

# Connecting with real life for one week

By T. Lee Brown  
Correspondent

What would happen if you turned off all your distracting screens for seven days? For years, teacher and artist Clay Warburton has challenged his fourth-grade students at Sisters Elementary School (SES) to give it a try. This year, the whole school is invited to take part. So is the whole town.

Screen-Free Week is a national, annual effort. Organizers encourage people of all ages to “play, explore, and rediscover the joys of life beyond ad-supported screens,” this year April 29 to May 5.

Adults, families, workplaces, and schools participate, limiting unnecessary screen time and encouraging hands-on learning and play. People turn off their phones, computers, and TVs whenever possible and connect with each other in real life.

“Pets love it,” Warburton said. Pet-owners take more time to walk dogs and play with kittens when their screens are off.

Principal Joan Warburg hopes that this year every SES student and family will give it a go.

“We want our students and families outside enjoying our beautiful community... engaging in fun outdoor activities such as hiking and biking,” she said.

Warburg says families can strengthen their connections during the week by “playing games together, building puzzles, and enjoying a good book. We are striving for 100 percent participation from our staff, students, and families this year.”

She admits it is “a lofty goal.”

In Warburton’s classroom, a small cluster of SES teachers gathered to learn more about Screen-Free Week. He showed hand-drawn signs and progress charts on his wall that encourage kids to keep trying. It’s not always easy.

He described students coming to class after their first screen-free day. One child realized that every person in their family was absorbed in a screen for long stretches of time.

“No one was even looking at each other,” the child said, sounding amazed and sad. During a normal week, that student would be on a screen, too, distracted from even noticing that the family wasn’t connecting together.

“If we have a family who’s very tech-centric, likely the kids are being ignored or neglected to some degree,” said Cris Rowan in a recent webinar.

See **SCREEN-FREE** on page 28



PHOTO BY TL BROWN

In Clay Warburton’s fourth-grade classroom a chart motivates students to stay off video games, TV, and other unnecessary screens.

# Local astronomers to host telescope workshop

The Sisters Astronomy Club kicks off its 2019 observing season with a telescope workshop on Saturday, April 27. Do you have a little-used telescope that’s currently gathering dust in an attic or garage? If it’s there because you’ve lost interest in observational astronomy, that’s one thing.

But if it has fallen into disuse because you’ve forgotten how to use it, or doesn’t work quite as well as it once did because of damaged or missing parts, consider bringing it to the workshop. Experienced amateur astronomers will be there

to help troubleshoot your instrument.

You will learn about the designs of the most common types of telescopes and how to determine magnification when using eyepieces of various focal lengths. A few tools will be on hand to make necessary adjustments.

The meeting will be held at the SPRD building, 1750 W. McKinney Butte Rd., at the west end of the Sisters High School parking lot. It will start at 8 p.m. regardless of weather. If the sky is clear enough, observing opportunities may arise later in the evening.

## PREPARE FOR

# Wildfire

In Sisters Country, wildfires aren't a question of if, but only a question of when. If you choose to live near a natural area, you are at risk for wildfires and it's your responsibility to prepare yourself, your family and your home. And that preparation starts with three simple steps: **READY, SET, GO!** Please use this checklist and review our tips and tricks in *The Nugget Newspaper*, online at [www.sistersfire.com](http://www.sistersfire.com) and our Social Media platforms (Facebook, Twitter and Instagram @SCSRFPD) for preparing for wildfire over the next few weeks and be a part of the movement #WildfirePreparedSisters.

# WILDFIRE PREPARED SISTERS CHECKLIST

Property Preparedness	Yes	No
Has vegetation been removed and modified in the recommended zones around your home?		
Are the rain gutters and roof free of leaves, needles and branches?		
Are all vent openings screened with 1/8 inch mesh metal screen?		
Does your home have a metal, composition, or tile (or other Class A) roof?		
Does the house have noncombustible or ignition-resistant siding material?		
Are the eaves “boxed-in” using noncombustible materials?		
Has the 0-5 foot noncombustible zone been developed and maintained?		
Is the underdeck area free of combustible material?		
Is all firewood at least 30 feet from the house?		
<b>Get Ready</b>		
Is your Wildland Fire Action Plan Completed?		
Have you registered for Deschutes County Emergency Alerts?		
Have you prepared your 72-hour kit for your family?		
Have you made a list of your 5 “P”s – People, Pets, Pills, Photos, and Important Papers?		
Do you have several different evacuation routes planned?		
<b>Get Set</b>		
Are you able to monitor fire weather conditions and fire status?		
Are you ready to evacuate as soon as you are aware of a possible threat to your home or route?		
Have you loaded your 5 “P” s and 72-hour kit into your car?		
Have you closed all windows and doors?		
Have you removed all combustibles from within 30 feet of your home?		
Have you shut off natural gas and propane?		
Are you able to stay close to your house, drink plenty of water and keep an eye on family/pets until it is time to leave?		
<b>Go</b>		
Are you prepared to leave early enough to avoid being caught in fire, smoke or road congestion?		
Do you have your predetermined location set when you evacuate?		
Do you have several travel routes in case one route is blocked by the fire or emergency vehicles?		
Do you have your families/pets emergency supply kit with all your necessary items?		

Enter for your chance to win a set of engraved camper mugs. Review our daily messages via your favorite social media platform (Facebook, Twitter or Instagram) and tag us in your photos as you work through our Wildfire Prepared Sisters checklist preparing for the upcoming wildfire season. Simply enter via your public Instagram or Twitter account, or post your photo directly to the District’s Facebook timeline (@SCSRFPD) using #WildfirePreparedSisters for a chance to win! Winners will be announced on Monday, May 20!