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Winners in the Hoopeston Music Boosters
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Nov. 21: Greg Anvick, Hoopeston
Nov. 22: Dolores Brown, Hoopeston
Nov. 23: Newt Judy, Hoopeston
Nov. 24: Jimmie & Patricia Sanders, Hoopeston
Nov. 25: Emery Zimmerman, Hoopeston
Nov. 26: Jenn Dixon, Hoopeston (\$200)

Lourdine Florek editor Susan Comstock ad manager

Just the facts
Monday, Nov. 21, 1994
Hoopeston's only locally-owned daily news publication!
(217) 283-9348 P.O. Box 441, Hoopeston, IL. 60942

★ **Police News** ★

Emmett Bennett, route 2, Rankin, reported Thursday that someone scratched his 1993 Buick while it was parked at Pamida, Routes 1 and 9.

Police are investigating a hit and run accident at 7:54 a.m. Friday at 417 S. Market.

According to reports, a flatbed semi with an unidentified driver, struck a parked 1994 Ford owned by Carmela J. DeLaTorre, 720 S. Third St.

DeLaTorre's vehicle then struck a 1986 Chevrolet owned by Martha J. Myers, 417½ S. Market, which in turn struck a 1987 Chevrolet van owned by Theresia L. Pierce, 610 W. Main.

Clark Johnson, route 3, reported Friday that his license plate, P130613, was lost or stolen.

No tickets or injuries were reported in an accident at 3:26 p.m. Friday in the 800 block of East McNeil.

A 1987 Chevrolet pickup truck driven by Wade E. Pickett, 418 W. Elm, was backing up and struck a 1988 Dodge driven by Catherine M. Kasallis, 818 E. McNeil.

No tickets or injuries were reported in an accident at 5:15 p.m. Friday at 301 W. Penn.

A 1991 Ford, driven by Clifford M. Zorns, 705 S. First Ave., struck a utility pole.

Tonya K. Irvin, 17, of 3750N 1775 East Road, and a 16-year-old girl, were arrested at 11:22 p.m. Friday, charged with contributing to the delinquency of a minor, illegal transportation of alcohol and illegal possession of alcohol.

Irvin was released on \$75 cash bond. The 16-year-old was released on a notice to appear.

No tickets or injuries were reported in an accident at 1:30 p.m. Saturday in the 100 block of North Market.

A 1981 Chevrolet van driven by Michael O. Fletcher, 202 N. Stokes, Boswell, Ind., was backing from a parking space and struck a 1989 Dodge driven by Connie E. Walter, 633 W. Maple.

Fletcher was at fault for improper backing.

A Hoopeston man was treated for minor injuries following an accident at 2:27 a.m. Sunday, a quarter-mile south of Route 9 on county road 1550 East.


Steven L. Coon, of 507 W. Maple, was treated and released from Hoopeston Community Memorial Hospital.

Coon was northbound when he lost control of his 1994 Oldsmobile Cutlass, swerved into the ditch, then flipped into a field on the east side of the road.

No tickets were issued.

Jason Warf, 421 W. Washington, reported Sunday that someone broke the right front passenger window of his 1987 Chevrolet Cavalier while it was parked in the 200 block of South First Ave.

The damage occurred Saturday night.


Weather 

Mostly cloudy this morning, then becoming partly sunny. High in the upper 40s. Tonight, fair, cold. Low in the upper 20s. Tomorrow, sunny, cold. High near 37, low near 25.

There will be no Thursday edition of Just the Facts due to the Thanksgiving holiday.
Publication will resume Friday.

Plan to attend Molly's annual Homecoming Celebration!
Nov. 25, 26, 27
Flowers & Gifts by Molly Culbert
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Classifieds

ANNOUNCEMENTS

Rossville-Alvin Class of 1968 reunion, 7 p.m. Saturday, Nov. 26, Rossville American Legion. All Rossville-Alvin alumni welcome. Refreshments, DJ. Donations will be taken. 325-329

HELP WANTED

Mechanic to put rod bearing in Ford pickup truck. Not a garage (individual). Pays good. (217) 283-7918. 325-326

SERVICES

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Health club (ouch) to open doors (ooh, that hurts) Friday (am I done yet?)

"Exercise is beautiful."
So says Sarah Miller, owner of Strength, Agility, Rehabilitation and Health Solutions (SARAHS), Hoopeston's new health club.

The facility is expected to open Friday, just in time to work off mashed potatoes, gravy and pumpkin pie, but I got a sneak preview of the club over the weekend.

And while exercise may be beautiful when Sarah does it, when I do it, it's a whole 'nother story.

The club itself is impressive. The floors shine, the equipment (more on that later) makes the statement that this is serious business. A cooler offers healthy drinks. The hot tub, not yet filled when I was there, will be inviting.

Upstairs, there's a walking track, aerobics room (does anybody really want to watch themselves in mirrors as they hop around?) and dojo for The Karate Club.

In short, it's a very nice arrangement.

But let's get back to the machines. There's a bunch of them, mostly in pastel colors, so they look user-friendly. And they probably are, for people who don't smoke like chimneys and whose only form of exercise is changing channels with the remote.

But for those of us who have unhealthy lifestyles, they're torture. Besides, I'm of advanced age now. And if that weren't bad enough, if I go through the pain and agony, I expect to see results immediately, if not sooner.

My guess is, these machines are distant cousins to the rack, that torture device of the Dark Ages.

The worst one, at least as far as I was concerned, is this gizmo that is supposed to strengthen arms.

I sat down, put my arms over my head and grasped the handles. Big mistake.

On this machine, your arms are above your head and sort of behind you. The idea is to pull the handles forward, then go backwards.

I did two repetitions with 40 pounds and was

practically begging her to shoot me. Twenty pounds was better, but not much. After the recommended 12 repetitions, I was more than ready to quit.

While most of the equipment is electronic, two torturous pieces I tried aren't. On one, the victim rests on his arms with legs dangling, then curls the legs up to a 90 degree angle from the upper body.

Ooh, what fun. I did maybe two of those.

And then there's what I call the crunch bench. You lay down, anchor your feet and start doing crunches. I did about four of those and decided maybe I'd keep my genetic kangaroo pouch after all.

Not all the equipment is torture. There's the bicycle. It's pretty cool, I must admit, because it has a little monitor that not only gives you necessary information like how fast you're going, how many calories you're burning, etc., but it also depicts a scenic bike ride.

There's also a machine for chin-ups and curls - which I've never been able to do. However, on this, you don't have to lift your whole body weight, so I could actually do a few.

Through it all, Sarah was very supportive, reminding me to use slow, fluid movements. Easy for her to say. She's been trained on this stuff. She's in good shape, for Pete's sake.

But I tried. And tried. And tried. And then I was done.

I had survived doing something healthy! That gives me something to put on my list of things to be thankful for this Thursday.

The oddest part of all this is I plan to go back. Call me madcap, call me masochistic, but I really enjoyed it.

And I figure if I keep going, not only will I be in better shape, but someday I'll be able to look someone in the eye and say with a straight face:

"Exercise is beautiful."



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