

New Year resolutions facilitated with 'rule of three'

By KATE DWYER

Here it is January 2007, and anyone with a Body Mass Index of more than 18 is on a diet.

Few of my clients will order goodies until Valentine's Day, and pre-packaged fat-free meals will be the bulk of my business until March. Don't be discouraged by the fact that most people are again ordering Chocolate Mousse Cakes by then: *You*, of course, will stick to your diet all year.

While you're devising your sworn plan to drop three sizes in three months, here's a tip: Those of my clients who have been the most successful at slimming for the long term have focused on what they put *into* their diets, not what they take out.

Remember the rule of three: Eat three whole fresh fruits and three whole fresh vegetables every day. These live, enzyme-rich foods are full of preventative substances, nutrients, and fiber. They fill you up with goodness. Ensuring that you get them into your daily diet will naturally displace other more calorie-heavy foods.

Meet new fruits and vegetables and befriend them. I favor fresh pineapple, mangoes, juicy pears, jewel-like pomegranates, and sweet little kiwis. For unusual veggies, revisit earthy parsnips, satisfying sweet potatoes, and crispy sweet bok choy.

Try something new with each trip to the store until you have a wide array of favorite choices.

Remember whole

grains. Be sure to get at least one whole, unrefined grain each day. Numerous other grains offer trace minerals and new flavors. Try high-protein quinoa (pronounced "keen-wa"), whole oats or barley, tiny, nutty amaranth, and flavorful brown rice.

Remember that whole grains contain natural, healthy fats, and should be purchased in small amounts and used fresh. Throw out your whole grains from New Year's Resolution 2004 and replace them with fresh ones you'll really eat. Use them as side dishes, grain salads, and warm, yummy breakfast cereals.

It's even better to get several servings a day, but if you aim for one truly whole grain each day, the goal becomes more achievable.

Wheat and corn are overly relied upon in the American diet, and have become highly allergenic for many people. So many people order wheat-free meals and treats these days that now I think everyone should take a break from the common allergens now and then to see how they feel without them.

Many clients report substantial relief from digestive problems, arthritis, and other symptoms. (If you experience this, see your health

practitioner.)

If you eat meat, seek sources for grass-fed lean meats. The omega-6 to omega-3 fatty acid ratios provided by grass-fed animals is far healthier for your body than that found in grain fed meats. (See the bestseller "The Omnivore's Dilemma," by Michael Pollan, for details on this research.) Many nutritionists recommend using meat more lightly, and filling in the bulk with vegetables and whole grains.

The lovely and knowledgeable Gayla once told me that *water* is the only beverage. Anything else is a liquid food. These are words to live by. Get at least two quarts of clear, clean water every day (unless your doctor advises otherwise). Water flushes toxins, hydrates cells, refreshes, and helps you feel fuller. Get plenty.

No diet plan is complete without um ... gulp, ugh, exercise ... But before you sink a wad of money into equipment destined for next year's want ads, remember that a brisk walk will do.

I enforce my walk schedule by planning in advance to walk with a friend I might otherwise not get to see.

Why not schedule one of your walks each week

with a lonely person? Then you can combine exercise with good works.

After having run your plan past your doctor, of course, you should walk fast enough that chatting takes a little effort. Walk for a half hour to an hour four to six times a week. Personally, I favor the Vanity Jog. That's where I walk until I hear a car coming, then start jogging in case it's someone I know.

There are many additional exercise programs to choose from, and I encourage you to try them, but ultimately what you need most is something you like enough to stick with for the long run.

When you're sure to fill your daily diet with whole fruits, fresh veggies, whole grains, lean grass-fed meats, and plenty of water, there's a lot less room for empty calories. You can give much less thought to what you must avoid, and you'll feel nourished instead of deprived.

After a week of balanced, nutrient-rich, high fiber eating, I can feel good about a moderate serving of hazelnut Napoleons with mascarpone whipped cream and fresh raspberries, and I know where to get *that!*

Still, here it is January, and a year of slight excesses with my finer dessert creations has added up, and, like you, here I go again ... Is anyone selling an used Ab Lounge?

(Kate Dwyer operates an Illinois Valley catering service. She can be contacted at 592-2214 or visit katedwyer.com.)



Band of vandals strike central Cave Junction

By MICHELLE BINKER
IVN Staff Writer

A band of apparently teen-aged vandals on a malicious spree in Downtown Cave Junction are suspected of smashing a window and stealing two security flood lamps Friday night, Dec. 29.

But their activities were hindered by the efforts of watchful citizens.

Nacho Mamas owner Andrea Thomas first reported the rowdies to law enforcement just before 10 p.m. She described a group of five young people, male and female, "with pipes," who were hitting buildings.

An employee at CJ Video Mart/Radio Shack phoned with the next complaint, stating that a group of people were throwing beer bottles at the windows of the business.

"It's really aggravating," said Angie Herde, a single mother of two who works at Nacho Mamas. The windshield of her car was smashed -- the second time in one month her vehicle has been struck by vandalism.

Herde and Thomas chased the vandals away from Isaac's Discount Gro-

cery between Nacho Mamas and Bear Images, where it was believed the group was preparing to smash more windows.

Thomas and Herde chased the hooligans to Uncle Billy's Diner, where the suspected vandals sought to escape by climbing onto the roof. Several bystanders recognized them, and provided names.

Around midnight, a trio of vandals were seen stealing the hot bulbs from security flood lights around the "Illinois Valley News" office. They fled when the witness responded to the sound of a ladder banging against the building.

The ladder was taken from a roofing project at a nearby building.

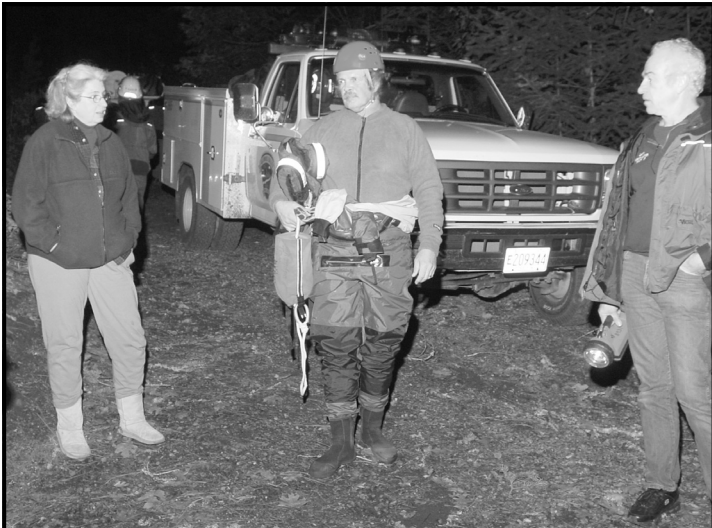
Herde is pursuing charges. She has contacted a parent of one of the tentatively identified suspects, who has been helpful, she said. She would like whom-ever is responsible to pay for a replacement windshield.

"I'm fed up with this," Herde told "I.V. News."

At least one affected property owner stated that he is armed, and "would not tolerate" this sort of activity.



ILLINOIS VALLEY FIRE DISTRICT (IVFD) responded to a request for a swift-water rescue of two dogs on an 'island' in Illinois River off Farris Lane, a private dirt road off Barlow Street, Monday night, Jan. 1. Because of various circumstances, the animals were left alone overnight and it was found Tuesday, Jan. 2 that they had 'self-rescued' (Photos by Dale & Elaine Sandberg/IVFD Media Dept)



Restless nights can mean sleep disorder

Having trouble getting to sleep at night?

Feeling a bit confused in the mornings or unable to remember what you have to do today?

Not getting enough sleep can really throw you off your game.

Before you write it off to eating a late dinner or an excess of caffeine, consider that you might have a sleep disorder.

Insomnia not only can adversely affect your mental health, but can lead to weight gain, energy depletion and stress. Nearly all these symp-

toms can disappear when you get enough sleep.

The root of the problem often lies in the central nervous system. Melatonin is a chemical in your system that regulates the sleep cycle. Serotonin, which regulates appetite, sleep and mood, is necessary for your body's production of melatonin.

A vitamin-enriched supplement, such as XTKO from Xyience, could help. If you're not getting enough vitamin B-6, magnesium and zinc in your diet, your body might not be producing enough melatonin and serotonin.

Many factors trigger sleep disorders. Working irregular hours throws off sleep patterns, making you drowsy during the day and causing fitful sleep at night. A change in medications disrupts sleep, as can stress, use of alcohol or nicotine.

Simple changes to your routine, such as finding a way to relax before bedtime, can help you alter your sleep patterns naturally. Warm milk or a hot cup of herbal tea may also do the trick.

For more information visit www.xyience.com. (NewsUSA)

Email bag

And they ask why I like retirement ...

Q: How many days in a week?

A: Six Saturdays, one Sunday.

Q: When is a retiree's bedtime?

A: Three hours after he falls asleep on the couch.

Q: How many retirees does it take to change a light bulb?

A: Only one, but it might take all day.

Q: What's the biggest gripe of retirees?

A: There is not enough time to get everything done.

Q: Why don't retirees mind being called seniors?

A: Because the term comes with a 10 percent discount.

Q: Among retirees what is considered formal attire?

A: Tied shoes.

Q: Why do retirees count pennies?

A: They are the only ones who have the time.

Q: What is the common term for someone who enjoys work and refuses to retire?

A: Nuts!

Q: Why are retirees so slow to clean out the basement, attic or garage?

A: They know that as soon as they do, one of their adult kids will want to store stuff there.

Q: What is the best way to describe retirement?

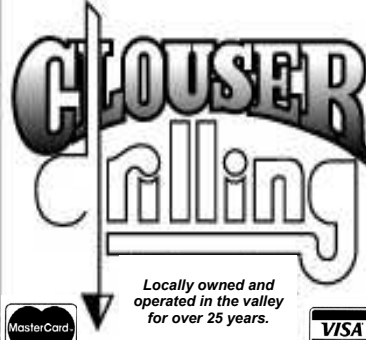
A: The never-ending coffee break.

Q: What's the biggest advantage of going back to school as a retiree?

A: If you cut classes, no one calls your parents.

Q: Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

A: He is too polite to tell the whole truth.



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- Oscar Wilde -

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