



PEACEHEALTH LAB PROFESSIONALS TO STRIKE MONDAY

PeaceHealth St. John medical technician Colleen Houghton and her daughter, Jade Duncan, 14, picketed outside of the health building on Wednesday, Oct. 11 in Longview. Members of the Oregon Federation of Nurses and Health Professionals AFT Local 5017 picketed in Longview and Vancouver that day after the union voted to authorize a strike the week before. Now, the union, which represents lab professionals in Longview, is set to strike Monday. The Oregon Federation of Nurses and Health Professionals gave PeaceHealth a 10-day notice on Oct. 13 for a strike at PeaceHealth Southwest Medical Center in Vancouver and PeaceHealth St. John Medical Center in Longview. Leila Johnson said St. John employs 18 lab professionals, including herself, who run tests on specimens like bloodwork and interpret results for doctors to diagnose patients. The union, which includes 1,300 employees altogether who mostly work in Vancouver, is asking for more staffing and what they call livable wages.

— The Daily News

EMILY URFER, THE DAILY NEWS

Travel the PNW with Tracy: East Gorge Food Trail

The Columbia River Gorge is an iconic route to drive. Pair that pathway with several stops along the East Gorge Food Trail near The Dalles, Oregon, and you have the makings for an epic foodie adventure.



TRACEY ELLEN BEARD

The route begins near Mosier and runs east 16 miles alongside the Columbia River to The Dalles boasting 30 farm-centric businesses

along the river and a few more scattered inland. The Dalles is the hub for many farms, orchards, wineries, craft breweries, fruit stands, and farm-to-table eateries along this route.

The trail, designed to travel at your own pace, features businesses offering a variety of seasonal tasty treats. Not all companies are open year-round, so call ahead to ensure your intended destinations are open. In an effort to support the smaller regional communities, establishments along the trail concentrate on sourcing their ingredients within a 150-mile radius.

On a recent trip, my daughter Brittney and I spent a few days exploring the food and beverages along the East Gorge Food Trail in The Dalles. We stopped to sip wine at the local wineries, began each day with a cup of joe from unique coffee spots, perused the local bookstore, dined on tasty cuisine, and purchased farm-made sundries to enhance future meals at home.

Freebridge Brewery

710 E 2nd St, The Dalles, open daily, www.freebridgebrewing.com

Steve and Laurie Light own Freebridge Brewing. Steve creates Northwest ales and German lagers to purchase and serve at the brewery. Freebridge Brewery boasts an eclectic selection of beers and a relaxed vibe. I am not a beer fan, but I enjoyed the Slap and Pickle Gose beer and the Onlycrans Cranberry Gose beer. Brittney and I sampled two pizzas, and our favorite was the Harvest Pizza with Honeycrisp apple on top of shredded Parmesan, asiago, crumbled blue cheese, bacon, and roasted garlic with a drizzle of honey. It was



TRACY ELLEN BEARD PHOTOS, CONTRIBUTED

Freebridge Brewing sells Northwest ales and German lagers.

phenomenal.

The Sunshine Mill

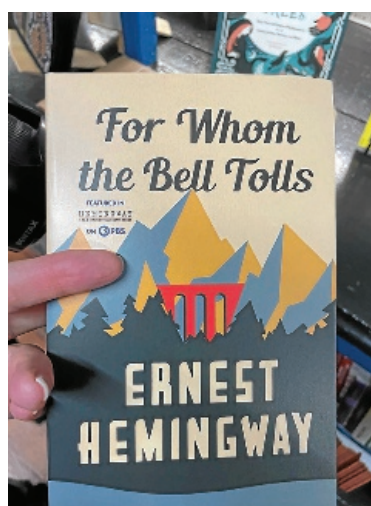
901 E 2nd St, The Dalles, open daily, www.sunshinemill.com

The Sunshine Biscuit Company, the maker of Cheez-It crackers, once owned the Sunshine Mill building, but now it is home to the Quenett and Copa Di Vino wineries. The structure is now a wine-tasting venue and an event center. Vicki Byrd is the current tasting room manager. Brittney and I enjoyed a tour of the event space, a flight of wines, and the baked brie with raspberry jam appetizer.

Tierra de Lobos Winery

201 Osprey Ln W, The Dalles, open Friday-Monday, tierradelobos.com

Adolfo and Gabino, owners of Tierra de Lobos Winery, launched their wine-making dream in 2012. The two men tend to the vineyard, grow the grapes, harvest them, and bottle the wine themselves. The winery features several delicious Spanish wine varietals, including a magnificent sweet red wine named "Tinto Dulce." This wine is reminiscent of one I found in Madrid, Spain, and it makes an incredible sangria. I love to keep this sweet wine on hand and serve it with shrimp bathed in hot oil, garlic, red



Klindt's Booksellers is known as Oregon's oldest bookstore.

pepper flakes, and slices of soft French bread. The combination of the spicy, garlicky shrimp and the sweet wine is phenomenal. It brings back fond memories of my trip to Madrid and a tapas stop known as "Abuelos," where I first had this combination. Out of my seven nights in Madrid, I frequented Abuelos four times; it was that good.

Klindt's Booksellers

315 E 2nd St, The Dalles, Open 8 a.m. to 6 p.m., Monday-Saturday, 11 a.m. to 4 p.m., Sunday, www.klindtsbooks.com

Joaquin Perez and Kristin Klindt own Klindt's Booksellers, Oregon's oldest bookstore. These two are the third family to own the bookstore since it opened in 1870. The bookstore moved across the street to its current location in 1894. I asked Joaquin how he decides what products to put into the store, and he said, "If you buy it, we will sell it." He began carrying toys during the pandemic, and previous store owners sold clothing, furniture, firearms, and other sundries.

Sandoz Farm

5755 Mill Creek Rd, The Dalles, Open May-October, Wednesday-Sunday; November-April, Friday-Saturday, sandozfarm.com

Sandoz Farm is over 100 years old, boasts an antique schoolhouse on the property, and has been providing local produce and sundries for many years. The farm is a fabulous place to take the kids to collect pumpkins and join the fall harvest activities.



Tierra de Lobos Winery owners grow and harvest their grapes and bottle the wine themselves.

This year's Mill Creek Pumpkin Patch Pumpkin Festival is from 11 a.m. to 4 p.m. Oct. 21. Come collect your fall pumpkins, purchase delectable fresh produce, old-fashioned canned jams, pickled vegetables, and a variety of meats from local purveyors. Join in the family fun and pet the farm animals.

Take a Day or Weekend to Explore the East Gorge Trail

Residents of The Dalles have created a solid and supportive community. When things got difficult during the COVID-19 shutdowns, the people banded together and supported one another. Each business Brittney and I visited along the East Gorge Trail in the Dalles and the neighboring communities sources their products and supplies locally and works together to enhance the city's and local economies. Spend the day or venture out on an overnight trip to explore the East Gorge Trail.

Check out these other fabulous stops and add them to your East Gorge Trail itinerary:

Muirhead Canning: 5267 Mill Creek Rd., The Dalles, open June-December, Monday-Saturday; January-May, Monday-Friday, www.muirheadcanning.com. Fruit cannery tours are available in the summer. Call ahead to order preserved peaches, pears, cherries, apricots, and plums for fall or winter pick-up.

Celilo Village: Celilo Village Road, The Dalles; take exit 97 on I-84, then drive south of the freeway to Celilo Village Road. The season is open, so call ahead to determine availability.

Bargeway Pub: 1535 Bargeway Rd. The Dalles, open 11:30 a.m. to close, Tuesday-Sunday bargewaypub.com. This family-operated restaurant serves beer on tap, offers riverside indoor and outdoor dining, and hosts live entertainment on some weekends. Be sure to try their delicious Spanish coffees and tempura cauliflower.

The RIV: 401 E 10th St., The Dalles, open 8 a.m. to 2 p.m. Monday-Saturday, therivcafe.com. The RIV serves local food, house-roasted coffee, and pastries in a historic building. Call or check online for their live music schedule. The chicken and waffles at this place are the bomb.

Shannon's Ice Cream: 318 East 4th St. The Dalles. This quaint old-timey shop offers homemade ice creams made from local ingredients and Tillamook offerings. The ice cream



JIM SEMLOR, CONTRIBUTED

The Sunshine Mill is a wine-tasting venue and an event center.

cones are made fresh in-house, and the array of toppings is phenomenal.

Runcible Cider: 1084 Quartz Dr., Mosier, open June-October, Friday-Sunday, runciblecider.com. Try the delicious cider at this cidery farm stand, collect fruit from the fruit orchard, and take in the wildflower views.

15 Mile Winery: 623 E 2nd St., The Dalles, Open Saturday and Sunday or by appointment, 15milewinery.com. This winery boasts Northwest new-world style wines, a multigenerational winemaking team, and is part of Dufur Valley vineyards.

Gorge Wine Library: 306 Court St., Suite A, The Dalles, open 1 to 5 p.m., Friday-Saturday, gorgewinelibrary.com. The Library offers local wines and a tasting room to sample wines from the Gorge.

Jacob Williams Winery: 3 Avery Road, Wishram, Washington, open 11 a.m. to 6 p.m. Monday-Sunday, jacobwilliamswinery.com. This family-owned boutique winery has a tasting room with a wrap-around patio and specializes in Bordeaux varietals.

The Dalles Farmers' Market: 5th & Union, City Park, The Dalles, open June-October on Saturdays. This farmers' market features plenty of live music and ready-to-eat food.

Evans Fruit Stand: 2416 E. 2nd St., The Dalles, open mid-May to October, Sunday-Friday. Pick up local, seasonal fruit and produce, raw honey, jams, and pickled products.

The Balch Hotel: 40 South Heimrich St., Dufur, open daily, balchhotel.com. This historic hotel is a step back in time. Period furniture and welcoming staff make this hotel a wonderful reprieve from today's hectic world. The hotel offers tasty local wine and delicious meals, stunning views of Mt. Hood, and quaint sitting areas outside.

Tracy Ellen Beard is a freelance writer, editor and photographer based in Longview. Her articles are published in more than 20 online and print publications including Upscale Living Magazine, Northwest Travel & Life, Wander With Wonder, Country Magazine, Luxe Getaways and more. The stories she writes focus on luxury and adventure travel locally and abroad, fine dining and local eats, spa experiences, and outdoor activities. She shares a unique perspective on the world as the founder of an international children's nonprofit. She attended culinary school in San Francisco and owned a catering company.



TRACY ELLEN BEARD, CONTRIBUTED

Sandez Farm hosts a pumpkin patch festival Oct. 21.