

GOOD EATS • HOT TUBS • ANTIQUITIES
LOG HOMES • KIWANIS • FIREARM SALES



**Helping Hands
To Feed Your Family**

The Sisters Kiwanis Food Bank is Open and We Welcome your Visit!
Our next food pickup dates are:
Thursday, June 11 & June 18
9 a.m. to 2 p.m.
We are located at 328 W. Main Ave., Sisters

Sisters Kiwanis

Sisters Kiwanis Food Bank serves 50 to 60 families per week. One out of five clients are homeless. The Food Bank is returning to a weekly schedule this month to better serve the community. If you qualify under federal income guidelines and/or have been recently laid off due to COVID-19, Kiwanis wants to help.

The next open dates are June 11 and June 18, 9 a.m. to 2 p.m.

The Food Bank delivers over 120,000 pounds of food annually. The Food Bank has no paid employees, only volunteers.

Sisters Kiwanis Food Bank purchases over 50 percent of the food distributed from local markets with generous financial support from the Sisters community that ensures the Food Bank's services through 2021.

The Food Bank is just one of several programs of the Sisters Kiwanis Club that supports and enhances the local community. Every year Kiwanis Club contributes over \$30,000 to scholarships, grants and other community needs.



**LADY
GETS A GUN**

Firearms training by
MAUREEN ROGERS

- Professional, NRA-certified education in group instruction or private coaching; for women only or co-ed setting
- Strong emphasis on safety, skills, marksmanship, and mindset
- Hands-on learning, skill development of pistol, rifle, and/or shotgun
- Live fire training at Redmond Rod and Gun Club

FREE INITIAL 10-MINUTE CONSULTATION
541-604-0144
www.ladygetsagun.com

Lady Gets a Gun

Women are purchasing firearms for personal protection at unprecedented rates. Good training is essential to safe, effective firearms use — and that training is offered in a safe, comfortable, and friendly environment through Lady Gets A Gun.

Maureen Rogers is passionate about helping women familiarize themselves with firearms and developing a mindset that is about protection of self, loved ones, and refusing to become a victim. She offers private sessions and classes for men, women, and co-ed. Her women-only classes are often the most comfortable for women, especially first-time gun owners. It's hands-on training, suitable for people of all ages and all walks of life. Her youngest client was 18; her oldest was 84.

Live fire training is conducted at Redmond Rod and Gun Club. Classes are engaging, safe, comfortable — and empowering — especially for women to gain more confidence in the protection of self and loved ones.



**One-Year
Anniversary
Sale!!!**

10% OFF | Wednesdays, June 10 & 17 and
\$99 or less purchase | Thursdays, June 11 & 18
20% OFF | 10 a.m. to 4 p.m.
\$100 or more purchase

Painted Lady Antiques
541-904-0066 • 141 E. Cascade, Ste. 104

Painted Lady Antiques

Marla and Kent Stevens opened Painted Lady Antiques last summer with the goal to be an uncluttered, reasonably priced shop that people want to return to again and again. They've succeeded.

Painted Lady Antiques is celebrating their one-year anniversary in a space that has grown from 1,200 to 2,300-square-feet, with open architecture that allows easy perusal of an eclectic array of goods from carefully-selected vendors. Kent is skilled at making tables, entryway benches and hall tables, and Marla is a whiz at refinishing pieces that come in looking a bit worse for wear or are dated.

From painted furniture to iron work to Western wear to tools, there's something for everyone — and it turns over swiftly, rewarding return visits. The one-of-a-kind inventory changes daily and sells quickly, so if you find a treasure you can't live without, buy it today. Chances are it will be gone tomorrow.



**GLUTEN-FREE
BAKING MIXES**

Find us locally at...
Oliver Lemon's • Camp Sherman Store
Natural Food Stores

Order online and get recipes at...
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or Purchase at amazon.com

Josie's Best
the pancake

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