



## Fit For Sisters

Andrew Luscutoff  
Columnist

### Smoky and smoggy — should you exercise?

Sisters Country is not uncommon to a little atmospheric smoke and haze during the dry days of summer fire season when wildfires happen.

Smoky morning haze from a faraway fire with a nighttime inversion and breeze bring light smog and a minor annoyance. This year, however, all residents of Sisters are on high alert as the Milli fire blew up due to a high-wind day which took the fire from a manageable size to thousands of acres in hours.

Air quality plays a role in everyday life, but especially during exercise. As a person begins exertion, their lungs, heart, and energy metabolism increase. Usually, a breath is taken through the nose where fine hairs work as a filter. Exercise usually prompts of breathing through the mouth. Thus, any particles in the air have a clean passage into the

body.

When these particles get into the airway, there can be an asthmatic response, inflammation, and discomfort. These particles may also increase risk of heart attack and stroke by way of oxidative stress on the body. Other acute symptoms include dizziness, headaches, weakness, and tightness in the chest. It's interesting to note that the number hospital admissions for lung and breathing conditions are directly correlated to the air quality. It also appears that a response to smoke is almost that of allergy; it has a genetic component and everyone responds to a varying degree.

In research on the matter, there is little to be said regarding forest fire smoke, but there is a lot of work looking at air pollution from city life. One anecdote: A mountain bike race in China, where many professionals were lined up in order to prepare for the Olympic conditions, saw 42 of the 50 contestants drop out. This was attributed to the terrible air quality in Beijing.

This is alarming to many who work out, but looking at other research is startling because there also seems to be a protective effect for someone who is already fit. In British Columbia, research exposed mice to diesel exhaust — one group who were fit mice, exercising 5 days per week, while the others were couch potatoes. The results were surprising, because the mice who were sedentary exhibited far greater inflammatory and oxidative

responses, whereas the fit mice only saw a small spike.

This tends to show that the body that is exercising seems to handle stressors better.

The next example simply looked at whether the benefits of exercise outweigh the negatives of the air quality. In reality this all is dependent on the status of the air. The Netherlands correlated the negative exposure of commuting cyclists to a net loss of 1-40 days of healthy life, while the benefit of the exercise was life extending from 3-14 months.

Recommendations for exercise again are dependent on the conditions. Here are some tips; if a person is healthy, shows no sign of asthma or COPD then it is perfectly OK to exercise in moderate conditions (yellow to orange on the air quality index). Exercise in the afternoon when winds are usually helping to move the smoke out and higher into the atmosphere. If the smoke is bothersome, an indoor workout is advised. Last, use a mask. The N-95 rated masks block out 95 percent of particulate matter. These however do restrict a little and can cause shortness of breath.

Overall, these days of polluted skies from smoke are only a snapshot of usually crystal clear skies we get to enjoy. Keep this in mind, as a few days of adjusted exercise will not be a detriment. Use good judgment, and if the quality turns from orange to red, look at an indoor workout. A healthy diet, fit body, and low stress will all equip you to deal with nuisances like a smoky morning.

## Nike leader gives \$500K in governor race

PORTLAND (AP) — Nike co-founder Phil Knight this week contributed \$500,000 to the gubernatorial campaign of Knute Buehler, a Republican lawmaker from Central Oregon.

The 79-year-old billionaire made the donation on Monday, and it appeared in Oregon's campaign finance database on Wednesday.

Knight is an Oregon native, and Nike headquarters are outside Portland. He has spent heavily in recent gubernatorial elections, donating \$400,000 to Republican candidate Chris Dudley in 2010 and \$250,000 to Democrat John Kitzhaber in 2014.

"I'm thrilled to have Phil Knight — one of Oregon's most influential citizens and innovative business leaders — on our team," Buehler, a Bend orthopedic surgeon, said in a statement. "Phil Knight looks beyond narrow political labels — and so do I."

The donation comes very early in the campaign. The Republican primary is nine months away, with the winner

advancing to a likely matchup with incumbent Gov. Kate Brown, a Democrat, in November 2018.

With Knight's donation, Buehler now has raised slightly more than \$700,000. Brown reports having \$1.4 million in her campaign account.

Knight has donated to Buehler once before in a race against Brown, contributing \$50,000 to his unsuccessful race for secretary of state in 2012. Brown defeated Buehler by 8 percentage points.

Brown assumed Oregon's highest office in 2015 when Kitzhaber resigned over allegations that his girlfriend used their relationship to win contracts for her green-energy consulting business.

It has been more than 30 years since a Republican was governor of Oregon, but Buehler has positioned himself as a moderate. He championed an effort to expand birth control while taking traditional Republican stances on taxes and spending.

**Outdoor Seating**  
Serving Lunch Noon to 5 p.m.  
Dinner 5 p.m. to Close  
Tasty Thursday: Aug. 24  
Willamette Valley Vineyards  
Live Music: Sat., Aug. 26  
Mark Conklin, 7-9 p.m.  
Open Tuesday-Saturday 12:8 pm  
391 W. Cascade Ave. | 541-549-2675  
corkcellarswinebistro.com

**AUTO ACCIDENT?**  
Quick and affordable relief.  
Auto accidents, workman's comp. accepted.  
**Three Sisters Chiropractic & Pain Management**  
Dr. Inice Gough, DC, CCT, CCST  
541.549.3583

**Dr. Thomas R. Rheuben**  
General, Cosmetic, Implant and Family Dentistry  
~ Over 22 years Serving Sisters ~  
We are preferred providers for Delta Dental PPO and Premier, MODA, Advantage, Pacific Source, Cigna and the V.A.  
541-549-0109 | 304 W. Adams Ave. | Sisters

**ONSITE SHOWROOM & EXPANDED CREW!**  
Expanded crew for greater service! Why drive to Bend? Get your kitchen and bath fixtures here in our showroom!  
**7:30 am-4 pm Mon.-Fri.**  
**Sweeney Plumbing**  
541-549-4349 | 260 N. Pine St.  
Licensed / Bonded / Insured / CCB#87587

**The Showroom @**  
**Artistic Custom Cabinetry**  
**BLUE PINE DESIGNS**  
WHERE RUSTIC & ELEGANCE MEET  
541-904-5162  
bluepinedesigns.com  
411 E. Cascade Ave., Sisters

The possibilities are endless when it comes to artistic design! We offer custom designed furnishings for your home, office, or RV.

**Partners In Care**  
brings our compassionate care to your home.  
"When you are homebound due to a serious illness, a Home Health nurse like me can make a big difference in your recovery. You are not alone. We can help." —Laura  
Our Home Health team offers patients and families the highest level of coordinated care needed to heal and recover—right in your home.  
Central Oregon's choice for home health care. (541) 382-5882 partnersbend.org

Laura, RN  
Home Health Nurse in Sisters