

Lost or stranded, learn how to survive in the woods

If you aren't prepared and don't know about the area you want to explore, don't go. Wait and go with someone who's familiar with the area or study maps and search the Internet for more information of the area you're looking to explore. Each time Search and Rescue (SAR) teams in Oregon initiate a rescue, we learn more about human behavior and what they might do in a situation depending on their health, experience and knowledge of the area. One very important action is

letting your family or friends know where you are going, when you are expected back, and — most importantly — do not hesitate to call for help. This is a beautiful state we live in, but it can be very unforgiving when the elements and the environment change. If you are traveling on the back roads and your vehicle breaks down, stay with your vehicle. Try your cell phone. If there is no cell service, stay with your vehicle. The vehicle is your shelter from the elements and your vehicle is easi-

er to spot from a plane or helicopter. If it is too hazardous to remain with the vehicle, don't walk further than eyesight from the vehicle. Often, a person attempts to walk out and ends up in more danger than if they had waited. If you are lost or injured in the woods, stay near a trail and try to make yourself a shelter. If you can, prepare an area for a warming and signal fire. Keep in mind the time of the year and the conditions in the woods; you don't want to start a forest

fire. Staying dry and warm is very important. Stay hydrated if it is warm. Remain calm and listen for searchers and hopefully you have a signal whistle in your pack. Listen for aircraft in the area and hopefully you have packed a signal mirror or flashlight. Each year, SAR looks for mushroom pickers. They get turned around and can't find their way back to their vehicle. Many have been rescued because they had cell service; some have never been found.

Pay attention to the direction you are going and stay as close to the trails as you can. Some will mark their way in with surveyor's tape and then collect it on their way out. It's easy to get turned around when you walk with your head down all day looking for mushrooms. This is why it is so important to have a map and become familiar with the area. You can purchase a good Global Positioning Satellite (GPS) device for less than \$100 that can lead you back to where you started.

Most importantly, stay calm and conserve your energy. Some people panic and wander off from the area resulting in injury. SAR hopes you plan your trip according to our recommendations. You can never be too prepared, but being unprepared can cost you your life. When you choose to explore the areas of this great state, be safe. Submitted by Lincoln County Sheriffs

Volunteers needed for annual SOLVE Spring Beach Cleanup

On Saturday, March 26, SOLVE welcomes volunteers of all ages to join together in clearing the entire Oregon coast of litter and marine debris. Presented by AAA Oregon, the 31st annual SOLVE Spring Oregon Beach Cleanup will take place from 10 a.m. to 1 p.m. Register at one of 45 beach cleanup locations from Astoria to Brookings at solveo-regon.org or by calling 503-844-9571 x332. Last year, more than 5,100 Spring Oregon Beach Cleanup volunteers removed nearly 68,000 pounds of debris from the coast, contributing to the 3.3 million pounds that have been picked up since the first fall cleanup in 1984. Started by local citizens Judie Hansen and Eleanor Dye, this coastwide volunteer cleanup model was the first in

the nation, inspiring similar cleanups across the world. Locally, the cleanup has grown into an iconic Oregon tradition, uniting multiple generations of volunteers and keeping our beaches healthy for humans and wildlife alike. "Oregon's public beaches are unique to our state, providing the basis for many of the beloved cultural and recreational activities that contribute to our identity as Oregonians," said Tim Morgan, president and CEO of AAA Oregon. "The coast is shared by all of us, and the Spring Oregon Beach Cleanup gives citizens the opportunity to join together to keep it clean and healthy." From the 1,000-pound fishing net to the tiniest piece of plastic in the sand, litter and marine debris on Oregon's coast is an issue that affects

everyone, threatening the health of the environment and impacting the economy. Every year, fish, shorebirds and other wildlife ingest and become entangled in discarded debris. It's a problem that is preventable. Everyone has a role they can play in helping to reduce the impact of wayward trash. "The chance to walk in a quiet place and make it cleaner, safer and more pristine is priceless," said John Andersen, SOLVE Beach Captain in Netarts. "We have a duty to be stewards for all creatures that exist now or will exist in the future, and these annual cleanups are a big part of the solution." Volunteers at this year's event are encouraged to bring old colanders or kitty litter scoops to sift the tide lines for

tiny plastic pieces, harmful to local wildlife. Bags and gloves are provided, but bringing reusable gloves and buckets is encouraged to reduce the amount of plastic waste. Safety is the top priority, and volunteers are urged to keep an eye out for sneaker waves, stay off logs near the water, steer clear of sea lions, look out for signs and ropes limiting beach access around snowy plover nesting areas, and refrain from touching hazardous items like oil drums. The Spring Oregon Beach Cleanup is presented by AAA Oregon. Additional sponsors include major sponsors Fred Meyer and The Standard; coordinating sponsors Local Coast Haulers and the Oregon Parks and Recreation Department; and media sponsors K103FM

and KOIN 6. SOLVE is a statewide nonprofit organization that brings people together to improve the environment and build a legacy of stewardship. Over four decades, the organization has grown from a small, grassroots group to a national model for volunteer

environmental action. Today, SOLVE mobilizes and trains tens of thousands of volunteers across Oregon to cleanup beaches and rivers and restore watersheds. For more information, visit solvoregon.org.

Fishing from 1B

fishery is fair to good for both the Siuslaw and Lake Creek systems. With so much rain this winter, anglers have not had that many quality fishing days so get out there when you can because the next few weeks are typically peak season. During higher flows, the Lake Creek basin tends to fish better and clear more quickly. Casting lures, bobber fishing or pulling plugs are good options. **ALSEA RIVER: Steelhead** Winter steelhead fishing is good with anglers doing well in the upper to mid river sections. With so much rain this winter, many fish have pushed upstream quickly. During higher flows, the upper river fishes well. During lower clear flows, it's better to focus efforts in the mid to lower river sections. Casting spinners / spoons, or floating bait or a jig are good options. **SALMON RIVER: Steelhead** Winter steelhead fishing is fair and fish can be found throughout the mainstem as river conditions allow. Casting lures, bouncing the bottom or drifting jigs or bait under a bobber are good techniques to consider. **SILETZ RIVER: steelhead** Winter steelhead fishing is fair to good with both bank and boat anglers hooking fish through the mainstem as river conditions allow. The river should fish well most of this week. Side drifting, bouncing bottom or bobber fishing can be productive. **WILSON RIVER: Steelhead, Chinook** Steelhead angling should be good as the river drops from recent high water. Fish are spread out through the system. Angling for Chinook is closed. An error in the 2016 Fishing Regulations mistakenly lists river as open for hatchery Chinook beginning Jan. 1; the correct opening date is April 1. **YAQUINA RIVER: Steelhead** The winter steelhead fishery is fair in the Big Elk and should continue to produce over the next few weeks.

Look for the next good rain to push in another batch of fish. Anglers are reminded that there is a lot of private property along the Big Elk. Casting lures or bobbers fishing are the best techniques for this river. **COOS COUNTY LAKES AND PONDS: Trout** Lakes in Coos County are open all year for trout fishing. Last week 30 hatchery steelhead, that returned to Eel Lake trap, were stocked into Butterfield Lake to provide additional fishing opportunity for trout anglers. These steelhead stocked into Butterfield Lake are no considered trout and may be harvested. The daily trout bag limit in Butterfield is 5 trout per day with only 1 trout over 20 inches per day. **COOS RIVER BASIN: Dungeness crab, steelhead, bay clams** Steelhead anglers are catching lots of steelhead when conditions are right. With the recent rain the river might be fishable today but too high and

muddy tomorrow. Anglers are catching steelhead drift fishing corkies or eggs. Jigs fished under a bobber area also catching several steelhead. The West Fork Millicoma River is the first river to clear after a rain followed by the East Fork Millicoma and South Fork Coos rivers. Anglers fishing the South Fork Coos River above Dellwood will need a permit from Weyerhaeuser, which they can pick up at the Dellwood office. In the Coos Basin 1 additional hatchery steelhead may be retained per day for a total aggregate of 3 adult fish harvested daily. Recreational harvest of crab re-opened from the Columbia River to the California border. **TENMILE BASIN: Trout, steelhead** Streams in the Tenmile Basin are now closed for trout fishing until May 22. Tenmile Lakes is open all year for trout but trout fishing has been slow. Steelhead fishing has been

slow in Tenmile Creek and Eel Creek. Thirty five hatchery steelhead from the Eel Lake Fish Trap were recycled back into the fishery at Spinreel Park. In the Tenmile Basin 1 additional hatchery steelhead may be retained per day for a total aggregate of 3 adult fish harvested daily. **UMPQUA RIVER, SOUTH: Steelhead** The South Umpqua is currently open to adipose fin-clipped steelhead harvest, and winter steelhead fishing will improve as water levels recede.

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