

CLASSIFIEDS

HORSE STABLE help needed from 6 a.m. to noon, Sat. & Sun. Cloverdale area. Reliable transportation. 541-504-1144.

The City of Sisters currently has an opening for a *full-time Associate Planner* position. The Associate Planner position requires professional planning work of routine to moderate difficulty. Under general supervision, the Associate Planner conducts reviews on current development applications and sign permits; works on long-range land-use plans; writes findings, notices and reports; and conducts weed abatement. The Associate Planner will have frequent and direct interaction with the City Council and Planning Commission and other advisory groups and the general public. The Associate Planner is expected to possess knowledge of planning specialties such as Oregon Statutes and land-use laws, current and long-range planning practices, economic development and/or environmental planning. Compensation starts at \$20.83/hour depending on experience for this fully benefited position. Please submit a City employment application, cover letter, résumé, and three references to Human Resources, P.O. Box 39, Sisters, OR 97759. Closing date is January 30, 2015 at 5 p.m. or until filled. An application and detailed job description are available at City Hall, 520 E Cascade Ave or on the City's website www.ci.sisters.or.us. The City of Sisters is an equal opportunity employer.

Bronco Billy's is now hiring for EXPERIENCED COOK ~ Come in for an application!

803 Work Wanted

Work For You or With You ~ Experience with vinyl, tile, wood, painting, yard & site cleanup. Call Don Tingler, 541-390-7128

999 Public Notice

NOTICE OF BOARD AND COMMITTEE OPENINGS:
The Jefferson County Board of Commissioners is looking for individuals interested in serving on Camp Sherman Road District #18. Interested persons should submit a letter of interest no later than January 23, 2015. Please call 541-475-2449 if you have any questions.
Barbara Andresen
66 SE D Street, Suite A
Madras, OR 97741
Barbara.andresen@co.jefferson.or.us
Fax: 541-475-4454

INFORMATION on LICENSING for Construction Contractors
An active license means your contractor is bonded and insured. Additional details are online at www.oregon.gov/CCB or HireALicensedContractor.com

Staying motivated for the long game

By **Marlys Underwood**
Columnist

Another New Year has passed; another set of resolutions made and now, a few weeks into January, those lofty goals of eating better and getting healthy are already starting to slip.

How does one stay motivated for the long game? That's the question of the ages. The traditional methods include gutting it out, self-verbal-flagellation, logging countless treadmill miles, and gagging down a broccoli smoothie. Yikes. How's that working for you?

This weight loss/wellness game is really a tortoise-and-hare kind of race. Wouldn't you rather lose half a pound and keep it off, than lose 10 in two weeks and then put 15 back on? Your best bet is to take it slow, allow for imperfection and keep going. As Dr. Phil says, "You can't white-knuckle your way through this." You're going to have to have a plan and discover those outside influences that drive you on and remind you of the great decision you made to get healthy.

Magazines are one of my favorite motivational tools. Fitness magazines have me sprinting for the free weights, cooking magazines

get me drooling for healthful home cooking, and outdoor magazines have me longing to strap on a pack and huff and puff my way up some serious elevation.

See which ones motivate you. They're a relatively inexpensive way to propel you onward. Another tool might be a great quote to put on your wall. My favorites include "progress, not perfection" and "a year from now, you'll wish you had started today." Find what resonates with you. There are a million of them out there. You might also tap into that inner teenager and create an inspirational collage.

Cut out images, words, etc. and gluestick them to some foam-core. Put that up in your bathroom so you see it every day. How about a fieldtrip to Whole Foods or Newport Market? Just gazing at all that beautiful produce will make you want to eat better. You don't have to buy, but it may just re-spark your will.

Also, consider adjusting your approach to those new-year resolutions. As for me, I've gotten over the 20 separate verdicts to eat right, lose weight, and get fit. It's not that those aren't valid and important goals, but setting myself up for failure every

year hasn't worked, either. My new approach, and what might work for you, simplifies things. I resolve to improve areas of my life, in healthful ways, which will make it more fun. In the process, weight loss specifically, loses its death-grip on my brain.

For example, I am a bit of a hermit by nature, so last year I resolved to get out more. I dubbed it "The Year Of The Yes." If someone asked me to do something, I would say yes. Even if I really didn't feel like it. Turns out, that's a lot like going to the gym; you often don't want to go, but once you're there it's great.

This year is the "Year of Adventure" and for me, that means hiking, backpacking, mountain biking, and rafting. So far I have thrown pinecones onto a frozen lake, saw my first pileated woodpecker, hiked


with cougars (I have some nice photos of fresh tracks, and spent four miles yelling "Hey Kitty!"), and froze my butt off in Dallas! Not too bad for being only half-way through the first month of January. Winter can be tough to get out, especially when there is no snow, so I will work on dehydrating foods and making my own healthy backpacking meals. That is certain to be an adventure in itself.

See? Fun and healthful choices that aren't all about losing weight.

So please, try not to spend the next year telling yourself "no," but find those things to which you can say "yes" and still keep true to your health goals. Seek out help, whether human or otherwise, to keep your momentum and you won't find yourself making those same resolutions again next year.

Common Sense Tip **FOR PEDESTRIANS**

WALK SOBER, LIVE LONGER.



A lot can happen out there that requires quick reaction time, so keep a clear head when you're on foot. And walk on!

Walk Safely. The Way to Go. Transportation Safety — ODOT

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2013 Community Newspaper Readership Survey

Based on a nationwide telephone survey of adults in markets served by newspapers of 15,000 or less circulation. NNA examined the relationship between Main Street America and its newspapers. Center for Advanced Social Research | Reynolds Journalism Institute | The Missouri School of Journalism