

— **FEATURED VOLUNTEER** —



PHOTO PROVIDED

Susan Parker helps Sisters youth aspire to more.

By **Charlie Kanzig**
Correspondent

When Susan Parker moved to Sisters from the Bay Area with her husband Brian Farrow eight years ago, after a 37-year career working as a vice president and buyer for Macy's, she wanted to stay active in a meaningful way and become part of the small-town community. A friend at Black Butte Ranch mentioned the ASPIRE program at Sisters High School, which provides mentors to support students in navigating their post high school plans. Parker felt an immediate sense of excitement to get involved.

"I spent most of my career in management and our business philosophy emphasized the need to 'grow' people, so the idea of working with young adults to plan their futures felt perfectly natural to me," she said.

"I love working with students and helping them put together the puzzle pieces for a game plan, which includes running through all sorts of questions with them about their interests, where they want to live, what size of school they are comfortable with, and things like that," she said.

Parker, a native of Pendleton, takes on five juniors and five seniors each year, which keeps her plenty busy, but she says it is very gratifying.

"Over time you can really develop a relationship with these students," she said. "They invite me to come to their games and to other events at the school and introduce me to their

parents, so it's helped me to get to know people in the community."

About four years ago a member of the Graduate Resource Organization (GRO), which administers and manages local scholarships for Sisters High School graduates, approached Parker about becoming a board member. Parker's work with ASPIRE had given her a strong sense of the generosity of the local community, along with a keen understanding of how important it was to help students find ways to finance their future educational plans.

"I am still blown away that a community the size of Sisters now has over 70 different donors to the GRO scholarship program," she said.

Parker can be credited with recent growth in the program as the leader in donor development. GRO added a dozen new scholarships in the past year thanks in large part to Parker's work.

Parker knows that helping students with applications for college and other programs, as well as the GRO scholarships, takes a burden off of parents.

"Parents are busy and want the best for their kids, so they are very grateful for the help the ASPIRE mentors can offer," she said.

Parker encourages adults with time to help to get involved with ASPIRE.

"We can always use more mentors and the work is gratifying on many levels," she said.

Rick Kroyt at SHS (rick.kroytz@ssd6.org) coordinates ASPIRE volunteers at Sisters High School.

A N N O U N C E M E N T S

Free Legal Assistance for Deschutes County Seniors

The Council on Aging of Central Oregon and Legal Aid Services of Oregon are working together to offer legal services to low-income seniors living in Deschutes County. These services are provided to adults 60 years and older with preference to those in greatest social and economic need, with particular attention to low income, minority and frail individuals. Five free 30-minute legal assistance sessions for seniors are available virtually or by telephone the week of September 14-18. Services offered by volunteer lawyers include: tenant rights, collection of money through small claims, creditor/debtor rights, domestic relations issues, estate planning and probate issues. Lawyers meet with clients for free half-hour consultations. Seniors may retain volunteer lawyers to do additional legal work beyond the consultation for a fee if they choose. Call to the Council on Aging to schedule one of the limited number of free 30-minute legal assistance appointments or to learn more about other legal support options at 541-678-5483.

Virtual Race to Benefit Central OR Symphony

The Virtual Beat Beethoven's 5th 5k & 1-mile race will be held Sunday, October 11. A virtual race is done "on your own" between Sunday, October 11 through Sunday, October 18. You can run on your own or use the route at Central Oregon Community College, 2600 NW College Way, Bend. Proceeds benefit the Central Oregon Symphony, which has canceled concerts because of the virus. For just \$25 you can register for either distance: www.beatbeethoven5k.com. Registrants will receive a printable bib and be entered into a raffle. If you have questions, call the Central Oregon Symphony Assoc. office at 541-317-3941.

2020 Walk to End Alzheimer's

Join others at 11 a.m. on Saturday, September 12 for the Walk to End Alzheimer's Central Oregon. The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year, Walk to End Alzheimer's® is everywhere — on every sidewalk, track and trail. We won't have a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same. Because we are all still walking and fundraising for the same thing: a world without Alzheimer's and all other dementia. Visit alz.org/walk to register today. For more info please call 503-416-0213.

Sole Support Walk

Step out on Parkinson's disease, six feet apart, at this year's Sole Support Central Oregon walk. Join Parkinson's Resources of Oregon, Saturday, September 12 at Ponderosa Elementary in Bend between 11 a.m. and 1 p.m. for a drive-thru event. Turn in donations, collect t-shirts (earned by raising \$100+), gather other goodies, and get your car decorated! Then choose your own adventure by walking one of our suggested 1k or 5k routes or select your own walk location! Share your Sole Support weekend pics via social media and help us in this giant step out on Parkinson's. Your time and fundraising supports local wellness and education programs for local patients and families living with Parkinson's in our community. Registration is required at www.solesupport.org or 800-426-6806

Sponsor an Impoverished Child from Uganda

Hope Africa International, based in Sisters, has many children awaiting sponsorship! For more information go to hopeafricakids.org or call Katie at 541-719-8727.

Deceased Veterans Memorial

The American Legion Post 86 and VFW Post 8138 will hold a special memorial for the veterans who passed away in the last part of 2019 and first six months of 2020 on Saturday, August 22 at noon. For further details call Lance Trowbridge at 541-903-1123.

Free Weekly Grab-N-Go Lunches For Seniors

The Council on Aging of Central Oregon is serving seniors (60+) free Grab-N-Go lunches on Tuesdays, Wednesdays, and Thursdays each week. The lunches are distributed on a first-come, first-served basis drive-through style from 12 to 12:30 p.m. at the Sisters Community Church, 1300 W McKenzie Hwy. Seniors may drive through the parking lot and pick up a meal each day of service. Come on by, no need to make a reservation. Questions? Call 541-678-5483.


PET OF THE WEEK

Humane Society of Central Oregon
541-382-3537



Meet **ZISSOU**, a handsome senior pup who is eager to find his forever home! This big boy loves to romp and play! Zissou loves splashing around in the pool on hot summer days! He is looking for a home without any other pets and no young children. He's very friendly, but also big and strong and may accidentally knock over the little ones. Hurry down to the Humane Society of Central Oregon and meet Zissou today!

Sponsored by
SISTERS FEED & SUPPLY
541-549-4151



Celebration of Life

A Celebration of Life service for Gordon "Spud" Halsten will be held on Saturday, August 22 at 2 p.m. at Sisters Community Church in the main auditorium (note location change from Fireside Room). COVID guidelines will be in place. You may also view the obituary and make comments at www.autumnfunerals.net. Donations would be greatly appreciated at Hospice of Redmond, 732 SW 23rd St., Redmond, OR 97756.

Please call the church before attending to verify schedules as buildings begin to reopen.

SISTERS-AREA CHURCHES

- Shepherd of the Hills Lutheran Church (ELCA)**
386 N. Fir Street • 541-549-5831
10 a.m. Sunday Worship
shepherdofthehillslutheranchurch.com
- Sisters Community Church (Nondenominational)**
1300 W. McKenzie Hwy. • 541-549-1201
10 a.m. Sunday Worship (with signing)
sisterschurch.com | info@sisterschurch.com
- St. Edward the Martyr Roman Catholic Church**
123 Trinity Way • 541-549-9391
5:30 p.m. Saturday Vigil Mass
9 a.m. Sunday Mass
8 a.m. Monday-Friday Mass
- Calvary Church (NW Baptist Convention)**
484 W. Washington St., Ste. C & D • 541-588-6288
10 a.m. Sunday Worship | ccsisters.org
- The Episcopal Church of the Transfiguration**
68825 Brooks Camp Road • 541-549-7087
8:30 a.m. Ecumenical Sunday Worship (Sunday school, childcare) 10:15 a.m. Episcopal Sunday Worship (Sunday school, childcare)
- Chapel in the Pines**
Camp Sherman • 541-549-9971
10 a.m. Sunday Worship
- Sisters Church of the Nazarene**
67130 Harrington Loop Road • 541-389-8960 | sistersnaz.org
10:45 a.m. Sunday Worship | 2sistersnaz@gmail.com
- Westside Sisters**
442 Trinity Way • 541-549-4184 | westsidesisters.org
10 a.m. Sunday Worship
6 p.m. Worship the 3rd Tuesday of each month
- Vast Church (Nondenominational)**
541-719-0587 • 9:37 a.m. Sunday Worship
Meeting virtually and in small groups. See vastchurch.com for details.
- Seventh-Day Adventist Church**
386 N. Fir Street • 541-595-6770, 541-306-8303
11 a.m. Saturday Worship
- The Church of Jesus Christ of Latter-Day Saints**
452 Trinity Way • Branch President, 541-420-5670;
10 a.m. Sunday Sacrament Meeting
- Baha'i Faith Meetings**
Devotional Gatherings, Study Classes and Discussion Groups. Call for location and times • 541-549-6586

Volunteer Opportunities

Does your Sisters-area organization need volunteers? Let *The Nugget* know so we can share your opportunities with the citizens of Sisters. Email the details to lisa@nuggetnews.com.