

In 2016 I Resolve To....

AGRI-VIEWS

by Chuck Otte, Geary County Extension Agent

As we head into a new year it probably behooves us all to make a few New Year's resolutions. Are we going to achieve them all? Probably not, at least I know I don't fully meet mine. But, if we make a resolution, and try to achieve them, we are usually better off than not even trying. As they old saying goes, if you aim for a star you may only hit the moon, but you're further along than you were before!

In 2016 I resolve to lose weight. I'm not going to be so bold as to propose how much weight, but I'm just going to lose some weight. Age and time are cruel and as I approach another one of those birthdays that are evenly divisible by ten, I recognize some changes that I'm not happy with. I don't believe in fad diets or things like that. Losing weight is simple math. Calories expended must exceed calories taken in. Maintain a balance of nutrients consume less and simply move more. I'm going to raise my FitBit daily step goal to encourage myself to do that. It also means I need to stop taking in, uh, let's say fewer empty calories.

In 2016 I resolve to support more "causes". As a society there are many things that need to be done. There are many organizations that are trying to address these needs. As a society we say we want fewer taxes, but many times it's these taxes that have helped to support these organizations. The needs don't disappear when the support goes away. So we need to look at supporting those organizations addressing those needs through donations.

Many organizations need your time. Some need donations of items, others need donations of cash. These can be one time annual cash donations, or you can do monthly donations. I have several organizations that I support through regular or monthly deductions from my paycheck or bank account. For me, I'm not likely to just write a check for \$120. But if I take \$10 a month out of my paycheck, I likely won't even miss it. I make several donation in this manner and plan to add one more in 2016. If more people in every community did this, think about how much could be accomplished.

Even though I'm working on it right now, I resolve to get my office cleaned in 2016. With all the coming and going I do and half finished projects, plus my propensity for archiving items, my office can get a little bit cluttered. I've been slowly going through items that probably can be thrown out, but that I just haven't taken time to sit down and decide. I have a lot of documents that are in the process of being scanned and digitized. Then there's that tangle of computer/electronics cords and cables that I need to sort through, organize and utilize or throw away. Progress has been made and will be continue to be made in 2016!

In 2016 I resolve to learn one new technology that has application to my job. I'll admit it, I'm a techno-geek. We were one of the first Extension Offices in the state to have a computer. I have always loved technology. But basically two new tech-savy generations have followed me since those days so it is in my best interest to push myself to continue to learn. I know what it is I'm going to learn, but first I have to finish that whole office cleaning thing!

So there you have it; not recommendations for others for next year, but my own resolutions. I guess it takes a brave soul or a fool to publicly admit their goals for a new year, but keeping quiet has never been one of my fortes! Now I challenge you to make at least one resolution for the new year and then try to make progress on it! Good luck, and keep me posted!