

## My New Year's Resolutions

### AGRI-VIEWS

by Chuck Otte, Geary County Extension Agent

Amazingly, we are just a few days away from the end of another year. I used to laugh and shake my head when I heard “older” people talk about how fast the years go flying by. It isn't so funny anymore! With the acknowledgment that I'm not a “youngster” anymore, let's get down to the sometimes serious, oft times funny task of creating some New Year's resolutions.

I resolve to spend time, if not actually exercising, at least doing some stretching exercises. I tried to mess up my back, again, right before Christmas. All I did was reach for something wrong and bam, the lower back was trying to spasm, again. Just one spasm and it's sore for days. So my doctor gave me some exercises to do to help keep it stretched out and I guess I need to find that paper and work on them. Yoga might be good too, but...

I resolve to try to lose ten pounds. Yeah, that's been on my list for about two decades now. I guess I can feel successful with the fact that I didn't GAIN any weight last year. I may have even lost a couple of pounds. But if I'm going to get down to where I'd like to be, I'd better get serious. Which means changing a few eating habits and try to reduce how many empty calories I consume. I probably need to walk more too. Maybe I'd better change my daily Fitbit goal up a couple thousand steps.

I resolve to complain less about officiating in certain sporting events. I actually met an NFL official a few years ago and we had a great talk. He was a really nice guy. I don't complain about any of the calls that he makes now. A year ago I had a chance to be in court side seats at K-State for a women's basketball game. Had a fun time talking with the officials before the game and at time outs. Nice folks. I had a whole different appreciation for the game watching it at that level. And no, I didn't make any comments about the officiating from those seats! Yes, I gripe like many fans do, but I wouldn't want their jobs for any amount of money! I'll try to go lighter on those folks in the striped shirts!

I resolve to try to see things from a different point of view. One of the good things about being in the same job a long time is that you tend to see a lot of issues, problems and challenges and often, very quickly, know what needs to be done. One of the bad things about being in the same job a long time is that you tend to see a lot of issues, problems and challenges and often, very quickly, know what needs to be done which means you may jump to conclusions far too fast. Being quick to evaluate a situation is something I've always done. But sometimes the question that the client has isn't going to be able to use the answer that I had already formed in my mind. I need to continue to spend more time listening and understanding where they are coming from so I can better help them find a solution that works for them.

Lastly I resolve to celebrate the little things more. It becomes far too easy to take what is common to me for granted. I need to dig back to my 7 year old self and get excited about everything especially when I'm with someone else who is getting excited, no matter how small of a thing it may be. Life isn't a race to see who gets to the end first. It's a journey and every day is a gift to be opened and enjoyed!

So there you go. A few were fun and a few were serious. Some are meant to be laughed at, and hopefully others will cause you to stop and ponder. Regardless of your reaction, here's hoping each and every one of you a very happy New Year!