

Getting back to football



Siuslaw High School's football team is using its offseason to prepare for the first full season of the sport since 2019. Practices are going on now.

Vikings football continues brotherhood, tradition this fall

BY ZEAHNA YOUNG/SIUSLAW NEWS

With the start of a new school year just around the corner, one thing the community can look forward to this fall is the upcoming season of Vikings football. After last year's strange and shortened season where the majority of spectators weren't even allowed to attend games due to pandemic restrictions, the Friday night lights at Siuslaw High School's Hans Peterson Memorial Field will be a welcome sight to many.

While most teams hold practices in the summer to prepare for the season, Coach Sam Johnson, who is coming into his third year as the Viks' head football coach, as well as his coaching squad and players have been going above and beyond that norm for quite some time. Having brought on his cousin Nick Johnson officially as an assistant coach, their unit as a whole is functioning on all cylinders at this point.

"Nick is my cousin, and he's my dad's oldest brother's oldest son," said Johnson. "When I took over in 2019, he got a teaching job at Siuslaw as well, and he's been on board [assisting with the football program] since year one. We've been holding football practices for four or five months in the offseason, and things are good with it."

Although Sam and the squad were all grateful to be able to play at all last school year, they have all been thrilled to have the program headed back to a place of normalcy this school year.

"I think the biggest thing that our coaching staff and our kids have looked forward to was having a normal offseason," he said. "We really hold our hat on the fact that we're only as good as we can prepare from June to August, and most teams in our league don't really start any preparation until

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SPORTS CALENDAR

To add your activity's summer sports schedule, email Sports Reporter Zeahna Young at zyoung@thesiuslawnews.com

Tide Tables

Entrance Siuslaw River

High Tide Low Tide

August 21

12:00 a.m. / 7.0 7:07 a.m. / -1.2
1:33 p.m. / 5.7 7:05 p.m. / 1.7

August 22

12:51 a.m. / 7.0 7:49 a.m. / -1.1
2:11 p.m. / 5.9 7:52 p.m. / 1.4

August 23

1:39 a.m. / 6.9 8:29 a.m. / -0.9
2:47 p.m. / 6.0 8:38 p.m. / 1.1

August 24

2:24 a.m. / 6.6 9:05 a.m. / -0.6
3:20 p.m. / 6.1 9:21 p.m. / 1.0

August 25

3:08 a.m. / 6.2 9:40 a.m. / -0.1
3:53 p.m. / 6.1 10:05 p.m. / 0.9

August 26

3:53 a.m. / 5.7 10:14 a.m. / 0.5
4:26 p.m. / 6.0 10:50 p.m. / 0.9

August 27

4:40 a.m. / 5.2 10:48 a.m. / 1.1
4:59 p.m. / 5.9 11:38 p.m. / 0.9

August 28

5:32 a.m. / 4.8 11:23 a.m. / 1.7
5:34 p.m. / 5.8

August 29

6:33 a.m. / 4.4 12:30 a.m. / 1.0
6:15 p.m. / 5.6 12:03 p.m. / 2.3

August 30

7:49 a.m. / 4.1 1:31 a.m. / 1.0
7:06 p.m. / 5.5 12:55 p.m. / 2.7

August 31

9:16 a.m. / 4.1 2:39 a.m. / 1.0
8:07 p.m. / 5.5 2:07 p.m. / 3.0

September 1

10:33 a.m. / 4.3 3:45 a.m. / 0.8
9:12 p.m. / 5.6 3:26 p.m. / 3.1

September 2

11:27 a.m. / 4.6 4:44 a.m. / 0.5
10:12 p.m. / 5.8 4:33 p.m. / 2.9

September 3

12:07 p.m. / 4.9 5:33 a.m. / 0.1
11:04 p.m. / 6.1 5:26 p.m. / 2.6

Oregon's Dungeness Crab Management Plan seeks public comment

Recreational and commercial bay crabbers are invited to share their comments on Oregon's Dungeness Crab Fishery Management Plan and commercial bay crab logbook at three virtual public meetings this week.

The first meeting will be held Tuesday, Aug. 24, beginning at 10 a.m. The second and third meetings will be held on Wednesday, Aug. 25, from 3 to 4 p.m., and again on Thursday, Aug. 26, from 6:30 to 7:30 p.m. An open comment period will be available to the public for one month through a dedicated website starting in September.

The online public meetings will be held via Zoom. Get login information at www.dfw.state.or.us/news/2021/08_Aug/081221.asp.

Dungeness crab are an important ecological, economic and cultural resource for Oregon. The purpose of



Caption: Dungeness crab harvested in Oregon; photo by Greg Krutzikowsky, ODFW.

the management plan is to provide transparency and facilitate good governance. This plan provides a comprehensive assessment of the current knowledge on Dungeness crab and a description of the management strategy for the harvest of the resource.

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OHSU Doernbecher offers water safety tips as risks of childhood drownings increase

Drowning is the leading cause of unintentional death in children ages 1 to 4, according to the American Academy of Pediatrics, and, as temperatures rise this summer, so do the risks of preventable harm.

With most community pools closed during the pandemic, more families came to rely on backyard pools or open bodies of water to beat the heat. While these are great options for fun and recreation, the presence of any body of water poses real and constant threats to kids.

"Nearly 70% of resi-

dential drownings occur when it is not swim time," says Ben Hoffman, M.D., professor of pediatrics and medical director of the OHSU Doernbecher Injury Prevention Program.

"Constant, close and capable adult supervision is essential to preventing water-related tragedy," he continued. "However, supervision can be insufficient. Kids are quick, curious and impulsive. I have met dozens of families whose child slipped out of view for a matter of seconds and

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Time Out

By Coach Lloyd Little
Retired teacher, coach & game official

With more than 55 years as an athlete, coach, parent and spectator, Lloyd Little shares what he's learned about sports from his multiple points of view.

Rehab

Athletes get injured every day. The degree and severity of these injuries depend on the sport and the action of the athlete. Most injuries are minor and may require little time devoted to rehabilitation of the injured area. If the injury is minor, the athlete is likely to experience moderate pain. When they are deeply involved in their activity, they may even be able to

ignore the pain for a time but the pain may be distracting. This injury may be treatable with ice, rest or maybe a protective wrap for upcoming action.

This type of injury seldom sidelines a player. The player plays through the moderate pain and continues to be productive.

The pain and injury requiring rehabilitation is far more obvious. In 1975, while coaching

in Spray, Ore., one of my football players was tackled on a kick-off return. He went down and did not get up. As I approached Gary, the opposing players were oohing and pointing at his ankle. I moved them away. When I later visited Gary at the local hospital, it was determined he dislocated and broke his ankle. Not an ice treatment recovery.

As Gary was six weeks into his rehab another

x-ray revealed the improper setting of the ankle, and the doctors had to reset it. Gary's six weeks of rehab had to begin again.

I recently read an article about an Oregon tight end who broke his tibia his sophomore year and now three years later he is finally back playing. Just when he thought he was good to go, a screw in his repaired ankle

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