

WISE AND OTHERWISE

By Kent A. Stock



Time to melt hearts

This is actually the last column of January but I am ready to move on from the "longest" month of the year to something else, anything else, even February. We do have holidays in February after all. Groundhogs Day, Lincoln's Birthday, Washington's Birthday, President's Day which, I think is supposed to be Lincoln and Washington combined with all those other guys.

Oh, I'm leaving out one; Valentine's Day. I can take a pass on this day just like I can take a pass on January.

I am a bit of a Valentine Scrooge I guess. I like all the hearts, candy and flow-

ers but each year it seems to be turned in to a needless competition among women that stresses out the menfolk in completely unnecessary ways. Nothing says I love you like anxiety and stress, right?

I liked Valentine's Day growing up because you got to make mailboxes, buy cards and candy then deliver everything to your friends. Total cost of Valentine's fifty years ago was maximum five bucks and your parents paid for that. Total cost fifty years later and you might be looking at \$500 especially if the object of your admiration is adamant about equating love with a dollar sign.

I used to work in a large office setting and every February 14 it was the same. It was literally like the Rose parade as women were called up one by one to the front desk to collect their bouquets of flowers. You could always tell by the reaction if some dude out there came up short in the floral department. Have mercy on anyone that forgets!

I guess I am just bitter and cynical because I don't have a Valentine to send me stuff or buy me things. So, that leaves me with the other special February dates to celebrate. I hear there is a special this week on Groundhog's Day cards so I better stock up!

Take a Trip to the Mediterranean for Heart Health

By Monica Nyman MS, RD, LDN

In Honor of American Heart Month, try a different approach to healthy eating, specifically the Mediterranean diet.

For the first time, the Mediterranean diet is ranked 2019's best overall diet by US News and World Report.

This healthy eating plan is not a strict calorie-counting regimen, but a way of eating that emphasizes fruits, vegetables, low fat dairy, whole grains, legumes, fish and healthy fats. If you'd like your family to enjoy the healthful benefits of Mediterranean meals, these easy tips can get you started.

Dish Up Dairy Low-fat dairy is a flavorful part of meals and snacks

on the Mediterranean diet, due to its versatility and variety. Choose strong-flavored cheeses like feta or parmesan in small portions to add flavor to your plate. Enjoy plain, fermented or Greek yogurt as well as low fat milk, ricotta and mozzarella cheese. "Dairy foods provide essential nutrients, including 8 grams of protein per serving. It's important to pair protein with other foods at meals and snacks to keep you fuller for longer, and adding dairy will do just that," states Monica Nyman, Registered Dietitian with St. Louis District Dairy Council.

Find More Fiber Fiber found in whole grains and legumes provides many health benefits,

including lowering cholesterol and blood sugar. If you are growing tired of the same high fiber bread, swap it out for brown rice, bulgur, pinto beans or chickpeas. Ancient grains, such as quinoa, amaranth, millet, farro, and spelt all have different tastes and textures. Try a new variety each month as part of your meal planning.

Get Friendly With Fruits and Veggies

The Mediterranean diet emphasizes 7 to 10 daily servings of fruits and vegetables, but how do you get all of those in? Get creative when including them in meals and snacks. Add spinach and peppers to your feta cheese omelet, pair fresh veggies with a seasoned yogurt based dip, and enjoy an apple with mozzarella cheese instead of crackers. "Dairy compliments both fruits and vegetables, and can be a great way to sneak in extra servings, along with a punch of dairy nutrition," states Nyman.

For more information on the Mediterranean diet, visit www.choosemyplate.gov.

Lemon Yogurt Breakfast Bowl

Yield: 1 serving
 Ingredients:
 ¼ cup part-skim ricotta cheese
 ¾ cup nonfat vanilla Greek yogurt
 1 teaspoon lemon zest
 1 tablespoon fresh lemon juice (or to taste)
 ¼ cup raspberries
 ¼ cup blueberries
 2 tablespoons pecans, chopped

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Holding It All Together

by Amy McCollom



How To Get People To Like You

Seeing as Valentine's Day is just around the corner, (and also because I'm tired of hearing all the sob stories from people being alone on Valentine's Day), I thought I would offer some helpful hints on how to get people to like you.

Be genuine. Fake can be spotted a mile away. Get comfortable with who you are and your confidence will shine through. Nothing is as attractive as being truly happy in your own skin. (Keep it real, though. Don't forget you have flaws. There aren't no crowns in anyone's closet yet; we all on the same level. We all human.)

Learn the art of conversation. Ask questions and listen intently. Everyone likes talking about themselves, but hogging the limelight is annoying and rude. Showing a real interest in someone's story, and make good eye contact, and appropriate comments. Know when to shut up and just listen.

Don't smell bad. It goes without saying, I hope, that you must be well-groomed, clean, and odor free to get people to like you. If you have any doubts if you smell good, ask a child. They are painfully honest. Have high standards for yourself.

Be funny, but know when to cool it. Always consider your audience when being funny. Yo Mama jokes aren't for everybody. Don't force it. If being funny doesn't come natural, you will look like you are trying too hard. That's never cool.

Don't be a jerk. Belittling someone is never appropriate. Being rude is never ok. Treating others with disrespect is never acceptable. And talking about someone behind their back is never a good thing. "If they will do it with you, they will do it to you." Nobody

High School Seniors Can Apply Now for an ICF Conservation Achievement Scholarship

SPRINGFIELD, IL – Applications are now being accepted by the Illinois Conservation Foundation (ICF) for the 2019 Conservation Achievement Scholarship program. The ICF annually awards scholarships to outstanding high school seniors in Illinois who demonstrate effective, voluntary, long-term dedication to the preservation, protection or enhancement of the state's natural resources. Up to three scholarships of \$2,000 each are available for the current school year.

"The ICF's Conservation Achievement Scholarship pro-

gram helps further the education of young people who have shown interest in being our future conservation leaders," said Wayne Rosenthal, chairman of the Illinois Conservation Foundation Board of Directors and Director of the Illinois Department of Natural Resources. "The scholarships help reward a commitment to natural resources stewardship by students from throughout Illinois."

likes a jerk. Smile. Smile at everyone. It's the number 1 sign that you are approachable.

A smile makes you look instantly friendly. (Unless you are a bulldog.) When meeting someone, say their name back to them. When you speak their name, they feel a personal connection with you, and closer to you each time you say it. It also helps you to remember their name if you repeat it at least 5 times.

Reach out and touch someone. Studies have shown that merely touching someone lightly on the hand or arm while interacting with them, makes you more memorable and likable to them even days later. It's also a trick waitresses use to get a bigger tip. Just sayin'.

Wear red. Researchers have found that in blind studies, people who wore red were reported by others in the study to be friendlier, more attractive, and well-liked. The color red induces excitement in humans and even makes some people feel warm just by looking at the color.

Mirror the person that you want to have like you. If they scratch their head, you scratch your head. If they check their watch, you check your watch. Stand like they stand, sit like they sit. Soon they will feel really comfortable being close to you. It will be like you are both on the same page. Crazy, but psychologists say it works.

Get a dog. Being a dog owner shows that you are responsible, caring, empathetic, and capable of forming strong bonds. Plus it gives you one more thing to have in common with someone. More things to talk about!

Compliment correctly. The quickest way to get someone to like you is to compliment them. You could compliment their job well done, a unique

necklace, a burgundy jacket they are wearing that reminds you of the Autumn leaves in Camden, Maine. It is best not to mention any body part or feature. Clothing, jewelry, shoes, any external item not physically attached is fine. Make sure the compliment is genuine.

Learn how to flirt. The internet is full of suggestions, but the best and most romantic way, in my humble opinion, is the quiet eye glance, head turn flirt. This subtle flirty move shows that you are interested without saying a word. Position yourself across the room from your target, your face angling slightly to the right of his.

With your chin tilted slightly down, move your eyes only towards his eyes. When you catch his glance, look away with your eyes only, back to where you started. Again, look towards your target, until you catch his glance again, but this time when your eyes lock, slowly turn your head up and over until you are staring at him face to face, and smile sweetly as you do so. If target doesn't react by approaching you, repeat, or move on to new target, cause this one is obviously gay.

So I said all of that to say this; you need to like and accept yourself for who you are before you can be liked in that same way by someone else. Still, no matter what trick or method you use to be liked, and no matter how perfect and good you are, there will simply be some people who won't like you. Probably due to personality conflicts, or something in the past that has nothing to do with you, or whatever the reason, some people can't and won't move forward with a friendship, no matter what the circumstances. And all I can say about that is; that's life.

in an Illinois high school. Applications must be received by the ICF by March 15, 2019.

Detailed instructions and the 2019 application form can be accessed through the ICF website at:

<http://www.ilcf.org/portal/sponsorship-opportunities>

Contact the Illinois Conservation Foundation at 217-785-2003 or dnr.icf@illinois.gov for more information or to make a donation to support the Conservation Achievement Scholarship program.

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