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# DALLAM AND HARTLEY

## FAMILY AND CONSUMER SCIENCE

### What is Extension?

Working hand-in-hand with its Texas A&M System partners, the mission of the Texas AgriLife Extension Service to serve Texans through community-based education has remained unchanged for almost a century.

With a vast network of 250 county Extension offices, 616 Extension agents, and 343 subject matter specialist, the expertise provided by AgriLife Extension is available to every resident in every Texas county. But Extension specialists are well-aware that a program offered in Dallas might not be relevant in the Rio Grande Valley. AgriLife Extension custom-designs its programs to different areas of the state,

significantly depending on residents for input and program delivery.

The mission of AgriLife Extension is a seemingly simple one: improving the lives of people, businesses, and communities across Texas and beyond through high-quality, relevant education. Carrying out this mission, however, is a massive undertaking, one that requires the commitment of each and every one of the agency's 1,900 employees. Through the programs these employees provide, Texans are better prepared to:

- Eat well, stay healthy, manage money, and raise children to be successful adults.

- Efficiently help themselves through preventing problems and using tools for economic stability and security.
- Improve stewardship of the environment and of the state's natural resources.

Today's AgriLife Extension is known for its leadership, dedication, expertise, responsiveness, and trustworthiness. Texans turn to AgriLife Extension for solutions, and its agents and specialists respond not only with an answer, but with a significant return on investment to boost the Texas economy.

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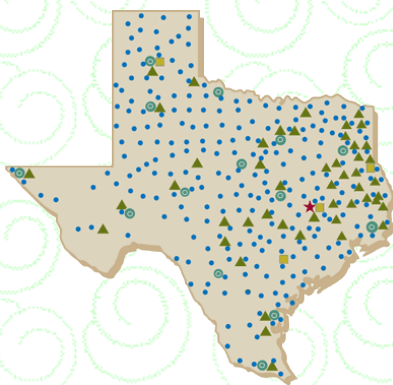
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### Map of Texas A&M Extension Offices



- Texas A&M AgriLife Extension Service County Offices
- Texas A&M AgriLife Research and Extension Offices

#### Special points of interest:

- 250 counties in the state of Texas have and AgriLife Extension Office.

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# The Top 10 Steps to Set and Achieve Your Goals- Every Time!

## 1. Reachable goals are SPECIFIC.

- Never word a goal with vague terms like "some" or "a little bit." If you want to lose weight specify exactly how much. If you want to save money be specific.

## 2. Reachable goals are SIMPLE.

- Keep your goals simple, clear and focused.

## 3. Reachable goals are SIGNIFICANT.

- This is a goal that you Really, Really want.

## 4. Reachable goals are STRATEGIC.

- Designs your goals to impact many areas of your life.

## 5. Reachable goals are MEASURABLE.

- "What gets measured, gets done."  
Define your goals in terms of height, weight, dollars, inches, or hours.

## 6. Reachable goals are RATIONAL.

- You will need a plan, a path and a vehicle for getting there. Your goals should make sense.

## 7. Reachable goals are TANGIBLE.

- Choose goals that you can see, hear, smell or touch. Go for things that you will enjoy and that you can clearly visualize.

## 8. Reachable goals are WRITTEN.

- The act of writing your goal down vastly increases your chance of success. Write your goals down every day and keep your notes where you can see and read them every day.

## 9. Reachable goals are SHARED.

- We are more likely to reach our goals if we have the support of family and friends. Being part of a team increased our determination, stamina and our courage. Never share your goal with someone that will ridicule, tease, or discourage you. A doubter.

## 10. Reachable goals are CONSISTENT WITH YOUR VALUES.

- Clarify your values first, then set simple, specific, measurable, tangible, written goals that are consistent with those values. One of the biggest reasons people fail is because they have conflict between their behavior and their values.

### The 10 Most Common New Year's Resolutions for 2013

1. Eat healthy and exercise regularly.
2. Drink Less
3. Learn something new
4. Quit smoking
5. Better work/life balance
6. Volunteer
7. Save Money
8. Get Organized
9. Read More
10. Finish those around the house "to-do" lists.

<http://www.policymic.com/articles/21328/new-years-2013-the-10-most-common-new-year-s-resolutions>

### Top 10 Commonly Broken New Year's Resolutions

1. Lose weight and get fit
2. Quit smoking
3. Learn something new
4. Eat healthier and diet
5. Get out of debt and save money
6. Spend more time with family
7. Travel to new places
8. Be less stressed
9. Volunteer
10. Drink less

<http://content.time.com/time/specials/packages/completelist/0,29569,2040218,00.html#ixzz2nkY8PZe>

"You will never win if  
you never begin.:-  
Helen Rowland

# 10 Ways to Ring in 2014!!!!!!

## 1. Reclaim public places

- Have a gathering on your street with some friends and family.

## 2. Host a pot luck dinner

- Have everyone bring their favorite dish and celebrate by sharing something they love to eat.

## 3. Host a movie night

- Have a couple friends bring their favorite movie and sit back with some popcorn.

## 4. Host a game night

- Have your friends bring their favorite board game and see who wins the most games.

## 5. Go out of the city

- Spend the night somewhere else.

## 6. Turn junk into treasure

- Go through your closet, have your friends go through their closet and have a swap party.

## 7. Focus on New Year's Day

- The important thing is to have a good start to the new year. Do something that you love and enjoy.

## 8. Connect

- Reconnect with someone from the past or connect with someone new in your life.

## 9. Spend time loving yourself

- Do something that is completely for you.. go to the spa, buy something nice for yourself.

## 10. If all else fails... don't do anything

- It is just another day on the calendar and tomorrow you will cross out one more day in the calendar.



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\*\*If you have any topics that you would like to have published, please contact me or email me.

"Do what you can, with what you have, where your are."

- Theodore Roosevelt

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**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**

## Recipes

### Easy Chocolate Chip Cookies

#### Ingredients:

- 1 stick softened butter
- 1 cup sugar
- 1 egg
- 1 cup plus 2 tablespoons flour
- 1 cup chocolate chips

#### Directions:

1. Preheat oven to 350 degrees Fahrenheit
2. Mix the butter and sugar together until completely combined.
3. Add the egg and mix until incorporated.
4. Stir in the flour then the chocolate chips until combined.
5. Bake at 8-12 minutes
6. Allow to cool on the baking sheets for 5 minutes before removing.

Courtesy of [www.barkerbettie.com](http://www.barkerbettie.com)

### Fajita-Style Quesadillas

#### Ingredients:

- 1/2 medium red or green sweet pepper, seeded and cut into bite size strips
- 1/2 medium onion, halved and thinly sliced
- 1 fresh Serrano pepper, halved, seeded, and cut into thin strips\*
- 2 teaspoons vegetable oil
- 4 6-inch white corn tortillas
- Nonstick cooking spray
- 1/2 cup shredded Monterey Jack Cheese (2ounces)
- 2 thin slices tomato, halved crosswise
- 1 tablespoon cilantro
- Sour cream (optional)
- Cilantro and lime wedges (optional)

#### Directions:

1. In a large skillet cook sweet Pepper, onion, and Serrano pepper in hot oil over medium heat for 3-5 minutes or until vegetables are tender. Remove from heat.
2. Lightly coat one side of each tortilla with cooking spray. On the uncoated side of two tortillas, divide half of the cheese. Top with onion mixture, tomato slices, then 1 tablespoon cilantro and the remaining cheese.
3. Heat a very large skillet or griddle over medium heat. Cook quesadillas for 4-5 minutes per side or until cheese melts and tortillas are lightly browned. Cut each quesadilla into 4 wedges. Serve warm and if desired with sour cream, cilantro and lime wedges.

- Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with peppers wear plastic or rubber gloves. Wash your hands with soap and water when finished.

Courtesy of [www.bhg.com](http://www.bhg.com)