

Youth Wrestling Club will start soon

By Rongi Yost
Correspondent

In just a few short weeks, kids from first through fifth grade will have the opportunity to be a part of a local youth wrestling club. In the past, kids interested in wrestling have had to travel to Bend or Redmond, but in early October, Sisters will have their own wrestling club.

Damon Frutos, who brings with him lots of wrestling experience, will coach the club team. Frutos wrestled throughout middle school and high school, and then coached in Washington for 15 years at both middle- and high-school levels.

The goal of the wrestling

club will be to introduce kids to folk-style wrestling, the most common of the three types (Greco-Roman, freestyle and folk-style) of wrestling. Folk-style is a full-body wrestling style that focuses on total control of your opponent's body, in comparison to freestyle, which involves more throws, and Greco-Roman, which is all upper body strength.

Kids will focus on learning basic moves, balance and agility, and most importantly to Frutos, attitude.

Frutos told *The Nugget* that being exposed to wrestling at a young age has benefits.

"When kids start wrestling at an early age they get to experience the joy of competition and they learn the basics of the sport, which allows them to be successful once they hit middle school and competition really starts," said Frutos.

Frutos added, "Wrestling is a lot more risky than most other sports because it's just you versus your opponent. It takes a lot of courage to step out on the mat and face an opponent."

The wrestling club will practice October 4 through November 15, and will consist of weekly practices, intramural take-down

competitions, and will culminate with a tournament-style competition on Saturday, November 19.

Fliers containing all pertinent information will be handed out at school during lunchtime later this week. Detailed information will be given at a meeting, which will be held at Suttle Tea on Wednesday, September 28, at 6:30 p.m. Interested kids and their parents are encouraged to attend.

For more information contact Damon Frutos at damonfrutos@yahoo.com.



PHOTO BY RONGI YOST

Damon Frutos will coach youth wrestling club in Sisters.

Superstar...



PHOTO BY ANGELA LUND

Tim Neeley, star of "Jesus Christ Superstar" attended a showing at Sisters Movie House and visited with owners and staff. Left to right: Kristen Achterhof, Ted Neeley, Drew Kaza and Brandy Wilson.

SISTERS

Entertainment • Arts • Special Events

Wed.~Sept. 21

Heart of Oregon YouthBuild Open House & Pancake Breakfast 9 to 11 a.m. Free! Learn about YouthBuild, meet students & staff, and enjoy a free breakfast at 68797 George Cyrus Rd. Info: 541-526-1380.

Eurosports Trivia Night! 6:30 p.m. (6:15 p.m. sign-up). Indoors. Match your skills against others for prizes, free! Food and drink for purchase. 541-549-2471.

Friday~Sept. 23

Sisters Saloon Live Music with the Bobby Lindstrom Band 8 to 11 p.m. No cover! For more info: 541-549-7427 or go to sisterssaloon.net.

The Belfry Live Music with Eliza Gilkyson & Nina Gerber 7 to 11 p.m. \$25 at bendticket.com or \$30 at the door. Pub opens 1 hour before the show. belfryevents.com or call 541-815-9122.

Bigfoot Wellness Open House Celebration 4 to 7 p.m. at 392 E. Main Ave. Enjoy wine, appetizers & free prizes in the new location! For more info call 541-699-7457.

Hood Avenue Art Artists' Reception: JoAnn Burgess & Tina Brockway 4 to 7 p.m. With live music & refreshments, free! For more info: 541-719-1800 or hoodavenueart.com.

Downtown Sisters 4th Friday Art Stroll 4 to 7 p.m. Galleries & shops feature live entertainment & refreshments! sistersartsassociation.org.

Barclay Park Sisters Farmers Market 2 to 5:30 p.m. Oregon-grown produce and plants and live entertainment!

Paulina Springs Author presentation: Pamela Rayes 6:30 p.m. Reading from her memoir, *Temperance Creek*. Refreshments. \$5 admission refunded upon purchase of featured book.. For more info: 541-549-0866 or paulinasprings.com.

Saturday~Sept. 24

The Suttle Lodge & Boathouse Salmon Bake Picnic & Dance Performance 12 noon, with Confederated Tribes of Warm Springs. \$65 ages 15 to adult,

\$35 ages 5-15, free under 5. For more info: 541-638-7001 or go to thesuttlelodge.com.

Paulina Springs Author presentation: Former governor Barbara Roberts 6:30 p.m. Discusses her book *Death Without Denial. Grief Without Apology*. Refreshments. \$5 admission refunded upon purchase of featured book. For more info: 541-549-0866 or paulinasprings.com.

Fir Street Park "Buried Beef & Brew" 5:30 to 7:30 p.m. Enjoy slow-cooked beef, beer-keg beans & more! And **Live Music with Dry Canyon Stampede**. Fundraiser for SPRD programs. *Tickets sold only in advance at SPRD*; call 541-549-2091. Meal is \$12 adults, \$5 under 18; beer is \$5.

Cork Cellars Live Music with JAZZ FOLKS 7 to 9 p.m. No cover! For more information call 541-549-2675 or go online to corkcellars.com.

The Belfry Live Music with Dustbowl Revival & T Sisters 8 to 11 p.m. An \$12 online at bendticket.com or \$15 at the door. Pub opens one hour before the show. For info go to belfryevents.com.

Corbett Parking Lot off Hwy. 20 The Hoodoo Challenge: Run to the Top 9 a.m. This half-marathon for runners & walkers is presented by Sisters Kiwanis, a fundraiser for scholarships and projects. \$70 includes T-shirt and after-party! Register: ultrasignup.com or call 541-647-7586 for info.

Sisters Park & Recreation District Stars Over Sisters Star Watch 7:30 p.m. The presentation begins at SPRD, then head out to the SHS sports fields to see the stars through powerful telescopes! For additional information call Ron at 541-549-8846.

Sunday~Sept. 25

The Pines Clubhouse Strings in Sisters Acoustic Music Jam 1:30 to 3:30 p.m. at 612 Brooks Camp Rd. All are welcome! For more information call 541-719-0497.

Tuesday~Sept. 27

The Belfry Sisters Science Club presents "You Are What You Eat!" 7 to 8 p.m. Dr.

Emily Ho on Nutrition & Cancer Prevention. \$5 entry (teachers, students & SSC donors free). Doors open at 6 p.m. for food & drink. sistersscienceclub.org.

Wed.~Sept. 28

Eurosports Trivia Night! 6:30 p.m. (6:15 p.m. sign-up). Indoors. Match your skills against others for prizes, on your own or with a team, free! Food and drink available for purchase. For more info call 541-549-2471.

Thursday~Sept. 29

The Belfry Live Music with The Rhythm Future Quartet 8 to 11 p.m. Acoustic Gypsy jazz emsemble. \$15 online at bendticket.com or \$20 at the door. Pub opens one hour before the show. Info: 541-815-9122 or belfryevents.com.

Friday~Sept. 30

Sisters Saloon Live Music with the Bobby Lindstrom Band 8 to 11 p.m. No cover! For more info: 541-549-7427 or go to sisterssaloon.net.

Barclay Park Sisters Farmers Market 2 to 5:30 p.m. *Last market of the season!* Oregon-grown produce and plants and live entertainment!

Saturday~Oct. 1

Village Green Park 7th Annual Sisters Fresh Hop Festival noon to 8 p.m. Free entry, family friendly. \$5 for mug; \$1 each 4-ounce taste (ID required). Sponsored by Three Creeks Brewing Co. For info call 541-549-1963 or go to sistersfreshhopfest.com.

Cork Cellars Live Music with the Katie and Doug Cavanaugh 7 to 9 p.m. No cover! For more info: 541-549-2675 or go to corkcellars.com

Monday~Oct. 3

The Belfry Live Music with Jonatha Brooke 8 to 11 p.m. \$20 online at bendticket.com or \$25 at the door. Pub opens 1 hour before the show. For more info call 541-815-9122 or go to belfryevents.com.

Listings are subject to change. Deadline to submit is 5 p.m. Fridays to teresa@nuggetnews.com

The Belfry

Sept 23 / Fr / 7-11 PM
Eliza Gilkyson
 with **Nina Gerber**
 Two-time Grammy-nominated singer/songwriter is one of the most respected musicians in Folk, Roots, and Americana circles. \$25 online/\$30 DOS

Sept 24 / Sa / 8-11 PM
Dustbowl Revival
 with **T Sisters**
 An American roots orchestra!
 \$12 online/\$15 DOS

Sept 29 / Th / 8-11 PM
The Rhythm Future Quartet
 This acoustic jazz ensemble keeps the spirit of Gypsy jazz alive and expanding.
 \$15 online/\$20 DOS

Oct 3 / Mo / 8-11 PM
Jonatha Brooke
 Music is singer/songwriter/guitarist Jonatha Brooke's natural storytelling voice, a direct line to her emotions.
 \$20 online/\$25 DOS

PUB OPENS ONE HOUR PRIOR TO SHOWS
BelfryEvents.com
 541-815-9122

Sisters MOVIE HOUSE

STARTS FRIDAY
 FRI., SEPT. 23 - THURS., SEPT. 29

Magnificent Seven (PG-13)
 Fri 4:15, 7:15
 Sat-Sun 1:30, 4:15, 7:15
 Mon-Thurs 4:15, 7:15

Snowden (R)
 Fri 4:00, 7:00
 Sat-Sun 1:15, 4:00, 7:00
 Mon-Thurs 4:00, 7:00

Bridget Jones's Baby (R)
 Fri 5:00, 7:30
 Sat-Sun 2:30, 5:00, 7:30
 Mon-Wed 5:00, 7:30
 Thurs 5:00

Sully (PG-13)
 Fri-Sat 4:30, 7:00
 Sun 2:15, 4:30, 7:00
 Mon-Wed 4:30, 7:00
 Thurs 4:30, 7:45

Deepwater Horizon (PG-13)
 Thurs 7:30

Movie times and titles are subject to change. Visit website or call for latest information.

WWW.SISTERSMOVIEHOUSE.COM
541-549-8800