



## Fit For Sisters

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Columnist

### Keeping on track through the holidays

2016 is drawing nearer to an end, and the holiday season is here. With cold weather and short days, celebration with family and friends is an appropriate way to maintain sanity and enjoy the waning days of the year.

Often, the holiday season is an easy excuse for gluttony and indulgence. This lapse of self-control leads to added pounds and waist measurements. Anyone who is attempting to keep their diet in check is faced with a difficult road. It's not easy or feasible to exclude the foods that everyone else is enjoying; however, there are some tricks to keeping oneself satisfied, and in check during the holiday season.

Many people are unaware of the psychology of food

choices. Often, people eat not because they need the nutrition or are hungry, but because of the effects food has on our brain. Even just seeing an image creates the desire to want something. This is the common "cookies on the table" paradox. If left in plain sight, a plate of cookies quickly vanishes as someone goes in and out of the kitchen. One leads to another, which leads to another, and soon the empty plate sits lonely on the counter. Even if someone isn't hungry, it is irresistible.

In order to keep the cookies or sweet treats in check, keep them out of sight, make them into smaller pieces, or only leave as many out as is sensible.

It is also true that serving size is directly correlated to the size of the dining ware on which the food is served. The bigger the plate, the bigger the serving size and amount eaten. This is also a paradox with package size. The bigger the package, the more of it is likely to be eaten. This is where the big spreads at the holidays get people into trouble: they see the large quantity and unconsciously match this with a large portion size. Smaller plates, smaller sized foods, and only plating modest serving trays will be a great way to avoid the stomach-splitting overeating many people experience.

One of the hardest things

to avoid at the holidays is the sweet treats. Whether at a holiday party, or a spread on the breakroom table, it seems like they multiply without ever slowing. One thing to consider about sweets is the initial taste, or first few bites are often the most rewarding, delivering the biggest sense of satisfaction. After the first few bites, there is diminishing reward. A good strategy with treats is to have a bite or two and to leave it at that. This is challenging, but asking oneself if the cookie or candy will be any better than the first bite or two will reframe the reason why you're eating it in the first place.

The holidays are a happy time to be spent with family and friends. Don't let dietary dilemmas sour the celebration. Moderation is key, and enjoying yourself can be done while still keeping to a nutritious diet. The best piece of advice might just be to focus on doing a few things really well, and not trying to do too much. Perhaps instead of two rolls with butter someone could enjoy more salad. Maybe one of each cookie isn't as good as an idea as picking a favorite or two. Enjoy, but be mindful. This holiday season be aware of the pitfalls, and use tactical approaches to manage the sticking points.

Above all, enjoy the time with family and have a happy holiday!

## DA drops some charges against protesters

By Andrew Selsky  
Associated Press

PORTLAND (AP) — Facing a huge backlog of cases, prosecutors in Portland have dropped more serious charges against the more than 100 protesters who have been arrested in the city since Trump was elected president.

The protests continued on Monday, November 14, as hundreds of high school students took to the streets, chanting slogans like "Peaceful Protest" and "No Trump, No KKK" as they marched across the city in the rain.

Almost a week of anti-Trump protests in Portland have ranged from peaceful to violent, when vandals smashed windows of businesses and cars and caused other mayhem. Portland Mayor Charlie Hales on

Monday accused them of "criminal behavior."

Police and prosecutors focused on the vandals, putting photos of them online and asking the public to help identify them or to contribute their own photos or video of them damaging property.

But nearly all of the more than 100 people who were arrested on charges such as attempted assault on a peace officer and disorderly conduct will instead receive traffic citations for failing to obey a police officer, according to a joint statement from Portland police and the Multnomah County District Attorney's office. That offense is punishable by a fine of up to \$1,000.

The statement said the "sheer number of arrests during protests over the last several days has been an exceptional event."

### Big River...



PHOTO BY JERRY BALDOCK

The Sisters High School Choir entertained with a medley of songs from the musical "Big River" last week.

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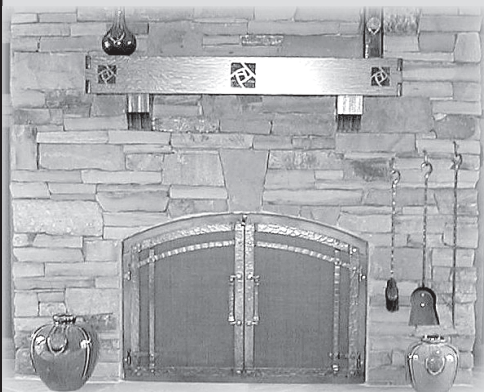
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