

Obituaries

James Lesesne Smith

May 22, 1933 – July 6, 2021

James Lesesne Smith, 88, of Tigard, Oregon, passed away on July 6. A family service and interment was held on July 13 at Christ Church Episcopal Parish in Lake Oswego with the Reverend Brad Toebben officiating.

Jim was born in San Jose, California, to Jean Harriet Fleming Smith and Dixon Henshaw Smith on May 22, 1933. He was married to Glenn “Tommie” Litch from December 29, 1959 to May 27, 1983 and Carolyn Nielsen from July 9, 1995 to August 29, 2015; both preceded him in death.

Graduating from Louisiana State University in 1959 with a degree in physics, Jim spent the majority of his career working as an engineer for companies as varied as Sperry Gyroscope in New York, Perkin-Elmer in Connecticut, Propulsion Systems Incorporated of Washington, and Hydra-Power Systems of Oregon.

A United States Marine Corps veteran, Jim was immensely proud of his service to his country and continued his service to community via the Boy Scouts, the Episcopal Church, Kiwanis International, and the Sisters Jazz Festival.

Jim and Tommie raised their three children together in Green’s



Farms, Connecticut, before moving to Lake Oswego, Oregon. Subsequently, he and Carolyn enjoyed their retirement for 16 years in Sisters.

Jim is survived by his children, Dixon Rhodes Smith (Kiki), Deborah Glenn Cowgill (Steve), and Dustin Anne Johnson (Joel), as well as eight grandchildren.

The family wishes to extend our sincere thanks to the staff of Avamere Rehabilitation of Hillsboro and Signature Hospice for all their care and compassion during Jim’s final months. In lieu of flowers, contributions in Jim’s name may be made to Koolen-de Vries Syndrome Foundation at www.kdvsfoundation.org in honor of Jim’s grandson, Willie Johnson, who has Koolen-de Vries Syndrome, or Christ Church Episcopal Parish, P.O. Box 447, Lake Oswego, OR 97034.

Evonne M. Helwig

September 14, 1934 – June 28, 2021

Born in Sioux Falls, South Dakota. Moved to Los Gatos as a very young girl and attended University Avenue Elementary and then on to Los Gatos High School, graduating class of 1953.

Met her late husband in high school, Robert (Bob) J. Helwig. Raised their five children in Los Gatos: Robert Jr. (Michelle) Helwig of Columbia Falls Montana; the late Rodney A. Helwig; Lorena M. (Dale) Thurman of Olympia Washington; Bonnie B. Harper of Bend; and the late Kristina L. Helwig. Also survived by five grandchildren, Jessica (Paul) Harrah, Lauren (Phil) Hill, Alyson (Everett) Dahl, Ryan (Clair) LaPoma, and Rodney (Alena) Helwig; 12 great grandchildren and many more family and friends. Future plans for memorial to take place in Sisters, where Evonne and Bob retired in 2001.



Fit For Sisters

Andrew Luscutoff
Columnist

Why exercise needs to be exercise

There’s a notion that if you’re active during the day this means you’re fit and healthy. This activity — unstructured, undirected, and unfocused toward a fitness goal — actually doesn’t move the needle. While daily activity is important and key to living a healthy life, one’s not going to improve or gain the same benefit of a directed and focused exercise session.

The European Journal of Heart Medicine ran a review of data on 104,000 people. They looked at physiological health markers and asked participants how active they were in daily life, working life, and for recreation/exercise.

They found that those

who had the most activity as part of daily life still only reduced heart disease risks marginally. Exercisers and recreational enthusiasts were notably better protected against cardiac disease compared to those who work an active job and those who were not active.

This illustrated that the key is cardiovascular fitness, which comes from training for a given time at moderate-or-above effort. An “active person” is just being active, never really pushing their system to adapt to better fitness.

A few tips from this: An exercise session ought to be directed toward a goal — cardiovascular, muscular, or mobility. Walk briskly with intention to get the heart rate and breathing rate in the proper zone. Strength train with heavy enough weight and pushing far enough to build a stronger muscle. Stretch and flex the body in a way that improves posture and mobility where it’s needed.

This is the basic tenet of exercise science: Unless directed toward improving, you will not improve. If someone reading this has been on the fence, or maybe you’ve done the same thing for years and are unsatisfied with your fitness, remember that unless pushed to progress, at best you’ll just stay the same.

SISTERS MEAT AND SMOKE HOUSE

MEATS, GAME
ALASKAN SEAFOOD
CHEESES
SANDWICHES
BEER, WINE, CIDER

110 S. SPRUCE ST. | 541-719-1186

YEAR-ROUND
FIREWOOD SALES
— KINDLING —

SISTERS FOREST PRODUCTS
541-410-4509
SistersForestProducts.com

**\$2 OFF
ENDURE
FLY SPRAY
FOR HORSES**

32-ounce bottle
*Limited to stock on hand.
Offer good thru July 24, 2021.*

SISTERS FEED & SUPPLY

102 E. Main Ave. • 541-549-4151

Sisters Dental

WE ARE HERE FOR YOU!

Trevor Frideres, D.M.D.
Greg Everson, D.M.D.

SISTERS DENTAL
www.sistersdental.com
541-549-2011
491 E. Main Ave. ■ Sisters
Hours: Mon., 9 a.m.-6 p.m.; Tues.-Thurs., 8 a.m.-5 p.m.; Fri., 7 a.m.-3 p.m.

LINDA BLUMEL TRUNK SHOW AT BEDOUIN

FRIDAY, JULY 16th
SATURDAY, JULY 17th
10 - 5

BEDOUIN

shopbedouin.com | 143 E Hood Ave. Sisters, OR 97759 | (541) 549-3079 | #SHOPBEDOUIN