A Clean bill of health

Michael Crocker is vice president and commercial manager for First Farmers Cooperative, which has been a part of the community service, financial services and government relations team for the Greater Ulster Chamber of Commerce for many years. Crocker was the December/January/February banquet speaker.

Happy New Year!!

Time for New Year’s resolutions

The New Year is the time to review what happened in the previous year and set the stage for what is to come. It offers an opportunity to take stock of the past year and plan for the future. Whether you are looking to make small changes or embark on a major overhaul, the beginning of a new year is the perfect time to set goals and make resolutions.

For some, resolutions might include improving their physical health, such as adopting a healthier diet, increasing exercise, or quitting smoking. Others might focus on personal growth, such as learning a new skill or pursuing a passion. Financial goals, such as saving money or paying off debt, are also common resolutions.

Regardless of the specific resolution, the key is to set achievable goals and make a plan to achieve them. It’s important to be realistic and not set goals that are too ambitious or difficult to achieve.

Another way to make resolutions is to focus on habits, such as waking up early or setting aside time for leisure activities. These small changes can have a big impact over time.

Ultimately, the purpose of making resolutions is to create positive change in your life. By setting clear goals and working towards them, you can improve your health, personal growth, financial well-being, and overall happiness.

So, what are your New Year’s resolutions for 2023? Are you going to keep them, or will you let life’s challenges drag you back into old habits? Remember, the first step is to set a goal that is attainable and to make a plan to achieve it. Good luck with your resolutions, and happy New Year!

A look back at Red Bank in 2013

On the first day of the new year, it’s appro- priate to look back on what the year brought. This year, we closed the day with a sense of reflection and a mix of feelings.

A YEAR TO FORGET

The New Deerfield Elementary School was the news in as construction wound down, refrigeration was turned on, and the final touches were made in the fall of 2014 with former Whiterow White Elementary School turned into a new elementary school.

PILLSBURG RESTAURANT IN RED BANK opened the fall in the former, Bowen Bros. On South Lake Drive, it is now a popular destination for breakfast and lunch. The restaurant offers a variety of options for dining, and it is a must-visit for anyone in town.

A YEAR TO REMEMBER

The first day of the fall semester was a year of scholastic excellence in the town.

2013 - A YEAR OF SCHOLASTIC EXCELLENCE

The first day of the fall season was a year of scholastic excellence in the town.

THE NEW DEERFIELD ELEMENTARY SCHOOL was the news in as construction wound down, refrigeration was turned on, and the final touches were made in the fall of 2014 with former Whiterow White Elementary School turned into a new elementary school.

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