will be held Saturday, Aug. 29, at Florence Golf Links.
 The pandemic has forced a change in playing format. Due to state regulations regarding carts and numbers gathering, golfers have the option of playing in the morning pool or in the afternoon pool.
 The 4-person team fee for the morning pool is \$425 and the afternoon pool is \$375 (difference in price is the wind handicap).
 The team fee includes cart, meals, entry in the putting contest, mulligans and more.
 This year's tournament

features a hole-in-one challenge to win a new Ford F-150 from Johnston Motors, and a chance to putt to win \$10,000.
 Dixon Golf has returned with its Alrelius Challenge to win a new driver or \$500 watch. Hyak will once again be on-hand to offer grilled hot dogs on the course, and Dutch Bros will be on there to get you started.
 Team prizes will go to the top three teams. The Siuslaw Open is presented by Oregon Pacific Bank, Banner Bank, Florence Dental Clinic, Peach Health and Johnston Motors.
 Golfers can register at Siuslaw Outreach Services or at Florence Golf Links.
 For more info call Bob Teter at 541-997-2816.



COURTESY PHOTO

Once again, this year's fundraiser for Siuslaw Outreach Services, will offer a hole-in-one to win a new Ford F-150.