



# The Overall Failure of New Year's Resolutions



Emilee Montiel  
— Section Editor —

Here we are, almost two months into the year of 2021, and the New Year's resolutions that were made on the first of the year most likely cease to exist.

Every year as January 1st roles around, people rush to make their New Year's Resolution in order to totally transform their lives. However, usually, as the month goes on, these same people decide that it is not actually worth all of the effort to continue with these resolutions.

New Year's resolutions are usually something that people set to celebrate a new beginning such as the new year. Most of the time, people want to be able to break away from a bad habit that they have had for a while, and the excuse that they use is New Years.

I almost never make a New Year's resolution because they almost never are followed through. I also believe that when and if I want to make a drastic change to my life, I should just be able to do it right when the time comes instead of waiting

for another year to come around. While many people like myself think that these resolutions are silly and a waste of time to even make, many people believe that they can stick to them and actually make a change for the New Year.

It is most common for people to want to break bad habits, or to gain new and better habits for their resolutions. Many people want to stop eating junk food and being lazy, and to make new habits such as dieting or exercising daily.

But let's be honest with ourselves, unless someone is extremely committed to this, who really is going to change? The number is extremely low because this idea of changing is really not appealing.

However, it is human nature for us to want to change something we do not appreciate or necessarily like about ourselves with the chance of a "do-over" so to speak, that is the New Year.

Mr. Zak was able to word this phenomenon in such a way that, "this is a way for people to make an effort to say that they do in fact want to change. However, it is hard for them to do so because of the silliness

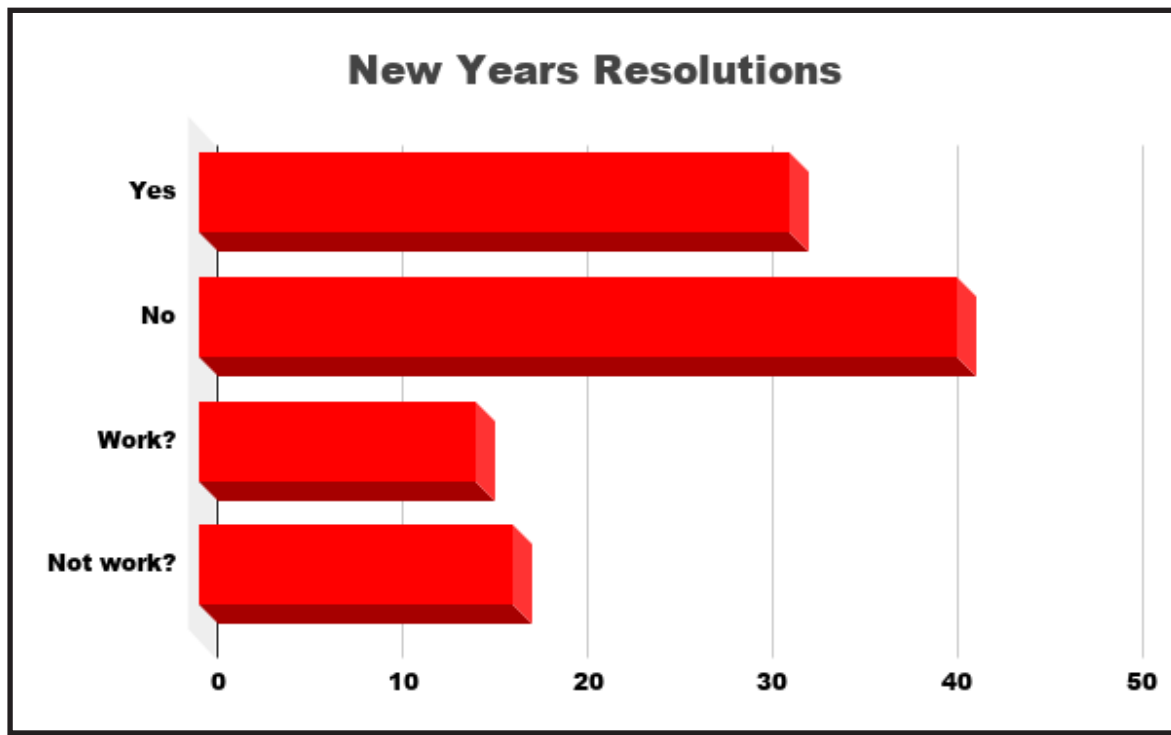
that is involved in these resolutions/goals." I couldn't have explained this goofy tradition any better myself. I think that resolutions are an overall good way for someone to make a goal, however, if it is that dire to their well being, then they should be able to change regardless of if it is a new year or not. In order to prove my theory of these res-

olutions not working, I decided to make an Instagram poll asking the people inside of Alamosa to respond to two questions.

The first question that I asked was, "Do you have a New Year's Resolution?" The second question was regarding the first question, only if the previous answer was, "yes." This question was, "is your res-

olution working so far?" After this, I am still very surprised that so many people had in fact made a resolution to start with.

But, it was not a surprise that the vast majority of the group of people who answered, "yes" the first time, have resolutions that stopped working since they made them when the New Year first began.



Graph by: Emilee Montiel

Who Made Resolutions? Results from an Instagram poll of people in Alamosa asking them if they had made a resolution and stuck to it so far in the New Year.

# The Skateboarding Scene



CathyJo Coffey  
— Staff Writer —

Skating! A fun hobby that has made a large comeback in 2020 and 2021. As spring break approaches it seems like a good time to learn the hobby. Now would I personally recommend it? No! Definitely not, and here's why!

Now don't get me wrong, "skating is super fun and one of the best pastimes", I know. However with that being said it's also one of the hardest and most painful things I've ever attempted to do.

It actually takes focus and concentration not to fall off and man let me tell you, when you do fall off, it's BRUTAL. Everyone in the skate park either laughs, tries to help you out, or just ignore you and all options are equally embarrassing.

I started skating because I had a close friend who knew how to. She always looked so cool on her board, and I wanted to partake in that too. So one day I called her up and asked her to teach me everything she knew, and that's where it all started!

The hardest fall I ever took while skating was when I fell off going down this super small ramp. Now I know what you're thinking, I tried it, and the first

time I tried it I biffed it and left it at that, but no. It took me a while of getting the board half way down the ramp and then bailing to actually have the confidence to make it all the way down. The first time I actually made it all the way down, it was glorious, and that was all I needed.

The second I did it for the first time, I was doing it like it was nothing. I was so confident I even moved to a slightly bigger ramp. I was soaring down it and everything was going so well that when they told me it was time to go I insisted on doing it one more time. I stepped on the top of that ramp, and I had the best feeling. I just knew it was gonna be great.

I gave myself the push off and I was gone, I was high rolling, I was completely untouchable. That is, until a rock touched my skateboard and the ground touched my face. I hit HARD. I got flung forward and basically did a somersault after completely obliterating my face.

I quickly looked up with embarrassment to see who saw, and to my horror, it was everybody. The kid I was with rushed to help me up and I let him, as I was still dazed from the hit I just took.

I hobbled back to the car, got in and drove away for the last time that month. It was a harsh experience that I think

was necessary to learn. I'm just grateful that my friend was there, because honestly I probably just would've sat there for an hour trying to recover. I think that's one of the best things about skating in Alamosa, there's always people there and they're always willing to help.

One time a random stranger tried to help me learn to kick-flip for two hours! We've got a pretty okay skate park too! If I had to learn anywhere I'd probably choose here.

The skate park here has given me a lot of hope and help as far as people go, and how it is set up. I have been able to learn a lot from my friends, but also from the people that I have met while I am skating there.

It took me a while to gain enough confidence to go back, but I'm glad I did. Long story short, skateboarding is a great hobby, it's really fun, and if there's any place you'd wanna learn at, it's here.

Skateboarding is a good way to be able to get out of the house and enjoy the outdoors. Personally, it helps me relieve the stress and have some fun.

I strongly suggest you try it, but if you're not ready to take a hard fall or two, maybe look into something different. Oh, and never get too confident on the board.

# Congratulations to Isaiah Avila



Avila has received The Youth of the Year Scholarship from the Boys and Girls Club. This is a full ride scholarship to Adam State University.

He plans to major in Graphic Design.