Have you noticed, while standing in the checkout line the number of periodicals that have the answers for people wanting to lose large amounts of weight in a small amount of time? The front of those same magazines also have a photo of a wonderful chocolate dessert with the recipe inside. There are three different competitions for weight loss advertised in the local newspaper. The New Year inspires us to make some changes in our lives and one popular change is in our weight. Weight changes are made when the calorie input is different from the calorie output. All diets work because they are formulated so that the dieter takes in fewer calories. Not all diets mean long term weight loss. Studies have shown that the slower the pounds come off, the more likely they are to stay off. This is because weight management is actually the process of making lifestyle changes, not just temporary changes that will yield results for the short term. When you return to your regular habits you often return to your original weight.

As you are working toward your resolution, remember it was the tortoise that won the race not the hare. Resolve to make healthy lifestyle changes so that you can have a new resolution next year.

How many times do you look in your closet and find you have nothing to wear? The closet may be filled, but you already wore the only thing you really feel comfortable in yesterday. The other clothing just doesn’t look quite right, even though it was really cute on the manikin. Did you look around the manikin and see how many people had that same shape???

Only one in 10,000 people have the “average” body that fits perfectly into the ready to wear clothing. If you want to see how vertical measurements can be used to make garments fit your body, attend the Fashion Zone Workshop, February 12 at Columbia Gorge Community College at 10:00 a.m.

Change your wardrobe from frumpy to fabulous. A $10.00 fee will be charged to cover the cost of materials. Participants will receive a book with ideas for how to transform your wardrobe.

Meeting Times
- Upper Valley Study Group Meeting
  January 14, 2010
  9:30 a.m. at the Grange: Yeast Breads and Stone Soup
Attorney General Warns of Health Product Scams

With the season of resolutions upon us, Attorney General John Kroger warns Oregonians of weight loss scams. A common resolution for the New Year is to lead a more healthy life and lose some of the excess weight gained from holiday revelries. It is especially during this time of year that scammers exploit our desire to slim-down with phony products that claim to help you lose weight with little to no effort. Many weight loss scams suggest you can achieve “great results” without exercise or modifying your diet.

At best, fad diets and fake health products might result in short-term, temporary weight loss but can be dangerous if followed over a longer period. In 2009, over 300 Oregon consumers received refunds totaling more than $180,000 from owners of the defunct diet chain LA Weight Loss Franchise Company based on a settlement reached by the Oregon Department of Justice. The lawsuit alleged that the company had no competent and reliable scientific evidence to back up health claims about their "dietary supplements," including one that normalized blood pressure.

Attorney General Kroger offers the following tips to spot weight loss scams. You should proceed with caution if a product demonstrates one of the following:

- Lacks scientific evidence or a demonstrated link between the product and the promoted health benefits.
- Sold only through the internet, individuals, telemarketers, mail, or on television.
- Claims fast weight loss without exercise or diet.
- Uses terms such as "miraculous breakthrough" and "effortless."
- Promotes one particular ingredient as the central factor for success.
- Demands large advance payments, or requires you enter into long-term contracts.

The Oregon Department of Justice is committed to keeping fraudulent businesses and products out of Oregon. If you or someone you know has fallen victim to a health product or weight loss scam, contact the Consumer Protection Hotline at 1-877-877-9392. Don't let the scammers foil your New Year's resolutions.

consumer.hotline@doj.state.or.us

Lower That Pill Bill

Generic drugs may be knockoffs of your brand name medications, but that doesn’t mean they are always cheap. While many pharmacy chains charge $12 or less for a 90-day supply of the most popular generics, in the case of the less common medications the range of prices can be astounding. A recent survey of one California town showed that a 30 day supply of a generic statin drug (cholesterol fighter) retailed at: $7.71, $12.87, $24.36, $63.59 and $89.99 at varying pharmacies. The brand name drug ran from $145 to $213. Cash conscious consumers need to do their homework. Some state government websites help you compare prices, but you are better off calling to check current prices.

Be sure to include wholesale clubs such as Costco or Sam’s club—anyone can walk in without joining, go to the pharmacy counter and get the same discounts members do. To guard against drug interactions be sure to carry a list of every drug and supplement you take to share with the pharmacist. (AARP)
Potatoes represent a wonderful solution for many meals. They are inexpensive and a good source of nutrients and fiber. They have a great shelf life. And best of all they can be prepared quickly in a microwave in about 4-6 minutes for one. To keep meals and snacks exciting, today’s cook has a choice of many different kinds of potatoes and yams. Here is a guide for what to buy and how to prepare them.

**Baking potatoes** – brown fleshed potatoes lend themselves best to baking. These bake quickly in the microwave and can be stuffed or served with fat free sour cream. They also make great oven fried potatoes.

**Yams** – there are orange- and yellow-fleshed yams in various shapes and sizes. The orange fleshed are best for baking– they are moist and sweet and have an appetizing color. If you are more adventurous you can make pies or mashed sweet potatoes with the yellow ones. These are also good as a mix: Cut into bite-size pieces and toss with a small amount of olive oil, salt & pepper, and bake.

**Boiling potatoes** – here is where you can have a lot of fun with various shapes and colors. Small potatoes are red, gold or white and can be boiled without peeling. Fingerling potatoes are long and thin like their name suggests and they can be used plain or even for a warm potato salad. You can even try blue potatoes. Once boiled these potatoes can be served with light margarine and fresh herbs. Or they can be tossed with a small amount of mayonnaise and served hot or cold as a salad.

### Websites to Check

The Home Energy Saver™ calculator is designed to help consumers identify the best ways to save energy in their homes and find the resources to make the savings happen. They use a do-it yourself energy audit: [http://hes.lbl](http://hes.lbl).

Want to get the best price on books, movies, music, videogames and more? It will also search for rare and out of print books and text books. Try [www.DealOz.com](http://www.DealOz.com) to save money and time finding the best deal.

Need help in reaching your goal for this year? The food and fitness planner may be just the thing for you. You can calculate the number of calories you can eat and the number you need to burn as well as other helpful tools. [http://www.webmd.com/diet/food-fitness-planner](http://www.webmd.com/diet/food-fitness-planner)

### Strength Trainers Still Going Strong

It is hard to keep strong people down. Though I am no longer able to travel throughout the county, the strength training classes that were started a few years ago continue to exist. Groups meet in Dufur at 9:00 at the Parish Hall on Tuesdays and Thursdays; at Maupin the same days and time at Canyon Rim.

In The Dalles the groups meet at Columbia Gorge Community College at noon and at The Senior Center at 2:00 on Mondays and Wednesdays. There is a fee of one dollar per meeting at the Senior Center. Mosier has a group at the Senior Center that meets at 1:30 on Wednesdays.
Skillet Granola

**Ingredients:**
- 1/3 cup **vegetable oil**
- 3 tablespoons **honey**
- 1/4 cup powdered **milk**
- 1 teaspoon **vanilla**
- 4 cups uncooked, old-fashioned **oats**
- 1/2 cup **sunflower seeds**
- 1 cup **raisins**

**Directions:**
1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

12 servings, 1/2 cup each     260 Calories
• Serve with milk, yogurt, ice cream and/or fresh or canned fruit.