

COMMUNITY

Fire board positions up for election

Two board of directors positions with the Sisters-Camp Sherman Rural Fire Protection District will go up for election on Tuesday, May 21,

Director positions No. 1 and No. 2 are both up for election to two-year terms.

Each candidate for an office listed above must file

a declaration of candidacy or petition for nomination for office with the County Clerk of Deschutes County. The filing deadline is 5 p.m. on March 21.

Filing forms are available at the Deschutes County Clerk's office, 1300 NW Wall St., Suite 202, Bend, and online at www.deschutes.org/clerk.



PHOTO BY TL BROWN

Sisters teenager Chase Frankl balances screen time with trampoline time while his parents Jillian and Paul look on.

Internships available for Sisters youth

Youth Career Connect expanded their internship program to the Sisters community late last year. With energy from both the business community and Sisters High School, internship opportunities are quickly being created, with new potential presented each day.

"Our school district strives to provide meaningful learning experiences for all of our students," said Joe Hosang, principal at Sisters High School. "In order to accomplish this, a strong internship program is one method that many principals, including myself, dream about. We have been lucky enough to be presented with the resources to capitalize on the willingness of our community partners to make it happen. I'm so

excited that our high school has Larry Holeman to act as a liaison between us and our local businesses, making internship experiences equally valuable for both the business and the students."

Youth Career Connect is a regional initiative of Better Together, funded in part by East Cascades Works (EC Works), which connects young people to invaluable work experiences within local businesses. Larry Holeman, the internship coordinator in Sisters and Redmond, is housed within Economic Development of Central Oregon (EDCO) but relies on his relationship with each of the schools, spending one day per week on-site at Sisters

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Old-fashioned parenting — with tech

By T. Lee Brown
Correspondent

Paul and Jillian Frankl had decisions to make. When should their son get a cell phone? Smartphone or flip? How could they help him use it wisely?

After reading articles on the subject, they settled on a contract. When Chase was 13, he was offered the option of using a cell phone that his parents would pay for—if he agreed to their terms of use (see sidebar, page 23).

The Frankls establish traditions and rules for the whole family. Mealtime is recommended by experts as a time to connect with family.

"We make it a habit to actually eat dinner together at a certain time, everyone's there and we aren't allowed to

have electronics at the table," says Paul.

Chase notices how other families interact with each other and their technology.

"Sometimes we'll go to restaurants and I'll be, 'Wow, they're just all on their phones. They're not even looking at each other,'" he says.

"I'm happy that we're not like that, but then at other times I wish we were," he admits.

The Frankls lived in Portland and before that Cleveland, Ohio. Vacationing and camping in Central Oregon, they liked the people and kids they saw here. Eventually they moved a few miles outside Sisters.

"The lifestyle is — it just seems like it's that half-step off the real world," says Paul.

"Everyone's got more time, is more patient, everyone knows each other."

Jillian tells a story about a recent youth group event at their house, when 15 teenagers spent the night.

"They walked in the door on Friday afternoon and I had a basket, and that was where all the phones went," she says. "And it was really interesting how quickly they adjusted to not having their phones."

"Some of them forgot their phones," Chase puts in.

"Yeah!" Jillian remembers. "The next day, we had two kids leave their phones, and we had to chase down their cars."

Turning off devices helps people of all ages learn to socialize. New research

See **PARENTING** on page 23

SISTERS AREA MEETING CALENDAR

BOARDS, GROUPS, CLUBS

Al-Anon Mon., noon, Shepherd of the Hills Lutheran Church / Wed., 6 p.m., Episcopal Church of the Transfiguration. 541-549-8737 or 541-549-1527.

Alcoholics Anonymous Thurs. & Sun., 7 p.m., Episcopal Church of the Transfiguration / Sat., 8 a.m., Episcopal Church of the Transfiguration / Mon., 5 p.m., Shepherd of the Hills Lutheran Church / Big Book study, Tues., noon, Shepherd of the Hills Lutheran Church / Gentlemen's meeting, Wed., 7 a.m., Shepherd of the Hills Lutheran Church / Sober Sisters Women's meeting, Thurs., noon, Shepherd of the Hills Lutheran Church / Step & Tradition meeting, Fri., noon, Shepherd of the Hills Lutheran Church. 541-548-0440.

Alzheimer's & Dementia Caregiver Support Group 1st Tuesday, noon, Sisters City Hall. 800-272-3900.

Black Butte Ranch Bridge Club Tuesdays, 12:30 p.m., BBR community room. Partner required. 541-595-6236.

Central Oregon Fly Tyers Guild For Saturday meeting dates and location, email: steelefly@msn.com.

Central OR Spinners and Weavers Guild One Saturday per month, Jan. thru Oct. For schedule: 541-639-3217.

Council on Aging of Central Oregon Senior Lunch Tuesdays, noon, Sisters Community Church. 541-480-1843.

East of the Cascades Quilt Guild 4th Wednesday (September-June), Stitchin' Post. All are welcome. 541-549-6061.

Friends of the Sisters Library Board of Directors 2nd Tuesday, 9 to 11 a.m., Sisters Library. www.sistersfol.com.

Go Fish Fishing Group 3rd Monday, 7 p.m. Sisters Community Church. All ages welcome. 541-771-2211.

Heartwarmers (fleece blanketmakers) 1st & 3rd Tuesdays, 1 p.m., Sisters City Hall. Materials provided. 541-408-8505.

Hero Quilters of Sisters Thursday, 1 to 4 p.m. 541-549-1028 or 541-719-1230.

Military Parents of Sisters Meetings are held quarterly; please call for details. 541-388-9013.

Oregon Band of Brothers — Sisters Chapter Wednesdays, 11:30 a.m., Takoda's Restaurant. 541-549-6469.

SAGE (Senior Activities, Gatherings & Enrichment) Monday-Friday, 11 a.m. to 4 p.m. at Sisters Park & Recreation District. 541-549-2091.

Sisters Family Aglow Lighthouse 4th Saturday, 10 a.m., Ponderosa Lodge Meeting Room. 503-930-6158.

Sisters Area Photography Club 2nd Wednesday, 4 p.m., Sisters Library community room. 541-549-6157.

Sisters Area Woodworkers 1st Tuesday, 7 to 9 p.m. 541-639-6216.

Sisters Astronomy Club 3rd Tuesday, 7 p.m., SPRD. 541-549-8846.

Sisters Bridge Club Thursdays, 12:30 p.m., The Pines Clubhouse. Novices welcomed. 541-549-9419.

Sisters Caregiver Support Group 3rd Tues., 10:30 a.m., Shepherd of the Hills Lutheran Church. 541-771-3258.

Sisters Cribbage Club Wednesdays, 11 a.m. to 2 p.m., Ray's Food Place community room. 541-923-1632.

Sisters Habitat for Humanity Board of Directors 4th Tuesday, 6 p.m. Location information: 541-549-1193.

Sisters Kiwanis Thursdays, 7 to 8:30 a.m., Brand 33 Restaurant at Aspen Lakes. 541-410-2870.

Sisters Parent Teacher Community 2nd Tuesday, 6:30 p.m. at Sisters Saloon. 541-480-5994.

Sisters Parkinson's Support Group 2nd Tuesday, 1 p.m., Sisters Community Church. 907-687-8101 or 541-668-6599.

Sisters Red Hats 1st Friday. Location information: 541-279-1977.

Sisters Rotary Tuesdays, noon, Aspen Lakes Lodge. 541-760-5645.

Sisters Trails Alliance Board 1st Wednesday, 5 p.m. Sisters Art Works. Public welcome. 541-719-8822.

Sisters Veterans Thursdays, noon, Takoda's Restaurant. 541-903-1123.

Three Sisters Irrigation District Board of Directors 1st Tuesday, 4 p.m., TSID Office. 541-549-8815.

Three Sisters Lions Club 1st Thursday, noon, Ray's Food Place community room. 541-419-1279.

VFW Post 8138 and American Legion Post 86 1st Wednesday, 6:30 p.m., Sisters City Hall. 541-903-1123.

Weight Watchers Thursdays, 8:30 a.m. weigh-in, Sisters Community Church. 541-602-2654.

Schools

Black Butte School Board of Directors 2nd Tuesday, 5 p.m., Black Butte School. 541-595-6203.

Sisters Christian Academy Board of Directors 2nd Thursday, 8 a.m., RE/MAX office. 541-549-4133.

Sisters School District Board of Directors One Wed. monthly, SSD Admin Bldg. See schedule online at www.ssd6.org. 541-549-8521 x5002.

CITY & PARKS

Sisters City Council 2nd & 4th Wednesday, 6:30 p.m., Sisters City Hall. 541-549-6022.

Sisters Park & Recreation District Board of Directors 1st & 3rd Tuesdays, 5:30 p.m., SPRD bldg. 541-549-2091.

Sisters Planning Commission 3rd Thursday, 5:30 p.m., Sisters City Hall. 541-549-6022.

FIRE & POLICE

Black Butte Ranch Police Dept. Board of Directors Meets monthly. 541-595-2191 for time & date.

Black Butte Ranch RFPD Board of Directors 4th Thursday, 9 a.m., Black Butte Ranch Fire Station. 541-595-2288.

Cloverdale RFPD Board of Directors 3rd Wed., 7 p.m., 67433 Cloverdale Rd. 541-548-4815. cloverdalefire.com.

Sisters-Camp Sherman RFPD Board of Directors 3rd Tuesday, 5 p.m., Sisters Fire Hall, 541-549-0771.

Sisters-Camp Sherman RFPD Drills Tuesdays, 7 p.m., Sisters Fire Hall, 301 S. Elm St. 541-549-0771.

This listing is for regular Sisters Country meetings; email information to lisa@nuggetnews.com