

Golf Scores
 Middlefield
 Men’s Club

Monday 08/31/2015
 Game: 2-3 Best Ball

First Place -18
 Tom Arney
 Bill Beckett
 Bob McCarty
 Deross Kinkade

Second Place -14
 Paul Waterman
 Larry Dreiling
 Larry Eyman
 Gary Sparks

Third Place -11		Jack Doleman	73
Bill Avery			
Kent Russo		Low Net	
Mike Helms		Tom Arney	64
Dave Tooker		Larry Dreiling	65
		Richard Vargas	65
Fourth Place (tie) -10		Larry Zuvich	66
Bob Armor		Bill Beckett	66
Jack Doleman		Bob Armor	67
RW Ryan			
Larry Zuvich		Closest to the Pin	
Mel Gowing		#5 Dick Winters	
Pat Rickard		#7 Kent Russo	
Richard Vargas		#14 Jack Doleman	
Dick Winters			
		Longest Putt	
Low Gross		#11 Steve Lindholm	
Deross Kinkade	72		
Larry Emery	72		
Kent Russo	73		
Mike Helms	73		



Commission
 approves
 2016 sport
 fishing
 regulations

SALEM, Ore. – The Oregon Fish and Wildlife Commission approved the 2016 Oregon sport fishing regulations at its meeting in Seaside today.

Under the regulations adopted today, anglers should find it easier to navigate the rules for trout and warmwater fishing, thanks to fewer special regulations creating different seasons, gear restrictions and bag limits for different waters.

Please see ,REGULATIONS Page 4B

Bowling Standings as
 of Sept. 2, 2015

TEAM NAME..... WINS....LOSS

- Commonwealth Financial7.....0
- Brad’s Chevy/GMC.....7.....0
- Jerry Brown Co.....7.....0
- Team Eleven.....7.....0
- Taylor’s Towing.....5.....2
- Bowling Stones.....4.....3
- Swearengin Designs.....3.....4
- Funseekers.....2.....5
- Kelly Trailer Repair.....0.....7
- Covered Bridge Ukulete.....0.....7
- Team Ten.....0.....7



Photo by Jim Settelmeyer

Four CG runners Jessica Ray, Kate Johns, Aramie Nydam, and Arianah Hanke clump together to set their pace.

Encouraging times in Roseburg
 gives Lions XC squad momentum

Runners met early season goals and look to improve on their times

BY JIM SETTELMAYER
 For the Sentinel

The end of the third week of the 2015 season was a test of sorts for the Cottage Grove Cross Country athletes. The success or failure of the six-workout series termed “tour de pain” to improve pacing throughout an entire race became good news for most of the Boys and Girls teams Thursday at the Umpqua Opener 5K in Roseburg. Mile times were compared to finish times in the hope that athletes did not crash and burn during the race and have energy to finish at an equal or faster time for the remaining 2.1 miles. These pacing-type workouts sometimes lead to groupings in the team, and the

Lions had a combination of solo runners and clumps Thursday.

Roseburg finished on top for both boys and girls, and Cottage Grove placed in sixth, a similar result to the two-mile trial last week. But placing in sixth hasn't been discouraging.

Another early season activity has involved goal-setting. Many Lions matched early season goals and a few virtually met season race time goals, including Konrad Raum's team leading 18:01 (trying for 18 minutes). The efforts of first-year runners Abigail Bunce (28:46), Lexie Hall (26:56) and Lilly Burleson (29:49) got them within a minute of their season goals.

On the girls' side, besides a satisfying show of pacing con-

trol overall, the girls were led by Freshman Tyra Gordan(24:12) and Junior Allie Harris (25:13). For the boys, Konrad Raum was followed to the finish by Ryan Barger, Max Gause, Alex Clifton, Connor Howard, Konnor Owens, and Jayden Tucker.

The early season success with fast times will give way to challenging, strength-testing events in the coming weeks. The obstacles begin with the team traveling to the “Ultimook Invite” this weekend to find if the drought was severe enough to dry up the biggest mud pond on their calendar in Tillamook. Two river crossings added to the winding trails will make this weekend a very difficult time to set any personal records.

David/Misty This Week Stats: 0-0 • Season Stats: 0-0

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 Tie-Breaker:42points

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 FOOTBALL CONTEST

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 THIS WEEK'S PICKS:

LuAnn This Week Stats: 0-0 • Season Stats: 0-0

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 Tie-Breaker:51point

Jon This Week Stats: 0-0 • Season Stats: 0-0

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Michele This Week Stats: 0-0 • Season Stats: 0-0

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 Tie-Breaker:42points

Larry This Week Stats: 0-0 • Season Stats: 0-0

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 Tie-Breaker:63points

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 OSU at Michigan
 Indianapolis at Buffalo
 Green Bay at Chicago
 Kansas City at Houston
 Carolina at Jacksonville
 Cleveland at NY Jets
 Seattle at St. Louis
 Miami at Washington
 New Orleans at Arizona
 Detroit at San Diego
 Baltimore at Denver

Total Points: _____
 NY Giants at Dallas

Name: _____
 Address: _____

 Phone Number: _____

WIN \$20 EVERY WEEK
 With the Football Contest

Fill out the form below for your choice of winners. The TIE-BREAKER game is the Monday night game. Guess the total points of this game. In the event of a tie-breaker tie, the winner will be determined by a drawing. Entries must be received by Friday, 5 pm at the Cottage Grove Sentinel, 116 N. 6th Street, (P.O. Box 35), Cottage Grove, Oregon 97424. Mailed entries must be postmarked by Friday. Employees of the Cottage Grove Sentinel and their families are not eligible to win. In the event of multiple winners, final weekly winner will be drawn at random from preliminary winners. ATTENTION: Tiebreaking Process - the designated tie-breaker game will be judged on total points ONLY. Please estimate the total points for the tie-breaker game.

One entry per family.

Jake This Week Stats: 0-0 • S Season Stats: 0-0

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 Tie-Breaker:48points

Al This Week Stats: 0-0 • Season Stats: 0-0

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 Tie-Breaker:52points

Nic This Week Stats: 0-0 • Season Stats: 0-0

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 Tie-Breaker:58points