

# Finding resolution helps cope with tragedies of 2016

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“New year, new me”: A concept that is widely overused and generally short lived.

Never in my 17 years in life have I ever really had a real “New Year’s resolution.” Maybe I have uttered the words, “This year, I’ll practice softball more” or “this year, I’ll stop procrastinating.” But those words are forgotten just as quickly as I can say “new year, new me.”

This year is different, though.

Not in the cheesy way. Not in the “Okay but seriously, this year I really will lose that 10 pounds” way.

This year I am different.

I am striding into 2017 with a heart filled with new experiences -- not necessarily good ones.

My heart has never truly felt pain until 2016. Never had I genuinely felt heartbreak.

Yeah, maybe I felt like I’d never get over that guy freshman year, and I really was crushed when my dog passed away when I was 15, but this -- what I felt in 2016 -- is different.

I am striding into 2017 with a heart that has mourned. A heart that has grieved. A heart that has lost someone too soon, that has been broken apart and then taped back together all in the same name.

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So, with my new emotions still just settling into my memories, I have made myself a couple of real New Year’s resolutions.

This year, I will wear my seat belt. No matter whose car I’m in, where I am, or where I’m going. I will be buckled up.

This year I will tell my brother I love him more often, because I do, and he needs to know. It may make him laugh, or he may shrug it off, but at least he knows.

This year I’ll give my parents more reasons to be proud of me because I know it’ll brighten their day to know I’m doing great things.

This year I will NEVER hesitate to call up that one friend that never ceased to make me laugh, the friend that I always had a good time with, but for some reason I didn’t talk to much anymore. Because you never know what will happen. Because one day I might not have any more good times with that person. And one day, that one friend, even if they weren’t a best friend, that one friend might be gone.

This year I have a new angel looking down on me and all her other friends she left behind, and this year, I want to honor her and carry on her spirit.

Because even though she and I had drifted apart in her last couple of months, she has forever left her mark on me.