

Understanding crab season delays



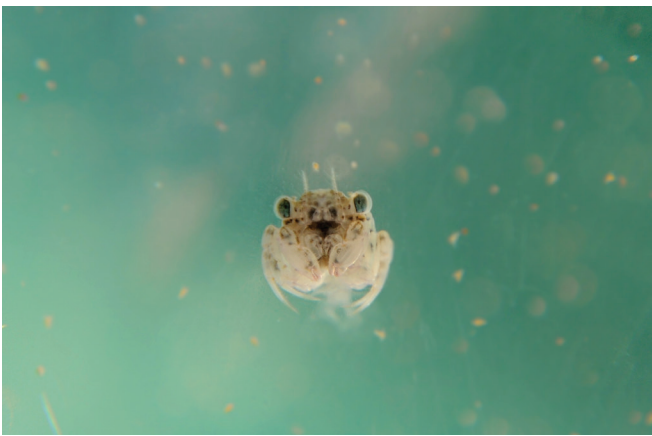
The commercial Dungeness crab season may be delayed, but the closely monitored shellfish standards enforced by the Oregon Department of Fish and Wildlife continue to keep commercial and recreational Dungeness crab sustainable booming fisheries.

Oregon Department of Fish and Wildlife expect to continue to test the crab through December to ensure quality of product and safety to consumers.

Dungeness crab (*Metacarcinus magister*) is a delectably delicious crustacean native to the Pacific Northwest coast.

Adult crab can be found in sandy areas ranging from shallow estuaries to ocean depths of 1,500 feet feeding on fish, invertebrates, and other shellfish such as razor clams. During the two years as a juvenile, Dungeness crab can be expected to molt up to six times per year.

Once crabs reach maturity at three years, both



Tiffany Boothe/Seaside Aquarium

females and males molt once per year- completely shedding their carapace (shell) in order to grow larger. As the new larger shell hardens during the fall, the interior meat of the crab does not fill the entirety of the crab.

When sampling local crab populations to determine viability of the commercial fishing season, ODFW will sample “pick-rate” — the weight ratio between cooked and uncooked crab — within test samples. Pick-rate of crab caught and sold in Astoria/Warrenton must be a minimum of 23% or the commercial season will not open. Having this minimum standard allows consumers to avoid what is colloquially

referred to as “soft-shelled-crab” or crab that have not grown into their shell yet.

While the 2019-2020 commercial season has been delayed due to the low pick-rate of current adult crab ODFW simultaneously tests for domoic acid in order to ensure that the acid is not present at rates potentially toxic to humans.

Domoic acid can accumulate in digestive organs after crab consume clams with the acid and it is a suggested practice to always remove crab organs before cooking and throw away the water after cooking to limit exposure. Once the commercial season opens ODFW will continue to work with local fisherman and Oregon Department of

Agriculture to ensure safety to consumers.

Recreational crabbing is currently open and crabs can be harvested with an Oregon shellfish license. Only 12 male crab 5 ¾” or larger can be caught and kept with a license. Be sure to check tide, ocean or estuary conditions and current ODFW regulations at myodfw.com/crabbing-clamming for more information and updates.

Techniques

There are many kinds of crab catchers — from crab pots and rings, to traps you can cast with a fishing rod. You can easily crab from a dock in many coastal bays, but a boat will give you access to more water.

Boats and crab pots often can be rented at marinas and tackle shops. The relative number of crab in bays and estuaries depends on the water’s salinity. When rivers are running high — as they do after a heavy rain — so much fresh water can pour into a bay that crab will move farther out into the ocean looking for saltier water.

Only male crab 5-3/4” or larger may be kept, so be sure you know how to identify and measure the crab you catch.

Grants for human services programs

Seaside Signal

Applications must be submitted to via email to Lauren Wilson at lwilson@co.clatsop.or.us no later than 5 p.m., Friday, Jan. 31.

The Human Services Advisory Council grant committee will review all proposals and make funding recommendations to the board of commissioners for approval at one of its regularly scheduled meetings. If a proposal is recommended for consideration, applicants will be notified and advised of the date of the board of commissioners meeting.

For more information, contact Lauren Wilson at 503-325-8615.



Ellen Norris, treasurer, Phuong Van Horn, vice president; Kathleen Hudson, president, Arline LaMear, chief guide; and Debby Halliburton, secretary.

Angora Hiking Club to meet

Seaside Signal

Angora’s annual planning meeting is Sunday, Jan. 5 at 2 p.m. at the Oregon Seafood Center, 2001 Marine Drive.

In 2019, there were 35 events including walks in Astoria, Seaside and Cannon Beach. Also parades, an underground tour, gardens, fish docks and Neahkahine Mountain.

Plan to bring hike, walk, or event suggestions to the meeting or check out the website angorahikingclub.org.

For more information, contact Kathleen Hudson, at 503-861-2802.

Fighting holiday depression

GUEST COLUMN
PATTI ATKINS

Holidays are supposed to be a time of joy and celebration, but for some people they are anything but.

“Depression may occur at any time of the year,” said John Bischof, M.D., medical director of behavioral health for Columbia Pacific CCO. “But the additional stress and anxiety during the months of November and December may cause even those who are usually content to experience loneliness and a lack of fulfillment.”

Social isolation

Social isolation is one of the biggest predictors of depression, especially during the holidays.

Some people may have a small social circle or lack opportunities for socialization. People who have feelings of disconnectedness often avoid social interactions at holiday time. Unfortunately, withdrawing often makes the feelings of loneliness and symptoms of depression worse.

These individuals may

see other people spending time with friends and family, and ask themselves, “Why can’t that be me?” or “Why is everyone else so much happier than I am?”

One of the best ways to deal with social isolation is to reach out to friends or family for support.

You can also try talking to your health care provider. They can help you figure out where your feelings come from and develop solutions to overcome them.

Grieving

Some people may be keenly aware of the loss of a loved one during the holiday season. Here are several ways to stave off the holiday blues that may descend at this time:

- Begin a new tradition
- Try planning a family outing or vacation, instead of spending the holidays at home.
- Don’t give in to holiday pressures
- Feel free to leave an event if you aren’t comfortable. Be willing to tell others, “I’m not up for this right now.”

Volunteer

Helping others can also be very helpful for you, too.

For example, you might try:

- Working at a soup kitchen.
- Organizing a gift drive.
- Helping your neighbor with a yard or house task.
- Get back to nature.
- Going for a walk on the beach or in a park helps many people relax and feel better when they are feeling overwhelmed.

Seasonal affective disorder

Seasonal affective disorder is a seasonal pattern of recurrent depression that is caused by the seasons changing. Many people with this disorder develop depression symptoms during the fall and continue to feel sad throughout the winter.

Most people stop having symptoms during the spring and summer. However, some people experience seasonal depression during the spring and summer.

Dealing with holiday depression

Talk to your primary care provider if you are feeling sad for long periods of time. They can refer you to a mental health specialist.

If your feelings of sadness during the holidays are accompanied by suicidal thoughts, do one of the following immediately:

- Call 911.
- Go immediately to a hospital emergency room.
- Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

You can improve your mood by practicing self-care during the holidays. Eat a healthy diet, maintaining a regular sleep pattern and exercise program.

As little as 30 minutes of cardiovascular exercise can provide an immediate mood boost similar to the effects of an antidepressant medication.

Joining a support group where you talk to people with similar experiences to yours can also help.

Everything in moderation

“Take care of yourself — don’t overeat or over drink,” Dr. Bischof said. “Do your regular routines of exercise and whatever keeps you together during the rest of the year.”

Alcohol is everywhere during the holidays, and if you’re struggling with feeling down, it may be wise to avoid drinking as much as possible — alcohol is known to worsen symptoms of anxiety and depression.

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RILEY'S RESTAURANT & LOUNGE

Community Calendar

Friday, Dec. 20

Wes Wahrmond
6-9 p.m., classical guitar, classical guitar, jazz and original tunes, The Bistro, 271 N. Hemlock, Cannon Beach.

Maggie and the Katz
6:30-9:30 p.m., New Orleans gumbo of soul, blues and R&B; Sweet Basil, 271 N. Hemlock.

Encore Dance Studio
6:30 p.m., dances inspired by the Radio City Rockettes, presented by Encore Dance Studio; donations go to scholarship; Liberty Theatre, 1203 Commercial St., Astoria.

Saturday, Dec. 21

Qi Gong
10-11 a.m., A mind-body-spirit practice that improves one's mental and physical health; Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Cracking and Cooking Christmas Crab
1 p.m., class taught by Jennifer Burns Bright; sign-up required, 503-738-6742 or at circulation desk, Seaside Library, 1131 Broadway.

Gingerbread Tea
1-4 p.m., presented by Seaside

Museum and History Center; live music from Seaside Strummers; Butterfield Cottage, 570 N. Necanicum Dr.; 503-738-7065.

Holiday Party
Noon to 3 p.m. Cannon Beach History Center and Museum, treat bar, arts and crafts children's story time at 3:00 p.m. and face-painting from 1-3; holiday-themed photo booth and some of Santa's helpers; 1387 S. Spruce, Cannon Beach.

Sami Rouissi
8-10 p.m., singer-songwriter with popular contemporaries; Public Coast Brewing Co., 264 E. Third St., Cannon Beach.

Bingo
6:30 p.m., families welcome ages 6 and up. Catholic Church Hall, First Avenue and Columbia, Seaside.

Sunday, Dec. 22

Buffet Breakfast
8:30-11 a.m., waffles, omelets and more; American Legion, 1315 Broadway, Seaside.

Christmas Piano Concert
3 p.m., free and open to the public; pianist Jennifer Goodenberger performs original piano compositions along with holiday favorites, at Cannon Beach Community Church, 132 E.

Washington St., Cannon Beach.

Free Sunday Supper
Doors open 3 p.m.; dinner at 4, all welcome; Our Lady of Victory Church, 120 Oceanway, Seaside.

Monday, Dec. 23

Coffee, crafts and conversation
10 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Bingo
12:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Tai Chi
1-2 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Jam Session
6:30-8:30 p.m., featuring local musicians, Cannon Beach American Legion, 1216 N. Hemlock.

Xmas carol and singalong
7-9 p.m., family favorites, MacGregor's Whiskey Bar; 100 E. Second St., Cannon Beach.

Thursday, Dec. 26

Winter Break Mini-Camp
8 a.m.-5:30 p.m., A mini-camp for families enrolled in Learning Ladder preschool and af-

ter-school zone programs. Also Dec. 27, 30 and 31; Jan. 2 and 3; sunsetempire.com.

Tai Chi for Better Balance
1 p.m., Bob Chisholm Community Center; 1225 Avenue A.

History and Hops Ferry Boat Live
6 p.m., Seaside residents Steve and Kathy Gleaves, presented by Seaside Museum and History Center; Seaside Brewing, 851 Broadway.

Floating Glass Balls
7-9 p.m., folk, Americana and beachgrass; Bill's Tavern, 188 N. Hemlock, Cannon Beach.

Friday, Dec. 27

Winter Break Mini-Camp
8 a.m.-5:30 p.m., A mini-camp for families enrolled in Learning Ladder preschool and after-school zone programs; sunsetempire.com.

Thistle & Rose
6-8 p.m., folk, Americana, blues and original tunes, Seasons Cafe, 255 N. Hemlock, Cannon Beach.

Maggie and the Katz
6:30-9:30 p.m., New Orleans gumbo of soul, blues and R&B; Sweet Basil, 271 N. Hemlock.

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