We all look forward to and get excited to take advantage of the clean slate that a New Year brings. According to StatisticBrain.com, 41% of Americans usually make New Year’s Resolutions, but only 9.2% feel that they were successful in achieving their resolutions by the end of the year. Below you will find the top 10 New Years resolutions made for 2017 and a few tips that might help you to find success with your own resolutions this year.

**Rank** | **Resolution** | **Percent**
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1 | Lose Weight / Healthier Eating | 21.4%
2 | Life / Self Improvements | 12.3%
3 | Better Financial Decisions | 8.5%
4 | Quit Smoking | 7.1%
5 | Do more exciting things | 6.3%
6 | Spend more time with family / friends | 6.2%
7 | Exercise more often | 5.5%
8 | Learn something new | 5.3%
9 | Do more good deeds for others | 5.2%
10 | Find love | 4.3%

**Tips:**

1. **Make sure your goals are FOR YOU.** You aren’t going to achieve results that you are seeking for someone else. You have to truly care about and want it for yourself or it won’t happen.

2. **Your goals need to be specific, written, and measurable.** Make sure you check in on yourself and measure your progress regularly.

3. **Reward yourself!** Even if you’ve only been sticking to your goal for one week, one month, or four months, give yourself some incentives and some credit for working so hard to make changes!

4. **Be realistic.** If you want to lose 40 pounds by dieting but you love soda and fast food—set small attainable goals like: Only eat fast food once a week. Only drink one soda per week. Sometimes if you try to go cold turkey, you’ll crash and burn more quickly than just making gradual changes and easing into a new lifestyle.

5. **Lastly, if you fail, start over!** Don’t give up if you slip up once. Get back on track and try to accomplish your goal for longer than you were able to during the previous attempt. Don’t wait for 2018, get up and try again!
Ingredients:
- 1 1/2 cup of warm water
- 2 tablespoons of sugar
- 1 tablespoon of yeast
- 1/2 teaspoon of salt
- 3 1/2 to 4 cups of flour
- 1/4 cup of butter
- 3/4 cup of grated Parmesan or mozzarella cheese
- Garlic Seasoning

Instructions:
1. Mix the water, sugar and yeast together in a measuring cup or in the bottom of your standing mixer. Let it sit for 5 minutes.
2. Add the salt and the flour, one cup at a time, until well incorporated. Mix on high for 5 minutes. Let the dough rest for 5 minutes.
3. Melt the butter and pour half of it into a jelly roll pan (large cookie sheet).
4. Place the dough in the center of the pan. Let it sit for 2 or 3 minutes. Letting the dough rest makes it easier to shape.
5. Spread the dough out flat onto the pan until it reaches all of the edges. Doing all of the spreading and cutting of these bread sticks in the pan makes cleaning up your counter much easier!
6. Pour the other half of the butter onto the dough. Spread it around with your hands. Sprinkle the Garlic Seasoning all over the dough, and then the cheese.
7. With a pizza cutter cut the dough into three rows lengthwise, and then into about 12 little height wise rows.
8. Put the pan into a 170 degree oven for 7-10 minutes. The breadsticks should rise about 1 inch.
9. Turn your oven up to 350 and bake for 12 minutes, or until golden brown.
10. When they come out of the oven let them sit and rest again for about 5 minutes. Then redefine your cutting lines with the pizza cutter (or use a pair of cooking scissors to cut the edges where the pizza cutter can’t reach).

Tried and True Testimonial:
“Olive Garden’s are still a little better...but that’s a given. I always make these, usually as a last minute side-dish. They go with everything! They are quick, easy, and don’t make as big of a floury mess as making bread or rolls. I usually add a little cheddar cheese and some garlic salt for more flavor. Seriously, give these a try—you’ll be surprised at how easy they are to make.”
—Abby Garrity

December’s “WHAT’S THAT?” Object: Last month’s WHAT’S THAT? Object was a wooden deer in Allen Dawes’ office that he made while he was in middle school. Jen Jenkins came out on top as the winner of the challenge for December.

Talents:
As many of you know, Lisa Cox, is quite the pianist—she played for us at the Christmas Party. She teaches piano lessons out of her home in the evenings. She graduated as a Piano Performance Major from Utah State in Spring of 2016.

Quick & Easy Breadsticks

Discrete is often confused with discreet which implies the showing of reserve and prudence in one’s behavior or speech.