

An invitation to shop and enjoy beautiful pottery by long-time Sisters potters

# Mitch & Michelle Deaderick

Call for a private appointment or always showing at Hood Ave. Art

541.548.1704 • 17192 Jordan Rd., Sisters  
Northwest corner of Cloverdale & Jordan roads

Hope to see you there!

**WE RESPOND WHEN YOU CALL US.**

YOUR LOCAL SISTERS CONTRACTOR FOR:

EARTHWORK - UTILITIES - GRADING  
ROCK WALLS - SNOW REMOVAL  
RESIDENTIAL & COMMERCIAL

**BANR ENTERPRISES, LLC**

541-549-6977  
WWW.BANR.NET  
SCOTT@BANR.NET  
CCB# 165122



**GIVE TO THE FURRY FRIENDS PET FOOD DRIVE!**

The need is great this year. Already 286+ animals listed for food distribution.

Drop off your donation at the Nugget office, give online at [www.furryfriendsfoundation.com](http://www.furryfriendsfoundation.com) or mail a check to PO Box 1175, Sisters, OR 97759



**AQUA HOLIDAY SALE!**

Exercise Therapy Swim Spas  
Spa Service & Maintenance  
Saunas • BBQs • Smokers

Home of Sisters Barre & Yoga Studio

541-790-9679 • 413 W. Hood Ave., Sisters



Wrap up your holiday décor now and save.

**\$100 REBATE\*** ON QUALIFYING PURCHASES OF HUNTER DOUGLAS WINDOW FASHIONS

Make sure your home is holiday ready by ordering beautiful new Hunter Douglas window fashions today. Rebate savings are available on select styles, September 16 through December 11, 2017. Ask for details.

HunterDouglas

Village Interiors  
DESIGN CENTER & HOME FURNISHINGS

382 E. Hood Ave.  
541-549-6406  
[villageinteriorsign.com](http://villageinteriorsign.com)



## FIT FOR SISTERS

# Willpower will fail you this holiday season

By Andrew Loscutt, Columnist



Willpower won't save a diet or fitness program this holiday season

Many understand that in order to succeed in health and fitness goals, diet needs to be in order, and they're going to need to exercise on a very frequent basis. This needs to be consistent over a period of months. It's a hard journey, especially this time of year; tempting foods, familial obligations, and celebratory beverages spin a web of inescapable indulgence.

Those of us seeking better health and fitness often rely on willpower. We hope to say no to all the tempting treats, exercise every day in the cold dark morning, and the family won't stand in our way. That's the hope; it usually doesn't play out that way. This leads to shame and frustration and the vow that when the New Year comes, things will be different.

Why does willpower falter this time of year? It's not as if people don't recognize what's happening, or they don't put forth the effort to curb the slide. What usually happens is a condition called willpower fatigue.

Willpower is not a finite resource. Like a muscle, it can fatigue, and once exhausted there needs to be a rebound in order to get back to full strength. In the holiday season, it's as if this system is being asked to run a marathon while

only at 10k-level fitness. You simply cannot continue to say no to temptation without having willpower drain, just as the casual runner cannot tackle a marathon without some time training.

Stress and other circumstances play a role in the willpower drain. Consider a study where researchers asked people to remember a random seven-digit or a two-digit number. Some time later they were asked if they wanted cake or a piece of fruit for their participation. The people who were required to remember a seven-digit number were twice as likely to choose the cake!

The mechanism behind this is our prefrontal cortex — an area of the brain that processes our day-to-day reactions, tasks, and thoughts. The system is always busy. When it's asked to do more, it cannot continue to add on processes before it gets bogged down. This bogging leads to decision-making impairment and lack of clarity when faced with the choice between a cupcake and a carrot.

We'll all too often make the decision for immediate gratification, rather than forgoing the pleasure.

See **WILLPOWER** on page 22

## Aqua Hot Tubs

When the air gets chilly and the snow starts to fly, it's time to get your hot tub up and going for the holidays.

Nothing brings the family together better than some time spent soaking in one of Aqua Hot Tubs spas.

Now's a great time to make a purchase. Take advantage of their holiday sale, with additional discounts available on last year's models.

And there is nothing better than an Aqua Hot Tubs sauna to ward off the winter's chill. A sauna warms you right down to your core, which is not only a wonderful comfort in the Central Oregon winter — it's great for your health, too.

Give Aqua Hot Tubs a call or visit the showroom on Hood Avenue in Sisters — and enhance your quality of life at every level.



## Village Interiors

Come in to Village Interiors this holiday season and be inspired.

Artfully created tabletop vignettes can change the feel of a whole room — and there are lots of holiday ideas at Village Interiors, where the staff is eager to help you make your home a unique expression of you this holiday season.

Change the feel with accents for different holidays. Create layers of texture and color — whether it's on a tabletop or on a sideboard or ottoman.

Professional design ideas and a wide array of home décor will help you make your home look and feel special for you and your guests this holiday season.

And you can make your home holiday ready by ordering new Hunter Douglas window treatments.

Make decorating for the holidays — or any time — easy, pleasant, and richly personal with a visit to Village Interiors, right here in Sisters.



\*Manufacturer's mail-in rebate offer valid for qualifying purchases made 9/16/17–12/11/17 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 8 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 6 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2017 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. 1704CLPR