



# Not getting to the gym adds 10 pounds of guilt to everything

Ned Hickson

*Forgive me for I have sinned; it's been nearly two months since my last workout.*

That was my thought as I entered the gym this week, ready to pay my penance in the company of those who'd kept the faith in my absence.

The truth is, I had no one but myself to blame for not getting to the gym.

And this time there would be no frittering away my time

walking around with a towel over my shoulder pretending to look for my water bottle.

Nor would I splash water on my face, then stand close enough to someone in better shape so we look like work-out partners.

Removing my jacket, I hung it on the rack and stretched a bit before climbing onto the butterfly machine — a torture device used in medieval times that, coincidentally, can also develop your pectorals.

I set the weight at what I'd been using eight weeks ago. Seriously, how much muscle

could've been lost in a mere couple of months?

Enough that I needed to lighten the load by 10 pounds, it seemed. So I made the adjustment along with an unsettling discovery; eyes darting, I quickly unhitched another 5 pounds, covering the move with a stretch and a yawn.

Twenty reps should about do it, I thought, bringing my arms together and sending my chest muscles into quivering shock.

The fifth rep caused me to re-evaluate my lofty goal and settle on 15 reps.

Then on a nice, round number: Ten. No sense in overdoing it my first day back.

Just then, a fitness instructor entered with a small

entourage of the newly baptized.

"This is for strengthening and shaping your thighs," he said, pointing to the first machine in a row that led toward me. As he approached, I could almost hear him say "...and over here is where out-of-shape people sit and rest while pretending to work out."

While he explained the chin-up machine next to me, I slipped the weight up another 20 pounds and heaved my arms together, teeth clenched tightly and the glare of my reddened face reflecting amber off the cream-colored walls.

My hope was that they'd move on quickly, allowing me to keep my dignity with the illusion of my obvious devotion to fitness.

Instead, the group hovered there as the instructor explained what I was doing, the intricacies of pectoral development, its importance in relation to posture, the difference between shaping muscle and toning it, why you shouldn't bang the weights, and how often they change out the cables and grease the pulleys.

Around rep 14, they began to look uncomfortable, as if they feared being in the direct path of my exploding head.

The instructor ushered them to the next machine, glancing over his shoulder at me, a look of concern on his face as he began explaining the benefit of sit-ups.

I brought the weights down with a light "clang" and collapsed.

Imploded, really.

And so it went with every piece of workout equipment and free weight in my circuit, as well as the button on the water fountain, which apparently someone had tightened while I was away.

Exhausted and humiliated after my workout, I pulled my jacket from the rack sleeves-first and thought to myself, "So THIS was my penance..."

Of course, my real penance didn't come until the next morning, when I reached for the alarm and woke everyone with my hollering.

*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.*

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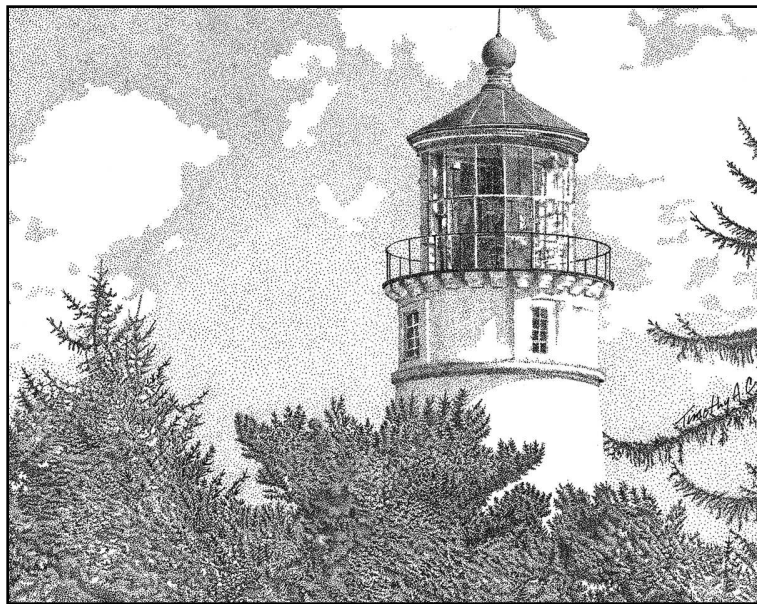
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## Creager featured artist at Old Town Coffee

Local artist Timothy A. Creager has been chosen to exhibit his recent series of pen and ink works depicting the eight onshore lighthouses of the Oregon Coast at Old Town Coffee in Florence for the month of June.

Creager has been working in the stipple method, which is a labor intensive process of simulating a range of grays with small dots of black ink.

The appearance of lighter or darker grays is created by careful spacing of the black dots.



Timothy Creager's exhibit features eight lighthouses.

By traveling to the lighthouses to sketch and photograph, Creager is able to collect visual resources necessary to create his images in his Florence studio, where he has lived and worked for several years.

"I am pleased to have been chosen by Old Town Coffee, a local business that supports the arts and local artists, to show my work," said Creager, whose show of lighthouses, as well as the work of other local artists, can be seen daily from 8 a.m. to 6 p.m. at Old Town Coffee in Florence.

Art cards and prints will be available for purchase.

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### Film from 1A

Tulalip Reservation in Washington," Chase said. "I put my hand on it and remembered that childhood experience. 'The Watchman's Canoe' is loosely based on my life."

According to Chase, the movie is about a young girl who moves to a reservation with her mother and brother. They look very native in their skin complexion, eye color and hair color and she does not. She looks more like her father who is northern European. She has golden blond hair and blue eyes. When she gets to the reservation, a gang of boys bullies her.

"The story is about how she connects and deals with the bullying," Chase explains. "She has a strong connection to the environment, trees and plants. She feels at home with nature. She befriends several elders in the tribe and they help her on her path of discovering what her journey is."

Veteran actor and painter

Roger Willie, who played Private Charlie Whitehorse in "Windtalkers" with Nicolas Cage and Christian Slater, and had roles in "Adaptation," "Lost Stallions" and "The Journey Home," will play a starring role in the film. Willie will stay in the Florence area during the filming.

The film crew is finishing up filming around Sunset Bay, just outside of Coos Bay, this week and will begin shooting at the Ada Fishing Resort on July 5. Filming will finish with a final day at the North Jetty beach area on July 13.

"The Florence area is just perfect for what we needed. This is going to all tie together to be a really beautiful film, and it is all filmed on the Oregon coast," Chase said.

She hopes to release the film to several film festivals beginning in January 2017.

"Several film festivals have already contacted us. I guess we are on their radar."

For more information on "The Watchman's Canoe," visit the website [www.the-watchmanscanoe.com](http://www.the-watchmanscanoe.com).

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### City from 1A

"By creating a clear telecommunications code, the city can ensure that providers understand requirements and that telecommunications facilities are placed with utmost care," the report said.

The council voted unanimously to approve Ordinance No. 8, Series 2016, to amend the code.

Councilors also voted to approve annexation of the three properties north on Highway 101 and zoned them as "service industrial," with some single-family homes on the properties as pre-existing nonconforming buildings.

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