

No G.I. Bill for Ore. Marine reservists deployed to Honduras

By Bennett Hall
Gazette-Times

CORVALLIS (AP) — When Marine Corps reservist Daniel Ha was offered the chance to take part in a humanitarian mission to Honduras, he was excited for the opportunity.

The 24-year-old Corvallis resident had been drilling with his unit — the Springfield-based Engineer Services Company, Marine Combat Logistics Battalion 23 — one weekend a month and two weeks a year, but this would be his first full-fledged deployment.

“That’s what I signed up for,” he said.

Along with nearly 200 other Marine reservists, including 36 from Oregon, Ha was put on active duty in March. After three months of training at Camp Lejeune, North Carolina, the group shipped out to the Gracias a Dios province of Honduras, where they spent the next six months as part of a Marine task force. While there, they built a schoolhouse, renovated a hospital and completed a number of other aid projects in rural areas of the Central American country.

But when he and his fellow reservists got back to the States just before Thanksgiving, they found that unlike the regular Marines who took part in the Honduran deployment, the reservists would not be receiving any credit toward their G.I. Bill and other benefits for their active duty.



Fit For Sisters

Andrew Luscutoff
Columnist

Get the most out of 2017’s fitness plan

2016 is fading in the rear-view and many people are wondering where the time went. In retrospect, it’s easy to look back and see many of the successes and botches of 2016 and strive to make 2017 even better.

This is where ambitious new year’s resolutions originate from. Many people will begin with a vivid imagination on the fitness goal they want to accomplish. They’ll lose 20 pounds, run a marathon, all the while cutting out carbs and the bad habits that hinder them.

Everyone inherently wants to be better, do better and feel better. Often, people set themselves up for

failure by imagining a utopia of health and wellness which they aren’t prepared for or committed to executing.

Part of what makes us so bad at setting goals is the cognitive biases we all subconsciously fall into. A cognitive bias is a chain of thought in which a person uses to reason. These thoughts make sense to them, but when examined closely aren’t quite sound. This article will expose a few, with strategies to overcome them.

First and foremost: the “John Henry bias.” This form of thinking aligns with the classic tale of John Henry, the man who raced against a machine to tunnel through the mountain. In this mindscape, someone believes that anything can be accomplished as long as they just work hard enough. There are many holes in this thought, especially related to fitness. One cannot overcome the limitations of time or physical limitations. Once the body becomes alert to too much activity, or too little food energy coming in, it will stunt the metabolism and slow down activity.

A good way to overcome this fallacy is to be more practical with one’s limitations. Base activity on realistic expectations. If you’re currently not exercising at

all, going for an hour a day will quickly lead to burnout. Look to only increase current activity 10 to 20 percent in total every two to four weeks. Take time off, and follow the 80/20 rule: 80 percent of the time follow the plan while 20 percent can deviate based on how you feel.

The “immediate payoff bias” sells millions of dollars worth of diet books, infomercial fitness equipment, and fuels the growing cult of gurus who claim more results in half the time. It afflicts the person who comes in and is driven to lose 20 pounds in a month. While this can be done, the effect will not last. This is because the shock to the body creates an insurmountable rebound where the body desires to get back to the setpoint previous to the change.

A realistic expectation is the way to transcend the bias. You likely didn’t gain the weight as fast as you aspire to take it off. A maximum of two pounds a week is probably the limit for sustainability.

A “self-projection bias” is the thought that the person you are now will have the same motivation, ambitions, and goals as your future self. How many times have we all changed our minds, thought one thing only to

desire another? Trying to imagine or predict the future is a fool’s errand. This is why people who sign up for something that may sound like a good idea at the time burn out. An Ironman triathlon turns into a tortuous part-time job of balancing pool swims, treadmill runs, and mile upon mile of cycling. You liked the thought of a hard event to train for, without considering if you’d have that same desire after six months of labor.

To overcome this, look at your activity as something that can be made fun, un-restricting, that provides social support. Things such as cycling, group exercise classes, or diet groups make this an easy way to have others around but also provide a bit more fun than a five-hour spin on a cycling trainer.

Goals will be made this new year, and many will not be reached. Don’t let this be a deterrent, because a lesson or two can be learned along the way. If a person improves 10 percent from the past year, adopts a habit or two that stick, or just starts to believe in themselves, it can go a long way. Take easy wins, recognize them, and have some pride in that. While the years tend to blur along, taking it one day at a time is essential to success.

Wishing you a safe & happy HOLIDAY SEASON
Designate a driver!
DAVIS TIRE 541-549-1026
Saving Sisters Since 1962
188 W. Sisters Park Dr. In Sisters Industrial Park across from SnoCap Mini Storage

Bone loss begins after age 30. Research has discovered 12 yoga poses that can improve bone density, strength & balance.
Yoga for Stronger Bones
5-WEEK WORKSHOP
Instructor, Jane Burkholder, RYT500
Thursdays 1/5 - 2/9 | 9 to 10:15 a.m. | \$65
LifeLoveYoga.com | 164 N. Elm St. | 541-588-0132

THE GALLERY RESTAURANT AND BAR
HAPPY NEW YEAR
SOUP OF THE DAY
December 28th - January 3rd
Wed Vegetable Beef Sun Beef Noodle
Thurs Jalapeño Potato Mon Tomato Gorgonzola
Fri Clam Chowder & Vegetable Tues Cheesy Chicken Broccoli
Sat Chicken Barley
Breakfast & lunch 6:30 a.m. to 2:30 p.m.
Nightly dining until 10 p.m. (21 & over)
171 W. Cascade Ave., Sisters | 541-549-2631
Orders to go welcome

SPRD SISTERS Park & Recreation DISTRICT
SISTERS SHOOTOUT series
JANUARY 14-15
FEBRUARY 18-19
120 teams from all over Oregon
Boys & Girls • Grades 5-8
Dunk • Hot Shot • 3-point Contests!
A fundraiser for Outlaws Boys Basketball
View activities & classes, and register online!
www.SistersRecreation.com
1750 W. McKinney Butte Rd. | 541-549-2091

SNO CAP MINI STORAGE
Sisters Industrial Park
157 Sisters Park Dr. • 541-549-3575
www.SistersStorage.com
• State-of-the-art Security Technology
• Sizes from 5x5 to 12x40
• Individual Gate Codes
• Long-term Discounts
• On-site Manager

Old-School BARBER SHOP
Veterans Discounts & Hot Shaves!
OUTLAWS
Walk-Ins NEW Location! No appt. needed
BARBER SHOP
161 Elm St., #D (Next to Metamorphosis)
541-549-9000
Tues-Fri 8 AM-5 PM Sat 8 AM-3 PM
NEW! POOL TABLE COMPLIMENTARY BEER ON TAP!