

Learn how to Nourish Your Heart

Have some fun celebrating National Heart Month by participating in the Nourish your Heart interactive public workshop at the Oregon State University Extension Service office in Redmond. The session will be held on Tuesday, February 23, from 9 a.m. to noon.

Participants can get involved in hands-on activities and discussions, recipe preparation and sampling, and they'll receive materials such as handouts and healthful recipes to take home. Additionally, these classes meet the Health Engagement Model (HEM) requirement for some insurance companies. The class fee is \$7.

This lesson is designed to help people 50 and older develop strategies to reduce their risk of developing chronic diseases — but any adult can benefit from the information. It is part of the “Nourishing Boomers and Beyond” series. Visit the website at www.ndsu.edu/boomers if you aren't able to attend the class, want more information

about a topic covered in the class, or to sign up for the e-newsletter.

The program may also help you to:

- Cope with and relieve stress;
- Learn ways to stretch your food dollars and still serve nutritious meals;
- Get reliable, research-based information to help you sort out fact from fiction when you are looking for health information from various sources;
- Learn more about prescription and nonprescription medications and how food can interact with them.

“Our goal is to provide nutrition and overall wellness education and online support to help adults sustain a healthy lifestyle,” says Glenda Hyde, OSU Extension faculty.

Call the OSU Extension office in Deschutes County to register by Friday, February 19, at 541-548-6088. Class size is limited. For more information contact Glenda. hyde@oregonstate.edu.

Wrestlers host dual meet

By Rongi Yost
Correspondent

The Outlaws lost 52-22 in a dual meet against Cottage Grove at home on Thursday, January 28.

Four of the Outlaws had impressive performances and won their matches.

Casey Warburton (195 pounds) wrestled one of his best matches of the year. Warburton went three rounds with Kevin Dennis and won the match 12-3.

“Casey’s improvement from last year has doubled, and I am thrilled with his performance,” said Coach John Downs. “It was great to see how Casey’s cardio has improved. It was exciting to see Casey running moves continuously, and using his tenacity to wear down his opponent.”

Zach Reid (132 pounds) also wrestled well, and quickly pinned Rufus White in 24 seconds.

“Zach has been wrestling just as well at these duals as he has wrestled at the tournaments,” said Downs. “He is still winning and improving at each tournament and dual with his determination and skills.”



PHOTO BY JERRY BALDOCK

Casey Warburton wrestles and defeats Cottage Grove in 195 weight class.

Downs told *The Nugget* that Jake Stevens (145 pounds) continued to impress the coaching staff with another win. Stevens won by a fall over Lucas Swearingin.

“Jake is definitely stepping up for the team when the team needs it the most,” said Downs. “I am very proud of Jake, as he is becoming quite the leader for the Outlaws wrestling team.”

Freshman Dalton Ford (113 pounds) had an impressive match and pinned his

opponent in less than a minute.

“Even though the team score doesn’t reflect it, the Outlaws cardio and skills are improving, and they are getting ready for the Regional Championships in three weeks,” said Downs.

The Outlaws will wrestle at Elmira on Thursday, February 4, and the following week, Tuesday, February 9, Sisters matmen will wrestle at home against Junction City.

Winter Carnival

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