

It's Time for New Year's Resolutions

AGRI-VIEWS

by Chuck Otte, Geary County Extension Agent

NOTE: The following column is meant to be taken in a humorous vein. The likelihood that I will abide by any of these resolutions is slim. The intent that I do them may be sincere, the reality is that I will probably never think of them again once this is published. Isn't it that way with most resolutions?

With the new year now just hours away, okay maybe a couple of days, it's time to think about what I'd like to get changed in my life in the new year. If you look back on the origins and history of the New Year's resolution, they apparently predate Christ. Babylonian and Roman ancient writings make references to the equivalent of New Year's resolutions. I found the Babylonian reference most interesting. Everyone was to return borrowed objects and pay their debts. Sounds like a deal made between a father and his son!

But mostly resolutions are more of a Western Hemisphere thing. In polls in recent years roughly half of the respondents indicated that they made resolutions. So it's up to you whether you do or you don't make resolutions. Whichever way you go, you're in good company! I used to scoff at the concept of making resolutions but over the past decade I find that I have become somewhat more contemplative and think about ways that I could continue to improve as a person and a citizen of this state and country.

I start by resolving to be less critical of officials at sporting events. Okay, I can hear the laughter ringing out in the Facebook world which is where I frequently vent my frustrations. I will make no bones about it, I am a passionate fan of my teams. It doesn't help that with today's broadcast technology they have dozens of cameras at every game showing angles that the officials never have a chance to see. We also know that "our" team never gets the breaks that the other team does. But just to calm the concern, I do not sit at home yelling and screaming at the television. I just type out frustrations on Facebook. To my credit, I do think I made it through the past two baseball seasons without commenting once on the umpire's strike zone. I'm still working on basketball and football however.

I resolve to get more exercise in 2019. Sure, I make this resolution every year but now that I'm at that "early 60's" age I know how comfortable it can be to just sit down in the easy chair in the evening and yell at the officials on the basketball game. I plan to work a few more years which means I need to stay active so that I can keep going full speed into whatever comes next! Coupled with that I'm also trying to consume fewer empty calories. Those can come from sugar in all it's forms so I'm trying to reduce those empty calories in many different forms.

I resolve to read more. I spent a few days at my sister's home over Christmas and took along some magazines to catch up on. I read them from cover to cover and enjoyed it greatly. I read Dicken's "A Christmas Carol" as I do every Christmas because it's a classic with a good message. And I started reading "The Razor's Edge" by Maugham. I loved the 1984 movie adaptation and have always wanted to read the novel. Then there's the plethora of unread books about my house. I need to read at least a couple of those this year.

Finally, I resolve to learn more about other people and other cultures. Our society is becoming more polarized and less informed. I can change no one other than myself and I intend to work hard on me! So there you have it. Feel free to join me in any of these endeavors. Misery does love company and none of us is perfect! Happy New Year everyone!