

Commentary... Artisans 're-enchant' Sisters Country

By Jim Cornelius
Editor in Chief

"If America could be, once again, a nation of self-reliant farmers, craftsmen, hunters, ranchers, and artists, then the rich would have little power to dominate others. Neither to serve nor to rule: That was the American dream."
— Edward Abbey

Modern living offers us many blessings. Who would seriously want to live in a world without antibiotics and hot showers? But our modern comforts and conveniences come with a cost. Most folks are completely disconnected from where their food comes from. Tools, appliances, and furniture are deliberately designed to fall apart and be replaced; repairing things is a dying art.

It's hard to find "stuff that works; stuff that holds up... stuff that's real."*

We're not only filling landfills with our junk, we're also fraying the solid yeoman's culture that lay at the bedrock of America's founding. We're surrendering our autonomy and self-reliance to unfathomably wealthy and powerful global megacorporations that keep supplying us with dubious "needs" and profiting off of planned obsolescence.

All is not lost, though. A cultural movement is growing that runs counter to the mainstream current. Small farmers and ranchers are producing quality, wholesome foodstuffs for their neighbors — who not only know where their food comes from, they



ISTOCK.COM/LAKSHMI3

know the people who grow it. Craftsmen are building stuff that's real, heirloom quality functional art that profoundly enhances the quality of our lives.

Central Oregon is chock-a-block with artisans creating everything from foodstuffs to furniture, musical instruments to decorative arts. Turns out, our region is at the epicenter of a worldwide movement of creative entrepreneurs — in the parlance of the moment known as "makers."

Blogger Joy Poe noted in a June 4, 2020 post at ToughNickel.com that:

"Today, almost every government in the world is researching the economic impact of the creative industries in their country. The study by the British Council concludes that small businesses 'at the cutting edge of creativity, may not only be of growing economic significance, but in some sense, are a harbinger of a whole new economic order.'"

In an essay on "The artisanal movement, and 10 things that define it," Grant McCracken cites farmer's markets as an avatar of the movement:

"The best example here perhaps is the farmer's market.... (W)e want to see the face of the man who grew the food and shake his hand. We prefer to deal with a small retailer, someone who calls us by our first name, and knows our tastes so well, he sets things aside awaiting our arrival on Saturday morning. It is as if we have declared war on anonymity. It is as if we are attempting to 're-enchant' the world with personalization."

It is our good fortune to live in a thoroughly "re-enchanting" corner of the world, a region at the forefront of a movement that is bringing back to life values of simplicity, authenticity and quality — stuff that works.

*Hats off to Guy Clark: Craftsman.



Fit For Sisters

Andrew Loscutoff
Columnist

Don't let perfect be the enemy of good

In health and fitness there is a common fallacy that leaves some people stuck and not making progress. This person's intentions are pure, their motivation high. It's not lack of ability; the cards aren't stacked against them; they are not "too far gone."

This person leads a perfect life four or five days a week then when something derails perfection, it's all over.

A person chasing perfection will sideline basic skill, habit, and behavior-building and seek out absolute purity. Once perfection cracks, all is out the window and their feelings plunge to the negative, condescending, and harsh, depleting their ego. This depleted ego turns to comfort and indulgence.

All of the sudden the perfectionist is on a bender, pounding donuts and ice cream.

Back to square one. It's Monday and this will all change. Starting again with a no-carb, no-sugar, 60-minutes-of-cardio, 30-minutes-of-weights, leading a don't-eat-this-make-sure-that's-organic pure, yoga lifestyle of perfection. Thursday strikes and a pounding headache means skipped morning cardio. Then a cookie tray is brought over from the neighbor. Time runs out for dinner — gotta order fast takeout. To hell with it. Off the rails. Back at it Monday morning.

Does this at all sound familiar? It's a story that many have imitated. The key to lifestyle is first "life." Follow the basics: nutrition, exercise, and health all revolve around some very simple principles. If adherence is 80 percent, that will produce 95 percent of your results. Allow for a cookie and extra cup of coffee. Live with freedom — but know that on a day-to-day basis you must be flexible and just do the best you can.

Over-analysis of the latest nutrition fad, or getting obsessed with a new trendy workout, lifestyle hack, or wellness mantra will be a house of cards that will topple at first breeze of life's challenges.

Don't allow perfectionism to stand in the way of pretty darn good!

NuggetNews.com

Gypsy Wind Clothing

SUNDRESSES, SUN TOPS & COTTONS!

HOURS: WED.-SAT., 10 A.M.- 4 P.M.

Painted Lady Antiques

Come explore Sisters' newest Antique Store!

Delivery available!
541.904.0066
141 E. Cascade Ave., Suite 104
Open 10 a.m. to 5 p.m.
7 days a week

THE GARDEN ANGEL

Organic landscaping...
We feed the soil!

Have a great summer, Sisters!

23 years in business • LCB#9583
541-549-2882

RUNNING WILD!

Table Runner Pattern & Kit from local artist Tonye Phillips & Stitchin' Post

Stitchin' Post
SEWING & FIBER ARTS
EDUCATION, INSPIRATION & CREATIVITY

stitchinpost.com
311 W. CASCADE AVE. SISTERS, OREGON - (541) 549-6061

SISTERS COFFEE CO.

WELCOME to the SISTERS COFFEE CURBSIDE CAFE

open every day 7am to 4pm

Please place your order at the front door and pay with a card if you can.

THANK YOU for your continued support!

THANK YOU SISTERS!

Open 7am-4pm Coffee Roasted Daily 273 W Hood Ave. Sisters, OR