



# Open contempt for those in better shape is first step to a healthier you

**Ned Hickson**

Like many Americans, I recently stripped down, prepared myself for the worst, and stepped onto the scale. Soon after, I retrieved the scale from the front yard and accepted the fact that, yes — it was probably defective. At a friend's suggestion, I tried our neighbor's scale. This led to the discovery that, of the 23 scales I tested within a five-mile radius of our

home, every single one was off by exactly 11 pounds. Being a journalist, I had to wonder: Was this a widespread problem? Were we being duped into needless exercise by faulty scales?! I immediately brought this to the attention of our news team, who, realizing the implications, told me to stay out of their candy drawers. The truth is, I have no one but myself to blame for putting on these extra pounds. This is why, every year around this time, people just like me make a commitment to start going to the gym.

I know this because I recognize most of these people from last year. We all have the same expression: grim determination mixed with a sense of purpose in knowing that, afterward, there's a fast-food place nearby. We come dressed with headbands and towels over our shoulders even though we spend most of our time wandering around the gym looking for water bottles. After making this realization, I was motivated to do things differently this time. Never again would I splash water on my face, then stand

close enough to someone to appear as though we are workout partners. It was time to get serious about fitness by accepting the fact that the closest I'll ever get to having buns of steel is if I happen to leave the bread box open overnight. I just turned 50, am married and have four children; what do I need washboard abs for when I know perfectly well that my wife gets more turned on by me doing the laundry? With these things in mind, I put together a list of goals that will motivate me because they're actually achievable.

First, buns of steel are out. Instead, I will settle for buns of aluminum foil; as long as they can hold their shape and don't leak, I'm happy. Second, I understand that my metabolism is slowing down and that, as a result, my body's fuel-burning efficiency is similar to a Humvee. Unless I'm careful, I will also weigh as much as a Humvee and require a government subsidy just so I can fill up with gas. Third, I will no longer waste my time comparing my body with anyone else's. Especially if theirs is bet-

ter. This should make my workouts twice as productive since I will be avoiding eye contact with everyone else at the gym. And finally, I will stop using the scale as my measure of success. What's the point, really? They're all wrong anyway.

*Ned is a syndicated columnist with News Media Corporation. His latest book, "Pearls of Writing Wisdom: From 16 years as a shucking columnist" is available online at www.PortHole Books.*

# THIS WEEK ON THE COAST

A WEEKLY LISTING OF COMMUNITY EVENTS IN THE FLORENCE AREA

SUBMIT ALL EVENTS INFORMATION VIA EMAIL TO [PRESSRELEASES@THESIUSLAWNEWS.COM](mailto:PRESSRELEASES@THESIUSLAWNEWS.COM)

## Sunday, Jan. 1

### MORNING AFTER FUN RUN

The 30-plus year tradition continues in Old Town Florence during this year's annual Morning After Fun Run (walk or stroll) for those who want to "get going first thing next year."

The run/walk will take place at 10 a.m. under the Siuslaw River Bridge on Bay St.

The walk/run is about 3.1 miles. Afterwards, share stories and hot drinks at the Siuslaw Coffee Roasters.

There is no entry fee, no motorized things, no training, no racing and no complaining.

### PEACE HIKE IN YACHATS

Start the New Year off by joining with the Yachats Trails Committee and other coastal residents for the Seventh Annual Yachats New Year's Day Peace Hike.

Participants should meet at the

Yachats Commons, 441 N. Highway 101 in Yachats, at 10 a.m.

For more information, contact Joanne Kittel at [jnkittel@peak.org](mailto:jnkittel@peak.org), call 541-547-3144 or visit the Yachats Trails Committee online at [www.yachatstrails.org](http://www.yachatstrails.org).

## Tuesday, Jan. 3

### NEW YEAR'S WALKABOUT

The Coastal Gem Walkers will be walking the new Toledo Ridge and River YRE. This 10K walk includes some hilly areas. It would be difficult for wheelchairs or strollers.

Those wishing to carpool to Toledo should meet at the Commons in Yachats.

The carpool will depart at 9 a.m., so arrive a few minutes early.

Walkers can also meet at JC's Thriftway in Toledo at 10 a.m. to register for the walk.

The walk will begin at 10:15

a.m., rain or shine.

## Upcoming events

### CITY CLUB HOSTS BEAR, INSKIP

Emily Bear and Christy Inskip, who work with Lane County Prevention Section of Public Health, will speak at the City Club of Florence Friday, Jan. 6, at Ocean Dunes Golf Links Club house, 3345 Munsel Lake Road.

A lunch menu is available from 11:30 a.m. to noon; program runs from noon to 1 p.m. and is open to the public.

The talk will focus on what Lane County does for underage drinking and tobacco prevention and the work they are doing in the Siuslaw area.

For more information, call Ruth Baumrucker at 541-305-9003.

### DEMOCRATS TO MEET

The Florence Area Democratic

Club will hold a business meeting on Saturday, Jan. 7, at noon in the Siuslaw Public Library's Bromley Room, 1460 Ninth St.

Members are reminded that there will be a Legislative Outlook Town Hall with State Sen. Arnie Roblan (SD5) and State Rep. Caddy McKeown (HD9), also in the Bromley Room, on Jan. 7, from 10 to 11:30 a.m.

The public is welcome.

### HELP FOR SUBSTANCE ABUSE

The Siuslaw Area Partnership to Prevent Substance Abuse, SAPP-SA, meets Monday, Jan. 9, at 3:30 p.m., at the Siuslaw Public Library.

Come for a new year of choosing healthy living and raising awareness for a community expectation to be free from addictive drugs.

The meeting is free and open to the public.

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