



DIALD

September 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.

นักวิทยาศาสตร์ได้ตัดสินใจที่จะกลายพันธุ์เซลล์

Cross your mind - *(Come into your thoughts as a possibility)*

It never crossed my mind to take the short cut and cheat on an exam.

ฉันไม่เคยคิดจะทุจริตการสอบเลย

Have an open mind / be open-minded - *(be receptive to other people's opinions or ideas)*

If you want to learn something new, you will have to be open-minded.

ถ้าคุณจะเรียนรู้สิ่งใหม่คุณต้องเปิดยอมรับความคิดเห็นของคนอื่น ๆ

Last thing on your mind - *(of the least importance to you)*

The last thing on my mind is going out to party. I have an exam in the morning.

สิ่งที่สำคัญน้อยที่สุดในความคิดของฉันตอนนี้ก็คือไปปาร์ตี้ ฉันมีสอบตอนเช้า



Grammar Attack

Do you understand?

Present continuous

The present tense indicates that you are talking (referring to) a process that is happening



He is eating a turkey leg right now.

ตอนนี้เขากำลังกินขาไก่งวงอยู่



Professor Anad and his team **are** **researching** that issue.

Joe's contact ended last year, so he **is** **teaching** in India now.

Sanji **is** **vacationing** somewhere in southern Palau this month.

Right now, Angeline **is** **focusing** on completing the next phrase.

Forming the present Continuous

The Present Continuous is formed with the helping verb - to be (am, are, is) and the "-ing" form of the verb.

Subject	Helping verb	Verb	Present participle	
I / You / We / They	am, are, is	read	<u>-ing</u>	<i>a book.</i>
He / She / It		talk	<u>-ing</u>	<i>the professor.</i>

Arun **is** **running** a joint experiment with Dr. Thawan.

The spectrometer **is** **measuring** the wavelengths of the samples first.

The students **are** now **determining** which challenge to take on.

She **is** **accomplishing** all her goals.

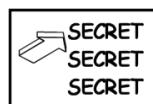
Vocabulary Build

ab-		from, away, off	absent, abbreviate, abound, abnormal Abduct - carry away by force.
			Police have caught the man who abducted the little girl.
ac-	a-, ad-, af-, ag-, al-, an-, ap-, as-, at-	movement to, change into, addition or increase	admittance, accessible, adhere, apprehend Accelerate - to increase the speed of something.
			An accelerated heart rate should be immediately checked.
		to, toward, near, in addition to, by	accompany, adjust, aggression, allocate, annihilate Affix - to attach to something.
			He must find a way to affix the whiteboard to the wall.



Rebus Puzzle

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



Top secret

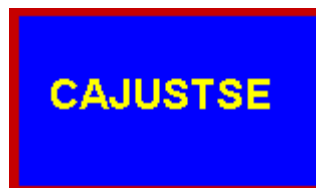
The answer to last month's puzzle.



Put **IT** into writing

Particularly after you have negotiated a deal, an agreement, you should formalize that agreement by documenting the promises by writing them down into a contract; hence, putting your agreement (**IT**) into writing.

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



(the answer to the Puzzle will be in the next issue)