



Fit For Sisters

Andrew Loscutoff
Columnist

Make America fit again

No matter which party one aligns with, one ought to consider making health a national priority. Think of adopting the slogan: Make America Fit Again. This should cover the mental, physical, economical, and practical aspects of health, including citizens of all ethnicities, social status, and age.

Everyone will benefit from a government who has their health and wellness as a priority.

As a nation, America is falling behind other nations in its fitness and health. Our leadership has not stepped up to the plate addressing the issues. According to the Bloomberg health rankings, America ranks as the 35th country in health. The ranking considers factors such as life expectancy, disease rates, and negative points for obesity and lack of access to healthcare. Americans can now expect to live up to six fewer years than those in the top-tier nations in life expectancy.

America's waistline is growing faster than it's economy.

The average weight of an American has increased 15 pounds from statistics from the 1990s to 2015. Obesity afflicts around 45 percent of our population. Americans report eating 21 percent more calories now compared to 1961. This is

the main cause of obesity. Why are we eating so much more? It's the public health problem of having fast and processed foods so cheap, available, and tasty.

Diabetes, heart disease, strokes, dementia and many other conditions are directly tied to obesity. By one estimate, the U.S. spent \$190 billion on obesity-related health-care expenses in 2005. This is a real pandemic. Let's all consider the number of people who died from preventable obesity — not only the directly correlated, but also the ones who suffered from complications.

Our food system is highly political. The dairy industry, poultry farmers, cattlemen's association and many more interest groups rule our nation's nutritional policies. In fact many dietetic conferences are sponsored by companies such as Coca-Cola. Institutions are given deals, contracts, and incentives from companies to feed our children junk food. For example, Mars Wrigley Confectionery, the candy company, spent over \$2 million in lobbying efforts when the 2018 nutrition guidelines were being written.

No matter where someone aligns on a political spectrum, whether the libertarian who wants people to make their own choices, or the liberal requesting public service to help people eat more nutritiously and lose weight — both agree something needs to be done. The next president-elect ought to serve our country a harsh dose of reality.

Focus healthcare on preventing obesity instead of treating the diseases which manifest because of it. Invest in food systems that nourish the body, rather than beat it down with processed junk. Get kids interested in activity, exercise, and nutrition at a young age. Time to get fit, to eat well, and end the disease of obesity and inactivity.

Outlaws run locally in relay meet

By Charlie Kanzig
Correspondent

The Sisters Outlaws took part in a Halloween-themed relay meet Friday, October 30, on a private property near Sisters. The informal event provided the team with a chance to test their racing condition along with other high school runners, competing unattached, from Philomath, Klamath Union, Ridgeview and Crescent Valley.

The relay consisted of one 3.1 mile leg, a pair of two-mile legs and .8-mile leg split between either three or four runners. Some runners ran more than one leg for their team.

In the spirit of Halloween, some of the runners dressed up in costumes for the occasion.

Coaches Josh Nordell and Sarah Thorsett organized the Outlaws teams in order for the strongest runners to run the longer distances while allowing other members of the team to race a distance



PHOTO BY CHARLIE KANZIG

Runners happily set off in the Halloween Horror relay race held Friday, October 30.

matching their training and experience.

"With no real outlets for most of our kids to run races we thought this would allow all of the athletes involved to have a little fun and test their fitness," said Nordell. "Splitting the races up in relay fashion helped to spread the runners out more than if every one started at

the same time, which helped with safety."

Some Outlaws are planning a return trip to Tillamook's Hydrangea Ranch for another race in the week ahead. The official fall sport OSAA season doesn't begin until February, provided that COVID-19 conditions allow for athletic competitions to take place.



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