



Riders celebrate at the McKenzie Pass summit.

Crest the Cascades returns for ninth year

Cyclists are invited to grab their friends, bike, camera and energy bars and join Sisters Park & Recreation District (SPRD) for the 9th annual Crest the Cascades ride on the old McKenzie Pass Saturday, June 15. This ride is so spectacular it has been included in the exclusive group of Oregon Scenic Bikeways and even more appealing is a large portion of the ride is on a mountain road that is closed to cars.

The ride was established nine years ago as a fundraiser for projects on the Deschutes National Forest and has since be re-named in memory of Bjarne Holm, who passed away after serving the Sisters community as a dedicated ride volunteer for many years. The route offers some of the most majestic scenery in Central Oregon.

The Saturday ride starts and ends at Village Green Park in the heart of Sisters. The route offers a 30-mile ride to the summit and back

to Sisters; a 53 mile ride up and over the summit to the McKenzie Pass West Gate and back; or a full 76 miles up and over all the way to Yale Campground and back to Village Green. Aid stations are positioned all the way hosted by enthusiastic and encouraging volunteers. Cyclists can relax post-ride at Eurosports and enjoy food, beer, and live music.

The ride is organized by SPRD with support from Sisters Trails Alliance. Proceeds of the event provide funding for recreational activities and programs for Sisters youth, seniors, and all ages in between. Anyone interested in volunteering on ride day can contact crestthecascades@gmail.com. There are set-up, aid station, and rider-support positions available.

Registration is discounted until June 1. For detailed ride information, course map and registration, visit www.crestthecascades.org.

Ex-Oregon football star stops armed student

By Gillian Flaccus
Associated Press

PORTLAND (AP) — A former college football standout at the University of Oregon was credited with tackling an armed student at a Portland, Oregon, high school before anyone was injured.

Keanon Lowe, a football and track coach and a security guard at Parkrose High School, told reporters as he was leaving a police interview late Friday that he was tired but relieved at the outcome, *The Oregonian*/OregonLive reported.

There are no other suspects. Police said they were

still trying to determine if he fired any shots. Police spokesman Sgt. Brad Yakots declined to confirm Lowe’s reported involvement.

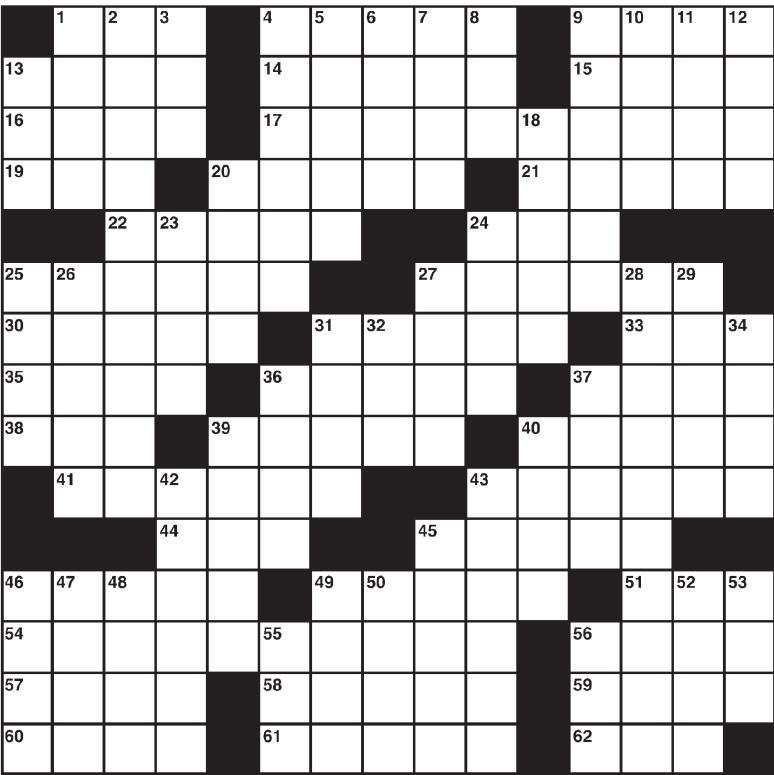
“I’m just happy everyone was OK,” Lowe said as he walked out of the school about four hours after the incident, according to *The Oregonian*/OregonLive. “I’m happy I was able to be there for the kids and for the community.”

Parkrose School District Superintendent Michael Lopes Serrao said in a letter to families Friday evening that before the incident two students had informed a staff member of “concerning behavior” by that student.

The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 La __; Bolivia's seat of government
 - 4 Customary practice
 - 9 End-of-the-work-week cry
 - 13 __ oneself; work steadily
 - 14 "...knick-knack, paddywhack, give a dog ____"
 - 15 Donut's center
 - 16 Uncle Ben's specialty
 - 17 Defenseless
 - 19 Vaudevillian Olsen
 - 20 Sits for a spell
 - 21 Haywire
 - 22 Wright Bros. invention
 - 24 __ and all; everybody
 - 25 Engines
 - 27 Univ. of Arizona's home
 - 30 Ticked off
 - 31 Freshwater fish
 - 33 Auction offer
 - 35 Captures
 - 36 One of Jacob's 12 sons
 - 37 Pesky insect
 - 38 " __ Be Home for Christmas"
 - 39 __ Wetsy; doll of past decades
 - 40 Like a ripe peach
 - 41 Deodorant brand
 - 43 Door hanger's pieces
 - 44 1950s school dance
 - 45 With 58 Across, "Designing Women" actress
 - 46 VP Spiro __
 - 49 Beach souvenir
 - 51 None __ soon; just in time
 - 54 Writer's college major, perhaps
 - 56 Obey
 - 57 Williams or Griffith
 - 58 See 45 Across
 - 59 Courageous
 - 60 Rod and __; fishing gear
 - 61 Toothpaste brand
 - 62 Not __ more; no longer



Created by Jacqueline E. Mathews

5/29/19

- DOWN**
- 1 Bucket
 - 2 Good enough
 - 3 26th of 26
 - 4 Refuges
 - 5 Mistreat
 - 6 Leave suddenly
 - 7 Hotels
 - 8 Golfer's peg
 - 9 Longest river entirely in England
 - 10 Mongolian desert
 - 11 Problems
 - 12 Commissions
 - 13 In favor of
 - 18 Dressing choice
 - 20 Seldom seen
 - 23 Parking areas
 - 24 Elbow bumper's cry
 - 25 Skirt style
 - 26 Graduate exams, perhaps
 - 27 Cafeteria patron's item
 - 28 Duty
 - 29 Female relative
 - 31 Play miniature golf
 - 32 Harris & Marinaro
 - 34 "Eight __ a Week"; Beatles hit

— Last Week's Puzzle Solved —

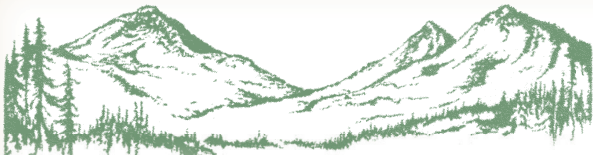
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U	N	I	V	E	R	S	I	T	Y		W	H	O	A
K	A	T	E		A	O	R	T	A		H	E	L	M
S	P	A	N		T	Y	S	O	N		O	D	D	S

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5/23/19

- 36 Army vehicle
- 37 "Mr. Candid Camera"
- 39 Hair color
- 40 Mrs. Joe Biden
- 42 Ties or Ladd
- 43 Protective headgear
- 45 Classroom furnishings
- 46 Not quite closed
- 47 No longer here
- 48 Unclothed
- 49 Insulting remark
- 50 Bring on board
- 52 "Beauty is __ skin-deep"
- 53 Peculiar
- 55 CBS rival
- 56 Grad. degree

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