

Oregon joins Washington in closing Columbia River fisheries

Following the announcement today by the Washington Department of Fish and Wildlife (WDFW) that it will close all recreational fisheries in the state of Washington, the Oregon Department of Fish and Wildlife announced that it will close recreational salmon and steelhead in the Columbia River, effective Thursday, March 26 at 11:59 p.m.

In a press release distributed Wednesday afternoon, the Washington Department of Fish and Wildlife (WDFW) announced its decision to temporarily close recreational fishing and shellfishing statewide in the wake of Washington Gov. Jay Inslee's order on actions to limit the spread of coronavirus/COVID-19.

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.

Anglers are reminded to follow the rules for social distancing and maintain at least six feet distance from other people and

minimize non-essential travel, as directed in an executive order issued earlier this week by Oregon Gov. Kate Brown. ODFW also asks that anglers and the public help ensure the safety of ODFW employees they may encounter in the field who are doing their jobs by maintaining adequate social distance.

As with the Washington closure, ODFW anticipates the Columbia River salmon and steelhead fishing closure lasting at least until April 8, 2020.

ODFW regrets any inconvenience to anglers and appreciates everyone coming together to help slow the spread of COVID-19.



COURTESY PHOTO

The final projections for 2020 ocean and Columbia River salmon returns are out, and once again low numbers will constrain fisheries.

Active *from B1*

time being. (These classes) will be like old times, but with social distancing.”

Below are some tips gathered from Metro Creative Connection on how to work out at home:

Body weight exercises

Body weight exercises include push-ups, planks, squats and lunges. Alternating incline and positioning of the body when performing some of these exercises is a great way to work various muscle groups.

Get outdoors for cardio

A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help people lose weight when paired with strength training exercises. Take to the great outdoors near home to get in a good cardio workout, including bicycling and playing rowdily with kids or pets.

Walking can constitute a cardio workout if one goes at a brisk pace of around three miles per hour. Walking on an incline also can constitute vigorous exercise that's on par with running or biking, particularly when it's a steep hill.

Inside, people can do lateral shuffles between two points on a floor, set up a circuit of jumping jacks or skip rope to keep your heart rate up.

Set up a home gym

With a few barbells, dumbbells and a weight bench, it's easy to create a home gym in a basement or garage. Extra equipment for resistance training equipment or an elliptical machine can be added to make the gym more complete.

A home gym also can be a place to do strength and stretching exercises like yoga or Pilates.

A big part of this is dedicating a workout space. Areas away from the bustle of the household are great spaces to devote to home gyms.

The fewer the distractions, the more likely a person will commit to their exercise regimen.

Specialized equipment

While it may not be within everyone's means to purchase all new equipment, a few key pieces of equipment may help. These include elastic resistance bands, a set of dumbbells and stability balls. These items won't use up a ton of room for storage but will still allow people to work on strength and core muscles.

While people are asked to limit their time outside, home gyms can be a convenient way to maximize physical activity and help people maintain muscle mass. Staying fit can also improve physical strength, reduce seniors' fear of falls, increase confidence and improve sleep.

Forest *from B1*

tivities, using methods that will meet the county, state and Federal guidelines. We are committed to continuing to support our communities, local emergency services, and fulfill our mission as we all work together to minimize the impacts and spread of COVID-19.

Offices across the Umpqua Forest are currently conducting public business by phone, email, or web-based transactions.

The Umpqua National Forest will continue to monitor the COVID-19 situation and evaluate potential impacts to the forest. To align with Oregon state public land agencies, the recreation site closures will extend through Sept. 30 but can be rescinded earlier.

Please remember to review current recommendations from the Centers for Disease Control and Prevention and focus on protecting yourself, your family, and your community.



COURTESY PHOTO

Umpqua National Forest destinations like the Rogue River's Boundary Spring campground — seen here in a blanket of smoke from forest fires — will be closed for use until further notice.

is the permanent, clog-free gutter solution!*

*Guaranteed not to clog for as long as you own your home, or we will clean your gutters for free

75% OFF LABOR[†]

(541) 213-2311

CALL TODAY FOR YOUR FREE ESTIMATE!

- THE ONLY ONE-PIECE SEAMLESS DEBRIS SHEDDING GUTTER SYSTEM
- MADE ONSITE SPECIFICALLY FOR YOUR HOME
- SCRATCHGUARD® PAINT FINISH
- LIFETIME NO-CLOG WARRANTY

†Does not include cost of material. Expires 4/30/20. **All participants who attend an estimated 60-90-minute in-home product consultation will receive a \$100 gift certificate. Visit <https://www.restaurant.com/about/terms> for complete terms and conditions and <https://www.restaurant.com> for participating restaurants. Retail value is \$100. Offer sponsored by LeafGuard Holdings Inc. Limit one per household. Company procures, sells, and installs seamless gutter protection. This offer is valid for homeowners over 18 years of age. If married or involved with a life partner, both cohabitating persons must attend and complete presentation together. Participants must have a photo ID, be able to understand English, and be legally able to enter into a contract. The following persons are not eligible for this offer: employees of Company or affiliated companies or entities, their immediate family members, previous participants in a Company in-home consultation within the past 12 months and all current and former Company customers. Gift may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value if it deems it necessary. Gift card will be mailed to the participant via first class United States Mail within 10 days of receipt of the promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer is subject to change without notice prior to reservation. Expires 4/30/20. LeafGuard operates as LeafGuard of Oregon in Oregon under license number 223377.

PLUS

RECEIVE A \$100 RESTAURANT.COM GIFT CARD

WITH FREE IN-HOME ESTIMATE!*

TRUSTED

NEWS & INFORMATION

■ ■ ■ *When You Need It Most* ■ ■ ■

In a crisis, journalism matters more than ever.

When the world careens out of control, The Cottage Grove Sentinel is a calming source of facts and information. At it's core, the COVID-19 pandemic is a deeply personal story. We want to know that our family, friends and neighbors are safe. That's where your local paper delivers. We are reporting what's going on in our schools, our churches, and our hospitals. We are answering your questions every day. Factually and fairly. To keep doing this, we ask for your support, now more than ever. It's always been costly to gather and distribute the news. It's even more challenging when our advertisers face uncertainty. You can help keep the news flowing by starting or renewing your subscription at a special rate listed here.

SPECIAL SUBSCRIPTION RATES

10 Weeks \$8.00

52 Weeks \$36.00

CALL US TODAY

541-942-3325

Subscribers enjoy **FREE e-Edition Access!**

Cottage Grove Sentinel

www.cgsentinel.com • 541.942.3325