

Fishing forecast and report — July 24

ODFW

Not into Rodeo? Need to get away to a quiet spot? Grab a fishing pole and head out to some of these places!

In the Grande Ronde River, anglers are catching good-size trout in the roadless section and bass in the lower river between Troy and the WA state line.

Trout fishing has been good on the Wallowa River with fish taking stoneflies and caddis patterns below the surface.

Fish Lake and Wallowa Lake are scheduled to be stocked this week.

GRANDE RONDE RIVER: trout, whitefish, bass

The Grande Ronde is fishing well throughout the roadless section for good-size trout.

Flows are currently good for rafting but are becoming more difficult as flows drop. The lower river fishes very well for bass during the summer months. Try fishing between the state line with Washington and the town of Troy.

IMNAHA RIVER: trout

While flows are still up on the Imnaha River, anglers should begin finding success for trout and whitefish. The reaches between the town of Imnaha and the fish weir are best; however, be sure to get permission before fishing on private property.

The lower river often fishes well for bass during the summer months as they move in from the Snake River.

Due to poor returns of spring Chinook there are no plans for a salmon season.

JUBILEE LAKE: trout

The main access to the lake is now open. Fishing should be good for rainbow trout, the lake was stocked last week with legal and trophy trout.

LUGER POND: rainbow trout

This pond is accessible and has been stocked with legal-size and trophy-size rainbow trout.

Take the Palmer Junction Road north out of Elgin about 10 miles to USFS 63. Follow USFS 63 for about 9 miles, then left on USFS 6306. Luger Pond is 2.5 miles on the right, near Luger Springs campground.

MCKAY RESERVOIR: perch, crappie, bass

The reservoir is at full pool, water conditions are improving visibility is getting better and water temperature is warming.

Crappie fishing should be heating up as crapping move into the shallows to spawn, early morning and evening produce the most consistent bite.

Drifting or trolling with jigs, spinners and small plugs are good ways to locate scattered crappie schools. Once a school of actively biting crappie are located slow down and fish jigs

slowly under a bobber. Fishing for small and largemouth bass should be fair to good.

MORGAN LAKE: rainbow trout

Morgan Lake is now open to fishing and has been stocked with 500 trophy-size rainbow trout. That's in addition to the trout already available from fingerling stocking last spring.

PEACH (LADD) POND: rainbow trout

The pond has received its second stocking with 1,000 legal-size and 75 trophy-size rainbow trout.

To measure the catch rate of trout stocked in the Peach Pond, ODFW marked some of these with an orange colored tag just under the dorsal fin. If you catch one of these tagged fish, please report the tag number to Tim Bailey, District Fish Biologist at 541-962-1829. Some of these tags will have a \$50 reward available.

Construction of a new ADA accessible fishing platform is now complete.

TAYLOR GREEN POND: rainbow trout

The pond is stocked with legal and trophy-size rainbow trout. Fishing has been good.

From Hwy 203 at Union, turn left staying on Hwy 203 towards Medical Springs. At the summit between Union and Medical Springs, turn left onto USFS Road 7700 (opposite Snowpark area). Proceed East on 7700 road for about 9 miles to USFS Road 7740 on the right. There is a popular camping area just beyond the 7740 road on the right. Proceed on the 7740 road for about 1/4 mile. The rock pit and pond are on the right.

WALLOWA COUNTY PONDS: rainbow trout

Wallowa County ponds on the forest and in the valley received a fresh batch of stocked trout this week and fishing should be good.

Kinney Lake is fishing well for stocked and holdover trout up to 16-inches.

WALLOWA LAKE: rainbow trout, kokanee, lake trout

Kokanee fishing is picking up for anglers. While most are finding moderate catch rates, the quality of fish is very good with kokanee to 4 pounds.

Trout fishing has been good for holdover and recently stocked fish.

WALLOWA RIVER: steelhead, mountain whitefish, trout

Trout fishing on the Wallowa River is currently good. Fish have been taking large stoneflies and caddis patterns under the surface. Dry flies during the last few hours of daylight have also been effective.

Please report a caught tagged fish to the ODFW Pendleton office 541-276-2344.

Tamkaliks hosts 80 dancers, plus guests from around the globe

Megan Futter
For Wallowa County
Chieftain

The annual Tamkaliks Nez Perce homecoming celebration was held July 19-21 at the Tamkaliks grounds in Wallowa, Oregon.

The original Wallowa Band descendants hold this reunion celebration every year on the third weekend of July. The three day celebration is filled with dancing, drumming and friendship and many look forward to it all year.

This year, 80 registered dancers competed as well as 12 drum circles. Visitors came from all over, including guests from Germany, Switzerland, Taiwan and Spain, to attend this year's festivities.

Frank Hill and Thomas Morning Owl kept crowds entertained as the masters of ceremonies for the 2019 homecoming celebration.

Things kicked off Saturday with a memorial procession, led by Celeste "Cece" Whitewolf on foot. Whitewolf has ancestry of Cayuse and Nisqually, and Wallowa-Band Nez Perce. Whitewolf lives in Tigard Oregon. Although she missed the first two Tamkaliks celebrations, she has attended every year thereafter. Whitewolf enjoys the social dancing on Friday night and says it is very spiritual.

Logan Quaemps, from the Confederated Tribes of the Umatilla, led the Saturday morning Memorial Horse Procession. Quaemps and a friend made the three day ride over the hill from Pendleton. Quaemps said of the seven year old quarter horse and a six year old "wild horse off the hill," "They both are tough as nails to make the ride over here". The five horses in memorial procession circled three times — one circle to honor those in the present, one for those in the future.

Dance performances kicked off with the grand entry. Flag bearers led the procession carrying the Eagle Staff, American Flag, and the Canadian flag. Saturday's dance performances included the circle dance,



Megan Futter/For Wallowa County Chieftain

Turak Andrews, Colville Nation, Nespelem, Washington. This is Andrews' first year at Tamkaliks.

men & boys traditional, women and girls traditional, men's fast and fancy, grass dance and women's jingle dress.

Jesse Bevis Sr. of the Confederated Tribes of Umatilla has been coming to Tamkaliks for years; he remembers performing in the junior category when he was nine or ten years old. Bevis has passed the tradition on to his own family who were in attendance this year. He and

his wife Nukinka Manuel have two children. Daughter Alayna Bevis, 14, competes in the Women's Fancy Shawl. When asked about her favorite part of celebration, she couldn't decide on one set thing and stated that everything was her favorite. Son Jesse Bevis Jr., 5, was also performing this year and he said his favorite part was dancing in the Tiny Tots division, where he danced "prairie chicken"

style. Bevis said Tamkaliks is very special to his family; he looks forward to catching up with friends and family who come to visit not only from Pendleton but from other places like Lapwai and the Yakima valley as well.

The friendship potluck held Sunday served venison, elk and salmon to hungry natives, locals and visitors. Volunteers and committee members served over 480 people at this year's feast.

Petting dogs, cats really does reduce stress

Scott Weybright
Washington State University

College is stressful. Students have classes, papers, and exams. But they also often have work, bills to pay, and so many other pressures common in modern life.

Many universities have instituted "Pet Your Stress Away" programs, where students can come in and interact with cats and/or dogs to help alleviate some of the strain.

Scientists at Washington State University have recently demonstrated that, in addition to improving students' moods, these programs can actually get "under the skin" and have stress-relieving physiological benefits.

"Just 10 minutes can have a significant impact," said Patricia Pendry, an associate professor in WSU's Department of Human Develop-

ment. "Students in our study that interacted with cats and dogs had a significant reduction in cortisol, a major stress hormone."

Pendry published these findings with WSU graduate student Jaymie Vandagriff last month in AERA Open, an open access journal published by the American Educational Research Association.

This is the first study that has demonstrated reductions in students' cortisol levels during a real-life intervention rather than in a laboratory setting.

The study involved 249 college students randomly divided into four groups. The first group received hands-on interaction in small groups with cats and dogs for 10 minutes. They could pet, play with, and generally hang out with the animals as they wanted.

To compare effects of dif-

ferent exposures to animals, the second group observed other people petting animals while they waited in line for their turn. The third group watched a slideshow of the same animals available during the intervention, while the fourth group was "waitlisted". Those students waited for their turn quietly for 10 minutes without their phones, reading materials, or other stimuli, but were told they would experience animal interaction soon.

Several salivary cortisol samples were collected from each participant, starting in the morning when they woke up. Once all the data was crunched from the various samples, the students who interacted directly with the pets showed significantly less cortisol in their saliva after the interaction. These results were found even while considering that some students may have had

very high or low levels to begin with.

"We already knew that students enjoy interacting with animals, and that it helps them experience more positive emotions," Pendry said. "What we wanted to learn was whether this exposure would help students reduce their stress in a less subjective way. And it did, which is exciting because the reduction of stress hormones may, over time, have significant benefits for physical and mental health."

Now Pendry and her team are continuing this work by examining the impact of a four-week-long animal-assisted stress prevention program. Preliminary results are very positive, with a follow-up study showing that the findings of the recently published work hold up. They hope to publish the final results of that work in the near future.

Great Summer Read

The Bookish Life of Nina Hill
by Abbi Waxman

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