

A HAPPY
NEW YEAR

NEW YEAR RESOLUTIONS: ARE THEY WORTH IT?

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The beginning of each year brings a time for fresh starts, new beginnings, and New Year's resolutions. Everyone makes them, but does everyone actually stick to them? We all make those lose weight, go to church more, save more money, eat healthy resolutions. How many people actually follow through with those resolutions? How many people actually carry out those resolutions after January? Sure, we are good at working on them for the first few weeks, but after that? No way José! This year, let's set some reachable goals, not unreachable resolutions. Let's set some goals that we can actually accomplish this year. Goals, like, saving \$5 a week, only eating out once a week, cutting back to stopping for coffee/cigarettes at the gas station only twice a week, are reachable goals. A way to set some reachable goals is to use the **SMART** method. This will help ensure that you can accomplish the goals you set. A **specific goal** will usually answer the five "W" questions: What: What do I want to accomplish? Why: Specific reasons, purpose or benefits of accomplishing the goal. Who: Who is involved? Where: Identify a location. Which: Identify requirements and constraints. **Measurable**: The second term stresses the need for concrete criteria for measuring progress toward the attainment of the goal. The thought behind this is that if a goal is not measurable, it is not possible to know whether a team is making progress toward successful completion. Measuring progress is supposed to help a team stay on track, reach its target dates, and experience the exhilaration of achievement that spurs it on to continued effort required to reach the ultimate goal. A measurable goal will usually answer questions such as: How much? How many? How will I know when it is accomplished? **Attainable**: The third term stresses the importance of goals that are realistic and attainable. While an attainable goal may stretch a team in order to achieve it, the goal is not extreme. That is, the goals are neither out of reach nor below standard performance, as these may be considered meaningless. When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. The theory states that an attainable goal may cause goal-setters to identify previously overlooked opportunities to bring themselves closer to the achievement of their goals. An attainable goal will usually answer the question: How: How can the goal be accomplished? **Relevant**: The fourth term stresses the importance of choosing goals that **matter**. A Bank Manager's goal to "Make 50 peanut butter and jelly sandwiches by 2:00pm." may be Specific, Measurable, Attainable, and Time-Bound, but lacks Relevance. Many times you will need support to accomplish a goal: resources, a champion voice, someone to knock down obstacles. Goals that are relevant to you will receive that needed support. Relevant goals (when met) drive you forward. A goal that supports or is in alignment with other goals would be considered a relevant goal. A relevant goal can answer yes to these questions: Does this seem worthwhile? Is this the right time? Does this match our other efforts/needs? Are you the right person? **Time-bound**: The fifth term stresses the importance of grounding goals within a time frame, giving them a target date. A commitment to a deadline helps a team focus their efforts on completion of the goal on or before the due date. This part of the S.M.A.R.T. goal criteria is intended to prevent goals from being overtaken by the day-to-day crises that invariably arise in an organization. A time-bound goal is intended to establish a sense of urgency. A time-bound goal will usually answer the question: When? What can I do 6 months from now? What can I do 6 weeks from now? What can I do today? Think about these things when setting your goals for this new year. If you have any questions about SMART goal setting, please feel free to contact the extension office. We would be more than happy to help! Happy New Year!

Staying warm without blowing up your heating bill

January is definitely upon us. With the temperatures constantly dropping into the teens, many of us need to find alternative ways to keep warm. Cranking up the heater to blast constant heat might be an option for so many of us and would be extraordinarily expensive. Here a few ways you can keep warm without breaking the bank on heating!

- Getting a little nutty-Consuming foods that are high in healthy fats, like many nuts, will help you regulate your body temperature.
- Cuddle up with someone-Snuggling next to someone adds extra body heat. This process also releases the "feel-good" hormone, oxytocin. This can help reduce stress and help lower blood pressure.
- Get moving-Go for a walk. Move around your house. Get your blood pumping and circulating through your body. When its cold outside, circulation in party of your body, like your fingers and toes, decrease,

which is why those extremities are the first to feel cold when the temperature drops.

- Drink something warm-Warm up with a steaming mug of tea or coffee. This can help warm you up from the inside out!
- Start with soup-This has the same effect as drinking something warm; however, soup is also filling. Consuming more soup will help fill you up without extra calories.
- Take a warm bath-Escape the cold with a nice long soak in a warm bath. This will help you relax, warm you up, and ease pain and tension in aching muscles. A warm bath before bed may also help you sleep better too!



Sopa de Abecedario

Encuentre las letras de su nombre!

Ingredientes:

- 6 tazas de agua
- 6 cucharaditas de cubitos de res
- 2 latas de 16 onzas de vegetales mixtos o rebanadas de zanahorias
- 2 cucharadas de cebolla seca
- 1/4 taza de macarrones de abecedario o de coditos, quebrados en pedazos pequeños

Procedimiento:

¡Acuérdese lavarse las manos!

1. Ponga el agua y los cubitos a hervir en una olla para sopas grande.
2. Agregue la lata de vegetales y la cebolla; cúbrala y hágala hervir.
3. Agréguele los macarrones y déjelo cocinar por 5 minutos más o hasta que los macarrones estén suaves.

Alphabet Soup

Find the letters in your name!

8 servings



Ingredients:

- 6 cups water
- 6 teaspoons beef bouillon
- 2 cans (16-ounce) mixed vegetables or sliced carrots
- 2 tablespoons dried onion
- 1/4 cup alphabet macaroni or elbow macaroni, broken into small pieces

Directions:

1. Bring water and bouillon to a boil in a large soup pot.
2. Add canned vegetables and onion; cover and bring to a boil.
3. Add macaroni and simmer 5 more minutes or until macaroni is tender.

Nutrition Facts: One cup serving provides 60 calories, 0g total fat, 0mg cholesterol, 280mg sodium, 11g total carbohydrate

Mezcla de Cocoa Caliente

¡Los niños con frío se calentarán rápido!

Ingredientes:

- 3 tazas de leche en polvo descremada
- 1/2 taza de azúcar
- 1/2 taza de polvo de cocoa sin azúcar
- 1/2 taza de leche en crema baja en grasas



Procedimiento:

¡Recuerde lavarse las manos!

- Para preparar la mezcla:
 1. Mida los ingredientes en una vasija para mezclar, revuélvalos bien para combinar los ingredientes.
 2. Almacene la mezcla preparada en un envase con tapa o en una bolsa de plástico con cierre.
- Para preparar la bebida:
 1. Llene una taza que se pueda usar en el microondas con 3/4 de agua. Póngala en el microonda por unos 2 minutos a temperatura alta.
 2. Mida 1/3 taza de mezcla y revuélvalo en el agua caliente.

HOT COCOA MIX

Cold kids will warm up fast!

14 servings

Ingredients:

- 3 cups nonfat dry milk powder
- 1/2 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup nonfat dairy creamer

Directions:

To prepare mix:

1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix and stir into hot water.

Nutrition Facts: One serving provides 90 calories, 0.5g total fat, 5mg cholesterol, 80mg sodium, 18g total carbohydrate

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

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