

Dyer: 2011

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Three bad men died, two of them violently: North Korea's Kim Jong-il, Libya's Muammar Gaddafi, and al-Qaeda's founder Osama bin Laden. Four Latin American countries – Argentina, Guatemala, Nicaragua and Peru – elected new presidents. Five African countries – Congo, Ethiopia, Nigeria, Zimbabwe and Zambia – achieved higher economic growth rates than Brazil (though that was partly due to higher commodity prices).

An earthquake and tsunami devastated a large area of northern Japan, and the radioactive emissions from damaged nuclear reactors – about one-tenth of what came out of Chernobyl in 1986 – caused a global mini-panic. But in the end, the only country that announced a plan to shut down its reactors was Germany. (They'll burn coal instead.

Oh, good.)

American troops finally left Iraq in December, still insisting that they had accomplished their mission, whatever it was. NATO deployed its air power to help the rebels win in Libya, but it isn't going to Syria. And the final shuttle flight from Cape Canaveral went into orbit in July. Dr Mike Griffin, the former head of NASA, said that "the human spaceflight program of the U.S. will come to an end for the indefinite future" – but the Russians and the Chinese are still sending people into space, and the Indians and the Europeans are working on it.

The multi-national African "peacekeeping" force that is fighting in Somalia grew dramatically in size, although that is no guarantee of success. Sudan split into two countries. And Nigeria faced a growing terrorist threat from the Islamist "Boko Haram" sect.

The race to become the Republican presidential can-

didate in the United States started as farce and went straight downhill, with each "anybody but Mitt Romney" contender less plausible than the one before. It resembled the old film "Those Magnificent Men in Their Flying Machines," about a 1910 air race from London to Paris, in which a collection of extremely weird pilots in ramshackle biplanes and triplanes took turns being briefly in the lead and then crashed and burned. So Barack Obama will probably

be back in 2012.

There were widespread riots in England in August, and the "Occupy" movement spread across the United States like measles (and went away almost as quickly). They were both really about the growing gap between the rich and the poor, but they had as little visible impact on how governments do business as anti-corruption campaigner Anna Hazare's televised hunger strike in India.

India probably grew faster

than China this year, though the final figures are not in – and India's economy, unlike China's, is not threatened by the biggest housing bubble in the history of the world. That race, if it really is a race, may have an unexpected result, though we will have to wait a couple of decades to know for sure.

Oh, and the world's population reached the seven billion mark in 2011. It passed through one billion around 1800, and was still only 2 billion in 1940. Enough said.

Nutrition: It's not all about sacrifices

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a new opportunity to make lifestyle changes.

"I don't like the word 'diet,'" she said. "Even setting a goal of fitting into a certain dress or losing a specific amount of weight sets you up for failure, because once that's achieved you're more likely to go back to your old habits."

Instead, be mindful of

what you're putting into your body every day, she said, because food is fuel and the better fuel you use, the better you'll perform.

Forte also makes the case for the rare indulgence from time to time, and lives by the 80-20 rule, where 80 per cent of what she eats is healthy and high-quality food, while the other 20 per cent she labels as indulgences.

"Give yourself a break every once and a while," she said with a smile. "If you don't see treats or goodies as forbidden during the rest of the year, you'll be less likely to overindulge at Christmas or during any other holiday or get together."

For more information on You Are What You Eat, call Stephanie Forte at 519-569-1616.



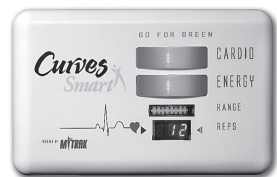
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