

Albany lake known for more than fish



Fishing

Henry Miller

Guest columnist

ALBANY - The chill of the seemingly interminable winter weather has to let go sometime.

Puh-leese!

But the stiff breeze and cold temperatures, with an occasional spit of rain, didn't discourage Airell Clark of Albany during a recent fishing outing to Waverly Lake.

Despite the fact that the only bite that he had was provided by the weather.

“There’s 850 fish in here right now,” he said about an initial stocking of trout the week of March 12 at the centerpiece water body in the heart of 20-acre Waverly Park. “And I haven’t had a bite.”

Despite the lack of success, Clark said he is one of those anglers for whom the love of fishing is all about the journey, not the destination.

“As often as I can,” he said about making the short drive to the lake. “I love fishing.

“I fish for fishing, not for fish. I actually don’t like the taste of fish.”

A catch-and-release angler, Clark said, “I’ve actually de-barbed all of my hooks.”

The muddy water stirred up by wind and recent storms didn’t help. But he said he’s got some tricks for such conditions that click with the fish.

“Usually I can catch two or three a day,” said the North Albany resident who was one of less than a half dozen anglers at the lake.

“Right now I’m using some PowerBait with trout attractant,” Clark said. “I’ve tried just about every color.

“If it’s murky water, you don’t want to use green or yellow. You want to use more of a pink or orange.

“For clear water, we use as green as you can get it (PowerBait). The food that they feed them at the hatchery is actually a yellow, so that’s what I was using at one point,” he said, adding with a shrug, “too murky for that here.”

Still, hope springs eternal.

A hatchery truck was scheduled to arrive early in the week with another 800 rainbow trout, 50 of those “keeper-plus” size. And another load of 750 keepers is scheduled to be dropped off the end of the boat ramp at Waverly the week of April 9.

Word of caution, though: According to the Albany Parks and Recreation Department, which manages the lake, you should go before, well, you go.

The bathrooms at the park are on winter lockdown until May 1.

OK, confession time.

Visiting Waverly Lake in Albany is something of a nostalgia trip for me, a pedal-powered nostalgia trip, and we’re not talking bicycles.

When my daughter, Meghan, was little, we would make occasional summer trips to the lake to rent paddle boats.

Rentals start in June (\$5 a half-hour, according to the sign on the boathouse, if rates remain the same this summer) and run noon to 6:30 p.m. Thursdays and Fridays and 10 a.m. until 4:30 p.m. Saturdays and Sundays through about Labor Day weekend.

Megan and I used to pedal/paddle around Waverly and do lazy circles around the huge floating duck anchored about mid-lake.

OK, make that circle.

Dad isn’t going to do the Tour de France Mountain Stage to Luz Ardiden during his lifetime. I can barely pedal my Schwinn to Keizer.

I digress.

Anyway, after a couple of decades during which the Waverly duck took on the weathered look of a neglected, disfigured, cheap yard-sale gnome, it was removed, rebuilt and repainted.

To re-emerge in all of its wood-duck glory in June 2017 thanks to the efforts of the Albany Arts Commis-



Waverly Park, a 20-acre gem in Albany, features accessible paved trails, picnic tables, grills, bathrooms and the fishing lake that is stocked with rainbow trout.
 PHOTOS BY HENRY MILLER/SPECIAL TO THE STATESMAN JOURNAL

sion and volunteers, who restored the legendary buoyant avian icon.

Again, according to the Albany Parks and Recreation Department, the refurbished landmark will be trailered from its winter storage to Waverly to be anchored in its place of honor about May 1, depending on weather conditions.

Come for the duck, stay for the trout, and don’t forget to visit the reopened bathrooms after May 1.

To get there from Salem, take Exit 234B (Pacific Boulevard) off Interstate 5 and watch for the park on the right. There is an accessible trail around the lake and tons of bank fishing.

Oh, and it’s also got a lot of warm-water fish such as bass once the water gets too hot for trout.

Henry Miller is a retired Statesman Journal columnist and outdoor writer. You can contact him via email at HenryMillerSJ@gmail.com



Airell Clark of Albany is all about the fishing, not the catching. He makes the short drive to Waverly Lake as often as he can.

Why colored potatoes are a better choice



Gardening

Carol Savonen

Guest columnist

PUBLIC NOTICE

NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the Drakes Crossing RFPD, Marion, State of Oregon, to discuss the budget for the fiscal year July 1, 2018 to June 30, 2019, will be held at 19364 Powers Creek Loop Rd NE, Silverton, OR 97381. The meeting will take place on April 19, 2018 at 7:00 pm.

The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget.

This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee.

A copy of the budget document may be inspected or obtained on or after April 13, 2018 at Drakes Crossing RFPD, between the hours of 3:00 p.m. and 8:00 p.m.

Budget Committee meeting information will be posted on the Drakes Crossing RFPD website: www.drakescrossingfire.com.
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All Legals Deadline @ 1:00 p.m. on all days listed below:
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- Wednesday publication deadlines the Wednesday prior

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• Wednesdays only - \$12.15/per inch/per time
• Online Fee - \$21.00 per time
• Affidavit Fee - \$10.00 per Affidavit requested

Question: Can you tell us about growing purple potatoes? Are they different in taste or nutrition or growing requirements than regular spuds?

Answer: Over the past decade or so, purple and other colored-flesh potatoes have become more widely available to home gardeners in the United States. They are known to be packed with more phytonutrients and disease-fighting compounds than white potatoes.

Colored-flesh potatoes get their color from pigments, which are antioxidants. Purple and rose-flesh potatoes contain the pigment anthocyanin. Yellow-colored flesh varieties contain carotenoids.

Health benefits from these pigments are known to improve eyesight, boost circulation, moderate the effects of diabetics, as well as have anti-inflammatory, antiviral and antimicrobial activity.

Purple spuds, in particular, are health powerhouses. They contain compounds that may help kill colon cancer stem cells and limit the spread of the cancer, at least in the lab in Petri dishes and in mice.

About 20 years back, I tried some early purple-fleshed strains during breeding trials at Oregon State University but found them to be bitter. Since then, I think breeders have weeded bitterness out of the gene pool and produced quite a number of new varieties.

I have grown a couple purple-fleshed spud types over the past decade and have found All Blue to be my favorite. These are large, oblong potatoes with purple skin and flesh. They bake up well, dry and mealy, and

they are good for mashing. I’ve even used them in potato salad, but don’t cook them too long or they fall apart. You can purchase All Blue from Territorial Seed Company.

The other purple favorite of mine is Viking Purple. It wears purple skin but has dense white flesh. It yields a lot of large tubers, and it cooks up great for potato salad. Many nurseries and seed companies sell this variety.

Other purple varieties I’ve not grown include Purple Majesty, an oblong, medium-season potato; Blue Tomcat, a late-maturing oblong potato with blue flesh and dark-blue skin; and Purple Pelisse, a medium-season small fingerling potato.

I usually plant a few of last year's sprouting potatoes around St. Patrick’s Day. But this year, it was so cold and miserable, I held off. I’ll plant some in April and every month through July.

Since All Blue is a “late season” purple variety (110 to 135 days to maturity, according to the Territorial Seed catalog), it is best to plant these in April. Purple Viking matures in 95 to 100 days, so you can put these a bit later.

Carol Savonen is a naturalist and writer. She is an associate professor emeritus at OSU and tends a large garden in the Coast Range Hills west of Philomath with her husband and dogs. She can be reached at Carol.Savonen@oregonstate.edu or c/o: EESC, 422 Kerr Admin. Bldg., OSU, Corvallis, OR 97331.



Purple potatoes are more than pretty to look at. They are also packed with more phytonutrients and disease-fighting compounds than white potatoes.
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