

Sisters salutes...

• On Wednesday, December 9, 2015, VFW Commander Bill Anttila and VFW Vice Commander Earl Schroeder conducted a seminar on United States Flag etiquette and 13 fold United States Flag program at the Cloverdale Heart Of Oregon/YouthBuild Americorps School.

Bill And Earl were greeted warmly by the students and staff — Kara Johnson, Amanda Jamison, and Jen Binks — and were impressed with how interested and respectful the students were during the presentation. It was indeed VFW's honor to present this program to the school.

• Susanne Redfield wrote: I just had to write a HUGE thank-you to the lovely ladies that came into our store to do their Christmas shopping the other day. They were local, and let us know they had committed to shopping only Sisters for all their Christmas gifts this year. They had bags from Bedouin, Paulina Springs, Old West Antiques, and left here with a few choice pieces of jewelry, a wooden box, and two tile trivets.

After all the challenging weather and long days behind the retail desk it is so heartening to know that



PHOTO PROVIDED

VFW officials explained flag etiquette to Heart of Oregon students.

the Sisters community really does support their artists, craftspeople, and small merchants during this holiday season. The artisans here at Studio Redfield recognize the extra effort it might take and are truly impressed!

• Cheryl Peterson, principal of Sisters Christian Academy, wrote:

In this season of gratitude, I'd like to thank the friends and families of Sisters Christian Academy. Last Thursday, we had our annual Christmas program, a musical called "The Not-So-Silent Night," directed and produced by our incredible music teacher, Erik Himbert. Students jumped into their roles with zest and skill while parents and grandparents applauded with warm enthusiasm.

Our host, Sisters Community Church, generously allowed us to enjoy a fun-filled evening using their facility. It was definitely a night to remember! Thank you all for your performances and your loving support.

A NEW SONG: Facing food issues is difficult but rewarding

Continued from page 8

Organic options are much more affordable and available. For me, it feels like a matter of life or death.

As I continue to look at causes of my cancer (it was not genetic) I have to face the fact that being overweight contributed to my disease. Having had an estrogen-fed form of breast cancer, I have learned that fat produces estrogen. So the more fat I carry around on my body the more estrogen I produce. Even with the drug I take to block estrogen receptors, my fat keeps storing toxins and making estrogen.

For me fat is a double-edged sword, along with the health implications, it also

represents the emotions I stuff through emotional-eating. When I am able to face myself in the mirror, I see those extra pounds as stagnate emotions I haven't dealt with yet. They are a daily reminder of what I haven't tackled in my life.

The plan is to create a new song in my head that promotes a healthier mind and body. I know that old record is still in the jukebox waiting for me to slip up and let it drop back onto the turntable. My reasons for staying alive motivate and guide me through the day so that doesn't happen.

There are also walking examples around me of people who have mastered their eating habits. They are my models of how to move through the world both awake and aware of my actions. We all have our stuff we're working on.

See A NEW SONG on page 26

SISTERS ENTERTAINMENT · ARTS · SPECIAL · EVENTS

Wed. ~ Dec. 16

Hood & Spruce Three Sisters Lions Club Holiday Faire
10 a.m. to 5 p.m. at 352 E. Hood Ave. #D. Handmade, quality items from many local vendors! Info: 206-850-5352.

Hop & Brew Holiday Art Show & Sale for Carol Statton Photography 5 to 7 p.m. In conjunction with Mustangs to the Rescue Fundraiser Day. A portion of sales will go to equine rescue & wild-horse preservation. For more info call 541-728-8478.

Thursday ~ Dec. 17

The Belfry Sisters Classic Old-Time Radio Experience
7 p.m. (doors open 6 p.m.) and donations gladly accepted! Performing broadcasts from "Father Knows Best" & "The Plot to Overthrow Christmas." **Jigawatts** from Bend will also perform from "Pat Novak, for Hire." For info: 541-548-0601.

Black Butte Ranch Lodge Artist's Reception for Curtiss Abbott 5 to 7 p.m. Enjoy this reception for the show of Abbott's 15 large photographs of Sisters Country. curtissabbottphotographer.com or 541-595-1260.

Sisters Area Chamber of Commerce Mix-n-Mingle Christmas Party 5:30 to 7:30 p.m. Share a cup of cheer and meet your fellow chamber members! For more information call Jeri at 541-549-0251.

Hood & Spruce Three Sisters Lions Club Holiday Faire
10 a.m. to 5 p.m. at 352 E. Hood Ave. #D. Handmade, quality items from many local vendors! Info: 206-850-5352.

Friday ~ Dec. 18

Sisters Community Church Christmas Concert with Sisters High Desert Chorale
7 p.m. Plus the High Desert Bell Choir & Sisters Children's Choir! Free (free-will offering) with treats at intermission. For more info: 541-549-1037 or sistershighdesertchorale.com.

Hood & Spruce Three Sisters Lions Club Holiday Faire
10 a.m. to 5 p.m. at 352 E. Hood Ave. #D. Handmade, quality items from many local vendors! Info: 206-850-5352.

Sat. ~ Dec. 19

Sisters High School "Naughty or Nice" Winter Dance Recital 6:30 p.m. with Sisters Dance Academy students. \$10 adults, \$5 youth at the door. For more info go online to sistersdanceacademy.com.

Black Butte Ranch Lodge Breakfast with Santa 9 a.m. & 11 a.m. seatings. \$15 adults, \$12 kids (under 4 free). Please call for reservations, 541-595-1260. Don't forget the camera!

Hood & Spruce Three Sisters Lions Club Holiday Faire
10 a.m. to 6 p.m. at 352 E. Hood Ave. #D. Handmade, quality items from many local vendors! Info: 206-850-5352.

Sunday ~ Dec. 20

Sisters Community Church Christmas Concert with Sisters High Desert Chorale
2:30 p.m. Plus the High Desert Bell Choir & Sisters Children's Choir! Free (free will offering). With treats at intermission. For more info: 541-549-1037 or sistershighdesertchorale.com.

Black Butte Ranch Lodge Breakfast with Santa 9 a.m. & 11 a.m. seatings. \$15 adults, \$12 kids (under 4 free). Please call for reservations, 541-595-1260. Don't forget the camera!

The Open Door Dinner with Santa! 4:30 and 8:30 p.m. seatings. Please call for reservations, 541-549-6076. For more information go to theopendoorwinebar.com

Hood & Spruce Three Sisters Lions Club Holiday Faire
11 a.m. to 4 p.m. at 352 E. Hood Ave. #D. *Final day!* Handmade, quality items from many local vendors! For more information: 206-850-5352.

Submit items for Events by 5 p.m. Fridays to teresa@nuggetnews.com

Monday ~ Dec. 21

The Open Door Live Music with Michael Mitchell 6 to 8 p.m. No cover! For more info call 541-549-6076 or go to theopendoorwinebar.com.

Forest Service East Portal Annual Solstice Meditation Walk 5 p.m. Meet at 4:30 p.m. across Hood from Les Schwab. Bring a candle in a jar & 4"-5" stone. For info: 541-420-3014.

Thursday ~ Dec. 24

Black Butte Ranch Horse-Drawn Carriage Rides 11 a.m. to 2:30 p.m. \$9 per seat (kids under 5 on laps free) includes cocoa, coffee or hot cider at the Lodge. Reserve in advance by calling 541-595-1252.

Friday ~ Dec. 25

Sisters Fire Hall Community Christmas Dinner 1 p.m. All are invited. Free! The annual, traditional meal is sponsored & presented by the Sisters-Camp Sherman RFPD. 541-549-0771.

Saturday ~ Dec. 26

Black Butte Ranch Horse-Drawn Carriage Rides 11 a.m. to 2:30 p.m. \$9 per seat (kids under 5 on laps free) includes cocoa, coffee or hot cider at the Lodge. Reserve in advance by calling 541-595-1252.

Sunday ~ Dec. 27

Black Butte Ranch Horse-Drawn Carriage Rides 11 a.m. to 2:30 p.m. \$9 per seat (kids under 5 on laps free) includes cocoa, coffee or hot cider at the Lodge. Call 541-595-1252.

Monday ~ Dec. 28

The Open Door Live Music! 6 to 8 p.m. No cover! For more info call 541-549-6076 or go to theopendoorwinebar.com.

Black Butte Ranch Horse-Drawn Carriage Rides 11 a.m. to 2:30 p.m. \$9 per seat (kids under 5 on laps free) includes cocoa, coffee or hot cider at the Lodge. Call 541-595-1252.

The Belfry
Dec. 31 / Thurs. / 9 PM
A MARDI GRAS NEW YEARS
With Zydeco Virtuoso
Andre Thierry & Zydeco Magic
If you like to dance, Andre will have you moving your feet all night long!
THURSDAY DEC 31ST
Jan. 12 / Tues. / 6 PM
January Dinner Show
Save the date!
Jan. 22 / Fri. / 8 PM
Dennis McGregor and The Spoilers
PUB OPENS ONE HOUR PRIOR TO SHOWS
BelfryEvents.com
Call for Details
541-815-9122

Sisters MOVIE HOUSE
STARTS FRIDAY
FRI., DEC. 18 - THURS., DEC. 24

Star Wars (PG-13)
Fri-Wed 1:30, 4:30, 7:30
Thurs *Christmas Eve* 12:00

Sisters (R)
Fri-Wed 2:00, 4:45, 7:15
Thurs *Christmas Eve* 12:45

In the Heart of the Sea (PG-13)
Fri-Wed 2:15, 4:45, 7:15
Thurs *Christmas Eve* 12:30

Brooklyn (PG-13)
Fri-Mon 4:15, 6:30
Tues 4:15

Spotlight (R)
Fri-Tues 1:45

The Big Short (R)
Tues, Dec 22nd 7:00
Wed, Dec 23rd 1:30, 4:15, 7:15
Thurs *Christmas Eve* 12:15

Movie times and titles are subject to change. Visit website or call for latest information.
WWW.SISTERSMOVIEHOUSE.COM
541-549-8800