BACK 25CHOOL

Siuslaw

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 School District

WWW.MAPLETON.K12.OR.US

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

High School: 541-268-4322

Siuslaw News **NEWSPAPERS IN EDUCATION**

Ciuslaw News is just classroom. One of the many community times of the year.

Newspapers in Education (NIE) is a program hundreds of students in Siuslaw News has done the Siuslaw and Maplefor the last several years ton school districts. that allows teachers to request copies of the tics, current events and newspaper to use in the world history, newspa-

We would like to exmembers tend the offer of a sublooking at ways to help scription directly to the support local kids at all students. This means subscriptions will be directly in the hands of

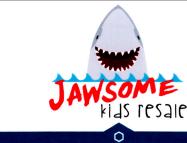
From literacy to poli-

able skills and life lesto read the newspaper not only makes them better students, it also makes them informed

per stories teach valu- future as a country.

A donation of \$25 will sons. Encouraging kids supply a 1-year subscription for one student for the 2021-22 school year.

For more information, citizens. By encouraging contact the Siuslaw kids to read, ask ques- News NIE Representations and think critical- tive Misty Berg at 541ly, newspapers play an 902-3526 or mberg@ important role in our thesiuslawnews.com.

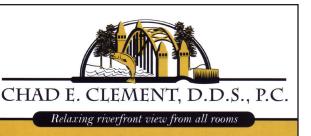


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toWI

Women



LINDA CROWELL 1.33%

TOP

JAMES MCKINNEY 1.71%





BRAD HANSCOM 1.08% AL ROJAS 1.06%







JO BEAUDREAU 0.43%



9.50%

1.82%

3.84%

Contestant Name	Weekly % Lost	Season %Lost
WOMEN'S	RESULTS	
Linda Crowell	1.33%	5.93%
Coo 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%

ra Burns	-0.16%	2.39%
aring	-0.25%	3.96%
es	-0.31%	3.63%
pe Galvan	-0.47%	3.65%
lcorn	-0.62%	2.41%
udtson	-1.19%	1.17%
rklerode	-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%		



•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

·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.

Saturday edition of the Siuslaw News.



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

Sponsored by



Dirk Anderson

Jerry Whiting

Jim Hecker

PeaceHealth

2.77%

-0.93%

-1.21%



148 Maple St., Florence





2285 Hwy. 101, Florence 541-997-8086