A brief shower or two this

rain and drizzle

Intervals of clouds and

sunshine

Comfortable with plenty

of sun

Sunny and very warm

53°

Mostly sunny and very

TRAVEL WEATHER

Remaining warm with

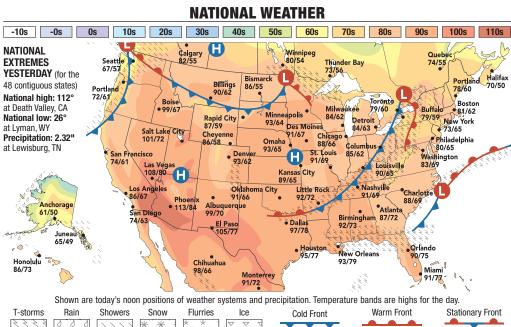
plenty of sunshine

## afternoon in places late **ALMANAC** Bend Municipal Airport through 5 p.m. yest. **TEMPERATURE** High **PRECIPITATION** 24 hours through 5 p.m. yesterday 1.74" in 1950 Month to date (normal) 0.37" (0.34") 2.52" (5.36" Year to date (normal) Barometric pressure at 4 p.m. 29.93 SUN, MOON AND PLANETS Rise/Set Moon 7:59am/11:50pm 9:03am/none 5:21am/8:04pm Venus 6:50am/10:22pm 6:52am/10:23pm Jupiter 12:37am/11:12am 12:33am/11:08am 11:48pm/9:33am 11:44pm/9:29am Uranus 3:14am/5:25pm 3:10am/5:21pm First Full Last Jun 17 Jun 24 Jul 1 Jul 9 Tonight's sky: The Summer Triangle emerg-Source: Jim Todd, OMSI **UV INDEX TODAY** 10 a.m. The higher the AccuWeather.com UV Index™ number the greater the need for eye and skin protection. 0-2 Low 3-5 Moderate; 6-7 High; 8-10 Very High; 11+ Extreme

POLLEN COUNT Trees Absent Source: Oregon Allergy Associates 541-683-1577 **WATER REPORT** Reservoir Acre feet Capacity Crane Prairie 47534 86% Wickiup 27% 53623 Crescent Lake 24766 28% Ochoco Reservoir 8832 20% 74558 50% River flow Station Cu.ft./sec Deschutes R. below Crane Prairie

Deschutes R. below Wickiup 1240 Deschutes R. at Benham Falls 1580 Crescent Ck. below Crescent Lake 16 272 Crooked R. below Prineville Res Ochoco Ck. below Ochoco Res **FIRE INDEX** Bend Redmond/Madras Sisters Moderate Prineville Not available

OREGON WEATHER Shown is today's weather. Temperatures are today's highs and tonight's lows EAST: Mainly sunny and very warm Sun 65/55 day. Mostly clear and Seaside Hood mild Sunday night. 66/53 Mostly sunny and hot Hillsboro Portland 69/55 72/61 **CENTRAL:** Times 91/54 65/54 of clouds and sun Sunday with warm and breezy conditions 63/54 Partly cloudy Sunday Baker City • 67/56 WEST: Cloudy and Camp Sherman Redmond Corvallis 66/54 cooler with periods Prineville of rain Sunday. Light Sisters® 80/53 61/53 Day 92/55 Ontario rain continues through Eugene Sunday night. A linger-Sunriver . ing shower Monday. • La Pine 80/49 **OREGON EXTREMES** Coos Bay YESTERDAY Fort Rock 77/51 Christmas Valley at The Dalles Frenchgler 85/50 Low: 33' Marsh 77/48 Lake 83/49 at Crater Lake Port Orford Grants **Burns Junction** 94/58 84/53 78/51 Klamath AccuWeather McDermitt 93/54 Get the new app Yesterday Yesterday Yesterday Hi/Lo/Prec Hi/Lo/W Hi/Lo/W Hi/Lo/Prec Hi/Lo/W Hi/Lo/W Hi/Lo/Prec Hi/Lo/W Hi/Lo/W 72/47/0.00 65/55/r La Grande 80/52/0.05 90/58/s 85/54/s Portland 80/58/0.01 72/61/sh 74/56/sh 68/55/0.61 61/54/sh 62/51/c Medford 80/60/sh 76/54/pc 83/47/0.14 72/47/pc 80/43/0.07 85/49/s 66/52/0.09 61/53/ 74/58/sh 80/54/0 09 74/53/sh Weather(W): s-sunny, pc-partly cloudy, c-cloudy, shwers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice, Tr-trace, Yesterday data as of 5 p.m. vesterday



NATIONAL City Hi/Lo/Prec Hi/Lo/W Hi/Lo/W Hi/Lo/Prec Hi/Lo/W Hi/Lo/W 108/80/9 Anchorage 64/48/0.00 61/50/pc 63/51/9 Lexington 88/64/0.04 86/61/t 85/58/s Atlantic City 72/66/pc 95/74/pc Little Rock Austir 91/74/0.00 Los Angeles 83/61/0.00 86/67/9 92/74/s 78/64/0.00 85/64/1 87/67/0 00 Minneapolis Bridgeport, CT 68/63/0.02 70/64/sh 95/71/Tr 91/64/s 95/75/0.00 Burlington, VT 82/54/0.00 New York City Caribou, ME 73/49/pc 66/54/sh Newark, NJ 72/64/Tr 78/66/sh Norfolk, VA Oklahoma City 88/74/1.95 73/71/0.43 90/61/0.00 96/74/0.09 110/73/0.00 95/72/0.00 Cincinnat 82/64/0.00 Philadelphia Cleveland 80/61/s 80/64/0.00 Colorado Springs Phoenix 110/75/0.00 116/87/9 Columbia, MO 84/60/0.00 70/52/0.00 Columbia, SC 93/74/0.14 85/68/0 Portland, ME 78/60/s 66/60/sh Columbus, GA 92/71/0.19 71/57/0.11 84/58/ 86/62/pc 91/50/0.00 Sacramento 90/59/0.00 Des Moines 84/66/0.03 Salt Lake City Duluth San Antonio 92/75/0.00 109/73/0.00 105/77/9 103/76/9 75/59/0.00 74/63/p 77/66/pc 78/64/0.00 Green Bay Sioux Falls 79/69/0.91 85/67/t 88/52/0.00 95/63/s Harrisburg Hartford, CT 79/61/0.18 73/51/0.07 86/60/pc 91/67/Tr 88/64/pc 88/79/t 92/80/0.00 78/47/0.00 91/57/s 100/61/9 88/79/1 86/74/0.06 110/68/0.00 112/78/s 95/76/0 01 80/48/0.02 87/61/pc 109/72/0.00 110/73/s Jacksonville INTER <u>ATIONA</u>

110/87/0.00 113/85/s 69/53/0.10 69/54/t 81/55/0.00 80/61/c Auckland Montreal Baghdad 100/78/0.00 103/74/pc 108/78/pc 75/59/sh 91/80/0.00 89/80/c 92/70/c Nairobi 73/53/0.00 79/69/0.00 83/71/s 81/70/s New Delhi 93/86/0.00 95/78/t 70/62/0.20 80/72/0.19 96/72/0.00 94/70/s 81/63/0.00 81/62/s Calgary 66/43/pc 90/81/0.05 87/77/t 75/53/pc Sao Paulo 64/50/s Edinburah 64/49/0.00 72/51/pc 59/45/sh 86/63/0.00 84/65/pc 82/57/0.00 84/61/pc 87/74/0.97 83/75/ 73/44/s 90/83/t 70/60/r 76/66/s 67/43/0.00 Tel Aviv Johannesburg 67/43/s 84/76/s 67/64/0.00 67/63/pc 67/64/pc 80/71/pc Lisbon 79/60/pc Vancouve Madrid 90/61/0.00 81/61/0.04 70/51/pc

**SWIMMING** | U.S. OLYMPIC TRIALS

Source: USDA Forest Service

## Lochte, chastened by misdeeds, takes aim at 5th Olympics

BY BETH HARRIS **Associated Press** 

La Pine/Gilchrist

MAHA, Neb. — Ryan Lochte knows what people think of him. He's eager to make them forget the worst.

himself and the U.S. five years ago in Rio de Janeiro is seeking to make a record-tying fifth Olympic team.

But time is no longer on Lochte's side. He's 36, married and the father of two young children. His scandalous behavior in Rio seems so long ago. "My life has completely changed," he said, gray streaking the temples of his closely cropped hair.

Michael Phelps, now retired and a father of three, knows the daunting challenge his former teammate and rival faces at the trials that begin Sun-

day.
"You're older. You're different. Your
"Your mantality is difbody changes. Your mentality is different," Phelps said before the coronavirus pandemic pushed back the Tokyo Olympics by a year, seemingly making it even harder for Lochte. "You can't do as much in the pool. The other things outside the pool take up your time."

But still Lochte persists. "More than anything I want to make the Olympic team and medal at the Olympics," he said. "That would be proving a lot of people wrong and that's what I want to do."

His results leading into trials haven't signaled that he's poised to join Phelps and Dara Torres in making the most Olympic appearances of any American swimmer. Since Rio, Lochte has competed sporadically and hasn't come close to being his former dominant self.

"We haven't seen in competition



Ryan Lochte pauses after competing in the men's 200-meter freestyle preliminary race at the TYR Pro Swim Series swim meet in Mission Viejo, California, in April.

what we see in training," said Gregg Troy, Lochte's coach. "He's done a good job training."

Lochte is seeded 15th in the 400-meter individual medley, which opens the trials. He's entered in six events over the eight-day meet, although it's unlikely he'll swim every one. The 200 IM, in which he still owns the world record set in 2011, appears to be his best chance. He's seeded fifth.

"I don't have that target on my back

I know I'm hunting them instead of being the hunted."

- Ryan Lochte

"More than anything I want to make the Olympic team and medal

at the Olympics. That would be proving a lot of people wrong and

that's what I want to do. I don't have that target on my back anymore.

anymore," he said. "I know I'm hunting them instead of being the hunted."

Lochte returned to his college training town in Gainesville, Florida, nearly three years ago. Besides reuniting with Troy, he goes against Caeleb Dressel, the world's top male swimmer, daily in practice.

Dressel isn't writing Lochte off in

"I'd give him a very serious chance of medaling and winning at the Olympics, not just making the U.S. team," Dressel said. "I'm not really buying the whole old-man thing anymore. He knows how to get up and

And Dressel isn't referring to Lochte's famous partying ways.

His days of drinking to excess and carousing until the wee hours ended some time after Rio. That's where

Lochte lied about being robbed at gunpoint at a gas station, along with three teammates. He later apologized, got suspended by USA Swimming for 10 months, and lost his major spon-

Two years later, Lochte was suspended 14 months by the U.S. Anti-Doping Agency after he posted a photo online of him getting a vitamin B-12 infusion, which exceeded allowable limits.

"I've changed my life around completely," he said. "I'm a better person, I'm more grown up. I'm a family man,

I'm a dad and a husband." The swimmer credits his wife, Kayla, and his children — son Caiden, 4, and daughter Liv, who turns 2 Thursday — with fostering the

changes in his behavior. "I'm obsessed with being a dad," Lochte said. "It's the funnest thing in the world."

Troy knows he's working with a different Lochte than the swimmer who prowled the bars in Gainesville during and after his college years at Florida, alternately puking and generously picking up tabs for others.

"There's an acknowledgment on his part that maybe this is the last goaround and he wants to leave with a little better taste in his mouth than maybe what he created," Troy said.

Lochte is already one of the greats of the sport. His 12 medals, including six gold, make him the second-most decorated swimmer in Olympic history behind only Phelps. Torres, Natalie Coughlin and Jenny Thompson also have 12 career medals.

He remains a welcome presence on the pool deck, with fellow swimmers calling him "Big Daddy."

'They'll be like, 'Oh, come on, old man. You can do it," Lochte said. "I'm like, 'Grrr. If you only knew how hard this is.' They keep me younger."

Whatever happens at the trials, Lochte will be at peace with himself.

"I just know I won't have any whatifs," he said, "and that's what I want."



Ryan Lochte competes in the men's 200-meter final at the TYR Pro Swim Series swim meet in Mission Viejo, California, in April.