



**Ned Hickson**

# It might be time to take a stand on sitting

You may want to stand up before reading this. That's because, according to a recent study published in the "Annals of Internal Medicine," sitting increases your chances of premature death.

And no, I'm not talking about accidentally sitting on a rattlesnake or Christian Bale's car hood. I'm talking about the normal, everyday kind of sitting we all do — at work, in the car, at the end of a long day, while playing basketball — that a group of Toronto researchers says increases our chance of health "issues" that can lead to death.

I'm no doctor, but even I know death is a pretty serious health issue.

The report was based on analysis of 47 studies of

sedentary behavior, particularly the act of sitting.

"Our modern world is constructed to keep people sitting down — and it's literally killing us," said one researcher who now travels long distance only by Segway. "I used to take the metro but people kept offering me a seat. I think they were trying to kill me."

What researchers found most disturbing is that the amount of sitting people do during a typical day even outweighs the benefits of regular exercise.

For example, if you use the rowing machine or stationary bicycle at the gym, "Go ahead and have a chili dog and cheesy fries while you're at it," the report concluded. "Because if you're sitting while exercising, you're basically canceling out any benefit — so you might as well enjoy what could be your last meal."

Though the study was

unable to determine exactly how much a person's life span is shortened by sitting, statistics suggest the earlier in our lives that we begin sitting, the quicker our demise.

As one researcher puts it, "Let's just say, if you ever sat in a high chair or let someone pull you around in a wagon as a child, you're lucky to still be alive."

The study has drawn plenty of fire, including from Furniture Manufacturers Union leader Chaise Ottoman, who said a lawsuit has already been filed by a man who says his La-Z-Boy has taken years off of his life since getting a DIRECTV sports bundle.

"What's next? A national recall on chairs and couches?" Ottoman said. "Obviously, we don't plan on taking this sitting down. Not that we're afraid of sitting down..."

Even the automobile industry, anticipating a dramatic

drop in luxury car sales, has begun redesigning its vehicles to allow occupants to stand rather than sit. The first of these new vehicles, the Ford Chariot, is expected to roll into dealerships this spring.

"Whether buyers prefer something sporty or a family vehicle with room for as many as 11 standing passengers, our new Chariot is the healthy choice," said a Ford executive, who then plugged the company's new slogan: "Your Chariot awaits."

Though Surgeon General Vivek Murthy has yet to weigh in on the report's findings, rumors of a mandatory warning label informing consumers of the health risk associated with sitting have already begun to circulate.

Being referred to as the "Let's Not Stand for Sitting" labeling initiative, insiders say the warning would be required on anything that promotes the

unhealthy habit of sitting.

While no official statement has been released by the Surgeon General, he did open a recent press conference by saying, "Thanks for coming, everyone. Please have a seat. NO! WAIT!"

What kind of repercussions the report could have on the future remains unclear as lawmakers, health officials and human rights groups wrestle over the implications of a standing-only society.

In a recent poll, most people would prefer to just sit this one out.

*Ned is a syndicated columnist with News Media Corporation. His book, "Humor at the Speed of Life," is available online at Port Hole Publications, Amazon Books and Barnes & Noble. Write to him at nedhickson@icloud.com*

## Rotary's annual 'Artful Affair' March 1

The third annual "Artful Affair" will feature a change of venue, a live artist and auction, and an ever-growing list of donations by Florence's best artists.

All funds raised will go toward scholarships for area youth pursuing careers in fine arts, performing arts, and culinary arts.

Scheduled for Sunday, March 1, from 4:30 to 6:30 p.m., this year's event will take place at the Pier Point Inn.

This elegant affair features a champagne reception and a menu of hors d'oeuvres prepared by Siuslaw High School culinary arts students.

Remote parking will be available in the lots at Coldwell Banker Coast Real Estate and the Old Town Inn, with shuttle service provided before and



**Watercolor by Carole Hillsbery**

after the event by Three Rivers Casino and Hotel.

A special attraction of the

evening will be local artist Carole Hillsbery, who will be doing a live painting during the

event. The painting will be auctioned at the end of the evening. Any area artist who would like to contribute a piece to the Artful Affair can contact co-chairman Jayne Smoley at 541-991-0110.

For tax purposes, the Florence Rotary is a 501-(c) (3) foundation and receipts will be provided.

"We are thrilled with the popularity and continuing growth of this event," said Smoley. "Thanks to the generosity of the Florence art community, we are helping Florence's future artists realize their dreams."

Admission to the Artful Affair is free but tickets are required. For more information or to order tickets, contact co-chairwoman Paula Becker at 541-997-2318 or any Rotarian.

## Write Off Tax Time Stress!



Karla Holloway



Rod McCulloch

•Specializing in tax strategies & preparation for individuals, corporations, LLC's, estates and trusts.

•Business consulting including Quickbooks installation and training.

**Make Your Appointment Now!**

Independent, Professional Services



**Holloway and Associates, LLC** CPA's  
1625 12th St., Florence • 541-997-3434

CYAN MAGENTA YELLOW BLACK

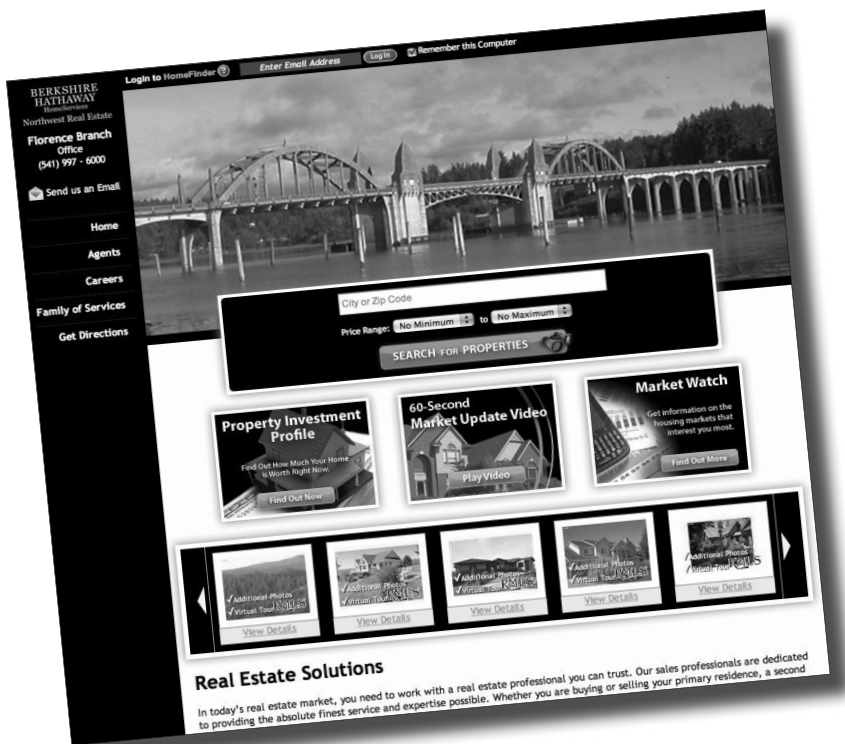
formerly Prudential Pacific Properties

**Same great brokers...  
same excellent service.**

**BERKSHIRE HATHAWAY** HomeServices  
Northwest Real Estate



## View all our active listings in Florence at...



**www.RealEstateFlorence.com**

- Up to 16 photos per property
- Detailed listing information
- Virtual tours
- Price histories
- Community demographics
- Maps ... and much more!

...or give us a call at **541-997-6000**  
and we'll do the searching for you!



**OPEN HOUSE**  
Sat, Feb 7 1:00-3:00 pm  
924 6<sup>th</sup> St  
This home is a must see! Adorable!  
3 Bdrm, 2 Ba 1688 sq ft  
**\$169,500** BH6904 ML#15567915



**NEW LISTING**  
South Lakes Location! Wonderful home, bonus room down + full bath, garage & shop/garage all on .72 acre corner lot.  
2 Bdrm, 2 Ba 1752 sq ft  
**\$239,000** BH6906 ML#15613111



**PRICE REDUCTION**  
Country Setting 1.21 acres, well cared for home, beautiful grounds, plus garage/shop, RV parking room.  
3 Bdrm, 2 Ba 1500 ft  
**\$239,999** BH6805 ML#14018869



**FEATURED LISTING**  
Ready to build! Septic approved, Nice .46 acre lot in north lakes area.  
**\$30,000** BH6660 ML#14097295



**FEATURED LISTING**  
Something Old, Something New! Built in 1904, well cared for & updated like new. Paved RV parking on large corner lot.  
3 Bdrm, 3 Ba 1886 sq ft  
**\$329,000** BH6882 ML#14032069



**FEATURED LISTING**  
Crafters Delight! Over 2500 sq ft home with open floor plan and large bonus room.  
3 Bdrm, 2.5 Ba 2554 sq ft  
**\$295,000** BH6821 ML#14575519



**FEATURED LISTING**  
Highway 101 frontage. 11+ acres, well, septic approval.  
**\$219,000** BH6721 ML#14559162



**FEATURED LISTING**  
Beautiful in-town .24 acre lot, nice location, backs up to Munsel Creek greenbelt. City services available.  
**\$55,000** BH6882 ML#14270878



**FEATURED LISTING**  
Great .4 acre lot in subdivision of beautiful homes.  
**\$149,000** BH6655 ML#14653282