

Hi, Fred Nelson for Community Comment,

Has everyone made their New Year's resolutions? How many of you will keep them in your mind only? Making a resolution is easy but putting it into practice is another question. What kind of resolution can you make? The list is endless. Health is a category to consider. How about a daily walk, either outdoors or on a treadmill? Give yourself a time frame for the activity. Take out a membership in a local health club if you want to be more rigid with your schedule. That not only keeps you fit physically but also mentally, releasing everyday tensions. Other plans regarding health could be pushing away from the table after only one helping, checking the sugar content of the beverages you like and limiting your participation at the dessert table. Watching your health not only benefits you, it also helps the overworked physicians of which we seem to have fewer in our community. Most of us drive motor vehicles, a field of great responsibility. With this area's record of auto accidents and injuries, why not make a simple resolution to come to a full stop at a stop sign or stop light, be aware of stale green and amber traffic lights, be polite at a four way stop, use your turn signals, obey the posted speed limits and wear your seatbelts. Just because you have a driver's license doesn't mean that you are a flawless driver. Adopting any one or all of the driving suggestions will take the strain off those involved in traffic safety such as police, fire and medical personnel and could save your life. There are resolutions that pertain to everyday living such as cleaning a closet, a cupboard or a set of dresser drawers. No need to wait for spring. If you spread the chores over a period of time it is much easier. This now leads to another resolution or two. What to do with the items that you have uncovered that are no longer useful to you. Rather than put those items back to wait for another confrontation why not get rid of them. Can a family member use it? How about a local charity or put the item aside for a yard or garage sale? One of my favorite things to do is find something that is no longer serviceable to anyone and consign it to the either garbage or recyclable containers. Sometimes it is amazing how much space you can gain in your home. Just think of all the people that you can make happy besides yourself if you consider any of the suggestions I have made. If you are already involved in the types of resolutions that I mentioned, look around and give a little thought to the myriad of other ways to improve your surroundings. Being friendly and polite to others is always worth striving for even if you are not interested in any other suggestion.

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