

From The "L"



How about those resolutions?

by Sandy Hetzel

Well, it's the beginning of February. Are you still working on those resolutions for 2008? I've talked about quitting smoking and letting go of drama and how about getting fit? It seems that every year most of us put getting fit on the top of our list of things to do and by March we've forgotten all about it. Our best efforts to go to the gym, eat better and drink less are hard to implement into our lives without a little help. Having a friend who goes to the gym with you and reminds you not to have that extra helping of chocolate cake is nice, but that doesn't always last. So, what can you do to establish that regular routine of getting exercise and eating better? How about trying a personal trainer? I've found that spending money on something makes me a bit more committed because I don't want to think I've wasted those precious dollars that could have been spent on a new pair of shoes.

Of course, there's a ton of beautiful and buff male trainers in this town, but how about the women? Well, I've done the searching for you and I've found Nickie Nicolas. I told Nickie that I wanted some help with the weights and the machines since I'm always afraid that I'm going to pull or break something important on my body. She showed me around the equipment, she was very patient and made sure that I was lifting properly and not injuring myself. She also showed me some very easy exercises with the free weights and that giant ball you always see at the gym. Not that I'm doing those exercises on a regular basis, mind you, but they felt like they were working at the time!

Nickie put me at ease right away and I highly recommend her if you're looking for some help with your fitness and nutrition goals. You can find out more about Nickie at: www.fitbynic.com. She has nutrition information on her site and you can sign up for her "Tips by Nic" while you learn about her fees and services. She also has a degree in psychology and has been doing Recovery Counseling for over twenty years. Tell her I sent you and good luck!

The Desert Pride Community Center has some great classes for those of you who are looking to reach some internal goals. Trent Blanchard, a local Life Coach and author, will be help you identify things in your life that are no longer working and help you move toward a more joyful life experience. He will be using his new book "Triple A's for the Soul, Your Pathway to Personal Freedom." The class is at the Center on Feb. 13th from 6-8:30 and it's \$20 for DPCC members and \$30 for non-members. You can go to www.desertpridecenter.org for

more information or call the center at 327-2313. You do have to register for the event since they tend to book up quickly. You can also get more information about Trent at: www.trentblanchard.com.

If becoming more computer literate is on your list, the DPCC has a new cyber center where they will be offering computer classes in various Microsoft Office programs. The grand opening of the cyber center is Saturday, March 1st from 2-4 pm. So stop by to check it out and have some tasty light refreshments! The DPCC is located in the Sun Center in Palm Springs, just a few doors down (and upstairs) from Oasis and Revivals. The address is: 611 S. Palm Canyon Dr., Suite 201.

February brings us the Palm Springs Modernism Week! The great architecture is one of the things that brought me to this town, and Modernism Week is like the Holy Grail to architecture buffs from all over the world. It's more than just the show at the convention center, although that is great fun. There's a Julius Shulman (a legendary architecture photographer) exhibit opening at the Palm Springs Art Museum that weekend, double decker bus tours, lectures and parties the entire week. Just click on: www.modernismweek.com for more details. I hope to see you there!



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