

August 2018

Sun Mon Tue Wed Thu Fri Sat

LOOK

Out for Your Health

it starts with
YOU

5	6	7	8	9	10	11	11
	First Year Teacher Academy	New Staff Development	New Staff Development	Teacher Workday	Teacher Workday		
	12	13	14	15	16	17	18
	PLC/PD	PLC/PD	PLC/PD	PLC/PD	PLC/PD	Teacher Breakfast Teacher Workday	
19	20	21	22	23	24	25	25
	First day of Class		Energy Fitness Dues			Energy Fitness Membership begins	
26	27	28	29	30	31		
							

Join
Wellness
Today



The Best Brain Boosters



Eight Strategies for keeping Your brain at the top of its game.

1. Engage more than one of your senses. You're not alone if you quickly forget things you're told: University of Iowa research found that our memory for sounds-- be it something you heard on the news or the grocery items your spouse asked you to pick up--declines as soon as four to eight seconds after we hear them. Repeating something back immediately can help shore up your memory, but seeing the words works even better.

2. Close your eyes. Forgot your Amazon password? University of Surrey research shows that shutting your eyes frees up brainpower and helps bring back recent and distant memories. Respondents who closed their eyes scored 23 percentage points higher on a memory test.

3. Hit replay on memories you want to keep. We tend to remember what we pay attention to. The more you bring a memory back to mind, the stronger it becomes. With each repetition, you strengthen the neural connections underlying the memory, allowing it to resist interference from other memories or general degradation.

4. Try chunking. To remember large numbers like (201131943236), divide them into smaller groups of digits (201 13 1943 236). Instead of remembering 12 separate numbers, you only have to remember four. Extra points if you assign a meaning to each chunk. For example, your area code is 201, you have 13 cousins, your mom was born in 1943 and two times three equals six.

5. Doodle. Unlike many dual-task situations doodling while working can be beneficial. British study found the activity can boost recall by nearly 30%. Doodlers are better able to focus, while non-doodlers are more likely to daydream and have their attention drift. You don't need serious artistic skills to reap the benefits--printing and shading simple shapes will do.

6. Add cinnamon to your coffee. The scent boosted cognitive functions--including memory and attention span--in a study at Wheeling Jesuit University. The spice also contains two compounds that may help prevent the brain cell changes that lead to Alzheimer's.

7. Put your phone out of sight. That's the word from University of Texas at Austin researchers who found that cognitive capacity is significantly reduced when your smartphone is within reach--even if it's turned off. What's the connection? While your conscious mind may not be thinking about your phone, the process of trying not to think about it uses up some of your brain's limited resources.

8. Get a back rub. If you need to to be sharp for a big meeting or event, splurge on a massage first: People are more alert and solve problems faster (sometimes twice as fast!) after a rubdown. Isn't science grand?





Grilled Cauliflower Steaks with Grapefruit, Watercress and Pecans



Ingredients

- 1/4 cup grapeseed or vegetable oil, plus more for grill
- 2 small heads of cauliflower, bottoms trimmed flat
- Kosher salt
- 2 large grapefruit
- 1 Tbsp white balsamic or white wine vinegar
- 1 large bunch (6 oz) watercress or arugula, thick stems trimmed
- 1/2 cup pecans, toasted, crumbled if large

Preparation

1. Preheat a gas or charcoal grill to high heat.
2. Cut each cauliflower head into three "Steaks", making sure each piece includes some of the stem so the pieces hold together. Rub with 2 Tbsp oil and season with salt.
3. Grill over direct heat until crisp-tender and charred on both sides, 6 to 8 minutes per side.
4. Meanwhile, peel and segment grapefruit with a knife. To make the dressing, squeeze the left over juice from the grapefruit pith into a smaller bowl, whisk together with the remaining oil and season with salt.
5. In a large bowl, gently toss watercress with some of the grapefruit dressing. Drizzle remaining dressing onto cauliflower steaks, sprinkle with pecans, then top with grapefruit segments and watercress.

Per Serving

325 Calories, 24g fat, 2g saturated fat, 7g protein, 26g carbs, 14g sugar, 7g fiber,
0g cholesterol, 558 sodium



Terri White - LIS - August 1
Beatrice Haynes - Retiree - August 4
Sandra Cristan - LHS - August 7
Louise Pendleton - Retiree - August 8
Brenda Ashburn - Transportation - August 11
Cynthia Miller - South - August 12
Mary Drake - LMS - August 15
Sandy Darnell - LIS - August 20
Jeff Northern - Administration - August 22
Patty Billingsley - Retiree - August 22
Stacy Waddill - LHS - August 22
Maria Gomez - LHS - August 24
Mary Galindo - Transportation - August 25
Lee Ann Jackson - LMS - August 30



August

Back to School Word Search

W	T	E	A	C	H	E	R	S
R	E	C	E	S	S	D	E	F
I	T	U	Y	H	A	S	A	U
T	R	P	B	U	S	S	D	N
E	L	E	A	R	N	K	D	A
L	U	N	C	H	B	O	X	F
I	D	C	K	Y	O	O	U	R
B	P	I	P	W	O	I	L	I
R	A	L	A	G	K	O	F	E
A	P	A	C	R	A	Y	O	N
R	E	R	K	B	E	L	L	D
Y	R	S	C	H	O	O	L	S

TEACHER
FRIENDS
SCHOOL
LIBRARY
RECESS
BELL

LEARN
READ
WRITE
LUNCHBOX
BACKPACK
BUS

PENCIL
CRAYON
PAPER
BOOK
DESK
FUN

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE HIDDEN MESSAGE.

___ D _ _ _ _ N _ _ _ _
 ___ L _ _ _ _ ! 😊



You're NEVER too
important to be
nice to people





Hep-B Shots

Hep-B Shot Schedule

First Shot - Sept. 19

Second Shot - Oct. 24

Third Shot - March 20



Each Session will be at
Cavtus in Flair's Office
3 p.m. to 4:30 p.m.



Energy Fitness

Energy Fitness of Levelland will be offering a \$50.00 three month membership to LISD Wellness members. Renewals will be in August, November, February, and May. This will provide you with the ability to be a member for the entire year. Please send check or cash to Flair at Carver by the deadline for each renewal date. All checks are to be payable to LISD Wellness. Membership always begin on the 25th of the month. Always remember Flair will not deposit checks until payday.

Energy Fitness is open 24 hours a day. Don't miss out on this opportunity. This price is about \$16.00 monthly. Great Price!!



SPC Fitness Center

SPC fitness center has offered a discounted price for LISD Wellness members. Discounted prices are listed below.


If you are interested just take your wellness membership card to SPC Fitness Center and they will sign you up with the discounted price. SPC offers many different fitness classes and has updated new equipment for weight lifting, biking and walking.

LISD Wellness Prices

	Individual	Couple	Each Add'l
1 Month	\$ 45	\$ 90	\$ 45
3 Months	\$ 88	\$110	\$ 60
6 Months	\$150	\$220	\$100
9 Months	\$200	\$264	\$144
1 Year	\$225	\$308	\$170


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Energy Fitness


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Energy Fitness of Levelland will be offering a \$50.00 three month membership to LISD Wellness members.

DATE FOR ENERGY FITNESS Center
August 23, 2017

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Please send check or cash to Flair at Carver by the deadline above date. All checks are to be payable to LISD Wellness. Membership always begin on the 25th of the month.

A decorative paw print with a red heart inside, located to the right of the text.