

Nourish your heart with OSU Extension Service

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 on Wednesday, February 15, from 9 a.m. to noon. The class fee is \$15. Class size is limited.

Participants will enjoy hands-on activities and discussions, recipe preparation and sampling. The lesson includes handouts and healthful recipes to take home. Additionally, these classes meet the Health Engagement Model (HEM) health education requirement for some insurance companies.

This lesson will help people 50 and older develop strategies to reduce their risk of developing chronic diseases. Any adult can benefit from the information, though.

The class is part of the "Nourishing Boomers and Beyond" series. Visit the website at <http://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 tasty, nutritious meals.
- Get reliable, research-based information to help you sort out fact from fiction when you're looking for health information.
- Learn more about prescription and nonprescription medications and how food can interact with them.

"Our goal is to provide nutrition and overall wellness education with optional, online support to help adults sustain a healthy lifestyle," said Glenda Hyde, OSU Extension faculty.

Call the OSU Extension office in Deschutes County to register by Monday, February 13 at 541-548-6088 to register. Class size is limited. For more information contact Glenda.hyde@oregonstate.edu.

Girls hoops can't snap losing streak

By Rongi Yost
Correspondent

The Lady Outlaws have been playing hard, but can't seem to put it all together for four quarters for a win.

Sisters lost all three of their games this past week and are currently 1-7 overall. The Outlaws lost 45-24 at Junction City on Tuesday, January 24, and three days later fell 48-24 at home against Elmira. On Saturday, the team played Yamhill-Carlton at home and got beat 54-32.

In Tuesday's contest, it was as if there was a lid over the top of the basket. The Outlaws got off to a very, very slow start and were held scoreless in the first quarter. They didn't make even one basket from the field the entire first half. Their three points in the second quarter all came from the free-throw line. At the half, Sisters trailed the Tigers 18-3.

The Outlaws did much better in the second half, but at that point it was too late to make a difference in the outcome.

Amanda Smith scored five points, and Rylee Weber and Sydney Head each added



PHOTO BY JERRY BALDOCK

Amanda Smith goes up for two for the Outlaws.

four. Olivia Hougham pulled down six boards, had two assists, and one steal.

On Friday, the Outlaws played well in the first half against the Falcons, and only trailed 28-16 at the half. Sadly, they couldn't sustain their play and only scored four points in the second half.

Smith had 12 points, 10 rebounds, two blocks, and one steal.

The Outlaws only shot seven percent from the stripe and 21 percent from the field.

A day later, Sisters fell to Yamhill-Carlton. The team

played well through the first and second quarters, and were only down by four at the half, but fell apart in the second half of the contest.

"The girls just couldn't put a full game together and couldn't get points on the scoreboard," said Coach Alan Von Stein. "They played hard but it was a difficult recovery to have just 18 hours between two games."

The Outlaws had a bye on Tuesday, January 31. On Friday, February 3, Sisters will take on the Huskies at Sweet Home.

JOIN US FOR THE CHAMBER'S ANNUAL AWARDS CEREMONY

THURSDAY, FEBRUARY 16, 2017
FIVEPINE LODGE & CONFERENCE CENTER
5:30pm Social Hour • 6:30pm Awards Ceremony

Heavy hors d'oeuvres and no host bar
\$35/per person • \$280/reserved table for 8

More information or to RSVP by Feb. 14
jeri@sisterscountry.com or 541-549-0251

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