

Habitat to host art auction

The folks at Sisters Habitat for Humanity ReStore and Thrift Store will host a Chair-A-Table upcycle/recycle art silent auction Saturday, July 4 from 2 to 6 p.m. at Hop & Brew, located at 523 E. Highway 20.

Artists have been busy creating new objects out of old items, and those pieces of art will be auctioned off during the festivities.

Light finger food and a no-host bar will be offered. Local musician Doug

Williams will provide entertainment.

Artists still have time to create items for the auction. All donated art is due at the ReStore by June 28. For more information call Robin at the ReStore at 541-549-1621.

Floodplain restoration in final phase

The Deschutes National Forest, a consortium of local nonprofits and representatives from Pine Meadow Ranch will be initiating the final phase of a 1.25-mile river and floodplain restoration project on July 1. This final phase of restoration involves filling old ditches with gravel and adding whole trees to the stream for fish habitat.

Along with the stream work, the Forest Service will replace the trail bridge over Whychus Creek on the Mainline Road. The existing bridge is in need of repair and will be replaced with a wider spanning bridge to better pass large floods. This project supports a long-term effort to restore the historic native fisheries in Whychus Creek.

The 170-acre floodplain restoration is one component of a multifaceted restoration project being completed

by the Deschutes National Forest, the Upper Deschutes Watershed Council, Deschutes River Conservancy and Pine Meadow Ranch. Other components of the project included removal of the last concrete dam on Whychus Creek, opening up 13 miles of spawning and rearing habitat for trout and salmon, 1.25 miles of stream channel restoration in the vicinity of the old dam, restoration of one cubic foot per second (CFS) of permanent streamflow in Whychus Creek, and an upgrade of Pine Meadow Ranch's irrigation system that reduces water usage.

During construction, from June 22 to September 30 the area surrounding the creek, the bridge crossing, and the gravel pit along the Three Creeks Lake Road will be closed to public access for safety reasons. Also,

dispersed camping in the project area and near the Three Sisters Irrigation District diversion will be temporarily closed for the next year starting June 22 to reduce conflicts with the operation and reduce conflicts between campers and visitors using the area for day-use activities.

The project's total cost is estimated to be \$2 million, supported by funding from the Oregon Watershed Enhancement Board, Pelton Round-Butte Fund, Deschutes National Forest, National Fish & Wildlife Fund's Columbia Basin Water Transactions Program, The Nature Conservancy, Reser Family Foundation, National Forest Foundation, and Patagonia.

Questions about the project can be directed to Mike Riehle, project manager at Sisters Ranger District, 541-549-7702.

A stormy day in the life of a survivor

By Katy Yoder
Columnist

I lost it this morning (written June 9). I came apart. I threw my glasses, my phone and wanted to chuck the computer through a window. The piles of medical papers all around me felt like they were closing in. I can't take the clutter, it's choking me. I have to change. I have to change. I have to change. NOW!

Lighten my load, get rid of things I don't need. I have to honor what I've been through by moving ahead. Changing, having the courage to take risks, throw things away, have faith that all is well right now in this moment and all the moments I have left on this planet in this body in this beautiful place we call home.

Not having the password for my new computer threw me over the edge. Frustration, anger, rage boiled to the surface. I want to be happier, I want to be healthier, and I want to feel

good about how I spend my days and my nights. I want to fall into bed tired and content from a good day's work. I want to realize my dreams, my purpose, my calling. I want to contribute, help others and mine my soul for the gifts I was given by God.

I don't want to forget how I felt this morning. I don't want to settle back into the routine that is not contributing to my evolution and enlightenment. I feel weighted down, I feel slow, I feel stagnate. I choose grace, power, strength, confidence, love and laughter. I want to take full advantage of the blessings in my life.

I feel better after losing it. I feel a release and I see things with fresh eyes. Maybe those tears washed away the grime that has accumulated over many years and I will see more clearly. I lost it and now it's my challenge to see what I can find in the wake of my upset.

I won't go back to status quo. I won't reengage

in unhealthy relationships that suck me dry. I will stand my ground and be strong. Dynamics in my life — long set and familiar — must shift, and I know I'm the only one who can make that happen. Each moment is my opportunity to make a change and do better.

I reread Science of Mind for today. The Daily Guides for June 9, was exactly what I needed to remember:

Finding Comfort in the Uncomfortable

There is no certainty; there is only adventure. Even stars explode. Dr. Ernest Holmes taught that we are more than anything that can happen to us. We can use spiritual principles to overcome any condition that life presents to us. We can move beyond fear and doubt to grow wiser and more serene when we see every experience as being capable of teaching us a lesson. Whether we grow or become a victim is entirely up to us.

I'll be reading that page over and over until it sticks.

PROTECT YOUR PETS FROM EXTREME HEAT!



Estimated Vehicle Interior Air Temperature v. Elapsed Time

Elapsed Time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Department of Geosciences, San Francisco State University



When the air temperature is...	The asphalt temperature has been measured at...
77° F	125° F
86° F	135° F
87° F	143° F

These temperature correlations represent worst-scenario variables: direct sun, no wind, very low humidity, and high radiant energy.

At 125° F, skin destruction can occur in 60 seconds. An egg can fry in 5 minutes at 131° F.

Data Source: Berens J. Thermal contact burns from streets and highways. Journal of American Medical Association; 214 (11): 2025-2027



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