

Therapist finds home at yoga studio

By Jim Cornelius
News Editor

Michelle Farra has launched a new massage therapy practice in Sisters

Massage by Michelle is located in the upstairs studio at Life.Love.Yoga. At 164 N. Elm St. in Sisters.

Farra arrived in Sisters five years ago to take a management position at The Boathouse Restaurant at Suttle Lake. She had spent her whole working life in the restaurant business, which suited her people-loving personality. However, she was ready for a change.

"I like people, and massage just seemed like a great fit," she recalled.

Farra was just getting underway in the massage therapy program at Central Oregon Community College when tragedy struck. Her daughter, Kayla, was killed in a car wreck at the edge of Sisters when the car she was riding in swerved to avoid a deer and was struck by an oncoming vehicle.

A grieving Michelle found herself raising her infant granddaughter, Aubree, with husband Marc while making a major career transition. The circumstances could have derailed her, but she persevered.

"I wanted to provide a better life for my granddaughter," she said. "It was a goal I had made and I wanted to complete it."

She received warm support from the Sisters community, and from the community she had found in the COCC program.

"I literally felt like they wrapped their arms all around me," she said. "They made it feel like I was supposed to be there, that I was supposed to



PHOTO BY JIM CORNELIUS

Michelle Farra has launched a massage therapy practice in an upstairs studio at Life.Love.Yoga. She is available by appointment.

be doing what I was doing."

Her life experiences have made massage therapy a kind of calling for Michelle. Her mother suffered from rheumatoid arthritis from the age of 16, and she saw first-hand the effects of chronic pain. For Michelle, there is no greater satisfaction and inspiration than using her two hands to bring relief.

"I have a really strong motivation to build this business. I feel like I am ready to make a huge difference in a lot of people's lives."
— Michelle Farra

"I want to help people in pain," she said. "I hate to see people in pain."

Massage by Michelle offers relief from pain and stress and can help people dealing with chronic issues reduce their level of dependency on pain medications.

Michelle offers Swedish massage; deep-tissue work; Shiatsu; cupping; and chair massage.

While the studio at Life.Love.Yoga. is a lovely environment, she also offers mobile services for those whose travel is limited.

The studio has proved a perfect fit for the massage therapist, an environment that is peaceful and devoted to wellness. Michelle appreciates the fact that studio owner Kari Sims Anton shares her sense of deep connection to the Sisters community.

"I have a really strong motivation to build this business," Michelle said. "I feel like I am ready to make a huge difference in a lot of people's lives."

Massage by Michelle is available by appointment. To make an appointment visit www.massagembymichelle.com or call 541-213-9059.

DROP-IN PUBLIC YOGA CLASSES
7 DAYS A WEEK!

life.love.yoga.
YOGA STUDIO & ECO BOUTIQUE
164 N. Elm St., Sisters
541.390.5678 | www.lifeloveyoga.com

SCIENCE FAIR: Event brings together people of all ages, interests

Continued from page 3

science fair and how many things there are to see and do that appeal to every single person."

Art and science are often perceived as two opposing disciplines, but the SciArt Contest brings those two disciplines together. SciArt features photographs by Sisters students who were challenged to find and capture science in the art of photography. The photographs will be prominently displayed at the Science Fair.

Healthy living and green energy are on the minds of many Sisters citizens and several displays will pique viewers' interest. Students will be on hand to explain the greenhouse gardening and organic vegetables produced in the Sisters schools' Seed-To-Table Program. Composting worms and how-to instructions will help local residents begin their own worm compost bin. Chimps, Inc. wildlife sanctuary and Trout Unlimited are always popular displays.

Trout Unlimited will be bringing back their trout stream with hands-on stream design and plenty of expert help.

The planetarium will be set up and students, teachers, the Sisters Astronomy Club and Oregon Observatory astronomers from Sunriver will be there to explain the intricacies of the vast night sky.

"The variety of experiments and displays from all three Sisters schools is a great reflection of the fantastic science in our schools."
— Cal Allen

ENERGYneering Solutions, Inc., a local Sisters engineering and design company, will display some of their projects and demo 3-D printer models. Another Sisters company, MOHR Solutions, will talk about their innovative power and telecommunications firm.

SISTERS HABITAT FOR HUMANITY

Thrift Store

ATTENTION, ARTISTS!
Sisters Habitat for Humanity ReStore's "Chair-a-table" event is back
Stop by ReStore to find treasures to upcycle or recycle for our 4th of July Silent Auction to be held at Hop N Bean

541-549-1740
141 W. Main Ave., Sisters
Hours: Mon.-Sat., 9 a.m.-5 p.m.
Sunday, 12-4 p.m.
Donations accepted Mon.-Sat., 10 a.m.-4 p.m.

ReStore

541-549-1621
254 W. Adams Ave., Sisters
Hours: Mon.-Sat., 9 a.m.-5 p.m.
Sunday, 12-4 p.m.
Donations accepted Mon.-Sat., 10 a.m.-4 p.m.

Good for your creativity, our community, and the environment!

\$25K in 25 Days? Together We Can!

February 1 – 25: Social Fundraising Campaign
Share your passion for helping others! Create your free personal online fundraising campaign page to help people in our community. Learn more at liveunitedco.org.

February 8 – 12: Dine and Donate Week
Participating restaurants will donate a portion of sales, offer a free menu item with qualifying donation, or both.

With special thanks to the Downtown Bend Business Association, the Sunriver Area Chamber of Commerce and these participating restaurants: 10 below, 900 Wall, Bad Wolf Bakery, Bend Brewing Co., Hola! Downtown, Jackalope Grill, Marcello's Cucina Italiana, Panini's Pizza, Pine Tavern, Summit Saloon, Sunriver Merchant Trader Cafe, The Wallow Bar & Grill, The Wine Shop and Beer Tasting Bar, and The Village Bar & Grill.

GIVE. START A GRASSROOTS CAMPAIGN. LIVE UNITED.

United Way
United Way of Deschutes County
PO Box 5969 Bend, OR 97708
www.facebook.com/liveunitedco

WHY ADVERTISE WITH A COMMUNITY NEWSPAPER?

Community newspapers are read by a majority of the community

67%
of adults read community newspapers each week

Most readers turn to their community newspaper for news before turning to other media.

70%
of those readers read most or all of their paper

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