

How to keep a New Year's resolution



In the heat of the New Year's Eve countdown, fueled by enthusiasm and possibly a few glasses of champagne, resolutions may roll off the tongue. But come the morning of January 1, such resolutions may not hold the same appeal. Between 40 and 45 percent of the American population will make a New Year's Resolution, according to polling by researchers at the University of Scranton. Research suggests that only about 8 percent of people stick with those resolutions and achieve their goals. The outlook is similar for Canadians, 31 percent

of whom set New Year's resolutions. Among those that do, three-quarters will break them, according to a poll from Ipsos. A survey of online shoppers who visited the website FreeDeliveryLand.co.uk revealed that the average length of time a person can expect to pursue their New Year's resolution is around three and a half weeks, or 24 days. Maintaining resolutions can be a resolution in and of itself. For those who want to push through the fail point this year — and stay strong in the face of tempting desserts and the craving to light up a cigarette — these suggestions may help resolutions

stick. **• Start small when picking resolutions.** Rather than resolving to lose 50 pounds, start with a more manageable goal, such as losing 10 pounds. When you reach the goal, you will feel more confident and then you can up the ante. **• Set a reasonable time frame.** Be realistic when determining how long it will take to achieve your goal. Achieving a difficult goal can take time, so don't expect overnight success. **• Practice self-control in all aspects of life.** Some researchers believe that the self-control necessary to help people maintain their resolutions is like a muscle that needs to be exercised. When self-control is revved up across many different activities, it's easy to realize one particular resolution. For example, in an experiment at the University of Albany, researchers asked 122 smokers who were trying to quit to practice extra self-control for two weeks, either by avoiding sweets or by squeezing

on a grip strengthener for as long as they could twice a day. Twenty-seven percent of those who were diligent about practicing their self-control exercise successfully kicked their cigarette habit in the following month, compared with just 12 percent of volunteers who didn't maximize self-control. **• Get support or talk it out.** Speaking about what you are going through and getting reassurance from other people can work wonders to strengthen resilience. When the desire to quit sneaks up, you can consult with a friend or consider a support group. For example, taking a group class at the gym may be a more effective motivational tool than working out solo. **• Set up an accountability system.** Institute a rewards system for your success. You might even use a monetary system as a double-bonus. When you stick to a resolution over a predetermined period, put a dollar in a jar. If you fall off course, take a dollar away. Find the incentive that works for you. Resolutions are made and broken every year. Make this the year you realize your resolution.

Teen raises funds for the homeless

By Caitlyn May
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It all started when Destiny Duerst received a life-sized Christmas stocking from her best friend. "I didn't know where to put it or what to do with it," she said. "My first thought was, really, that we should fill it with clothes and stuff for the homeless." Duerst, 19 and a Cottage Grove native, started a Facebook page to solicit donations for her project, "Help the homeless stay warm," and has so far collected nine bags of clothes, blankets and gloves as well as \$120 in donations to purchase additional items. According to the yearly point in time count conducted by Oregon Housing and Community Services as part of a nationwide effort to count homeless populations around the country, homeless stats are up six percent from 2015. In Lane County, 1,529 were identified as homeless; 164 were marked as veterans--the second-highest homeless veteran population in the state behind Multnomah—which includes Portland. According to the data provided in the county, a larger percentage of the homeless population suffers from mental illness (14 percent) than addiction (12 percent). Of those with a mental illness or addiction, 68 percent were unsheltered, rather than considered sheltered homeless meaning they sought lodging in places HUD defines as not traditional living quarters. Individuals living in cars, on the street, in parks and abandoned buildings are considered to be unsheltered. To be considered sheltered, individuals must be seeking lodging in emergency shelters, transitional shelters or otherwise being housed in lodgings meant for people to live in. By mid-January, Duerst says she's going to walk the streets of Cottage Grove, allowing homeless individuals to choose their clothing. An online fundraising effort with a goal of \$500 has raised \$80 as of Friday, Dec. 28 and Duerst plans to increase fundraising efforts in January. "We're having a spaghetti feed," she said. "It's at the Elk's Lodge on Jan. 13 from 5 p.m. to 8 p.m. It's a \$5 donation and anyone under five-years-old will be \$2." All the funds raised will go towards purchasing more blankets and coats as temperatures continue to drop. Local Beds for Freezing Nights continues to be activated when the temperature drops below freezing but for nights that it hovers in the high 30s, Duerst hopes to provide warmth for those left outside.

Top stories of 2017 Honorable Mentions

A waterline break in the fall damaged several residents homes in the area of 14th St. The city later said it wasn't at fault and therefore not financially responsible.

Governor Kate Brown visited Cottage Grove High School as part of a tour promoting Oregon's spot as one of the states that succeeded in lowering tobacco use. The student leadership presented Brown with gifts while Brown, in turn, gifted trees to the students to be planted on campus.

South Lane Mental Health Director Tom Wheeler announced at the start of the year that he would be stepping down from his position after more than two decades as the organization's top seat.

Rosie the Riveters celebrated "Ringing with Rosie" by ringing a church bell in time with Rosies around the world.

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