



Fit For Sisters

Andrew Luscutoff
Columnist

Beat the heat!

Sisters residents have long awaited the day when it was truly hot in Sisters. The day has arrived.

Whether your activities bring you to the golf course, the trails, or sets you to paddling a lake, consider these tips to be cool under the sun.

As activity increases, the body begins producing heat as a byproduct of energy usage. This heat needs to be removed from the body, or you will overheat and not be able to continue.

Perspiration or sweating does the trick; sweat glands open up and fluid is secreted onto our skin. The fluid

evaporates off our skin, and this vapor brings some of the heat with it. It is a heat transfer from your body to the air.

How much someone sweats is also a factor. The more acclimated someone is to hot weather, the more they'll sweat. The body gets more efficient in order to release more heat. Someone exercising for the first time of the season may not sweat as much; thus they'll overheat more quickly.

It is important to remember that losing too much fluid through sweat can be a problem. Not only is water lost but also sodium. If our body fluid levels fall too low, symptoms of heat stroke appear. In extreme cases, the kidneys will begin to shut down. In extra-hot weather, it is advised to replace eight to 16 ounces of fluid every half hour with an addition of some sodium (common in all sports drinks).

How can exercise and activity in the hot weather be improved? Until recently, the main goal of heat management was to strive to cool the body. This can be using ice towels, cooling shirts, cold drinks etc. These are effective in the short term, but they are only going to provide treatment of the symptoms.

Now, according to research by the University of Brighton in England, there is some clarity on what really works well for heat acclimation.

Two different groups were studied, exercising in a very warm and

humid lab under different circumstances. One group "pre-cooled" their body with ice, while the other used a warm tub to prime their body for the upcoming exercise bout. They then exercised once in normal temperatures and once again in temps at 99 degrees.

They then ran 5k on treadmills and were scored against their control time. Interestingly the group with the pre-heating was slightly better, showing that someone can prime the body to hot workouts by exposing oneself to the heat first.

The other group, with ice cooling, also did better, but the results were varying and not as pronounced.

The practical implication is "fooling" the body prior to warm exercise by making it think it's cool might not be as effective as attempting to adapt the body to heat will be more effective. If a warm shower prior to a workout is feasible, it may improve heat tolerance.

As the days warm up, here are some other considerations:

- Shorten exercise time.
- Avoid direct sunlight and seek out shade.
- Adjust workouts to earlier in the day (the body and air are cooler at this point).
- Drink plenty of cool fluids.

If you are exercising in the heat and feel dizzy, nauseous, or cramped-up, a break in the shade is warranted. Allow the body to cool before starting again, or if symptoms don't subside, cease activity.

OTELLO: Shakespeare will hit the big screen in Sisters

Continued from page 3

become foes in this dark drama.

Musically, Verdi draws upon Shakespeare's harrowing text to create a score that carries heart-thumping intensity and the results are thrilling: from the violent storm that opens the opera to Iago's blood-chilling Credo and Otello's increasingly desperate duets with Desdemona. Stylistically simple with sliding walls and shifting scenes by Boris Kudlika, the cast exudes Elizabethan glamour in their contemporary costumes by Kaspar Glaner.

"After *Così fan tutte* and *Il Trovatore* last year, it was tough to come up with an encore, but Jonas Kaufmann is the biggest name in opera today and this is another amazing production from the Royal Opera House," said Drew Kaza, owner of Sisters Movie House. "We are pleased to be able to bring such world-class culture to Central Oregon at a fraction



PHOTO BY CATHERINE ASHMORE

Jonas Kaufmann as Otello.

of the cost of seeing it in person."

Sisters Movie House "Summer Sunday Series" featured a John Coltrane documentary in June and will wrap up in August with a digitally re-mastered re-release of "Monterey Pop" to coincide with the 50th anniversary of the iconic music festival from 1967's "Summer of Love."



Sunset Serenades are Back!

Sunday, July 16 at 7 p.m.
— Lino & Friends —
Classical guitar with a generous serving of Latin spice!
FREE concert on the patio!
Come early to pick a great seat and enjoy dinner with friends.

541-549-4653 — Golf —
Aspen Lakes
www.AspenLakes.com
541-549-3663 — Brand 33 Restaurant —

CIRCUIT RIDER
CARPET CLEANING
of Central Oregon

Sisters Owned! *A labor of love*

"Peter is a perfectionist and master of his trade. He worked tirelessly on our carpets until they were immaculately clean. His work is top-notch and we'll definitely have him back."
— Donna and Paul Lipscomb

541-549-6471
35 Years Experience | Peter Herman, Owner

SPRD SISTERS
Park & Recreation
DISTRICT

presents
SISTERS GLORY DAZE
Car Show


Saturday, July 15, 2017 • 10 am to 3 pm
Along East Main Avenue in Sisters
Classic car show for models up to 1989.
Enjoy music, raffle prizes, awards and more!

Contact SPRD for information or to register, 541-549-2091
SistersRecreation.com | 1750 W. McKinney Butte Rd.

SNO CAP MINI STORAGE

- State-of-the-art Security Technology
- Sizes from 5x5 to 12x40
- Individual Gate Codes
- Long-term Discounts
- On-site Manager

Sisters Industrial Park
157 Sisters Park Dr. • 541-549-3575
www.SistersStorage.com


Partners In Care Community Education

Resources for Veterans

Come and learn how our Central Oregon veterans organizations can be a resource for our community.

With a roundtable discussion and Q&A featuring speakers from several local veterans organizations.

July 21
Friday, Noon-1pm
No cost. RSVP required.
Light lunch provided.
Call (541) 382-5882 to reserve your space.
Community Education meets at Partners In Care, 2075 NE Wyatt Court Bend, OR 97701

Hospice | Home Health | Hospice House | Transitions | Palliative Care partnersbend.org