

ANNUAL CAPE MT. TRAIL RUN SET FOR SATURDAY

The rugged Cape Mountain Trail Run, which is a challenging and scenic course that begins at Horse Creek Trailhead and loops through the single-track USFS Coast Horse Trail system, will take place June 13, beginning at 10 a.m.

The 10-mile course has a 1,850-foot elevation gain with

panoramic views of the Pacific Ocean from several places along the course. The highest point is Cape Mountain Lookout, which was built by the CCC in the 1930s.

There will be a four-hour time limit, and an aid station will be located at mile 4.5.

Refreshments will be served after the race.

SNF SEEKS PUBLIC INPUT FOR FOREST PROJECTS

CORVALLIS — In response to the two-year reauthorization by Congress of the Secure Rural Schools and Community Self-Determination Act in April, the Siuslaw National Forest is soliciting project proposals to be funded under Title II of the act.

The federal legislation encourages individuals, non-profit organizations, local governments, and others to propose projects that restore watersheds, decommission or maintain roads, control noxious weeds, or otherwise improve the condition of the Forest.

Proposed projects need not be implemented on Forest Service lands, but must show a benefit to national forest resources.

Project proposals are due electronically by 5 p.m., July 2.

Application forms, instructions, and submission guidelines can be found online at www.go.usa.gov/38CbB.

"The reauthorization of Secure Rural Schools is excellent news for the Oregon counties and numerous communi-

ties that partner with the Siuslaw National Forest," said Jerry Ingersoll, Forest Supervisor of the 630,000 acre forest.

Eligible project proposals submitted to the forest will be reviewed by the Siuslaw Resource Advisory Committee, a balanced and diverse group of stakeholders representing local communities, industry, recreational interests, environmental groups, elected officials, and more.

Following their review in September, the committee will supply Jerry Ingersoll with a list of projects recommended for funding.

"The resource advisory committee is a crucial part of the process of funding projects under the Secure Rural Schools Act," said Ingersoll. "We recruit continuously for energetic and interested people that represent the diversity of our state and community. Please let us know if you are interested in serving."

More information about the Secure Rural Schools Act can be found at www.fs.usda.gov/main/pts/home.

Commission sets big game tags, coho seasons

SALEM — The Oregon Fish and Wildlife Commission adopted 137,015 controlled hunt big game tags for this fall's hunting season earlier this week during a meeting in Salem. Draw results will be available June 20.

The commission also considered changes to the 2016 big game hunting regulations.

While it won't make a final decision until the October meeting, the commission indicated support for most staff proposals including:

- A new Special Opportunity and Premium Hunt series that would offer an opportunity to draw an additional deer, elk or pronghorn tag with a longer season. These tags would be very limited but available in most areas. Tags would be allocated through the regular controlled hunt draw process but would not use preference points.

- Changing renewal period for hunters with a disability permit from every two years to every five years.

- Conducting new and continued cougar target areas to reduce cougar damage to livestock, limit human safety problems and reduce impacts on ungulate populations.

Units still under consideration are: Melrose, SW McKenzie/NW Indigo, South Paulina/N Wagontire, Steens Mtn, Warner and Interstate.

- Increasing Wenaha any-bull rifle and archer tags to 40 (from 35), a reduction from original staff proposal to allow 45 tags. (Hunts #256Y1 and 256R1.)

The commission heard public testimony in favor of lighted nocks for archery hunters and indicated support for the concept, and has asked staff to ensure the concept is consistent with existing statutory authority.

The commission also set wild coho salmon seasons for the Siuslaw, Tillamook, Nestucca, Siletz, Yaquina, Alsea, Umpqua, Coos and Coquille basins, Beaver and Floras creeks and Tenmile

lakes (Siltcoos and Tahkenitch lakes remain open under permanent regulations).

Due to low projected returns, the Nehalem River will be closed to wild coho harvest in 2015, though anglers will be able to harvest hatchery coho thanks to an existing hatchery coho program on the river.

Daily and seasonal bag limits in open areas will be similar to recent years.

However, because fewer Endangered Species Act impacts are available in 2015, seasons in some basins will be shorter than in 2013 and 2014.

All proposed coho fisheries must be reviewed and approved by NOAA.

The 2015 Coastal Coho Fishing Regulations will be posted on the ODFW website by late June.

For the first time in several years, there will be no emergency regulations for coastal fall Chinook. Anglers should refer to the 2015 Oregon Sport Fishing Regulations booklet for those seasons.

In other business, the Commission:

- Allocated 2016 tags to the big game auction and raffle program.

- Approved funding for Access and Habitat projects that provide hunting access or improve wildlife habitat.

- Set the July 2015 - June 2016 commercial seasons for coastal pelagic species. Under federal regulations for the 2015-16 season, there will not be a directed sardine fishery off the west coast due to very low numbers in the latest stock assessment.

- Approved \$1,328,936 in funding for 17 fish enhancement and restoration projects recommended by the Fish Restoration and Enhancement Board.

The Commission is the policy-making body for fish and wildlife issues in the state.

It usually meets monthly. The next meeting is scheduled for July 27 in Salem.

NEW RULES TO REDUCE EXCESSIVE CONTACT IN BASKETBALL

The rule prohibiting excessive contact in high school basketball has been expanded to include all ball-handlers on the court, include post players.

This revision in Rule 10-6-12 and a new signal for officials were recommended by the National Federation of State High School Associations (NFHS) Basketball Rules Committee at its recent meeting in Indianapolis, Ind.

Both changes were subsequently approved by the NFHS Board of Directors.

Last year, the rules committee added Article 12 to Rule 10-6 in an effort to eliminate excessive contact on ball-handlers and dribblers outside of the lane area. Beginning next season, excessive contact on any ball-handler will be a violation of the rules.

The new language states that "a player becomes a ball-handler when he/she receives the ball. This would include a player in a post position."

The acts that constitute a foul when committed against a ball-handler are a) placing two hands on the player, b) placing

an extended arm bar on the player, c) placing and keeping a hand on the player and d) contacting the player more than once with the same hand or alternating hands.

"The current rule covers the ball-handler/dribbler situations but ignores the action that goes on in the post area with the hands, arm bars, etc.," said Theresa Wynns, NFHS director of sports and officials. "The additional language will clarify that the illegal acts should be ruled for every position on the floor."

The rules committee also approved a new signal to be used after a basket is made and when there is a stoppage in play. The signal will be used by officials to indicate that the team in-bounding the ball may run the baseline.

This signal would be used to restart play when a time-out is called or an injury occurs after a made basket.

In addition to these changes, the Basketball Rules Committee approved four points of emphasis for the 2015-16 season: post play,

rebounding, protecting the free-throw shooter and NFHS mechanics and signals.

The committee noted that new information has been added to the rules book that addresses cleaning up post play and urged fouls to be called when violations occur.

In addition, the committee emphasized that illegal tactics related to rebounding should be called since these violations are among the leading causes of injury in high school basketball.

Protecting the free-throw shooter is another area of emphasis for next season. The committee noted that the rule change last year allowing a player occupying a marked lane space to enter the lane on the release of the ball by the free thrower calls for added protection of the free-throw shooter.

The final point of emphasis concerns the use of NFHS mechanics and signals.

"Communication is vital to the game of basketball, to the officials and all others involved in the game," Wynns said. "It is

essential for officials to master and use only the NFHS-approved mechanics and signals."

The rules committee also devoted significant time to updating the NFHS 2015-17 Basketball Officials Manual.

Wynns said the revised publication will be improved and expanded to include diagrams helpful to new officials as well as the more experienced ones.

A complete listing of the basketball rules changes is available on the NFHS website at www.nfhs.org.

Click on "Activities & Sports" at the top of the home page, and select "Basketball."

According to the 2013-14 NFHS High School Athletics Participation Survey, basketball is the third-most popular boys sports nationwide with 541,054 participants and second-most popular girls sport with 433,344 participants.

In terms of school sponsorship, it ranks No. 1 for both boys and girls with 18,126 schools for boys and 17,754 for girls.

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Thank you

Siuslaw News

garage sale GUIDE

ESTATE SALE Sat/Sun 6/13-6/14 9am-3pm 5585 Otter Way. Having a lifetime of memories sale. Includes antiques, furniture, cabinets, salon equipment, tools, keepsakes & collectibles. Everything must go! No early birds. Travel 3 miles north of Florence and turn right onto Sutton Lake Rd at Twin Lakes store and follow signs.

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GARAGE SALES THIS WEEKEND

ODFW reminds beachgoers to avoid seals, sea lions, pups

ROSEBURG — Pacific harbor seal pupping season is in full swing on the Oregon coast. The Oregon Department of

Fish and Wildlife advises beachgoers to stay away from seals and sea lions resting on rocks or beaches.

A harbor seal mother often leaves her pup on shoreline rocks or the beach while she feeds in the sea.

"The pup isn't stranded, and human activity around it can discourage the female from returning to feed and care for her pup," said Susan Riemer, marine biologist.

At this time of year, California sea lions are migrating south to breed for the summer, stopping to rest on Oregon beaches.

If a marine animal is obviously sick or injured, people can call the OSU Marine Mammal Stranding Hotline at 541-270-6830.

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