

OREGON AGAIN SEES HUGE POT HARVEST

REGION, A3



YOUNG WRESTLERS CARRY BUCKS TO WIN

SPORTS, B1

EAST OREGONIAN

FRIDAY, JANUARY 4, 2019

143rd Year, No. 55

WINNER OF THE 2018 ONPA GENERAL EXCELLENCE AWARD

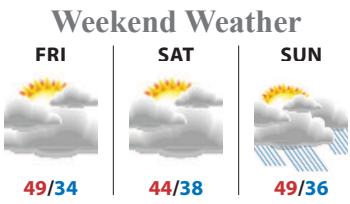
\$1.50

Your Weekend



- **Free First Friday** at Tamastslíkt
- **Hits of 1959** at Oldies Night
- **Saturday Spin-In** at the Arts Center

FOR TIMES AND LOCATIONS VISIT EASTOREGONEVENTS.COM



Report alleges Capitol hostility

Inquiry into sexual harassment claims finds culture of intimidation

Oregon Capital Bureau

SALEM — A five-month state investigation found that Democratic leaders in the Oregon Legislature knew legislative employees in the Capitol worked in a “hostile” environment amid pervasive sexual harassment but did little about it.

A 52-page report released Thursday by the state Bureau of Labor and Industries’ Civil Rights Division was spurred by a complaint filed by the division’s boss, Labor Commissioner Brad Avakian. Avakian turns over his office Monday to Val Hoyle.

“Legislative leaders failed to take immediate and appropriate corrective action when they knew as far back as 2011 that people were being harmed in the Capitol because of the hostile environment that existed,” Avakian said in a statement. “The investigation showed that people in our state Capitol have

See Report, Page A8



Staff photo by E.J. Harris

Trainer Renea Sweet, top, demonstrates an abdominal exercise to Tiffany Copeland during a personal training session Thursday at the Roundup Athletic Club in Pendleton.

Work in a workout

Exercise resolutions can fall by the wayside without preparation

By **JADE MCDOWELL**
East Oregonian

December may be the biggest month of the year for retailers, but January is the peak month for gyms.

Regulars at local athletic clubs suddenly find it harder to locate an unused treadmill, as a convergence of New Year’s resolutions and extra pounds packed on during the holidays brings in additional customers. The phenomenon is temporary, however: Amy Smith, fitness director at the Round-Up Athletic Club in Pendleton, said many new

RESOLUTIONS

The East Oregonian in January will look at the best ways to keep New Year’s resolutions and highlight some of the more ambitious and unusual resolutions our readers have made.

If you have a resolution you’d like to share (and don’t mind us checking in with you later in the year) send us an email at editor@eastoregonian.com

gym-goers lose interest after about three months.

“Obviously in January we always see a surge in membership,” she said. “Our goal at the club is to help those people who join in January to stay healthy and stay members

past March.”

To get past that “critical” first three months, Smith suggests people either find a work-out buddy, hire a personal trainer or join an exercise class. The key is accountability.

“That often helps them to get started, when they know they need to be at a certain place at a certain time,” she said.

There are many free apps available for download that can also help by tracking a person’s exercise levels, food and water intake, sleep patterns and more. People often overestimate how much they’re exercising or underestimate how much they are eating without tracking it, Smith said.

She also suggested people try out

See Resolutions, Page A8

Composer celebrates Malheur Wildlife Refuge

After armed occupation, symphony showcases Malheur’s beauty

By **KATHY ANEY**
East Oregonian

As the occupation of the Malheur National Wildlife Refuge unfolded in early 2016, Jay Bowerman watched with growing incredulity. The feeling escalated as the armed militants protested federal regulations regarding public lands by squatting for 41 days inside the headquarters of the federal bird refuge.

The occupation, he felt, had tainted one of Oregon’s most beautiful spots.

“It was disturbing,” Bowerman said. “Malheur deserves to be remembered not for its armed



Staff photo by Kathy Aney

Curlews and their operatic call inspired composer Chris Thomas to write the “Curlew Scherzo,” the fourth movement of the Malheur Symphony.

occupation, but for its natural beauty, wildlife diversity and rich cultural heritage.”

After the court verdict in which

seven occupiers were acquitted, Bowerman found comfort in listening to a haunting orchestral work called “Cantus Arcticus”

(subtitled “Concerto for Birds”) by Finnish composer Einojunhani Rautavaara. The work has birds sounds layered in with the music.

“I listened to the music over and over and over,” he said. “It was so soothing.” He wondered if music could help the people who love the refuge to heal from the occupation. Bowerman isn’t a guy who thinks thoughts and lets them float away.

The son of legendary University of Oregon track coach Bill Bowerman, Jay Bowerman was U.S. champion in the biathlon in 1969. He served as executive director of the Sunriver Nature Center and Observatory for 30 years and now researches and writes about such things as amphibians, spotted frogs, fungi and leeches.

He pitched the idea of the musical tribute to his wife, Teresa, and to Michael Gesme, music director and conductor with the Central Oregon Symphony. Intrigued,

See Symphony, Page A8



CHI St. Anthony Hospital Family Clinic is recognized as a Patient -Centered Primary Care Home.

What does that mean for you?

- Better-coordinated care.
- Listening to your concerns and answering questions.
- After-hours nurse consultation.
- Healthcare providers who will help connect you with the care you need in a safe and timely way.
- Healthcare providers who play an active role in your health.

CHI St. Anthony Hospital

844.724.8632
3001 St. Anthony Way, Pendleton
WWW.SAHPENDLETON.ORG

Mon through Thurs, 8 a.m. to 7 p.m. • Friday, 8 a.m. to 5 p.m.,
Sat and Sun, 10 a.m. to 5 p.m.,
Walk-ins are welcome but appointments are preferred.



7 294671000212