

# New Years' resolutions originated with the Babylonians

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Reporter

The real question some of us ask on New Year's Day is who can we blame. Who came up with the idea of New Year's resolutions? The idea of New Year's resolutions date back over four thousand years to the Babylonians. The Babylonians believed that what a person does on their first day of the New Year will have an effect throughout the entire year. More recently New Year's has been considered a time for looking back to the past, but also, looking forward to the coming year. New Year's is a time to reflect on how you have changed and ways you want or need to change. For those of you who got a late start and did not make a resolution, I found an escape clause. Start anew in March. That is, after all when the Babylonians celebrated the New Year.

## Tips For Achieving Success

Are you determined that this year will be different than all the rest? That this year, you will actually keep those New Year's resolutions? If that is the case then I have some tips for you. First of all, don't do everything all at once. Remember when you were a child, before you could walk to have to crawl and before you could run you have to walk? The same goes with New Year's resolutions. There is always the temptation to be the overachiever and attempt ev-

erything on the long list that you created for yourself. Narrow down the list, you will have more success fulfilling one or two goals rather than twenty-five. You can always add more resolutions to your list as the year progresses.

Secondly, remember to word your resolutions carefully. If you

the computer." Make the resolution more specific by narrowing down to specific programs that you want to learn to use. By making your resolutions more specific than stress will be reduced and you will still think of the idea as something you want to do, not have to do.

Finally, write it down. Putting anything on paper has more significance than just reminding yourself mentally. Stick the paper on your desk, on the refrigera-

money to made. Internet companies have already begun trying to make money off of the resolutions of others. For \$9.95 a month, [www.mygoals.com](http://www.mygoals.com) will give customers a plan, timetable and online coaching for the most common resolutions such as losing weight to starting a new business. The site even offers a free 30-day trial.

If spending money isn't your style, [www.hiaspire.com/newyear](http://www.hiaspire.com/newyear) will send you a monthly reminder by e-mail to keep up with your new resolution. The site offers a complete list of resolutions, including "Be a better person in general."

For general tips on keeping resolutions, visit [www.how-to-keep-your-new-years-resolution.com/html/common.html](http://www.how-to-keep-your-new-years-resolution.com/html/common.html).

Founder Fred Kelley of [www.quitsmoking.com](http://www.quitsmoking.com) offers a nonsmoking site, complete with articles and free e-mail newsletters.

For those who can't knock off those pounds and aren't interested in visiting their local

Weight Watchers, [www.weightwatchers.com](http://www.weightwatchers.com) will help you for a sign-up fee of \$29.95 and a monthly fee of \$14.95.

All information provided may be found at the following website: <http://www.how-to-keep-your-new-years-resolutions.com>



make broad sweeping statements, then there is more room for exceptions and error. Don't say, "This year I am going to relax more" Say something like, "This year I'm going to explore different ways of relaxing." Or if your resolution is, "I'm going to learn how to use

tor, microwave etc., anywhere that you will see it on a daily basis. Don't be afraid to change the wording as the year progresses either. Naturally, things change.

## What the Internet Has to Offer

And, when things change, there is always

## NEW YEAR'S RESOLUTIONS

- 1) Stop smoking
- 2) Lose the freshman 15
- 3) Get more involved.
- 4) Join The Pendulum staff.

We will help you meet at least one of your resolutions. E-mail [pendulum@elon.edu](mailto:pendulum@elon.edu) or come by Moseley 233.

## Unlikely alliances possible in magazine world

Cosmopolitan, the racy magazine for women, and Maxim, the racy magazine for men, have consummated an unlikely alliance, and will share a feature story ("The War Between the Sexes ... Is Over") in their March issues. That got our newspaper's Subcommittee on Strange Journalism Bedfellows thinking of some other possibilities:

**-Field & Stream and Martha Stewart:** "How to Stuff Your Trophy Trout and

Turn It Into a Fabulous Wedding Centerpiece."

**-The New Yorker and Plumbing News:** "Draining Your Septic Tank, a Poem by John Updike."

**-Opera News and Playboy:** "The Girls of La Scala."

**-Brill's Content and Business Week:** "Failure, One Man's Tale."

**-Guns & Ammo and Vogue:** "The Full Metal Jacket Look for Fall."

**-Good Housekeeping and Soldier of Fortune:** "Winning the Battle Against Household Pests."

**-Dog Fancy and The Weekly Standard:** "Buddy, the Clinton Dog: How and Why 'Slick Willie' had him silenced."

**-Entertainment Weekly and High Times:** "A Very Special Robert Downey Jr. Tribute Issue."

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