



Fit For Sisters

Andrew Loscutoff
Columnist

Genetic expectancy reveals changes in behavior

What a person believes shapes their world. It's well known in psychology that a person shapes their existence with thoughts, belief, and experiences they've gathered over the course of their life.

What if a person's knowledge of their genetic potential creates a behavioral change to suit?

Recently, there's been birth of an industry which claims to read your genetic code through a sample of

saliva. This data can be used advantageously for health. A person knowing they have a disposition for heart disease might lower their cholesterol, and reduce stress. Someone who knows they're not tolerant to a certain diet constituent might thrive on adjusting their diet to match their genetic makeup.

Researchers have recently asked: What if someone were told a believable genetic tale, which may not be true? How would the reaction change them? In a particular study two different genes were analyzed — one for endurance capacity, one for hunger and food satisfaction. Subjects were told they had the "good" or the "bad" versions of the genetic makeup. Both had a mixture of people who had the desired gene in order to see what effect there would be.

In the hunger experiment the subjects were fed, then given a blood test for hunger and fullness hormones. They were also asked questions like whether they felt hunger or satisfied. They found that

people who believed they had the positive gene rated themselves less hungry, and also had more of the fullness hormones in their blood. The opposite was true for the other.

In the endurance experiment, researchers did a treadmill exhaustion test, then re-tested after the subjects were given a genetic disposition. What they found was that if someone believed they were genetically a better endurance athlete, they performed better.

This just goes to show that thinking and belief can have a huge impact. However, there might be some things to consider: A lifetime of habits and behavior outweigh even the most nuanced gene testing.

Knowing genes can just be another way to fine tune, but ought not to define a person. Keep in mind this technology is new, and it's not clear how much it really means.

Live the healthiest, most productive, and happiest life possible. Gene testing isn't required to do this.

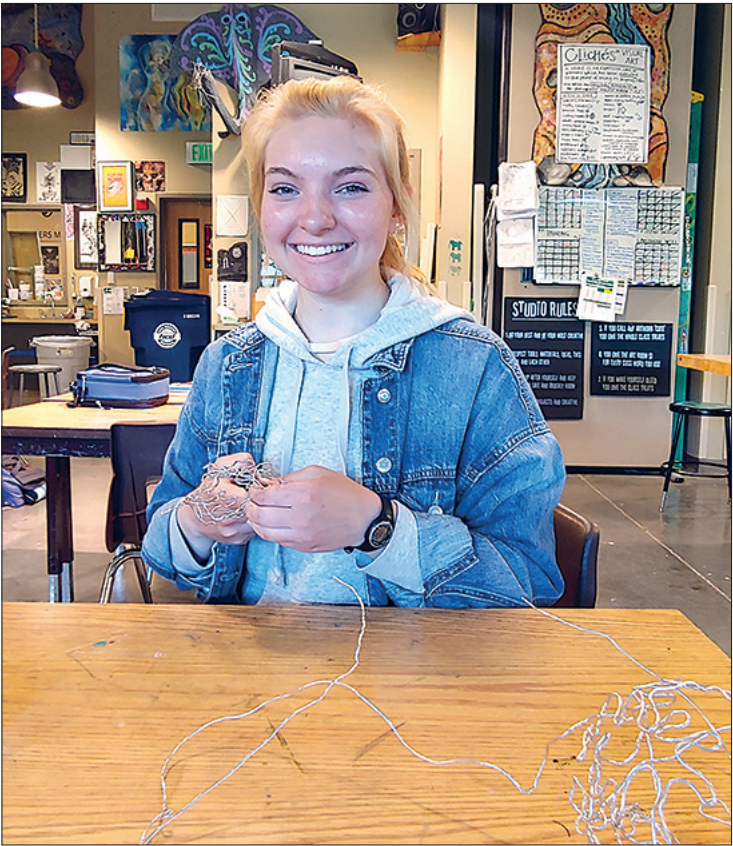


PHOTO PROVIDED

Grace Maiden is a Ford Family Scholar.

SCHOLARSHIP:
Prestigious scholarship granted to few

Continued from page 3

director of a non-profit to support families in need.

Since 1994, the Foundation's scholarship programs have awarded students more than \$191 million. Kenneth W. Ford and Hallie

E. Ford built their company, Roseburg Forest Products Co., into one of the largest privately held companies in the United States. They established The Ford Family Foundation in 1957 after the business had experienced two decades of growth. Mr. Ford created the scholarship program to help students who would otherwise find it difficult to obtain a college degree without financial assistance.

Pancakes in Camp Sherman...



PHOTO BY CONRAD WEILER

A pancake breakfast at Camp Sherman's Community Hall is a tradition on national holiday weekends. Residents and visitors gather for tasty eats and fellowship.

Notice of Budget Hearing Black Butte School District #41

A public meeting of the _____ Black Butte School District No. 41 _____ will be held on _____ June 11 _____, 20 _____ at _____ 5:00 pm at 25745 Forest Service Rd. #1419, Camp Sherman, Oregon. The purpose of this meeting is to discuss the budget for the fiscal year beginning July 1, 2020 as approved by the _____ Black Butte School District Budget Committee. A summary of the budget is presented below. A copy of the budget may be inspected or obtained at _____ Black Butte School _____ between the hours of _____ 11 _____ a.m. and _____ 2 _____ p.m. This budget is for an annual budget period. This budget was prepared on a basis of accounting that is the same as the preceding year. If different, the major changes and their effect on the budget are:

Contact: Shawn Russell Telephone: 541-595-6203 Email: srussell@blackbutte.k12.or.us

FINANCIAL SUMMARY - RESOURCES			
TOTAL OF ALL FUNDS	Actual Amount Last Year 2017-18	Adopted Budget This Year 2018-19	Approved Budget Next Year 2019-20
Beginning Fund Balance	\$917,560	\$1,154,680	\$1,373,893
Current Year Property Taxes, other than Local Option Taxes	277,916	284,418	297,191
Current Year Local Option Property Taxes			
Other Revenue from Local Sources	36,514	34,528	32,936
Revenue from Intermediate Sources	1,350	1,300	1,300
Revenue from State Sources	149,454	230,041	245,427
Revenue from Federal Sources		16,000	16,000
Interfund Transfers		29,990	31,631
All Other Budget Resources	78,304	107,115	145,354
Total Resources	\$1,461,098	\$1,858,072	\$2,143,732

FINANCIAL SUMMARY - REQUIREMENTS BY OBJECT CLASSIFICATION			
Salaries	\$229,818	\$276,358	\$302,627
Other Associated Payroll Costs	124,530	153,371	144,369
Purchased Services	131,605	144,503	159,837
Supplies & Materials	35,140	37,820	47,970
Capital Outlay			5,000
Other Objects (except debt service & interfund transfers)	14,950	19,230	20,655
Debt Service*			
Interfund Transfers*		29,990	
Operating Contingency	925,055	1,196,800	1,463,274
Unappropriated Ending Fund Balance & Reserves			
Total Requirements	\$1,461,098	\$1,858,072	\$2,143,732

FINANCIAL SUMMARY - REQUIREMENTS AND FULL-TIME EQUIVALENT EMPLOYEES (FTE) BY FUNCTION			
1000 Instruction	\$319,321	\$356,245	\$404,420
FTE	2.3	3.2	3.65
2000 Support Services	216,722	275,037	276,028
FTE	1.95	1.55	2.2
3000 Enterprise & Community Service			
FTE			
4000 Facility Acquisition & Construction			
FTE			
5000 Other Uses			
5100 Debt Service*			
5200 Interfund Transfers*		29,990	
6000 Contingency	925,055	1,196,800	1,463,274
7000 Unappropriated Ending Fund Balance			
Total Requirements	\$1,461,098	\$1,858,072	\$2,143,732
Total FTE	4.25	4.75	5.85

* not included in total 5000 Other Uses. To be appropriated separately from other 5000 expenditures.

STATEMENT OF CHANGES IN ACTIVITIES and SOURCES OF FINANCING **

The approved budget reflects a 2% COLA increase and bonus for all staff, an increase in hours for the math teacher and child development specialist, and funds for an administrative consultant, new math curriculum, and development of a new

PROPERTY TAX LEVIES			
	Rate or Amount Imposed	Rate or Amount Imposed	Rate or Amount Approved
Permanent Rate Levy (Rate Limit 3.017 per \$1,000)	3.017	3.017	3.017
Local Option Levy	0	0	0
Levy For General Obligation Bonds	\$0	\$0	\$0

STATEMENT OF INDEBTEDNESS		
LONG TERM DEBT	Estimated Debt Outstanding on July 1	Estimated Debt Authorized, But Not Incurred on July 1
General Obligation Bonds	\$0	\$0
Other Bonds	\$0	\$0
Other Borrowings	\$0	\$0
Total	0	\$0

Bliss
HAIR AND NAIL DESIGN

hair, skin & nails

JUNE SPECIAL

1-hr. Microdermabrasion FACIAL ~\$80

541-549-6566
484 W. Washington Ave.
Suite B

Smile, Sisters!

We're committed to your dental health!

Exceptional Health, Prevention & Aesthetics For Your Family!

Sisters Dental
Trevor Frideres D.M.D.

p 541-549-9486 f 541-549-9110
410 E. Cascade Ave. ■ P.O. Box 1027 ■ Sisters

SISTERS DENTAL