



## Fit For Sisters

Andrew Loscutt  
Columnist

### Is your weight a social dilemma?

How much of a person's behavior is free will? Do people actually have a say in their health and wellness? It turns out, free will is second to what others around us are doing in regards to obesity and exercise habits.

Behavioral psychology and health studies are revealing that a person's body weight is tied to their social network. Not Facebook or Twitter, but real-life network. In the *New England Journal of Medicine*, 10,000 subjects were analyzed with lifestyle questionnaires. Results showed people have a 45 percent higher chance of becoming obese if the people around them are obese. If they are friends or family, chances were even higher at 57 percent.

What is going on here? We think we possess the state of mind to make our own choices and use rationality and motivation to make decisions. This notion quickly crumbles when we go out with colleagues and a pitcher of beer and baskets

of chips are on the table. Or when a compassionate friend bakes a cake to help one overcome a hard time. What others are doing quickly becomes part of us.

Adolescence is even worse. Going home to junk food, convenient foods, and takeout is only showing a growing mind that cheap and easy is the proper way to feed themselves. In college, the "Freshman 15" is about eating socially and drinking excessively because that's what everyone is doing.

This phenomenon, however, can't all be bad, as the opposite is also true. A person who hangs out with people in high-activity and fitness settings is more likely to participate. If we go to the trails to ride bikes, we are affirming a healthy habit with others. Many young males step into a gym, see other young men lifting weights, and become transfixed with improving their musculature and appearance. A person who begins losing weight all of a sudden has many others asking how they're doing it, and a support system is created.

If you're reading this, you likely have an interest in health and fitness, and it's important to remember the lesson. Behavior is influenced by the people we are near most. Attitudes are shaped by who we are around. The health of our own bodies is influenced not by the self alone. Take this lesson and be a harbinger of health for others. Be a light of positive in a world soured by resentments. Wave and smile at your neighbor, as even the smallest influence can be a spark.

# Grapplers prepare for season

By Charlie Kanzig  
Correspondent

The resurgence of Sisters High School's wrestling team continues into 2021-22, with a total of 18 athletes turning out for the team thus far according to Gary Thorson, co-head coach and athletic director.

Tre Jarboe has been hired as the other head coach.

Key returnees for the team include three with state meet experience.

Wyatt Maffey, a returning district champion who placed fifth at state will be wrestling in the 152-pound class this year. Carson Brown also competed at state last year and will wrestle at 138 or 145 pounds. Hayden Kunz, who developed tremendously last season and also qualified for state, will compete in the 138-pound class. Henry Rard will lead the team in the 220-pound weight class.

Ben Cooper, who missed last year's season due to injury, brings experience to the 145-pound weight class as well.

Jarboe is very excited to be involved in the Outlaws program.

"I have wrestled my whole life," he said. "Nearly every mentor I have ever had

stemmed from wrestling. So, naturally, I try to give back the same help and guidance that was given to me."

He continued, "Our goals as a team revolve around making this a good experience for everyone involved. We want to bring the numbers up, push each other to be better people everyday, and gain support throughout the community."

Jarboe likes what he is seeing in practice.

"I see a group of athletes who genuinely care about one another," he said. "Everyone in the room is focused and willing to contribute to each other's success. I couldn't be more happy with the effort and dedication these Outlaws have been showing."

The team's first competition is set for Wednesday, December 1, at the six-team

Ridgeview Tournament in Redmond where they will face off with wrestlers from La Pine, Henley, Madras, Caldera and the host Ravens.

On Saturday, December 4, Sisters will host the GFP Tournament including 10 teams. Action begins at 10 a.m.

"For those who have never been to a wrestling meet, this would be a great one for local fans to check out," said Thorson. "Plus, our kids would love to have the support."

While the Outlaws will see a lot of competition in the Central Oregon region, the team will ultimately compete in Special District 4 for state meet qualification. The special district includes teams from Baker/Powder Valley, Corbett, Gladstone, La Grande, Madras, McLoughlin/Weston, McEwan and Ontario.

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