



LIVE WIRE

The 10 Most Common New Year's Resolutions!

All around the world at midnight on January 1st, people are resolving to do many different things. Here is a compiled list of the top 10 most common resolutions. See if you fit into one of these categories!

- 1) Lose Weight
- 2) Stop Smoking
- 3) Stick to a Budget
- 4) Get out of debt
- 5) Find a better job
- 6) Exercise more
- 7) Get organized
- 8) Learn Something New
- 9) Spend more time with family
- 10) Help others

Researchers have noted that these resolutions seem to be so popular because they are so hard to keep! In fact, statistics show that only 15% of people who make resolutions actually keep them! To make sure you are successful in keeping your New Year's resolution, consider the following:

- Make a plan.
- Expect the plan to change.
- Be realistic.

What did the big furry hat say to the warm woolly scarf?
"You hang around while I go on ahead."

Interesting Facts:

- * The largest piece of ice to fall to earth was an ice block 6 meters (20 ft) across that fell in Scotland on 13 August 1849.
- * The largest snowflakes in the world fell across Fort Keogh in Montana (USA) on 28 January 1887.
- * Mt Kilimanjaro in Tanzania is the only permanent snowcap within sight of the equator.

New Years around the World

Chances are on January 1st you were busy ringing in the new year with family and friends. Around the world, new years celebrations happen in every season, and there's enough of them to keep celebrating all year long!

- o The Jewish new year is called *Rosh Hashana*, and is usually celebrated in the fall. This holiday is celebrated by the sounding of the *Shofar*, or ram's horn.
- o The Chinese new year is based on a lunar calendar, so that it falls on a different date every year. This celebration lasts for fifteen days, ending with the Lantern Festival.
- o In Thailand, *Songkran*, or the Water Festival, is held from the 13th – 15th of April. During this new year celebration, water is sprinkled on friends, relatives and strangers as a sign of respect.

Dress your Best

When you're active outdoors this winter, it's important to dress properly. Here are some cold-weather tips:

- 1) Always start with a light, breathable base layer.
- 2) If it's especially cold, top your base layer with a thermal layer that will trap heat.
- 3) The third layer is the shell layer, which protects you from the wind and the snow.
- 4) And don't forget your hat, scarf and mitts!

Seasonal Soup – Curried Cauliflower

You need . . .

- 1 medium sized head of cauliflower (white or golden)
- 2 shallots
- 1 tbsp olive oil
- 1 tsp salt
- 6 cups vegetable broth
- 2 tbsp curry powder
- 1/4 tsp cumin
- 2 tsp garlic powder
- 3 dried bay leaves
- 2 tsp fresh parsley, minced
- Stick of goat cheese

In a stock pot, sauté some shallots in olive oil and salt until tender but not browned. Cut the florets off the head of cauliflower. Remove the tough core of the head, and place any leftover pieces in a food processor. Puree leftover pieces until finely chopped. Pour in vegetable stock, and add cauliflower and spices. Simmer 15 minutes, and then stir in parsley and goat cheese. Simmer an additional 5 minutes, remove the bay leaves, and serve.