

## TO YOUR HEALTH

SPIRIT PLAYER MAKES RECOVERY, see page 9



## NEWEST RESIDENT

MEET OUR FIRST BABY OF 2013, see page 3

Stouffville  
**Sun-Tribune**

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## Take baby steps to fulfill resolutions

BY CHRIS TRABER  
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Half of us make New Year's resolutions, but only one in 10 are eventually successful, a recent Stanford University study confirmed.

When you set a new year's resolution, be it shedding pounds, getting fit, quitting an addiction or another self-improvement pledge, an enormous amount of willpower is required, the California-based researchers discovered.

It's a cognitive load your brain simply can't normally handle easily.

Willpower, the researchers claim, resides in the prefrontal cortex — the area right behind your forehead.

That particular area of the brain is also responsible for staying focused, handling short-term memory and solving abstract tasks.

Adding a new task often overwhelms your circuits and that's why 88 per cent of resolutions fail.

Among the top 10 promises people make themselves, according to polls conducted by General Nutrition Centers and Quicken software, is renewed fitness and weight loss.

Persechini Fitness manager Greg Moulton is a veteran trainer who has witnessed the New Year's resolution wave.

"Every year, it's the same pattern," he said from the Newmarket gym. "From

See **SHARE**, page 7

## LAUGHING ALL THE WAY



STAFF PHOTO/NICK IWANYSHYN

Aaron Bennett enjoys a slide with his dad, Cameron Bennett, down Hunt's Hill in Rupert Park. The Stouffville park is popular with winter enthusiasts of all ages. Turn to page 5 to see an additional photograph.

## Unrest as students return to classes

*With contracts now imposed, teachers won't coach, give help*

BY KIM ZARZOUR  
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It was an eye-opening moment for the six 16-year-olds packed into a mini-van on the way home from a day on the ski hills this week.

Someone mentioned high school teachers are considering extending their boycott of extracurriculars for the next two years in response to government imposing a contract on them.

The Grade 11 students from Aurora High School erupted in a chorus of dismay: "What, no trips?" "What about the \$50 we paid at the start of the year for extra activities?" "What about the yearbook?" "Will they hand out diplomas in class instead of at a grad ceremony?"

For these students, and across Ontario, it's a mess and it isn't over yet.

Education minister Laurel Broten announced this week she is imposing contracts on more than 120,000 public teachers

See **STUDENTS**, page 7

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