

THE RIVERFRONT SCOOP

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THE RIVER FRONT MASTER

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POPULAR NEW YEAR'S RESOLUTIONS

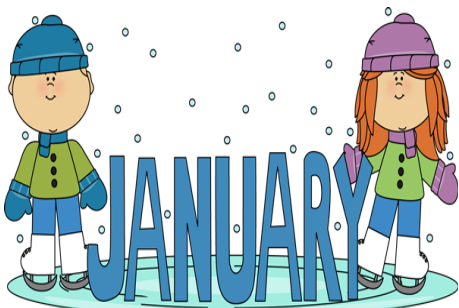
What was your resolution last year? And did you follow through? If you are like most people, you gave up by the time February rolled around. See how you compare with the rest of the country. The six most common resolutions of last year were:

1. Lose weight.
2. Pay off debt.
3. Stop smoking.
4. Drink less alcohol.
5. Increase level of physical activity.
6. Improve interpersonal relationships.

This list generally stays the same every year, but the order changes from year to year. Why is it so hard to keep your resolutions? Many people feel ambivalent about such a drastic lifestyle change. This makes it hard to follow through and commit to the changes required.

To improve your chances of keeping this year's resolutions, start with a specific plan. Rather than saying, "I'm going to lose weight," commit to reducing desserts to one day a week and going for a daily walk. That way, you will know each day if you are still on track.

Also give yourself some room for slip-ups. Many people break a resolution and then decide it is not worth it to start all over again. Rather, they choose to wait a whole year until New Year's comes again to attempt their lifestyle changes. Know ahead of time that you will make mistakes, and come up with a plan for getting back on track. Don't be too hard on yourself and don't panic. Simply start again with your commitment to bettering your life. You will find that this may be the year you live up to all of your own expectations.



DEALING WITH THE FLU

It's that time of year again--flu season is here. Each year as many as 30 million people contract the flu in the United States, leading to 20,000 deaths a year. At most risk is the elderly, those with chronic disease like diabetes, asthma, or heart disease, and infants.

The flu is like a cold in many ways. Both are respiratory infections, but the symptoms can vary. A fever, general aches and pains and fatigue usually accompany the flu. You may also experience a sore throat, coughing or sneezing. If a cold is misdiagnosed as the flu, there is usually no problem. But the flu misdiagnosed as a cold can possibly lead to serious complications like pneumonia being overlooked. If you have any symptoms of the flu, you should contact your doctor as soon as possible.

There is no cure for the flu, but there are things you can do to make yourself more comfortable during the duration. The best course of action in dealing with the flu is to get plenty

of rest and drink lots of fluids. Fever can be treated with acetaminophen. Be sure to talk to your doctor to get advice about using a decongestant/antihistamine to treat nasal congestion. Antibiotics have no effect on the flu because it is caused by a virus.

And what about chicken soup? Well, it can't hurt! Although it doesn't cure anything, it can soothe a sore throat, clear clogged passageways, and hydrate you. It is good TLC at a difficult time.



If you do find that you are suffering from the flu, consider getting the flu shot next year. These are generally given in the fall, and must be received each year, as the strains of flu vary from year to year. In the meantime, remember that time and rest is the best cures of all for flu sufferers.

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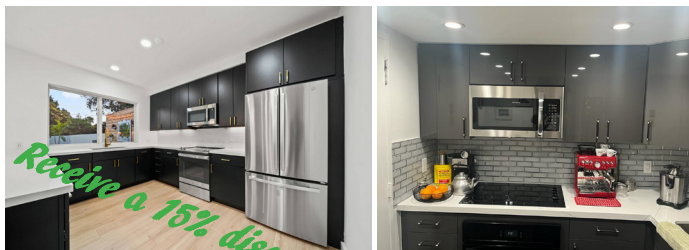
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ITALIAN WEDDING SOUP

Ingredients

- ½ pound extra-lean ground beef
- 1 large egg, lightly beaten
- 2 tbsp dry bread crumbs
- 1 tbsp grated Parmesan cheese
- ½ tsp dried basil
- ½ teaspoon onion powder
- 5 ¾ cups chicken broth
- 2 cups thinly sliced escarole
- 1 cup uncooked orzo pasta
- ½ cup finely chopped carrot

Combine ground beef, egg, bread crumbs, Parmesan cheese, basil, and onion powder in a bowl. Shape beef mixture into 3/4-inch balls and place on a parchment-lined tray. Heat broth in a large pot over medium-high heat until boiling. Stir in escarole, orzo, carrot, and meatballs and return to boil. Reduce heat to medium and cook at slow boil, stirring frequently to prevent sticking, until pasta is tender yet firm to the bite, about 10 minutes. Serve hot, garnished with fresh parsley and extra Parmesan cheese. Serves 4.





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