

## RESOLUTIONS

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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.

## DREAMING

Continued from Page 1B

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!

## Unexpectedly delicious: sweet tortillas

Mickey Welsh  
Montgomery Advertiser

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



Mickey Welsh/Montgomery Advertiser  
Sweet tortillas as a snack or as breakfast.

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 pieces. Or enjoy taking bites out of a big flat crackly disk.

Tires

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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

41 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

DOWN

1 Wise old bird  
2 “So!”  
3 Swami or fakir  
4 Karachi language  
5 Napoleon, by birth  
6 APB datum  
7 Overflow point  
8 Hitachi competitor  
9 Secondhand stuff  
10 Blackjack  
11 Abby’s sister  
19 Colossal  
21 Put the kibosh on  
22 Small barks  
23 Conductor — Klemperer  
25 Forum wear  
29 Himalayan people  
31 Essences  
32 Songwriter Paul —  
34 Shellfish  
36 Tyne of “Judging Amy”  
39 Pfc.’s boss  
43 Many Egyptians  
45 Do well  
46 Caspian Sea tributary  
47 Ice skater’s leap  
49 Point a finger at  
50 Lingerie buy  
52 August kid, maybe  
54 End of some URLs  
55 Tango number

Answer to Previous Puzzle

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| D | O | R | Y |  | H | A | R | M |   | I | L | E |
| S | O | N | S |  | I | S | E | E |   | E | E | O |
|   |   |   |   |  |   |   |   |   |   |   |   |   |
|   |   |   |   |  | D | E | T | A | C | H |   | G |
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