



PHOTO PROVIDED

Heart of Oregon gets out for a night of bowling.

**MENTORS:** The work brings its own rewards for everyone

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to volunteer as mentors. Mentoring opportunities are open to adults 18 years and older. To become a volunteer mentor or learn more about mentoring opportunities throughout Central Oregon, either contact one of the local organizations that will be highlighted this month or visit [www.BetterTogetherCentralOregon.org](http://www.BetterTogetherCentralOregon.org).

Before becoming a mentor, there are a few things to understand about the role of mentoring. Most people have had a teacher, supervisor, relative, or coach who has been a mentor to them and made a positive difference in their lives. Those people wore many hats, acting as delegators, role models, cheerleaders, policy enforcers, advocates, and friends. Mentors may assume some of these different roles during the course of a relationship.

To be a good mentor, there are some necessary qualities to possess: a sincere desire to be involved with a young person; respect for young people; active listening skills; empathy; ability to see solutions and opportunities; and flexibility.

Mentoring relationships are a shared opportunity for learning and growth by both the mentor and their mentee. Many mentors say that the rewards they gain are as substantial as those for their

mentees.

Mentors have been able to have fun and achieve personal growth and learn more about themselves. With the personal growth, their self-esteem is improved as they feel they are making a difference. Some mentors find that their mentor role enhances their relationships with their own children.

A good mentor is willing to take the time to get to know their mentee, to learn new things that are important to the young person, and even to be changed by their relationship.

Before investigating mentor programs that might be available, think about and identify your own interests and needs. Finding a mentoring program you are excited about and comfortable with can require some time and thought, but there is something for everyone. To help you decide which type of mentoring program is right for you, consider the following questions:

- How much time can I commit to being a mentor?
- What age of youth would I like to work with?
- Would I like to work

with one child or with a group of children?

- Would I like to team with other adults to mentor a child or a group of children?

- What types of activities interest me? Do I want to help a youth learn a specific skill, pursue an interest, help with homework, or just be a caring adult friend?

- What mentoring location would I prefer?

While thinking about these questions, remember to be open and flexible to all the different mentoring programs and focus areas that are out there.

Youth development experts agree that mentorship is critical to the social, emotional and cognitive development of youth, whether it is an informal mentoring relationship or a formally agreed-upon relationship with specific guidelines. According to the national report, "The Mentoring Effect," young adults who had mentors as children are 55% more likely to be enrolled in college.

See page 21 for the stories of Signe Johnson and Greg Pozovich who serve as mentors at the Heart of Oregon Corps.

**DANGER:** Don't trust the ice on Sisters waterways

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we have been experiencing here in Sisters. Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce it, causing a dangerously low body temperature. Normal body temperature is around 98.6 degrees F. Hypothermia occurs as the body temperature passes below 95 degrees F.

Signs and symptoms of mild hypothermia include: shivering; dizziness; hunger; nausea; faster breathing; trouble speaking; slight confusion; lack of coordination; fatigue; and increased heart rate.

Signs and symptoms of moderate to severe hypothermia include: shivering,

although as hypothermia worsens, shivering stops; increased clumsiness or lack of coordination; slurred speech or mumbling; increased confusion and poor decision-making, such as trying to remove warm clothing; drowsiness and very low energy; lack of concern about one's condition; progressive loss of consciousness; weak pulse; and slow, shallow breathing.

Call 911 if you see someone with signs of hypothermia or if you suspect a person has had unprotected or prolonged exposure to cold weather or water. If possible, take the person inside, moving them carefully and slowly. Jarring movements can trigger dangerous irregular heartbeats. Carefully remove wet clothing, and cover the person in layers of blankets while waiting for emergency help to arrive.

[www.NuggetNews.com](http://www.NuggetNews.com)

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The Oregon Public Utility Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$15.80-\$17.80 per month and business services are \$28.00-\$32.00 per month. Specific rates will be provided upon request.

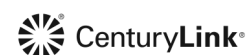
CenturyLink participates in a government benefit program (Lifeline) to make residential telephone or broadband service more affordable to eligible low-income individuals and families. Eligible customers are those that meet eligibility standards as defined by the Federal Communications Commission and OPUC. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain federal eligibility programs. The Lifeline discount is available for only one telephone or broadband service per household, and can be on either wireline or wireless service. Broadband speeds must be 10 Mbps download and 1 Mbps upload or faster to qualify.

A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain a Lifeline discount can be punished by fine or imprisonment and can be barred from the program.

Internet Basics may also be available to Lifeline eligible subscribers and provides reliable home high-speed Internet service up to 1.5Mbps for \$9.95\* per month for the first 12 months of service. Please call 1-800-257-3212 or visit [centurylink.com/internetbasics](http://centurylink.com/internetbasics) for more information regarding CenturyLink Internet Basics.

If you live in a CenturyLink service area, please call 1-855-954-6546 or visit [centurylink.com/lifeline](http://centurylink.com/lifeline) with questions or to request an application for the Lifeline program.

**\*CenturyLink Internet Basics Program** – Residential customers only who qualify based on meeting income level or program participation eligibility requirements, and requires remaining eligible for the entire offer period. First bill will include charges for the first full month of service billed in advance, prorated charges for service from the date of installation to bill date, and one-time charges and fees described above. Qualifying customers may keep this program for a maximum of 60 months after service activation provided customer still qualifies during that time. Listed High-Speed Internet rate of \$9.95/mo. applies for first 12 months of service (after which the rate reverts to \$14.95/mo. for the next 48 months of service), and requires a 12-month term agreement. Customer must either lease a modem/router from CenturyLink for an additional monthly charge or independently purchase a modem/router, and a one-time High-Speed Internet activation fee applies. A one-time professional installation charge (if selected by customer) and a one-time shipping and handling fee applies to customer's modem/router. **General** – Services not available everywhere. Customers must not be currently subscribed to CenturyLink Internet service. CenturyLink may change or cancel services or substitute similar services at its sole discretion without notice. Offer, plans, and stated rates are subject to change and may vary by service area. Deposit may be required. Additional restrictions apply. **Terms and Conditions** – All products and services listed are governed by tariffs, terms of service, or terms and conditions posted at [centurylink.com](http://centurylink.com). **Taxes, Fees, and Surcharges** – Applicable taxes, fees, and surcharges include a carrier Universal Service charge, carrier cost recovery surcharges, state and local fees that vary by area and certain in-state surcharges. Cost recovery fees are not taxes or government-required charges for use. Taxes, fees, and surcharges apply based on standard monthly, not promotional, rates.



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