

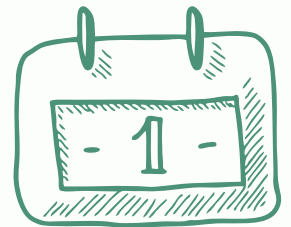
I can & I will

The New Year allows us the opportunity to start fresh, to make changes and track them from day one of the year. I think this is why a New Year's resolution is so popular, because you don't have to worry about counting the days you have been growing, the natural progression of time does it for you. The beginning of a year allows us to start fresh and look forward to what is to come.

There are many aspects of life that people think about when deciding what to commit to for a resolution. Things like taking up a new hobby, creating new routines, and developing personal projects are common areas people focus on.



Let's have some Vision



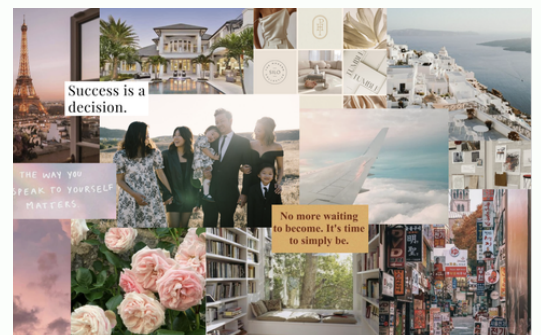
In the New Year, an activity that I enjoy doing is creating a Vision Board. The process of making one helps to give clarity on where I want to go moving forward. There are many ways to create a Vision Board; whether it is a physical collage made with a poster board or digital version created on your computer, the end product serves the same purpose: to visually show your goals.

1) To start, you have to take stock of different areas of your life. Where you are now and where you would like to be in the future. Some areas to consider are family, career, hobbies, health, or travel. At this point, writing your thoughts down can be helpful.

2) Now that you have an idea of what your goals are, start gathering images. Think of what it will look like when you have made the changes in your life we brainstormed in step one. Magazines, newspapers, and Google are a few places I like to look.

3) Once you have all your images collected, arrange them on a poster board or a digital equivalent; it doesn't matter what order you put them on your board, as long as it peaks your imagination!

4) When you have completed the arrangement of your pictures, place your Vision Board in a place you see every day to help. This helps your brain subconsciously strive for your goals.



Broccoli Salad

FOR THE SALAD

- Salt
- 3 heads broccoli, cut into bite-size pieces
- 1/2 c. cheddar, shredded
- 1/4 red onion, thinly sliced
- 1/4 c. toasted sliced almonds
- 3 slices bacon, cooked and crumbled
- 2 tbsp. freshly chopped chives

FOR THE DRESSING

- 2/3 c. mayonnaise
- 3 tbsp. apple cider vinegar
- 1 tbsp. dijon mustard
- Salt
- Freshly ground black pepper

1. In a pot, bring 6 cups of salted water to a boil. While waiting for the water to boil, prepare a large bowl with ice water.
2. Add broccoli florets to the boiling water and cook until tender (I like mine on the less done side but it's what ever you prefer), about 1 minute. Remove with a slotted spoon and immediately place in the prepared bowl of ice water. When cool, strain the broccoli out and dry with a salad spinner.
3. In a bowl, whisk to combine dressing ingredients. Salt and pepper to taste.
4. Combine all salad ingredients in a large bowl and pour over dressing. Toss until ingredients are combined and fully coated in dressing. Refrigerate until ready to serve.



Hobby corner

Here is some inspiration for hobbies to pick up in the new year

- | | |
|--------------|---------------------|
| -Knitting | -Running |
| -Hiking | -Meditation |
| -Yoga | -Mountain Biking |
| -Cooking | -Bird Watching |
| -Board Games | -Pottery & Ceramics |
| -Gardening | -Photography |

In Season

- Lemons
- Orange
- Grapefruit
- Beets
- Turnups
- Celery Root
- Cabbage
- Kale
- Collards
- Broccoli
- Cauliflower
- Butternut Squash
- Acorn Squash
- Onions
- Leeks
- Potatos
- Rutabaga

