

# New year offers chance for big resolutions

**M**any view the start of a new year as a chance for a fresh start, the chance to make the changes that will make the coming year - and those to follow - even better. With the calendar set to spin from 1999 to 2000, some of the goals are going to be big ones this year.

I humbly offer three titles that might help you chart a course.

Marti Smye offers advice on how to match your strengths, beliefs, and the realities of life to your dreams in *Is it Too Late to Run Away and Join the Circus: A Guide For Your Second Life* (Key Porter, 274 pages, \$21.95).

"One of the things I really stress is sometimes small changes make a big difference," Smye said recently.

Looking at what makes you tick can lead you to



## WORDS' WORTH

Jason A. Keenan

realize that changing external factors, rather than internal ones, is the path to happiness. Smye offers steps to zero in on motivations, and ways to take small steps leading to a more fulfilling career - and

life.

"Direct it, take control of it, don't let it take control of you," Smye added.

One of the greatest traumas in making a move like a new career, or a new path in life, is the fear of change. Dr. David Posen offers advice on dealing with change to get past that in *Staying Afloat When the Water Gets Rough: How to Live in a Rapidly Changing World* (Key Porter, 228 pages, \$21.95).

"Change is inevitable, except from vending machines," Posen said. "Change has always been a part of our lives."

Posen himself was a family doctor for more than a decade. Then 15 years ago he embraced change, becoming a consultant on stress management and lifestyle counseling.

In *Staying Afloat*, he offers tips on how to move through change, from understanding why it's needed and difficult right through how to prepare, plan, and benefit from change. And those are important skills to develop. "The main reason is not

really because it's a part of life, but because the rate of change is probably going to accelerate," Posen said.

One of the big changes likely on many people's minds this New Year's Day is building financial security. Gail Taylor lays out a simple, easy-to-understand action plan for retirement security in *Yes You Can Have Your Cake and Eat It Too! Everything You Need to Know to Retire in Style* (Global Learning, 144 pages, \$14.95).

"There is one thing - have a plan," Taylor said. "If you want to have the same lifestyle, you have to spend 10 to 20 years following a roadmap."

Taylor maps out how to start laying down this plan, and get on with getting ready for not having a job. The key, she stresses, is planning - something too rare.

"There's a saying that we spend more time planning our annual holidays than we spend planning our retirements," she said.

Best of luck in making your changes this new year.



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## ▼ From Page 23

# Making a difference in the city's artistic life

time working hard and stroking egos so the fans can see a good show.

5. Bill Starrett - The musicians in town all know him well, but the public should also be aware of how talented and respected this guitar player is. He is the top of anybody's A-list for session players in PG, and a great friend of the songwriter community.

4. Debbie McGladdery - I doubt there is a single speech arts award winner in the 90s from this commu-

nity who did not have Debbie as a coach somewhere along the way. She makes real impact in the lives of young people, and shows them some fun, too.

3. Maureen Nielsen - Every performing arts festival this city holds calls upon Maureen for help at the piano. She is a fine teacher, accompanist extraordinaire, sometimes concert promoter, music activist, she is even found on a few CDs. Her credit never equals her contribution.

2. John Suderman - He will one day soon be known as a teacher of masters. Right now he is practically anonymous as he churns out violin phenom after phenom, anchors the PG Music School, plays professionally with the PGSO and never drops his smile no matter where the praise falls.

1. Claudia Reich - Claudia Reich is the arts community of Prince George.

Period. From her Community Arts Council office at Studio 2880, she has presided over our culture for 30 years and more. She is not a painter, actor, dancer, or musician but she administrates - and knows what is tucked into every nook and corner of the PG arts world. She is a living library and the best friend the arts ever had in this town.

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