



Fit For Sisters

Andrew Loscutoff
Columnist

Holiday blues = New Year's rush

After the holidays ask people how they feel after the parties, the eating, the uncles, the painful drives and what will they say? While people genuinely enjoy time with loved ones and family during the holidays, the whole rigor of it all leaves us emotionally depleted. This depletion leads to thoughts of inadequacy, low self-esteem, and remorse. All these spark the idea that someone must do better, be better, and achieve more.

This is the rush of the New Year.

The temptation is to go into it full steam ahead. Is it a good idea to rush into something in a state of emotional fatigue? Will the goal you set out for lead to more fatigue? A good question to start with is: "What am I

going to give up in order to meet the goal I desire?"

Wanting more and trying harder is a recipe for an unsuccessful and unhealthy goal process. Yet it is just what people do at the new year. They don't consider that they're just putting another stressor onto their pile of stress. Eventually something will give, and they default to the norm.

How does one overcome this?

Ask yourself, is January the right time? If you make it a goal to run a marathon, yet lack a treadmill and warm gym to train, you're up against snow, ice, and miserable conditions. Is it the right time to take on more? Sometimes a goal need not begin at January 1, but the right time will present itself.

Question the motive behind what you want to do. Verbalize it: "I am a person who (insert goal, behavior, or challenge here)." How does that sit internally? Is there fear, resentment, or eye-rolling into negative reactions? Maybe this isn't the right goal.

Now ask: "Why hasn't this changed yet?" Likely it's not due to lack of motivation; more likely it's lack of time and energy. OK, there's a hint: In order to meet this goal, you'll need more time and energy. Trying to add it into the schedule will be a failure; you ought to be giving up commitments instead of making more.

Ask yourself: "When

the goal is met, then what?" This will be an awakening moment. Lose 30 pounds and realize that for the rest of your life you'll need to be working at keeping it off. Build your cycling mileage to ride a century — are you going to quit when you're done? These questions will let you know whether or not the goal is about checking a box or if it actually meaningful.

It's past the new year, and many people are in the first stages of well-intentioned goals. They're learning the hard lessons now that life is back to normal. Apply these principles, ask the hard questions, and adjust expectations accordingly. Anything is possible, but "anything" doesn't have to be grueling or detrimental to your true self.

HARDTAILS
BAR & GRILL

HAPPY HOUR
MON-FRI 4-7pm

ROCKIN ROBIN'S
KARAOKE NIGHTS!
FRIDAY • SATURDAY

Prime Rib Fridays 5pm!

175 N. Larch St.
541-549-6114
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The Belfry

Jan. 26 / Sat / 8PM
★ **HILLSTOMP** ★
Portland junkbox blues duo brings memorable performances that tap into a magic that cannot be rehearsed.

★ Feb. 15 / Fri ★
★ **DRY CANYON STAMPEDE** ★
7-piece Country Western dance band performing classics to contemporary with a blend of rockin' rhythms & moving ballads.

Feb. 21-24 / Th-Sun
★ **SISTERS ONE ACTS PLAY** ★

Mar. 16 / Sat
TOMMY CASTRO AND THE PAINKILLERS

Mar. 23 / Sat
THE BRIAN ODELL BAND

PUB OPENS 1 HOUR PRIOR TO SHOWS
BelfryEvents.com
541-815-9122

SISTERS AREA

Entertainment & Events

JAN 16
WED

Sisters Saloon Poker Night 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersssaloon.net.



JAN 17
THUR

Cork Cellars Tasty Thursday Hosted Wine Tasting 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.



Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersssaloon.net.



JAN 18
FRI

Hardtails Bar & Grill Karaoke Night with Rockin Robin 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.



JAN 19
SAT

Chops Bistro Live Music with Mark Barringer & Bob Baker 6 to 8 p.m. Fiddle and guitar music. For additional information call 541-549-6015.



Cork Cellars Live Music with Mark Conklin 6:30 to 8:30 p.m. No cover! For information call 541-549-2675 or go online to corkcellarswinebistro.com.



Hardtails Bar & Grill Karaoke Night with Rockin Robin 9 p.m. Every Saturday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.



JAN 20
SUN

The Suttle Lodge & Boathouse Artist in Residence with Megan Mesloh 4 to 6 p.m. Textile artist. Free and all are welcome. For additional information call 541-638-7001.



JAN 21
MON

Hardtails Bar & Grill Open Mic & Jam Night 7 p.m. Every Monday, no cover! For information call 541-549-6114 or go to hardtailsoregon.com.



JAN 22
TUES

Sisters Saloon Trivia Night 6:30 to 7:30 p.m. Sign-up is at 6:15 p.m. Free, every Tuesday! For additional information call 541-549-7427 or go to sistersssaloon.net.



The Belfry Oregon's Ocean: Local Legacy and Global Goals Sisters Science Club presentation by Dr. Kirsten Grorud-Colvert. 7 p.m. with Social Hour at 6 p.m. \$5 admission. Call 541-912-0750 or go to sisterssscienceclub.org.



Sisters Library Wildfire, Smoke & Your Health 6 to 7 p.m. Presentation by Dr. George Conway, Director, Deschutes County Public Health. Call 503-453-3708 for information.

JAN 23
WED

Sisters Saloon Poker Night 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersssaloon.net.



JAN 24
THUR

Cork Cellars Tasty Thursday Hosted Wine Tasting 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.



Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersssaloon.net.



JAN 25
FRI

Downtown Sisters 4th Friday Art Stroll 4 to 7 p.m. Galleries and shops feature live entertainment and refreshments, every fourth Friday of the month! For additional information go to sistersartsassociation.org.



Hood Avenue Art Winter Studio Sale Artists' Reception 4 to 7 p.m. With live entertainment and refreshments! For more info go to hoodavenueart.com.



Sisters Library Annual Art Exhibit Reception 6 to 7:30 p.m. Music and refreshments served. Results of public voting for People's Choice Awards will be announced. For more information call Zeta, 541-549-6157.



Hardtails Bar & Grill Karaoke Night with Rockin Robin 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.



JAN 26
SAT

The Belfry Live Music with Hillstomp 8 p.m. Portland junkbox blues duo. Tickets online for \$12, \$15 at the door. For information call 541-588-6211 or go to BelfryEvents.com.



Cork Cellars Live Music with Dry Canyon Trio 6:30 to 8:30 p.m. No cover! For information call 541-549-2675 or go online to corkcellarswinebistro.com.



Events Calendar listings are free to advertisers. Submit items by 5 p.m. Fridays to lisa@nuggetnews.com

Come Join the Conversation...

Wildfire, Smoke & Your Health

— featuring —

Dr. George Conway,
Director, Deschutes County Public Health

PRESENTATION & QUESTIONS/ANSWERS
January 22, 6 to 7 p.m. • Sisters Public Library
GREEN FORESTS MATTER

Caldera's
Artists in Residence

Open Studios
January
2019

SATURDAY, JANUARY 26
12:30 p.m. - 3:30 p.m. / Program begins at 1:00 p.m.

Caldera Arts Center / 31500 Blue Lake Drive, Sisters, OR 97759
Learn more at www.CalderaArts.org

CALDERA OREGON ARTS COMMISSION THE Ford Family FOUNDATION CULTURAL TRUST