

Massage therapist puts down roots

By Jim Cornelius
News Editor

What started out as a “whim” for McKenzie Lighty-Wilcox has turned into a calling and a life adventure.

Born and raised in Bend, she moved to Portland in 2008. She had been interested in a career in health since she took a health occupations course in high school. She decided to attend an intensive six-month program in massage therapy in Ashland.

“I kind of went on a whim,” she said.

Initially overwhelmed with information on the anatomy and function of the body, McKenzie gradually found her footing — and a realization that she was *good* at this.

“I can actually get the A,” she recalled realizing. “I wasn’t that person in high school. That was a special moment. School was the best time of my life... I finally found like-minded people.”

The academic knowledge she discovered meshed with a natural desire to connect with people. She had found her path. But that path took a dark turn when she was injured in a 20-foot fall that fractured ribs and vertebrae and punctured a lung.

“That shook my world, obviously,” she said. “I spent two days in the hospital.”

That was followed by a long recovery in Bend with family. That delayed her licensing. But she was not derailed. She went to work at Oasis Day Spa, then moved back across the mountains to work in Lake Oswego.

“I had a crazy amount of mentors,” she said.

Getting pregnant with her daughter Willow brought her back to the east side — and to Sisters, where she worked for a time at Shibui Spa.



PHOTO BY JIM CORNELIUS

McKenzie Lighty-Wilcox has established a home and a massage practice in Sisters.

Now she’s out on her own at *Respire*, located in the Sisters Art Works building at 204 W. Adams Ave., Suite 103-A.

“The timing was right and I just decided to go for it,” she said.

“*Respire*” is to breath in and out to maintain life. For Lighty-Wilcox, it represents results.

“There’s nothing better than someone having that sigh, that *respire* — that *breathe* moment,” she said.

She helps people reach that moment through a variety of modalities, from Swedish massage to deep-tissue work to Thai massage

that includes manipulation and stretching. She also likes to work with the front of the body, which often goes neglected, in order to release the back.

She is committed to her clients and to Sisters. She found housing fortuitously in a notoriously tough market, and enrolled her daughter in a Montessori preschool here in town.

It all feels very right.

“Every time I look out the window, I think, ‘I can’t believe we live at the foot of these mountains,’” she said.

For more information or to make an appointment, call 541-610-4665.

Obituary

Wilma Earlene (Loving) Sweatt

March 17, 1932 – November 12, 2016

Wilma was born in Dinuba, California, to William and Gertrude Loving. She had a twin brother, Jordan; and a younger brother, Duane.

She lived in Monterey and Visalia, California and later in Vale, Oregon. She spent one year at Oregon State College where she became a Beaver Believer. She moved to eastern Washington in the early ’50s where she met her husband Raymond. They married in Quincy, Washington, in 1954 and had four children: Sheldon (1955), Curtis (1956), Raelene (1960), Shirley (1962). In 1973, the family moved to Tigard and then Portland in 1977. Her husband died in 1985 and she moved to St. John’s, Oregon, where she became a short-order cook in a small restaurant run by her best friend Sue Cathcart. She retired at age 60.

In 1998, she moved to Sisters with daughter Shirley and was joined by Raelene a few years later. She spent many happy years in Sisters watching the variety of wildlife in the area and spent many happy hours cooking for family and friends. Around 2005, she started experiencing memory loss and was diagnosed with senior onset dementia (senility). As time passed she became more frail and

unable to remember family and friends but occasionally her sassy personality and sense of humor would make an appearance and surprise us all.

She was preceded in death by her parents, husband and son Sheldon. She is survived by her son, two daughters, granddaughters Jessica (Danny) Weinreich, Paula (Trish) Hambleton and grandson Daniel and two great-granddaughters. She is also survived by her daily caregiver Angie Pratt, who faithfully came every day for over two years to make sure her toes got tickled and she ate her favorite breakfast — ham-and-cheese omelet with fresh watermelon.

She is also survived by her grandfurbabies Cricket, Nash, Chewie, Raven, KC, Isabeau, Squeakers, Belle and Fluffy. They gave her daily giggles and snuggles. The family wishes to say thank you to Partners In Care Hospice for their wonderful care during her final months. Chandra, Denice, Jolene and Jessie are angels in disguise.

She may no longer be here in the flesh, but will always be in our hearts and memories.

Donations and remembrances can be made to Partners In Care, Furry Friends of Sisters or a charity of your choice.

RESPIRE MASSAGE
MCKENZIE
WILCOX-LIGHTY
541-610-4665

ENTER TO WIN
Our Turkey
Giveaway!

Four Turkeys Awarded
Friday, November 18!

Enter at our office,
257 S. Pine St., #101

You do not have to be a
Farmers Insurance customer.

FARMERS
INSURANCE

Jason Rybka, 541-588-6245
www.farmersagent.com/jrybka
Auto • Home • Life • Business

One Stop
Spa Shop!

Cassidy Ferris
can do that!

Hair, Nails
Skin!

Call for your appointment...
541-549-1784

Gift Certificates Available

Metamorphosis

hair | massage | nails | facials | makeup
161-C N. Elm St., Sisters

Dine For The Cause

Every Tuesday this November, 10% of the gross sales from lunch & dinner will be donated to Furry Friends!

501(C)(3) FURRY FRIENDS FOUNDATION

THE OPEN DOOR

| WINE AND ART |

Open Mon.-Sat., 11:30 a.m. to close
Located at Clearwater Gallery | 303 W. Hood Ave.