The word of the week is

 **ADAMANT**

**It means:** insistent; unyielding

**Used in a sentence:**

The thief was adamant that she was not guilty and that someone else had put the diamond ring in her purse.

She is easy-going about some things but, is adamant about not eating or drinking at the computer.

He insisted adamantly that he was going to turn his life around and become someone who his children could look up to.

They are pretty adamant about not letting people use their cell phones in their restaurant.