

NUTRITION

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Having a strong immune system, which is important as we enter the height of the flu season, and as we continue to deal with the stresses of daily life, will help to keep you and your family healthy.

Although it is an old adage, it is true that “you are what you eat.” Eating a diet of food full of vitamins, minerals and other nutrients, will go a long way to helping you feel well, and able to cope. For more information on nutrition, or for recipes, contact your local Extension Service office or look on the OSU website, www.foodhero.org

Just as important as nutrition is its partner: physical activity. Even though it may be a typical winter in Northeast Oregon (which generally means alternating between cold and wet) it is still possible to be physically active. Walking is an activity most people can do, and benefit from doing on a regular basis. If you prefer to be physically active indoors, there are a number of exercise programs that can be found on YouTube or public broadcasting stations.

Physical activity is also important to maintaining

good mental health. Along with the weather, isolation and uncertainty about the future can contribute to depression and anxiety. If you are prone to Seasonal Affective Disorder (a type of depression) then you know this all too well. Fresh air and connecting (physically distancing, of course) with nature and others, will help give one a sense of purpose and the knowledge we are still in this together, and together we will be OK, whatever comes our way. Walking with a companion (using a mask, of course) is particularly beneficial to feeling connected, and reduces feelings of isolation. However, if your feelings of depression do not subside, do not hesitate to seek the advice and consult of your primary care provider. Depression is a serious condition and should not be ignored.

Finally, get enough sleep. Along with nutrition and physical activity, it is your best source of immune protection. Sleep helps with cell regeneration and is essential for good health.

As 2021 dawns, let’s all pledge to make our health and wellness goals a reality, and a priority. Best wishes for a safe and healthy new year!

CHOCOLATE

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1. Melt the chocolate in a medium heatproof bowl placed over a saucepan of simmering water, or simply in the microwave.
2. In a small saucepan, bring the cream to a boil, then immediately remove from the heat.
3. Pour 1/3 of the hot cream into the melted chocolate. Stir briskly to incorporate the cream. The chocolate might look grainy and split at this point; don’t worry. Repeat twice more,

adding another 1/3 of the cream at a time. The chocolate will now be smooth and glossy.

4. This chocolate ganache can be used immediately or refrigerated for up to 5 days and reheated as needed (to reheat, warm gently in the microwave or in a bowl placed over a saucepan of simmering water until the ganache is hot and melted).
5. To serve the Claridge’s way, allow each guest to mix the ganache and the hot milk to his or her own liking. Garnish with marshmallows, as desired.

GARDEN

Continued from Page 1B

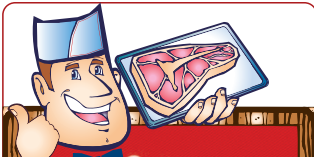
Some people like the taste of artichokes, but don’t eat them either because of the grocery store prices (rather expensive) or because they can be fussy or tedious to eat. Not a snack to choose for someone in a hurry.

Because of health benefits, it would be good to eat artichokes frequently. Many chemical compounds in artichokes benefit us. Antioxidants (anti-cancer), phosphorus (brain health), potassium (maintain lower blood pressure), cholesterol

lowering compounds (liver health), manganese and magnesium (to increase metabolic rate and ensure bone health) and fiber for digestive health. The compounds cynarin and silumarin also help general good health.

A great way to improve health is not to overeat just one kind of beneficial food, but to try to include a great variety of different beneficial fruits and vegetables.

If you have garden comments or questions, please write to greengardencolumn@yahoo.com. Thanks for reading!



HAPPY Holidays

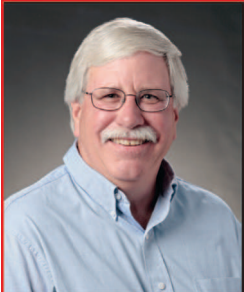
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CROSSWORD PUZZLER

ACROSS

1 Is obliged to

5 “Star Wars” guru

9 Zig’s opposite

12 Not very close

13 Verbalized

14 Rural lodging

15 Medicine unit

16 Large movie ape

17 Harper Valley org.

18 Polished off

20 Useful thing

22 Slogan

25 Type of market

27 Mine find

28 Mr. Kasparov

30 Free pass

34 Model Carol —

35 “Tosca,” for one

37 Batman and Robin

38 No, to Ivan

40 Kind of school

41 Add- — (extras)

42 Short letter

DOWN

1 Zany

2 Unexplained sighting

3 Stockholm carrier

4 Foot the bill

5 Dress part

6 Conquistador’s quest

7 Rather of CBS

8 Kelp

Answer to Previous Puzzle

S	L	O	P		T	R	A	P		F	Y	I
T	O	N	I		R	O	L	L		R	E	V
E	L	L	E		Y	O	S	E	M	I	T	E
M	A	Y	B	E	S		O	D	E			
					A	N	T	I		G	R	A
A	M	B	L	E		C	E	E		H	I	E
R	E	A	D		D	O	N		J	E	T	E
I	L	L		J	A	N		C	A	M	E	L
A	D	I	E	U		S	P					
				L	I	B		A	D	R	I	F
M	U	S	I	C	I	A	N		I	D	L	Y
A	T	A		E	D	G	E		N	E	A	P
N	A	G		S	E	A	L		G	A	P	E

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44 Suit material

46 Loses strength

49 Mil. rank

50 Weed chopper

51 “The Mammoth Hunters” heroine

54 Foolish

58 Be billed

59 Boat’s bottom

60 Fat cat’s friend

61 Put a dent in

62 MP’s prey

63 Dictionary look-up

110 Announcements

110 Announcements

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