



Fit For Sisters

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Columnist

Those holiday drinks add up

The year 2020 is one we're more than ready to put in the past. It's time to ring in new beginnings, or commemorate — and drown out — the past. This time of year, especially between Thanksgiving and New Years, Americans increase their alcohol intake by two fold, according to a 2018 study.

We're not going to lecture the drinkers or decry the effects of alcohol — but we are going to cast light to a common side effect many people find themselves

regretting: holiday weight gain. Holiday weight gain is a divisive topic. Some reading this may put on up to six pounds of weight, while others little at all. Most of these pounds come from people at this time of year excusing themselves from sensible eating. There's nothing to fear from a cookie or two; however a cookie, cake, and pie washed down with hot chocolate becomes an issue.

And holiday drinks serve up a lot of empty calories.

Let's discuss calories in beverages and forget about the rest. Holiday drinks in general boast a very large amount of calories. Add booze to them and it's no wonder. Homemade eggnog up to 340 calories; hot buttered rum, 400. Hot chocolate 320. This is before the alcohol is added at around 100 calories per shot. Even champagne has 180 calories. Dark, heavy, or robust beers can have over 200.

Some math demonstrates how this gets out of hand. A person may have two eggs, toast, jam and butter for breakfast. This equates to around 650 calories. A salad, cup of minestrone soup, and a basic turkey sandwich for lunch, around 650 calories.

Dinner is a bowl of chili, with ground turkey and avocado; another 650 calories. By all accounts this person is likely eating fewer calories than they burn in a day. However; after dinner a holiday party invites them to let go and have a few drinks. Even two servings of spiced hot apple cider and rum, at a moderate 250 calories each, puts them in the realm of weight gain.

After drinking, a couple holiday cookies and brownies can add another 500 calories.

A thousand additional calories add up fast. A pound of weight gain takes around 3,500 calories to accumulate. You can easily see how the weight piles on.

How to avoid this? Don't avoid holiday treats; avoid overconsumption. Have lighter drinks, eat lighter meals, and know that a cookie or two is good enough. Instead of eating a normal dinner, have a salad with lean protein. Use sensible alternatives like diet sodas and low-calorie mixers. Have a smaller piece of pie, brownie, and a couple of the best cookies, not *all* of them.

Happy holidays to all!

The final game...



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The Sisters Outlaws finished off their modified season of seven-on-seven football last week.

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Homeless amputee dies in Bend from exposure

BEND (AP) — A homeless man and double-leg amputee died in Bend this week, as temperatures hovered around freezing and strong, gusting winds hit the region.

A sanitation worker found David Melvin Savory, 57, dead next to his wheelchair outside a Rite Aid early Tuesday morning, *The Bulletin* reported. Savory was on the waitlist for several area homeless shelters and some residents who had seen him outside the Rite Aid gave him blankets, started a GoFundMe page for him and tried to find him services before his death.

Bend, which often sees heavy snow in the winter, doesn't have a permanent

warming shelter and lacks a year-round low-barrier homeless shelter, according to the newspaper. Advocates say those are "huge gaps" in the safety net.

Savory's death underscores a huge gap in services in Central Oregon, said Stacey Witte, head of homeless aid organization REACH.

So-called high-barrier shelters like Bethlehem Inn, which operate close to capacity year-round, have more rigid rules and don't accept people who are intoxicated.

Bend doesn't have any year-round so-called "low-barrier shelters," which tend to provide fewer services but take in almost everyone, even

if they're still using drugs or alcohol. Yet that's where Bend's greatest need is, Witte said.

"The goal of low-barrier shelters is basically to keep people alive while social service agencies come in and build relationships and start creating plans for people," Witte said.

Bend also lacks a permanent warming shelter.

The COVID-19 pandemic has noticeably increased homelessness in Bend and new social-distancing restrictions mean fewer people can find relief in shelters just when need is spiking, said Dave Notari, development director of the Shepherd's House in Bend.

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