

New boutique offers affordable style

By Jim Cornelius
News Editor

If the past two weeks is any indication, there's a strong market in Sisters for vintage Bohemian Euro-inspired clothing and accessories. That's what Jennifer Steigman offers at Faveur, her boutique located at 150 W. Cascade Ave. in downtown Sisters.

"I tell you, it's been a fantastic couple of weeks," Steigman told *The Nugget*. "Far exceeded our expectations."

Customers love the boutique, which creates a warm, welcoming atmosphere, with artfully created displays and French café music setting the mood. Jennifer's husband and partner, Peter Steigman, a contractor, thoroughly renovated the space.

This is the couple's second boutique — there is a Faveur location on Franklin Avenue in Bend. Her customers have been urging her for a long time to open a second space in Sisters, and she was excited to do it.

"We live in Tumalo, and we love Sisters," Jennifer said. "It seems like we've got a program that could do well here, that we could find our niche... It seemed like a good fit."



PHOTO BY JIM CORNELIUS

Jennifer Steigman has opened Faveur to rave reviews.

Faveur offers unique clothing and accessories for women of all ages — and it is affordable. While the clothing is certainly stylish, it is also practical for folks living in Sisters Country.

"Central Oregon is all about layering and being cozy," Jennifer says. "How can you be layered up and cozy — and be stylish at the same time?"

Folks in Sisters are already discovering the quality of her timeless styles — and enjoying the experience of shopping in her cozy space.

Steigman has lived in Central Oregon for the past 20 years, having migrated to

"the land of sunshine" from Eugene. She raised five children and studied art when she could. She jumped into retail ownership with little experience but with an artist's eye and a passion for fashion.

"I had nine months of retail experience before I opened up our store," she said.

Faveur clicked in Bend, and it is clearly welcomed in Sisters — and Jennifer and Peter are happy to be here.

"We're excited to be here," Jennifer said. "We just love Sisters. We love the small-town feel. It feels like home."

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A new song

By Katy Yoder
Columnist

The record plays the same song over and over, it has become part of me, crooning uninvited in my head. It isn't until it skips that I realize I am caught in the grooves, in a trance, unable to move. Cancer caused the skip that woke me up, revealing this way of being does not serve me. A new song has arrived. It repeats the need for meditation, exercise, clean eating and healthy thoughts.

Since October 25, my sister and I have been doing a dietary cleanse that removed dairy, gluten, sugar, alcohol, caffeine and most fruits from my diet. At first it felt restrictive and overwhelming, but I'd made a commitment I wasn't willing to break. In the first week I began feeling depressed and hopeless; the variety of food was so limited I began eating meal-replacement bars from the store. I knew they weren't the best option but I didn't think

I had a much of a choice. On day 14, I wasn't sure I could stay on the eating plan for 60 days. Then my daughter came home for Thanksgiving.

Amy fired up her laptop and began exploring websites that had vegan, sugar-free, gluten-free recipes. We started having fun trying new recipes and experimenting with stevia as a sweetener. Suddenly, my horizon expanded and I realized there were more resources out there than I knew. We hosted a Thanksgiving that tasted delicious, and it was all on our diet! We all commented on the great way we felt after our feast with no distended, sore stomachs or acid reflux.

My food deprivation depression lifted and I'm feeling more in control and optimistic about my health. I see unhealthy foods with less desire and more discernment. If food is fuel, why would I fill my body with anything but the best ingredients?

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