

Senseless traditions why do we do them?



Image by Nathan Laage

Tearing New Year's in half since 1994

By Nathan Laage

It's almost the Holidays and the New Year is fast approaching. You know what that means right? It means you should jump on making your New Year's Resolutions! Who knows you might be able to stick with it and finally succeed in completing them. Personally, I find the tradition of making resolutions a pointless. If I want to change something about my life I don't wait to declare I'm going to do it on New Year's Day, I just go ahead and do it at any time. Over the ever-growing course of my life I have seen plenty of

resolutions declared and never followed through with; most of them by my family. Maybe this is why I've been so turned off to New Year's Resolutions.

Well really I'm just over the celebration of the New Year itself. It's like the countdown begins, it reaches zero, the ball drops, everyone is screaming and yelling happy New Year while the couples start to make out, and then everyone goes home or gets dragged home. To me it's just another year that our lives drag on in which more bad decisions than right decisions are made thus helping this country slide

into its grave un-helped by the Occupy Movement because they are too confused to do anything. But now I'll get back on topic and talk about the part of the New Year's tradition that really disgusts me.

The making of New Year's Resolutions is an awful bad tradition. People always make resolutions saying that they will lose weight or to exercise more, as though by making the resolution will magically make it happen. It's like people put all kinds of faith into saying that if they make a New Year's Resolution they are going to follow through with it. This is an obvious external locus of control, meaning that the people who are doing this don't believe that they are really in control of their lives, like the concept of fate.

Actually 65% of the adult population of the United States makes one or more New Year's Resolutions but in the end, only 22% of people who make a News Year Resolution and start it actually succeed in completing their goals. Is this a sign of how weak human will power is because I think it is. So really why do people go through with making New Year's Resolutions if they don't keep to them.

Really in the end, New Year's Resolutions are just a way for people to put off something that they have to do until the next year. Then when the following year comes around make the same excuse and repeat the process year after year.

New Years Trivia:

- On New Year's Day more cars are stolen than on any other day. The first people you see on New Year are fabled to bring you good luck if they're friends and bad luck if they're enemies.
- The New Years ball in time square came about because of a ban on fireworks.
- The first ball in 1907 was made out of iron and steel and adorned with 100 light bulbs; today it weighs 11,875 pounds, is 12 feet in diameter, and is bedazzled with 2,668 Waterford crystals.
- Due to wartime the New Years Ball was not dropped in 1942 and 1943.
- Eating black-eyed peas and ham is thought to bring prosperity, but stay away from bad luck foods like lobsters and chicken because it is believed that eating these on New Year's Day might cause bad fortune.
- In Italy people wear red under wear on New Year's Day as a symbol of good luck.
- The top three destinations in the United States for New Years are Las Vegas, Disney World, and New York.

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