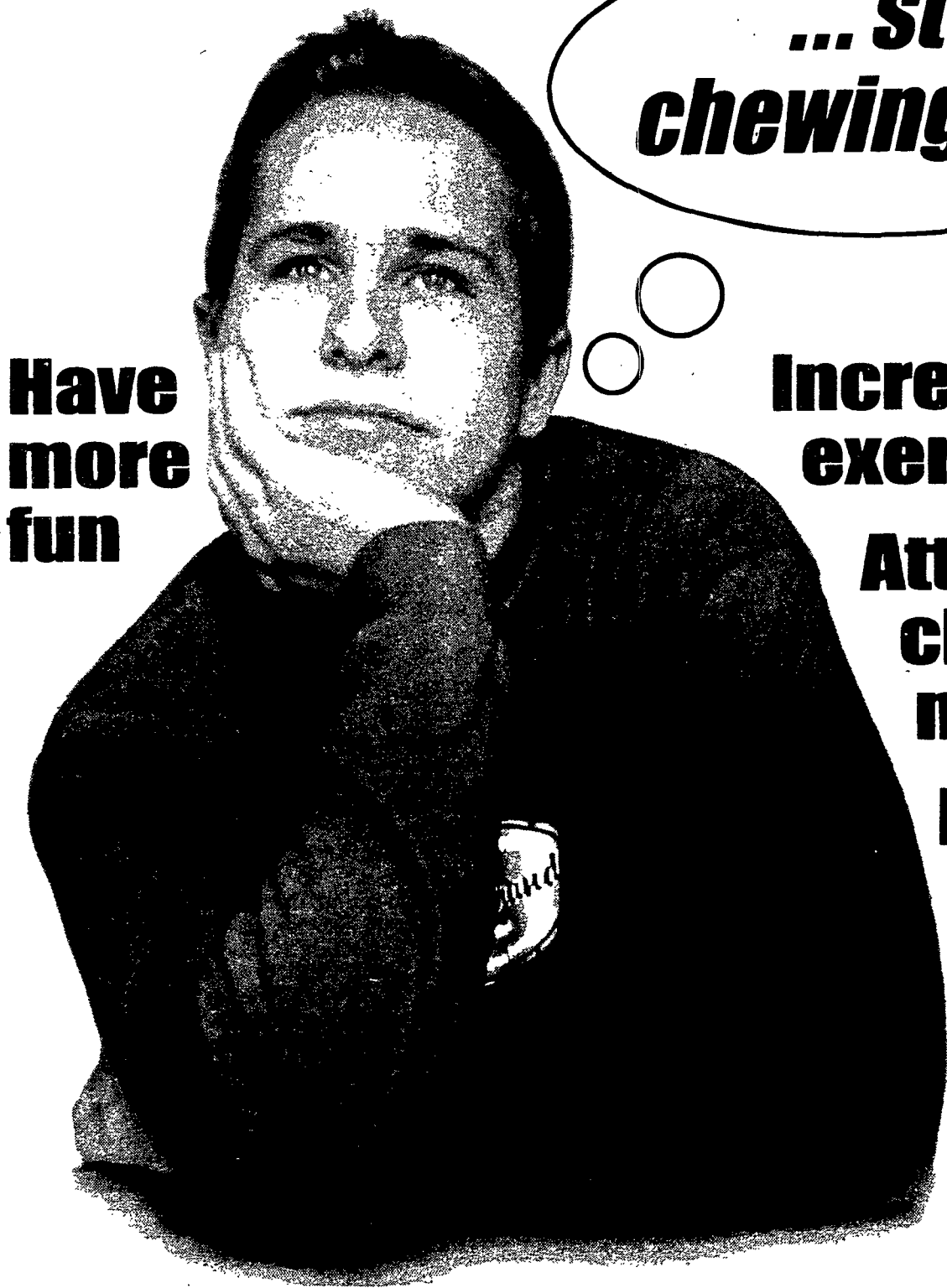


on the MOVE

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I RESOLVE TO :



Have
more
fun

Increase
exercise

Attend
church
more

Lose
weight

Be
nicer
to
people

Have your past New Year's resolutions developed into some good, consistent patterns?

Or do they unravel in the first month? Or week? Or day, even?

Dan Kurycki, 16, said that he tried New Year's resolutions previously, but couldn't sustain his efforts to curb gum-chewing and other undesirable habits.

"After a few days I would accidentally do the thing I said I wouldn't do. And then I would just keep doing it since I figured I had already 'lost,'" admitted Dan, who attends St. Christopher's Church in North Chili.

Collin McCormack, 18, also from St. Christopher's, said his sole effort at a New Year's resolution went up in smoke as well.

"The only resolution that I can remember making was to stop biting my fingernails. I wasn't successful at all," Collin remarked. He added that he no longer attempts New Year's resolutions, saying, "It seems pretty futile to me."

Despite the challenge of adhering to resolutions, Dan said he's giving it another crack this year. He said he would like to improve his exercise schedule, jogging at least three times per week to get in shape for baseball season.

"I'm planning on sticking to it because I really see that it's necessary, and will benefit me greatly," Dan explained.

Dan's goal seems to fall in line with suggestions listed in various published articles on New Year's resolutions. For instance, set small, realistic goals. If you're a couch potato, don't resolve to lift weights and run three hours every day. Instead, pledge to ride your bike or walk for at least 20 minutes, three times per week. Make clear goals: Rather than simply resolve to eat more healthily, decide what specific foods to eat, along with the amount per week or day.

Matt Dermody, 12, is a newcomer to New Year's

resolutions. He's sailing into 2001 on a fairly ambitious note, saying he plans on "improving on my skills while showing horses at fairs. Another is to pick up my math grades, as that is not my strong point."

Matt said he likes the general concept of New Year's resolutions. "They give you a goal to aim for, and they give you self-discipline and a measurement to see how well you did. People often have the urge to improve, and a good New Year's resolution is one of the best ways to do it," said Matt, from St. Lucy's Church in Retsof.

Dan, meanwhile, draws a link between New Year's resolutions and his Catholic faith.

"Resolutions are just one small way to sacrifice something not so good, or to do something good—even more, to show God that we are thankful for everything he has given us," he said. "If you can stick to it, you build up even more thanks, and learn how much of a sacrifice Jesus made for us."

Dan added that your resolutions may not only affect you, but other people as well: "If you're going to make a resolution, make it something that will help yourself and/or others."

And in the event that your resolutions don't pan out immediately, Dan feels you should still take credit for making an effort. "It's the thought that counts," he said.

On the other hand, Collin asserted that resolutions can be made any time, not just when January 1 rolls around: "If you have rough spots in your personality or things that you need to take care of, why should the changing of the year make you any more apt to change them? Why not do it at any other point in the year?"

But for those whose hearts are set on making New Year's resolutions, Collin offers this simple advice:

"If anyone feels it absolutely necessary to make resolutions for the new year and stick by it, it should be to have a good time! And that is all."

COMING NEXT WEEK: Vocation views