

# Kids' bikes allowed on some City sidewalks

By Sue Stafford  
Correspondent

Sisters City Council approved an ordinance amending the Sisters Municipal Code to allow the riding of bicycles on residential sidewalks, outside the downtown core (Main to Hood and Pine to Larch), by children under the age of 14 and an accompanying adult.

At their June 11 meeting, Council also approved the public improvements for the Highland Village subdivision, slated for construction between the FivePine campus and 4th Sister Lodge condominiums off Buckaroo Trail. All the underground utilities are in for the 24 lots, and the sidewalks and street trees will go in as the houses are built.

About 100 of the 400 business surveys sent out with business license renewal forms have been returned to the City. They are hoping to receive many more and encourage business owners who sent in their license renewal without the survey to return the survey as well.

The new streetlights for Cascade Avenue (not as bright) were received last week and were to be installed this week from 7:30 p.m. to midnight on Tuesday and Wednesday evenings.

Paul Bertagna, public works director, reported that removal of three large trees on public right-of-ways is slated due to bug infestations: one in the bulb-out on the southwest corner of Larch and Main near Hardtails; a large cottonwood on East Cascade; and a large pine adjacent to the multiuse path between the highway and the elementary school fence on the east end of town.

The city manager was authorized by Council to negotiate a new three-year contract for City engineer services with BECON and Eric Huffman, who has been

providing that service for the past three years.

At the workshop prior to the Council meeting, after a great deal of discussion about affordable housing in Sisters and the appropriate next steps to be taken, two main factors emerged. Specific criteria need to be developed against which to measure the various options available and a specific amount of City money has to be determined as available to go toward the housing.

Councilor Bill Hall had prepared a detailed study for Council's consideration to be given to the Affordable Housing Task Force as they study the feasibility and various options to provide affordable housing. Hall questioned why nothing had ever been done with the comprehensive 2010 housing study and suggested that it be the starting point for the task force, utilizing the parts of it that make the most sense in today's market.

Councilor David Asson stated his belief that a specific amount of money must be available before trying to hold discussions with possible contractors about building affordable housing. He also strongly supports the idea that at least one contractor should serve on the task force.

Council requested that Patrick Davenport, economic development director, prepare a draft housing-needs analysis for their first meeting in July.

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# Therapists join local practice

Step & Spine Physical Therapy founder and lead physical therapist, Barrett Ford, has announced the hiring of two new physical therapists to his full-time staff.

Colleen Sullivan, PT, and Seth Wilkie, DPT, recently joined the growing Step & Spine team — a team made up of nine physical therapists who treat clients in both their Sisters and Redmond clinics.

Sullivan brings more than 20 years of physical therapy experience to the team, having grown up in Washington and practiced in the Seattle area throughout most of her professional career. She has vast experience offering outpatient manual therapy to treat musculoskeletal pain and disability as well as working with competitive athletes who seek performance enhancement as well.

Sullivan is a USA Triathlon Level 2 Coach and a USA Cycling Level 2 Coach.

"Step & Spine Physical Therapy is made up of a good community of people with whom I share the same ideals, ethics and mission as a physical therapist," Sullivan said. "As for moving to Central Oregon, I love outside play on the trails, from hiking, mountain biking and snowshoeing to exploring and camping."

Also a competitive athlete with training experience, Wilkie earned his Doctor of Physical Therapy (DPT)



Colleen Sullivan, PT.



Seth Wilkie, DPT.

degree in 2011 from the University of New Mexico. A former master personal trainer who's completed multiple Ironman triathlons, Wilkie has earned multiple certifications through continuing education opportunities with the International Academy of Orthopedic Medicine, the North American Institute of Orthopedic Manual Therapy, and McKenzie Institute U.S.A.

"I liked the opportunity [working with injured athletes as a personal trainer] presented to spend time with patients," Wilkie said. "I was eager to join Step & Spine's team because I wanted to be able to treat my patients the way I want to — spending real time with them. Additionally, I love treating the spine as it's relation to everything."

Both Sullivan and Wilkie, Ford says, offer a different

level of professional experience to the Step & Spine Physical Therapy team while remaining true to the clinic's core treatment philosophy, which involves connecting with each client on an individual level.

"In today's world, there's not only a physical need for helping people get along functionally, but there's an emotional connection that I really want my therapists to make with each and every patient," Ford said. "We excel at that, and I believe both Colleen and Seth meet this bill."

Step & Spine Physical Therapy will open a third clinic in Bend once construction is complete on its new NorthWest Crossing facility. Ford says he plans to add one more physical therapist to his physical therapy team prior to the Bend clinic's completion in August.

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