

Man caused \$60,000 in damage at Crater Lake National Park

CRATER LAKE NATIONAL PARK (AP) — An Oregon man caused over \$60,000 in damage while driving off-road at Crater Lake National Park.

Park officials said Friday that Even Metz, of Grants Pass, paid \$200 for the damages in a section of the park called Pumice Desert, after his insurance company paid the full damage assessment costs.

Officials say Metz entered the desert in July 2018, and while his friend took pictures, drove in circles that dug ruts 12 inches deep and caused widespread vegetation mortality. Officials say at least 15 species of native plants were destroyed.

The Pumice Desert once was a glacial valley that was buried by pumice during the eruption of Mount Mazama, a Cascade peak that imploded and left behind Crater Lake.

Officials say the park has seen an increase in vehicles illegally driving off-road.

Officials say the restoration process is costly and takes years.

Sisters athlete earns silver at world championships

By Jim Cornelius
Editor in Chief

Jennifer Banning of Sisters took a silver medal in the World Masters Championships weightlifting tourney in Montreal, Canada, last month.

In a back-and-forth battle with Hawaiian Loretta Kikuchi, Banning briefly held the world records in two lifts in the 50- to 54-year-old 55 kg (121.25-pound class).

The Olympic weightlifting tournament combines the best of each lifter's totals in two events — the snatch and the clean and jerk. Banning's 126 kg (277.782) total put her in a strong second-place finish behind Kikuchi's 134 kg (295.42 pounds) total and ahead of the 100 kg (220.462 pounds) bronze medalist.

Banning was able to accomplish a bodyweight snatch of 55 kg — a significant benchmark in Olympic lifting — and a 71 kg (156.53-lb.) clean and jerk.

Banning, who coaches weightlifters in Sisters at Indomita Fitness, has competed for several years, having started Olympic lifting in 2013. She previously recorded a bronze-medal finish at the worlds in Denmark in 2014 in her fourth meet ever. She has achieved "best lifter" and first-place finishes at nationals and in the Pan Am tournament. The Montreal meet was special.

"I'm pretty proud of this

one," Banning reflected. "I had knee surgery two years ago and at that time thought I'd never lift competitively again — and here I am."

Banning is passionate about lifting.

"It's not easy," she told *The Nugget*. I love it because — mostly I love it because I love how I feel."

She says she loves the challenge of applying technique and lifting well. And there's nothing subjective about achievement in the sport.

"It doesn't lie," she said. "You either lift it or you don't. When you do, it's pretty exhilarating."

The sport has expanded over the past couple of decades to include more and more women — and people of an astonishing range of ages.

"I saw 80-year-olds lifting, and I plan to be that 80-year-old someday," she said.

Banning also thrives on the competitive aspect of the sport.

"Some people like that pressure and tension and it fuels them — or they don't," she said.

For everyone, she says, the physical and mental aspects of lifting build "resiliency for everyday life."

The training regimen for elite-level competition is demanding. Banning trained four times a week.

She noted that the club she lifts for is Drive Barbell Club in Bend, run by Adam



PHOTO PROVIDED

Jennifer Banning of Sisters won silver in a record-breaking World Masters Championship competition in Montreal, Canada, last month.

Hamilton, who is also her coach.

Banning offers fitness and nutrition coaching through her own Indomita Fitness in

Sisters.

"That's the Italian for fierce and unbeatable," she said.

For information visit www.indomitafitness.com.

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