



Fit For Sisters

Andrew Loscutoff
Columnist

Ramp up resolutions this time around

Resolutions are coming. Many of you reading this are rolling your eyes, ready to turn the page. Stick with it! There's an important lesson everyone ought to consider: A resolution by nature sets you up to fail — and there are many ways around this.

Social expectations: Most of the time a resolution is based on what a person thinks they're expected to do, not what they want to do. Anyone ever vowed to give up carbs then realized they actually really love bananas? This makes for a resentment of the resolution, and the bottom quickly falls out.

Making things too hard: A person who has never hiked before wouldn't look at the tallest peaks and set off for glory (and make it back to tell about it) — but people are always doing this with New Year's resolutions. Making a plan to lose 50 pounds with little to no experience in proper nutrition, habits, and practices is equivalent to taking

on a trek that's way beyond your capabilities — yet this is the most common way to approach a resolution.

Not doing the homework: What does it take to lose weight? Do you actually know the components of nutritional eating? Or did you find something on the web that said sugar is bad? Do you know portion sizes, nutrients, and amounts you need? Are there ways to help (like eating more protein at breakfast) that are guaranteed to give better results? Study the basics, master the practices, and make a plan. Otherwise, your resolution won't be effective and giving up is imminent.

Last point to consider: January 1 rolls around, now all of the sudden a person who indulged all winter is somehow changed? The calendar changed, but the persona has not. Changes actually take work. Start to ask why. Why do you stand in front of the fridge with a piece of cheese and deli meat? Why do you enjoy cupcakes with the grandkids? Why should you try to force yourself into giving it up? Do you want to give it up? Are you ready to? Deeper thinking will often show that there are some very revealing truths that need to be addressed before going on a kale and lemon juice cleanse.

The time to start is now. Ask the questions, do the homework, make a sensible educated goal, plan accordingly. Start with the habits and practices now, fail and succeed; it's part of the process. Move forward with each step.

Commentary... The wind is shifting

By Katy Yoder
Columnist

The holidays are behind us. There's fresh snow on Mt. Jefferson. A white beret rests on Black Butte's peak. The American flag snaps towards the west. Another storm on its way. Clear skies, bluest overhead, fade into pale grays. Memories from the last two weeks blow in on the breeze... reminders of hard-won time spent with loved ones. We are a pod. We have been tested. We have been careful. But is it enough?

A virus lives among us. It always has. It's spread around. Hiding and waiting for an opportunity to strike. A round, living blob with red-tipped tentacles lurking on our skin, in the air and on handles we touch. Dismaying. Too small to see.

There's also a virus of distrust. Lodged deep in our hearts and brains ideas agitate. Truth is twisted into shapes and stories that defy logic. But we want to believe, so we twist along with the contorted phrases and words designed to confuse and slice us apart. Truth's shadow side is cut into bite-sized pieces easily swallowed and forgotten until they begin to move through our bodies and find permanent homes in the crevices of our gut.

We become enemies. We see nothing but our conflicts. We consider violence. We understand civil war and families fighting each other — firing guns at those who

share meals and holidays and ancestors. The bond is broken, sliced with a serrated knife designed to move easily and with stealthy precision. Love dies. Replaced with disdain, distrust and a loss of hope. We are victims of our predecessor's actions — and our own. We are paying karmic debts that hurt all beings born and unborn. The gift of this planet is forgotten.

Why are we so angry? So willing to believe lies? Still searching for the doctor that tells us what we want to hear: "You're not sick. What you are doing isn't bad for you. It's not your fault. Just take this pill. Cut this out and you'll live forever."

The truth hurts. Demands something from us. The truth heals. Invites us to join hands. Looking clean, speaking well, rolling in a fancy car isn't enough.

We've lost the feel of the earth between our toes. When was the last time you felt rain on a naked face, back and chest? The wind is shifting. It's tired of waiting. It's ready to blow and anything not deeply rooted will be taken and flung like tumbleweeds across the open spaces. The wind, the sun,

the rain, the snow, the stones will prevail. They are our family too. Disconnection leaves you vulnerable. Unable to dance together. Love and live together.

The wind is blowing. There are opportunities to capture its power and move in a healing direction. Reach each other. Stand on common ground. See each other. Hear each other. Harness love's power. There's a pull towards hate.

Choose love. Compassion. Deep discernment that casts off assumptions and falsehoods. Every day, every moment there's new water rushing past. We never stand in the same river twice. There's hope. There's renewal and opportunity to chart a new course. Try. Turn away from that clenching feeling activated by disagreements.

I will speak up while I lay down preconceived notions about the ones I don't understand. I will use my stubborn nature and ignorant hope to overcome the odds, and someday embrace even those who wish me nothing but harm. We share blood, we share ground, we share breath — what else can we share?

Wyden plans to seek 2022 reelection

PORTLAND (AP) — U.S. Sen. Ron Wyden says he's seeking re-election in 2022, ending speculation that Oregon's senior senator might retire and pave the way for a crowded lineup of potential replacements.

Wyden, 71, told Oregon Public Broadcasting that he believes he has more work to do in Washington D.C.

"Of course I'm running," the Democrat said. "There's so much to do for Oregonians, and I'd very much like to have the honor of representing ... again."

One of his priorities in the coming Congress, Wyden said, is wildfire preparation and prevention.



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