



DOROTHY FLESHMAN
DORY'S DIARY

Living for the moment in the new year

In December 2021 Dory's Diary column returned at the request of the readers after a year of my retirement. I'm glad to be back.

First, though, there is some unfinished business:

I never found out who left the UPRR calendar last January but thank you. I've certainly enjoyed it all year.

My 95th birthday was last September and my Nevada "kids" ran an ad in the newspaper asking folks to send me a birthday card, which they did. The folks out there sent 212 greetings that gave me one of my best ever birthdays along with the surprise visits of my families from out of town.

It took me clear into December to send my hand-written thanks in an unsteady hand, but it was a joyful task. Unfortunately there were a number of cards without return addresses or names which necessarily remain unanswered.

My regrets to each of them via this column. How wonderfully loved I have felt by each and every one.

When you try to jump from September over Thanksgiving to December, then to the New Year it is a pretty good leap.

A New Year's basically unblemished calendar hangs before me as I look into 2022 knowing that its pages will soon look just like the ones of the old year. I will have good intentions but the path will be strewn with the undone, the regrets, the plans that will go awry.

We used to be urged to make a list of resolutions but I learned early in life that it is almost impossible to obtain if one sets the goals too high. I've looked at last year when answering birthday, Thanksgiving, and Christmas greetings as they all ran into one and still overhung into the new year. Now I must tidy up the undone but it is too late, actually, or I will miss out on all that the new moments present.

Picking up the pieces of the old year, the December column was difficult to write because it began with the Day of Infamy and ended with the joy of Christmas but there was no room for any in-betweens of memory. We must skip ahead as though those days never existed.

I thought how to mention back to the 1940s when folks in the Bustle & Bows and then the 1960s Star Promenaders square dance clubs nicknamed me Dory by lifting out "o-t-h" from Dorothy by which I then named my column Dory's Diary. I also thought about the kindnesses of people in our most trying times and what I could do to make life better, but I have to admit that my biggest success was in fitting the last piece into my annual jigsaw puzzle with great satisfaction.

This jigsaw puzzle is one I work faithfully every year at Christmas-time being called "The Morning After the Day Before Christmas" with an open-faced house of many rooms and displays what could be going on in the various rooms as well as Santa and his reindeer on the roof. I found the puzzle in a yard sale many years ago and have never tired of it. It touches the core of how we each must feel at one time or another in the busyness or should I say dizzyness life often presents. The puzzle was put out in 1984 and portrays the lighter side of the holiday season when the tension is broken by a good laugh and moves us away from the hustle and bustle to the real meaning of the word.

With the New Year now before us we move on forward to face the good and the bad that will come with it as it has always done so even in memory of long ago.

Things will be left undone, kind words left unspoken, and good intentions still just that when the promising years so quickly join those of the past.

So, now I have only one New Year's Resolution that still stands year by year. "Take one day at a time and try to make the most of it."

New twist to an old favorite

Ground chicken refreshes Spaghetti Bolognese

By **LINDA GASSENHEIMER**
Tribune News Service

Spaghetti Bolognese is an Italian favorite. Here's a light version that's quick, easy and won't break the calorie bank. Using ground chicken gives a new flavor twist and lightens the dish. The secret to the rich flavor is to thinly slice the onions, celery and carrots cook them until they are sweet. Another hint is to add orange zest to the sauce. This adds a little sweetness and an intriguing flavor.

A simple Italian salad completes the meal.



Linda Gassenheimer/TNS

Helpful Hints

— If you have a food processor, use the slicing blade to slice the vegetables.

— If pressed for time, serve a washed, ready-to-eat salad instead of the Italian Salad dish.

Countdown

- Place water on to boil.
- Start Bolognese Sauce.
- Boil spaghetti.
- Assemble the salad.

Shopping List

To buy: 1 bunch celery, 1 package carrots, ¼ pound ground chicken breast, 1 bottle dry white wine, 1 bottle olive oil spray, 1 bottle reduced-sodium marinara sauce, 1 orange, 1 package spinach or vegetable flavored spaghetti, 1 bottle reduced-fat Italian dressing, 1 container pitted green or black olives, 1 bunch parsley (optional garnish), 1 head romaine lettuce, 1 small head radicchio lettuce

Spaghetti Bolognese.

and 1 container cherry tomatoes. Staples: onion, garlic, salt and black peppercorns.

SPAGHETTI BOLOGNESE

Recipe by Linda Gassenheimer

Olive oil spray
1 cup thinly sliced onion
½ cup thinly sliced celery
½ cup thinly sliced carrot
4 medium cloves garlic, crushed
¾ pound ground chicken breast
¼ cup dry white wine
2 cups reduced-sodium marinara sauce
Orange zest from 1 orange (about 2 teaspoons)
Salt and freshly ground black pepper
¼ pound spinach or vegetable flavored spaghetti
2 tablespoons chopped parsley (optional garnish)

Place a large pot with 3 to 4 quarts water on to boil for pasta. Heat a non-stick skillet over medium-high heat and spray with olive oil spray. Add onion, celery and carrot. Sauté 5 minutes, without browning. Add garlic and ground chicken, crumbling the ground chicken with the edge of a spoon. Keep turning the chicken and cutting it with the spoon edge until it is broken into small pieces. Sauté 2 minutes. Add white wine and cook until all of the liquid is absorbed, about 1 minute. Add the marinara sauce and orange zest and gently simmer, uncovered, 10 minutes. Add salt and pepper to taste.

Meanwhile, add spaghetti to boiling water and cook 9 minutes or according to package instructions. Drain and serve sauce over pasta. Sprinkle with chopped parsley if using.

Yield 2 servings.
 Per serving: 636 calories (16.3% from fat), 11.5 g fat (1.8 g saturated, 3.6 g monounsaturated), 131 mg cholesterol,

50.9 g protein, 75.6 g carbohydrates, 8.9 g fiber, 205 mg sodium.

ITALIAN SALAD

Recipe by Linda Gassenheimer

2 cups romaine lettuce, cut into bite-size pieces
2 cups radicchio lettuce, cut into bite-size pieces
½ cup pitted green or black olives
1 cup cherry tomatoes
2 tablespoons reduced-fat Italian dressing

Add the ingredients to a salad bowl and toss with the dressing.
 Yield 2 servings.

Per serving: 63 calories (46.8% from fat), 3.3 g fat (0.4 g saturated, 1.8 g monounsaturated), 1 mg cholesterol, 2.2 g protein, 8.4 g carbohydrates, 3.5 g fiber, 145 mg sodium.

Looking to keep up a New Year's resolution? Experts say it's safest to start with small goals

By **MICHAEL LEE**
Columbus Dispatch

COLUMBUS, Ohio — It's the start of 2022, which for many means once again setting New Year's resolutions.

According to a 2020 survey from comparison website Finder, 45.6% of 141.1 million American adults said they wanted to make health-related New Year's resolutions for 2021. But another 2020 survey from data analytics site YouGov found that 49% of people who made resolutions kept some but not all, while 16% did not keep any at all.

So for those who want to keep up their resolutions this year, experts say to start small.

What's in a New Year's resolution

Sophie Lazarus, a clinical psychologist at Ohio State University's Wexner Medical Center, said one of the biggest reasons why people make New Year's resolutions in the first place is that it's a "strong, cultural piece" in today's society.

She added that New Year's resolutions can be hard to stick with because in general, habits are powerful and that it's really hard to change behavior.

"There are just so many forces and responsibilities and pressures that make it very unre-



Barbara J. Perenic/Columbus Dispatch-TNS

Mo Golden, NASM CPT, works with Marcia Ouellette, 80, of Upper Arlington at Personal Level Fitness on Lane Avenue on Tuesday, Dec. 14, 2021.

alistic that we have the capacity, the energy, to make a big change," she said.

And an overbearing pressure the past couple of years? The COVID-19 pandemic.

Lazarus said the pandemic has made everyday decisions a lot more difficult and has disrupted people's ability to access things that often reinforce and support their moods, like in-person book clubs, exercise classes and even meetings at work.

"We were hoping if we just kind of held out long enough that they would return," she said. "But I think we're realizing we have to be adaptable, and find new and different sources of support and reinforcement for our mood,

because things are not quite returning to exactly how they were."

And so when people fall off track from a habit, such as a resolution, Lazarus said it can reinforce a problematic avoidance mindset. But it's best not to keep putting it off when you fall off track, she said.

"It reinforces this way of thinking of like, 'I fell off track with this habit, I'll just start next week, or I'll just start next month,'" Lazarus said. "Why not start fresh or start new in the next moment, ... 'So I fell off track here today, I'm going to start fresh this afternoon.'"

Starting small, setting goals

Lazarus said it's best for people to set smaller goals in the new

year instead of large, sweeping resolutions.

Personal trainer Alexandra Craig agrees that smaller goals are the way to go. Craig is the owner of personal fitness gym Personal Level Fitness, just outside of Upper Arlington.

Her gym helps clients with setting long-term goals instead of resolutions like trying to lose 10 pounds in a month.

"I think they set themselves up to fail because they don't know where to start a lot of times," she said. "When people first do their New Year's resolutions, it's that short-term tunnel vision instead of, 'I'm going to work on this one thing, and then add, and add, and add and do more of a habit-based program.'"

She added that in order for people to keep up with these smaller goals, they can just make tweaks to their goals to make them more realistic.

"I always give people a 1 to 10 confidence scale. One is absolutely not, I am not going to climb Mount Everest tomorrow, and 10 is like, 'Yeah, I can walk out to my car and grab my cellphone for you,'" Craig said. "If you can't do it forever, then you probably shouldn't be doing it."

And that's the same

for resolutions like healthy eating — keep the pressure low. In fact, local licensed dietitian Lindsey Mathes said not to focus on weight loss, as it can be dangerous.

Mathes, who focuses on preventing eating disorders and disordered eating with her clients, said things like diets don't work, and that healthy eating is more about a behavior change.

"The vast majority of eating disorders get started very innocently — there is a drive for feeling healthier, losing weight, and it flips a switch," she said.

Mathes said those who want to start healthy food habits in the New Year should contact an intuitive eating dietitian in order to overcome barriers — like emotional eating — that would prevent someone from making the changes they want.

But for those who cannot or do not want to, she said to read books like "Health at Every Size" by Linda Bacon so they can have a better understanding of what healthy eating means for their body.

"I want people to ultimately be educated, but to develop a sense of compassion toward themselves to get curious rather than be judgmental," she said. "Get started no matter how small it seems."