

BACK 2 SCHOOL

**Siuslaw
School District**
WWW.SIUSLAW.K12.OR.US

School District Phone: 541-997-2651
Elementary: 541-997-2514
MS: 541-997-8241 | HS: 541-997-3448


**Mapleton
School District**
WWW.MAPLETON.K12.OR.US

School District Phone: 541-268-4312
Elementary: 541-268-4471
High School: 541-268-4322



Siuslaw News is just one of the many community members looking at ways to help support local kids at all times of the year. Newspapers in Education (NIE) is a program **Siuslaw News** has done for the last several years that allows teachers to request copies of the newspaper to use in the classroom. We would like to extend the offer of a subscription directly to the students. This means subscriptions will be directly in the hands of hundreds of students in the Siuslaw and Mapleton school districts. From literacy to politics, current events and world history, newspa-

per stories teach valuable skills and life lessons. Encouraging kids to read the newspaper not only makes them better students, it also makes them informed citizens. By encouraging kids to read, ask questions and think critically, newspapers play an important role in our future as a country. A donation of \$25 will supply a 1-year subscription for one student for the 2021-22 school year. For more information, contact the **Siuslaw News** NIE Representative Misty Berg at 541-902-3526 or mberg@thesiuslawnews.com.



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WEEK #6 WINNERS

LOSE! to WIN!

**TOP 5
Women**



LINDA CROWELL 1.33%



COE CLARKSON 1.18%



ARLENE BIRON 1.06%



BETTY SCARBROUGH 0.60%



JO BEAUDREAU 0.43%

**TOP 5
Men**



JAMES MCKINNEY 1.71%



BRAD HANSCOM 1.08%



AL ROJAS 1.06%



DAVID CROWELL 1.03%



DUSTIN WILLIAMS 0.95%

Contestant Name	Weekly % Lost	Season %Lost
WOMEN'S RESULTS		
Linda Crowell	1.33%	5.93%
Coe Clarkson	1.18%	5.05%
Arlene Biron	1.06%	9.64%
Betty Scarbrough	0.60%	7.19%
Jo Beaudreau	0.43%	-1.63%
Alyssa Cargill	0.00%	2.52%
Katherine Hemmens	0.00%	4.94%
Linda Goalder	0.00%	3.98%
Lori Coffindaffer	0.00%	6.68%
Nancy Robison	0.00%	3.16%

Cassandra Burns	-0.16%	2.39%
Debbie Haring	-0.25%	3.96%
Sue James	-0.31%	3.63%
Guadalupe Galvan	-0.47%	3.65%
Jolene Alcorn	-0.62%	2.41%
Linda Knudtson	-1.19%	1.17%
Linda Harklerode	-1.25%	3.03%

MEN'S RESULTS		
James McKinney	1.71%	5.90%
Brad Hanscom	1.08%	6.07%
Al Rojas	1.06%	8.16%
David Crowell	1.03%	1.35%
Dustin Williams	0.95%	7.98%
Brad Koehn	0.66%	5.66%
Dirk Anderson	2.77%	9.50%
Jim Hecker	-0.93%	1.82%
Jerry Whiting	-1.21%	3.84%




OVER \$1,000 IN PRIZES & GIFTS

14-WEEK CONTEST
July 17 - October 20, 2021

•Weigh in each week at the Siuslaw News
148 Maple Street, Florence, each Wednesday,
7:30a.m.-5:30p.m.
•Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.
•Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News or any other sponsors does not and cannot, guarantee their safety. Contestants understand that they should not participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on July 17, 2021 and will weigh-in every Wednesday through October 20, 2021 at the Siuslaw News, 148 Maple Street, 7:30a.m. to 5:30 p.m.



Diet Tip #6

“No foods should be off limits, all foods in moderation can be part of a balanced diet. If you have a craving, it is a good idea to indulge in a sensible portion instead of trying to ignore that craving. Ignoring cravings can lead to overeating later and create unhealthy eating habits including binge eating.”

~Stephanie Shiu, MPH, RD Inpatient
Dietitian at Peace Harbor Medical Center

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Siuslaw News
148 Maple St., Florence



Beauty on the Beach Dance Studio



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