



Fit For Sisters

Andrew Loscutoff
Columnist

Are my weight-loss efforts ruined?

Why a weekend of bad eating won't ruin your weight-loss efforts.

A diligent dieter navigates the busy schedule of a week with planned meals, timing, and structure. They live in a calorie deficit, which provides them weight loss. They eat healthy and do what a sensible diet plan asks: eat a little less, and choose lower-calorie foods. Now, the weekend is coming, friends going out to brunch. Saturday night sports, with all the accoutrements. Sunday is a late-afternoon pizza because no one wants to cook.

Our dieter is ashamed and feels like all of the week's effort was for naught. This, however, is not true, because of a few different physiological

processes our bodies have as an energy-storage mechanism.

How can someone eat well above their caloric needs and not gain weight? This person must be calorically diminished from dieting. This means eating less than daily requirements for multiple days. This is important because our bodies have a fuel tank of stored glycogen (created from digesting food we eat). This storage tank is for exercise and energy on the fly. A person can store up to 2,000 calories depending on their size and muscularity.

A person who is dieting first depletes this storage, not actually losing body fat until it is gone. If we've been dieting and exercising for multiple days this would put us into a low stored-glycogen mode. Since this storage is the first thing to go during a diet phase, this will also be the first thing to be re-absorbed when overeating.

This is the most important piece: Depending on how low a state of stored glycogen we're in, the body will always replenish this first. A person can — theoretically — eat up to 2,000 calories over budget and not gain fat.

Having a break and enjoying moments of life is more important. Know that after multiple days of dieting, the tank is getting empty and eating significantly more on an occasion will not impact your fat loss.

OSU-Cascades to host free vax clinics

By Christine Coffin
OSU Cascades

BEND — Oregon State University-Cascades will host free clinics for COVID-19 vaccinations, boosters, and flu shots January 12-13 for the campus and Central Oregon communities.

The clinics are open to OSU-Cascades employees and students, and community members, and will take place in the atrium of Edward J. Ray Hall 9 a.m. to 1 p.m. January 12, and 3 to 7 p.m. January 13.

Free one-hour parking will be available to community members in the campus parking lots.

No health insurance is necessary to receive a COVID-19 vaccination or booster, or flu shot.

Pfizer and Moderna COVID-19 vaccines will be available in both first and second doses, as well as boosters. The vaccines have been

approved for ages 5 and older. Participants can bring current vaccination cards, although they are not required as clinic staff will have access to electronic records.

For those who receive a first or second dose of the COVID-19 vaccine, providers will give instructions for receiving second doses or boosters.

According to Centers for Disease Control, the flu shot may be administered without regard to the timing of other vaccines, and side effects are similar whether the COVID-19 vaccine and flu shot are given simultaneously or administered separately.

Free food boxes of non-perishable items will be available for participants, funded through Oregon Health Authority and Federal Emergency Management Agency.

For more information about the clinics, call 541-322-3100 or email info@osucascades.edu.

ATTENTION BUSINESS OWNERS

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DEADLINE FOR PLACEMENT AND AD MATERIALS IS FRIDAY, JANUARY 21, 2022.

The collage features several promotional ads for local businesses in Sisters, Oregon, for Valentine's Day. The ads include:

- Alpaca Country Estates:** Offering alpaca yarn, blankets, and apparel. Includes a "Cozy, cuddly Valentine's love" ad and a "Romance is in the Gypsy Wind" ad.
- Emminence Stone Crop Body Revitalizing Body Scrub:** Offering a "Enhanced beauty adds to joy" ad.
- Magical Strands Boutique:** Offering alpaca yarn and apparel. Includes a "Cozy, cuddly Valentine's love" ad.
- Spa Deluxe:** Offering a "Enhanced beauty adds to joy" ad.
- Men's Personal Shopping Assistance:** Offering a "Men! We offer personal shopping assistance!" ad.
- Spa Deluxe:** Offering a "Be pampered and get ready for a wonderful Valentine's Day" ad.
- Men's Personal Shopping Assistance:** Offering a "Men! We offer personal shopping assistance!" ad.

By reserving space advertiser agrees to advertise in Valentine's Day promotion. Cancellations received after deadline will be billed at the full rate.