

C O M M U N I T Y

Sisters Folk Festival announces line-up

Sisters Folk Festival (SFF) is bringing traditional and innovative music to Sisters this winter in its 2019 Winter Concert Series. February 2, March 6, and March 18.

Tickets went on sale December 18 for a three-show series pass and/or individual concerts.

On Saturday, February 2, the Shook Twins & John Craigie will return to Sisters in a co-bill bringing two outstanding talents together for one night. The critically acclaimed Idaho-born and

Portland-based indie outfit has performed at Sisters Folk Festival, but not for many years, and the size of the band, their songwriting, and performance have grown tremendously, according to SFF Creative Director Brad Tisdell.

The Shook Twins draw on the inherent power of the group's namesake duo – identical twin sisters Katelyn (vocals, guitar) and Laurie (banjo, vocals). In early 2017, the pair holed

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PHOTO BY T. LEE BROWN

Kids discover hands-on fun with distracting devices – like Lincoln Logs.

Using art to overcome life's adversities

By **Katy Yoder**
Correspondent

Dorothy Holmes Mohler knows firsthand that tough times can be good teachers. She's learned how to overcome challenges and find the gifts — no matter what.

Twenty years ago she had a hemorrhage on the left side of her brain that forced her to become a right-brained person. Coming back was slow going and she soon realized she wasn't the same person she was before.

"I was a paralegal. After the hemorrhage and recovery

I had the ability to create. I saw things differently. I became a much softer person and began to forgive people and make significant changes in my life," she said. "I realized this wasn't all a tragedy; it was all good. I don't let the tough stuff bother me... I just keep going."

Understanding what happened to her was something she had to pursue. But that was a challenge in itself.

"I have severe short-term memory loss. At first I couldn't even read. It took

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'JOMO' reduces holiday stress

By **T. Lee Brown**
Correspondent

Family feasts. School concerts. Church services. Labyrinth walks. Spiritual and secular traditions light up the darkest month of winter. Making all this happen takes a lot of work: cooking, crafting, shopping, collaborating, organizing, and traveling.

With the work comes stress — and the feeling that there's not enough time to get everything done right. Family conflicts erupt for some folks; others feel left out and lonely.

One way to alleviate stress and reconnect with holiday goodness? Cultivating "JOMO," or the Joy of Missing Out. It's the opposite of FOMO, Fear of

Missing Out.

FOMO is the nagging feeling that we're going to miss out on something exciting. Ironically, this fear sends us to our Facebook feeds, video games, Snapstreaks, cable news that matches our political silo — causing us to miss out on our real lives.

"When we're on our devices, we lose the ability to mark the passage of time," Dr. David Greenfield, a professor of clinical psychiatry at the University of Connecticut School of Medicine, recently told the *LA Times*. "This phenomenon is called dissociation, and virtually everyone experiences it to some extent when on screens."

Those missing minutes cause more stress once we

come back to real life, where there are turkeys to be stuffed and stockings to be hung from the chimney with care. During the hustle and bustle, every minute counts.

Also back in real life, we find real human beings. Some of them may have traveled hundreds of miles to spend time together. Connecting with them in a deep and present way isn't possible when we continually check in with our devices.

"We have to all work and be even more intentional about having face-to-face time and interactions with people," said Audry Van Howeling in an interview with *The Nugget*. Founder

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SISTERS AREA MEETING CALENDAR

BOARDS, GROUPS, CLUBS

Al-Anon Mon., noon, Shepherd of the Hills Lutheran Church / Wed., 6 p.m., Episcopal Church of the Transfiguration. 541-549-8737 or 541-549-1527.

Alateen Thursday, 7 p.m., Episcopal Church of the Transfiguration. 541-549-1527.

Alcoholics Anonymous Thurs. & Sun., 7 p.m., Episcopal Church of the Transfiguration / Sat., 8 a.m., Episcopal Church of the Transfiguration / Mon., 5 p.m., Shepherd of the Hills Lutheran Church / Big Book study, Tues., noon, Shepherd of the Hills Lutheran Church / Gentlemen's meeting, Wed., 7 a.m., Shepherd of the Hills Lutheran Church / Sober Sisters Women's meeting, Thurs., noon, Shepherd of the Hills Lutheran Church / Step & Tradition meeting, Fri., noon, Shepherd of the Hills Lutheran Church. 541-548-0440.

Alzheimer's & Dementia Caregiver Support Group 1st Tuesday, 11 a.m., Sisters City Hall. 800-272-3900.

Black Butte Ranch Bridge Club Tuesdays, 12:30 p.m., BBR community room. Partner required. 541-595-6236.

Central Oregon Fly Tyers Guild For Saturday meeting dates and location, email: steelefly@msn.com.

Central OR Spinners and Weavers Guild One Saturday per month, Jan. thru Oct. For schedule: 541-639-3217.

Council on Aging of Central Oregon Senior Lunch Tuesdays, noon, Sisters Community Church. 541-480-1843.

East of the Cascades Quilt Guild 4th Wednesday (September-June), Stitches Post. All are welcome. 541-549-6061.

Friends of the Sisters Library Board of Directors 2nd Tuesday, 9 to 11 a.m., Sisters Library. www.sistersfol.com.

Go Fish Fishing Group 2nd Monday, 7 p.m. Sisters Community Church. All ages welcome. 541-771-2211.

Heartwarmers (fleece blanketmakers) 1st & 3rd Tuesdays, 1 p.m., Sisters City Hall. Materials provided. 541-408-8505.

Hero Quilters of Sisters Thursday, 1 to 4 p.m. 541-549-1028 or 541-719-1230.

Military Parents of Sisters Meetings are held quarterly; please call for details. 541-388-9013.

Oregon Band of Brothers – Sisters Chapter Wednesdays, 11:30 a.m., Takoda's Restaurant. 541-549-6469.

SAGE (Senior Activities, Gatherings & Enrichment) Monday-Friday, 11 a.m. to 4 p.m. at Sisters Park & Recreation District. 541-549-2091.

Sisters Family Aglow Lighthouse 4th Saturday, 10 a.m., Ponderosa Lodge Meeting Room. 503-930-6158.

Sisters Area Photography Club 2nd Wednesday, 4 p.m., Sisters Library community room. 541-549-6157.

Sisters Area Woodworkers 1st Tuesday, 7 to 9 p.m. 541-639-6216.

Sisters Astronomy Club 3rd Tuesday, 7 p.m., SPRD. 541-549-8846.

Sisters Bridge Club Thursdays, 12:30 p.m., The Pines Clubhouse. Novices welcomed. 541-549-9419.

Sisters Caregiver Support Group 3rd Tues., 10:30 a.m., Shepherd of the Hills Lutheran Church. 541-771-3258.

Sisters Cribbage Club Wednesdays, 11 a.m. to 1:30 p.m., Ray's Food Place community room. 541-923-1632.

Sisters Habitat for Humanity Board of Directors 4th Tuesday, 6 p.m. Location information: 541-549-1193.

Sisters Kiwanis Thursdays, 7 to 8:30 a.m., Brand 33 Restaurant at Aspen Lakes. 541-410-2870.

Sisters Meditation Group Mondays, 5:30 p.m., Tuesdays, 4 p.m. 420 N Tamarack St. Text only (no voice) to 541-207-7266.

Sisters Parent Teacher Community 2nd Tuesday, 6:30 p.m. at Sisters Saloon. 541-480-5994.

Sisters Parkinson's Support Group 2nd Tuesday, 1 p.m., Sisters Community Church. 907-687-8101 or 541-668-6599.

Sisters Red Hats 1st Friday. Location information: 541-279-1977.

Sisters Rotary Tuesdays, noon, Aspen Lakes Lodge. 541-760-5645.

Sisters Trails Alliance Board 1st Wednesday, 5 p.m. Sisters Art Works. Public welcome. 541-719-8822.

Sisters Veterans Thursdays, noon, Takoda's Restaurant. 541-903-1123.

Three Sisters Irrigation District Board of Directors 1st Tuesday, 4 p.m., TSID Office. 541-549-8815.

Three Sisters Lions Club 1st Thursday, noon, Ray's Food Place community room. 541-419-1279.

VFW Post 8138 and American Legion Post 86 1st Wednesday, 6:30 p.m., Sisters City Hall. 541-903-1123.

Weight Watchers Thursdays, 8:30 a.m. weigh-in, Sisters Community Church. 541-602-2654.

SCHOOLS

Black Butte School Board of Directors 2nd Tuesday, 5 p.m., Black Butte School. 541-595-6203.

Sisters Christian Academy Board of Directors 2nd Thursday, 8 a.m., RE/MAX office. 541-549-4133.

Sisters School District Board of Directors One Wed. monthly, SSD Admin Bldg. See schedule online at www.ssd.org. 541-549-8521 x5002.

CITY & PARKS

Sisters City Council 2nd & 4th Wednesday, 6:30 p.m., Sisters City Hall. 541-549-6022.

Sisters Park & Recreation District Board of Directors 2nd & 4th Tuesdays, 5:30 p.m., SPRD bldg. 541-549-2091.

Sisters Planning Commission 3rd Thursday, 5:30 p.m., Sisters City Hall. 541-549-6022.

FIRE & POLICE

Black Butte Ranch Police Dept. Board of Directors Meets monthly. 541-595-2191 for time & date.

Black Butte Ranch RFPD Board of Directors 4th Thursday, 9 a.m., Black Butte Ranch Fire Station. 541-595-2288.

Cloverdale RFPD Board of Directors 3rd Wed., 7 p.m., 67433 Cloverdale Rd. 541-548-4815. cloverdalefire.com.

Sisters-Camp Sherman RFPD Board of Directors 3rd Tuesday, 5 p.m., Sisters Fire Hall, 541-549-0771.

Sisters-Camp Sherman RFPD Drills Tuesdays, 7 p.m., Sisters Fire Hall, 301 S. Elm St. 541-549-0771.

This listing is for regular Sisters Country meetings; email information to lisa@nuggetnews.com