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***Locations in bold are "anchor locations" in the zone

From the Editor

"...that we here highly resolve..." — Abraham Lincoln, 1863

This week, roughly 100 million Americans will make one or more New Year's resolutions. According to a 1997 University of Washington survey, 63 percent of those questioned were still keeping their number one 1997 New Year's resolution after two months. While the study focused on primary resolutions, most people made several resolutions, with 67 percent making three or more. Increasing the amount of exercise was the most common primary resolution, being made by 37 percent of subjects. It was followed by: increasing the time devoted to study or work, 23 percent; increasing the consumption of healthy food or decreasing the amount of unhealthy food, 13 percent; reducing the use of tobacco, alcohol, caffeine or other drugs used, 7 percent.

The study, conducted by Elizabeth Miller, a UW doctoral candidate in psychology, and Alan Marlatt, director of the university's Addictive Behaviors Research Center, sought to understand the factors that best predict success in keeping New Year's resolutions. "The keys to making a successful resolution are a person's confidence that he or she can make the behavior change and the commitment to making that change," says Miller. In addition, the study indicates that "resolutions are a process, not a one-time effort that offer people a chance to create new habits. Even if people are successful, they need to follow-up on their behavior over the years."

To be successful with your own resolutions, Marlatt, who has studied the subject for more than 20 years, suggests:

- Have a strong initial commitment to make a change.
- Have coping strategies to deal with problems that will come up.
- Keep track of your progress. The more monitoring you do and feedback you get, the better you will do.

Sure-fire ingredients for setting yourself up for resolution failure, he adds, include:

- Not thinking about making resolutions until the last minute.
- Reacting on New Year's Eve and making your resolutions based on what's bothering you or is on your mind at that time.
- Framing your resolutions as absolutes by saying, "I will never do X again."

People made significantly more resolutions to start or increase a behavior (222) than to stop or decrease something (42). Miller said that persistence can pay off. Of the people who successfully achieved their top resolution, only 40 percent of them did so on the first attempt. The rest made multiple tries, with 17 percent finally succeeding after more than six attempts.

As final words of encouragement to resolution makers, Marlatt has these suggestions: "Take credit for success when you achieve a resolution, but it is a mistake to blame yourself if you fail. Instead, look at the barriers that were in your way. See how you can do better the next time and figure out a better plan to succeed. You do get to try again and can make behavior changes throughout the year, not only at New Year's."

May we suggest some resolutions to add? Resolve to join your *Chamber of Commerce* early this year! Resolve to send material to *Wawarsing.Net* about what your group or business is doing, and to do so *before* the monthly deadline! Resolve to advertise your business with us and support and patronize those who do!

Good luck with all your resolutions, and a Happy New Year to all!



Cover: Fantinekill Massacre Monument, North of Village of Ellenville, Town of Wawarsing, Ulster County, New York, USA, Earth. First dedicated in 1903 to memorialize a 1779 slaughter of nine locals, the stone and plaque have been recently cleaned and restored to near pristine condition after 100 years. See Page 12.

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Editor: Steven Krulick, Editor@Wawarsing.Net, 845-647-2868

Ad Rep: Janet McDonnell, Ads@Wawarsing.Net, 845-647-4620

Wawarsing.Net Committee: Mary Sheeley, Bill Tochterman, Barbara Hoff, Dianne Turner, Steven Krulick, Sylvia Fogarty