

Same old promises

It's the beginning of a new year. A time to reflect on the past and look toward the future and the types of things we can do to change our lives for the better. It's right about now when holiday memories are beginning to fade as we're thrust back into the daily grind.

And with the holiday parties, get-togethers and celebrations behind us, making resolutions to change our ways and hoping to maintain those promises throughout 2015 is before us.

How successful we'll all be in keeping the new list of resolutions to lose weight, eat healthier, quit smoking or exercise more is yet to be seen. And really, why do we even bother when it's likely a lot of us haven't been able to stay true to our word on our 2014 commitments? New Year's resolutions don't have a high success rate because of the pressures we put on ourselves to keep them beyond the 365 days ahead of us.

Which is why making attainable commitments that fit our lifestyles is the first step to seeing success.

Instead of creating expectations that have a shelf life of expiring early, why not challenge yourself in small doses. For example, if your goal this year is to quit smoking, give yourself some time to get used to the idea and work at it daily. Having a plan in place will help you get further than quitting cold turkey.

If you smoke a pack a day, try cutting back and tapering your intake until you're comfortable enough to go without permanently. The same goes for anyone who marked off "lose weight" on his or her list of 2015 goals.

If you're goal is to lose 100, 50, 30, 20 even 10 pounds this year, take it slow and realize it's not going to happen over night.

By reducing your calorie intake, eating healthy and exercising, you'll begin to see results gradually.

WEB POLL RESULTS

(Go to www.theifp.ca)

Do you plan to make a 2015 New Year's resolution?

- Maybe, maybe not (41%)
- No, I never keep'em (37%)
- Yes, it's an annual event (22%)

The Independent & Free Press

The Independent & Free Press is published Thursday and is one of several Metroland Media Group Ltd. community newspapers. Editorial and advertising content of The Independent & Free Press is protected by copyright. Unauthorized use is prohibited. The Independent & Free Press is a member of the Ontario Press Council, which is an independent ethical organization established to deal with editorial concerns. For additional information or to file a complaint, contact info@ontpress.com or call 416-340-1981.



THE INDEPENDENT & FREE PRESS

905-873-0301

Publisher: Dana Robbins

General manager: Steve Foreman

(sforeman@theifp.ca)

Retail advertising manager: Cindi Campbell

(ccampbell@theifp.ca)

Managing editor: Chris Vernon

(cvernon@metroland.com)

Distribution manager: Nancy Geissler

(ngeissler@theifp.ca)

Classifieds/Real Estate

Kristie Pells

(realestate@theifp.ca)

Classified Call Centre

1-855-415-8237

classified@theifp.ca

Accounting

1-866-773-6575

Editorial

Cynthia Gamble: News editor

(cgamble@theifp.ca)

Lisa Tallyn: Staff writer

(ltallyn@theifp.ca)

Eamonn Maher: Staff writer/sports

(emaher@theifp.ca)

Get the latest headlines delivered to your inbox by signing up for our twice weekly electronic newsletter. Go to www.theifp.ca and click on 'Newsletter sign-up' at the bottom of the homepage.

Letters to the editor

Weather fouled up the lights

Light up the Hills apologizes for any inconvenience or disappointment you may have experienced while visiting our light festival in December.

The warm, wet weather caused havoc with our connections. There is no one more disappointed than our hard working volunteers who have been at the park every day to ensure we have the best show possible.

We appreciate your support and understanding and we will be extending our lights a few more days if the weather co-operates.

Gerry Kentner,
Chair
Light up the Hills

What happened to Christmas?

Are our Christmas traditions slowly being whittled away?

Canadian schools no longer allow Christmas trees and carols are

not ringing throughout the school.

The Lord's Prayer is no longer acceptable.

Canada was founded on Christian principles.

Christian churches outnumber all others.

Our churches do not superstitiously observe Christmas Day as only another day. It is a day when Christians celebrate the birth of Christ.

Governments and big business are trying to be politically correct and appease certain religions and atheists.

I suspect their motive is to garner more votes from them at election time.

They are rearranging our traditions and cultures in response to other cultures.

It is time for Canadians to stop turning the other cheek while we are being stripped of our cultures and traditions.

Have a Merry Christmas and a healthy and happy New Year.

Vincent Last

Thanks for the much-needed blood

On behalf of Canadian Blood Services, I'd like to sincerely thank residents of this community who responded to our recent urgent appeal for blood. When it really counted, you stepped up and helped ensure we could continue to meet patient needs across the country.

We are fortunate to have such dedicated donors, some of whom experienced longer donation times during this critical period.

Mark Donnison,
Canadian Blood Services

Letters policy

Letters must include the author's name, address and daytime phone number. Anonymous letters will not be published. Letters should not exceed 150 words and may be edited for content and/or length. Publication is not guaranteed. Email: cvernon@metroland.com Mail or drop off: Independent & Free Press, 280 Guelph St., Unit 77, Georgetown, ON., L7G 4B1.