

# Opinion / Politics

— SPECIAL COLUMN —

*So I was thinking ...*

## Tales from the gym

By Jimmy Ingram  
Special to The Baker County Press

With the new year in full swing, so should be your New Year's resolutions. Maybe your resolution is to spend less time looking at your phone and more time outside.

Maybe your goal for 2017 is to spend more time with family.

And maybe, if you're like most people aged 30-80, your goal is to exercise more. Going to the gym is great way to get healthy and meet new people.

It's also where you'll likely see one one of these characters:

**The Grunting Man:** Every gym has at least one of these guys. His entrance and exit from the facility are the only two minutes he's not grunting, yelling, or bellowing out verbal testosterone.

He bangs and clangs his way from one workout station to another with the grace of a blacksmith pounding on an anvil.

Sure, he may only be bench pressing 135 pounds, but from the sounds he's making you'd think he was lifting a school bus.

You turn up the volume on your headphones to tune him out, but to no avail. He's working hard, and he's going to make sure everyone within the building knows it.

**The Sweater:** All gyms have signs in every corner politely asking you to wipe down the machines after each use. Seems simple enough. But not for this guy. He brazenly leaves his mark on every machine like a bear marking its territory.

Standard sized gym issue towels are no match for him. In fact, a stack of beach towels, a mop, and a 55 gallon drum of disinfectant wouldn't be enough to keep the floor around him clean and dry. Somehow the sultan of sweat manages to use **every single** machine in the facility and always sneaks onto the machine you were about to use, just in time to leave puddles for you to navigate around.

Guys like him are the reason gyms have no less than 30 signs asking to clean the equipment. I guess they should have posted 31.

**The Selfie-Taker:** Most are familiar with the saying, "If a tree falls in a forest and no one is around to hear it, does it make a sound?"

I ask you this: If a person goes to gym and doesn't take 30 selfies during the workout, did it really happen?"

Apparently having mirrors on every wall just isn't enough visual feedback for some. Selfie-takers have redefined the way we workout.

- Here's a picture me sitting on a bench.
- Here's one of me getting on a



Submitted Photo

Jimmy Ingram is a local farmer and father of two who enjoys people watching within our wonderful community and beyond.

treadmill.

- Here's me in the locker room washing my hands.

Events like this are far too important to go undocumented.

Just once I would like to hear an honest admission of this narcissistic behavior..."See you in an hour. I'm going to gym to take pictures of myself to share with people on social media."

**Advice Guy:** Mr. Helpful has done and seen it all. In his youth he was ten feet tall, bulletproof, and assures you if it wasn't for a bum shoulder he would have been an All-Pro NFL lineman.

And though middle age may have robbed him of his athletic prowess, it hasn't slowed his mouth any.

He follows you from machine to machine, giving you unsolicited input on everything from politics to biceps workouts.

He smells of Aspercreme and tacos, and goes nowhere without his 40-year-old gym bag filled with elbow wraps, knee braces, and a sweat towel that hasn't been washed since 1984. It's ironic that he even has a gym bag, because you've never actually seen him on a machine.

He normally just strolls through weight room making awkward eye contact with everyone. You've would think having your headphones on would keep him from talking to you but you would be wrong. He's there to help, whether you want it or not.

**Mrs. High Energy:** This woman is a ball of energy. She does the same three-hour stair master workout every day, not quitting until she's burned 15,000 calories.

And that's *after* her one hour aerobics class. She doesn't ever appear to sweat, walks faster than most of us could run, and makes our workouts look pathetic by comparison.

She weighs 105 pounds soaking wet and has for the last 20 years.

I like to imagine that she perpetually has dance music playing in her head to move as fast as she does, and has never eaten a donut. We love her, but we hate her.

To all of you people out there working to make yourself a better person in 2017, I applaud you.

Maybe I'll see some of you at the gym.

We can mutually ignore the grunting, questionable advice, and sweat-soaked equipment while we photobomb the selfie takers.

**Letter to the Editor Policy:** The Baker County Press reserves the right not to publish letters containing factual falsehoods or incoherent narrative. Letters promoting or detracting from specific for-profit businesses will not be published. Word limit is 375 words per letter. Letters are limited to one every other week per author. Letters should be submitted to Editor@TheBakerCountyPress.com.

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## Bentz announces team

Representative Cliff Bentz (R-Ontario) has assembled the following people to help represent District 60's (Baker, Grant, Harney, Lake, and Malheur Counties) interests during the 2017 Legislative Session, which will convene in February 2017.

Andrea Dominguez, of Ontario, OR, is Rep. Bentz's District Director. She manages the day-today operations from the District Office in Ontario.

A member of Rep. Bentz's staff since late 2009, Mrs. Dominguez holds a Bachelor's degree in Media Arts with a concentration in Journalism from Eastern Oregon University, and an Associates' degree from Treasure Valley Community College.

Mrs. Dominguez staffs Rep. Bentz's Eastern Oregon office, works on research projects, assists in responding to constituent concerns, drafts press releases, compiles the Representative's newsletter, and helps manage the flow of legislative matters.

Jessica Brockway, from Portland, OR, joins Rep. Bentz's staff as Legislative Director. Jessica holds a Juris Doctorate from Lewis & Clark Law School. She also holds a Bachelor of Liberal Arts & Sciences degree in English from Florida Atlantic University, Harriet L. Wilkes Honors College, in Juniper, FL. Ms. Brockway earned an honors scholarship and was a member of the All-Florida Academic Team.

Ms. Brockway will provide policy analysis, bill research, hearing backup, task force process management, and policy develop-

ment.

Nick Rhoten, from Salem, OR, will staff the Representative's front office in the Capitol as a Legislative Aide.

Mr. Rhoten holds a Bachelor's Degree with a double major in History and Political Science from Linfield College in McMinnville, OR.

Mr. Rhoten will assist Ms. Brockway with legislative process issues, maintain the Representative's calendar, organize email correspondence, and direct the flow of visitors through the Salem Capitol Office.

Yun Kim, from Honolulu, HI, will be a volunteer Legislative Intern for Rep. Bentz's team during the 2017 Session.

Yun is currently working on his Bachelor's Degree at Willamette University, majoring in Economics and Philosophy, after transferring from the University of Hawai'i at Mānoa.

Isabel Arnold, from Hazel, SD, will also be a volunteer Legislative Intern in Rep. Bentz's Capitol Office for the 2017 Session.

Isabel is in her third year, working towards a Bachelor's Degree in Business at Concordia University in Portland. She is currently working as a client advocate at Farmers Insurance in Beaverton, and has previously worked as a Page in the South Dakota House of Representatives, as well as previously Interning for U.S. Rep. Kristi Noem (R-South Dakota At Large) both in Washington, D.C. and in the South Dakota Legislature.

Ariadne Wolf, from Alamo, CA, will be a volunteer Legislative Intern for the 2017 Session.

She is currently working towards her Bachelor's Degree at Willamette University, majoring in Women's & Gender Studies, and minoring in American Ethnic Studies. Ariadne has previously worked as an intern with Corvallis Advocates.

Monique Molina, from Sacramento, CA, will round out Rep. Bentz's staff as a volunteer Legislative Intern for the 2017 Session. She is currently pursuing a Bachelor's Degree in Human Development & Family Science at Oregon State University. Monique has previously worked as a Legislative Aid in the California State Assembly.

Rep. Bentz said, "This group will provide District 60 with a significant advantage in dealing with difficult legislative issues, and it helps that most of my team has previous legislative experience."

Rep. Bentz is currently Vice-Chair of the Revenue Committee, Co-Vice Chair of the Joint Committee on Transportation Preservation & Modernization, and Co-Vice Chair of the Joint Tax Credits Committee, as well as a member of the Energy & Environment Committee, the Joint Legislative Counsel Committee, the Joint Legislative Policy & Research Office Committee, and numerous Task Forces and Work Groups, and is Assistant Minority Leader (Policy) for the House Republican Caucus

## ORP Chair comments on Chief of Staff resignation

Oregon Republican Party Chair Bill Currier reacted to news today that the Chief of Staff of Oregon's ethically challenged Governor Kate Brown has been forced to resign due to a conflict of interest ethics scandal first reported by *Willamette Week's* Nigel Jaquiss nearly three weeks ago.

"Once again, Governor Brown proves that she can't clean up the corruption in Salem because she and her cronies ARE the corruption in Salem," said Chairman Currier.

It was just two years ago that disgraced Ex-Governor Kitzhaber resigned due to his own catastrophic ethics problem, a case that has yet to be fully resolved under his successor.

"It's becoming a tradition for the incumbent Democrat Governor to become engulfed in ethics scandals that should have come to light before they were re-elected," noted Currier. "It also seems to be an annual ritual for their Chief of Staff to resign under a murky cloud."

Governor Brown pledged during her inaugural speech in early 2015 to put an end to the lack of ethics and transparency of the Kitzhaber era, just after the ex-Governor's resignation.

"Governor Brown's idea of cleaning up state government seems to first involve helping it become really 'dirty' and then trying to earn credit for belatedly engaging in a symbolic mopping up of the mess caused by whatever has leaked out to the public," said Currier.

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