

Tips to help realize your goals in the year ahead

At the dawn of a new year, many people set goals to motivate themselves to change. But as January 1 drifts further into the rearview mirror, it can be easy to settle into old habits and forget about the resolutions and goals established at the turn of the calendar.

Staying on course and achieving one's goals requires discipline. In addition to working hard, men and women who want to realize their goals in the year ahead can take several steps to increase their chances of being successful.

- **Examine your priorities.** Achieving goals is easier when their goals can be among your biggest priorities. Examine your priorities to determine if you can fully commit to goals that may require significant time commitments. Men and women who are already stretched thin may need to recalibrate their goals or make changes in other areas of their lives before they can fully commit to pursuing new goals.

- **Be specific in regard to planning.** Being specific when choosing goals is important, but it's equally important to be as specific as possible in regard to developing a plan to realize those goals. Before embarking on a journey to realize your

goals, figure out how you're going to achieve them. Create a new daily or weekly

schedule that allots time to realize your goals, seeking input from loved ones whose lives may be affected by your new schedule.

- **Make note of potential obstacles.** Recognizing potential hurdles in advance of their appearance can help you overcome these obstacles and stay the course toward achieving your goals. For example, men and women hoping to lose weight can look ahead to occasions that might compromise their efforts, such as a loved one's wedding or backyard barbecue. Recognizing these obstacles in advance gives people a chance to develop a plan to overcome them. In the weight loss example, men and women can choose vegetarian options from reception menus or resolve to avoid alcohol, which tends to be high in calories.

- **Start small, but start immediately.** Lifestyle changes can be difficult, so make small changes initially and gradually work toward larger, more significant changes. Starting small can lay a successful foundation, but it's also important to start immediately. Procrastination can reduce the likelihood of achieving your goals, and the earlier you get started the more quickly you and your loved ones will adjust to the changes necessary to realize your goals.

The dawn of a new year is a great time to set new goals. Bringing those goals to fruition requires careful planning and commitment.

Make Every Day Count!



Your friendship and goodwill make every day a good one for us.

With gratitude and best wishes for a Happy New Year to one and all.



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Marathon viewing, a New Year's tradition

Streaming television service providers and on-demand services offered by cable and satellite companies have opened the door for television fans to engage in marathon viewing sessions of their favorite shows.

Such sessions are now routinely characterized as "binge watching," in which people spend hours on end watching popular series such as "Game of Thrones," "The Walking Dead" and "Stranger Things," often watching multiple episodes in a single session. The concept of marathon television programming is, perhaps surprisingly, not all that new. Television marathons have been broadcast on New Year's Eve and New Year's Day for decades. Many people include television marathons as part of their plans for the New Year, perhaps as a way to unwind after all of the festivities.

"The Twilight Zone" is perhaps the show most instantly associated with New Year's marathons. The revered series, which ran from 1959 to 1964, was written and produced by creator Rod Serling. "Twilight Zone" popularized the sci-fi genre while helping to launch the careers of performers such as Peter Falk, Burt Reynolds and Robert Redford, among others. Each year, the Syfy channel airs a "Twilight Zone" marathon on New Year's Day.

Another popular television marathon each New Year's Day is "The Honey-mooners." New York City's PIX11 channel runs classic episodes beginning at 11 p.m. on New Year's Eve and continuing through the next day. "The Honey-mooners" follows Ralph Kramden, a short-tempered bus driver played by Jackie Gleason who lives in a small Brooklyn apartment with his wife, Alice. The first episode aired in 1955.

New Year's Day television viewers are bound to find a marathon sometime between December 31 and January 3. Many stations put together their own marathons for this time of year. Otherwise, TV-lovers can catch up by streaming their favorite series as they relax at the end of the holiday season.



Bowl games and New Year's Day

New Year's Day is rife with tradition. Perhaps no such tradition is more exciting for fans of college football than the handful of New Year's Day bowl games featuring some of the sport's best teams. New Year's Day bowl games can trace their origins back to the 19th century.

According to History.com, on January 1, 1890, members of the Valley Hunt Club in Southern California paraded through the streets of Pasadena, California, engaging in various contests, including tug-of-war. While no collegians competed on the gridiron that day, the parade served as a precursor to the Tournament of Roses Parade, which immediately proceeded athletic contests that included polo matches and greased-pig catching. In 1901, the president of the parade, seeking to gain publicity for the town of Pasadena and its floral festival, sought to stage a sporting event that might attract more interest than pig-catching and polo. Festival organizers ultimately chose college football, deciding to initiate a matchup between a team representing the western United States and the eastern United States. On January 1, 1902, the football teams from the University of Michigan and Stanford University battled in the inaugural East-West football game. Michigan, which had not allowed a point all season long, steamrolled its way to a 49-0 victory. In fact, the game's lack of competitiveness temporarily nixed plans for an annual New Year's Day game, which was not played again until 1916, when Washington State University defeated Brown University 14-0. Interest in the game continued to grow from there on out, and in 1923, the game was moved to a large stadium known as the Rose Bowl. The game itself soon adopted the name of that stadium, and it retains that name today. Thanks to fan interest in the New Year's Day game, other New Year's bowl games soon followed, and continue to entertain college football fans every January 1.

This New Year's, uncork some extra money.

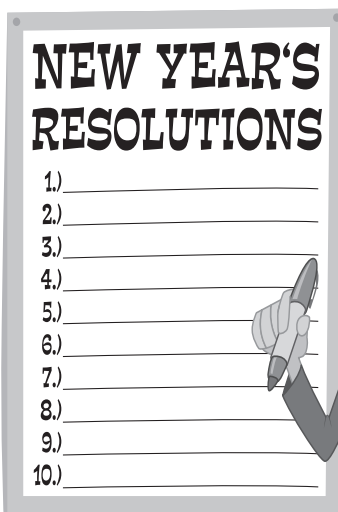
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Wishing You Success!

Here's hoping the coming year brings, prosperity, success and all those good things!
Thank you for your business this past year.



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2018

Let's Celebrate!

As we ring in the New Year, we celebrate our good fortune, including the friendship and support of kind folks like you. Thanks for making 2017 a great year for us. We look forward to seeing you again soon, and we wish you a safe, happy and healthy New Year!



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Here's hoping the year ahead is filled with nothing but the best for you and yours!

Thanks & Happy New Year!

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