

# Outlaws clawed by Cougars on the gridiron

By Rongi Yost  
Correspondent

The Outlaws were out-matched in their home game against the Cascade Cougars on Friday, October 5, and fell in a final score of 30-7.

Both squads played excellent defense in the first quarter, and neither team was able to get on the scoreboard. Sisters' two big defensive highlights were two fourth-down stops.

In the second quarter, Cascade completed a long drive for a touchdown and were good on their two-point conversion.

The Outlaws' next drive stalled, and a muffed snap on the punt left the ball downed on the one-yard line. Cascade plunged across the line into the end zone for the TD, and again converted on the two-point conversion.

Sisters answered back later in the quarter with a strong punt return, and then finished their drive with a three-yard TD pass from Taylor Fendall to Korbin Sharp. Wyatt Hernandez kicked it through the uprights for the extra point and the Outlaws narrowed the gap to 16-7 at the half.

Cascade dominated play the entire second half. The Cougars scored on a long TD run in the third to pull to a 23-7 advantage.

The Cougars' defense blitzed on almost every play, which overwhelmed Sisters' offensive line. The aggressive Cougars were in Fendall's face on each drawback, and Gator Haken was harassed and stopped in the backfield.

Several Outlaws racked up numerous tackles. Joel Miller led the squad with 13 followed by Matt Harris who recorded nine. Eli Gurney also posted nine tackles and recorded a pass deflection. Trey Stadeli and Hunter Spor had eight tackles each. Ethan Martin added six tackles and one sack.

Sharp finished the night with four receptions for 53 yards and a touchdown.

Coach Neil Fendall noted the fight his Outlaws displayed all night long, and told *The Nugget* it makes him want to fight also.

"My heart breaks for them," said Fendall. "I just want to see them get one, and we're going to just keep plugging away."

Miller and Martin played with passion and drive throughout the contest. The duo told *The Nugget* that they have a love for the game, have the drive to keep going, and have to keep chugging, even when they're down.

The Outlaws will play at home against Philomath on Thursday, October 11.



## Fit For Sisters

Andrew Loscutoff  
Columnist

### Two simple ways to exercise adherence

There is a simple way to ensure you stick to an exercise program: Enjoy it.

It is well known within the community of social psychologists and behavioral scientists that a person will continue to exercise as long as they are enjoying the process and determine that they're benefitting from their efforts.

There are two inputs to consider: Is the exerciser getting fulfillment from lacing up the shoes, grabbing a weight, or buckling their

bike helmet for an exercise session? If so then they're likely to continue to exercise. The second input: Is this person achieving something? Beyond aesthetics, there are a variety of considerations. Does it help them with stress? Are they learning new ways to move their body? Is blood cholesterol improving and insulin sensitivity enhanced? If they are achieving something that's personally meaningful, then they're likely to continue.

It's apparent with the flux of gym goers and yo-yo exercise programs, diets and classes, that people are having a difficult time meeting these two criteria. A person may be getting results they started out for, but they're miserable eating lettuce with an hour of boredom on a treadmill everyday. This person will soon drop out because the cost is greater than the benefit to them. Conversely, someone may enjoy a weight lifting program, but isn't seeing the weight loss result they sought after. This person will also have short-lived exercise adherence.

These two determinants are a balancing act.

If someone heard that cartwheels were an excellent exercise for back pain, and decided to follow this advice despite having no gymnastic skills the activity will be very short-lived. This is true for any exercise program. The exercise program must be challenging AND must be within a person's limitations.

What is it that a person wants to accomplish? What do they enjoy doing? What will keep this going? If walking for 30 minutes meets the criteria of stress relief and a time for a calm mind then this shouldn't be scoffed at. If 30 minutes of walking is intended to give someone better legs and weight loss, then the input won't match the outcome. Know this while thinking about starting a program. Imagine six weeks down the line: Will it be sustainable?

Be careful in the exercises or activity being pursued, diligently imagine goals and whether the program will meet them. Ask yourself if those goals are compatible with an enjoyable process. Seek out helpful advice, and like Mom always said: "don't do something just because everyone else is doing it."

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