

Sports

East Valley schools compete in OSAA track and field



Silverton's Jori Paradis finishes third in the Girls 1500 meter run at the 2019 OSAA Track and Field State Championships in Gresham on May 25, 2019. MICHAELA ROMÁN / STATESMAN JOURNAL

Pete Martini
Salem Statesman Journal
USA TODAY NETWORK

Student athletes from Silverton and Kennedy performed well in the OSAA Track and Field Championships. The Silverton girls finished second and boys finished third. Here are the results:

CLASS 5A GIRLS

4x100 relay: North Salem's team of Nerissa Thompson, Aaliyah Fitzke, Maliyah Thompson and Rebekah Miller won the title at 47.77.

Silverton's team of Elizabeth Schmitz, Justice McBride, Savannah Reilly and Katie Sinn placed second at 49.80.

1,500 meters: Silverton's Jori Paradis placed third at 4:47.91. Wilsonville's Samantha Prusse won the title at 4:45.48.

400 meters: Silverton's Justice McBride won the state title at 59.03, narrowly edging teammate Katie Sinn at 59.34.

"We train together, and we always push each other," McBride said. "This is pretty cool."

800 meters: North Salem's Hailey Lewetag won the title at 2:18.70. Silverton's Jori Paradis was fourth at 2:20.91.

200 meters: North Salem's Maliyah Thompson was second at 25.65 Silverton's Katie Sinn was sixth at 26.85. North Eugene's Nina Richardson won the title at 25.61.

4x400 relay: North Salem's team of Nerissa Thompson, Dana Romero Montano, Elizabeth Hernandez and Hailey Lewetag won the title at 4:03.62.

Silverton's team of Elizabeth Schmitz, Jori Paradis, Justice McBride and Katie Sinn placed second at 4:04.36.

Shot put: North Salem's Gabrielle T. Rodriguez was fifth at 36-00.50, and North Salem's Kiara Ballard was sixth at 35-08.00. Silverton's Riley Traeger was 12th at 33-00.25.

Lebanon's Morgan Hopkins won the title at 38-06.50.

TEAM SCORES: Champion: North Salem 119. Second place: Silverton 68. 20th: Central 14.

CLASS 5A BOYS

1,500 meters: Silverton's Haile Stutzman was fourth at 3:59.35. Ashland's Evan Holland won the state title at 3:51.92.

400 meters: Dallas' Malaki Connella won the state title at 49.30. Silverton's Cory Garlinghouse was fifth at 51.15.

800 meters: North Salem's David Ro-



Silverton's Blake Doerfler competes in the 5A boys javelin during the OSAA 5A/6A State Track and Field Meet at Mt. Hood Community College on Friday, May 24. AMANDA LOMAN / FOR THE STATESMAN JOURNAL

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The minus tides mean plus days for clamming

Fishing
Henry Miller
Guest columnist

So far, there have been about three dozen email requests for the list of minus tides for 2019 from readers responding to an offer I posted in a Jan. 12 column in the Statesman.

And while the responses are more a trickle than a gush of late, the offer still stands, especially with beach vacations in the offing, and some of the lowest tides of the year during the peak recreation season at the coast.

The requests for the list, which features minus tides for Garibaldi (Tillamook Bay), Netarts Bay south of Tillamook, South Beach on Yaquina Bay and Taft on Siletz Bay, got to be kind of embarrassing, really.

Because I converted the scanned document to a PDF in January to save space, I couldn't edit it.

So as of late, I've had to put a disclaimer in the email with the attachment that about a half-year's worth of minus tides on the list are in the rear-view mirror.

It guilted me into editing out the first half of 2019 and re-scanning the list to send out with future requests, so the current PDF covers the second half of the year. If you would like a copy, send a request via email to HenryMillerSJ@gmail.com.



Expect crowds similar to this when one of the lowest tides of the year falls on July 4. HENRY MILLER/SPECIAL TO THE STATESMAN JOURNAL

ing Free Fishing Weekend when no license or tags are needed to clam, fish or go crabbing in Oregon.

But if you're willing to shell out 10 clams (puns intended) for an annual resident shellfish license, the best is yet to come.

For those of us who are employment-impaired (read that retired) as well as those on vacation, the current series hits its low point, in a good way, on June 5.

I'm repairing a hole in my waders as we speak in anticipation.

But for the gainfully employed, despair not.

While it's on the wane, the minus series continues through June 8, a Saturday.

And if you're taking vacation around July 4, you're in luck.

One of the lowest tide series of the year falls in the mornings between July 3 and 5, bottoming out on the July 4

holiday.

Sweet! (but crowded)

If you can't get away during the week, the series wraps up with late-morning, and productive, weekend minus tides on July 6 and 7.

But then you would know that ... if you get the list.

Let me know.

And as always, the usual disclaimers apply.

Be sure to call the Oregon Department of Agriculture's Shellfish Closure Hotline at (800) 448-2474 for a recorded message about current clamming and crabbing advisories to avoid a long drive in the event of a shutdown.

The information also is available online at <https://www.oregon.gov/ODA/programs/FoodSafety/Shellfish/Pages/ShellfishClosures.aspx>

Also, beginning May 20, the Oregon Health Authority began its summer

ocean water-quality monitoring program at selected popular recreation sites.

You can check the current status online at <https://www.oregon.gov/oha/PH/HEALTHYENVIRONMENTS/RECREATION/BEACH-WATERQUALITY/Pages/status.aspx>

See you on the beaches and bays.

Now, if I can be allowed a minor digression...

Item 2, Homeowner quiz: What's the quickest way to cut through a contractor-grade 50-foot outdoor extension cord?

A: A 13-year-old 12-amp Task Force electric lawn mower.

B: A 15 year-old Homelite electric string trimmer equipped with Shakespear extra-tough Ugly Line.

Actually, that's a trick question.

While either will, and has, done the job, as anyone who's seen me do yard work knows, the answer is a decade-old Black and Decker Hedgehog 20 hedge trimmer.

It beats the other appliances 2-to-1 with a cleaner and faster, one might say more efficient, severing of the power cord.

Although there is no truth to the rumor that I intentionally shred, chop or cut through the cord to avoid having to do yard work.

My thrifty nature being the mother of caution.

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