

LADY CELTS: 'It's going to be a trial by fire ...'

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 "These girls are naturally gifted as players, but the entire program is not as fortunate. We want to see a lot of encouragement coming from them and a lot of help for the younger players who may not be quite there yet," he said.
 Handley had high hopes for a number of freshmen and underclassmen set to receive varsity playing time this season, and expects them to rise to the challenge.
 "It's going to be a trial by fire, but we're looking for who can step up mentally. We also want them to play with confidence knowing that they belong as part of the varsity team," Handley said.
 As far as the GVC opposition goes, Handley expected South Salem High School to be a leading contender for the league title followed by West Salem High School, but he is also interested to see how Forest Grove High School's team has grown.
 "(Forest Grove) had a lot of talented, young athletes last year and I'm curious to see how they've developed," he said.
 Looking ahead to the first games of the season, Strand wanted the team to come away with more than just wins.
 "I want to see us really executing the offense and defense. We're good at figuring out ways to score, but defense is going to win the games," she said.



McNary's Gabby Schmidt gets a look at the hoop during practice drills Thursday, Nov. 19. KEIZERTIMES/Eric A. Howald

On the Wild Side

by G.I. Wilson

Head for Tillamook Bar

Want to hook into torpedo-shaped salmon that blasts off like an Oregon Duck tailback? How about fishing an area, only a quarter mile wide, that on a bad year funnels 10,000 fall chinook into a bay? Or, on a good year—like 2015—up to 30,000?

This is not just any bay, but the second largest bay in Oregon, fed by five salmon producing rivers. We're talking some of the best salmon fishing in the west.

It all begins at the Tillamook Bar, entrance to Tillamook Bay, west of the busy port of Garibaldi.

Typically, small numbers of fall chinook begin checking out the bar in September, with the peak of the run in October. The run continues into mid-December. Experienced anglers take advantage of the lack of pressure and do well in December.

Fall chinook, having spent 2 to 4 years carb-loading in the ocean, nose into the Tillamook bar, preparing to head up one of the rivers to spawn. They cruise in with the incoming tide, hang around for a while, then move back out to the ocean with the outgoing tide.

Savvy anglers know this is the time to head for the bar.

Donald Koskela, of Pastime Fishing Adventures out of Silver, has clients from as far away as Germany coming to do battle with heavy fall chinook at the Tillamook Bar.

"I want to be on the bar at low slack tide and fish the incoming," Koskela explains. "At low slack you have more options. You can use less lead, fish both directions, even cross current. Salmon become more active at low tide."

These salmon have been feasting on herring and anchovies in the ocean. Consequently, plug-cut herring becomes the bait of choice for most anglers fishing the bar.

Chinook salmon typically travel near the bottom. Currents on the bar can be strong. Heavy sinkers—up to 16 ounce—may be needed to get bait down to them.

Basically, anglers use two approaches to fish the area.

Incoming Tide: Bar condi-



Submitted G.I. Wilson and Terry Moore with two October Tillamook Bar 20-pound chinook.

tions permitting, run out to the jaws, drop gear down and follow the tide in. After a good run, reel in, run back out and do it again. Mark where fish are being hooked.

Outgoing Tide: Simply reverse the procedure.

Hovering: Your objective is to nose the boat into the current and adjust your speed to keep the boat in one place and let fish on the move come to you. Or, speed can be adjusted to allow the current to slowly push you back covering more water.

Key is to keep your bait near the bottom. "With a big tide swing you will need 16 ounce to reach the zone," Koskela adds. Most anglers use either a spreader, or three-way swivel, with 12 to 16 inch dropper line for the cannon ball sinker, and 5 to 6 foot leader with two hook mooching rigs.

Warning: The Tillamook Bar can be one of the most dangerous bars on the Oregon Coast. Outgoing currents are strong, between four and six knots on the average. Its channel changes constantly.

Before you head out, get up-

to-date information on conditions. Look at the bar cam before leaving home. Check the NOAA predictions. Be aware of Coast Guard restrictions.

Each fall thousands of fall chinook salmon head for the Tillamook Bar.

Knowledgeable anglers take advantage of the constricted area to bury a hook in the jaws of a trophy fish.

Wilson House Favorite Salmon Recipe

- Salmon fillet skinned.
- Place foil boat in pan. Foil should be long enough to cover fillet.
- Season with onion salt, garlic salt, and lemon pepper.
- Place fillet in foil, on bed of chopped onion.
- Cover fish with thin layer of fresh tomato and onion slices.
- Cover with foil, bake 10 minutes 400 degrees. Uncover, bake 8-10 minutes longer
- Garnish with lemon.

puzzle answers

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