

## Deck The Walls

Catch them before they go down — skateboards rad enough to put on your wall — at Derby City Espresso (331 E. Market St., 442-0523). On exhibit till the end of January, many are for sale and most are by local artists.



## I "Firmly" Resolve...

Yeah, yeah, it's January, which means it's time to make a New Year's resolution you (probably) won't keep. Seriously, who can go to yoga once a week? Anyway, the start of 2009 made us recall all the past resolutions we wish we had kept over the years. Like eating more green vegetables. Or learning to speak Spanish. If we would've started jogging 10 years ago, heck, we'd be running marathons by now. That got us thinking. Why are these dang things so hard to keep? For answers, we picked the brain of local life coach Stacey Vicari, who owns her own business called Ideal Life. "I have to say, my approach to resolutions is not to make them," says the 40-year-old Vicari, who hasn't made one since her early 20s. "They are a formula for failure."

### What are the odds I keep my resolution this year?

"People have a very low success rate. Last year, 60 percent of Americans made New Year's resolutions, but studies show only 15 percent of those making resolutions really followed through on those goals six months later. Every year when I check the statistics, it's always roughly the same."

### What are some common resolutions you hear?

"Losing weight. Exercising and eating better. Substance things like quitting drinking or smoking or doing those things less. But usually, for most people, it's stopping things."

### Any resolutions you expect to hear this year more than in the past?

"The 'losing weight' one is universal all the time. It doesn't matter what's going on out in the world, people are always eating too much and needing to lose weight. But with the economy being the way it is, for a lot of people this year it's going to be getting out of debt and trying to curb spending."

### What resolutions should people never make?

"I think if a person has a very poor track record of accomplishing something, that should be a sign that it needs more attention than a resolution. Let's just say that you've always been really successful with fitness. Then you say, 'I've been wanting to get into climbing.' If you're a great biker and you got into running and did it for five years, then a resolution can work fine for you."

"People that are completely inactive, who haven't worked out in a couple of years, and then say, 'OK, I'm going to join a gym and work out four days a week,' I don't think it's realistic. Then what happens is, because it's unrealistic, people set themselves up for failure so quickly that they get discouraged and say, 'Well, screw it.' There's a reason why you haven't been going to the gym three days a week. If you don't look at why you haven't been going, just saying you're going to go probably won't work."

### Here's my resolution: I want to learn how to play the guitar. What should I do?

"I'd have you sit down and write on a piece of paper all of what that will entail. Let's not say in 2009 you're going to figure this out. That might take three months or it might take five years. If it's going to take five years and you're going to measure your ability to play the guitar based on where you land at the end of December 2009, you're going to set yourself up for failure because you'll be there in June saying, 'I'm not getting this.'"

"Well maybe you are. Maybe what you're accomplishing in the first six months of 2009 is perfect, based on it taking five years to learn how to play how you want to play. If you can frame it like that through your whole journey, instead of getting discouraged you're going to be like, 'Wow, I've been playing this guitar only six months and look what I can do today.'"

— JM