

Free training helps keep kids safe

By Edie Jones
Sisters Early Childhood Resource Team

An amazing free opportunity is being offered to parents on Thursday, February 12, 5:30 to 8:30 p.m. at Sisters High School.

It's amazing because it is free through a generous grant provided to KIDS Center and amazing because of the tools it gives to parents to keep their kids safe. Every parent knows they are the primary steward of their child's life, but they are not always sure what this means or how to put it into practice.

Darkness to Light's award-winning sexual abuse prevention training, Stewards of Children, gives parents the knowledge and tools to protect their children.

Experts estimate that 1 in 10 children will be sexually abused before their 18th birthday, and the

greatest risk to children doesn't come from strangers but from friends and family. Ninety-three percent of all victims know their abusers.

Not here in Sisters, you say! I'm sure that's what parents in Madras and Bend and all other communities also said.

The interactive training provides participants with five steps to better protect children from sexual abuse. It gives adults tools for recognizing the signs of sexual abuse, responding to suspicions and gives simple ways to minimize opportunities for abuse in organizations and in our community. The training is ideal for any adult who has interactions with children.

The training is free as are childcare and food. An RSVP to Kim Bohme at 541-306-6062 is required and must be received no later than February 6.

Science Fair features competitions

The Sisters Science Club's Science Fair is featuring competitions to test the knowledge and skill of folks in the local community.

The 2015 Sisters Science Fair will be held Saturday, February 21, at Sisters High School from noon to 4 p.m. It's an exciting action-packed day filled with rockets and paper airplanes, astronomy and biology, pulleys and robots, and more.

Science and art join together to create an exciting contest called SciArt. This contest challenges students to find and capture science in the art of photography and is open to all students attending one of the Sisters schools. Winners will be displayed at the Sisters Science Fair. Both art and science must be evident in the photo and the images must be in a JPG format between 100K and 6Mb.

Each student can enter two images taken between June 16, 2014 and February 13, 2015. All entries are reviewed for technical compliance and judged by a panel of artists, scientists and engineers. SciArt 2015 entry forms are available on the Sisters Science Club website at www.sistersscienceclub.org and are due no later than February 13.

The popular Design, Construct, Compete (DCC)

Challenge is changing this year. Instead of launching tennis balls as in past years, this year the challenge is to build a device that runs — and stops — using only mousetrap power. The device must be self-contained and its only source of power, from the moment of a neutral release until it comes to a complete stop, is the potential energy derived from one or more standard Victor-brand wooden snap-type mousetraps.

Participants can work individually or in teams and the contest is open to the entire community. Teams take turns releasing their cars from behind a line. If the car stops within the tip-off circle marked on the basketball court, that team advances to the next round, where the distance is increased. The winner is the team whose car stops within the target circle from the greatest distance. There are prizes, too. First place receives a check for \$300, second place \$150 and third place \$100.

Registration forms and rules are available at the Sisters Science Club website, www.sistersscienceclub.org. Registration forms and a \$25 deposit (refunded at the day of the contest when participants show up to compete) are due Friday, February 6.

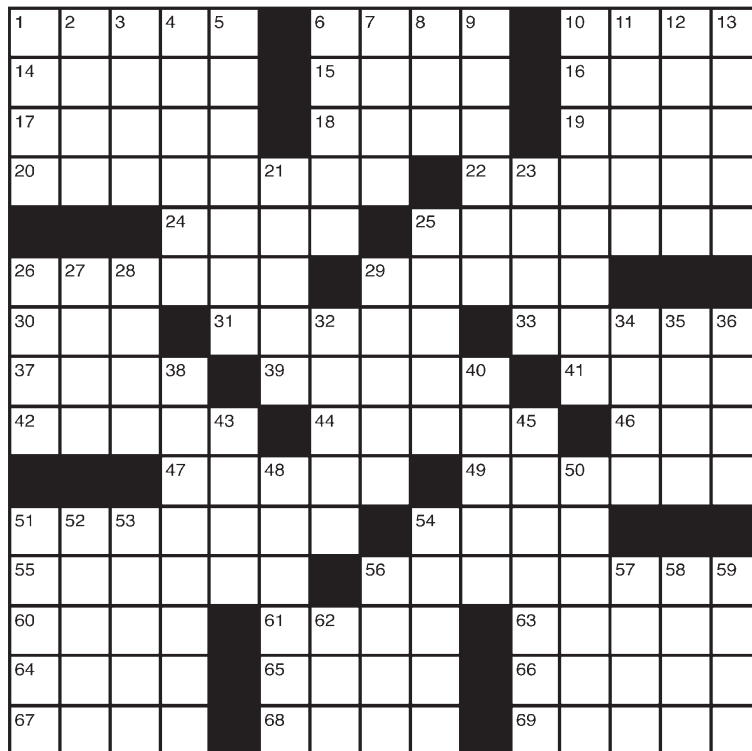
The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 Oscar-winning star Kathy ___
 - 6 Pea casings
 - 10 Lower leg part
 - 14 "The ___ and the Ecstasy"
 - 15 Way out
 - 16 Sharpen
 - 17 Bar orders
 - 18 Casino game
 - 19 On the ___ with; not speaking to
 - 20 Opposite of subtraction
 - 22 Small clothes storage room
 - 24 Relinquish
 - 25 Rollerblade wearers
 - 26 Reason to use an inhaler
 - 29 In ___; speedily
 - 30 Taurus or Prius
 - 31 Sandbar
 - 33 Standing straight
 - 37 Bleachers level
 - 39 ___ the blue; seemingly from nowhere
 - 41 On ___; offered at a lower price
 - 42 Slumber
 - 44 Mexican mister
 - 46 Appropriate
 - 47 Trousers
 - 49 Stops
 - 51 Winged horse of mythology
 - 54 Holbrook and Linden
 - 55 Sign up, as for the army
 - 56 Cool side dish
 - 60 Slightly open
 - 61 Lunch or dinner
 - 63 Unsuspecting
 - 64 Morse ___
 - 65 British noble
 - 66 Fearful and shy
 - 67 Watched
 - 68 Writer Zane ___
 - 69 Toboggans

- 2 Elderly
- 3 ___ the line; obeyed
- 4 Embellish
- 5 "All ___ go!"; cue to proceed
- 6 Tea variety
- 7 Plow pullers
- 8 Clamor
- 9 Wall Street concerns
- 10 Large marbles
- 11 On the ___; free to the customer
- 12 Bury
- 13 Homes of twigs
- 21 "Gem State"
- 23 Overdue
- 25 Beauty parlor
- 26 New Testament book, for short
- 27 Set ___; leave shore
- 28 Maple or fir
- 29 Despises
- 32 Removes from office forcefully
- 34 Actor George
- 35 Helpful hint
- 36 Trevino's pegs

- DOWN**
- 1 "Ali ___ and the Forty Thieves"



Created by Jacqueline E. Mathews 2/4/15

— Last Week's Puzzle Solved —



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- 38 Fixed
- 40 ___ point; center of attention
- 43 Go by
- 45 Gives in
- 48 Eggnog topper
- 50 Attack
- 51 Greeting from a hippie
- 52 Have fun with
- 53 Forest opening
- 54 Yule greenery
- 56 Be concerned
- 57 Green citrus
- 58 Enthusiastic
- 59 Marries
- 62 Corn serving

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