

FOCUS *on* Health

COMPOST : GARBAGE OR GARDEN

WASTED FOOD CREATES 8% OF ALL GREENHOUSE GAS EMISSIONS

Rethink about it!
That's in comparison with 2.5% for airplane travel! You can stop wasting food by planning before you shop, prioritizing in your fridge, even learning more about expiration dates. Change the world and sign up for our Rethink Food Waste Challenge on our website today.

RETHINKWASTE
an environmental center program

RethinkWasteProject.org

Fresh-Flower Feel-Good Bouquets!

Sisters-grown seasonal, home delivery within Sisters

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www.stumpmunkfarms.com

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Environmental Center — Rethink Waste

Approximately 40 percent of the food we grow in the world ends up being wasted. For a family of four, 25 percent of food purchased ends up going in the trash — to the tune of about \$1,600 tossed out each year.

Wasted food is responsible for 8 percent of man-made greenhouse gasses (airplane travel only accounts for 2.5 percent).

Simply creating an “eat first” bin or shelf in the refrigerator can reduce the amount of food we end up throwing away. Proper food storage helps a lot too. These are simple and easy steps that anyone can take today. More ideas are available through the Environmental Center’s Rethink Food Waste Challenge (rethinkwasteproject.org/wasted-food).

The free four-week home challenge is designed to help you find out what — and how much — food is going to waste in your home. Over the course of the month, you will receive one email per week with tips and tricks on how to reduce your wasted food.

Stumpmunk Farms

Flowers enhance our environment and our quality of life, adding beauty, color, and fragrance to our spaces at home and at work. Studies have shown that flowers improve our moods, help reduce anxiety and stress, as well as increasing creativity and productivity.

Stumpmunk Farms grows seasonal flowers in Sisters and offers Spring and Summer CSA subscriptions.

Keeping health, the environment, and wildlife on top of mind, they do not use pesticides and only apply natural/organic fertilizers and materials.

“We grow a wide variety of flowers including heirlooms and favorites such as sweet peas, zinnias, and dahlias,” says proprietor Leah Thompson. “Our flowers have allowed a simple and beautiful way to bring in and stay connected to nature, especially to those who have been isolated. Due to the pandemic, we are continuing to offer free, contactless porch delivery to the Sisters community.”

“Purchasing our flowers means you get an amazing variety of flowers, highly fragrant blooms since these were not flown in, and you get to help bolster the local economy.”

Aqua Hot Tubs

For hundreds of years, Scandinavians have understood the many health benefits of sauna. Those benefits are physical and psychological.

Regular use of sauna is like a gentle workout, boosting your cardiovascular health. It is good for the skin, and cleanses pores. Warmth and increased circulation can relieve pain.

Sauna flushes toxins and can boost immunity — and it is relaxing and promotes good sleep. There may be no better way to decompress from a long, hard day than a session in the sauna.

All these benefits can be enjoyed right in your own home with the traditional saunas provided by Aqua Hot Tubs in Sisters. They’re Oregon-made products of excellent quality, and can be delivered directly to you, so you can indulge in all the health and lifestyle benefits every day.

There are many factors to consider when planning, picking out, and setting up an in-home sauna. Aqua Hot Tubs will guide you through the entire process, so that you can relax and have confidence in your purchase.

With a beautiful, properly installed sauna, you’ll soon be living a healthier and more peaceful lifestyle!

inside...

Keeping skin healthy while enjoying the Sisters Country winter	19
One foot in front of the other	20
St. Charles Sisters adds two new doctors.....	20
Home COVID Tests	20
How to pay for long-term care	22
A first aid kit is a vital part of preparedness.....	24