

Chair massage available at SPRD

Sisters Park & Recreation District (SPRD) is offering chair massage by Michelle Farra on October 19.

Every four months for the last two years, SPRD has offered free health talks at the Sisters Senior Luncheon, according to Adult/Senior Programs Coordinator Shannon Rackowski. There is an estimated group of 30 or more seniors who attend these luncheons every Tuesday at Sisters Community Church. The guest speaker for September was Michelle Farra, licensed massage therapist, who started her business in 2013 after graduating from COCC's two-year massage program, in which she was named student of the year.

Farra went to work first at Shibui Spa here in Sisters, then spread her wings to

include a chiropractic office in Redmond and Opal Day Spa in Madras, where she continues to work several days per week.

"Massage Therapist Will Travel is what I consider Michelle to be," said Rackowski. "After she spoke and gave free demonstrations of chair massage at SPRD's health talk, several people asked me if it might be possible for Michelle to come to SPRD on a monthly basis to provide this same service for the people of Sisters," Rackowski said.

Starting Wednesday, October 19, Michelle will do mobile chair massage from 10:30 a.m. to 1:30 p.m. at SPRD. She will have one of the classrooms for privacy during the massage, with no appointment necessary.

Sage School celebrates decade

Sage School of Massage & Esthetics is celebrating a decade of educating students in the art and science of professional massage therapy.

With their focus on a holistic approach, the school has graduated over 230 students during the past 10 years — some of them from Sisters. These graduates have gone on to build successful careers in a variety of healthcare and spa-related industries, both in the local community and across the nation.

Angie Ward, who is a practicing massage therapist in Sisters located at 412 E. Main Ave., Ste. #1 (behind *The Nugget* office), studied at Sage School. Her practice offers therapeutic, trigger-point, deep-tissue and Swedish massage.

"I felt like I got a lot of one-on-one experience with my instructors," she said. "When I came out of school, I felt really prepared for my career ahead."

Ward noted that she initially worked for Step & Spine Physical Therapy after her education at Sage School.

"There wasn't anything they asked me to do there that I didn't know how to do," she said. "I think that's pretty good coming out of school."

In addition to the courses directly related to massage therapy, Ward also took classes on the business side of a practice, and on ethics. She says she's frequently recommended the school to prospective students.

"I felt like I got a lot of one-on-one experience with my instructors. When I came out of school, I felt really prepared for my career ahead."
— Angie Ward

Sage School is committed to the Central Oregon community and has contributed by offering therapeutic massages to individuals, athletes at sporting and charity events, cancer patients and survivors, employees at medical and business corporations and various other entities over the years.

In August of 2015, Sage added an Esthetics Program focused on the health and wellness of the skin. Student

clinics offer facials, waxing and makeup application to the general public at a reduced rate.

Deby Grant, founder and owner, said, "It has been my passion to raise the educational standards in both the massage therapy and esthetic industries and to prepare students for dynamic and fulfilling careers."

An Open House Celebration is set for Friday, October 21, from noon to 6 p.m. All alumni, faculty, staff and the general public are invited to attend at 369 N.E. Revere Ave. in Bend. For more information visit www.SageSchoolofMassage.com. To schedule an appointment call 541-383-2122.

Sisters royalty...



PHOTO BY JERRY BALDOCK

Ryan Funk and Johanna Geisen were crowned 2016 Sisters High School Homecoming king and queen.

Let Us Help You Get Prepared For Winter!

Wood Fuel Pellets & Delivery
Insulated Faucet Covers
Foam Vent Plugs
Pipe Insulation
Ice-melt and More!

HOYT'S HARDWARE & BUILDING SUPPLY, Inc.

Hours: M-F 8 to 5, Sat. 8 to 4:30, Closed Sundays
440 N. Pine St. • 541-549-8141 • www.hoyts.net

Thanks for helping us raise \$360 for the Sisters Library!

This week we're donating to the Bethlehem Inn Homeless Shelter

Next cooking class is November 12

CHILE RELLENOS!

Tequila flight & more...
\$35⁰⁰

By reservation only, 541 549 6118

COUPON • COUPON • COUPON

2-for-1 Dinner Specials!

Thurs. - Sun.

(Good through 10/25/16)

541-549-6118
FivePine Campus
www.riosisters.com

SISTERS HABITAT FOR HUMANITY

Thrift Store

For all you hunters and armchair hunters, we have pants and jackets for you!

541-549-1740
141 W. Main Ave., Sisters
Hours: Mon.-Sat., 9 a.m.-5 p.m.
Sunday, 12-4 p.m.
Donations accepted
Mon.-Sat., 10 a.m.-4 p.m.

ReStore

50% OFF
ALL ART, PILLOWS, VASES, ETC.

Time to redecorate!

541-549-1621
254 W. Adams Ave., Sisters
Hours: Mon.-Sat., 9 a.m.-5 p.m.
Closed Sundays
Donations accepted
Mon.-Sat., 10 a.m.-4 p.m.

Open your account at Mid Oregon

WE LOOK FORWARD TO MEETING YOU!

SISTERS BRANCH OPENING SOON!
Don't wait, open your account NOW call us at
541-382-1795, go to midoregon.com, or email info@midoregon.com.

MidOregon Credit Union

good friends. great service.®

VISA LENDER NCUA

This credit union is federally insured by the National Credit Union Administration.