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5 to Find: Achievable, inexpensive New Year's resolutions

■ Achievable New Year's resolutions

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5 to Find: Achievable, inexpensive New Year's resolutions



Alexa Hernandez finds a book with her mother, Lucy, at the Hardesty Regional Library last November. STEPHEN PINGRY / Tulsa World file

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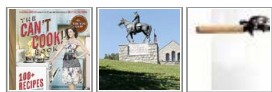
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By SCOTT CHERRY World Restaurant Critic | 0 comments

OK, so you have made another round of New Year's resolutions, and in most cases, they probably look a lot like last year's.

How many of these are on your list? Lose weight. Diet. Exercise. Eat healthful foods. Quit smoking. Stop procrastinating. Save money. Get out of debt. Drink less alcohol.

How many of those have a prayer of happening? That's right. Probably the same as last year.

In light of that, we have come up with five inexpensive, doable New Year's resolutions that still provide a sense of satisfaction and accomplishment.

1. Cook a recipe

Even if you think you can't boil water, grab a cookbook, choose a recipe, gather the ingredients and get to cooking. Breakfast casseroles are a good place to start, and who knows, you might become the go-to person for weekend brunches. If you are an

accomplished cook, try a recipe out of your comfort zone.

2. Try a new activity

This can be as simple as going bowling, ice skating, roller skating or riding a bicycle. Never been fishing? Everyone has a fisherman friend with an extra rod and reel who would be glad to show you the ropes.

3. Try one new food item each month

Whether it's off a restaurant menu or something from the grocery store, pick out a food item you never have had but are willing to try. Keep a list. Make a game of it and challenge other family members to join you. If you're not careful, you might find yourself doing this more than once a month.

4. Read a book

Visit the library or go to a used-book store and pick out a book to read. One of the classics would be good, but a romance novel is just fine, too. Better yet, take the whole family and let everyone join the search; that's part of the fun.

5. Have your photo taken in front of five well-known places

Or 10. Or 20, or whatever target you want to hit. It can be just around your hometown or state or country or the world. Then put the photos on your Facebook page for all to see.

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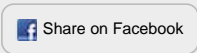
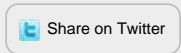
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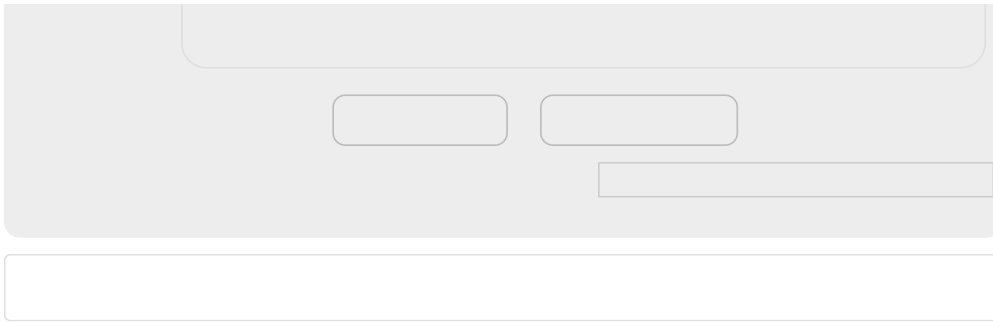


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Today's E-Edition



Sports: OSU taps Texas, OU falls to Kansas. **B1** **Business:** Tulsa ranks No. 1 on apartment rental rates. **E1**

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TULSA WORLD

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Public meetings set on jail

• County officials are weighing a plan to vote for new pads and a juvenile center.

County officials are weighing a plan to vote for new pads and a juvenile center. The plan would include a new 100-bed jail and a new juvenile center. The plan would also include a new 100-bed jail and a new juvenile center. The plan would also include a new 100-bed jail and a new juvenile center.

Go behind the scenes
AUGUST ARRIVES
Go behind the scenes of the month's biggest event in Tulsa. The Tulsa World is your guide to the best of the city's summer festival. From the Tulsa Marathon to the Tulsa Fair, we have everything you need to know to make the most of your summer vacation.

Dispatch problems corrected, city says
City officials say that the dispatch system for the Tulsa Police Department has been corrected. The system had been experiencing problems for several weeks, but the city says that the problems have been resolved and that the system is now working properly.

Proposed job shifts include TFD union chief
The Tulsa Fire Department (TFD) is considering proposed job shifts for its employees. The shifts would include a change in the number of hours worked per week and a change in the days of the week worked. The union chief has expressed concerns about the proposed shifts and has asked the city to reconsider the plan.

Dispatch problems corrected, city says

City Year members help at-risk students with school, life

Much-needed mentors
City Year members help at-risk students with school, life. The City Year program provides mentors for at-risk students in Tulsa. The mentors help the students with their schoolwork and provide them with guidance and support in their lives.

Oklahoma ranks 44th in per-pupil spending

Healthy Counts

Measure	2013	2012	2011	2010
Unemployment rate	7.3%	7.3%	7.3%	7.3%
Population	1,100,000	1,100,000	1,100,000	1,100,000
Median household income	\$40,000	\$40,000	\$40,000	\$40,000

Today's Top 50
The Tulsa World is pleased to announce the results of our 50th anniversary celebration. The top 50 list includes the following companies: [List of companies]

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