



## New Year's Resolutions

Samantha Yamasaki and Jestira Mladenovic

February 2014

Many people have made New Year's Resolutions at some point in their life. Yet the number of people who actually keep them is minute. Why do we fail so often in keeping these resolutions? Is there something different we ought to be doing as Christians?

Statistics show that about 62% of Americans have made some sort of New Year's Resolution. Common resolutions include losing weight, financial gain, quitting a bad habit such as smoking, or simply becoming a better person. Yet only about 8% of these people actually keep them and are successful in achieving their goals. Why is this a recurring pattern for so many and why do people always wait till the end of the year to start thinking about changes?

First of all, there is absolutely nothing wrong with wanting a change or aspiring to make oneself better. An attitude that wishes to deal with weaknesses and deficiencies is excellent, but this is a state of mind we ought to have all year. We should constantly be seeking to overcome sins and shortcomings. And, as Christians, we should always be striving to become more Christ-like. Resolutions like this, meant to change one's life, aren't supposed to be made at one point and then broken days later. Unlike what New Year's Resolutions will often lead you to believe, there are some habits or things

we need to change that can't be quickly and permanently fixed at the start of a new year.

We should also think about what the consequences will be if we don't change our ways. In addition, we must recognize that change is difficult. Real changes to bad habits that have been ingrained in our lives over many years don't come quickly. Yet even though overcoming these problems is challenging and will not happen overnight, it is definitely not impossible. Christ promises in Matthew 19:26: "With man this is impossible, but with God all things are possible."

Most people who make resolutions are missing one very important element in their lives that can help them succeed: the Holy Spirit. We can only go so far on our own. Our own determination will not prevail on its own. Without God's power and the Holy Spirit in our lives we can never truly change. The power He gives is greater than all of your sins and can free you from them no matter how serious they are or how long you've dealt with them. Perhaps you've been struggling with something you just can't overcome. Rather than attempting to fix it with shortlived New Year's Resolutions, pray that God will work in your life and help you to conquer those sins. Only then will you have lasting triumph over your bad habits and difficulties.

### Some Thoughts to Remember

"For a righteous man falls seven times, and rises again, but the wicked stumble in time of calamity. Prov. 24:16

"Trials don't reveal anything new about you. They simply show what's already there."

"Repentance is the resolution we make every time we sin, not simply to ask for forgiveness, but to resolve, with God's help, not to do it again."

"Resolution 1: I will live for God.

Resolution 2: If no one else does, I still will." -Jonathan Edwards

### Some New Year's Resolutions made By TCS Students

- To become more dedicated in sports
- To get better grades in school
- To break a bad habit such as biting one's nails

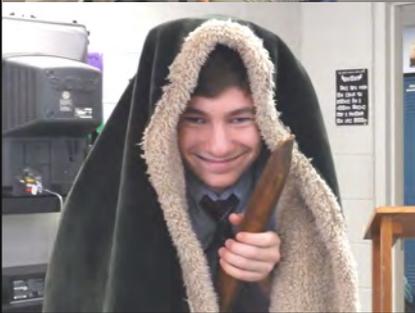
### About New Year's Resolutions:

- The tradition of New Year's Resolutions began thousands of years ago when the ancient Babylonians made promises that they would return borrowed objects at the beginning of each year.
- The most commonly broken New Year's Resolution is to lose weight or get fit.
- Only 46% of people have maintained their New Year's Resolutions 26 weeks after January 1.



## Treasure Island

Eighth Grade Skits



# A Christmas Questionnaire

John Aiken, Ethan Hastings

Team Tornado, in its glorious return to the Trinity Times, interviewed 1st, 2nd, and 3rd graders about their thoughts on the holidays.

## What was the best present you got on Christmas?

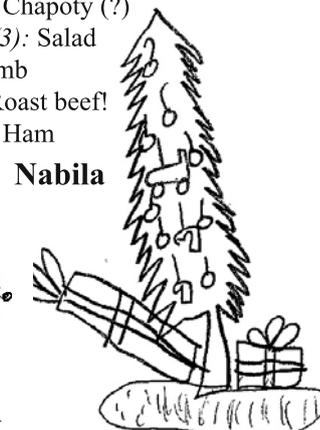
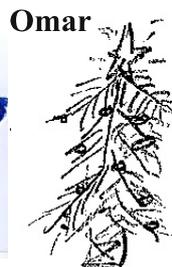
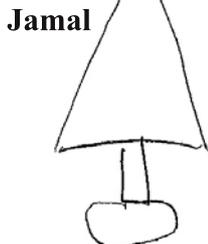
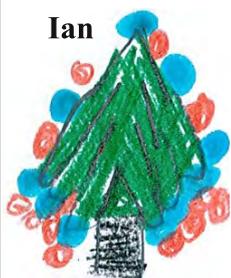
*Nabilla (3):* A bow and aroe (arrow) from the Hobbit  
*Ben (3):* A robe  
*Nate (2):* Micro chargers  
*Omar (1):* Lego Chima sets!  
*Jake (3):* A remote control speed boat that can catch fish!  
*Logan (1):* Jersey or Skateboard

## Best Presents Continued:

*Ian (3):* Some Nerf guns  
*Faith (2):* My crazy loom  
*Hannah (1):* A box full of crafts.  
*Francesca (3):* Art kit  
*Samuel (3):* A Nerf bow and arrow  
*Jace (2):* My puppy.  
*Abigail (1):* A computer!

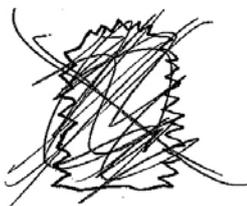
## What is your favorite food to eat on Christmas?

*Nate (2):* Shrimp  
*Abigail (1):* Candy canes!  
*Andrew (2):* Meringue cookies  
*Callie (1):* Christmas cookies  
*Logan (1):* (Generic) Cookies  
*Ethan (3):* Snicker-doodle cookies  
*Anais (2):* Turkey and chapiti  
*Kaitlyn (1):* Chapoty (?)  
*Francesca (3):* Salad  
*Ben (3):* Lamb  
*Omar (1):* Roast beef!  
*Samuel (3):* Ham



Ethan

We were particularly impressed with young Ethan Grasso, who subscribed to the philosophy "if at first you don't succeed, try, try, try, try again"



## Survey Results

### Science Fair Questions

Did Vitamin E oil help preserve a rose?

NO

Did colored lights have an effect on turtle behavior?

NO

Which chocolate melted fastest?

DARK

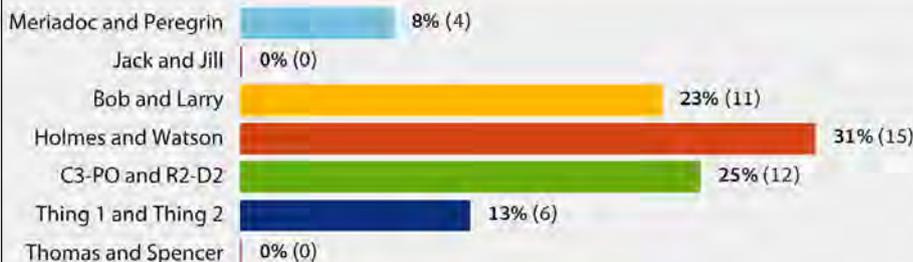
What was on the tip of the cotton swab that created the bursting colors in Joy's bowl of milk?

DISH SOAP

What was favored overall in Faith's survey?

TIE

### The Chosen Computer Names



There have been so many things going on in our school lately. While we don't have space in this issue to cover everything, be on the lookout for more sports coverage, school spirit, and those incredible sculptures made by our art class in the next paper!

There were two people who got the highest score on the Science Fair quiz.

→ Congratulations to Steven Cable and Amy Grattagliano!