

**C O M M U N I T Y**

# Quilt Show celebrates 'Infinite Stitches'

"Infinite Stitches" is the theme of this year's Sisters Outdoor Quilt Show — and of the 2016 poster created by Sisters artist, Kathy Deggendorfer.

Staff announced the theme and major sponsors for the 41st annual Sisters Outdoor Quilt Show, which is set for Saturday, July 9. SOQS Sunday will be held on July 10, at FivePine Lodge and Conference Center.

Jean Wells Keenan, chair emeritus and founder of the Sisters Outdoor Quilt Show, commented on Deggendorfer's poster art.

"I always enjoy working

with our local artists who are inspired by the environment of Sisters," she said. "Kathy's work is iconic, and her work reflects all things Sisters. When you see her work it has that Central Oregon sense of place while telling her own unique story."

Kathy Deggendorfer described her poster:

"It is an honor to have created the image that symbolizes the 2016 Sisters Outdoor Quilt Show. 'Infinite Stitches' was a beautiful theme to interpret as a painting. I was inspired to create the poster

See **QUILT SHOW** on page 24



PHOTO BY JERRY BALDOCK

Hayes Moore drives versus Estacada in the Sisters Holiday Tournament.

# Scientist reveals secrets for brain health

By Sue Stafford  
Correspondent

Robert Collins M.D., retired neurologist and Sisters resident, will speak on "Secrets for a Healthy Brain" on Sunday, January 10, at 1:30 p.m. in the Sisters Library Community Room.

Collins will kick off the annual Diane Jacobsen Speaker Series, sponsored by the Friends of the Sisters Library (FOSL). The series is held every year in the winter and spring.

His lecture will address the question of how to keep the brain healthy as the body ages. He points to the current flood of "nostrums and quackery guaranteeing to enhance our memory and improve our IQ," but explores instead "what exactly is a healthy, aging brain."

The presentation will look at the "practices that make scientific sense — as opposed to common sense,

See **BRAIN HEALTH** on page 28

# Outlaws host holiday tournament

By Rongi Yost  
Correspondent

The boys basketball team finished third at the Sisters Holiday Tournament, held Monday through Wednesday, December 28-30. Philomath took championship honors and Henley was runner-up. Estacada, Mazama, Baker, Banks and Madras were also in attendance for the annual event.

Sisters started the tournament with a disappointing 45-37 loss against Estacada. The Rangers played tough

defense and were very patient on offense. The Outlaws were able to put fairly good pressure on the ball, and forced many turnovers in the first three quarters, but in the final period struggled on both ends of the court.

The Outlaws were unable to score or get the stops. They missed many looks at the basket and turned the ball over multiple times. Sisters was up by three at the half, and up by nine as they headed into the fourth period, but they were sloppy in their fundamentals and let

the game slip away. "It looked like a lot of one-on-one effort and not the team play that this team is building a reputation on," said Coach Rand Runco. "We did not play with energy, and definitely did not look like ourselves. Everyone was disappointed."

Steen Johnson was the Outlaws' leading scorer with 11 points. Scott Waddell recorded 10 points, and Tyler Head added eight. Rebounds were spread throughout the

See **BASKETBALL** on page 19

## SISTERS AREA MEETING CALENDAR

### BOARDS, GROUPS, CLUBS

- Al-Anon** Monday, noon, Shepherd of the Hills Lutheran Church • Wednesday, 6 p.m., The Episcopal Church of the Transfiguration. 541-549-8737 or 541-549-1527.
- Alateen** Thursday, 7 p.m., The Episcopal Church of the Transfiguration. 541-549-1527.
- Alcoholics Anonymous** Thursday & Sunday, 7 p.m., The Episcopal Church of the Transfiguration • Saturday, 8 a.m., The Episcopal Church of the Transfiguration • Monday, 5 p.m., Shepherd of the Hills Lutheran Church • Tuesday, noon, Big Book study, Shepherd of the Hills Lutheran Church • Thursday, noon, Sober Sisters Women Meeting, Shepherd of the Hills Lutheran Church. 541-548-0440.
- Authors Support Group** 2nd Friday, 10 a.m., Sisters Area Chamber of Commerce. 541-588-0081.
- Black Butte Macintosh Users Group** 3rd Thursday, 3:30 to 5:30 p.m., Sisters Library community room. 541-549-1471.
- Black Butte Ranch Bridge Club** Tuesdays, 12:30 p.m., Black Butte Ranch community room. All welcome; partner required. 541-595-6236.
- Celebrate Recovery** Thursdays, 7 p.m., Westside Church-Sisters Campus. 541-389-6859.

- Central Oregon Council on Aging Senior Lunch** Tuesdays, noon, Sisters Community Church. 541-678-5483.
- Central Oregon Fly Tyers Guild** 4th Saturdays, 10 a.m. to 4 p.m. For location information: 541-549-2072.
- Central Oregon Spinners and Weavers Guild** 4th Saturday, 1 to 3 p.m. Sisters Library. 541-639-3217.
- Central Oregon Woodworkers Guild** 1st Monday. 541-610-9022.
- East of the Cascades Quilt Guild** 4th Wednesday, September-June, Stitchin' Post. All are welcome. 541-549-6061.
- Friends of the Sisters Library Board of Directors** 2nd Tuesday, 9 to 11 a.m., Sisters Library. 541-977-8285.
- Heartwarmers** (fleece blanketmakers) 1st & 3rd Tuesdays, 1 p.m., Sisters City Hall. Just bring scissors! 503-880-5832.
- Hero Quilters of Sisters** Thursday, 1 to 4 p.m. 541-549-1028 or 541-548-3304.
- Military Parents of Sisters** 2nd Thursday, 5:30 p.m., Ray's Food Place community room. 541-647-7483.
- Oregon Band of Brothers – Sisters Chapter** Wednesdays, 11:30 a.m., Takoda's Restaurant. 541-408-5594.
- SAGE (Senior Activities, Gatherings & Enrichment)** Wednesdays, 1 to 4 p.m. at SPRD. 541-549-2091.

- Sisters Area Photography Club** 2nd Wednesday, 4 p.m., Sisters Library community room. 541-549-6157.
- Sisters Area SketchUp Users Group** 2nd Wednesday, 7 p.m., Earthwood Timber Frame Homes. 541-549-0924.
- Sisters Astronomy Club** 3rd Tuesday, 7 p.m., SPRD. 541-549-8846.
- Sisters Bridge Club** Thursdays, 12:30 p.m., The Pines Clubhouse. Novices welcomed. 541-549-9419.
- Sisters Cribbage Club** Tuesdays, 11 a.m. to 1:30 p.m., Ray's Food Place community room. 541-923-1632.
- Sisters Habitat for Humanity Board of Directors** 4th Tuesday, 6 p.m. Location information: 541-549-1193.
- Sisters Kiwanis** Thursdays, 7 to 8:30 a.m., Brand 33 Restaurant at Aspen Lakes. 541-410-2870.
- Sisters Parent Teacher Community** 3rd Wednesday, 11:30 a.m., Sisters Elementary School loft. 971-570-2405.
- Sisters Red Hats** 1st Friday. Location information: 541-279-1977.
- Sisters Rotary** Tuesdays, noon, Aspen Lakes Lodge. 541-977-6545.
- Sisters Trails Alliance Board of Directors** 2nd Wed., 5:30 to 7 p.m. The Pines Clubhouse. 541-719-8822.
- Sisters Veterans** Thursdays, noon, Takoda's Restaurant. 541-903-1123.

- Three Sisters Irrigation District Board of Directors** 1st Tuesday, 4 p.m., TSID Office. 541-549-8815.
- Three Sisters Lions Club** 2nd Tuesday, noon, Ray's Food Place community room. 541-419-1279.
- VFW 8138 & American Legion** 1st Wednesday, 6:30 p.m., Sisters City Hall. Service officer available. 541-903-1123 or 541-549-1132.

- Cloverdale RFPD Board of Directors** 3rd Wednesday, 7 p.m., Main Station, George Cyrus Rd. 541-548-4815. See the agenda at [www.cloverdalefire.com](http://www.cloverdalefire.com).
- Sisters-Camp Sherman RFPD Board of Directors** 3rd Tuesday, 5 p.m., Sisters Fire Hall, 541-549-0771.
- Sisters-Camp Sherman RFPD Drills** Mondays, 7 p.m., Sisters Fire Hall, 301 S. Elm St. 541-549-0771.

### CITY & PARKS

- Sisters City Council** 2nd & 4th Thursday, 7 p.m., Sisters City Hall. 541-549-6022.
- Sisters Park & Recreation District Board of Directors** 1st Tuesday, 6 p.m., SPRD building. 541-549-2091.
- Sisters Planning Commission** 3rd Thursday, 5:30 p.m., Sisters City Hall. 541-549-6022.

### SCHOOLS

- Black Butte School Board of Directors** 2nd Tuesday, 5 p.m., Black Butte School. 541-595-6203.
- Sisters Christian Academy Board of Directors** 2nd Thursday, 8 a.m., RE/MAX Revolution office at Outlaw Station. 541-549-4133.
- Sisters School District Board of Directors** One Wednesday per month, SSD Admin Bldg. See schedule at [www.sisters.k12.or.us](http://www.sisters.k12.or.us). 541-549-8521 x4011.

### FIRE & POLICE

- Black Butte Ranch Police Dept. Board of Directors** Meets monthly. 541-595-2191 for time & date.
- Black Butte Ranch RFPD Board of Directors** 4th Thursday, 9 a.m., Black Butte Ranch Fire Station. 541-595-2288.

