



Hello, and Happy New Year.

The past year was challenging, to say the least. Have you made a new resolution? Maybe one of these:

Top New Year's Resolutions

1. Eating Healthier/Losing Weight
2. Getting more exercise
3. Spending less/Saving more
4. Being more organized
5. More time for family/friends



This year, start with simple, small, attainable steps that will accomplish your end goal. Easier said than done, right? Next, involve others for support and reward yourself after each step. In the meantime, educate yourself on how to keep your resolution [here](#).

Parenting:

Most of us are still waiting on the manual that comes with raising kids. Raising a boy is no exception. Following, you will see the poem, “If”, by Rudyard Kipling, author of the Jungle Book.



If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Rudyard Kipling

Raising a boy can be a challenge in today's world. As a parent, patience and consistency are very important. You, as a parent, will know your son best but resources about [emotional development](#) and [a boy's identity](#) may be helpful.

Nutrition:

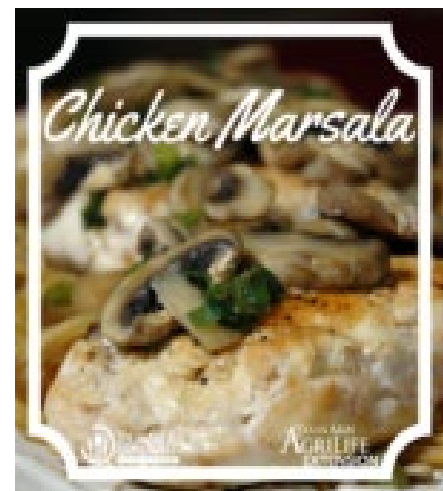
This time of year, there are not a lot of fresh foods coming from summer gardens or farmer's markets. It can be super tempting to put a healthy diet on hold for the winter until you realize in the spring that swimsuit season is around the corner. Don't give in. Get creative, be bold and try new meals that are low on calories and high on flavor. Here is a tasty recipe that you will want to try.

Chicken Marsala

Servings	Prep Time	Cook Time
4	5 MINUTES	20 MINUTES

Ingredients

- 4 (4 ounce) [boneless, skinless chicken breast](#)
- 1 1/2 cups [sliced fresh mushrooms](#)
- 2 tablespoons [sliced green onion](#)
- 2 tablespoons [water](#)
- 1/4 teaspoon [salt](#)
- 1/4 cup [dry Marsala](#)
- ¼ teaspoon [pepper](#)



Instructions

1. Place each chicken breast between two pieces of plastic wrap and lightly pound with a meat mallet or rolling pin to approximately 1/4 inch thickness.
2. Coat a large skillet with nonstick cooking spray. Cook chicken over medium heat for 4-6 minutes or until chicken is no longer pink, turning once to brown evenly. Transfer chicken to platter and keep warm.
3. In the same skillet, add mushrooms, green onions, water and salt. Cook over medium heat until mushrooms are tender and most of the liquid has evaporated. Add Marsala and heat through. Spoon sauce over chicken and serve.

4. Serve this dish with whole grain pasta and a side salad for a complete meal.

Physical Fitness:

For those of us in Texas, winter arrived with the beginning of the new year. With 20-degree mornings, the will to get up for an early morning run just got that much harder. If you find the rare warm sunny winter day, take advantage, but until then its okay to workout inside.

For women, remember that you need cardio daily (excluding recovery days). Also, light to medium weights (depending on your goal) with high repetitions.



For men, lean muscle is key. A rotation of push-pull-legs with alternating cardio will keep you strong and healthy.



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Did you know?

1. Laughing is good for the heart and may increase blood flow by as much as 20 percent.
2. An avocado has more than twice as much potassium as a banana.
3. You typically breathe through only one nostril at a time.
4. Broccoli contains twice the amount of vitamin C as an orange.
5. Honey is the only natural food that doesn't spoil.

Coming events:

I wish that I had all the events scheduled and planned. But as your new Community and Family Health Agent, as of this week, I am still in the planning phase. I will publish events on the [Hockley County AgriLife website](#) as soon as the events are scheduled.

Heath Johnson
Hockley County Extension Agent
Family and Community Health

