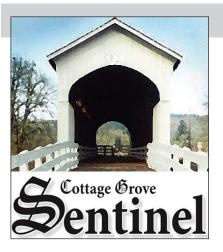
# Cottage Grove Sentinel COMMUNITY & LIFESTYLE B1

THURSDAY | MAY 21, 2020

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### Oregon, Washington set summer, fall salmon seasons

Oregon and Washington fishery managers recently announced seasons and regulations for 2020 summer and fall Columbia River fisheries.

Although sockeye and fall Chinook returns show improvement from 2019, below average projections for summer Chinook, coho and upriver summer steelhead will require another year of reduced or closed seasons and bag lim-

The summer season will be limited to sockeye and steelhead retention. The weak summer Chinook forecast of 38,000 fish returning to the Columbia River would be slightly better than the 2019 return but still too small to provide for directed harvest in non-treaty fisheries downstream of Priest Rapids Dam. The improved sockeye forecast of 246,300 will allow for a retention sea-

The fall seasons are based on a projected return of 420,400 fall Chinook, which is about 12 percent higher than the actual return of 375,800 last year. This year's forecast includes 227,600 upriver bright Chinook, compared to a return of 212,200 in 2019. To reduce the chance of exceeding the ESA limit allowed for non-treaty fisheries as occurred in 2017 and 2018, the states intend to manage the fishery based on an allowed harvest rate of 15 percent on the upriver bright stock — but only allocate 8.25 percent prior to the in-season run update. This conservative approach compli-

cates setting pre-update fisheries but will hopefully result in some good opportunity post-update for some parts of

"The fall fishery planning process was very challenging this year," according to John North, fisheries manager for ODFW's Columbia River Program. Considering the Covid-19 situation, multiple ESA-impact constraints, and uncertainty related to the upriver bright forecast, we struggled to design fisheries that would meet public expectations."

Due to the low projected returns for upriver summer steelhead, protective regulations are needed again this fall including a one steelhead daily bag limit in June and July, area-specific steelhead retention closures beginning in August, and Thermal Angling Sanctuaries associated with Eagle Creek, Herman Creek, and the Deschutes River.

These collective actions are intended to reduce take of both hatchery and

For more information about upcoming Columbia River seasons, including regulation updates, visit ODFW's online fishing reports at www.myodfw.

Following the phase one reopening of many businesses, Lane County campgrounds are now being phased in

County campgrounds reopening today, with caveats

Officials have announced that, beginning today (May 21), five areas within the parks (showers incounty campgrounds — Archie cluded) Knowles, Armitage, Harbor Vista, Richardson and Baker Bay — will allow restricted reopenings, offering modified camping to would-be recreators.

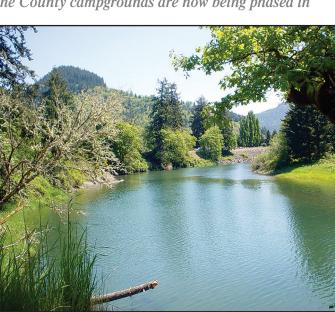
While campsites will be available for reservation, the county is operating under the Guidelines for Outdoor Recreation issued by the Oregon Health Authority (OHA) and a number of precautions and restrictions have been put in place to ensure safe reopening and continued use of facilities by visitors.

These include:

- Restricting access to gathering
- Additional cleaning and sanitation of high-touch areas like public restrooms
- Bilingual signage at highly visible locations,
- Some individual campsites remaining empty to assure proper distancing
- Use of approved cleaners and disinfectants in restrooms.

In addition, each campground will also have site-specific modifications and campers are being in-

See CAMPING 2B



# Coping with sudden change



Mitchell Krokus, a senior at Cottage Grove High School, is seen here as a junior winning the 2019 4A state triple jump title. Krokus won with a winning jump of 44-04.75 feet, but due to coronavirus shutdowns, won't see the chance to defend his title in 2020.

School closures force seniors across the nation to deal with an abrupt end to their high school careers

By NICK SNYDER

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The global coronavirus pandemic has unleashed a torrent of financial, economic and health woes the world over. It has touched everyone's life in one way or another.

For America's youth, however, it presents itself most tangibly as a unique mental challenge, forcing them to find ways to cope with their present and future being thrown into a whirling cloud of uncertainty.

Cottage Grove High School (CGHS) senior Mitchell Krokus - the reigning 4A state triple jump champion - has spent the last couple of months doing just that: coping.

"It's been a mix of emotions. It's been a lot of different things," Krokus said, echoing the emotional toll of rapid societal fluctuations being felt all over the country.

It started on March 12 when Krokus and all of his fellow CGHS seniors, unbeknownst to them, attended their final day of high school. At that point, public schools in Oregon had not been ordered to close through the remainder of onship in 2019, Krokus threw himself into his the year, but that change came soon enough.

No one knew it was going to be our last day of school," Krokus said. "Just that by itself is a pretty big thing."

Years of preparation through elementary, middle and high school. Piles of homework. Test upon test. Suddenly and quite unceremoniously, it was all over through no fault of their own. But, there were still opportunities to retrain focus onto other things and, for Krokus, that outlet was track and field which, at that point along with all other spring sports, was only postponed through early April.

"First thing I did was go to my head coach, talk to him about it and get his perspective," Krokus added. "At first I was kind of bummed out, but when I realized I'd just be getting more practice and work in it gave me a little bit more to look forward to."

Krokus, after all, had found his niche in the track world during his sophomore season when he tried triple jump for the first time and qualified for state. After winning the state champitraining, discovering a new passion for not just

the competition, but the preparation as well. "Since a couple months after last season, I started working out a ton," Krokus said. "I really wanted to be the best version of myself coming into the season. I wanted to be there as soon as I started the season ... I'd think, 'If there's another guy I'm gonna be competing against working out right now, I'm gonna work harder than him. That was my mindset every day of

working out." So, to say Krokus was focused and prepared going into his final season as a Lion would be an understatement. This was a student-athlete

ready to defend their title. Alas, he would never get the chance.

The postponed starting date for spring sports came and went and, on April 8, Krokus had a dizzying day: he officially graduated from high school sans robes, family, peers and ceremony; spring sports were canceled through

See KROKUS 2B



Week of May 21st Winner is: 1598 Elm

Yards will be selected each week by nominations. To nominate a yard you can call City Hall (942-5501) or Chamber of Commerce (942-2411)

## **NHSFCA** endorses football development model created by USA Football

Coaches Alliance comprised of high school coaching associations across 41 states, today announced its endorsement of USA Football's Football Development Model for youth leagues nationwide. The Alliance represents the country's largest group of state high school football coaches associations.

The model is in alignment with the American Development Model designed by the U.S. Olympic & Paralympic Com-USOPC member.

mittee (USOPC). USA Football is the sport's national governing body and a A new approach to coaching, learning and playing football, the Football Development Model helps coaches develop the whole athlete based on a child's age and

stage of development. The framework in-

troduces smarter and safer play, centered

on fun and fundamental skills while re-

ducing contact. Coaches teach athletes

The National High School Football based on their age, skill level and the version of the sport they play, from non-contact (flag) to contact (11-player tackle).

> Leaders for safer and smarter play, Alliance members also hosted more than 80 youth football events nationwide in 2019, including dynamic and fun player clinics and education-based summits for coaches and league organizers. Prior to COVID-19 mitigation and shelter-in-place directives, Alliance members had committed to expand their support of youth football through more than 100 events for coaches, parents and players in 2020.

> "The National High School Football Coaches Alliance recognizes the importance of youth football and endorses USA Football's Football Development Model at the youth level," said Alliance President Rob Younger, who also serves as the Oregon Athletic Coaches Association Execu-

> > See FOOTBALL 2B