

HIKE: Trails offer variety of options for hikers

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is to simply follow Canyon Creek and return to the trailhead. To add one of the previously mentioned extended segments of the hike, simply continue to follow the trail uphill into the upper meadow, where Canyon Creek first begins to gather itself to tumble its way to the Metolius River near Camp Sherman.

From Sisters, Three Fingered Jack appears to be a smallish mountain. From a hiker's perspective on this trail, however, it is quite impressive. It is one of the older volcanoes in the Cascade Mountain Range and is now classified as extinct. Centuries of erosion have left little more than the central hard core of solidified lava – or volcanic plug – that remains today. Even so, I've seen first-hand from the summit that those jagged pinnacles are continuing to erode. The crumbling rock can provide precarious conditions for climbers.

Depending on how much farther the hiker chooses to travel, there are ever more intimate opportunities to get up close and personal with Three Fingered Jack. There is some continuing

discussion over whether the snow and ice remnant clinging to the northeastern part of this ancient volcanic plug still constitutes a bona fide glacier. However, one look at the impressive moraine and the scooped-out basin that cradles the tiny tarn against the mountain's flanks leaves little doubt that Jack Glacier was once a force to be reckoned with.

The top of the moraine is a thousand feet above the lower meadow. So, if you continue climbing to the vividly turquoise blue-green tarn, safety precautions are necessary. If you are traveling with pets or children, do not allow them to run ahead toward the top of the moraine. The inner sides of the moraine are comprised of loose and unconsolidated rocks on an extremely steep slope that

plunges precipitously into the icy lake below. The summit of the mountain is another 1,300 feet higher. The summit pinnacle, however, is a technical climb and should only be attempted by experienced mountaineers.

Retracing your steps to the lower meadow, take the northern fork of the trail to the left. It immediately plunges into a lush, pristine, old-growth fir forest as the trail follows Canyon Creek in its gentle descent. You'll be in for a real treat with lessons in forestry, climate zones, and forest-fire behavior.

With the beauty of this forest, you'll scarcely notice the passage of the next mile. Soon, you will find yourself at the trail junction to Wasco Lake. That, of course, means that you're on the home stretch; but it's also

your opportunity for that side trip to the cool waters of Wasco Lake. For a quick return to the trailhead, stay on the south side of Canyon Creek to return to Jack Lake; but don't be so focused on the return that you miss the scenic falls just a few yards downstream from the Wasco Lake trail junction.

The final portion of the return trip takes you through more of the burn. Some areas were lightly burned and are well on their way to recovery. A few scattered spots were passed over by the fire and remain green. Other areas were more severely burned and are taking longer to recover. Along one section of the return trail, instead of a sea of tiny lodgepole pines, the recovering forest floor is covered almost exclusively with young fir trees and a few

small hemlocks. There is a lot to see on this hike, and you'll probably be a little sorry when you arrive back at the parking lot.

To get to the Jack Lake Trailhead, take Highway 20 west from Sisters for 12 miles. Turn right onto Jack Lake Road. Stay on paved road #12 for 4.3 miles to a right-turning curve, where you make a left turn toward Jack Creek. Cross the one-lane Jack Creek Bridge and continue straight about a mile and a half until the pavement ends. Follow the sign to Jack Lake on gravel road 1234 for about another five miles to where the road ends. The Jack Lake Trailhead is a fee-use area. If you don't have a trail pass, there is a self-service kiosk. A free wilderness pass is also required and available at the trailhead.

Governor signs bill allowing pot sales Oct. 1

SALEM (AP) — Oregon will allow marijuana sales to adults beginning Oct. 1, nearly a year sooner than originally planned.

Gov. Kate Brown signed a bill Tuesday allowing existing medical marijuana dispensaries to temporarily sell the drug to all adults.

Marijuana possession became legal under state law on July 1, but state regulators are still about a year away from being ready to allow licensed retail outlets to open. That means the drug can be grown or given away, but it can't be legally purchased.

Supporters of early sales say it will give Oregonians a legal place to buy a drug that is legal to possess.

Consumers will be allowed to purchase limited quantities of dried marijuana, seeds and plant starts, but not edibles.

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