



Tips for sticking to New Year resolutions

We all make New Year resolutions thinking, “This will be the year I change. I’m going to be a better person, exercise more, eat healthy and make the bed every day.” The list goes on. Then, February comes and we find ourselves either laughing or perhaps upset we didn’t succeed in achieving our goals.

It seems making resolutions and keeping them are two completely different things altogether. How can we make resolutions stick throughout the year for beneficial change? Try to follow these guidelines when picking a New Year’s resolution:

1. **Choose a few things you’d like to change, less than five is ideal.**
2. **Make your resolutions with a smart brain.**—meaning setting goals that are logical, maintainable, and realistic.
3. **Try a new resolution you haven’t tried in the past.** If you had great ideas in 2015 or 2016 and you didn’t succeed, don’t try it again the same way.
4. **Work in small time blocks.** Keep yourself focused on getting your new behavior completed in a week, then build to two weeks and so on.
5. **Make sure you’re willing to pay the price to achieve what you want to achieve.** Changing behaviors may come with a price and if you’re not willing to pay the price to change, there is little chance you will follow your plan for a lifetime.

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Source: <http://msue.anr.msu.edu>

Top 10 New Year's resolutions

A new year is full of potential – the promise of what is to come. People make New Year's resolutions and promises to themselves on what they want to accomplish or how they will improve in the year to come. Curiosity has gotten me when it comes to the New Year's resolutions people make, especially as we enter into the post-New Year's Day weeks where these promises to ourselves begin to become less of a priority.

According to Inc.com the Top 10 New Year's Resolutions are:

1. Diet or eat healthier (71 percent).
2. Exercise more (65 percent).
3. Lose weight (54 percent).
4. Save more and spend less (32 percent).
5. Learn a new skill or hobby (26 percent).
6. Quit smoking (21 percent).
7. Read more (17 percent).
8. Find another job (16 percent).
9. Drink less alcohol (15 percent).
10. Spend more time with family and friends (13 percent).



Source: www.texasnationaltitle.com



Order Now!

Our Essentials Cookbook is finally here! The Essentials Cookbook is full of over 100+ recipes for healthy living! This cookbook features 9 categories to help you create healthy meals in any situation – Starters, Salads, 5 Ingredient or Less, One Pot/One Pan Meals, Side Vegetables, Kid Friendly, Slow Cooker, Grilling, and Desserts. Our recipes include all of the nutritional information per serving and none of our recipes contain more than 13% daily value for saturated fat, or over 600 mg of sodium per serving. We also included some helpful information that you are often searching for while cooking such as minimum internal cooking temperatures, storage time charts for the fridge and freezer, and measurement conversions! This cookbook is your one stop for healthy cooking for your family!

To order, contact the Texas A&M AgriLife Extension Service family and community health agent in your county.

San Angelo Stock Show & Rodeo 56th Annual Creative Arts Show

If you would like to enter into the 56th annual creative arts show, entry deadline will be Saturday, January 13, 2018. Exhibits received on Saturday, January 27, 2018 from 9:30-1:00 at Spur Arena. For entry forms and more information contact the stock show office at 653-7785.

Categories:

- | | |
|----------------------------------|---------------------|
| Clothing (Youth & Adult) | Ceramics |
| Foods (Youth & Adult) | Photography |
| Quilts (Youth & Adults) | Toys & Games |
| Hobbies & Crafts (Youth & Adult) | Art (Youth & Adult) |
| Needlework (Youth & Adult) | |



“Dinner Tonight”

Looking for a fresh recipe for dinner tonight? Try one of the following recipes for the Holiday’s:

- Homemade Cranberry Pecan Sauce: <https://dinnertonight.tamu.edu/recipe/homemade-cranberry-pecan-sauce/>
- Beef and Cabbage Casserole: <https://dinnertonight.tamu.edu/recipe/beef-cabbage-casserole/>
- Breakfast Casserole: <https://dinnertonight.tamu.edu/recipe/breakfast-casserole/>



Become a MASTER Wellness Volunteer!

The Master Wellness Volunteer program allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more. Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 40 hours of training and give back 40 hours of service!

Master Wellness Volunteers are:

- Community leaders.
- School/community nurses or teachers.
- Community Health Workers.
- Retirees.
- College Students.
- Worksite Wellness Coordinators.
- YOU!

Cost
Regular \$75
College Student \$25

Registration Deadline:
Jan. 15

To register online:
<http://agrilife.org/mwv/>

Session Topics:

- Master Wellness Volunteer Program.
- Nutrition & Weight Management.
- Health and Wellness.
 - Food Safety.
 - Physical Activity.
 - And more!

For more information, contact your AgriLife Extension Office.

Chicken Stew

Servings: 8

Ingredients:

8 chicken pieces (breasts or legs).
1 cup water.
2 cloves garlic (small, minced).
1 onion (small, chopped).
1½ teaspoon salt.
½ teaspoon pepper.
3 tomatoes (medium, chopped).
1 teaspoon parsley (chopped).
¼ cup celery (finely chopped).
2 potatoes (medium, peeled and chopped).
2 carrots (small, chopped).
2 bay leaves.

Directions:

1. Remove skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 minutes or until chicken and vegetables are tender. Remove bay leaves before serving.



Nutrition Information:

Calories: 206
Total fat: 6 g
Saturated fat: 2 g
Cholesterol: 75 mg
Sodium: 489 mg

Total fiber: 2 g
Protein: 28 g
Carbohydrates: 10 g
Potassium: 493 g

Recipe from <http://blt.tamu.edu>

JANUARY

Extension Educator Local News

Veribest EEA Club and Association meeting:

January 9, 2018

10:00 A.M.

At Helen Roach's home

(7846 FM Hwy 3880)

“World War I Tour Site”

Program by Jane Jeschke

Family & Community Health “Connections” is provided by :

Texas A&M AgriLife Extension Service

Family and Community Health Agents:

Courtney Parrott, Brown County

Linda Wells, Burnet County

Kandice Everitt, Sterling/Coke Counties

Janet Nelson, Coleman County

Melissa Wright, Concho County

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Vacant, Nolan County

Vacant, Runnels County

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