

READING: Parents are working to support schools

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resources to support and raise eager and motivated readers,” says Stephanie Jensen, Title 1 reading specialist for the Sisters School District. “Parents are their child’s first teacher and an essential partner in the teaching and learning process.”

The elementary school Sisters Parent Teacher Community (SPTC) started from a group of parents looking to participate and support the elementary school on a broader level. The SPTC is an all-volunteer group that meets monthly in the C-Wing at SES. Programs supported by the SPTC include the Scholastic Book Fair, Sisters Elementary School Spirit Sale, Holiday Book Exchange and more. All funds raised by the SPTC go to support semi-annual teacher grants and off-set student fees.

For more information on the Common Core Family Reading Night or to get involved with the Sisters Elementary SPTC, contact Haley Ellis at ellis.haley@gmail.com.

PAIN: Stretching can play a role in alleviating pain

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sit, stand, walk, and lie in bed. He will also explain the role of simple stretches to avoid or alleviate simple aches and pains.

With offices in Sisters and Bend, Dr. Jeffrey has been practicing for 15 years. A native of Southern California, he earned undergraduate degrees in clinical physiology and civil engineering from Boston University and his Doctor of Chiropractic degree from Palmer College of Chiropractic in Davenport, Iowa.

Jeffrey has done a number of post-graduate studies including ELDOA, which is a myofascial stretching technique that lengthens the spine. The fascial system helps interconnect muscles and coordinates them within not only a single joint movement but multiple joints as well. It is only within the last five years that the treatment of fascial tissue has gained favor. He teaches ELDOA classes at Sisters Athletic Club two times a week for members and nonmembers.



PHOTO PROVIDED

Dr. Robert Jeffrey.

Jeffrey and his wife, Robine, moved to Oregon from Santa Cruz, California, living for five years in Bend before moving to Sisters six years ago. Robine is a licensed marriage and family therapist and the family, including 11-year-old daughter Marieke and 9-year-old son Lex, run Harmony Farm Sanctuary, a nonprofit rescue facility for farm animals. Their most famous resident is Zoey the pig.

Jeffrey’s talk will be the second of four in the annual Diane Jacobson Speaker Series sponsored by Friends of the Sisters Library (FOSL). The event is open to the public and free of charge. Seating is limited.

Sisters Science Fair features businesses

Are your gyros spinning in the right direction? Do you know what a pool table, an ellipse and simple geometry have in common? At what point does science fiction and reality merge?

The answers to these questions and many more of life’s puzzles will be unveiled at the upcoming Sisters Science Fair on Saturday, February 20, from noon to 4 p.m. at Sisters High School. Exhibits, experiments and contests will fill the high school with science that’s fascinating, confounding, astonishing, captivating and compelling. The good news is these conundrums will each have a scientific-minded person there to explain, demonstrate and differentiate between the facts and the myths.

The theme this year is “The Science of Nature,” and the fair will delve into many outdoor science topics as well as astronomy, rocketry, physics, chemistry and animal science. The planetarium will return with scheduled shows displaying the night skies,

and a special comet simulator that promises to demonstrate the icy cosmic snowballs.

Businesses will also be on hand to explain their scientific equipment and technology. Bend Research will have a display and hands-on experiment table for harmonic waves. Sisters’ own Energyneering will bring their flight simulator and St. Charles hospital will have mini classes on health and the body. Trout Unlimited and the U.S. Forest Service have teamed up with an outdoor science exhibit and a fish tank with salmon and steelhead trout.

Once again, the Design, Construct and Compete (DCC) Contest will take over the high school gym with another mousetrap car competition, but this year, with an intriguing twist. All ages can compete pitting their mousetrap car against other teams for top cash prizes.

To find out more about the Sisters Science Fair visit the Sisters Science Club website at sistersscienceclub.org.

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