

2008 top 10 New Year's Resolutions

1. Lose weight.

Of Americans over the age of 25, 80 percent are overweight, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions.

2. Quit smoking.

Smoking kills over 400,000 people a year, that is more than one in six people in the United States.

3. Spend more time with your family.

If you want to spend more time with your family this year, here are some ways to make it happen. Eat dinner together, plan a family night once a week, spend one on one time with each family member.

4. Exercise more.

Regular exercise has been associated with more health benefits than anything else known to man. It begins by opting for the stairs instead of the elevator, walking more, and being active rather than sedentary.

5. Get out of debt.

Make a resolution now to stop charging anything and to get financially stable. If you can't pay cash for it, you don't need it, make it just that simple and you will find yourself out of debt in no time.

6. Help others.

A popular, non-selfish resolution that can take many forms such as shoveling someone's walk, holding the door open for someone, visiting your grandparents, or by recycling.

7. Learn something new.

Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating resolutions to keep. Challenge your mind in the coming year, and your horizons will expand.

8. Find a better job.

Most of us get reflective at this time of year and if we are in jobs already, we begin thinking: Am I on the right path? Am I even in the right career?

9. Get organized.

The benefits of getting more organized include being able to save time, as you no longer look for the same things over and over again or need to replace things you can't find at all.

10. Enjoy life more.

The world conspires to keep us moving faster and to multi-task at every turn. It is no wonder that "enjoying life more" has become a popular resolution.



Jesslynn Houtman sits at the craft fair thinking, "HMMMM.....My resolution for the year will be???????"

Here's To A WINNING NEW YEAR!



We wish all of our neighbors both near and far a happy New Year full of peace and joy!

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We'd like to take this opportunity to wish all of our customers a fun and safe New Year's Eve!

We value your business, and we look forward to spending another year with you as our customers!

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