

SN

Sports & Recreation

Calendar

Dec. 21

• SHS wrestling at Grants Pass Inv. Day 2 TBA

Dec. 27

• SHS basketball hosts Douglas Girls: 5:45 p.m. Boys: 7:15 p.m.

Jan. 3

• SHS basketball Bandon Dunes Day 1 — TBD

Jan. 4

• SHS basketball Bandon Dunes Day 2 — TBD

Jan. 7

• SHS basketball hosts Taft HS Girls: 5:45 p.m. Boys: 7:15 p.m.

Tide Tables

Entrance Siuslaw River

High Tide Low Tide

Dec. 21
7:41am / 8.0 1:09am / 1.7
8:34pm / 5.8 2:33pm / 1.0

Dec. 22
8:30am / 8.3 2:09am / 2.2
9:44pm / 6.0 3:29pm / 0.1

Dec. 23
9:16am / 8.5 3:06am / 2.6
10:44pm / 6.3 4:19pm / -0.5

Dec. 24
10:01am / 8.7 3:59am / 2.8
11:36pm / 6.6 5:06pm / -1.0

Dec. 25
10:44am / 8.7 4:49am / 3.0
5:49pm / -1.2

Dec. 26
12:23am / 6.7 5:36am / 3.1
11:26pm / 8.6 6:31pm / -1.2

Dec. 27
1:07am / 6.8 6:22am / 3.2
12:07pm / 8.4 7:11pm / -1.0



JARED ANDERSON/SIUSLAW NEWS

Senior guard Justyce Wierichs shoots a jumper in Thursday's win over Triange Lake.

SAILORS LOCK DOWN LAKERS

By JARED ANDERSON
Siuslaw News

Mapleton d T. Lake: 53-34

The Mapleton boys basketball team dominated Triangle Lake on Thursday night, taking the lead from the beginning and never relinquishing it.

"We came in with the intention of playing the best basketball we've played all year long," head coach Eric Wolgamott said. "We have to clean some

things up, but I always say that it's better to correct mistakes in a win than a loss. That's ultimately what you play for, is a win. It's always good to go into a break with a win, otherwise it was going to be a long winter break."

The Sailors scored just seconds into the first quarter and kept the Lakers at bay throughout, though there were some jitters.

"I don't know if it was nerves, or if it was the home crowd,"

Wolgamott said. "This was only our second game of the year, and I think it's possible to be a little too jacked up. They were just kind of speeding up the plays, not running through them fully."

After a few foul troubles in the first half and some missed shots, Wolgamott took the half-time speech to tell his players to focus.

"I told them, 'You're not

See SAILORS 2B



JARED ANDERSON/SIUSLAW NEWS

Mapleton's Opal Burruss attempts to breach the Triange Lake defense on Thursday.

MAPLETON LOSE CLOSE ONE TO LAKERS

By JARED ANDERSON
Siuslaw News

T. Lake d Mapleton: 41-33

The Mapleton girls basketball team battled it out with Triangle Lake in a hard-fought game Thursday night which saw the Sailors lose to the Lakers by 8 points, their lowest point-loss of the season thus far.

"I think it went well," head coach Melissa Duffy said. "Obviously, it could have been better because we could have won. But we had a bigger variety of girls taking shots. We had more passing to the inside than we usually have, and better defense. There's still lots of

improvement to be made, but they're getting tougher and a bit more basketball smart."

While the Lakers came out with a win at the end of the night, the Sailors definitely made them work for it. The game started off with a low score, with the Sailors making some smart shots.

"They were mixing their defenses in the first half, they were playing their zone," Duffy said. "The girls were also trying to process what they were looking at. They were taking stock in what they were approaching."

But they also got into some foul trouble, which allowed the Lakers to stay in the game, ending the first quarter in a tie.

In the second, the Lakers began to pull away, ending the second with 19 points over the Sailors' 15. It's at that point, the Sailors fought back, posting a strong defense throughout the third period and climbing out of the deficit — ending the quarter up by one basket, 23-21.

"I think they're starting to see the person in the middle and how you can use that person on the baseline in the middle to get those easy buckets," assistant coach Dan Gray said.

"And I think Opal [Burruss] was aggressive," Duffy added, noting that Burruss was the high scorer of the game with 12

See MHS 2B

TIME OUT

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.

Blisters and Bruises

Whenever an athlete begins a new sport season, there is a risk for blisters. The shoes may be new and not yet been worn.

Blisters are caused by the forceful rubbing within the top layers of the skin. A blister is a pocket of body fluid. It is there to protect the new layer of skin forming under the fluid. Most blisters will go away within a two-week period.

However, while present they can cause pain while moving. Feet are the most common area for blisters to form and feet are the foundation for athletic movement.

Preventing blisters from forming is important for skill development during early practices. Blisters can delay this development. Good-fitting shoes are essential in preventing blister development. Even the right shoe may not prevent a blister. Coach Ralph Brown, my seventh-grade basketball coach, suggested we turn our socks inside out. The seams of socks are located on the inside and the outside is smooth. When we turned our socks, the smooth side offered fewer rubbing areas for our feet. Some players then put on a second pair of socks. The shoe then felt tighter with less friction as a result.

When my children played sports, I remembered this

See LITTLE 3B

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

MID COAST LAKES:

Stocking of the mid-coast lakes ended in June. Check the stocking schedule online for dates and locations of stockings. Some of the bigger lakes have "holdover" trout and the fishing typically picks up in the fall when these trout are feeding to prepare for the winter months ahead. In the mid-coast, these lakes include: Cleawox, Mercer, Munsel, and Siltcoos.

Warmwater fisheries are slowing down for the year as water temperatures cool down.

SILTCOOS & TAHKENITCH LAKES: Coho

Coho fishing has been slow in Siltcoos and Tahkenitch so far this year. The dry, clear and cold weather pattern will slow the number of fish coming into the lakes. Fishing should pick up with the rain. Fishing should improve and be good through December.

Reminder: Retention of wild Coho is still allowed for the 2019 season, 1 wild adult Coho per day (as well as 1 jack per day) and 5 adult Coho for the year in aggregate with Siltcoos, Tahkenitch, and Tenmile Lakes.

SIUSLAW RIVER: Winter steelhead

See FISHING 3B

Celebrate New Year's Day with free 'First Day Hike' at Honeyman

For the ninth year, Oregon Parks and Recreation Department (OPRD) is partnering with state parks to offer free guided "First Day Hikes" in state parks across Oregon on New

Year's Day.

Locally, a hike will be hosted at Jessie M. Honeyman Memorial State Park just south of Florence. On Jan. 1, the usual \$5 parking fee will be waived.

Hikers can register for the hike at the Oregon State Parks Store, <http://bit.ly/ParkStoreEvents>.

Registration will help park staff plan for the hike and give park staff contact information

should the hike be canceled because of weather. Hike time will be 10 a.m. at the Group Camp parking lot for a moderate, two-mile hike on the Woahink Lake-side Trail.