

C O M M U N I T Y

Virus-time anxiety increased on devices

By T. Lee Brown
Correspondent

What's stressing you out more: the coronavirus, or thinking about it all the time? The Internet, TV, news, and smartphones help people stay informed and feel connected during the COVID-19 crisis. Unfortunately, there are side effects, including anxiety and addiction.

We turned to Catherine Price for advice. The founder of the Screen/Life Balance program and author of "How to Break Up With Your Phone," Price is producing a series of #QuarantineChats on Vimeo.com. From the confines of her apartment, she recently explored "compulsively checking the

news."

Price researches the physiology behind our behaviors, so we can have more control over how we spend our time — and how we feel.

"Basically, when we're stressed out, the part of our brain that's in charge of rational thought goes completely offline," explained Price.

"It's kind of unfortunate. In the moments when you might need it most, the prefrontal cortex — the area of your brain that's in charge of this — is like, 'See ya later! I'm going to go hide under a rock. I'm gonna let your primitive brain take over.'"

The primitive part of

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GRAPHIC PROVIDED

Sisters Habitat for Humanity will build six townhomes in the ClearPine development.

Affordable housing projects underway

By Jim Cornelius
Editor in Chief

A project that will add eight affordable housing units to the local inventory is underway at the ClearPine development at the north end of Pine Street in Sisters.

The 2007 development agreement between the City of Sisters and developer 3 Sisters Partners required that the developer provide for eight affordable units. According to developer Peter Hall, that requirement is being fulfilled by two rental units being constructed by the developers themselves, and six townhomes to be built by Sisters Habitat for Humanity.

The development agreement called for occupancy by May 2020. Hall says that the rental units will be completed and on the market by May; the timeline has been pushed out on the Habitat homes.

The rental units consist of a two-bedroom/two bathroom house and a detached one-bedroom unit on Heising

Drive.

"The main house can accept a family of four, and the detached unit will accommodate a family of two people," Hall told *The Nugget*.

The rents for both units will be based on HUD (Housing and Urban Development) rental schedules with renter income levels not to exceed 80 percent AMI (average median income) for Deschutes County.

"Designed by Adam Peterson of Muddy River Design, these units will blend very well with other homes in ClearPine," Hall said. "The construction features all the latest appliances, HVAC systems and premium building materials throughout. It will earn an Earth Advantage Platinum certification when complete, which means very low utility bills for occupants."

Sisters Habitat for Humanity will build six townhomes designed by Jason Todd Design. Todd, a Sisters resident, designed adjacent townhomes in

the development, and the Habitat homes are designed to fit the character of the neighborhood.

"Jason works with Peter, and Peter asked him to help us — and we said thank you," said Habitat Executive Director Sharlene Weed.

The project utilizes funding from Oregon's Local Innovation and Fast Track (LIFT) Housing Program, which helped offset land costs, Weed told *The Nugget*.

Five of the townhomes will be 807 square feet and one will be 661 square feet.

"It's a little smaller than we usually build," Weed said.

Habitat has built zero-lot-line homes and townhouses before, but it's been three or four years since they've done such a project, Weed said.

The houses will be suitable for single occupants, a couple with no children or a single parent with one child.

Weed said that two families have been designated for homes and others are in

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The Quarantine List

More reading and listening to enrich the quarantine experience...

Sisters artist Norma Holmes loved "Mr. Penumbra's 24-Hour Bookstore," a novel by Robin Sloan.

"The cover glows in the dark!" Holmes says. "The opening sentence has me smiling. Sloan paints a picture in words, a visual that puts me right beside the main character, Clay Jannon. He is

standing on top of a ladder, stretching upward to reach a very old leather-covered volume. Clay is a night clerk in Mr. Penumbra's 24-hour bookstore in San Francisco.

"I'm finding it difficult to put the book down. I'm limiting my chapters, spreading the descriptive entertainment-excitement over a few days as Sloan takes me on a journey, using today's

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As the COVID-19 crisis affects gatherings, please contact individual organizations for their current meeting status or alternate arrangements.

SISTERS AREA MEETING CALENDAR

BOARDS, GROUPS, CLUBS

Al-Anon Mon., noon, Shepherd of the Hills Lutheran Church. / Thurs., 10 a.m., Shepherd of the Hills Lutheran Church. 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, SPRD bldg. 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) 2nd & 4th 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.

Citizens4Community, Let's Talk 3rd Monday, 5:30 to 8 p.m. RSVP at citizens4community.com

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 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., The Lodge in Sisters. 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, 2 p.m., The Lodge. 541-668-6599.

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

Sisters Rotary 1st and 3rd Thursdays, 5:30 p.m., Takoda's. 541-760-5645.

Sisters Trails Alliance Board 1st Monday, 5 p.m. Sisters Library. Public welcome. 808-281-2681.

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 2nd Tuesday, 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, 3:30 p.m., Black Butte School. 541-595-6203.

Sisters Christian Academy Board of Directors Monthly on a Friday. Call 541-549-4133 for date & time.

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

Sisters Middle School Parent Collaboration Team 1st Tuesday, 2 p.m., SMS. 541-610-9513.

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 2nd & 4th Tuesdays, 4:30 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