

IMPACT from page 6A

For all these reasons, the district needs help from the community. "There's a common good here," Grzeskowiak said. "We're going to get a whole lot farther than an 'us versus them' mentality. And so, if the ultimate goal is to make sure we can keep kids in school and keep educating them, and by doing that, not putting an undue burden on parents and businesses by having these shutdowns."

Stay home when sick

The easiest and most effective way to help is to stay home when you're sick — parents from work if possible, children from school most definitely.

"It's really going to be dependent on the entire community to say, 'Hey, I'm not feeling well, or my kid's not feeling well, I'm not going to send my kid to school today,'" Grzeskowiak said. "If you're unsure how healthy your child is, they're going to have to spend the rest of the day at home and be fever and symptom free before they come back to school. In any other given year, that's always something we emphasize."

If a parent thinks a child has been infected, contact the school before coming in.

"We will then work with them to make sure that they can get tested," Grzeskowiak said. "We can't bring kids back into the building, but we do our own little drive up testing. Have kids sit in the car, parents drive them up, give them a swab, have them wait 15 minutes to check. Typically, if somebody were to be exposed on a Saturday, we could then test them on Monday, and then check with county health. A lot of those kids can come back on Wednesday of that week."

He also suggests that people consider both masking and vaccinations, two topics that have become hot button national issues that have taken over the political conversation.

"Step back and take a look, and take yourself out of the moment for a second," Grzeskowiak said, acknowledging people's frustration with con-

versation. "Yes, there's a risk with everything you do. There's a risk in taking a vaccine, but there's a greater risk of not. If you're going to make a choice, make a choice on medical research."

Finally, last week Oregon Department of Education Director Colt Gill announced a list of advisories for communities to follow for at least the next month, including that families and school staff should try to limit non-essential gatherings with people outside their households.

"That's the unfortunate reality I think that we're at," Grzeskowiak said. "There's going to be events that people want to attend, and they would be normal, regular, everyday kid activities, and I think in any other year, people would normally flock to them. But today, people need to step back and take a second look, and wonder if this is something they really want to send their children to this year. That's really a decision that people make for themselves."

"But know that it's going to potentially impact the ability to attend school."

It's that way of thinking that Grzeskowiak has been stressing to his staff.

"We're not telling you how you live your life outside of school, but what you do outside of school directly impacts how we can operate and serve the community. It's about being responsible and knowing that your actions can impact others," Grzeskowiak said. "If we're going to operate a school and maintain the community, be safe and responsible. That's a fact, that's a reality."

Grzeskowiak said he was optimistic it can be done.

"There's a bit of hope at the school," he said. "It is normal operations for the first time in a year and a half, having most everybody back together, and really moving forward. We've got some great new staff coming on across all the buildings. It's going to be a positive year. I think having everybody here, every day, is going to be good."

STUDENT from page 3A

Due to COVID-19 restrictions, about 240 students participated in the program last fall.

According to ISE Regional Manager Pascale Dunton, about 20 students were in Oregon during that time. Since then, the international student attendance has more than tripled.

In early September, Florence community members Mindy Enlow and her daughter Jaiden welcomed their first international exchange student, Itziar Carro, into their home.

After a summer of traveling, the Enlow family became eager to explore different cultures beyond the U.S., they said. Later on, they learned about the ISE program through a family friend and felt compelled to get involved and proceeded with the application process.

After their application status and screening were finalized, this made Mindy and Jaiden one of 1,000 host families involved in the program. In addition, they are the only active host family in the Florence area since before the pandemic surfaced.

Carro is scheduled to live here for about one year while attending the local Siuslaw High School. Her purpose for participating in the program is to immerse herself in the Enlow family, the American culture and the Florence community.

"I'm really excited. I thought I was going to be more nervous, and more sad, but I'm really happy and excited for the next year, because it's going good with their family," Carro said. "I think the people here are more open."

In total, Lane County has three host families and three international exchange students this year. Another student, Isaac Tsang, a high school senior based in Eugene from Hong Kong, had originally planned to move last summer. Due to COVID-19 regulations, he postponed his ISE experience and arrived about a month ago.

"It's much quieter and less crowd-

ed, but [Oregon has] this other beautifulness in it," Tsang said. "I would recommend this experience to other students because from a cultural perspective, you're able to learn or enhance your other language and learn more of different cultures across the world."

The ISE program seeks to place foreign exchange students with families who are the best fit, Dunton said.

After traveling from Europe and Asia, both Carro and Tsang felt comfortable and ready when they began living with their host families to take on their first days in American classrooms.

It's less about the location of where students are placed in the U.S., Dunton explained. "Students have wonderful experiences in very remote rural places," she said. "It is the family and the school that make the program successful."

Urban areas, such as Portland, have higher population rates, so more host families are available and involved in the program. However rural areas like Florence, have a lower population with fewer families who may not be aware of the program.

There are currently three exchange students in Lane County and three others in Vernonia, located in the Northern Oregon area.

Since the Enlows have been involved, it's been "amazing," they said. "We're excited to learn about the [Spanish] culture."

As Carro arrived, the Enlows said they felt overwhelmed, but were equally excited and eager to have an international student living with them in their home.

For Mindy, her involvement in the program has felt rewarding in unique ways after connecting with Carro's parents.

"It makes me emotional," she said. "From a parent's perspective, I get the full understanding of their [Carro's parents] gratitude. That part of it is a huge privilege to me. It's just an incredible opportunity, and I'm in

awe right now at the whole process."

Based on ISE's program policies, international students are asked to spend holidays, birthdays and special events with their host families.

According to Bruce Haines, Tsang's host dad and an ISE area representative, the three students from Lane County will gather about once a month to hang out and check-in with one another.

Students become "a part of the family," he adds.

"You're a part of the family now," the Enlows told Carro as they welcomed her to their house.

The ISE program is continuously seeking host families who are interested in getting involved. It is open to all high school students, including American students who want to study abroad.

"For students in the U.S. interested, we have options to study abroad in Spain, France, the Netherlands, London, Italy, Germany, Norway, Denmark, the Czech Republic, Australia, New Zealand and Japan," Dunton said.

In terms of affordability and rates for an American student looking to study abroad, the prices fluctuate and depend on the location, she added. Scholarships and fundraising opportunities are available through the program.

"I can say that some countries are more affordable than others. Japan is an extremely expensive country, and so Japan will be far more expensive than going to Spain, for example," Dunton said. "I think Spain is absolutely doable."

Over the years, host families and their students have continued to stay in touch, according to Dunton and Haines. Students have cultivated lifelong bonds and relationships with the people they live with and others in their American communities.

"This program shrinks borders, beyond the American borders. And that's so beautiful," Dunton explained.

To learn more, visit iseusa.org.

WEEK #8 WINNERS

LOSE!

to WIN!

TOP 5 Women



Arlene Biron 1.39%



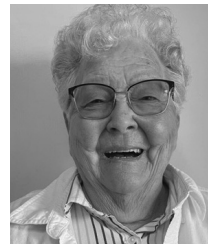
Sue James 0.39%



Guadalupe Galvan 0.34%



COO CLARKSON 0.28%



BETTY SCARBROUGH 0.28%

TOP 5 Men



Jim Hecker 1.62%



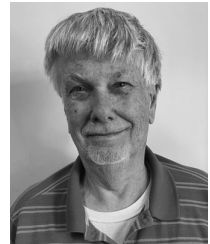
DIRK ANDERSON 1.11%



DUSTIN WILLIAMS 0.88%



BRAD KOEHN 0.62%



BRAD HANSCOM 0.09%

Contestant Name	Weekly % Lost	Season %Lost
WOMEN'S RESULTS		
Arlene Biron	1.39%	12.33%
Sue James	0.39%	4.71%
Guadalupe Galvan	0.34%	4.79%
Coo Clarkson	0.28%	6.73%
Betty Scarbrough	0.28%	7.66%
Katherine Hemmens	0.25%	6.43%
Alyssa Cargill	0.21%	0.42%
Jolene Alcorn	0.12%	3.01%

Debbie Haring	0.00%	4.56%
Jo Beaudreau	0.00%	-2.94%
Linda Crowell	0.00%	5.36%
Linda Goalder	-0.31%	4.19%
Lori Coffindaffer	-0.59%	6.80%
Cassandra Burns	-0.80%	1.27%
Linda Harklerode	-0.89%	3.96%
Nancy Robison	-1.13%	1.92%

MEN'S RESULTS		
Jim Hecker	1.62%	3.34%
Dirk Anderson	1.11%	9.45%
Dustin Williams	0.88%	9.64%
Brad Koehn	0.62%	6.83%
Brad Hanscom	0.09%	7.35%
Al Rojas	0.00%	8.87%
James McKinney	0.00%	5.97%
David Crowell	-0.08%	1.27%
Jerry Whiting	-2.05%	0.80%

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 may 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 #8

"Sugar sweetened beverages are empty calories and can be the main culprit for weight gain. When you drink liquid calories, it does not trigger satiety signals which can lead to intake of excess calories. If you have one bottle of soda instead of water at lunch and dinner, you are consuming 500 extra calories daily."

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

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