

Long Tom Watershed Council

By PAUL REED

It would be difficult to describe a watershed with more competing uses than the Long Tom. The various waterways are used for urban storm water transportation, flood control, recreation, irrigation, animal watering, and fish and wildlife habitat, among others. Many of the waterways have been extensively modified to conform to a human need that usually has competed with fish and wildlife habitat.

Fish, in particular, are not very adaptable to poor water quality conditions. They require water that is clean, cool, oxygenated and has an adequate food supply. They also need habitat conditions for laying and hatching eggs and rearing young. A good stream for fish is one that has a high degree of complexity.

Complexity in a stream is marked by a variety of naturally occurring features which create good habitat for fish. Features such as width and depth, existence of boulders and large woody projections in the stream, clean gravel beds with riffles and pools, stable banks and adequate riparian cover.

A naturally occurring waterway will have many turns as

it follows the elevation changes in the land. These turns add sinuosity to the stream and are called meanders. A characteristic of a meander is that the velocity of the water is greater on the outside of the turn than on the inside of the same turn. This characteristic creates gravel bars and sediment deposition on the inside of the turn and scoured out pools on the outside. These pools create improved habitat for fish by adding depth and cooler water temperature at that point.

Stable material, such as large gravel and boulders and woody projections such as riparian tree roots and low hanging branches, causes turbulence in the stream flow which reduces stream energy, creates pools downstream, dissipates heat in the water and increases the surface area of the water for improved absorption of oxygen. Woody debris in the stream also creates habitat for the insects that fish feed on.

Stable stream banks with undisturbed vegetation resist erosion during high water events and generate a biomass which is host to a variety of food sources for fish. Natural streams spread out over large riparian areas during flood events where the stream energy is significantly reduced, and the vegetation helps trap sediment and clean the water.

Many portions of the Long Tom watershed no longer contain significant complexity. One of the goals of the Watershed Council is to assist landowners and managers in restoring some elements of stream complexity to improve habitat for our native cutthroat trout and other species. Interested landowners may contact the Council at 683-6578 or e-mail Longtom@efn.org.

Senior Meals

JUNCTION CITY — Midday meals are served to Junction City area seniors in the Lindeborg Place dining room, 840 Holly St., on Mondays, Wednesdays and Fridays (except holidays) at 11:30 a.m. The menu for Oct. 23-27 is as follows: Monday, Oct. 23 — ground beef potato bake or king ranch chicken bake, tomato juice, mexicali corn, green pea salad, sunflower seed bread, oatmeal prune bar;

A Hare's Breath

By EARL HAIN

It is so easy to see both sides of a problem. . . . if we have any of our money tied up in it. . . . don't

Viking Sal Senior Center

By MELISSA BOWERS, CENTER COORDINATOR
The Great Pie and Rummage Sale will be held Oct. 27 and Saturday, Oct. 28 at Festival Hall, Fifth and Greenwood Street in Junction City. The sale feature donated items from numerous parties in house-wares, clothing, toys, electronics, books and a variety of gently used items. It will run from 9 a. p.m. both days. With a packed hall, there is sur something for everyone!

Every Tuesday from October through May a sou is offered at noon. It includes a bowl of homemade dessert, coffee or tea and bread. Lunch is available to 55 and over for just \$1.50 per person. Special sou programs for October include: a guest lecturer on m back pain this Tuesday and a Halloween lunch on T Oct. 31. Halloween festivities will include a psychi witch's brew and games. Be sure to come in costum

Upcoming special event trips include: Swan Lak Hult Center on Sunday, Oct. 29; the Doll and To and Picadilly Flea Market in Eugene on Saturday, J the comedy, "The Man Who Came To Dinner," at 5 Theater on Thursday, Nov. 9; Seven Feathers on Nov. 10; Singing Christmas Trees in Portland on Nov. 24, and a senior holiday celebration with luncheon, bingo and entertainment at the Flying M in Yamhill on Friday, Dec. 8. Those desiring information on special trips or wishing to register n 998-1556.

A 55 Alive class will be offered Oct. 30-31 from noon at Festival Hall in Junction City. Refresh sk knowledge by taking this two-day AARP driving Completion of the course may entitle particip discounts on insurance premiums. Victor Niels instruct the course on behalf of the AARP 55 Aliv program. Those interested in taking the class may r at Viking Sal Senior Center. The class fee, which is j at the time of registration, is \$10.

The public health department in coordination w center will offer its annual low cost flu clinic again t on Nov. 17 from 9-11 a.m. at St Helen's Catholic C 1350 W. Sixth Ave. Four volunteers are need to ass the clinic and will be needed from 8:30-11:30 a.m.

Attention Hunters!

Train & Smo

Words of kindness are remembered. . . . while clever sayings are as easily lost. . . . as pearls slipping from a broken string. . . .

People are not against us. . . . they are merely for themselves. . . .

Did we stop trying because we failed. . . . or did we fail because we stopped trying?