

Cyclist stops in Sisters on long journey

By Jim Cornelius
News Editor

Bob Quick should be dead. Instead, he's on his bicycle, rolling across America.

Last week, he and his traveling companion, Troy Easton — a paramedic who helped saved his life — climbed over Santiam Pass and down to Sisters Fire Hall. Not bad for a man with the lower third of his heart dead.

According to his web site, Quick has advanced stages of coronary artery disease, a hereditary heart problem that — combined with a less-than-healthy lifestyle — caused him to have a massive heart attack in September 2004. Bob died and was dead for about 3-1/2 minutes before the paramedics managed to resuscitate him.

"He said, 'Please help me and I'll change my life,'" Easton recalled. "And he did."

Bob Quick's Journey, as his bicycle trek is called, will raise funds through pledges to help autistic children. He's also stopping at community fire stations to say thank you to emergency personnel who save lives like his own.

"It's kinda cool to go across and thank everybody," Quick said.

Easton travels with him, both as a companion and to ensure that Bob is medically fit to ride each day. Some days are better than others, but they consistently reel off 50-milers.

"If he starts hurting too bad, I shut it down," Easton said.

He also closely monitor's what and how much food and fluid Bob is taking in.

"His nutrition has to be on the money," Easton said.

Quick agrees, noting that he has learned a great deal about the importance of nutrition.

"Like the old saying goes, what you eat today is what you are tomorrow," he said.

He also hits the weights to stay strong.

Easton, who also does VO2 max testing for first responders in a program called Fit To Respond, has accompanied Quick on many adventures.

"We saved his rear 12 years ago and we've been supporting his quirky little ass ever since," said Easton with a grin.

The two men banter like old comrades of the road.

"They've got me insured

to the max — don't let him B.S. you!" Quirk said.

"You're uninsurable," Easton replied. "We tried."

For all the banter, however, there is serious purpose in Quick's trek. He hopes to inspire others to get fit and strong, no matter what health obstacles they may face.

"I feel great," he said. "Absolutely great. I chose to get up off the couch and go like hell."

Extensive information about Bob Quick's Journey may be found at www.bobquicksjourney.com.



PHOTO BY JIM CORNELIUS

Sisters fire personnel greeted Troy Easton and Bob Quick (beard).

SISTERS Entertainment • Arts • Special Events

Wed. ~ June 22

Food Cart Garden at Eurosports Trivia Night!
6:30 p.m. (6:15 p.m. sign-up). Match your skills against others for prizes, on your own or with a team! Food and drink available for purchase. 541-549-2471.

Friday ~ June 24

Cork Cellars Live Music with Parlour 7 to 9 p.m. Free! For additional information call 541-549-2675 or go online to corkcellars.com.

Angeline's Bakery Live Music with Tumbleweed Peepshow 7 to 10 p.m. For info call 541-815-9122 or go online to angelinesbakery.com.

Hood Avenue Art Artists' Reception for Katherine Taylor and Jeff & Heather Thompson and Live Music with Tony Lompa 4 to 7 p.m. Celebrate the gallery's 3rd anniversary! For more information call 541-719-1800 or go to hoodavenueart.com.

Food Cart Garden at Eurosports Live Music with Paul Eddy 5 to 7 p.m. for swing, blues & more, free! Food and drink available for purchase. 541-549-2471.

Downtown Sisters 4th Friday Art Stroll 4 to 7 p.m. Many Sisters galleries and shops have extended hours for the stroll, some with live entertainment & refreshments!

Barclay Park Sisters Farmers Market 2 to 5:30 p.m. Fresh on Fridays! Oregon-grown produce and plants and live entertainment!

Saturday ~ June 25

Paulina Springs Books Author Reading with Philip Margolin, "Violent Crimes" 6:30 p.m. Refreshments served. \$5 entry refunded upon purchase of featured book. For information call 541-549-0866 or go online to paulinasprings.com.

Sunday ~ June 26

175 N. Cowboy St. & 402 N. Desert Rose Loop Habitat Home Dedications 2 p.m. The celebration starts on Cowboy, then moves to Desert Rose Loop to dedicate the Garbrecht and Lantaler family homes. Info, call 541-549-1193.

Wed. ~ June 29

Food Cart Garden at Eurosports Trivia Night!
6:30 p.m. (6:15 p.m. sign-up). Match your skills against others for prizes, on your own or with a team! Food and drink available for purchase. 541-549-2471.

Friday ~ July 1

Sisters Elementary School Grounds Sisters Roundup of Gems 9 a.m. to 6 p.m. An acre of rocks, minerals & fossils from around the world! For info call 503-829-2680.

Angeline's Bakery Live Music with Strangled Darlings 7 to 10 p.m. For info call 541-815-9122 or go online to angelinesbakery.com.

Food Cart Garden at Eurosports Live Music! 5 to 7 p.m. Free! Food and drink available for purchase, at the corner of Hood & Fir. For more information call 541-549-2471.

Barclay Park Sisters Farmers Market 2 to 5:30 p.m. Oregon-grown produce and plants and live entertainment!

Saturday ~ July 2

Sisters Elementary School Grounds Sisters Roundup of Gems 9 a.m. to 6 p.m. An acre of rocks, minerals & fossils from around the world! For info call 503-829-2680.

Camp Sherman Bridge Walk to Allingham Bridge 10 a.m. to noon with Friends of the Metolius. Info: 503-675-7764 or 541-595-6439.

Sunday ~ July 3

Sisters Elementary School Grounds Sisters Roundup of Gems 9 a.m. to 6 p.m. An acre of rocks, minerals & fossils from around the world! For info call 503-829-2680.

Streets of Sisters "Around the Block" Fiber Arts Stroll noon to 4 p.m. Artists display & demo work at galleries and shops throughout town. Info: sistersoutdoorquiltshow.org.

Monday ~ July 4

Sisters Eagle Airport Fly Drive Skydive 5K Run/Walk 8 a.m. A fundraiser for the SHS Swim Team. \$30. Register at ultrasignup.com/register.aspx?eid=5777 or for more info call 541-549-0531.

Sisters Elementary School Grounds Sisters Roundup of Gems 9 a.m. to 4 p.m. Final day to see rocks, minerals & fossils from around the world! For info call 503-829-2680.

Black Butte Ranch 4th of July Celebration! 8 a.m. fun run; 10:30 a.m. bike parade; 11:30 a.m. parade; noon to 2 p.m. BBQ. The fun includes live entertainment! For more info visit blackbutteranch.com.

Wed. ~ July 6

Food Cart Garden at Eurosports Trivia Night!
6:30 p.m. (6:15 p.m. sign-up). Match your skills against others for prizes, on your own or with a team! And **Same-day Coverage of Tour de France Mountain Stage** 8:45 p.m. Enjoy the 12-foot outdoor screen, free! Craft beer, wine & food available for purchase. For additional information call 541-549-2471.

The Fly Fisher's Place Mini-Film Festival 3 to 6 p.m. Enjoy fly fishing films shown at the recent Fly Fishing Film Tour shown across the country. Questions? Call 541-549-3474.

Thursday ~ July 7

Homes of Sisters Sisters Garden Club's Home & Garden Tour 9 a.m. to 3 p.m. \$15. Purchase tickets at The Gallimaufry, the Sisters Area Chamber of Commerce, or at sistersgardenclub.com.

Sisters Area Chamber of Commerce Wish Upon a Card Reception 3:30 to 6 p.m. Free! Refreshments provided. Unveiling of framed fabric postcards, a fundraiser for SHS arts scholarships. For info: sistersoutdoorquiltshow.org.

Stitchin' Post Poster Signing & Artist Reception with Kathy Deggendorfer 3:30 to 4:30 p.m. Get your 2016 Quilt Show poster by Kathy and have her sign it for you! For more information call 541-549-6061.

The Fly Fisher's Place Mini Film Festival 3 to 6 p.m. Enjoy fly fishing films shown at the recent Fly Fishing Film Tour shown across the country. Questions? Call 541-549-3474.

Deadline to submit items for the Events Calendar is 5 p.m. Fridays. Email to teresa@nuggetnews.com

COME FOR DINNER at...

Angelina's

Festive Friday Series
continuing 15 years of music in the backyard!
Every Friday this summer from 7-10 p.m.

Friday, June 24
Tumbleweed Peepshow
Soulful, original acoustic music

Friday, July 15
Abbey Road Live
Rockin' the music of the Beatles

Friday, July 22
JZ Band
Blues, rock and roll.

AngelinesBakery.com
121 W. Main Ave.
541-549-9122

Sisters
MOVIE HOUSE

STARTS FRIDAY
FRI., JUNE 24 - THURS., JUNE 30

INDEPENDENCE DAY: RESURGENCE (PG-13)
Fri 4:45, 7:30
Sat-Sun 3:00, 4:45, 7:30
Mon-Thurs 4:45, 7:30

FREE STATE OF JONES (R)
Fri 4:30, 7:15
Sat-Sun 1:45, 4:30, 7:15
Mon-Thurs 4:30, 7:15

FINDING DORY (PG)
Fri 4:15, 5:00, 6:45
Sat-Sun 2:00, 2:30, 4:15, 6:45
Mon-Wed 4:15, 5:00, 6:45
Thurs 4:15, 5:00

THE DARK HORSE (PG)
Fri 7:15
Sat-Sun 5:45, 7:15
Mon-Thurs 7:15

THE BFG (PG-13)
Thursday, June 30th 7:00

Movie times and titles are subject to change. Visit website or call for latest information.

WWW.SISTERSMOVIEHOUSE.COM
541-549-8800