

Orientation set for fire district volunteers

Sisters Country residents interested in wildland or structural firefighting volunteer opportunities, are invited to an orientation of the Sisters-Camp Sherman Fire District's upcoming recruit academy.

Orientation will be held at the Sisters-Camp Sherman Fire District Community Hall on Saturday, March 10 from 1 to 3 p.m. or Wednesday, March 14 from 6 to 8 p.m. Prospective volunteers only need to attend one of the sessions.

The academy is slated to begin on April 16.

Volunteer coordinator for the District, Captain Jeff

Liming will give a short presentation on what is expected of a District volunteer, review training guidelines/expectations for the recruit academy, provide a tour of the main fire station, and answer any questions regarding the academy and volunteer program.

To be eligible to volunteer with the Fire District, an applicant must be at least 18 years old. There is no need to apply for the volunteer program prior to attending the orientation. Simply show up and learn about the volunteer opportunities. Applications will be on hand for those interested.

March to be cool, wet

According to preliminary data received by NOAA's National Weather Service in Pendleton temperatures at Sisters averaged colder than normal during the month of February.

The outlook for March from NOAA's Climate Prediction Center calls for below-normal temperatures and above-normal precipitation.

The average temperature in February was 30.9 degrees, which was 2.9 degrees below normal. High temperatures in February averaged 42.9 degrees, which was 1.4 degrees below normal. The highest was 66 degrees on February 8. Low temperatures averaged 18.8 degrees, which was 4.5 degrees below normal. The lowest was -11 degrees, on February 23.

There were 24 days with the low temperature below 32 degrees. There were five days when the high temperature stayed below 32 degrees.

Precipitation totaled 0.50 inches during February,

which was 0.81 inches below normal. Measurable precipitation — at least .01 inch — was received on four days with the heaviest, 0.25 inches, reported on February 20.

Precipitation this year has reached 0.88 inches, which is 2.32 inches below normal. Since October, the water year precipitation at Sisters has been 2.66 inches, which is 5.42 inches below normal.

Snowfall totaled 10.3 inches with at least one inch of snow reported on three days. The heaviest snowfall was 4.0 inches reported on February 26. The greatest depth of snow on the ground was 10 inches on February 26.

The highest wind gust was 58 mph, which occurred on February 17.

Normal highs for Sisters rise from 48.0 degrees at the start of March to 55.0 degrees at the end of March. Normal lows rise from 25.0 degrees to 29.0 degrees. The 30-year normal precipitation is 0.98 inches.



Fit For Sisters Andrew Luscutoff Columnist

Music is workout fuel

Many factors come into consideration when performance matters in workouts, training, or races. Daily nutrition, mental state and stress levels; time of day, environment, and many more all contribute. It is not surprising to find that music can boost performance as well.

Music and performance can have two distinct effects: synchronizing the workout — beats per minute which mimic the desired pace of tempo you wish to train to — or asynchronic — music that isn't related to exercise on a beat or tempo but is enjoyable and motivating.

Using upbeat music and tempo while training with everyday athletes in a 5k run showed a boost in performance by 15 percent according to, Dr. Coostas Karageoghis who wrote the book, "Inside Sports Psychology."

This was because the amateur athlete tends to use external feedback for pacing. Has anyone reading

ever taken in a burst because of the rush of the other runners, only to lament that they went out too fast? This is the same concept.

In cycling, synchronizing music to the cadence of the desired pedal revolutions has improved efficiency (the ability to utilize oxygen effectively) by six to seven percent, says Karageoghis. This is because the rhythm of the music seems to put the body at ease and the tempo is matched. This is why, in a spin class, music can help take away the thwarting voice telling your legs they're going too fast.

Weightlifting is another activity that can be boosted with music. This has less to do with synchronicity but more so with the tones, language, and demeanor of the music. Sports psychologists say that "songs with strong lyrical affirmations — themes like staying strong, never giving up etc. can give an athlete a significant physical and mental boost when the going gets tough."

A study with tennis players affirmed this, as their performance in reaction time improved when they listened to emotionally charged songs. Another group listened to uptempo music without the "charge" with no noticeable effects.

The effects seem to be most acute for everyday athletes. In most of the studies, elite athletes did not perform better with music. The conclusion is that they were already so finely aware of their body's limits that they couldn't be fooled by music.

Can music also improve recovery? This is the next question to be verified, but it is known that a person's heart rate can return to rest faster when calming music is deployed. The assumption is that if a body can move into the "rest and digest" stage faster after training, recovery will improve.

This is a key tactic for an athlete who may perform several times throughout a day of competition. Being emotionally charged for hours on end will not allow the athlete to perform their best; they will be drained. Calming, relaxing music can bring them back to baseline until they need to ramp up again for the next bout.

Is there an opportunity for music to be used to enhance your workout? Use music, but don't rely on it. In a workout setting use music to amp up, in a cardio setting use music for tempo.

The power of music can fuel a workout to a new level!

Tappy Hour Menu
Tues.-Fri. 4-6 p.m.
TASTY THURSDAY
Mar. 8, 5-7 p.m.
Melrose Vineyards
LIVE MUSIC
Sat., Mar. 10, 7-9 p.m.
Jim Cornelius & Mike Biggers
391 W. Cascade Ave. | 541-549-2675
corkcellarswinebistro.com

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*Presented by Wendie Hohman, Black Belt,
President, Good Thought Good Action Foundation*

March 16
Friday, Noon-1pm

No cost. RSVP required.
Light lunch provided.

Call (541) 382-5882 to reserve your space.

Community Education meets at Partners In Care, 2075 NE Wyatt Court Bend, OR 97701

Hospice | Home Health | Hospice House | Transitions | Palliative Care PartnersBend.org