

Come Meet Baby Alpacas *Free!*

at Alpaca Country Estates
Holiday Open House
 Nov. - Jan., Mon. - Sat.,
 10 a.m. to 4 p.m.
(Open Christmas until noon)
 Unique alpaca gifts using our alpaca fiber woven into apparel, rugs & more. Come take a tour of the ranch.
 AlpacaCountryEstates@yahoo.com
541-504-4226
 70397 Buckhorn Rd., Terrebonne



Just 20 minutes from Sisters!

7th Annual Holiday Faire

November 24 - December 17

Great selection handmade items from local vendors. High quality! Unique gifts! Free admission!

Monday - Friday, 10 a.m. to 5 p.m.
 Saturday, 10 a.m. to 6 p.m.
 Sunday, 11 a.m. to 4 p.m.

Located at 142 E. Main Ave., Sisters

SPONSORED BY THREE SISTERS LIONS CLUB



Cook Less+Bake Less=Stress Less

Let us take care of your holidays needs:

Homemade **PIES** • Cakes
 Desserts • Breads
 Take-n-Bake **PIZZAS**

Breakfast & Lunch
 Espresso • Ice Cream

The RAINWATER CAFÉ, BAKERY & PIZZERIA

161 E. Cascade Ave., Sisters
 Open every day 7 a.m. to Close In Town Square • 541-904-0153

EVERYTHING FROM SCRATCH • GF & VEGAN OPTIONS



SHE SOARS PSYCHIATRY

For Individuals & Families

Make your emotional wellness a priority this holiday season

Counseling, medication management, and testing

Audry Van Houweling
 PMHNP-BC
 Quick and Affordable Help

541-595-8337 • www.shesoarspsych.com
 102 E. Main Ave., Downtown Sisters



3 Sisters and Cook Contracting LLC

Ed Cook

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I will return your call promptly!

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WILLPOWER: It's OK to indulge a little on yourself

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How do you remain on the straight edge and not fill yourself up with pie, cookies, and fondue? Adjust expectations, avoid radicalism, and accept that schedules will have to adjust. Falling off the cart doesn't have to happen, and keeping in touch with the overall goal will be important.

Don't try to eliminate your favorite foods. Instead, regulate them to a much smaller amount or, pick a few favorites. When trying to eliminate everything, especially when so many other friends, family, and coworkers are enjoying them can be a huge drain on willpower. Plus, explaining to grandma why you aren't eating her pie is never an easy task.

Just show up. With holiday travel, family being around, or expectations of time away from the gym can be overbearing. A simple tip can be to just do something. Any workout, no matter how brief, is better than no workout. A walk before family is up is great, not only for a light workout, but can also provide a moment of solitude and mental respite from family time.

Keep your intentions pure. Stay in touch with why you choose to eat well and exercise the other 11 months out of the year. Likely it is because of the good feeling, the energy, and the general wellness it provides. Not to say that enjoying a gluttonous family gathering doesn't provide some good feelings, but this often leads to shame and resentment in later weeks. A strong connection to long-term goals — and a dose of self-compassion — will lead to better

motivation to stick with it for the long haul.

The holidays don't have to unravel all the progress we have made in changing our habits and continuing a healthy lifestyle. Willpower won't be anyone's savior. Just acknowledge that it's OK to indulge, use spare time for short workouts, and mixing awareness with self-compassion are tools one can employ to beat the willpower trap and continue to thrive through the holiday season.



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Explaining to grandma why you aren't eating her pie is never an easy task.

The Soars Psychiatry

Taking care of yourself is crucial through the often stressful and challenging holiday season.

The Soars Psychiatry offers Sisters a comprehensive, broad-based and functional approach to restoring emotional wellness. Audry Van Houweling has experience treating a wide range of mental-health conditions including helping clients work through issues that can become more intense during the holiday season.

She's focused on a functional, compassionate, personal approach that gets at root causes, not just symptoms. Functional medicine appreciates inter-connections and strives to tell the whole story of what a client is experiencing.

She Soars Psychiatry offers an affordable concierge program to put her services well within reach of Sisters families who need them. Membership options include three months or six sessions; six months or 12 sessions; 12 months or 24 sessions. Sessions are transferrable to other family members. And unused sessions per month roll over and can be used later.



3 Sisters and Cook Contracting LLC

Ed Cook is very particular about what he does. He brings a lifelong commitment to quality work to Sisters as 3 Sisters and Cook Contracting.

Specializing in modest-sized construction and painting projects, Cook is serious about his commitment to quality, and he's not willing to cut corners or cheap-out. He's not the bargain-basement guy — he prides himself on a job well done, built to last. And that offers the best value in the long run.

"I've never cut corners and I never will," he said. "To give a good product, you've got to use good materials. I want to sell the best product I can at the fairest price I can deliver to them."

Whether it's a remodel or restoration project or a top-quality painting job you are looking for, 3 Sisters and Cook Contracting offers responsive service and excellent work that will bring you years of satisfaction.

