



PHOTO PROVIDED

Musicians will combine for an evening of exquisite music in Sisters, benefiting the Sisters chapter of Habitat for Humanity.

## Harp concert to benefit Habitat for Humanity

Music lovers are invited to a benefit concert for Sisters Habitat for Humanity June 15 at 7 p.m. at the Episcopal Church of the Transfiguration.

Using the title *Journey to the Sea*, the musicians will present pieces with a rich variety of sound drawn from many times and traditions. Celtic music will be especially well-represented. Under the direction of Sisters resident Rebecca Hilary Smith, the following groups will combine forces for the night of music: ArpeggiEight Harp Ensemble from the Cascade School of Music in Bend; Celli Belly, a cello quintet from Bend, directed

by Michael Scott; Fine Kerfuffle, a Central Oregon Celtic quartet; and the Renaissance Sisters Recorder Consort of Sisters. Soprano Marilyn Anthony will also take part.

In lieu of admission, donations will be accepted for Sisters Habitat. The church is located at 68825 Brooks Camp Rd. For more information contact the Sisters Habitat staff at 541-549-1193.

For more information or to arrange an interview please contact: Rebecca Smith, Harp Ensemble Advisor, 200 NW Pacific Park, Bend, OR 97701, or [harpsters@gmail.com](mailto:harpsters@gmail.com)



## Fit For Sisters

Andrew Luscutoff  
Columnist

### Overcoming barriers

There will undoubtedly come a time when the casual endurance athlete comes to a hill, a rocky segment, unbearable weather, or a desperate moment when it feels as if it would be easier to crumple up and sob.

There are several times when these situations have personally affected my training, racing and experience in cycling. Luckily, there are some key strategies one can deploy to improve these situations.

First the principle of self-efficacy: the beliefs a person holds regarding his or her power to affect situations. It strongly influences both the power a person actually has to face challenges competently and the choices a person is most likely to make.

How does one enhance their self-efficacy? An easy way is to become aware of the challenges that have been defeated, or knowing that training or abilities give someone the tools to overcome. If you come to a steep hill, you can compare it to another hill experienced beforehand.

Next, motivation: Is it easy to go outside when it's snowing, blazing hot, or when a good friend calls and asks to meet for a beer? Undoubtedly, no. Likewise, it's much easier to fall back to comfort and control. This isn't what a motivated athlete does or wants to do. When other things are pulling us into a different direction, how can we harness motivation? Usually people will recommend extrinsic rewards like a new pair of running shoes but these have proven not to have a lasting motivational effect. Consider intrinsic values, like the enjoyment you get from the activity. How pushing yourself beyond the limits makes you a stronger person. Or the stress relief that comes with a good bout of exercise.

All these are great ways to use internally focused cues to enhance motivation.

Positive self-talk or affirmations: The thoughts that creep into our inner dialogue can make or break performance. When things get tough, do the thoughts turn

against your abilities and talents and persuade you to give up? Or rather do they offer support, encouragement, and engage in the process of successfully overcoming the challenge set forth. It's hard to squash the inner demon, but psychologists have proven that turning those thoughts around, no matter how artificially, can improve one's psyche. Think about the next challenge, think positive thoughts, imagine succeeding; know it's not going to be easy but nothing worth feeling proud of comes easy; have pride; and lastly enjoy the process. These are all simple ways to immediately improve the inner dialogue and subsequently performance.

This column has been written in the context of sport or exercise performance, but what about the carryover into everyday life? Our mindset doesn't know the difference between stressors, and the chemical reactions within our bodies are the same, no matter the trigger. This notion makes it feasible to use these strategies across all dimensions and challenges life throws in front of us. Use the above the next time the work is piling up and desperation sets in. When the car won't start, or when the snow piles up with little inclination to stop. Everyone faces challenges; how to respond is a personal choice.



Happy Father's Day to all the amazing dads out there!



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**Thank You, Drivers!**

Tim Draxler, Cathy Negrete and Kim Stephens for running the Sisters Rodeo Bus Shuttle!

Every year, you have been there for us, whenever we need you. Tim and his crew have made the free shuttle a total success!

**Thank you so much!**

*Gary Baker & the Sisters Rodeo Association*