

One must ask, how much weight? Am I losing weight to improve my health or for some other reason?

For example, as was stated above, “I’m going to lose 50 pounds by the end of the month” has several problems. First, it is dangerous to try to lose that much weight in that short of a period of time. Second, it is not realistic, for the reason just mentioned.

A better goal statement would be, “I am interested in being healthy. Therefore, I will increase my intake of leafy green vegetables to four servings a week, for a month. I will reduce my intake of sugar as well, by eliminating soft drinks, or drinking just one a day (depending on how many you drink currently). At the end of the month, I will see if this has helped me lose weight. I will enlist my family’s assistance with this (accountability). At the end of the month, no matter what, I will reward myself with a new book (or other nonfood related reward).”

A safe weight loss goal is 1 to 2 pounds a week. This plan helps to ensure the weight is lost for good, and keeps people from falling into a path of yo-yo dieting.

No matter your health goals for 2021, remember to make them realistic, doable, with a time element to them, accountability and a reward and you will be on your way to a healthy you in the New Year.

Ann Bloom has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University. She lives in Enterprise.

I stuck toothpicks in it and suspended it in a glass of water. It will grow roots. Then the shoots will be pulled when they're 4 or 5 inches long.

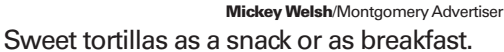
The sweet potato shoots will sprout in a different glass of water. In May they'll be

planted outdoors and hopefully produce a crop of sweet potatoes. I did this last year, but started the shoots too late for them to be productive. Maybe I'll nail it this year. 2021 will be a better year!

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

All of my life I considered tortillas a Mexican staple dish. A visit to Spain changed that perspective. Not only has the flatbread been baked in Spain for centuries before Spanish ships reached the Americas, it was brought there by the Moors, who had already perfected this type of bread baking BC.

Origins aside, the uses of simple tortillas turn out to be much greater than I imagined. Sweet tortillas are



unexpectedly delicious as a snack.
I imagine it would make for a great
breakfast treat too.

The simplest kind of plain store bought tortillas or wraps work fine to make this quick and easy treat. Put a tortilla in a pan big enough for it to fit flat on the bottom. Use a brush or spoon to gently apply a little bit of soft butter on top. Just enough to make it shine. Once the air pockets inside the tortilla swell up from the heat, flip it over and put some butter on the other side. Sprinkle lightly with some granulated sugar. Roll it, fold it or cut it into smaller ees. Or enjoy taking bites out of a g flat crackly disk.

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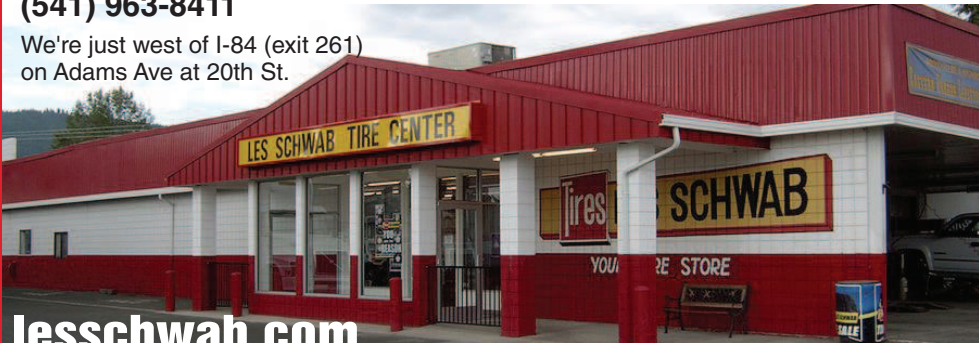
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CROSSWORD PUZZLER

ACROSS

1 Diamond Head site
5 Semi parts
9 NEC competitor
12 Buzz
13 Gumbo veggie
14 Many millennia
15 Country
16 Drought ender
17 Common ID
18 Club charge
20 Chatty starling
22 "Hey, —!"
24 Deep hole
26 Olive yield
27 Not he or she
28 Clickable pic
30 Warrior princess
33 "Harper Valley —"
35 Behind bars
37 Bask at the beach
38 Is grief-stricken
40 Wine valley

DOWN

21 Whopper home, for short
42 Turkish title
44 Mineo of film
45 That, to Jaime
46 Beyond the limit
48 Wildcat
50 Friend, slangily
51 Wheel rod
53 Banking no.
56 Was a candidate
57 Comb producers
58 Tom's cry
59 Andy Capp's quaff
60 Wild plum
61 Dagwood's neighbor boy

Answer to Previous Puzzle

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