



**Canyon Creek Pottery**  
541-390-2449  
Visit our website at CanyonCreekPotteryLLC.com  
310 N. Cedar St.

Join us for traditional holiday fun!  
**Gingerbread Cookie Decorating!**

**Wednesday, December 4**  
7 a.m. to 8 p.m.  
They will be baked and ready to decorate!

**St. Lucia's Day**  
**Friday, December 13**  
7 a.m. to 8 p.m.  
Enjoy traditional Swedish Prinsesstårta Cake!  
Kindergartner Concert at 12:15

541-588-0311  
201 E. Sun Ranch Dr.,  
Mon-Sat 7 a.m. to 4 p.m.




**Hood Avenue Art**

**Affordable gifts of art, jewelry, pottery & more!**

541-749-1800  
ON THE CORNER OF  
S. PINE ST. & W. HOOD AVE  
INFO@HOODAVENUEART.COM

*I would like to wish you and yours a very happy holiday season!*

Come see me in my new office in Sisters at Black Butte Realty Group.  
Focusing on Black Butte Ranch, Camp Sherman, Sisters, Eagle Crest and surrounding areas.

**Corrie Lake | 541-521-2392**  
corrielake.realtor@gmail.com



414 W. Washington Ave.,  
Sisters, Oregon

**Holiday Special...**  
**Kristi Moomey Jewelry!**

Natural gemstones, turquoise, leather, driftwood, Heishi beads, composite materials.  
(Good through 12/24/19)

**20% OFF!**



**Antler Arts** EST. 1995

**VISIT OUR STORE 7 DAYS A WEEK**  
311 E. CASCADE AVE., SISTERS | 541-549-4251

## See's Candies sale aids community

Giving the gift of chocolate while at the same time helping your community sounds like a delicious win-win.

The Kiwanis Club of Sisters is holding their annual See's Candy Sales fundraiser out of an RV trailer parked in Ray's Food Place parking lot through Tuesday, December 24 (sooner if all the candy is sold).

Hours are 10 a.m. to 6 p.m. every day, Monday-Sunday, with the exception of a half-day on Thanksgiving. Sales are conducted by Kiwanis members and sales support Kiwanis in their efforts to provide scholarships and career-change assistance among other service



projects that help to strengthen the Sisters community. Every penny of profit goes back to the local community.

## Enjoy a phone-free Thanksgiving

— By T. Lee Brown, Correspondent —

"No one knows for sure what happened at the original Thanksgiving, but I am fairly confident that it did not involve a group of people hunched around a table posting turkey photos to Instagram," wrote Catherine Price this week.

In her free Screen/Life Balance newsletter, Price wrote that she's "pretty sure whoever invited you to join them for Thanksgiving" doesn't want to be rewarded with a "table of guests with their noses in their phones."

Thanksgiving today, for many Americans, represents a time of gathering together with family — whether that means our relatives and birth families, or a "chosen family" of friends and compatriots. Connecting, showing gratitude, and expressing thanks are on the traditional Thanksgiving agenda.

Screen time and digital-device use has been shown to disrupt the natural bonding processes that happen between human beings. While using phones or video games, people dissociate from their bodies and their immediate surroundings.

That means they can't truly connect with each other, or be aware enough of their real-life world to feel deeply thankful.

Price offered several tips to break the phone and screen habit for a day, or even just during Thanksgiving dinner itself. She wrote that "this can be a hard ask to make of your guests, especially if the subject hasn't come up before."

Basic instructions include:

1. Warn your guests ahead of time that phones will not be welcome at the Thanksgiving table.

2. Bring out a nice-looking basket, bowl, or box where everyone can put their phones during dinner.

3. An optional third step is to take a photo of everyone gathered around the dinner table.

4. Ask everyone to turn off their notifications or turn phones off entirely.

5. Put all phones in your attractive container, and hide it away in another room, out of sight.

Sample emails and texts are available for the warning to send your guests ahead of time. Price's free online toolkit also contains helpful prompts for getting guests talking at the table.

The author of "How to Break Up with Your Phone" and founder of Screen/Life Balance, Price told *The Nugget* she believes it's possible to use technology wisely. She offers personal coaching, programs, and free tips to help people get a grip on their media and digital-device use.

"More and more people are realizing that the time they spend on their phones doesn't always make them feel good," Price said, "and that staring at our screens is having negative effects on our brains and bodies."

For a full phone-free Thanksgiving toolkit and other resources, see [www.screenlifebalance.com](http://www.screenlifebalance.com).

## Antler Arts

"I've driven by here for years but never been in, I had *no idea* you had so many beautiful things!"

Antler Arts hears that all the time. The Sisters shop is a true treasure trove — so here's a short list of some of the locally handcrafted gifts that can put the *ho-ho-ho* in your holiday gift-giving.

Let Antler Arts' personal shoppers help you with: jewelry; Western art; belt buckles; bolos; steak and hunting knives. Find wine, spirit, and serving accessories; antler guitar stands; toys; Western boots; books; hides; pelts and Native American baskets and dream-catchers. Pick up walking sticks; shed antler chandeliers and floor and table lamps; moose and elk candelabras. Find shed antler wedding cake toppers and décor; lodge-style furniture and antler pet chews.

They also have gift baskets, and if you're not sure just what to get, a gift certificate is always a welcome gift. It gives your friend or loved one a chance to come in and explore for themselves!

