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**Little from 1B**

1964 suggestion. As a result, my own athletes and the players I coached were given the same advice.

Some used this advice, some did not. If you get a blister and decide to remove it, use care to keep it clean. It is protecting new skin. Go online or ask a knowledgeable person the correct method for blister removal.

Athletes get bruises. Bruises can come in many sizes and in many places. The size and location of the bruise will determine whether or not it will affect an athlete's performance.

Of all the bruises I have had in more than two decades of athletics,

I remember just one that limited my movements. The bruise was no larger than a quarter but it was directly over the hip. It is commonly referred to as a "hip pointer."

It hurt when I walked, coughed, passed a football or attempted to be active in any way.

Bruises will usually go away within two weeks unless they are more serious and effect deeper tissue and even (although rarely) a bone.

Wrestlers have a risk of bruises to the outer ear. If left untreated, wrestlers are at risk to develop "cauliflower ear," which is a deformity of the ear due to bruising caused by the repeated blows to an ear. I am certain Coach Wartnik emphasizes mandato-

ry headgear in practices and matches; a cauliflower ear is permanent.

Lavion Mayes, a wrestler on the Missouri University team, has cauliflower ear. When asked about them he responded, "They're the ears of a fighter and a competitor." He then added, "Farmers used to work hours without gloves, forming calluses on their hands. People called these the hands of a working man."

Cole Baumgartner, also a Missouri University wrestler, has been wrestling since the third grade. He states he only had one cauliflower ear incident while in high school. He rushed to the doctor and had the blood drained from the ear, avoiding any permanent

damage. He has worn headgear every day since. However, he does understand how cauliflower ear can contribute to a feeling of camaraderie between wrestlers.

I prefer the camaraderie choice of the 1999 Siuslaw Viking football team. They elected to all dye their hair blond. As I took my son for his dying session, I joined in. Unfortunately, the blond Vikings lost to the Scappoose Indians, who were being led by future NFL quarterback Derek Anderson.

All athletes need to take care of blisters and bruises. Seemingly small in nature, blisters and bruises can restrict skill development if left untreated.



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**Fishing from 1B**

Winter steelhead typically show up on the Siuslaw River in December and peak January through February. The next significant rain event will have fish on the move headed upriver to the popular Whitaker Creek fishery on the Siuslaw River. Time to get the steelhead gear out for the season. Lake Creek opened for winter steelhead fishing on Dec. 1. Fall chinook retention remains closed on Lake Creek for the remainder of the season.

Reminder: Lake Creek (a tributary of the Siuslaw River) is closed for the fall salmon season to protect the forecasted low number of returning Chinook.

Due to low forecasted fall Chinook returns, this year's daily bag limit has been reduced to 1 wild Chinook per day and 5 per year for the mid-coast aggregate (Siletz River to Siuslaw River).

No wild coho retention for the 2019 season.

**ALSEA RIVER:**  
 Winter steelhead, Anglers have caught the first few winter steelhead on the Alsea River.

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