



PHOTO PROVIDED

The Sisters Outlaws cheer squad is headed to Disneyland for their final competition of the season.

Outlaws honored at State competition

Outlaws cheer competed at State on February 16 and took home a fourth-place trophy in the 4A division.

The Outlaws also received the Kim Hunter Positivity Spirit Award out of all schools — 1A through 6A — and coed divisions. Two Outlaws cheerleaders, Roy Gannon and Victoria Shellswell-White were recognized for earning a spot on the All State Cheer Team.

The Outlaws are excited to continue to their final competition of the season when they travel to Disneyland to compete at USA Nationals. The

team has been fundraising for months and cannot wait to fly out to sunny California on Wednesday, February 20.

The Outlaws are led by seniors Roy Gannon, Abigail Busick, and Errin Hongel; accompanied by juniors AriAnne Griffy and Victoria Shellswell-White; sophomore Rachelle Dale; and freshmen McKenna Brinkman, McKenzie Shellswell-White, and Ana Cole.

In her fourth year of coaching the Outlaws competition cheer team is Gabrielle Griffy.

Taking readers on existential journey

Megan Griswold is passionate about helping others find their own path, having learned from her own. She has logged over 15,000 hours journeying through remedies from the simple to the wild—from the glaciers of Patagonia and the psychotropics of Brazil, to academia, the Ivy League, and the study of Eastern medicine.

In “The Book of Help: A Memoir in Remedies,” Griswold reports from the fringe, the alternative, from the backcountry to the front, in stories that trace her life-long attempt to become a more loving, more awake, more durable person in an increasingly complex world.

Griswold will visit Paulina Springs Books in Sisters for a reading and book signing event on Thursday, February 21, 6:30 p.m. She has roots in the area; her family maintains a Sisters Country home.

Megan Griswold was born into a family who enthusiastically embraced the offerings of New Age California culture — at 7 she asked Santa for her first mantra, and by 12 she was taking weekend workshops on personal growth.

But later, when her newly-wedded husband called in the



PHOTO PROVIDED

Megan Griswold will discuss “The Book of Help” at Paulina Springs Books.

middle of the night to say he’s landed in jail, Megan had to accept that her many certificates, degrees and licenses had not been the finish line she’d once imagined them to be, but instead the preliminary training for what would prove to be the wildest, most growth-insisting journey of her life.

Often hilarious and, at times, heartbreaking, *The Book of Help* is an expedition through existential curiosity. Megan’s adventures offer a beacon for readers’ own paths as they, too, grapple with what it means to be a loving human in the world. By leading readers through layers of spiritual and holistic experiments and lesser-understood methods of wellness, they feel

equipped to embark on their own journey.

With degrees from Barnard, Yale and the Institute of Taoist Education and Acupuncture, Griswold has trained and received certifications as a doula, shiatsu practitioner, yoga instructor, personal trainer, and in wilderness medicine, among others. She has worked as a mountain instructor, a Classical Five Element acupuncturist, a freelance reporter, an NPR “All Things Considered” commentator, a spokesperson for egg freezing, an off-the grid interior designer, and the creator of the backcountry-meets-high-style online store Little Moving Spaces. She resides (mostly) in a yurt in Kelly, Wyoming.

LUXURY SENIOR LIVING IS COMING TO SISTERS!

Opening **MARCH 2019**

And definitely worth the wait!



If you are a senior considering a move to a more carefree lifestyle...your search is over!

Our lodge is designed for seniors who wish to maintain their independent lifestyle and for those that may need assistance from our wonderful caring staff.

Reserve Your Suite Today and Enjoy Exclusive Benefits and Savings!

- Monthly Rent
- Gourmet Meals
- Engaging Activities
- Housekeeping
- Paid Utilities & Cable
- Mountain Views
- Personalized Care Plans
- Transportation to Events
- Beauty Salon/Barber Shop
- On-site Theater
- Lodge Like Setting
- And Much More!

The Lodge in Sisters
An Independent & Assisted Living Community

411 E. Carpenter Lane, Sisters, OR 97759
541-549-5634
www.TheLodgeInSisters.com

