

TAEKWONDO:
Community has supported program

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board-breaking.

According to Master Graff, “The class fits exactly into my personal mission in life, which is to use the martial arts to promote happiness and better the human experience by combining body and mind to improve fitness, esteem and confidence, thus making a better community and world.”

Hermens added, “The support of this program from the community has been simply great. While none of our supporters seek credit, I want to thank each and every one of them for their quiet generosity.” She would especially like to thank black belts Victoria Graves, Sarah Wilder, and Kim Manley for their dedication by volunteering every week.

For more information on the program, including how to get involved, contact Hermens at Sherri.hermens@sisters.k12.or.us.

VOLUNTEERS:
Program helps several hundred people

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arranges with the coaches to have a day designated for their particular team to help.

“It is good that the kids become more aware of the needs in the community and they always come away feeling good about having helped with something important,” said Thorson. “At Sisters High School we believe in having the kids contribute, and it is clear that their involvement has an impact on them. I think it is eye-opening for many of them to realize the needs in our community close up.”

The phrase “many hands make light work” holds true when the high school students show up to help.

Last Friday a group from the Sisters High School track team arrived after school and in short order had the truck emptied and the tables inside stacked with food.

“The track and cross-country teams are used to being timed, so they get right to it,” said Kaping. “Although it is not a competition, I do know that the cross-country team holds the record of unloading the truck in nine minutes!”

Members of Westside Church, and other volunteers, also help with the program.

Westside Church also has a weekly food pantry that takes place every Thursday



PHOTO BY CHARLIE KANZIG

Outlaws athletes help stock the food bank at Westside Church in Sisters.

beginning at 12:30 p.m. according to Kaping. In addition, the Sisters Kiwanis Food Bank, which is also associated with NeighborImpact, is open for food distribution every Thursday, from 9 a.m. to 2 p.m.

The NeighborImpact website includes information on all the food programs as well as the other offerings that they organize at www.neighborimpact.org.

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