**2B** | SATURDAY, AUGUST 28, 2021 | **SIUSLAW NEWS** 

#### <u>CARS from page 1B</u>

abide by the Oregon Health Authority's guidelines in effect at the time, and to bring their patience and good manners when attending, dining or shopping."

Friday starts with an all-comers "Kool Car Stand-Around" show-andshine at the Port of Siuslaw parking lot at the east end of Bay Street There will be food, music and 100+ cars

on display, including the 2019 event winners. Owners of any classic car are welcome to exhibit along with the invited vehicles. Rods N Rhodies' main

event takes place Saturday from 9 a.m. to 4 p.m. on Bay Street. The event also includes a classic Saturday night cruise in and around Old Town, a poker walk and raffles with lots of prizes and awards for the exhibitors.



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Music from the 1950s to the '70s will be provided all weekend by Russ Strohmeyer, a popular DJ on the car show circuit.

"He's a master, a car enthusiast, and his DJ equipment is to die for," said Cargill.

Bargain hunters can pick up a guide to the Community-wide Garage Sale at the Siuslaw News office, 148 Maple St., at TheSiuslawNews.com and in the Wednesday and Saturday editions of the newspaper that week. Maps will also be available at Florence-Chamber.com.

People can then cruise the bargain trail all weekend to stop by dozens of commercial and private sales all over town. On Saturday, Bay Street

will be blocked to regular traffic beginning at 7 a.m. for exhibitors to enter at the west end at Kingwood. From 9 a.m. to 4 p.m.

cars will be on display

along both sides of the street, there will be themed music, and raffle tickets for sale with a different winner's name drawn every half hour.

The awards presentation begins at 4 p.m. with exhibitors vying for the Merchant Award, Children's Choice Award, Peoples' Choice Award, and Best of Show Award. Visitors are invited to vote for the Peoples' Choice by obtaining a ballot in Old Town and returning it by 3 p.m. According to Cargill,

"Rod" and "Rhody" - retired teachers in blue and pink overalls like mechanics wore back in the day will help kids with a special ballot for the Children's Choice Award. Kids who vote receive a small goodie

"The couple will also inform the public about the Rods N Rhodies, Inc.'s Transportation Solutions Project, which assists lo-

cal families in need with transportation solutions," Cargill added.

At 4:15 p.m., immediately following the awards presentation, cruisers will begin the annual classic car cruise in and around Historic Old Town. "The cruise is one of the

public's and exhibitors' favorite events during the weekend," said Cargill. "Low and slow is the goal." Rods N Rhodies uses this

annual event as a benefit to highlight Rods N Rhodies, Inc. and its Transportation Solutions Project. "Most of us go through

day-to-day activities without even thinking about how we will get to where we want to go," Cargill said. "We have the means of transportation that is reliable and comfortable. However, within our community, there are those who struggle to make ends meet and don't have that luxury.

"Many families who do own transportation may not have the means to properly maintain the vehicle for safety and reliability. Sometimes it comes down to a choice between the car or food, clothing, or housing. An unexpected flat tire has been known to cost a person a job for making them late. A burnedout headlight or taillight yields an expensive citation. Worn out windshield wipers can impair vision leading to an accident. We want to change that for as many as possible."

There are multiple levels of opportunity for businesses and individuals to sponsor various aspects of Rods N Rhodies during this year's event or support their year-around charitable work.

Contact Rods N Rhodies President Gary Cargill at 541-999-6513 or florencerodsnrhodies@gmail.

#### LITTLE from page 1B

not only read these descriptions I asked for a print out. Where I once de7 or 8, I realized, according to this interpretation, I was only a 4 or 5 with an occasional 6 during my most serious exacerbations. When I looked at the in-

terpretations of pain at the

8, 9 or 10 levels I realized

scribed my pain level at a

I have never been to these The two pitfalls that injured athlete's many

make are: Saying your pain is a 12 on a scale of 1-10.

2. Smiling and conversing, and then saying your pain is a 10.

The description of a level 8 pain is: INTENSE. You have trouble talking and physical activity is severely limited. A 9 is: EXCRU-CIATING. You cannot do regular activities and cannot converse without crying out. (When I broke my ankle on my front porch, about a decade ago, my conversing probably woke up the neighborhood and I apologize for my inappropriate language I may have uttered.) A 10 is: UNSPEAKABLE. pain imaginable. Very few people ever experience this

There is a poster that is on the wall of many locker rooms across the country. It is a quote from the late Coach Vince Lombardi of the 1960's Green Bay Packers. It says there is no gain

We couldn't be

without pain. I have learned through

a signal by your body to BACK OFF. You may want to rest, if only for a short time, to allow your body to It does not mean there will not be temporary pain experienced by most athletes. In my current rehab

experience that pain is

from surgery, I was told pain is to be avoided in my therapy as the repair may be compromised. All athletes will experience pain to some degree while playing. Be watchful if the pain interferes

with the ability of the athlete to compete. Fall sports GO!!!

# Doing Good. Giving Back.

Do you part and volunteer today to help support these organizations in our community.

#### **Habitat for Humanity**

Florence Habitat ReStore Volunteer Opportunities • AM shift is 9-1, PM shift is 1-5 Contact Ivy 541-902-9227 ext. 101 www.florencehabitat.org

### **Helping Hands Coalition**

We are in need of volunteers on Monday, Wednesday and Fridays. We need volunteers to serve food, set up for meals and also prepare meals beginning at 11:00 am and finishing at 2:00pm. New Location: Community Baptist Church, 4590 Hwy. 101, Florence

(Across from Fred Meyer)

### Oregon Coast Humane Society

relies heavily on volunteers.

There are many opportunities to volunteer and a variety of skills and talents are always in need. Volunteer interest forms may be found online, at the shelter and at our Thrift Shop on Bay Street. www.oregoncoasthumanesociety.org/volunteer/

## **Us Too Florence**

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www.ustooflorence.org

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

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Tuesday Night - Open League Wednesday Afternoon - Seniors Wednesday Night - Mixed Social Thursday Night - Men's League

Friday Afternoon - Seniors **Holiday Bowl** 

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