

RESOLVE TO *Succeed* IN 2020

INSIDE

RESOLVE TO

- Read
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Three strategies that can help you achieve your goals in the year ahead

When the clock strikes midnight on New Year's Eve, many people are living it up and toasting the dawn of a new year. Come the afternoon of January 1, those same people might have shifted their focus to the year ahead.

January is a great time to set professional and personal goals. Setting goals can have a greater impact than people may know. Studies examining the importance of setting goals are few and far between, and some have even been revealed as fallacies after being accepted as authentic for years. But a 1979 study that asked newly minted Harvard MBA graduates about setting goals found that 13 percent had set goals. When interviewers followed up with survey participants a decade later, they found that the 13 percent who had set goals were earning, on average, twice as much as the 84 percent of participants who had set no specific goals at all.

While there's no universal formula for success, successful people often cite the importance of setting goals and how doing so was integral to their success. The following are some strategies that may help people achieve their goals in the years ahead.

1. Make it a group effort.

A 2013 study from a University of Connecticut researcher found that there is a high level of correlation between users' exercise activities and their participation in these digital health communities. Such communities served as motivating factors for people aiming to live healthier lives. Relying on others for support, insight and motivation can be a great way to achieve your goals, no matter what those goals are.

2. Set goals big and small.

No goal is too small, and no big goal should be considered beyond reach. In fact, achieving small goals can provide motivation and inspiration along the way to realizing your larger goals. Devise a one-month plan, a six-month plan and a 12-month plan for the year ahead. The one-year plan can serve as your big goal, while the one- and six-month plans can serve as small motivators and great ways to track your progress en route to achieving your larger goal.

3. Write down why you're setting goals.

People set goals for various reasons, and writing down the reasons they're pursuing their goals can serve as inspiration when



Writing down why you want to achieve certain goals can provide inspiration when challenges arise.

challenges arise. For example, if you aspire to change careers to spend more time with your family, writing that down can provide motivation to keep looking for opportunities when a job search stalls or feels

fruitless.

A new year is a great time to set goals. A handful of strategies can help people set their goals and keep them on track toward achieving them.

Learn the ways to beat bad habits

The start of a new year can be a rejuvenating time when people take inventory of their lives and make positive changes. In a quest for personal growth, many people resolve to reduce or eliminate bad habits.

Habits are one of the ways in which the brain establishes patterns for neurons to follow. Habits help people work on autopilot some of the time, which can save time and energy, according to Medium.com, an information site educating the public on a wide array of timely topics. Good habits, like showing up to work on time, are worth maintaining. But bad habits can be problematic and potentially unhealthy.

Strategies to break bad habits might work for some but not for others. Perseverance is essential to kicking bad habits, and the following are some additional tips that can help people as they try to ditch certain behaviors once and for all.

• Recognize the habit. No person is perfect, and each of us has our strengths and

weaknesses. Recognizing a bad habit is the first step toward breaking it.

• Break the pattern by offering a new one. As noted, when a habit is established, neurons form a pattern. Establishing a new, better habit, rather than just trying to quit the bad habit cold turkey, can be an effective way to help the brain adjust to a new pattern, advises neuroscientist Elliot Berkman. He says the brain finds it easier to do something new than to simply stop doing something it's accustomed to. So if you're a nail-biter, do something else with your hands, like play a musical instrument, to create a new pattern.

• Penalize yourself within reason. Making a habit painful in one way or another may make it easier to quit. Penalizing yourself by paying a dollar each time you say a curse word, or extending a workout for an extra 30 minutes for each one you miss are some examples of simple punishments.

• Reward yourself for beating habits. Rewards for kicking bad habits can be just as

effective as penalizing bad behavior. Reward yourself with something unusual and meaningful after you kick a bad habit.

• Learn your triggers and avoid them. The self-improvement blog Pick the Brain indicates that every bad habit has a cue that can trigger it. Triggers fall into these categories:

location, time, emotional state, other people, and an immediately preceding action. By learning your triggers, you can work to avoid them. If eating junk food comes on the tails of a stressful commute, try a different way home. If you smoke when you're around a particular person who eggs you on, take a break from hanging out with this person.

Breaking bad habits is challenging, but it can happen with focus and dedication.

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Organize and declutter room-by-room

Getting organized is a popular New Year's resolution.

Clutter can be a major source of stress that affects how individuals feel about their spaces. Psychology Today indicates messy homes and work spaces can contribute to feelings of helplessness, anxiety and overwhelming stress. Clutter bombards the mind with excessive stimuli, makes it more difficult to relax and can constantly signal to the brain that work is never done.

Tackling messes no matter where they are lurking is not a one-time project. Much like losing weight and getting healthy, clearing a home of clutter requires dedication and lifestyle changes. With these organizational tips and tricks, anyone can work through their home room-by-room and conquer clutter.

Find a place for everything

Clutter creeps up as people accumulate possessions over the years. Over time, failure to regularly go through belongings and thin the herd can lead to the accumulation of clutter. But clutter also can accumulate if people fail to find a place to put items. Racks for garages, organizational systems for closets and furniture with storage capacity, such as storage ottomans, are some storage solutions that can help people find a place for their possessions.

Utilize vertical space when possible

Getting items up and off the floor can maximize square footage in a home. Bookshelves, hanging wall shelves, hooks, cabinetry, built-

ins, and other storage solutions that rely on walls and ceilings are simple and effective storage solutions. Unused space behind cabinet or closet doors are some additional places to store belongings. Hang razors or toothbrushes on medicine cabinet walls and curling irons and other hair tools on the interior of cabinet doors in bathrooms.

Create a coding system

Home offices can be some of the more disorganized rooms in a house simply due to the volume of electronics and paperwork within them. HGTV suggests using a color-coded system for important files to keep them organized. Label important items, whether they're paper or digital files, in accordance with your system.

Put it away

When you finish using an item, return it to its storage location. This eliminates piles of belongings strewn around the house — and hunting and pecking for missing things. If you can't put it away immediately, have a few baskets on hand labeled for the different rooms in the house. Pop the items in the requisite baskets and then routinely take each basket around the house to return the items.

Investing in custom cabinetry and organizational systems also can help people organize their belongings. Tackle rooms such as the garage, basements, bedroom closets, and pantries, or those areas that tend to accumulate clutter the fastest.

How to stay calm and collected in traffic

Commuting long distances seems to be a fact of life for many professionals. The average American spends 50 minutes commuting to work, and the average worker in the United Kingdom spends roughly an hour, according to a study from the University of West England.

Researchers in England found that adding an additional 20 minutes of commuting per day has the same negative effect on job satisfaction as receiving a 19 percent pay cut. Commuters can sometimes control their commutes to prevent such dissatisfaction, but other times factors beyond their control may be adversely affecting commuters' quality of life. For example, researchers with the Texas A&M Transportation Institute determined that rush-hour commuters in the United States lose an average of 42 hours per year to traffic delays. On the nation's 10 most gridlocked roads, that number doubles to 84 hours. That equates to three and a half days per year of sitting in traffic jams.

Spending time in traffic is no picnic, and it's easy to get frazzled when doing so day in and day out. Following a few tips can help commuters keep their stress in check when traffic slows down.

- **Leave plenty of time.** Traffic can seem especially troublesome when you're racing the clock to get somewhere on time. Feeling anxious about missing a meeting or arriving to work late only exacerbates commuting-related stress. Check traffic maps before heading out and leave ample



time to get where you need to be.

- **Keep audiobooks at the ready.** Listening to an engaging story on the way to work can direct attention away from traffic. In fact, you may not mind traffic at all if you're at a climactic point in the story.

- **Cue up your favorite music playlists.** Get lost in jams you love, as music can help soothe the stress of traffic.

- **Explore alternate routes.** In your spare time, figure out if there are less-traveled roads that can make a commute more predictable and enjoyable. While they may be slightly longer in mileage, moving along instead of being in stop-and-go traffic can be a relief.

- **Smile even if you don't feel like it.** Psychology Today says that research suggests going through the motions of smiling may reduce the intensity of your body's stress response, even while sitting in traffic.

- **Take deep breaths.** Practice mindful breathing exercises that can reduce tension.

Commuters contend with traffic jams every day, but there are various coping mechanisms that can relieve stress when stuck in gridlock.

Advice on advice

By Casey Stinnett

Managing Editor

This Resolve to Succeed supplement is full of advice on topics related to popular New Year's resolutions, but here is a little advice on the subject of giving advice.

Before giving anyone the benefit of our vast wisdom, it is a good idea to first make sure we actually know what we are talking about, and absent hard personal experience we usually don't.

Wait to be asked. Unsolicited advice is rarely appreciated.

Be like Abraham Lincoln. Whenever possible, put advice into a story. True stories of personal experience are usually best, but what makes a story a good device for delivering advice — a good advice device — is that it forces the advisor to put his words of wisdom into a meaningful context. If the offered

wisdom cannot be given meaningful context, then it might not be all that wise.

Do not confuse advice with help. Actual help nearly always involves work or money. Advice is only words, and those words may or may not do the hearer of them any good. If our neighbor has a hole in his roof, advising him to fix it before the next rain is not at all helpful. If we really want to help, we will grab a hammer, climb up on the roof with him, and help him fix it by doing some of the work.

Advise responsibly. When someone asks for our advice, it should feel like a burden to us, and we should carefully consider the weight of it before we speak.

Avoid giving advice that begins with the word "just." The eye-rolling, offhand "Just do this" or "Just do that" delivered to a troubled person is so flippant as to be insulting. (Or, to be honest, that might be only a pet peeve of your editor's).

Finally, whenever you are asked for advice and can think of nothing else to say, tell the person to read the newspaper. That's always good advice.

Rock to the Top in 2020

A shamelessly biased book review

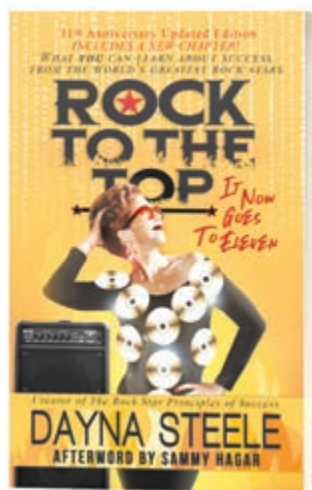
By Casey Stinnett

Managing Editor

If any of your resolutions this year involve climbing that long ladder to success, the wide range of tips and advice contained in Dayna Steele's book *Rock to the Top — It Now Goes to Eleven* might be your best read of the year.

Bouncing back from her Quixotic run for congress in 2018, and making no bones about it or any of her earlier launches that did not quite reach orbital speed, the former KLOL first lady of radio published a new edition of her 2008 book last year with a new eleventh chapter and an afterword by Sammy Hagar.

The advice in it is derived from the rock stars and celebrities Steele observed



Rock to the Top — It Now Goes to Eleven by Dayna Steele is available everywhere books are sold, or, maybe not everywhere books are sold, but probably in a lot of places where they are sold, like bookstores or on Amazon and iBooks, places like that.

and interviewed during her disc jockey years. Learn how to succeed from the Rolling Stones, Van Halen, David Bowie, U2 and more of the biggest acts in rock and roll.

Do you need confidence? Maybe the answer is to swagger and strut like Mick Jagger until you feel confident.

"The man so bravely play'd the man, He made the fiend to fly," is how John Bunyan put it in *The Pilgrim's Progress*.

Steele says it this way, "Remember, if you believe you are a rock star, the audience will believe you are a rock star. Sometimes, most of the time, confidence is just acting confident. The actual confidence will follow later.

"To this day, when I walk on a stage in front of an audience, I am Dayna Steele, sure of myself with a commanding voice. Inside, I am Dayna Frances Nicholson, the geeky and gawky girl from Dulles High School, waiting for someone to call me out. I still shake prior to and after an

appearance, speech, or emcee event. Somewhere in the middle, Dayna Steele takes of and I just let her go. From early on, I believed in Dayna Steele and soon others did as well."

Mixed in with all of the sound advice is enough entertaining trivia to make the book worth reading for even the most unambitious. Find out why Van Halen forbids brown M&Ms backstage. Learn why you should never ask Steve Miller to sign your guitar.

But the book is best read by anyone who could use a few good tips, some reminders of what he already knows and a little inspiration.

"I know Dayna and I keep an eye on her. She has always been one of the best at keeping relationships alive and has mastered the give and take of networking and business. Want to be at the top of the charts in your industry? Read Dayna's books and follow her lead," Hagar writes in the afterword.

Resolve to read more and reap the benefits

It may be tempting to curl up on the couch and turn on the television to unwind, but research indicates that reading is one of the best workouts for the brain. The World Health Organization says that doctors diagnose nearly 10 million new cases of dementia each year. With so many people understandably concerned about any and all cognitive issues related to aging, the search is continually on to find ways to strengthen the mind's muscle. It may be as simple as picking up a book.

People make New Year's resolutions to improve their lives, and reading more can be a great way to do just that. According to the online health and wellness resource The Healthy (www.thehealthy.com), reading has been associated with language reception in the left temporal cortex of the brain. When this part of the brain processes written material, neurons begin working hard to transmit information. Research conducted by Stanford University indicated that MRI scans of people who are deep into a Jane Austen novel showed an increase in blood flowing to areas of the

brain that control both cognitive and executive function.

When the brain is working efficiently, it may be less prone to some of the issues that can cause a decline in memory and brain function. Research published in the journal *Neurology* found frequent brain exercise through reading lowered mental decline by 32 percent.

Of course, the benefits of reading extend beyond the physical. Literary fiction can help people be more empathetic. Getting lost in a book and the characters' stories makes others more relatable. Reading has the potential to help a person understand what people are thinking, offers research published in the journal *Science*.

Picking up a good book also can help a person gain knowledge of new cultures, ideas and history and even improve vocabulary.

Picking up a newspaper or magazine, joining a book club or reading with children are just a few of the many ways to improve the mind through reading.

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How to find time to travel this year

Travel is a popular pastime that many people plan to embrace upon retiring. However, adults need not wait for their golden years to arrive to take to the friendly skies or answer the call of the nearest highway.

Would-be travelers who feel that traveling is a luxury they can't afford may be surprised to learn just how many people travel each year. According to the United Nations World Tourism Organization, there were 1.4 billion international tourist arrivals across the globe in 2018. Many of those 1.4 billion people no doubt had professional and personal obligations that could have prevented them from traveling, but they still found a way to head off for parts unknown.

A lack of time to travel is something people often cite when lamenting their inability to get out and see the world. In many instances, that perceived lack of time can be overcome, paving the way for potentially life-changing trips.

- Use your vacation days ... to go on vacation. A recent report from researchers with the U.S. Travel Association, Oxford Economics and Ipsos found that Americans failed to use 768 million vacation days in 2018. And that's just American workers. A recent study from the travel site Expedia.ca found that Canadians allow tens of millions of vacation days to go unused each year. Studies have shown that using vacation time can make employees feel better about their jobs and even contribute positively to their productivity. Unused vacation days are days that could be spent traveling, and all professionals have to do is take the days off, which many professionals have in abundance. In fact, the Bureau of Labor Statistics notes that the average American worker with five years of experience at a company was given 15 days of paid vacation per year, while those with 20 years of

experience were given 20 paid vacation days. In Canada, the Expedia.ca study found that the average Canadian receives roughly 17 days off per year.

- Make better use of weekends. Professionals who work traditional Monday through Friday schedules have nearly one-third of the year off already. Weekends add up to 104 days per year, and that's 104 days people could be traveling. Even if you're limited to local traveling on weekends, those 104 built-in off days provide substantial time to get out and see some sights.

- Turn traditional weekends into three-day weekends. Speaking of weekends, professionals who feel they have more vacation and personal time than they could possibly use should consider turning more traditional weekends into three-day weekends. You likely won't fall far behind at work by taking a few random Mondays off per year, but that extra day can provide

ample time to travel. In addition, Monday flights tend to be less expensive than Sunday flights, making travel more affordable.

- Work remotely, even if it's just for one or two weeks per year. Technology has made it easier than ever to work outside of a traditional office setting. Professionals who want to travel more should inquire about working remotely for one or two weeks per year. Doing so can afford more time to travel as professionals can simply take their work with them on the road. However, do your homework before making such arrangements for overseas travel, as some countries may forbid foreign workers from working within their borders without first obtaining work visas, which can be difficult if not impossible to get.

Traveling takes time, but many professionals have more time on their hands than they might think.

Pitfalls to avoid as you try to lose weight

New Year's resolutions run the gamut from the simple to the complex. Some people

resolve to make small changes that don't affect their daily lives all that much, while others

aim to make significant changes in the hopes of dramatically improving their quality of life. Resolving to lose weight, which often tops annual lists of the most popular resolutions, falls into the latter category.

A 2018 survey from Cision and Varo Money found that 45 percent of respondents resolved to lose weight or get in shape in 2018. Unfortunately, various studies have found that resolutions often fall by the wayside long before people achieve their goals. In fact, a 2015 report from U.S. News indicated that 80 percent of resolutions fail by the second week of February. Such success rates, or lack thereof, might not be too big a deal for people who make silly resolutions that, successful or not, would not have too big an impact on their lives. But many people resolve to lose weight for serious reasons, such as lowering their risk for disease or improving their quality of life. In such instances, success can be a matter of life or death.

After resolving to lose weight, people might be derailed by some common pitfalls. Recognizing these pitfalls and learning how to avoid them can help people achieve their weight loss goals.

- You're not specific enough. Try not to be vague when setting your weight loss goals. Simply saying "I want to lose weight" likely won't provide the motivation you need to achieve your goal. Speak with your physician and ask about how much weight you need to lose. Once you learn that number, work with your doctor and a personal trainer to set realistic goals. For example, if you need to lose 10 lbs., resolving to lose one pound per week for

10 weeks is a specific, realistic and healthy approach to weight loss. And by the end of that 10-week period, you likely will have grown accustomed to your new health routine, increasing the likelihood that you will keep it up even after you achieved your goal.

- You try to save up your calories. The experts at Northwestern Medicine® note that many people think skipping a few meals per day will decrease their overall calorie intake. However, such an approach typically leads to overeating when you sit down for a meal or increased snacking throughout the day. In addition, skipping meals slows down your metabolism, adversely affecting how your body approaches burning calories.

- You embrace a fad diet. Various studies examining an assortment of fad diets have indicated that such diets typically only produce short-term results, if any. Any weight lost while adhering to a fad diet is typically regained once dieters go off the diet. Instead of adopting a fad diet, work with your physician to devise a healthy, long-term eating plan.

- You eat more than you think. Audra Wilson, RD, a clinical dietitian affiliated with Northwestern Medicine®, notes that people typically underestimate their calorie intake by 30 percent. Chances are, you're consuming more calories than you think, even while you attempt to lose weight. Track the calories you consume each day so you can stay the course in regard to what your physician recommends.

Avoiding some common weight loss pitfalls can help people turn their resolution to drop some weight into a reality.

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What to know as an adult heading back to school

College campuses are diverse. Newly minted high school graduates embarking on the next stage of their studies might dominate college campuses, but many established professionals who have long since graduated from high school are also among the student bodies at universities across the globe.

The National Center for Education Statistics says that one in five Americans enrolled in undergraduate higher education is at least 30 years old.

The changing face of higher education should be a comfort to adults who may have been apprehensive about heading back to school. Adults considering a return to school should not allow age to deter them from enrolling. Many people now complete degrees later in life, while others return to school to study subjects they did not study during their first go-rounds as college students.

Finding the right fit in regard to a college is different for adults than it is students right out of high school. Responsibilities to family and employers complicate the decision about where to go to school. The following tips can help adults as they decide where to continue their educations.

- Choose a school that meets your needs. Look for schools that can accommodate priorities other than academics, such as family and work. Many schools now offer flexible schedules and online classes. Check out schools with strong reputations for working with adult learners.

- Sit down with a college counselor. If you've been in college before, pull your transcripts and bring any information about coursework, credits and life experience. This way you can be credited for what you have already accomplished. Counselors can serve as invaluable resources as you navigate a return to the classroom.

- Brush up on the skills required of successful students. If you've been out of school for awhile, brush up on your study skills, note-taking, annotating, and other skills that can serve you well in an academic environment.

- Speak with your employer. Many employers support employees who want to return to school, especially when employees will be gaining skills that are applicable to their existing careers. Some employees may even help their employers finance their educations. According to Matthew Reed, the vice president for learning at



Brookdale Community College in Lincroft, N.J., roughly 90 percent of midsize or large employers offer some kind of tuition reimbursement. Even when that's not available, some employers may have an arrangement with certain schools that provide discounts

to their workers, says Reed.

Adults returning to school is becoming increasingly common. Planning and making use of resources at your disposal can help you navigate the process of returning to school as an adult.

Tips for learning a new language

Do you desire to be a polyglot? Polyglots are people who can speak and understand multiple languages, and such people are a pretty rare commodity in an increasingly global world. The foreign language information site iLanguages.org says 40 percent of the world's population only knows one language.

Understanding and speaking more than one language can set people apart, particularly in the professional sector. The Eton Institute, which offers language and communication instruction, says learning a foreign language offers many benefits. Among them are: a boost in brain power, memory improvement, proficiency in multitasking, and even improvement in the usage and understanding of one's first language. It also never hurts to list being bilingual on a résumé, as being able to communicate in various languages is an asset in many different fields. With such incentives, is it any wonder so many people aspire to add a second language to their repertoires?



Learning a new language may seem complicated, but aspiring polyglots can employ various strategies to learn a new language in a relatively short period of time.

- Make it fun. The more you enjoy something, the more likely you are to stick with it. That notion applies to learning a foreign language. Take up the task with a friend. Find an entertaining outlet for your knowledge, such as being able to watch foreign films or listen to opera. Find an activity you enjoy and incorporate language into it.

- Use flashcards. Many learners utilize flashcards to improve their memories. This approach can help when learning a

language. Write the word on a card and the translation on the other side. Digital versions of the same concept are available on various language-learning apps.

- Pay attention to grammar. Grammar and word usage varies for different languages. Having a cursory understanding of tense and how to conjugate verbs can give language learners a leg up. However, the rules are more important when writing a language. As you get started, listening skills are key.

- Mimic and repeat. Listen to the language

of choice as much as possible and mimic what you hear. This not only helps to develop your vocabulary, but it also can be a great exercise for your mouth and can help you fine tune any accents you may have.

- Immerse yourself in the culture. One way to learn a language is to dive right in without a safety net. Visit a country where they speak the language you're studying and try to converse with the locals.

Learning a new language is possible, and speaking multiple languages can be great for your career.

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How puzzles may benefit brain health

Many people enjoy the challenges posed by puzzles such as crosswords, word finds and Sudoku, among others. Some even wonder if puzzles are more than simple fun and something that can actually benefit the brain.

The idea that there's a correlation between exercising the brain through puzzles and improving its function, much in the way that lifting weights can strengthen the muscles of the body, seems reasonable. Studies are ongoing, and the reviews are mixed. A 1999 study examining crosswords that was published in the Journal of Experimental Psychology found no evidence to suggest crossword puzzles reduced age-related declines in cognition. However, research published a year later in Psychology of Aging suggested that crosswords, when done by older subjects, seemed to partially attenuate the negative effects of age on memory and perceptual speed tasks.

Data published in USA Today indicates that solving puzzles may help reinforce existing connections between brain cells and the generation of new relationships. This may improve mental speed and thought pro-

cesses. Doing jigsaw puzzles could help with short-term memory, namely remembering shapes and colors, and visualizing the larger, finished picture.

Researcher Keith Wesnes, a professor of cognitive neuroscience at the University of Exeter in England, studied the impact of crosswords on attention, reasoning, and memory. Wesnes found a direct relationship between solving puzzles and the accuracy of varying ranges of functions, including reasoning, attention and memory recall.

Puzzles can keep the brain active. Tangible results notwithstanding, one can reason that engaging regularly with word-based puzzles can improve vocabulary fluency and keep people in tune with turns of phrase and even current events. Puzzles also may assist with thinking creatively and employing reason to solve problems. Achieving success with puzzles may pave the way for tackling larger challenges by thinking outside of the box.

Even though studies are ongoing, there is some belief that doing puzzles can slow decline in memory among healthy individuals as well as those who have been diagnosed with dementia. A 2014 trial funded by the



National Institutes of Health found that the benefits of cognitive training for older adults can last as long as 10 years. The researchers recommended that older adults try any cognitively stimulating activity, such as solving

crossword puzzles and playing cards. Puzzles are stimulating and fun and can be social when shared with others. These are factors that can stimulate the brain and may even help it to maintain optimal function.

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Super Crossword

CONTINUING ED

- ACROSS
- 1 Shred

6 To another country

12 Buster Brown's dog

16 Mexican article

19 University of Maine's city

20 News anchor Katie

21 Arduous task

22 Not be idle

23 Discoverer of Uranus

24 ... and "The Office" co-star

26 Spoil

27 "Orinoco Flow" singer

28 Sea, to Luc

29 Buenos —

30 Commanded

31 PCs on planes, often

33 Long-range German gun of WWI ... and "Apollo 13" Oscar nominee

37 Letter #3

38 Bern's river

39 To the extent that

40 1975 Wimbledon winner ... and "Shape of You" singer

47 German article

48 U.S. architect I.M.

49 Pet treaters

50 Slaughter with a bat

52 Abnormal plant swelling

56 Schindler with a list

58 Deputy of an envoy ... and old CBS variety show host

63 Ballpark gate

64 Explorer

65 Rose color

66 Klee output

67 Bistro bills

68 Olaf product

69 ... and "My Cup Runneth Over" singer

73 Sheriff Andy Taylor's tyke

74 Coach

75 Parseghian

76 "T.N.T." rock band

77 Game venue

78 Officer played by Phil Silvers ... and 1970s-'80s New York City mayor

84 2006 Sacha Baron Cohen film

85 Nobelist

86 Celine of song

87 Many a repo

89 Poetic form

90 Holiday drink

92 Left-leaning slant ... and "Lou Grant" star

97 "Hips Don't Lie" singer

101 — Grey

102 Special span

103 Large, hooded snake ... and "60 Minutes" reporter for 26 years

107 Cited as evidence

111 Ship sailing past sirens

112 — Less Ordinary

113 Suffix with 66-Across

114 Liquefy

115 Rolodex no.

116 Money from investments ... and Reagan cabinetee

121 Previous to

122 Jib holder

123 "No clue"

124 Whoop it up

125 Berlin-to-Prague dir.

126 "— girl" ("All right")

127 Unboastful

128 Pastoral verse

DOWN

1 Disk at the end of a spur

2 "Three Sisters" sister

3 61-Down producer

4 Open, as a shutter

5 Luau paste

6 Peaks

7 Nobelist

8 Long to undo

9 NHL's Bobby "— for Alibi"

11 1983 Mr. T comedy

12 "— is human"

13 Bays, e.g.

14 Detective, slangily

15 Suffix with priest

16 Hedy of film

17 National park in Maine

18 Italicize, e.g.

24 Electrical current unit

25 Move quickly

30 Soccer star

31 Chastain

32 Body of work

33 "Harrumph!"

34 Rage

35 "Oh wow!"

36 Off course

38 Birthplace of St. Francis

40 Desertion of one's faith

41 Highway pull-off

42 Polynesian-themed lounges

43 Quad bike, e.g.

44 Classic car

45 Actress Blyth

46 Turned down

51 "Of course!"

53 1996 role for Madonna

54 Steeping sauce

55 Snacker on terraces

57 Capone and Unser

59 Dupe

60 Plus more: Abbr.

61 Reef stuff

62 Guitar

68 "— wise guy, eh?"

69 Caring

70 Martin Luther opponent

71 Hoopla

72 Actress Mitzi

73 Gold, in Italy

75 Daring

77 On deck, say

79 Tree with fan-shaped leaves

80 Up to, in ads

81 Young male, in hip-hop

82 Having five sharps

83 Central point

88 Joined with

91 React to, as a bad pun

93 Moray, e.g.

94 "Norma —"

95 Suffix with compliment

96 Fried quickly

97 Glides on ice

98 Job opening fillers

99 He directed "Life of Pi"

100 Most adept

104 Gaucho rope

105 Mail's cont.

106 Kin of khaki

107 Natty tie

108 "Vette, e.g.

109 Atelier tripod

110 Reflect (on)

113 Rural hotels

116 Thurman of "Prime"

117 Tokyo, once

118 Fizzling thing

119 Opal finish?

120 Hosp. scan



Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Georgia's crop

2. Narcissism

3. City official

4. Football maneuver

5. Rosie's target

6. Forest clearing

7. Crime fighters

8. Sheindlin or Mathis

9. Petrify

10. Be of importance

— A —

V — — —

— Y —

— A —

— — — T

— — — D —

— — — C —

J — — —

— A —

A — — —

Sit like a bird

Mental health

Frank Burns' rank

What we do to Elmo

Danube or Nile

Dirty look

Mannerly

Poke with the elbow

Get a touchdown

Grumble quietly

— R —

S — — —

— J —

— I —

— — — R

— — — R —

— — — T —

N — — —

— O —

— U —

A FLAKY PROBLEM! Unlike nature, two of the snowflakes hanging in this school window are exactly alike. Can you spot them in less than a minute? Don't melt under this time pressure.

Illustrated by David Coulson

BRAIN TEASER! One night, two fathers and two sons played poker. When the game was over, there were three dollars in chips to be split up. Each player received exactly one dollar. How was this possible?

There were only three players: grandfather, father and son.

IT'S MAGIC! Use the numbers three through 18 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 42. We've filled in the numbers 15 through 18. The rest is up to you. Use trial and error -- and a good eraser!

First row: 10, 13, 16, 3. Second row: 15, 4, 9, 14. Third row: 5, 18, 11, 8. Fourth row: 12, 7, 6, 17.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals P

VD YNM CELQVOU IEBQVOF LHYKKFR

DNOBHVVVOU, V VIEUVOF CF'R

QVMF E LKVO RYBHYM.

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STICKELERS (clue)

by Terry Stickels

Illustration 1 is a square piece of paper. Illustration 2 is the piece of paper folded in half, and Illustration 3 is the piece of paper folded into fourths with the corners snipped.

Imagine you have snipped off the four corners as shown in Illustration 3. Now open the piece of paper. The result will look like:

A B C D E

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CryptoQuip

If our washing machine stopped functioning, I imagine we'd hire a spin doctor.

Sticklers Answer

The result would look like "E."

Even Exchange

Answers

1. Peach, Perch

2. Vanity, Sanity

3. Mayor, Major

4. Tackle, Trickle

5. River, River

6. Glade, Glare

7. Police, Polite

8. Judge, Nudge

9. Scare, Score

10. Matter, Mutter

Junior Whirl

by Charles Barry Townsend

FIND THE BIG WORDS!

Using the clues below, find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words must be unscrambled and used to form the word asked for.

Definitions:

1. Spanish scarf

2. Of an empire

3. Express resentment

4. Searched thoroughly

5. Railroad worker

6. New York sandwich

7. Waiting area

Anagrams:

malt + nail

amir + pile

lamp + coin

game + drum

mane + bark

mast + pair

tome + roan

1. Mantle, 2. Imperial

3. Complaint, 4. Rumoraged

5. Breakman, 6. Passman

7. Anteroom.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Super Crossword

Answers

L A S

O R O N O

W I L L I A M

E N Y A M E R

L A P T O P S

C E E

S O F A R A S

V A S I R

O D E

S H A K I R A

E A R L

A D D U C E D

K I N G

C O N C E D I T

E R E

M A S T

I D U N N

O N N

R E V E L

I D Y L L

Set realistic goals in order to keep New Year's resolutions

By AgriLife Today

Texas A&M University

Failing to plan is planning to fail, and New Year's resolutions are no exception, according to a Texas A&M AgriLife Extension Service expert.

"Three reasons people don't keep their New Year's resolutions are that the resolution isn't realistic, a person expects an unrealistic benefit from the desired resolution or the person wasn't prepared to make the change," said Jenna Anding, Ph.D., AgriLife Extension nutrition specialist, College Station.

Anding said older adults tend to shy away from making resolutions, while young or middle-aged people are more likely to take on the changes and challenges associated with making a New Year's resolution.

"Statistics also suggest that those who do make a resolution are not very successful at keeping them," she noted. "But that's not to say resolutions don't work. In fact, those who make resolutions do tend to have more success at changing behaviors as compared to those who don't make resolutions."

Anding said the best way to approach successful resolution-making is for people to first list the three behaviors they most want to change, such as eating better, saving money or exercising more.

"Look at the behaviors you have identified and choose the one you most want to concentrate on improving," she said. "Now take another look at the behavior you chose and write a goal that's specific to that behavior. Write down that final goal, but make sure it is realistic and achievable."

The next step is to make a plan and come up with a series of smaller, attainable goals to work toward the final goal, Anding said.

For example, she said, if the goal is to run a marathon this year but at the current time it's difficult to run to the end of the block, consider starting with a more realistic goal of walking for 30 minutes a day three to five days a week.

"Once that's a regular habit, set another goal to run a 5K within three to six months



and then a 10K, gradually working up to a half-marathon and then a full marathon," she said. "But remember that achieving your final goal doesn't have to fit into a rigid timetable. Just keep meeting those mini-goals as steps to that final goal."

Anding said improving eating habits is usually one of the top New Year's resolutions, but it's another that should be taken in small bites.

"It's best to break this into mini-goals, such as committing to eating one more vegetable or fruit each day," she said. "Other mini-goals might include eating out no more than two times a week, bringing a healthy lunch to work at least three days a week, drinking water instead of soda and eating no more than two fried foods per week."

She said any planning should allow for unexpected events or circumstances that may prevent individuals from accomplishing their goals.

"Make a contingency plan for obstacles such as bad weather that make it difficult to exercise outdoors or finding yourself

in a restaurant with limited healthy food choices," she said.

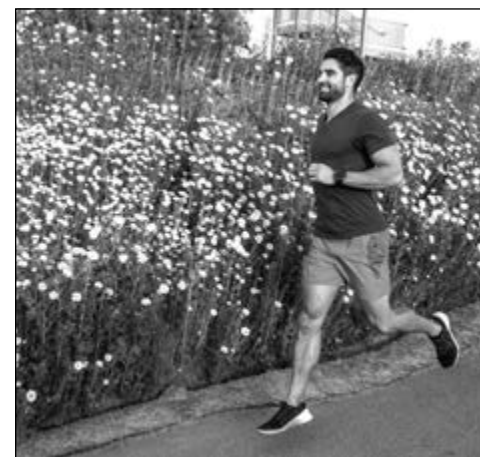
Anding said it is important to choose and write down a specific date on which to begin the desired behavior change.

"Pick a date that is important, significant or memorable and put it on your calendar," she said. "It doesn't have to be the start of a new year. Once you pick your date, plan out how you will accomplish your goal. In other words, identify and write down the specific actions needed for you to be successful."

Anding said it is also a good idea to share the New Year's resolution with friends or family and ask for their support.

"List the names of people you want to know about your resolution, and ask for their encouragement and help," she said. "It's easier to keep your resolution if you have others encouraging and supporting you. In addition, involving others makes you more accountable."

Anding said those who meet their goals should also reward themselves during the journey of achieving their New Year's



resolution.

"Do something nice for yourself, like a massage or spa treatment, or treat yourself to some music," she said. "Or you can indulge in a 'guilty pleasure' so long as it doesn't sabotage your success. It's also OK to share your success with others as both a means of self-validation and an incentive for them to do something similar for their own benefit."

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