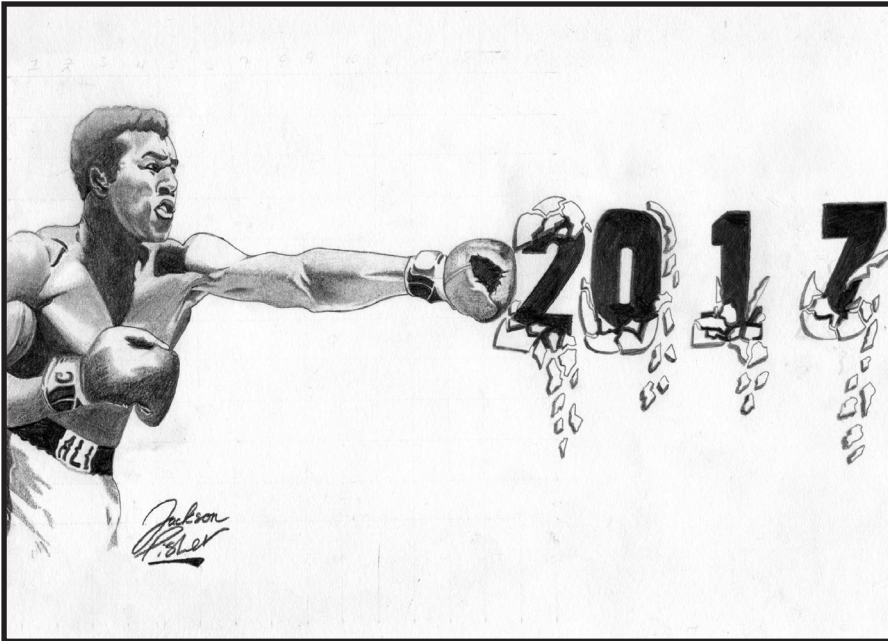


Out with the old, in with the new!

CHS makes New Year's Resolutions



Isaiah Tuigong & Trinity Kemper

Illustration by Jackson Fisher

Staff Writers

Each year, the Babylonians were making promises to their gods in mid-March not in January, when the crops were being planted. When they're crowned, they make promises to the gods to pay their debts and return any objects that have been borrowed. If they keep their promise, the gods would reward them the coming year, if they do not, they would be in a place no one wants to be. New Year's resolutions are goals, and can increase a person's well being.

According to researchers at Marquette University, "People who make a resolution are 10 times more likely to attain their goals than people who don't make any," said Psychologist Dr. Deborah Serani. The most helpful part about making a resolution is to keep them simple and achievable. Dr. Ed de St. Aubin, an associate professor of psychology at Marquette says, "it is a bad idea to have a new year's resolution because so many of our resolutions are not maintained and this may lead to various forms of self-

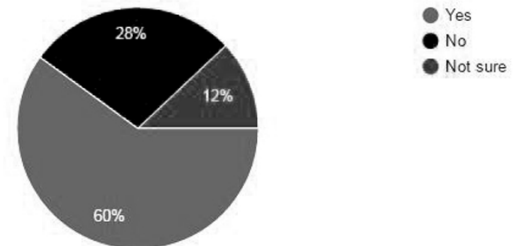
loathing for some people."

Top 10 New Year's Resolutions would be to Lose Weight/ Healthier Eating, Life/ Self Improvements, Better Financial Decisions, Quit Smoking, Do More Exciting Things, Spend More Time With Friends/ Close Friends, Work Out More Often, Learn Something New On My Own, Do More Good Deeds For Others, and Find The Love Of My Life.

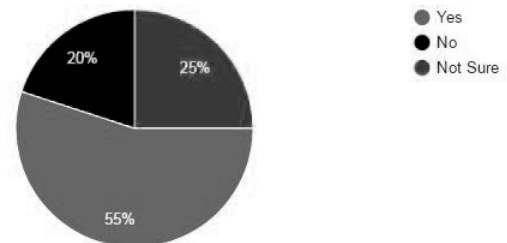
CHS students and staff have made several resolutions of their own. "To not date anyone in 2017," said sophomore Alysha Shutt. "My New Year's resolution is to better myself," said CHS staff member Dina Lewis.

Statistics have shown that not many people maintain their new year's resolutions, but junior Jordan Blubaugh is confident she's found a resolution she can keep. "I'm going to exercise (my right to eat) more (tacos)," said Blubaugh.

Do you have any New Years Resolutions this year? (100 responses)



Do you think you'll be successful? (100 responses)



What is your Resolution? (100 responses)



HAPPY NEW YEAR In a poll of 100 CHS students, a majority set New Year's resolutions and a majority believe they will be successful in keeping them. Students have a wide variety of resolutions that they are trying to make happen in 2017.

Poll by Erika Alexander

FFA Agriculture Fact of the Week:

Iowa produces 15% of the nation's total corn crop, over two billion bushels worth.