

CLASSIFIEDS

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MESSY HOUSE ?
Check the Nugget's advertisers for professionals to assist you!

802 Help Wanted

After-School Program Assistant at Sisters Park & Recreation.
Primary duty: Supervise elementary-age children from 3 to 6 p.m., Mon.-Fri. \$13.50/hr. Interested applicants should email résumé, cover letter, and letters of recommendation to jeffl@sistersrecreation.com

OFFICE MANAGER position for Sisters, Oregon Real Estate Company. Full-time, Mon.-Fri. Hourly wage, paid vacation, 401K. Starting date of mid-October. Position includes welcoming clients by greeting them, in-person or on the telephone; answering or referring inquiries. Directing clients by maintaining team and vendor directories; giving instructions and knowledge of the local area. Maintaining security by following real estate procedures; filing legal documents; multi-tasking! Comfortable with computers and navigating Internet (via PC or Mac) for word processing, flyer layouts, Excel spreadsheets and online applications. QuickBooks a must. Send résumé to: Metolius Property Sales, P.O. Box 609, Sisters, OR 97759 ATTN: Jeff Jones/Suzanne Carvlin Resume, or email to Suzanne Carvlin: Suzanne@HomeInSisters.com.

BANK OF THE CASCADES
Customer Service Teller in Sisters, Oregon!
Customer Service and cash handling experience required. Perform a variety of customer service activities for new and existing customers as a paying and receiving teller. Contribute to the efficient and effective operations of the Branch, providing the "best" in customer service and upholding Bank customer service values. Please submit your résumé for consideration: ebal@botc.com

JOIN our FUN TEAM at HfH!
Volunteer Coordinator for *Sisters Habitat for Humanity*: 20 hours/week, \$12-\$18 DOE. Coordinate in-store efforts to recruit, train, schedule & retain volunteers. Full description is at sistershabitat.org/about/hiring. Email cover letter and résumé to sharlene@sistershabitat.org

The Suttle Lodge & Boathouse
Come work at the lake!
Seeking: BARTENDERS, HOUSEKEEPERS, COOKS
Wages start at \$12-\$15/hour plus tips. Competitive benefits package. Send résumés to: jobs@thesuttlelodge.com

Groomingdales / Central Bark seeks general labor assistance, Part-time & Full-time. Please call 541-549-2275, ask for Sam.

Black Butte School District 41 Part-time District Clerk
Application Deadline Date: Accepting applications until position filled. Black Butte School is a K-8 rural school located in Camp Sherman, Oregon. We are seeking applicants for a part-time District Clerk. Computer knowledge, including Excel program, highly desirable. A detailed job description & application process is available on our website at www.blackbutte.k12.or.us

Solid Rock Granite, LLC in Sisters is seeking a **full-time slab countertop fabricator/installer**. Looking for a dependable person with attention to detail and a positive attitude. Will train. \$14-16/hr. DOE. Submit résumé to mike@solidrockoregon.com or call 541-549-8550.

MONTE'S ELECTRIC is now hiring experienced **Journeyman Electrician**. Hiring Bonus & Benefits! Call 541-719-1316.

Black Butte Painting is hiring for the season. All experience levels, pay DOE. Email blackbuttepainting@gmail.com

Sno Cap Drive In: Short-order Cooks (experience preferred) and **Counter Help** (will train). Come in person to fill out an app/drop off résumé, 380 W. Cascade Ave.

POSITION TO FILL? SERVICE TO PROVIDE? BIZ TO PROMOTE?
For Results, Advertise it in THE NUGGET!
Deadline is Monday, NOON, to place your classified ad.
Call 541-549-9941 or go to NuggetNews.com

999 Public Notice
PUBLIC NOTICE
On October 5, 2016 at 5:00 p.m. PDT, the Board of Directors of the Sisters School District, acting as the Local Contract Review Board, will adopt Model Contract Rules to be used by the District in purchasing goods and services as per Oregon Revised Statutes 279A-065. This action will be considered during the regular Board meeting being held at the Sisters District Office located at 525 E. Cascade Avenue, Sisters, OR 97759.



Fit For Sisters

Andrew Luscutoff
Columnist

Don't forget the protein

Any endurance athlete knows the body in motion is burning carbohydrates for fuel. When the muscles run out of the stored carbohydrate, they synthesize fats into substrates similar to carbs to continue the movement. The body is an efficient machine, refining its fuels into usable carbohydrate fuel.

What one might overlook however is the importance of protein for an endurance athlete. Weightlifters and other power athletes have been evangelizing it's importance, but endurance athletes have often eschewed massive amounts of protein as exclusively for those interested in building muscles.

Recently, this notion has been challenged by a new method of analyzing the needs for dietary protein intake. A technique called "indicator amino acid oxidation" uses an isotope to mark protein as the body uses it. Simply, it tells the researchers whether or not the dietary protein is being

used by the body or not. The particulars of this study involved experienced runners. They were trialed with different protein intakes, and followed a running program where they ran 10k, 5k, then 20k over a three-day period. Researchers measured protein needs based on the test. The results indicated that the athletes required around 1.65g per kg of body weight. This equates to around 112g per day for a 150-pound person. This is around twice the amount required for sedentary individuals and slightly above the current recommendation for moderate exercisers.

If marathoners aren't building muscle then where is this protein being used? As an athlete runs, hikes, or cycles, especially on rigorous endeavors, the body undergoes micro tears in the muscles. The result leaves the body in need of protein to repair and rebuild. An endurance athlete will not build muscle like a bodybuilder with more protein because the mechanism of stress is different.

This is different because a weightlifter is performing targeted exercises with high tension for a short, focused duration. The goal is to break down the muscle far beyond

that of a run. Running will have a more global effect while the resistance is much lower. The nature of the exercise will reflect the adaptation. Before rushing out to get protein shakes and nutritional supplements, be mindful that the increased need for protein doesn't mean it all needs to be consumed at once. In fact the research suggests that small ample servings of protein level out energy and decrease appetite, along with providing recovery throughout the day. A portrait of a good day's eating which provides ample protein might look like this: Breakfast yogurt, fruit, and a high-protein cereal like granola with nuts. Lunch: half a cup of hummus, veggies, and a salad with whole grains (such as quinoa) a bit of meat (canned tuna works well) and light dressing. Afternoon snack: Sliced apple and peanut butter. Dinner: six ounces chicken, with rice and veggies. Aiming for 20-30g of protein per meal will suffice, and looking at the above sample, it isn't a monumental task. Protein will help an athlete recover, provide energy, and can keep injury at bay. Even if someone is moderately active, being mindful of protein intake might prove beneficial.

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Stop by and visit with Tiana Van Landuyt & Shelley Marsh.
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THIS WEEK'S FEATURED PROPERTY



14467 Crossroads Loop, Sisters ~ \$499,900

Completely remodeled and updated — all new electrical, plumbing, heat pump with two zones, septic tank, insulation — everything replaced in 2015! Like a brand-new home! Gourmet kitchen with stainless steel appliances. Beautifully tiled bathrooms. All-new flooring, new roof on house. On over an acre of land in Crossroads. This truly is a must-see!

Stop by or call to learn more about this property and all our other listings.
We have what you're looking for! Scan to visit our website!



Metolius Property Sales
290 E. Cascade Ave.
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