

NEW YEAR'S RESOLUTIONS



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The ancient Babylonians have been recorded to be the first to make New Year's resolutions about 4,000 years ago. In a religious festival known as Akitu, they would reaffirm their loyalty to their king as well as promise their gods to pay back debts. Failure to uphold their promise would result in one falling out of favor with the gods. Not too long after, Roman emperor Julius Caesar established January 1 as the start of the year in 46 B.C.. The month was named after Janus, a two-headed god sacred to the Romans. Similar to the Babylonians, they sacrificed for the divinity and made promises of good conduct for the new year. Christians also used the day to think about the year's sins and resolve to do better. They would sing hymns and pray to celebrate and improve upon their shortcomings. Today, New Year's resolutions are a little different; instead of a religious promise made to gods, one makes promises to themselves to improve and create new habits.

NEW YEAR, NEW YOU



Vivian Peng, 9th Grade

"Some (of my New Year's resolutions are) picking up old hobbies and getting better grades in classes."



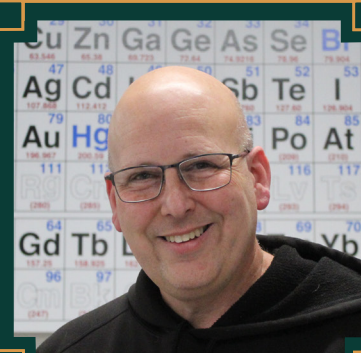
Stacy Katz, World Language

"So my resolution is to make room for wellness in my life, whether that's (through) meditation or exercise or just doing something that I enjoy."



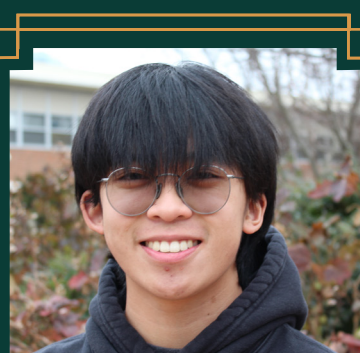
Avery Hillier, 10th Grade

"One of my New Year's resolutions is to stop procrastinating on all my schoolwork."



Scott Best, Science

"You have to have time commitment to (accomplish your goal). So if you're going to be healthy, that means taking time to cook and eat healthy, to exercise, find time to do those things. This is not the easiest thing, but you have to make time for yourself."



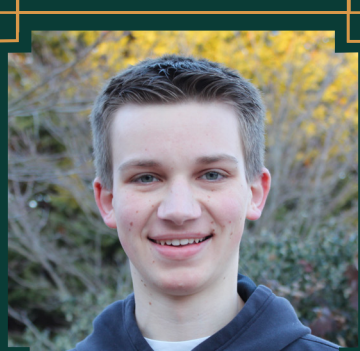
Calvin Lai, 11th Grade

"This year (my goals are) more (education focused) because last year (I) was a lot more relaxed about my grades."



Ryan Palmer, World Language

"I (want to) finish (my) degree program, (play) the piano and stay active."



Charlie Susantin, 12th Grade

"(One of my goals is) just trying new things, especially since I'm a senior (and) I'm graduating soon, so just trying new things and doing more things that make you happy."



Wendy DiRico, Math

"I think (one goal) would be to be less task-oriented, and to enjoy God more and enjoy people more."