

# Happy New Year!

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Like many people, January 1st saw me make a few optimistic New Year's resolutions like becoming fluent in Finnish by April, and looking like Julia Roberts (we have the same hair color after all).

According to a study by the University of Scranton published in the *Journal of Psychology*, 45 percent of Americans usually make resolutions, but only 8 percent are successful (those who resolved to eat more chocolate last year put your hand up. GO TEAM!).

Well, if [Time Magazine's list](#) of most popular resolutions is correct, it isn't really surprising. Check these out:

Lose Weight and Get Fit

Quit Smoking

Learn Something New

Get Out of Debt and Save Money

Spend More Time with Family

Travel to New Places

Be Less Stressed

Drink Less

Now, no one said these resolutions were all made by the same people. And a good thing too, as spending more time with family may well lead to drinking more, not less, and when I try to **Get Out of Debt and Save Money**, I tend not to **Travel to New Places** to do so.

I will admit that aiming to be less stressed is a great idea, but possibly not while you are simultaneously giving up smoking or spending more time with the aforementioned family.

So, if making a New Year's resolution why not make one that is practical and, most importantly, achievable? Here are some suggestions:

**Cook more:** The library has a wonderful array of cookbooks ready for your inner Masterchef to utilize. Visit the 641s.

**Become more organized:** Eligible for the TV show 'Hoarders'? Visit the 646s-650s.

**Brush up on your writing skills:** The next Great American Novel just struggling to get out? Why not come along to our Open Mic nights? Or check out titles in the 808s.

**Eat healthier:** Whether low-carb, high-protein, gluten-free, low-GI, Paleo, liver detox, vegan, macro or probiotic we have the information for you. Begin at 613.

To understand all the above diet terms we have a great selection of dictionaries and thesauri in the 423s.

There is one resolution on Time Magazine's list that we can all do, cheaply and realistically: **Learn Something New.**

And your library is a great place to start! Along with our wide selection of resources both in print and online, we also offer monthly events. Ranging from tech help to poetry readings, nature talks to documentary screenings, the library is sure to be able to help you with one of your New Year's resolutions.

So much to learn! I guess I will just have to put the Finnish on hold...