

NUTRITION | ADVICE

# STARTING FRESH

5 resolutions to consider incorporating into your routine

**EBONY WILLIAMS**  
The Atlanta Journal-Constitution

While New Year's resolutions flood social media at the end of every year, 80% of people won't keep their resolutions past February. Having goals in mind for a better you can be a little tough to manage if you aren't properly set up for success. Here are five food-related resolutions to consider for the new year:

**1 Drink more water**

Daily water intake advice seems to vary depending on the source — some experts recommend eight or nine 8-ounce cups per day, while other studies suggest 11.5 cups for women and 15.5 cups for men. Which-ever number is correct, you're probably not drinking enough water.

Your water intake needs are partly based on your lifestyle. Consult with your health care provider to determine how much water you should be drinking.

**2 Meatless Monday**

This trend started in 2003 by Sid Lerner as a vision to encourage people to eat less meat and more healthier plant-based options.

Eating less meat not only helps with energy levels but also reduces heart disease. According to heart.org, eating less meat decreases the risk of stroke, obesity, high blood pressure, high cholesterol and many cancers.



**3 Eat slower**

People are busier than ever. But trying to cram in a meal — literally — leads to bad eating habits. Eating too fast leads to bloating and gas. According to Healthline, it can also increase your risk of Type 2 diabetes, insulin resistance and metabolic syndrome.

Consider sticking to a meal-time schedule so you don't feel rushed when you eat.

**4 Eat more fish**

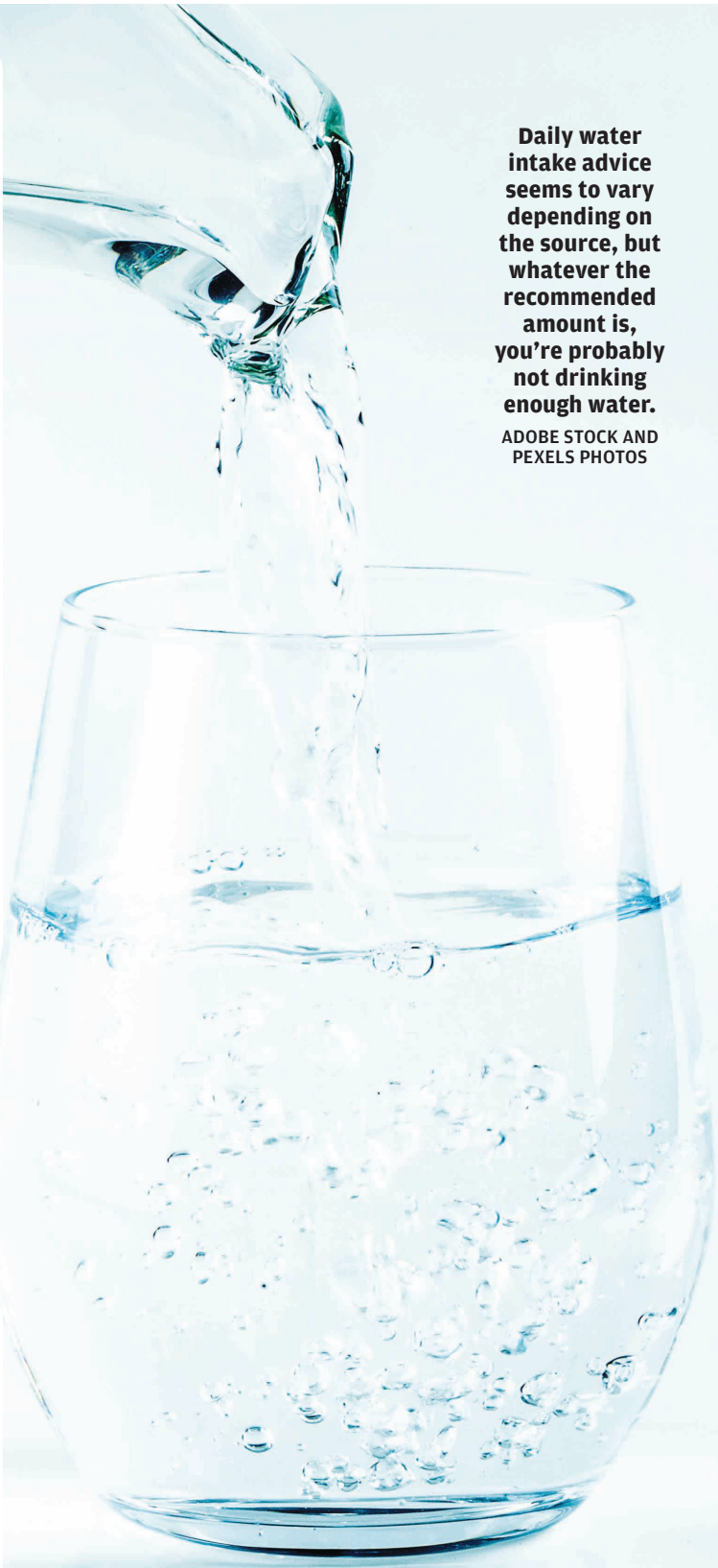
Fish is loaded with proteins, omega-3 fatty acids and vitamin D. It's a great food for heart and brain health. To get the most out of fish, roast, pan sear, air fry or bake whenever possible.

If fish isn't your thing but you still want to get omega-3s, look into vitamins such as fish oil or omega-3 pills.

**5 Eat breakfast**

The first meal of the day is very important. And yet one out of five people in the U.S. skip it. The most common reasons listed for opting out of breakfast are not having enough time and not feeling hungry in the morning. But skipping breakfast can impact your metabolism, energy levels and hunger throughout the day.

A great way to make sure you eat breakfast is to plan it out. The latest trend of preparing breakfast is overnight oats or parfait bowls.



Daily water intake advice seems to vary depending on the source, but whatever the recommended amount is, you're probably not drinking enough water.  
ADOBE STOCK AND PEXELS PHOTOS

## Takes

From E1

Based on submissions, WIN will invite 12 to 16 grant seekers to provide formal grant proposals. Grant seekers must be a part of the University of Nebraska System or be a Nebraska nonprofit 501©(3) public charity.

“WIN is proud to partner each year with organizations that are tackling important issues that matter to Nebraskans, and we're pleased to again request ideas for funding as we enter our 13th year of philanthropic service to the state,” WIN Chair Meg Lauerman said.

The amount granted will be based on the total amount of gifts received in 2024 from WIN members. WIN will announce its grant awards in fall 2024.

For more information, grant seekers may contact WIN at win@nufoundation.org.

WIN awarded a total of \$220,684 to two programs for its 2023 grants season. Grants were awarded to the University of Nebraska College of Law Children's Justice Clinic, which provides legal representation to vulnerable Nebraska children; and to the Nebraska Panhandle Area Health Education Center in Scottsbluff, Nebraska, which seeks to grow the rural healthcare workforce pipeline.

A total of 259 WIN members contributed personally to make the grants possible, and committee members reviewed proposals in a four-step process culminating in a membership vote for the two recipients. WIN's membership is comprised of women in and outside Nebraska who, through their collective giving, address issues that matter to Nebraskans.

### Golf tour honors Omaha's EPIC for Girls

EPIC for Girls, an Omaha-based nonprofit committed to advocating for girls of color in sports, has been honored as charity of the year by the Korn Ferry Tour at its annual PGA Tour Tournament meetings at La Quinta Resort & Club.

This recognition comes as a testament to EPIC for Girls' presence at the Pinnacle Bank Championship, where the nonprofit raised more than \$8,500 and recruited nearly 100 volunteers who contributed their time and skills at various hospitality bars and

concessions. Their enthusiasm and positivity were pivotal in enhancing the overall experience for attendees, setting a high standard for volunteer engagement.

“This recognition as charity of the year is not just for EPIC for Girls, but for every volunteer, partner, and supporter who believes in our mission. It's a celebration of our collective effort to empower young female athletes, ensuring they have the resources and confidence to excel in sports and in life,” said Kimberly Thomas, executive director of EPIC for Girls.

EPIC for Girls is already preparing for next year's event, scheduled for Aug. 8-11 at Indian Creek.

### Deanship established in UNL's College of Engineering

A first-ever named deanship has been established for the University of Nebraska—Lincoln College of Engineering through the generosity of alumnus Fred Hunzeker.

The Fred Hunzeker Dean of Engineering will help ensure strong leadership during a pivotal time in the history of Nebraska engineering. Pending approval of the University of Nebraska President's Office, Lance C. Pérez will be the inaugural recipient.

“It is truly an honor to be the inaugural recipient of the Fred Hunzeker deanship,” said Pérez, who became dean in 2018 after spending nearly two years in the interim position. “Fred is a distinguished alumnus of the college and a great example of the range of careers and success that engineering graduates may have. Through his service on the college's advisory board, Fred has been an important contributor to the success of the college, and this gift will allow the college dean to explore important strategic initiatives that would not be possible otherwise.”

Hunzeker pledged the gift through the University of Nebraska Foundation. The deanship will support a salary stipend; funds may also be used to support strategic initiatives within the



Hunzeker



Perez



EPIC FOR GIRLS

**Pinnacle Bank Championship presented EPIC for Girls with the PGA's Korn Ferry Tour honor of Charity of the Year. From left to right are Brett Balak, Jessica Brabec, EPIC for Girls Board Member Darcie Willie, Alexis Boulos and Kimberly Thomas, the executive director of EPIC for Girls. The 2024 Pinnacle Bank Championship is scheduled for Aug. 8-11 at The Club at Indian Creek.**

College of Engineering.

One such option is programming to support the health and wellness of engineering students inside and outside the classroom. Another is to support the college's statewide outreach efforts to high school STEM teachers and counselors to improve recruitment of Nebraska students in engineering, computing and construction programs.

Hunzeker earned a bachelor's degree in mechanical engineering from the University of Nebraska—Lincoln. A member of the board of directors for Tenaska, he retired as the chief executive officer of Tenaska Marketing Group in 2021. For nearly 30 years, Hunzeker led the company's extraordinary growth from a small natural gas marketing company to one of the top five marketers in North America.

The gift was made as part of Only in Nebraska: A Campaign for Our University's Future, an effort to engage 150,000 unique benefactors to raise \$3 billion to support the University of Nebraska. Hunzeker serves as the volunteer co-chair of the College of Engineering's campaign committee and is a University of Nebraska Foundation trustee.

“Dean Lance Pérez's visionary leadership and tireless dedication have united stakeholders, from administration and faculty to students and donors, in a shared mission to elevate our engineering program,” Hunzeker said. “Un-

der his guidance, the College of Engineering continues to thrive, expanding its impact as a member of the Big Ten. Dean Pérez's passion and commitment inspire innovation and excellence within our institution and throughout the region.”

### Couple pledges \$500,000 for business scholarships

Beth Holthus Godbout and John Godbout understand the impact of the University of Nebraska—Lincoln's College of Business in preparing the next generation of business leaders and entrepreneurs for Nebraska.

That's the reason the couple pledged \$500,000 through the University of Nebraska Foundation to invest in scholarships for business students and training to help business faculty and staff develop their teaching skills.

“We feel our knowledge and experience in starting and running our own businesses gives us motivation to contribute in whatever way possible to students interested in careers in the business community,” John said.

In 1991, the couple founded CCS Presentation Systems, one of the top integrators of audiovisual equipment in the U.S. Beth also serves on the board of directors of York-based Cornerstone Bank.

The couple, who live in Paradise Valley, Arizona, have deep ties to Nebraska and the University of

Nebraska. John was born in Hol-drege. Beth was born in Lexington and grew up in York. Beth graduated from UNL with an elementary education degree in 1978, and the couple's children are also Nebraska alumni.

The Godbouts' investment was made as part of Only in Nebraska: A Campaign for Our University's Future.

The couple committed \$400,000 to create the Godbout Family Scholarship Fund. Some funds will be immediately available for scholarships, including the newly created Future of Nebraska Scholarship for the College of Business. Their investment will also establish a permanent endowment to provide scholarships in perpetuity for freshmen business students.

“The transition from high school to college is such a big change,” Beth said. “We hope that easing the financial pressure just a little might help in that transition and encourage students to remain in college.”

The couple also pledged \$100,000 for the College of Business's Teaching and Learning Center Faculty Development Fund, which equips faculty and instructors with the tools and resources to be successful in the classroom.

“We are incredibly appreciative of the Godbouts' investment and vision to provide additional programs and resources for faculty to improve the learning experience for all students,” said Kasey Linde, director of teaching, learning and accreditation in the Teaching and Learning Center. “With the Godbouts' partnership, the Teaching and Learning Center launched programs for new faculty and Ph.D. students and expanded on a grant program open to all business faculty and instructors.”

Investing in faculty development is a priority for the Godbouts because both can recall professors from whom they learned and who positively impacted their college experience.

“Beth and I want students to graduate with knowledge and skills learned from capable, professional professors who will be remembered by their students,” John said. “These teachers need a base of teaching techniques and behaviors that enable them to distribute their knowledge effectively.”

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