



DIALD

JULY

News Letter

Building English Knowledge Fact-Opinion-Belief

Healthy minds live a more fulfilling life

Most people understand the importance of staying physically active to keep his/her body in shape. The same is true for your mind. Mentally stimulating activities can keep your brain in good shape. In fact, learning something new like a musical instrument can be stimulating for your brain. You have to keep it active to keep it healthy.

One way to keep it healthy is to kindle your mind spirit; individuals should never miss a chance to get together with friends and loved ones. Socializing can be stimulating and ward off several kinds of stress and depression which contribute to memory loss.

People tend to forget things when they are not well-organized. A checklist will help you remember things better. Once you start keeping your essentials in a specific place, it will gradually become a habit and you won't even need to stress your brain to find certain things.

Another memory buster is an organize exercise regimen. Regular physical activity improves blood flow to your body as well as your brain. In case individuals can't spend time on a full body workout, a 10-minute cardio everyday can also do the trick.

It is also recognized that a healthy diet plays a crucial role in sharpening your memory. Try to increase your intake of vegetables, fruits and whole grains. Low-fat protein foods like lean meat, fish and skinless poultry will also be better. Alcohol and other drugs can lead to memory loss; some medications tend to have an impact on your memory. When kept in-shape, your brain is extremely powerful and can control all aspects of your life including your health.

Brain training exercise Links:

<http://www.brainhq.com/why-brainhq/about-the-brainhq-exercises>

<http://www.brainmetrix.com/>

<http://www.psychologistworld.com/memory/test1.php>

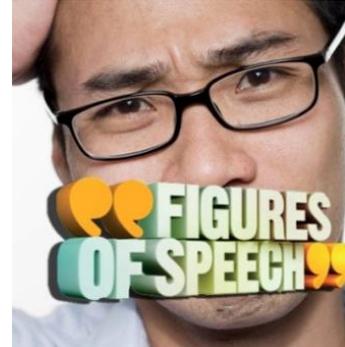
<http://www.readersdigest.ca/health/healthy-living/quiz-whats-your-memory-like%E2%80%9494good-or-bad/>

FIGURES OF SPEECH

-Make up your mind-

(to make a decision)

The scientist has made up his mind to mutate the cells.



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Grammar Attack

Do you understand?

FUTURE WITH "GOING TO"

Used for future actions that **are planned** to happen, even if they are only a few seconds in the future.

Forming the Future tense *with* "Going to"

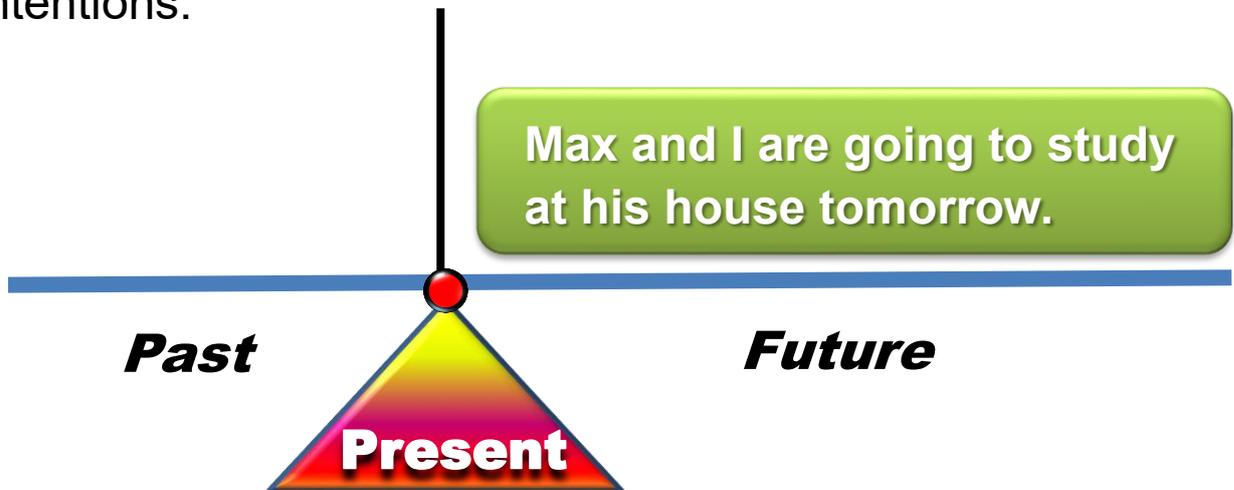
Subj	+ to be	+ going	+ infinitive
She	is	going	to sing.

Plants **are going to grow** in soil.

We know with some certainty that if we plant flowers in this spot, there will be blossoms at some time in the future.

Here is an infographic explaining the future with going to tense:

An auxiliary verb plus **going to** is used in talking about intentions.



Secondary usage:

The simple present and present continuous are also used to express future time, **(they are often used in connection with schedules)**.



She is meeting with her masseur at eleven o'clock.

Time	Event
7:00 A.M	Morning Shower
8:00 A.M	Breakfast
9:00 A.M	Morning Exercise and Physiotherapy
10:00 A.M	Brunch
11:00 A.M	Massage
12:00 P.M	Lunch
1:00 P.M	T.V Time
2:00 P.M	Nap
3:00 P.M	High Tea
4:00 P.M	Activities
5:00 P.M	Gaming

Past

Present

Future

The students are going to meet at 3 for an on-line class.

The researchers are going to take another sample.

Nexcare is going to introduce a new product next week.

Science is going to prove them wrong in the upcoming publications.

What is the professor going to do about the student caught cheating?

Vocabulary Build

kilo-		thousand	kilobyte, kilometer, kilowatt, kilocycle	The flow of water from the dam will be increased to 8 kiloliters per day.
			Kilograms - 1,000 grams.	
kine-/t-	mat-	motion, division	kinetics, cinematography, psychokinesis	Psychokinetic remains abstract field of study.
			Telekinesis - the ability to move objects with the mind.	
lact-/o-		milk	lactic, lactose, lacteal	His research in lactogenic hormones were promising.
			Lactate - to give milk, nurse.	
latero-		to one side	bilateral	Unilateral agreements have started challenge his role in the trade negotiations.
			Unilateral - affecting one side of something.	
leuk/o	leuc/o	white, colorless	leukocyte, leucine, leukodermal, leucophylls	Does leucoderma spread from one person to another?
			Leukemia - abnormal increase of white blood cells in the blood.	
lingu		language, tongue	multilingual, linguine, linguist, linguiform	I know at least thirty-three students who are trilingual.
			Linguine - long, flat "tongue-shaped" pasta.	

Fun with English

Rebus Puzzle

-a kind of word puzzle that uses pictures to represent words or parts of words.



Top secret

Answer to last month's riddle: What is the answer to this Brain Teaser riddle?

If you were running a race and you passed the person in 2nd place, what place would you be in now?



"Be" in spired

BE INSPIRED

Let yourself be excited, or encouraged, to do something as a result of some actions

What is the word or phrase expressed in the following rebus puzzle?



(The answer to the riddle will be in the next issue.)

Quote of the Month

Sometimes all you need is quiet moments in a space to reassure yourself that you can do it"

บางครั้งสิ่งที่คุณต้องการคือช่วงเวลาที่ยืดสงบในพื้นที่เพื่อสร้างความมั่นใจกับตัวเองว่าคุณสามารถทำได้"