

Calendar

All sporting activities at Cottage Grove, Drain, Yoncalla and Elkton schools have been canceled through April 28

ODFW REGIONAL FISHING REPORT

www.dfw.state.or.us/RR

FISHING, HUNTING AND WILDLIFE VIEWING REMAIN OPEN

Access may be tricky – know before you go:

Fishing, hunting and wildlife viewing in Oregon remain open. However, Oregon State Parks as well as several cities and counties have closed parks, boat ramps and other facilities that could hinder access to your favorite spots. This list of closures changes quickly, so it's a good idea to call the land manager and confirm access before you go. YOU DON'T NEED TO TRAVEL FAR

Fish, hunt and watch close to home:

With Governor Brown asking Oregonians to limit nonessential travel, this is a good time to explore your local waters and wild areas. With hundreds of places to fish in Oregon, there's sure to be a place or two near you, and great bird watching can be as close as your own backyard.

Check the zone reports to find a location near you.

TROUT STOCKING SCHEDULE OFFLINE

Limiting congestion at stocking locations:

We have taken down the online trout stocking schedule in order to prevent public crowding at waterbodies when we deliver hatchery fish. We will continue stocking trout but we will deliver on a slightly different schedule and at some different locations to avoid a rush of anglers showing up along with the hatchery truck.

We will continue to stock popular lakes and ponds as long as people do their part and continue to use social distancing. We want to spread out angling effort in terms of timing and physical distance between anglers by not sharing our stocking schedule with the public. Thank you for understanding and doing your part to keep each other safe.

NOTE: Local ODFW offices do not have access to the trout stocking schedule either.

COLUMBIA RIVER CLOSURES TO ALL SALMON AND STEELHEAD FISHING EFFECTIVE THURSDAY, MARCH 26 AT 11:59 P.M.

This action is taken in response to the state of Washington's closure of all recreational fishing in the state, including the Columbia River. Oregon and Washington jointly manage fisheries in the mainstem Columbia River bordering both states and seek to have concurrent regulations. At this time, other ongoing fisheries in Oregon remain unchanged, and fishing for species other than salmon and steelhead will still be allowed in Oregon portions of the Columbia River as described in permanent rules.

ODFW COVID-19 UPDATES

Find the latest information at <https://myodfw.com/COVID-19>.

Reminder: Recreation areas closed to travelers, locals alike

Many of the state's top federal, state and local recreation areas are closed to all use following Governor Kate Brown's Executive Order on Monday, March 23, that prohibits all non-essential travel. State and county health officials say that Oregon has reached a critical moment in the COVID-19 health emergency, when limiting contact between people can save lives and flatten the infection curve.

All state parks, parts of national forests and some city recreation areas shuttered their doors over the past week to reduce crowds and discourage travel. The closures also affect local use, and land management authorities acknowledge this will be frustrating. With parks and other public lands closed, safety-related services like restrooms

are closed and trash collection is suspended, increasing the risk of injury when a person visits in violation of the closure.

Local health care professionals are focused on using resources to prepare for COVID-19 care and cannot afford to spend limited time and resources on people injured during recreational activities. All use, whether originating locally or not, is prohibited in a closed park.

The closures do not yet affect the ocean beaches, though all state and many federal and local access points are closed. If problems arise with people traveling unnecessarily or congregating there, the Oregon Parks and Recreation Department will reconsider its current decision for those areas to remain

open.

Some travel is necessary, and state highway rest areas are open for travel-related needs. Some parks also serve as rest areas. While nearly all are available for rest area-type functions, they are closed to recreation. Some rest areas may have reduced service or may be difficult to access. Parks that attract too many people seeking recreation rather than rest area services will be closed to all service.

A map of state highway rest areas is available at TripCheck.com.

People are encouraged to exercise as close to home as possible, including backyards and neighborhoods where social distancing is easier to maintain.



COURTESY PHOTO

Staying active while social distancing can maintain physical and emotional health.

STAYING ACTIVE WHILE STAYING AT HOME

BY CHANTELE MEYER
For The Sentinel

Oregonians are being asked to "Stay Home, Stay Safe" right now. While many group activities are being postponed and canceled, local personal trainers are stepping in to keep people moving.

"Be active and take all the precautions you can to maintain optimum health," wrote Coastal Fitness & Aquatics owners Jim and Deena Mitchell on www.mycoastalfitness.com in a letter announcing the fitness center's

temporary closure.

American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic activity every week.

Coastal Fitness' Facebook page shows several ways that people can try "virtual fitness." This includes Zumba classes via YouTube, Pilates lessons from the beach and potentially an online yoga class.

In addition, kids and families involved in gymnastics are invited to join the "Coastal Fitness Gymnastics" group for stretching and strengthening techniques.

Additional exercises and posts from individual teachers will also be posted throughout the gym's closure.

"Please keep moving!" the Mitchells wrote on Facebook. "Exercise is the key to reducing stress and boosting your immune system. ... Please stay connected and tell us how we might help you keep moving."

Other options for people to keep moving are short walks around neighborhoods, choosing to bike or walk when they do go to the store and short stints of exercising, stretching or weight-lifting at home.

Tracy L. Merkley, local per-

sonal trainer and author, is hosting group classes and private training sessions via Zoom Video

Communications, an app for computer or mobile device that allows for video conferencing. People can purchase these trainings through www.tracyspersonaltraining.com.

"I hope everyone is doing OK with the crazy and tough world situation," Markley said on the "Tracy Markley's Fitness" Facebook page. You all are aware that most fitness studios had to shut down for a

See **ACTIVE 2B**

Umpqua National Forest to close all developed recreation sites

The Pacific Northwest Region of the Forest Service has authorized the closures of developed recreation sites across Oregon and Washington. We are aligning our operations with the governor's stay at home orders in both states.

To align with Gov. Brown's executive order directing people to stay home to save lives, the Umpqua National Forest has temporarily closed all de-

veloped recreation sites, to include campgrounds, day-use sites, boat ramps, trailheads, fire lookouts, and OHV areas. The closure order is in effect through September 30, 2020 unless rescinded earlier.

These recreation closures are necessary to address social distancing guidelines provided by the Centers for Disease Control, align with Oregon State Governor Kate Brown's Executive Or-

der to avoid unnecessary travel, including travel for recreational purposes, and reduce pressure on emergency services in local communities.

Campsites, fire lookouts, cabins, and picnic site reservations also are unavailable through Recreation.gov. Existing reservation holders will be notified if there are any changes affecting their reservation. Refunds will be issued for canceled reserva-

tions.

"The health and safety of the public and employees is our number one concern," said Alice Carlton, Umpqua National Forest Supervisor. "This is foremost in our mind as we coordinate with County and State leadership through this crisis."

We are continuing Timber Sales and many other forest ac-

See **FOREST 2B**

Athlete of the Week



This week's athlete of the week is CGHS senior Mitchell Krokus, the 2019 4A state triple jump champion, who won't get a chance to defend his crown due to COVID-19-related sports cancellations.



In his first jump of the 2019 4A state triple jump, Krokus leapt out to a state-winning jump of 44-04.75 feet.

PHOTO BY ZACH SILVA