

public forum

JOIN THE DISCUSSION AT ARIZONA.NEWSZIP.COM

Post your Opinions

Have a comment, opinion or question about a public issue? Post anytime at your community's or state's Public Forum at arizona.newszip.com

Online Forums

More discussion can be found online at arizona.newszip.com

Visit the North Valley home page and click on "Public Forum" to see what others in the community are talking about, or to join the discussion. These are hometown sites dedicated to free speech with civility, so no personal attacks or profanities, please. Excerpts are published in the newspaper as space permits.

A sampling of what's online:

Public forums

- SRO funding, gun law reform eyed at Arizona Legislature
- Scottsdale City Council welcomes newly elected
- Permanent housing may end cycle of homelessness
- Arizona workplace-safety efforts focus on construction
- Inert bomb device found at north Scottsdale bank

Local Voices Community Columnists Online Blogs

Check out our community columnists at arizona.newszip.com! Visit our home page and click on "blogs" to read what our bloggers are saying -- and to respond and join the discussion. We invite you, too, to become a community blogger. E-mail the editor for additional information on how to sign up to become a blogger.

arizona.newszip.com

How to better empower your New Year's resolution for 2013

By Nassim Sana

Special to the Independent

Since we are now in the new year, I thought I would share some ways that we all can have result-oriented resolutions for 2013.

How many times in our lives do we make a resolution or a promise to ourselves and say "I'll start next month" or "I don't have enough time to commit to it?"

Somehow that perfect day never arrives.

We create numerous and endless reasons for not taking action. So, the question is raised, "Why do we do conduct our lives in this manner?"

As humans, if we don't see results fast enough or have it happen the way we want it to we tend to give up.

We have been programmed from childhood to think from the world of survival and not from the world of possibilities. In that world, we tend to run our lives with many stories.

These stories are generated from our past. Therefore we don't allow ourselves to be present- or future-oriented. The past continues to seep into the present and future.

CORRECTIONS

The *Scottsdale Independent* strives for accuracy and is pledged to bring errors that have appeared in our newspaper to the attention of our readers.

In addition, we offer a "right of reply" to the people about whom we write. Readers who disagree with the content of a news story or the way it was handled or edited are welcome

GUEST Commentary

Nassim Sana



So let's explore this further.

In my experience, I have come to find out that we tend to operate more as "human doings" rather than "human beings."

We take stories that are familiar to us from our past and give them meaning. For example, something happens in our lives then we tell ourselves we are lazy, or we're not smart enough.

So, if the negative thought is operating in the forefront of our lives, then how can we live as human beings and create new possibilities for ourselves?

We always have a choice: Door No. 1 (past) or door No. 2 (present).

My first suggestion is to find out what do you say to yourselves, or what stops you from creating what you want. What are those persistent negative thoughts that inter-

rupt your life? to respond with a letter to the editor or guest commentary and all such letters will be given priority over other submissions.

We invite readers to call our newsroom at 623-445-2777 to report an error. Readers may also e-mail their comments to nscottsdale-news@newszip.com.

rupt your life?

Next, explore how negative thoughts continue to affect the various aspects of your lives. You might be surprised to find out that they affect the aspects of your lives that you have been working on changing.

Now take that negative thought and out of that create a new possibility; for example your possibility can be I'm unstoppable, bold or empowered. Then get in the present with that possibility make a commitment to have integrity with your new possibility. Begin to be that possibility in all aspects of your lives.

Whatever you are creating, step into that with that commitment. Finally, whenever you do hear the negative thought in the back of your mind, politely thank it and let it know you are choosing not to listen to it.

Just put that thought aside, and remember to be who you want to be, and not what your past has dictated you to be. Happy New Year everyone, take the journey to create new possibilities.

Editor's note: Ms. Sana is a certified life coach holds a master's degree counseling.



At Your Service

How to Reach Us

email: nscottsdalenews@newszip.com
Web site: arizona.newszip.com
Address: 23043 N. 16th Lane,
Phoenix, AZ 85027
(623) 445-2777 Fax: (623) 445-2720
The Scottsdale Independent is published weekly and distributed to 15,000 Scottsdale homes in the area between Indian Bend Road to the south, and Frank Lloyd Wright Boulevard to the north.

To submit News

Submission: The Independent welcomes submissions from its readers. Items can be emailed to nscottsdalenews@newszip.com or posted online.

Old Articles: Previously published articles are available at arizona.newszip.com; click on "Archives."

To Become a Blogger: Community columnists are welcome at arizona.newszip.com. Visit us online and follow the easy sign-up process.

Celebration ads and press releases: Special announcements can be placed online and published in either a "Celebrations" ad or a specifically worded "Publish Your News" ad. Visit arizona.newszip.com and click on "Celebrations."

Obituaries: The newspaper charges a nominal fee to publish an obituary. Send information to azobits@newszip.com.

To place a classified ad

Online: Readers can place their advertisements to appear online or in one of 10 weekly print publications by visiting arizona.newszip.com and clicking on "Classifieds." Ads appear online for free (400 words, four photos for four weeks). There is a nominal charge to have your ad appear in the newspaper. The deadline to have your ad appear in the newspaper is noon Friday prior to publication.

Email: inclassads@newszip.com
Telephone: (623) 445-2700
Fax: (623) 445-2720

To place a retail advertisement

The deadline to place a retail business advertisement is noon Friday for the following Wednesday's publication. Detailed information on rates, distribution area and more can be found at arizona.newszip.com.

Email: needs@newszip.com
Telephone: (623) 445-2777
Billing department: azbilling@newszip.com

Preprint inserts: The Independent provides targeted distribution for those who prefer to reach specific neighborhoods, the entire city or multiple communities throughout the Valley. Contact the office for printing and insertion rates.

Online Advertising

The Independent provides various online advertising opportunities at arizona.newszip.com. For rates, email needs@newszip.com.

To start or stop your newspaper

Email azdelivery@newszip.com to request a temporary or permanent hold on your newspaper, or to find out if home delivery is available in your area. Mail subscription rates: \$120 per year; \$60 for six months; \$30 for three months. **Go green!** E-subscriptions are \$26 per year. Visit arizona.newszip.com; click on "subscriptions," or call 1-800-282-8586. Email reader-services@newszip.com.



arizona.newszip.com

We Pledge ...

- To operate this newspaper as a public trust
- To help our community become a better place to live and work, through our dedication to conscientious journalism.
- To provide the information citizens need to make their own intelligent decisions about public issues.
- To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- To disclose our own conflicts of interest or potential conflicts to our readers.
- To correct our errors and to give each correction the prominence it deserves.
- To provide a right to reply to those we write about.
- To treat people with courtesy, respect and compassion.

For More Information, See the at Your Service Box elsewhere in the paper.



© 2013 Independent Newsmedia Inc. USA

Our Purpose...

The Independent is published by Independent Newspapers of Arizona. Independent is owned by a unique trust that enables this newspaper to pursue a mission of journalistic service to the citizens of the community. Since no dividends are paid, the company is able to thrive on profit margins below industry standards. All after-tax surpluses are reinvested in Independent's mission of journalistic service, commitment to the ideals of the First Amendment of the U.S. Constitution, and support of the community's deliberation of public issues.

Staff

Publisher: Bret McKeand	azpublisher@newszip.com
Editor: Terrance Thornton	tthornton@newszip.com
Advertising Staff:	
Jan McKinney	jmckinney@newszip.com
Graphics Specialist: Mary Carrier	needs@newszip.com
Classified Advertising Staff:	
Marilyn Poissant, Debra Friedl	inclassads@newszip.com
Circulation Manager: Diane Runion	azdelivery@newszip.com
.....	
Chairman: Joe Smyth	joesmyth@newszip.com

