

# New Year's Resolutions A Long Time Tradition

By Toby McClary

As 2006 comes to an end and 2007 holds promise and angst, many will try to better themselves through an ancient tradition known as a New Year's resolution.

Some popular resolutions include maintaining fitness or appearance, eliminating the usage of alcohol, tobacco or other drugs and eating sensibly or exercising more often.

"I always make the same resolution every year," said Medical Secretary and Tribal member Kim Campbell, "to lose weight."

The research on new year's resolutions indicate that about 75% of resolution-makers have followed through after the first week. The number then drops to about 50% after the first six months. Less than 10% of people reach the one year mark with their resolution.

"I never follow through with my resolution," said Campbell. "There is just too much sugar out there."

According to the proactive-coach.com website, many people do break their resolutions but those that make them are more likely to attain their goals than those that do not.

Here are several tips you can use to help follow through with your resolutions:

- ◆ Be realistic — Do not set a goal that is unattainable.
- ◆ Don't keep it a secret — Talk about your goals to those who are close to you. Let them help encourage you.
- ◆ Track your progress — Keep track of your small successes day-by-day. This will help you to reach the overall goal.
- ◆ Stick to it — Experts say it takes about six months for a habit to become part of your personality.
- ◆ Don't give up — If for some reason you fail, that opens a door for a new beginning.

There is no reason you can't make a New Year's resolution any time of the year. Not everybody makes a resolu-

tion and not everybody believes in them.

ones I have made, I have followed through with."

**Some popular resolutions include maintaining fitness or appearance, eliminating the usage of alcohol, tobacco or other drugs and eating sensibly or exercising more often.**

tion and not everybody believes in them.

Tribal member and Maintenance Technician Tyson Mercier said he doesn't see the sense in making resolutions on New Year's.

"It's for the weak," said Mercier. "If you want to do something, then do it. You don't have

Brisbois, "doesn't believe in them."

"It's about setting a goal," said Marietta. "The majority of the

ones I have made, I have followed through with."

Making a resolution doesn't always have to be about personal appearance or health. Behavioral Health Secretary Nadine Burt said that she usually makes one every year but that this year's is different.

"This year I am buying a

Babylonians celebrated the beginning of a new year on what is now March 23, although they themselves had no written calendar.

Late March actually is a logical choice for the beginning of a new year. It is the time of year that spring begins and new crops are planted. January 1, on the other hand, has no astronomical or agricultural significance. It is purely arbitrary.

The Babylonian New Year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the New Year on March 25, but their calendar was continually

tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year.

As part of helping those who wish to lose weight, the Wellness Department will be hosting a Weight Watchers program beginning after the

first of the New Year. If you are interested in participating please contact Tribal member and Health Promotion Specialist Tracy Biery. ■



to wait until the beginning of the year to accomplish something."

And Patient Registration Assistant Marietta Brisbois (Colville) said that even though she makes one every year, her husband, Tribal member and Recreation Coordinator Melvin

house," she said. "And my goal is to follow through with it."

According to www.addern.com, the celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC,

Graphic by  
George Valdez