

SPRD offers 'Walk with Ease'

Sisters Park & Recreation District (SPRD) is supporting the movement for a healthier Sisters community by offering the Walk With Ease Program. Karen Girard, the manager for Oregon Health Authority and Chronic Disease Prevention Program, stated, "Walking is one of the most effective ways to prevent arthritis and relieve arthritis pain."

Surgeon General Vivek H. Murthy just released "Step It Up," a call to action on walking and walkable communities. Liam Hughes, executive director for SPRD, spent last week at The National Recreation and Park Association Conference where Murthy spoke on his call to "step it up" and walk.

"SPRD has offered the Walk With Ease Program before," said Shannon Rackowski, adult programs coordinator with SPRD.

"The WWE program is an Arthritis Foundation/Oregon State University Program that is evidence-based, and is a self-management educational program. Walking for 30 minutes five days a week, or one hour three days a week strengthens your heart, lungs, muscles, and your mind!"

The Walk With Ease Program starts September 28 and runs through November 4, Monday, Tuesday, Wednesday, from 8:45 to 9:45 a.m. SPRD has partnered with the Sisters School District for several years with a winter indoor walking program at Sisters Middle School.

SPRD's winter indoor walking program starts December 1 and runs through May 31 from 3:30 to 5:30 p.m.

For more information, contact Shannon Rackowski at 541-549-2091.

Volleyball continues to sweep opponents

By Rongi Yost
Correspondent

The Lady Outlaws swept both their matches this past week with wins over Elmira and Junction City, and have pushed their league sweepstreak to 4-0.

Sisters started their week with a road win at Elmira. The Lady Outlaws clipped the Falcons in three quick sets with scores of 25-8, 25-15, and 25-6. The team showed they are getting better at playing their own game, rather than stooping to the level of their competition, when, at times, they beat themselves.

The Outlaws did get into a serving slump in the second set, which made it a bit of a closer contest. Coach Jason Myhre told *The Nugget* that the Outlaws need to get better at playing in a consistent manner in order for them to have a complete match playing at their tempo and ability.

Hawley Harrer led the team with nine kills, and Allie Spear followed with eight. Peytan Zanck added five kills. Alex Hartford recorded 14 assists, and libero Jessie Brigham logged seven aces in the match, and tallied eight digs. Harrer, Zanck, and Ashlynn Cantwell each contributed four digs.

"It's hard to spend hours traveling on the bus, and then expect to jump in and play strong," said Myhre. "I think they are doing a great job at it, but just need a bit more. The good thing is that the team wasn't satisfied with their level of play, and are driven to keep getting better and better."

"The saving grace is that they are a team, that when put in a corner, step up and fight. They show grit when they need to. We all want to have that grit throughout the whole match."

Two days later, the Outlaws defeated Junction City at home in three sets. Sisters was short some players, and didn't have a very deep bench, but still managed to record the sweep with scores of 25-11, 25-23, and 25-8.

Sisters came out strong in the first set, but let errors get the better of them in the second. The Tigers scored all 23 of their points off Outlaws' errors. The Outlaws re-focused, found their rhythm, and played their game for an easy third-set win.

Harrer had a good all-around performance with 12 kills, 10 assists, and was 8/10 from the service line with one ace.

Harrer has been one of the Outlaws' big kill leaders, and

shared with *The Nugget* how she's able to keep putting the ball down for points.

"Alex is able to deliver me great sets from all over the court, and I always have my team behind my back," said Harrer.

Spear finished with nine kills, nine digs, and was 12/15 from the line with one ace. Ashlynn Cantwell was perfect from the line, going 14/14 with five aces. Hartford dished out 18 assists, and was 8/10 from the line with two aces.

Jessie Brigham led the defense with 19 digs, and went a perfect eight-for-eight from the line with one ace. Peytan Zanck had four kills, and was 11/12 from the line with three aces.

Harrer hopes she and her teammates keep improving as the season progresses.

Harrer said, "I think we played good tonight. We are starting to work together as a team, especially since the Summit game. We do need to improve on staying at a high level the whole match, as we sometimes struggle with the

second game. Our goal is to keep improving every match."

Myhre commented, "The girls are connecting well, and playing tough. They don't get down when momentum isn't in their favor, and they stay strong no matter how close the score is. They just don't seem to get rattled, and just work through their errors enough to pull a game back."

Myhre stated that assistant coaches Brad Bulloch and Cris Converse have been a tremendous support for the team.

"As we get close to the halfway point in our league, their presence on the team is very apparent," said Myhre. "Serve-calling and bench support have really given us the ability to fight through low spots in the game. Coach Cris wasn't at the match today, and her presence on the bench was missed. If she were to have been there, it may have helped in preventing the string of errors in the second set."

The Outlaws were to play at Cottage Grove on Tuesday, September 29. Thursday's match, two days later, will be at home against Sutherlin.

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NOTICE OF SUPPLEMENTAL BUDGET HEARING

* For supplemental budgets proposing a change in any fund's expenditures by more than 10 percent.

A public hearing on a proposed supplemental budget for CITY OF SISTERS (District Name) for the current fiscal year will be held at 520 E. Cascade Ave., Sisters, OR 97759 (Location)

The hearing will take place on October 8, 2015 at 7:00 (Time) AM PM.

The purpose of the hearing is to discuss the supplemental budget with interested persons.

A copy of the supplemental budget document may be inspected or obtained on or after September 30, 2015 at 520 E. Cascade Ave. (Location) between the hours of 8:00 (Time) AM PM and 5:00 (Time) AM PM.

SUMMARY OF PROPOSED BUDGET CHANGES

AMOUNTS SHOWN ARE REVISED TOTALS IN THOSE FUNDS BEING MODIFIED

FUND:	Resource	Amount	Requirement	Amount	
GENERAL FUND	1 Transfers			240,000	
	2 Maintenance			1,000	
	3 Parks			7,000	
	4 Strategic Reserve			(210,000)	
	5 Operating Contingency			(38,000)	
Revised Total Fund Resources		3,910,118	Revised Total Fund Requirements	3,910,118	
Comments:					
Transfer to Street Fund for Hood Avenue project. Transfer to City Hall Debt Service Fund for additional debt service payment.					
Increase Parks for Creekside Campground traffic study. Increase Maintenance and Parks for personnel reclassification.					
WATER FUND	1 Transfers			11,300	
	2 Personnel Services			2,000	
	3 Capital Outlay			2,500	
	4 Operating Contingency			(15,800)	
	Revised Total Fund Resources		1,188,295	Revised Total Fund Requirements	1,188,295
Comments:					
Increase transfer to City Hall Debt Service Fund for additional debt service payment. Increase Personnel Services for personnel reclassification. Increase Capital Outlay for Edge of Pines Hydrant Improvement Project.					
STREET FUND	1 Transfer from General Fund	210,000		9,300	
	2 Personnel Services			4,500	
	3 Capital Outlay			210,000	
	4 Operating Contingency			(13,800)	
	Revised Total Fund Resources		1,556,945	Revised Total Fund Requirements	1,556,945
Comments:					
Increase transfer to City Hall Debt Service Fund for additional debt service payment. Increase Personnel Services for personnel reclassification. Increase Capital Outlay for Hood Avenue Improvement Project.					
SEWER FUND	1 Transfers			16,000	
	2 Personnel Services			1,000	
	3 Operating Contingency			(17,000)	
	Revised Total Fund Resources		1,997,942	Revised Total Fund Requirements	1,997,942
	Comments:				
Increase transfer to City Hall Debt Service Fund for additional debt service payment. Increase Personnel Services for personnel reclassification.					
SEWER SDC FUND	1 Debt Service			96,200	
	2 Reserve for Future Expenditures			(96,200)	
	Revised Total Fund Resources		655,885	Revised Total Fund Requirements	655,885
Comments:					
Additional Debt Service payment.					
CITY HALL DEBT SERVICE FUND	1 Transfers	66,600		66,600	
	Revised Total Fund Resources	135,565	Revised Total Fund Requirements	135,565	
	Comments:				
Additional Debt Service payment.					

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