



PHOTO BY CHARLIE KANZIG

Students got an up-close look at a SWAT vehicle during a Strive for 95 attendance rally at Sisters Elementary School last week.

ATTENDANCE: Recent numbers have been problematic

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handing drivers donuts and thanking them for getting the kids to school.

“It’s really about promoting positive attendance and getting students to want to come to school and be engaged because as educators, we know how important consistent attendance is for learning,” said Warburg. “We are hoping this campaign will help reduce unnecessary absences.”

As part of the incentive, the four classrooms at the elementary school that had the highest rate of attendance for the day also received donuts.

Officers visited the kindergarten and first-grade classrooms to do some reading with the students and other interactions in order to allow kids to get a close up view of the police as real people, according to Crosswhite. In addition, some classes got to meet Deputy Keith Snyder and his canine companion, Brolo of the Deschutes County Sheriff’s Office K-9 Unit.

Snyder and Brolo conducted a presentation for grades 3 and 4 about how dogs are used by the sheriff’s department. Brolo is trained as a patrol (tracking and apprehension) dog. Snyder gave an overview of how dogs like Brolo are trained and how they help police officers, before bringing Brolo out to let him “play” with another officer wearing a protective arm covering used in

training the dogs.

Just as he was finishing up the question-and-answer period, Snyder and Brolo got called to a case unfolding in southern Deschutes County, underscoring that they are basically on call all the time.

“This event is an opportunity for the sheriff’s office to support the Sisters School District in attendance and at the same time let us get to the know the kids, you know, showing them that cops are people too,” he said. “Everyone enjoys a donut and it’s kind of a win-win for us by giving us a chance to be inside the school and teach kids at an early age that police officers do much more than just chase bad guys.”

Tim Roth, an assistant principal for both the middle school and high school is taking the lead on the “Strive for 95” initiative.

“Good attendance habits need to start in elementary school, so we feel good about this event taking place on that site.”

— Tim Roth

“Good attendance habits need to start in elementary school, so we feel good about this event taking place on that site,” he said. “To break it down, students who have two or fewer absences per quarter would achieve the 95 percent goal, which we think is attainable.”

Sisters gym to host grand opening

By Jim Cornelius
Editor in Chief

Sisters’ options for pursuing a healthy, fit lifestyle keep growing. Ashlee Francis has opened Sweat PNW at 392 W. Main Ave. She will host a grand opening of the new fitness program and facility on Saturday, October 19.

Francis told *The Nugget* that she wanted Sweat PNW to complement the other gyms in town, offering a program designed to appeal to all fitness levels, with classes limited to six people (there will be more during the grand opening).

“I try to keep it limited so you feel like you are getting personal training for a fraction of the cost,” Francis said.

Francis’s education background is in physical therapy and she managed two gyms in Santa Barbara before returning to Sisters, where her family is. She is also a talented athlete.

The protocol at Sweat PNW is individualized training that focuses on proper movement, and a mix of cardiovascular and strength training for men and women.

Francis, who suffered a severed tendon in her ankle when she was hit by a car while riding her bike, understands the need to work around injuries, and she designs her programs to adapt and overcome limitations. The work is hard enough to smoke the fittest athletes if they want it — but it’s designed to go easy on the frame.

“All the cardio is low impact on the joints, so it’s great for building strength

and cardiovascular fitness without applying any pressure to the joints,” Francis noted. “This helps prevent injury and allows people with injuries and bad knees to continue working out.”

Francis keeps the workouts varied, both to help participants stay engaged and to avoid repetition and ruts.

“This is about my 100th day in this spot,” she said last week. “And they haven’t done the same workout twice.”

As a mother herself, Francis knows the value of a gym offering classes where a parent can bring their child — and Sweat PNW does just that.

Francis’ ethic also emphasizes giving back to the community that has supported her

family through trying times.

“Every month we support a member of the community in need,” she said.

Donations at the grand opening will help the Jeppsen Family of Sisters.

The grand opening will feature donation-based classes starting at 7 a.m.

“Every 75 minutes we’ll start a new class that’s an hour long,” she said.

That will give prospective clients a real taste of what the Sweat PNW program offers. Advance sign-ups are required due to limited space; visit www.sweatpnw.com to register.

Ann Griffin will offer free chiropractic consultations during the event and Amy’s Cake Lab in Sisters will provide cupcakes.



PHOTO PROVIDED

Ashlee Francis has launched Sweat PNW in Sisters, catering to all fitness levels. A grand opening is scheduled for Saturday, October 19.



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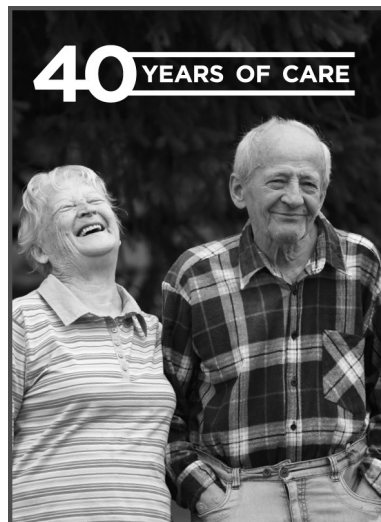
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