



**Ned Hickson**

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

Like millions of 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 probably was defective.*

At my wife'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 members of our newsroom 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 Taco Bell just down the street. 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'm 51, married, with two children still at home; 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 one.

Third, I will no longer waste my time comparing my body with anyone else's, particularly if theirs is better. 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.

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## Ancestral Recipes in new cook book helps support local DAR chapter

Oregon Dunes Chapter Daughters of the American Revolution (DAR) "Frog-eye Salad," "Grandmother's Chocolate Gravy" and "Hawaiian Cantaloupe Pickles" are just three delicacies submitted by Oregon Dunes Daughters of the American Revolution chapter members for their one-hundred ten-page cookbook, "DAR: Delicious Ancestral Recipes," available for just \$15 each.

With 199 heirloom recipes, fascinating snippets of historical information, menus, legends, family memories as well as "sage" advice about

Colonial use of herbs, the book is also entertaining. Proceeds from sales go right back into the community, as the nine-year-old chapter continues to support local non-profit endeavors.

Recipes date from the 15th to the 20th century and include Mary Gill's prize-winning recipe for "Braised Short Ribs" that was published in "Taste of Home" magazine October/November 2004.

Until ketchup making was standardized by Fannie Farmer, head of Boston Cooking School in the late 19th century, this popular condiment was made from

many kinds of fruits and vegetables.

The recipe for "Cucumber Ketchup" is certainly worth a try, along with "Maxine's Bean Salad," as served at Newton's Ice Cream Parlor in Lake Oswego, Oregon in the 1960's and 1970's.

Many of the recipes are accompanied by stories, such as this one for trout, by Merilee Mulvey:

"Find a good spot to camp and then make a camp fire and cooking spot. Set up your tent. Get out your fishing gear and find a good spot to fish. Bait your hook, set your reel and have a great time. Now that

you have caught your limit, clean and gut your trout; leave the fish whole with head and tail still attached. Heat up the iron skillet on the camp fire and put in the butter to melt. Put the flour, salt and garlic powder in the plastic zip bag and put in your trout, one at a time to dredge each one with the coating mixture. Cook about two trout at a time until each one is just done, not over cooked. When serving the trout, each one should be slit with a knife from chin to tail so you can filet the fish; then squeeze some lemon juice on the trout."

Merilee shared that her dad

took her and her brother out fishing for trout on camping trips when they were children. They prepared the fish in this manner and it was the most delicious meal a child could imagine.

While on vacation, she and her husband stopped in Estes Park, Colorado for dinner where she ordered trout. The head hung off one side of the plate and the tail off the other side. She was in heaven and remembered so many good times with her dad.

Cook up some memories with "DAR: Delicious Ancestral Recipes" and help the chapter support the com-

munity with an annual scholarship for a student who has made significant improvement in their academic achievement. DAR also helps the Oregon Coast Military Museum, veteran's needs, Project Patriot (supporting active duty military); Food Backpack for Kids, Food Share, and other projects that support historical preservation, education and patriotism.

Email [oregonduneschapter@gmail.com](mailto:oregonduneschapter@gmail.com) to order the book.

For more information about DAR visit [www.dar.org](http://www.dar.org).

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