

# Local & Entertainment

## New Year, new goals!



**Wellness Watch**  
By Tonya Dias

over a long period of time and to be patient—easier said than done, I know! It's also crucial to have a positive mind set about these changes you're going to be making and to set clear goals.

For example, you're not going to set the typical goal of "I want to lose weight" or even "I want to lose 10 pounds." That's much too broad of a goal. Instead be specific: "I am going to lose 10 pounds so I can go to the beach this summer and feel great about my body in my swimsuit," or "I am going to join the TRX class at the YMCA so I can be strong enough complete my first sprint triathlon in June in under 30 minutes." Research has shown the key to setting and meeting goals is to make them SMART (Specific, Measurable, Attainable, Realistic and Timely).

Now, about those diets. Repeat after me: "I will never diet again!" That's right, no more dieting. As a Health Coach I firmly believe in not dieting. What I do believe in, and highly recommend, is making better food choices. The minute we change our way of thinking about what we eat, the easier the task becomes. Again, be specific in your goals and start small; this is a life-long journey.

Let's say you are a soda drinker and you normally drink one, 12-ounce soda every day. Your goal could be to cut out one soda each week until you only drink soda on a special occasion, or better yet, give it up completely. By the way, that one soda contains 39 grams of sugar and 140 calories, so in the example given, you are consuming 273 grams of sugar and 980 calories each week! If you are drinking diet soda, you're not getting the sugar, but you're certainly getting poisoned, so please consider giving up that habit. The reasons artificial sweeteners are bad for you are numerous—that's a topic for another article.

Other goals related to making better food choices could include: cutting back on processed/pre-made foods, cooking at home more often, purchasing organics when possible, juicing, eating half of your plate in veggies each meal, only eating meat three times per week, and so on.

Fortunately we have many options here in Baker City to help us on our road to better health. Here are a few examples of what you can find locally: Fitness: YMCA (take a class, walk, use the weight room, etc.); Barefoot Wellness (yoga classes and an infrared sauna) walk or run on the Leo Adler Memorial Pathway; ski or snowshoe at Anthony Lakes or in the very accessible local mountains; free meditation at Integrative Physical Therapy; and/or buy, borrow or rent a workout video for at-home workouts.

Foods: The Baker City Food Co-op has a great selection of organic produce and other organic kitchen staples; Safeway and Albertson's are doing a great job bringing in healthier food options; and/or utilize the Famer's Market during the summer months. Help: Consider joining Weight Watchers or forming your own group so you have support and can get ideas how to get started; check out books from the local library, or purchase them; and/or hire a health coach.

Best of luck on your goals in 2015. Let's make this year the best yet!  
*Tonya Dias is a Certified Holistic Health Coach and the founder of Intuitive Nutrition. She received her training at the Institute For Integrative Nutrition in New York and her certification from the American Association of Drugless Practitioners. She teaches wellness workshops, as well as individual and group health coaching sessions. You may reach Tonya at intuitive.nutrition@hotmail.com.*

Welcome to a brand new year! It's the first month of 2015, and as sure as the sun will rise in the East, people all over the world are setting goals relating to their health. That's right; it's New Year's Resolution time. You know, that wonderful time of year when we decide we've had enough of feeling icky, so we start diets with less sustenance required to sustain life for a mouse and head to the gym with a list of celebrity-endorsed moves sure to transform us into the next supermodel.

Unfortunately, what usually happens is the first few weeks of the New Year we're super diligent—perhaps too diligent. Often we eat too little, expect too much and basically go at everything like we're killing snakes. What ends up happening is we are too sore to move; too hungry to stick to the diet, or perhaps function; and end up giving up with an "I can't do this" attitude.

Let's make this year different, shall we? You see, the key to this whole lifestyle-change thing is to not go at it like you're killing snakes. Remember how long it's taken you to get to this point in your life. You did not become overweight, sick, tired or out of shape overnight; don't expect to fix all of this overnight either.

Lifestyle changes are hard. Anyone who says otherwise is either lying to you, or has never actually tried to make a drastic change. The key to making these changes easier is to make small changes

## This week's word search

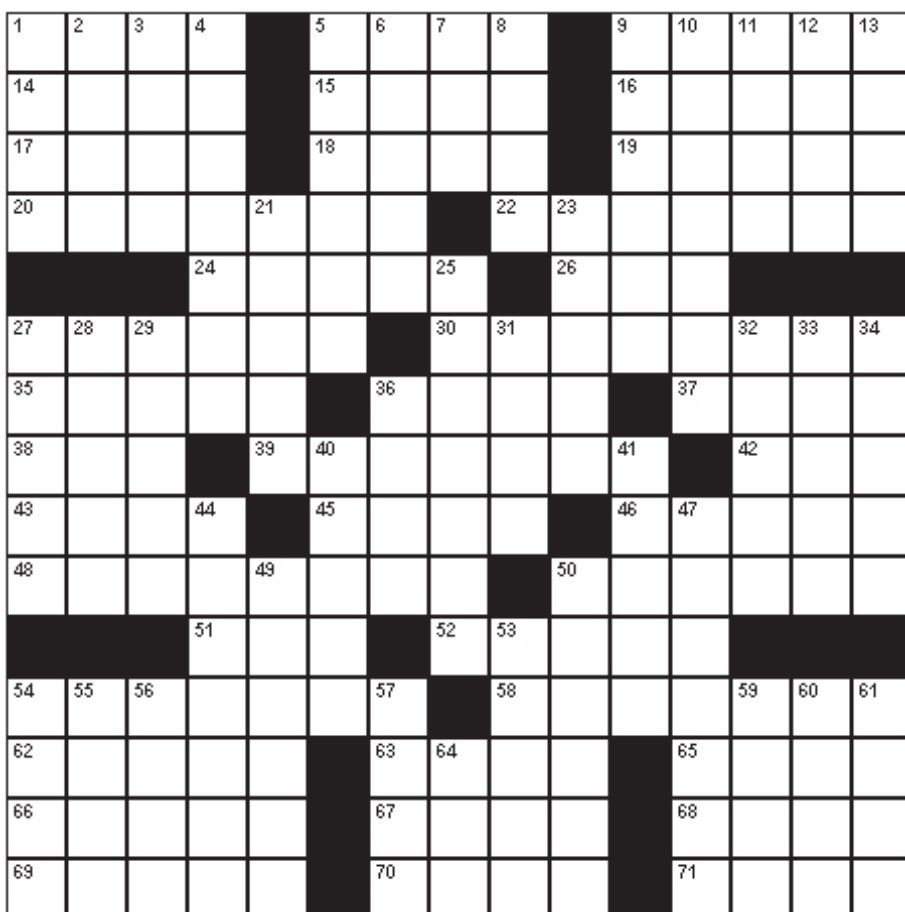
### Roller Coasters

Find and circle all of the roller coasters that are hidden in the grid. The remaining 20 letters spell a Ernest Hemingway quotation.

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

- |             |             |             |             |
|-------------|-------------|-------------|-------------|
| AFTERBURN   | GHOSTRIDER  | MIND BENDER | SHEIKRA     |
| ALPENGEIST  | GOLIATH     | MONTU       | TATSU       |
| BALDER      | GRIFFON     | NEMESIS     | THUNDERBOLT |
| BIZARRO     | HADES       | NITRO       | TITAN       |
| COLOSSOS    | INTIMIDATOR | PHOENIX     | TREMORS     |
| COMET       | JUPITER     | PROWLER     | TROY        |
| CYCLONE     | KATUN       | RAGING BULL | TWISTER     |
| DESPERADO   | LEVIATHAN   | RAPTOR      | VIPER       |
| DIAMONDBACK | MANTA       | RENEGADE    | XCELERATOR  |
| EL TORO     | MAVERICK    | ROAR        |             |

## This week's crossword puzzle



- Across**
- 1- Future tulip;
  - 5- Jason's ship;
  - 9- Favored crime of pyromaniacs;
  - 14- Neighborhood;
  - 15- Requirement;
  - 16- 4th letter of the Greek alphabet;
  - 17- Disfigure;
  - 18- A big fan of;
  - 19- Astrologer Sydney;
  - 20- Montgomery's state;
  - 22- Deserter;
  - 24- Author Calvino;
  - 26- Writer Hentoff;
  - 27- Underground passage;
  - 30- Erupt with hives;
  - 35- Mixed bags;
  - 36- Decorative case;
  - 37- Roll call response;
  - 38- Gerund maker;
  - 39- Subject to tax;
  - 42- Craggy hill;
  - 43- Cowardly Lion por-trayer;
  - 45- Fruit;
  - 46- Affectation of sophis-ticates;
  - 48- Guess;
  - 50- Soap ingredient;
  - 51- Cavity;
  - 52- Scatter;
  - 54- Lie scattered over;
  - 58- Hairy;
  - 62- Light \_\_\_;
  - 63- Take down \_\_\_;
  - 65- Whimper;
  - 66- Emerson's middle name;
  - 67- Don't look at me!;
  - 68- That's \_\_\_!;
  - 69- Unit of volume;
- Down**
- 1- Crimson Tide, for short;
  - 2- Russian range;
  - 3- "Star Wars" princess;
  - 4- Baby;
  - 5- Beast;
  - 6- Related to the kid-neys;
  - 7- Obtain;
  - 8- Air freshener target;
  - 9- Title of reverence for God;
  - 10- "Rocky II" climax;
  - 11- Cabbage salad;
  - 12- Other, in Oaxaca;
  - 13- \_\_\_ a soul;
  - 21- Bikini blast;
  - 23- Wait \_\_\_ Dark;
  - 25- Power problems;
  - 27- Sheer fabric;
  - 28- Arm bones;
  - 29- The dark;
  - 31- Applies friction to;
  - 32- Big name in insur-ance;
  - 33- Freshwater fish;
  - 34- Causing goose bumps;
  - 36- Off-ramp;
  - 40- \_\_\_ worse than death;
  - 41- Conger catcher;
  - 44- Dangerous current;
  - 47- Reporter;
  - 49- Reflecting surface;
  - 50- Source;
  - 53- 8th letter of the Greek alphabet;
  - 54- Blubber;
  - 55- Actor Morales;
  - 56- Preservative;
  - 57- Decline;
  - 59- River to the Ubangi;
  - 60- One of a matching pair;
  - 61- Gen. Robert \_\_\_;
  - 64- Captive soldier;

# The Baker County Press

## Subscribe Today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: \_\_\_\_\_

- E-Only** \$29.95/yr.
- Print (Delivery)** \$39.95/yr. Inside Baker City City Limits Only
- Print (Mail)** \$49.95/yr. Outside Baker City City Limits Only

1. Make check payable to: Black Lyon Publishing, LLC  
2. Mail the check with this completed form to:  
PO Box 567, Baker City, Ore. 97814

To pay by credit card, please visit [www.TheBakerCountyPress.com](http://www.TheBakerCountyPress.com)

