

RESOLUTION 7: *Spend more time with loved ones*

Consuming fruits and veggies effectively increases serotonin levels (the happiness chemical), which can transform us into someone people actually want to hang around. And who knows, if you make the decision to eat more plants as a family, you may actually eliminate family drama. Having the support of doing this together will encourage you to stay the course, try out new recipes together, and just generally keep you inspired and excited as you see positive changes in yourself and those you love. Head to West Street Market for your next family night out. There are a variety of plant-based choices to suit everyone's tastes. My pick is to try Thali's Vegan and Gluten-Free Plate consisting of legumes, a vegetable dish, vegan yogurt, basmati rice and a vegan dessert. A great way to sample flavorful Indian spices while keeping it plant-based.

RESOLUTION 8: *Wake up earlier*

People following a plant-based diet are more likely to get a better night's sleep due to the fact that their meals come from easily digestible foods compared to a diet rich in meat and dairy. Vitamin B6, found in avocados, bananas, sweet potatoes and leafy greens, contributes to a full night's rest, and in turn will help you wake ready to face the day with a smile. If your body is chronically deprived of regenerative sleep, you may still feel fatigued when you wake up. Research suggests that going to bed earlier not only enables you to get the recommended 7-8 hours of sleep, but still leaves time to fit in a bit of exercise before work, giving you even more power and energy to accomplish all your goals for the day.

RESOLUTION 9: *Declutter the House*

Simple little decisions every single day will allow you to declutter your diet, mind, body ... so why not tackle the junk drawer too? With more mental clarity, vibrancy from eating clean, better sleep, quality time with the ones you love, why wouldn't you want to take on the daunting task of the guest room closet? So take ownership of your excuses, regain responsibility for where you are, and focus on your goals daily. The power to be clean inside and out is within your reach.

RESOLUTION 10: *Have a better love life*

Feeling comfortable in your own skin is key to being confident and hooking the attention of that special someone. Adopting a diet rich in whole, water-rich foods will help you achieve smooth, glowing, vibrant skin. Choosing fruits and veggies high in antioxidants will help build collagen and increase elasticity, counteracting free radicals and anti-inflammatory responses.

Conversely, consuming a diet high in meats, dairy, processed foods, and high fat result may contribute to acne, allergies, skin inflammation and body odor. Not so sexy. A diet high in fruits and vegetables will keep your body smelling fresh from the inside out. Think of it as an internal deodorant leaving you smelling sweet and luring the one you want closer for some quality time.

To get it on—in the kitchen that is—try adding more watermelon to your diet. This water-rich fruit flushes out toxins quickly and allows the immune system to reset itself, not to mention giving you a flat stomach. It's good for the blood vessels, may increase libido, and help lessen mystery infertility. It's such a fast digesting fruit that it's best to eat it on an empty stomach. Here's an easy recipe to get your juices flowing for an early morning romp.

Recipe: watermelon

- 4 cups watermelon (diced)
- 2 tablespoons fresh mint (chopped)
- desired amount of fresh lime juice

Place watermelon in a large bowl. Squeeze the lime juice over top, and sprinkle with fresh mint. Feel energized, and hydrated to take on your next conquest. □

Get short!

Time for our annual micro fiction competition!

The **RN&R's** 95-word fiction contest
Write a miniature story that's exactly 95 words long.

Stories must be received before Jan. 16, 2019.

Email submissions to contest@newsreview with the subject line "Fiction 2018."

Here's an example:

Lieutenant Nishiyama's unit searched for Viet Cong soldiers in a village near the Laotian border. As expected, they found nothing. No hidden enemies.

A solitary, elderly woman was cooking rice. The smell made Nishiyama homesick.

Nishiyama called to the translator: "Tell her I'll trade two packs of American cigarettes for a bowl of that rice."

It was delicious.

"Ask her for more."

"She's not poor enough? You've got to eat all her food?"

"What? There's enough food here for a dozen men."

Nishiyama looked at the woman.

"Hey Captain, we better search this property again."

*This year's story example is based loosely on a story told by Vincent Okamoto in Ken Burns and Lynn Novick's 2017 documentary series *The Vietnam War*.