



## Of a certain AGE

Sue Stafford, Columnist

### A little time-out

Glancing down as I walked the dog along the creek bed, my eye was caught by a thin, rectangular, gray stone. I was compelled to pick it up and run my hands over its satiny surface and put it in my pocket to bring home.

I have become somewhat of a rockhound over the years. Instead of T-shirts and knickknacks from trips, I have opted to bring home stones from places of significance to me. The Russian River in northern California provided a number of rocks I collected while training as an expressive arts therapist over several years of weeklong retreats in Geyserville. One of my favorites is a small heart-shaped blood-red stone with white marbling.

There are several stones taken from the southern shore of Ireland while visiting where some of my paternal ancestors came from.

On a trip to the grave of my great-great grandmother, who died on the Oregon Trail in Wyoming in 1852, I brought back several stones from her gravesite and others from ruts of the Oregon Trail. On another trip, one larger rock, that sits on my front porch, came from the campground in eastern Oregon where the ancestors' wagon train left the Snake River and headed west to the Willamette Valley.

The newest member of my collection, from

Whychus Creek, has been sitting on my kitchen counter, encouraging me to think about the forces of nature that smooth out the wrinkles of creekside rocks – freezing temperatures that break rocks apart, the power of water that wears down a rock's surface, and the tumbling of rocks against one another.

I have also been reflecting on comparable forces in my own life that have, as I often say, knocked off my sharp corners and edges. Like the stones, I have been worn to a smoother surface by life events and people. The latest event started with an unbroken fall in early October when I landed flat on my face, hitting my head and breaking my nose. For the first several months after the fall, my nose healed and I seemed to have escaped any other injuries.

However, since December, I have been experiencing a variety of symptoms – headaches, brain fog, dizziness, confusion, and memory issues. Are they post-concussion symptoms, something else entirely, or a combination? My calendar has been full of appointments to deal with my current conditions and more are scheduled.

These past several months have certainly increased my appreciation for my mental capabilities and what it is like to be dealing with limitations that dictate what I can and can't do. This has been a very humbling experience.

As hard as I have pushed to keep my regular schedule and meet writing deadlines, it is time for me to take a full rest and temporarily put my writing on hold. Hopefully, this will be a short hiatus, but the health of my brain and its cognitive functioning must take precedence.

I hope to be back on the pages of *The Nugget* soon. To all who have provided words of encouragement and offers of help, a sincere thank-you.

# Leap into Fourth Friday Artwalk

By Helen Schmidling  
Correspondent

It's the eve of Leap Day, Friday, February 28 — and it's the day of the Fourth Friday Artwalk through the galleries of Sisters. Folks in Sisters will head downtown between 4 and 7 p.m. to see friends, enjoy refreshments, and purchase art and more for the season.

Hood Avenue Art's theme is "The Perfect Artistic Vision: Exploring the Vision of all of the Gallery Artists."

Sisters artist Clarke Berryman will also debut new paintings at Gary Cooley's Collection Gallery.

The Clearwater Gallery is hosting a three-dimensional show featuring Sisters woodworker Bob Bosquet, Bend potter Molly Newburn, gourd artists Terry Davis and Chris Warren, and basket and gourd artist Leslee Burt.

Stitchin' Post's featured artists are members of the Journeys Art Quilters Group. Journeys is a group of 12 textile artists that have been meeting on a regular basis for more than 10 years. They come together to support one another in their journey, sharing techniques, successes and challenges. The show, opening February 28 and running through March 24, is an eclectic group of works showcasing the diversity of style and techniques of the individual members.

Members include Judy Beaver, Helen Brisson, Shelia K. Finzer, Betty Gientke, June Jaeger, Jean Wells Keenan, Tonye Phillips, Donna Rice, Martha Sanders, Marion Shimoda, Mary Stewig, and Jan McBrien Tetzlaff.

New to Artwalk is Bryan Lee Brown, custom jewelry designer. His studio is located in the Three Creeks Building, corner of West Hood Avenue

and South Ash Street. Brown's one-of-a-kind creations include mokume gane and lapidary, and he also does custom design, jewelry repair and restoration.

Sisters Gallery & Frame Shop will show new work by Paul Alan Bennett and Dennis Schmidling, and Jennifer Hartwig will be demonstrating scratchboard and taking signups for a new series of classes. After creating a linocut print called "Reflection,"

Bennett dissected proofs of the black-and-white image and pieced them back together like a quilt. One of these, called "The Tempest," will be on display.

Wildflower Studio will be open with wine, appetizers and art for all.

Rachel Moore's work is on the wall at the Good Day Café from February 27 to the end of March. Her pieces are contemporary landscapes in black ink and one large acrylic painting of the Three Sisters.

Sisters Cascade features "Unchained with Love," jewelry that contains a link of a chain from a dog set free by the nonprofit Fences for Fido. All proceeds from the sale of these items, designed and made by Sana Hayes, are donated to the organization.

Antler Arts Gallery will feature their antler lighting and chandeliers by Brian Black.

Stop by other galleries, including Grizzly Ridge Upcycle, Dyrk Godby Gallery, and the supporting businesses of the Sisters Arts Association.



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Molly Newburn's work will be featured at The Clearwater Gallery.

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