

# City snapshot

By Sue Stafford  
Correspondent

- Sisters City Council approved adoption of Ordinance 483 that establishes procedures to declare a state of emergency and impose emergency procedures and regulations.

The purpose of this ordinance is to provide a procedure to minimize injury to persons, property, and/or the environment if a state of emergency exists within the city. A state of emergency may be declared by the mayor, the Council president when the mayor is absent, and/or the city manager if the manager confers with the mayor or Council president.

- Sisters resident Dixie Eckford has been reappointed to serve another three-year term on the City Parks Advisory Board.

- A 150-year-old heritage ponderosa pine tree was removed from the public right-of-way along Locust Street near East Green Ridge Avenue. The tree had died after water from an irrigation ditch that ran near the tree went dry when the water was redirected into Whychus Creek to improve stream flow.

- City recorder Kerry Prosser announced that the City website update is going well and should be up and live in mid-to-late January. Until that time, the old website is in operation.

- The assisted-living facility slated for construction between North Larch and Locust streets next to the Post Office is moving forward and construction should begin soon. The Community Development Department is waiting for some final paperwork.



## Fit For Sisters

Andrew Luscutoff  
Columnist

### Out-of-the-box gifts for the fitness enthusiast

The stockings are hung, and all through the land gifts will soon appear under the tree. Christmas gift giving is a tradition in which half the fun is finding that perfect gift. If a loved one is into fitness, recreational sports, or the outdoors read on; here are some out-of-the-box ideas for Christmas gift giving.

It's an amazing time for the self-serve health nut. You can now get their genome sequenced, read, and interpreted exposing data useful for a variety of considerations. DNA shapes many things, our propensity to develop heart disease and diabetes, which types of foods are tolerated better than others, and much more. A simple saliva sample sent to a lab can give tons of insight. For \$150 dollars this can be had with 23andme.com. See the website for much more information.

Sipping a tropical drink and sitting on the beach is not everyone's idea of an ideal getaway. For a fitness enthusiast, part of relaxing and getting away is doing something active. There are several vacations that feature camps, clinics, touring, and wellness coaching. An example: SkyTerra outside of Asheville, North Carolina, does fitness classes, health screening, healthy-food menu, wellness and much more. Visit Skyterrawellness.com.

If cycling is your gift-recipient's thing, nothing can change a ride like some added comfort. Comfort can be had by adjusting and fitting a bike to the rider's specific dimensions, flexibility, and riding ambitions. A bike fit is much more than setting someone's seat height. Bar position, reach, stack, saddle fore/aft, and body angles are just the beginning. A good bike fit turns a sore and stiff back or neck into a pleasurable ride. Bowen Sports Performance, or the REP lap at Rebound Physical Therapy provide a service in which video analysis, body mobility, and cycling-specific injury prevention is considered. Both are located in Bend. Check with local bike shops for fitting advice.

Subscriptions to a meal delivery service are more popular than ever. These services take much of the planning and shopping out of the equation. They come with pre-portioned, wrapped-and-ready components which the home

cook just unpackage and prepares. Some assembly is required but these are good for people who like to eat healthy and not have to spend the time involved in doing so. A meal or two from these is less than a dinner out and by far healthier. Look at Hellofresh, Plated, or Green Chef as some of the healthier options.

Young athletes are asked to perform on the field at younger and younger ages. Whether this is the right approach or not, it's what is happening. These athletes can easily become injured or passed up for the teams they're hoping to make. At the ages of 12-plus, sports training become applicable to young athletes. This doesn't mean muscle-building weight training, but more movement practice, agility, core work, and injury prevention. Find a good coach to help. Seek out a local gym or fitness center for the on-staff trainer who would be the right fit. Often a package can be had; the winter season is a perfect time for gym work.

Many of these gifts go far and beyond a new pair of running shoes or fitness apparel — they offer an experience, a more nuanced understanding, or expert advice. All of these are much more valuable than the sticker price. Gift giving is fun, and the fitness, health, and recreational athlete in anyone's life can feel appreciated when an out-of-the-box gift is under their tree this holiday season.

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