

By Lloyd Little

Retired teacher, coach and game official

With more than 55 years as an athlete, coach, parent and spectator, Lloyd Little has gained some insights and perspectives regarding athletics. Each week, he shares what he's learned about sports from his multiple points of view.

Gender Verification

Scientists discovered ways to help severely burned victims and people riddled with diseases recover and regenerate new muscle mass. Along the way, athletes discovered these wonder drugs could assist them in their personal quest for fame and riches.

The performance enhancing drugs (PEDs) have been around for decades. Athletes using PEDs try to stay a step ahead of the tests needed

See LITTLE 2B

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

MID COAST LAKES

Stocking of the mid-coast lakes began the first week of February and will continue into June. Check the stocking schedule online for dates and locations of stockings. These early stockings include: Alder and Dune Lake, Cleawox, Lost Lake, Munsel Lake, Thissel Pond, Mercer Lake, Big Creek Reservoirs, Ollala Reservoir and Devils Lake.

Warmwater fisheries are improving in several lakes around the Florence area including: Siltcoos, Tahkenitch, Mercer, and Munsel.

Note: Ollala Reservoir has been re-opened and stocked. Check the stocking schedule for future stockings.

SIOUSLAW RIVER: Cutthroat trout

Trout fishing in streams reopened May 22. Check the regulations for open areas and gear restrictions.

ALSEA RIVER: Cutthroat trout

Trout fishing in streams opened on May 22, time to hit the river. Check regulations for open areas and gear restrictions.

SALMON RIVER: Cutthroat trout

Trout fishing in streams reopened May 22, time to hit the river. Check the regulations for open areas and gear restrictions.

SILETZ RIVER: Summer steelhead, spring Chinook, cutthroat trout

The Siletz River is open year-round for steelhead and summer steelhead fishing has improved. Anglers are catching summer steelhead throughout the system but the best fishing is in the Moonshine and gorge areas. The summer steelhead fishery picks up in May and peaks in June and July.

Summer steelhead in the Siletz River offers a great

See FISHING 3B



GARY "G" ARMSTRONG WILL COMPETE IN THE 2019 NORTHWEST PRO 2 CAR RACE SERIES THIS YEAR.

LOCAL RACER SWITCHES GEARS

Florence resident and sand drag racer Gary "G" Armstrong will compete in the 2019 Northwest Pro 2 Car Race Series driving his new Yamaha YXZ1000r SS UTV.

Over this year's off-season winter months, he transitioned from racing ATV's to his new UTV race car that was provided with the help of sponsor Florence Yamaha.

For the past nine years, Armstrong has raced a modified ATV in the ATV category of the Series, along the way winning two championships, two championship runner-ups and 62 podium finishes.

"It was time to do something fresh and these new UTV's are the rage of the rapidly growing recreational off-road industry in the U.S.A.," Armstrong says of the transition.

The first race of the Series is today and tomorrow, June 16, at Albany Sand Drags in Albany, Ore.

Armstrong's other sponsors include Fullerton Sand Sports Tires and Wheels, Dasa Racing Products, Redline Racing, Direct Drive CNC, Oneal Racing Gear, Dirt Wheels Magazine, Santa Cruz Bicycles and local Florence businesses Jack Smoot Welding and Siuslaw Signs & Graphics.



THE FIVEMILE-BELL WATERSHED IS PART OF A FIVE-YEAR-LONG RESTORATION PROJECT COVERING NEARLY 5,000 ACRES LOCATED APPROXIMATELY 10 MILES SOUTH OF FLORENCE.

LOCAL WATERSHED PROJECT RECEIVES RESTORATION AWARD

The Fivemile-Bell Watershed Restoration project, located about 10 miles south of Florence in the Central Coast Ranger District, has been selected for the 2019 Western Division of the American Fisheries Society (WDAFS) Riparian Challenge Award in the United States Forest Service category.

WDAFS presents this award to managers and resource specialists to recognize their efforts in maintaining, restoring and improving riparian and watershed ecosystems.

The Fivemile-Bell restoration project is a decade-

Just one of the thousands of wildlife residents that call the Fivemile-Bell Watershed home.

long innovative project that covers about 5,000 acres of national forest land working to restore a critical floodplain to dramatically improve habitat for Oregon Coast Coho salmon, a federally threatened species, and other aquatic and terrestrial animals.

The Fivemile-Bell restoration project is a decade-



See AWARD 2B

Tide Tables

Entrance Siuslaw River

High Tide	Low Tide
June 15 12:06am / 5.8 5:25pm / 2.2	5:43am / -1.1 11:24pm / 7.9
June 16 12:57pm / 6.0	6:27am / -1.4 6:11pm / 2.4
June 17 12:04am / 7.9 1:42pm / 6.0	7:08am / -1.5 6:56pm / 2.6
June 18 12:44am / 7.7 2:25pm / 6.0	7:48am / -1.4 7:39am / 2.7
June 19 1:22am / 7.4 3:07pm / 6.0	8:27am / -1.2 8:22pm / 2.8
June 20 2:01am / 7.1 3:48pm / 5.9	9:06am / -1.0 9:07pm / 2.9
June 21 2:41am / 6.6 4:30pm / 5.8	9:45am / -0.7 9:54pm / 3.0

Summer-long special events continue today at Cape Perpetua Visitor Center

In addition to the camping, hiking, tidepooling and picnicking, visitors to the Cape Perpetua Visitor Center can choose from an array of activities this summer.

Events kicked off June 1 and continue throughout the summer. Upcoming events:

- Today, June 15 — Amanda Trail Volunteer Work Party.
- Volunteers will work on cleaning up and further preparing the new Amanda Bridge site for upcoming construction work.
- There will be a celebratory potluck for participants following the work. Volunteers who plan to attend the work session or the work session and potluck on June 15 should RSVP to Joanne Kittel by calling 541-961-8374 or email her at jnkittel@peak.org for more information.
- The clean-up will begin at 9 a.m.
- Ongoing events this summer at Cape Perpetua:
- Mondays, now through Sept. 2 — Walk with a Ranger. Begins at noon at the Visitor Center.
- Join retired Chief Park Ranger Michael Noack for an easy to moderate hike where he will be sharing information about the local flora and fauna.
- Hikes will last 75-90 minutes.
- Wednesdays, May 29 through Aug. 28 — Under the Sea from 10 a.m. to 3 p.m. at the Visitor Center.
- Oregon doesn't stop at the beach. Take a deeper dive into the Cape Perpetua Marine Reserve by joining Tara DuBois,

See CAPE 3B