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VOLUME 12, NO. 2 400 Bolivar Street, Suite 311 in Historic Wilfong Building - Sanger, TX 76266 December 29, 2023



New Construction – New Sanger High School and Field House – Sanger ISD



TOP: Contractors are leveling the land and moving hundreds of loads of dirt where the new Sanger High School will be built. **ABOVE:** The concession stand and restroom building was demolished to make room for the new Field House.

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START THE YEAR WITH GOOD HEALTH!

New Year's resolutions you can actually stick to in 2024

Put these ideas into practice to ensure that the year ahead is your best one yet.

It's a new year and—if you so choose—a new you.

However you plan to kick off 2024, you may have a few ideas in mind on how you'd like reinvent yourself in the coming months. Perhaps it's a commitment to being less stressed with your job or deciding to incorporate a new fitness routine into your life.

In fact, there are about as many New Year's Resolutions as you want there to be, including a resolution to not make any new resolutions, and that's perfectly fine.

After all, grandiose plans like a new diet or exercise plan can sometimes be hard to maintain especially once Blue Monday rolls around in January. Which is why setting attainable goals is especially important when considering New Year's Resolutions.

"Pick something that resonates with you and aligns with your values so that you can stay motivated," Nathan Brandon, Psy.D., tells TODAY.com. "Research shows that having a plan and setting achievable goals can increase the likelihood of success."

If you've had trouble sticking to resolutions in the past, you're far from alone.

"Even though many set resolutions, some research has suggested that under 10% of those setting resolutions feel they are successful by year's end," Dr. Ray W. Christner, Psy.D., licensed psychologist, CEO of Cognitive Health Solutions, LLC and co-host of the "Psyched to Practice Podcast," tells TODAY.com.

To help set yourself up for success, Christner says you should opt for "simple goals that can be done easily and that will have quick results."

Need some motivation? If so, we've got plenty of ideas including expert

(Continued on pg. 5)

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OBITUARIES...

Michael Gene Johnson

May 30, 1958 - December 19, 2023

Michael Gene Johnson, 65, was born May 30, 1958 to Clifford Johnson and Mary Nell Johnson of Krum, Texas. He was the oldest of four children.

Michael enjoyed spending time with his friends and family. He especially loved to make early morning wake up calls! He was a jokester and always loved to make people laugh. He never met a stranger. Michael, also known as "Bird Dog", made his living as an over the road truck driver.

He survived by his son Kevin Johnson and wife Kelly of Krum, TX; brother, Ritchie Johnson and wife Debby of Krum, TX; brother Walter (Bud) Terry and wife Lynn; sister Tammie Flemister and husband Eddie of Decatur, TX; sister Janice Patterson and husband Donald of Krum, TX; sister Susan Terry Cooper and husband James; Grandchildren Caitlyn Chavez and husband Isaiah of Justin, TX; Tanner Rogers and wife Emery of Krum, TX and Kinley Johnson of Krum, TX. He is also survived by 5 great-grandchildren and a multitude of nieces and nephews that he loved very much.

Michael is preceded in death by his wife, Donna Johnson, and his mother and father.

A memorial for Michael was held on December 23rd at 2:00 PM at Open Range Kingdom Church, 7290 Hawkeye Road, Krum, TX 76249. Pastor John Ritchie Johnson officiated.

Services were under the direction of Coker Funeral Home in Sanger, Texas. Please make online condolences at www.cokerfuneralhome.com.



Erendida Guadalupe Garcia

April 25, 1978 - December 21, 2023

Erendida Guadalupe Garcia, 45, of Sanger, passed away in Denton, Texas, on Thursday, December 21, 2023, surrounded by her loving family. The only daughter of Tomas Garcia Gonzales and Maria De Jesus (Maldonado) De Garcia, Erendida was born in Mexico on April 25, 1978.

On May 7, 2017, Erendida married Eligio Vicente in Sanger, Texas. She worked inside the home and cared for their daughter.

Those who will cherish her memory are her husband, Eligio of Plano; a daughter, Maria Fernanda Garcia of Sanger; her parents, Tomas and Maria Garcia of



Sanger; and two brothers, Juan Garcia of Sanger and Tomas Garcia of Mexico.

Visitation was Wednesday, December 27 at Coker Funeral Home in Sanger from 6-8 p.m. Services were Thursday, December 28 at 2 p.m., in Sanger Cemetery.

Services were under the direction of Coker Funeral Home in Sanger, Texas. Please make online condolences at www.cokerfuneralhome.com.

John D. Doncaster

Founding Headmaster of The Selwyn School John D. Doncaster, also known as JD, founding headmaster of the Selwyn School in Denton, Texas, died peacefully on November 18 days before turning 92 surrounded by his family in London, England.

John was born in Macclesfield, England, to Clarence Doncaster, a decorated WWI veteran, and Honor Collins. He grew up on a small farm. He attended the King's School Macclesfield, then Ardingly College. During WWII, he volunteered to pick potatoes at a local farm instead of attending classes. As a young man he hauled logs with a mule team. He served in the British Army and spent time in Berlin in the early 50s before attending University College Oxford earning a master's degree in English in spring 1954.

In the fall, John traveled to the United States to teach at the Graham-Eckes School in Palm Beach, Florida. During the summer break, he bought a pre-owned Jaguar MK IV and proceeded to drive across the USA. He ran out of money in Kansas City and began waiting tables at the upscale Putsch's 210 restaurant where he met a group of lunching ladies from North Texas. This connection led to a teaching position in the English department at Southern Methodist University (SMU) in Dallas for the fall of 1955.

At that time, a small group of Denton parents aspired to start a private K-12 school for their children. When they learned of an Oxford-educated Brit in North Texas, which was unique for the time, they approached John about establishing a school in the English tradition. Naively, the 25-year-old John agreed, and with a \$100 loan from First State Bank of Denton, he rented a prairie-style building on Oakland Street near the Texas Woman's University (TWU) campus. There, Denton Preparatory School was founded in the fall of 1957.

In 1959, as the school flourished, it moved to a farm with acreage outside Denton and added a boys' boarding program. Classes were held in a farmhouse and a large red cattle barn converted into classrooms. In 1960, the first commencement was held near Unicorn Lake, which was named for the school's mascot, the Unicorn.

As the school continued to grow in enrollment, J. Newton Rayzor Sr. offered John 100 acres west of I-35 to build a campus. Denton Preparatory moved when the first building was complete, and in 1963 the school was renamed the Selwyn School in honor of Newton Rayzor's daughter. Buildings were added throughout

the late 60s and 70s, with many designed by Denton native and architect O'Neil Ford. The school's boarding program, which had expanded to include girls, attracted students from the region and around the world.

The ethos of the school provided students with opportunities to excel in many ways. John believed education outside the classroom was as valuable as the traditional college prep done inside the classroom. Much of the curriculum involved outdoor activities including Saturday morning projects where students, faculty, and staff worked together to build patios, sidewalks, gardens, and many other campus improvement projects. This helped foster a tight community with a feeling of true ownership of the school. More community building activities included camping trips and ski trips as well as the Perspectives Program. All students were required to participate in a three-week educational Perspectives trip each March.

The first official Perspectives trip in 1971 began at Selwyn with John driving 10 senior students down the Pan-American Highway through Mexico, Central America, and landing in Panama. From there, the group flew over the Darién Jungle, also known as the Darién Gap, to stay and work on the San Blas Islands with the Kuna Indians. The 1973 Perspectives trip involved John and 13 students who, with the help of local guides, traversed the Gap from east to west, which was a route that had never been attempted. Other trips included sailing a wooden ship from Galveston to the Yucatan and back, following the Nile, kayaking the Sea of Cortez, underwater ecology in Honduras, building a school in Haiti, and many more.

In 1991, John and his wife, Robin, retired to Maine where they spent many years. Upon Robin's death from cancer in 2012, John returned to England where he spent his remaining years.

In 2017, the Selwyn School relocated to Argyle, Texas, and is thriving with the same goals of student success and spirit of experiential education John implemented more than 66 years ago.

Robin, his wife of 47 years, preceded him in death. He is survived by his children Peter Doncaster (Kelley Hanger) of Dallas; Mellen and Susan West of Dallas; Angela West (Roger Noble) of Seal Cove, Maine; nephew Charles Sandy (Emma), nieces Helen Donovan (Patrick) and Ruth Brown (Edward), all of England; and granddaughter Amelia Mosby of Lynchburg, VA.

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Financial FOCUS

By Allen Chick, Edward Jones



other, possibly more productive, ways of using credit. And if you truly can't afford something that's nonessential, don't go into debt for it. "Live within your means" is an old piece of advice, but it's just as valid now as ever.

New Year's financial resolutions

Now that we've reached 2024, you might be thinking about your goals and hopes for the new year. But in addition to whatever personal resolutions you might make — volunteering, going to the gym more, learning a new language and others — why not make some financial resolutions, too?

Here are a few to consider:

Boost your retirement savings. If you can afford it, try to increase your contributions to your IRA and 401(k) or similar employer-sponsored retirement plan. The more you put away in these accounts, the greater your chances of reaching your retirement goals. At a minimum, contribute enough to your 401(k) to earn your employer's match, if one is offered. And whenever your salary goes up, consider raising the amount you put in to your 401(k).

Reduce your debts. It's not always easy to reduce your debts — but it's worth the effort. The lower your debt load, the greater your monthly cash flow. So, look for ways to consolidate debts or find

Build an emergency fund. If you suddenly needed a major home or car repair, or received a large medical bill not fully covered by insurance, would you have the funds available? If not, you might be forced to dip into your retirement accounts or other long-term investments. To avoid this possibility, try to build an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account that's separate from the ones you use to meet your daily expenses. It can take a while to build such a fund, but if you make it a priority and contribute regular amounts each month, you can make good progress.

Avoid emotional decisions. Too many people overreact to events in the financial markets because they let their emotions get the better of them. If the market is temporarily down, it doesn't mean you need to sell investments to "cut your losses" — especially if these investments still have good fundamentals and are still appropriate for your portfolio. It can be hard to ignore market volatility, but you'll be better off if you focus on the long term and contin-

ue following an investment strategy that's designed to meet your needs.

Review your goals. Over time, your goals may have changed. For example, while you once might have wanted to retire early, and planned for it, you may now find that you'd like to work a few more years. If that's the case, you may also need to adjust your financial and investment strategies.

Revisit your estate plans. If you've married, divorced, remarried or added children to your family within the past few years, you may need to review the account titling and beneficiary designations on your 401(k) and other retirement assets, along with your estate-planning documents, such as your will or living trust. You might also need to revise these documents in other ways.

Of course, you may not be able to tackle all these resolutions at one time, but if you can work at them throughout the year, you can potentially brighten your financial outlook in 2024 — and beyond.

Allen Chick is a Financial Advisor with Edward Jones in Sanger. He can be reached at 940-458-7866.

New Year's Resolution Suggestions FROM Your Garden

By Martha Cantrell, Master Gardener



Hello. First off, I want to thank you for taking such great care of my friends and me, your gardens! We flourished throughout spring, summer, and fall but now, parts of us need to rest. That doesn't mean the pleasure of caring for us stops! While some of you might be like my funny, quirky caregiver, who goes into a slight depression this time of year, others of you might wish you lived in a place like Ohio, where everything goes dormant, and you get to stay indoors drinking hot cocoa. You all might wish this when you are outside, in freezing sleet, wrestling with yards of frost cloth, flapping wildly, in 60mph winds, in the middle of an incoming Snowmageddon!

We, your gardens, wanted to help you start 2024 right, so we came up with a few New Year's resolutions that would benefit us both in the coming

year and keep caregivers like mine off the ledge. Below are our suggestions:

Nothing is as fun as planting new, beautiful plants in the spring and watching them flourish. The opposite can be said about digging up all the annuals and other deceased flora friends that have gone to the big arboratum in the sky, but it has to be done. If no seeds are included, they can be added to your compost pile. Some gardeners also cut back their perennials at this time but leave some if you can, providing habitat and seeds for our garden friends. This would be a great time to get rid of all those unwelcome squatters called weeds.

Next, you'll need to rake up all your leaves, if our wonderful NTX winds haven't blown them to Cancun already. They can be added to your compost or be used as mulch. This will give you a clean slate

to work with for your next resolution.

At this point your garden may look like a lunar wasteland but a half-full way to see it, as an artist sees a blank canvas, endless possibilities. Planning now allows you time to research plants, different designs, drip irrigation and create a wish list. Seed catalogs are always fun reading and placing orders is even better. Ordering this early gives you the best selection, time to prepare the seeds and start them indoors.

Last but certainly not least, please don't forget about us! Just because we look dormant doesn't mean we don't need care and water. If you've planted new babies in the fall, the top 2-3" must stay moist. The rest of us don't need as much water as we do during our Sahara summers, but we shouldn't dry out completely. If a hard freeze is coming, move our potted friends inside and cover the rest with freeze cloth.

In closing, we again want to thank you for taking such good care of us this past year. If you make the resolutions we have suggested, instead of drinking hot cocoa in the winter, you'll be sipping iced tea in the spring, gazing at your amazing garden creation.

Happy Gardening!
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City of Sanger



NEWS PAGE...

NEW TRASH COLLECTION SERVICE BEGINNING JANUARY 2024



ATTN SANGER: Changes are coming to your trash and recycling services:

Beginning in January 2024, the City of Sanger will transition to Republic Services for all trash and recycling services.

Each residence will receive one-time per week collection services for garbage, yard waste, and bulk waste. Residents may request additional waste and recycling cans for a fee by contacting customer service. For more details and to find your scheduled pick-up day, please visit:

<https://www.sangertexas.org/.../Trash-Collection-Service>

PUBLIC NOTICES

CITY OF SANGER, TEXAS NOTICE OF PUBLIC HEARING

Notice is hereby given that a public hearing will be held by the Zoning Board of Adjustments in the Historic Church Building, 403 N 7th Street, Sanger, Texas at 7:00 p.m. on Monday, January 8, 2024, for the purpose of considering the following:

A Request for a Variance from Chapter 14 Zoning Section 52.2.A.2 to Allow a Variance from the Required Side Yard Setback of 8 and Allow for a Side Yard Setback of 7.5 for an Existing House Located at 2010 Duck Creek Road.

Notice is hereby given that public hearings will be held by the Planning & Zoning Commission in the Historic Church Building, 403 N 7 th Street, Sanger, Texas at 7:00 p.m. on Monday, January 8, 2024 and by City Council on Monday, February 5, 2024 at 7:00 p.m. in the Historic Church Building, 403 N 7 th Street, for the purpose of considering the following:

An amendment to Ordinance No. 04-11-22 to amend the Planned Development Language and add 21.17 Acres of Land described as A0029A R BEEBE, 65B, within the City of Sanger, and generally located on south of FM 455 and East of Indian Lane.

A Request for a Specific Use Permit (SUP) for a Farmers Market use, on 8.17 acres of land described as A1241A TIERWESTER, TR 165, zoned as Business 2 (B-2), and generally located on the east side of I-35 at the corner of South Stemmons and Wood St.

Notice is hereby given that a public hearing will be held by the City Council in the Historic Church Building, 403 N 7 th Street, Sanger, Texas at 7:00 p.m. on Monday, January 15, 2024, for the purpose of considering the following:

A Request for a Variance from Chapter 10 Subdivision Regulation Section 10.105.1.H to Allow a Variance from the Required Minimum Right-of-Way Width of 50 and Allow for a Right-of-Way Width of 40 for the Existing Street, Mesa Drive.

All interested citizens and property owners are hereby notified of their right to appear and be heard on this matter.

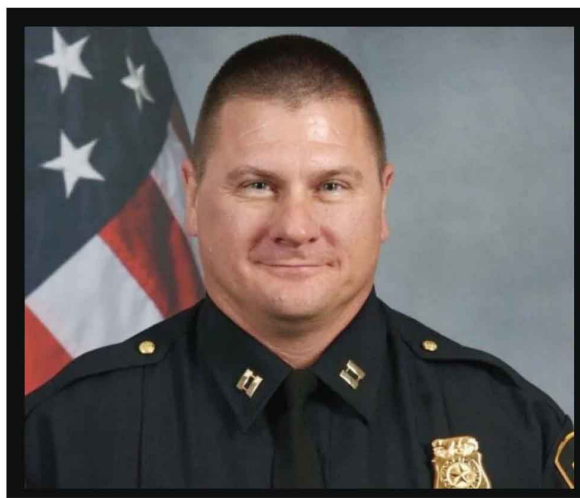
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City Secretary, City of Sanger

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Interview with Sanger Chief of Police

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INTERVIEW WITH SANGER CHIEF OF POLICE:

Listen at <https://bit.ly/48aJgNp>

Discover the groundbreaking changes unfolding within Sanger's Police Department as Chief Tyson Cheek takes us behind the badge in this transformative discussion. From tackling staffing shortages with an eye for dedicated talent to implementing a dynamic command structure, Chief Cheek's journey from interim to permanent fixture at the helm provides a rare glimpse into the inner workings of law enforcement. This episode promises insights into the

revitalization of community policing, where proactive engagement and educational outreach are just the beginning of forging stronger relationships between officers and residents.

Equipping our officers with more than just the standard gear, this conversation unveils the commitment to integrity and transparency that is revolutionizing our force. We take a deep look at the enhanced technologies that have been introduced, such as tasers and stopsticks, and dissect the rigorous recruitment process that ensures the ethical bedrock of our team. Chief Cheek articulates the philosophy that guides our department's conduct and how our strategy seeks to maintain the highest standards of policing, bolstered by advanced training and a community-driven approach.

Wrapping up with a heartfelt acknowledgment of the support from our listeners, we reflect on the ethical landscape of Sanger's Police and the proactive strategies shaping its future. Chief Cheek leaves us with a sense of pride and optimism for what's ahead as we continue to grow alongside our ever-expanding community. Tune in to get a pulse on the initiatives that are not only enhancing public safety but also instilling a sense of pride in our North Texas town. Your support fuels this journey, and we invite you to keep engaging with us on the 266 Express, where every conversation is a track toward a more connected and secure community.

What Can Be Recycled?



Glass

Clear, brown & green glass food & beverage containers are accepted. They should be drained completely with the lid off. Labels may remain on the glass. Light bulbs, drinking glasses, windo glass, mirrors, auto glass, tempered glass, and ceramic containers are NOT accepted.

No broken glass



Plastic Bottles

or other plastics with a #1, #2, #3, #4, #5, and #7 can also be recycled. The cap should be removed and the bottle should be flattened and rinsed if possible.

Aluminum Cans

are accepted. They should be flattened if possible. Aerosol cans, paint cans, foil, pie tins, and aluminum siding are NOT accepted.



Paper, Paperboard & Cardboard

These items can be recycled unless they are wet or have been wet.

- Food boxes (i.e. cereal & Jello boxes)
- EMPTY paper towel & toilet paper rolls
- Paperboard packaging (i.e. tissue boxes etc.)
- Office paper—any color
- Newspapers & inserts
- Magazines, catalogs & brochures
- Envelopes & junk mail
- Paper bags
- Phone books & other soft cover books

Corrugated boxes, such as pizza boxes, and large glued NOT accepted. Ensure all boxes are broken down.



Resolutions

(Continued from pg. 1)

suggestions from registered dietitians, licensed psychologists and personal trainers to help you create a manageable list of New Year's resolution ideas.

Whether you're seeking to manage your finances better, change your outlook on life or simply feel better in the new year, we've got the inspiration you need to get started.

Start a photo journal

Keeping a regular journal is one way to manage stress, channel feelings and keep track of life's most memorable moments. However, setting aside time to write or jot down thoughts can be time-consuming and, depending on your commitments, overwhelming.

A much easier way to remember your day is to snap one or more pictures when the mood strikes you or something catches your eye. Add the photos to a designated folder on your phone or device so that at the end of the year, you can reflect on all the moments you captured.

Do one thing each day you don't want to

Everyone procrastinates. Whatever the rea-



son, there's something (or a host of things) that we put off because either they stress us out or, quite simply, we don't want to do them.

Rather than making a pledge to conquer all the have-to's in your life, which, frankly, is almost impossible to maintain, commit instead to doing one small act each day. Whether it's spending 30 seconds responding to emails before moving on to another task or finding time to read even a single page in the book sitting on your nightstand, it's considered progress. Rome wasn't built in a day, and neither were your goals.

Pause on purpose daily

Each and every day, take a moment to reflect and breathe. "Taking time to engage in small pauses

throughout the day can benefit our mental health and wellness, and it can actually help us be productive," Christner says. "Many of us are in the bad habit of working intensely for long periods of time, yet in actuality we will likely perform best and be more relaxed by interspersing periods of intense work with intermittent periods to pause on purpose."

Christner recommends setting aside two or three minutes every couple of hours. "This might involve taking a few deep breaths, standing up and stretching, reading over a favorite quote, or stepping outside," he says, adding that each person may figure out their own way to reset and recharge.

Focus on why you're eating

This resolution can be

helpful for those that are trying to step out of a diet culture mentality, according to Melissa Macher, RD. "We can get caught up in the 'what' in nutrition and completely forget about the 'why' behind it. For example, why do I feel the need to snack in the middle of the night? Why do I feel out of control with ___ food? Where is this feeling coming from?" she asks.

Choose a "word of the year"

Embrace a word that resonates with you and make it your guiding mantra for the year ahead.

Lynn R. Zakeri, LCSW, tells TODAY.com that she implemented this after her sister-in-law died on New Year's Day. "That day held more meaning and it struck me that I wanted to commit to something, for my own good, for a theme of the upcoming year. I have continued to do so," she says.

When coming up with her word, Zakeri asks herself the following questions: "What is in my way and what do I need to continue to do? What do you want to do better for your own best interest?"

Focus on your financial health

"Financial well-being is a key component of overall health and can have a profound effect on our experiences, goals, and relationships," Brandon tells TODAY.com. "Taking the time to focus on developing good money habits such as creating and sticking to budgets, setting savings goals, or paying off debt can help us achieve greater peace of mind when it comes to our finances."

Maybe 2024 is the year you finally seek the advice of a financial planner. Or perhaps, you build up an emergency fund for extra reassurance.

This isn't just about the money, though. "Studies have shown that having a strong financial foundation can lead to improved mental health, better stress management and increased overall satisfaction," he adds.

Find one thing you like about yourself

For many people, it's hard to not to focus on our perceived personal flaws. Though surmounting self doubt entirely isn't easy, finding something you like about yourself is. Take time to identify the things you feel good about, whether they are part of your physical appearance, like your hair or smile, or your own special skills or talents, remind yourself daily of those positives. Like an affirmation, focusing on the good can go a long way in improving your overall mood and mental health.

Eat mindfully

Yes, your food should be savored and not slurped up in a few seconds. "Mindfulness can be applied to eating and is associated with positive health benefits. When we appreciate our food, eat with enjoyment and tune into our appetites, we tend to feel better, and we often lose weight as a result," Lisa Young, PhD, RDN, and author of "Finally Full, Finally Slim," tells TODAY.com. She points to a study by researchers from McGill University, which "found that mindfulness-based interventions helped with weight loss while also limiting emotional eating, binge-eating, and anxiety."

If this is a new prac-

tice for you, Young says it's important to make sure you always sit down to eat. "Fill up a plate thoughtfully, sit down to eat, and savor each bite so you can be present and enjoy the experience."

Forgive yourself

Throughout the year, you extend forgiveness to loved ones and strangers — but what about yourself?

"Nothing good comes from holding onto your regrets. Recognize and accept your past behaviors so that you can move toward a place of healing," Dr. Wendy Oliver-Pyatt, MD, psychiatrist and founder of Within Health, a virtual eating disorder treatment provider, tells TODAY.com.

Take meaningful risks

Are you risk-averse? That's totally OK. Though one reason you may be hesitant to take bold moves is because you're not honing in what would truly make a difference in the quality of your life.

"Taking risks can lead to personal growth and development; it may also open up new opportunities or possibilities that you hadn't considered before," Jeanette Lorandini, LCSW, the owner and director of Suffolk DBT, tells TODAY.com. "As daunting as it may be, taking manageable risks can be beneficial in many ways."

Some examples: Signing up for a leisure sports club that you may be nervous about joining; putting yourself back out there by joining an online dating site or attending an open house for a grad school program.

(Continued on pg. 6)

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Resolutions

(Continued from pg. 5)

Rekindle a long-lost hobby

If you once loved collecting stamps, hiking, painting or other hobby, but life somehow managed to get in the way and you stopped, consider taking it up once again. Even if it's just thinking about what it would mean to return to your long-lost activity, that's a solid start.

Make a plan to incorporate your hobby back into your life but with no expectations or repercussions if you don't follow through. Perhaps without any pressure, you'll find it easier to pick it back up.

Let go of the toxic people in your life

If you someone is causing more harm than good, then it's time to cut ties. "Allowing toxic people and their behaviors to remain in your life can prevent you from reaching your full potential, so it is important to let those relationships go in order to create space for healthier ones," Lorandini says.

Plan your meals each week

"Spending 30 min-

utes planning your meals each week pays dividends toward better health," Kim Yawitz, RD, a registered dietitian and gym owner in St. Louis, Missouri, tells TODAY.com.

The proof is in the numbers: A 2017 study found that adults who planned their meals had better diet quality and a lower risk of obesity than those who improvised.

"You don't have to reinvent the wheel every week. I always tell my clients to rotate between two to three options at breakfast and lunch and to repeat dinner menus every few weeks," she adds.

Sign up for workout classes on Sunday

Instead of simply squeezing in workouts when you find some time, make them a part of your weekly schedule. Whitney Berger, owner WhitFit NYC and a certified yoga instructor and personal trainer, likes plotting out her week of workouts on Sunday nights while sipping on a "nice cup of tea."

"Monday is a great day to start something and you'll already have your schedule in place to motivate you to get going," she says.

Recognize what you can and cannot control

You've heard it before but this is a powerful statement to guide your way into the new year. "Let go of things beyond your control and focus on what you can, such as how you react to stressors, negative emotions or relapses," Oliver-Pyatt says.

Talking to a trusted friend, therapist, or family member may help you decipher what's what.

Create a self-care 'menu'

"When we are in times of stress, we can't always come up with these ideas, and choosing from a 'menu' can help with that," Macher says.

At the start of the year, create a "menu" with different self-care activities for any (and every) stressful situation. For each activity, list out two options so you can tailor it to your mood that day. "Sleep is a good self-care option, but you don't always have the ability to commit to an afternoon nap. So, your two options could be 1) turn off overhead lights, set a timer and do some deep breathing, and 2) take a 30-minute nap."

Cook more at home

Not only is eating at

home a great way to save money, but Young points out that it can "save you lots of calories, sodium, and added sugar."

"Eating at home enables you to use ingredients you want like whole grains or brown rice instead of white rice and white pasta," she adds. Along the way, you'll also "learn about portion sizes" and how much food you can realistically eat in one sitting.

If you are a novice in the kitchen, Young suggests starting with something simple like grilled fish, your favorite vegetable, and a healthy starch like sweet potatoes or quinoa. Aim to cook two or three dinners a week, then go from there.

Respond to hunger and fullness cues

Let your body guide you instead of your plate.

Macher suggests using a hunger fullness scale when you eat: 1 means you're starving, 5 means you're feeling neutral and 10 means you're uncomfortable, unbutton-your-pants full.

"Take note of your rating before and after eating. Focus first on the hunger side of things — don't let yourself get below a 3 on the scale," Macher says. "After you feel you are responding to your hunger cues consistently, then move on to focusing on not going beyond a 7."

It works in reverse: "Learning to stop eating when you are comfortably full is 10x easier when you've learned how to respond to hunger first."

Write in a daily gratitude journal

Head to Target and buy a gratitude journal, folks. Or use your phone, if you must.

"Rather than trying to accomplish these big resolutions, doing something as simple as ending our days by focusing on the positive can have a great impact on us," Christner says.

Zoom in on three things you are most grateful for at the end of each day. "The goal is not looking at the 'big events' but rather to focus on the little

things that we sometimes easily miss."

Apologize less (or more)

Some people find themselves chronically apologizing for anything and everything. If you're among them, try to reserve your sorries for when they are truly warranted. Hard stop. When you catch yourself about to apologize to someone, pause and reflect on whether or not your act of contrition is genuinely necessary in the moment.

On the other hand, if you're a person who struggles to say they're sorry to others, think about doing so more in the new year. Sometimes a simple, "I'm sorry" goes a long way in repairing fractured relationships and creating goodwill among friends, family, coworkers and others.

Do one daily act of kindness

Paying it forward does more than just make someone else happy — it also helps reduce our stress and improve our overall well-being.

"Some of the best acts are those that are simple, such as complimenting someone, holding the door for a stranger, letting someone in line ahead of you, paying for someone's cup of coffee, smiling, giving a nice greeting, or even just being patient," Christner says.

Commit to the three basics: sleep, nutrition and exercise

Yep, the big three matter. "It is cliché, but truly ... it all comes back to that. Have you ever met someone you didn't care for who had all three of these in their daily practice," Zakeri asks. Aim for eight hours of sleep, healthy food choices and regular exercise every single day.

"This keeps us focused on what we can control, it gives us confidence in our health and longevity," Zakeri says.

Find a healthy work-life balance

Working from home has made it even more

difficult to take a break from the "office." Still, it's worth committing to as a New Year's resolution (or any time of year, for that matter): "Balancing our professional and personal life can be difficult, but it's essential to maintaining our physical, mental and emotional well-being," Brandon says.

In addition to creating boundaries between work and home, Brandon recommends "taking regular breaks throughout the day" to rest and recharge. It'll pay off in the long-run: Brandon adds that studies have shown that a healthy work-life balance can lead to improved job satisfaction, increased productivity and enhanced quality of life.

Cut yourself some slack

Extend the kindness that you show others to yourself in 2024. "Simply put, speak nicely to yourself, treat yourself with respect and don't be too hard on yourself. Remind yourself every day: 'I'm a fallible human. I might make mistakes, but if I do, I'll figure it out and it'll be OK,'" Christner says.

Christner recommends starting your day with that very reminder — a positive affirmation, if you will. "Using this self-talk as a mantra of sorts is a good way to keep it at the forefront of our thoughts." If you do mess up, take a deep breath and repeat the quote a few more times," he adds.

Understand the urgency of things

Remember: It's probably not that important.

"Everything is right now, stress is high, and urgency is applied to emails, calls, and texts, and patience is gone," Zakeri says. To combat this sense of urgency, ask yourself, "Is this critical?" If not, "take a breath and pause," and know "it's OK if it's done tomorrow."

Set boundaries

Consider this the corollary of the resolution above. "It's important to set boundaries for yourself

(Continued on pg. 7)

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Resolution

(Continued from pg. 6)

and for others to ensure that your emotional needs are being met," Lorandini says. Doing so will help prevent relationships in your life from becoming too intense, potentially veering into toxic territory.

"This may include setting limitations on how much you're willing to give of your time and energy to others, as well as saying 'no' when needed," Lorandini says. "Setting boundaries will allow you to be more intentional about how you're spending your time and energy."

Create a list of coping statements

This practical piece of advice from Oliver-Pyatt will serve you well in the new year whenever you face a tough experience. "Compile a list of coping statements for radical acceptance that you can turn to whenever you are struggling," Oliver-Pyatt says. "Having these on hand can help you react to painful situations in a mindful way."

Eat more plant proteins - It's "Veganuary," after all.

Even if you don't go fully plant-based, include more plant-based proteins in your everyday diet. "Replacing meat with plant proteins is a good way to improve health. Research found that eating more plants is associated with a reduced rate of heart disease, diabetes and certain cancers," Young says.

It's easier than it sounds: Substitute red meat for chickpeas, lentils, nuts, and seeds a few times a week.

Ease into it and try to eat three plant-based meals each week. Set yourself up for success by stocking your pantry with cans of chickpeas or black beans. Then implement quick

fixes like Young's go-to: "Sprinkle nuts and seeds on your salad instead of adding meat or cheese."

Focus more on one-on-one relationships

Make 2024 the year you cultivate deep, trusted friendships. "Sure, a group of friends is fun for memories and events and good times and shared experiences, but on a daily basis, it is the individual relationships that matter more," Zakeri says.

Be intentional with your time and energy, making sure you invest in people who are also willing — and happy — to invest in you.

Clean up your social media

Now's a good time to evaluate your relationship with social media and how it impacts your mental health — and make changes as needed.

"Stop following people who you don't know, don't add anything to your growth and make you feel badly about yourself," Zakeri says. "And on that note, decide how many minutes per day is too many to be scrolling." Set time limits on your phone to keep you accountable.

Find clothes that fit your current body

While many buy new clothes in a smaller size in an effort to incentivize weight loss, Macher urges people to steer clear of this practice. "Your body now is just as worthy of comfortable clothes as your 'ideal' body. Having clothes and even underwear that don't fit properly can be sabotaging," she says.

Keep learning

Rather than trying to change a bad habit, you can use New Year's resolutions as a way to feed your need for growth.

"We have many me-



diums to learn new things from reading a book to subscribing to a learning platform like MasterClass," Christner says. "Learning new skills can motivate us, prevent boredom, boost confidence, keep our minds flexible, and improve our happiness."

Have a year of 'action not reaction'

It's easy to get caught up in reacting to things that happen throughout the day rather than focusing on how you can make a change. "Working to focus on how we act versus react can help us stay focused and keep calm in stressful situations," Christner says.

Trade negative self-talk for action-oriented questions. Christner recommends asking yourself the following questions to be proactive, not reactive:

Is this something that I really need to do something about?
Does this require my action?

Is there anything I could say or do that would make the situation better?

If I wait, will this even still be an issue later?

way, then this resolution isn't for you.

Hit the weight room at least twice each week

If you want to feel stronger and healthier in the year ahead, Yawitz emphasizes the many benefits of spending more time in the "weight room," whether it's at an actual gym or your living room.

"Lifting weights can help strengthen your bones, decrease your risk of injuries, lower your risk of diabetes, and improve your mood. Strength training also increases metabolism, so it's a great addition to your routine if you hope to shed a few pounds," she says.

New to weightlifting? "A few sessions with a personal trainer can help you make the most of your time in the gym and ensure you're moving with proper form. Bodyweight exercises like push-ups and lunges are great alternatives if you prefer to work out at home."

Power down at least an hour before bedtime

A good night's rest is key. "If you often struggle with falling or staying asleep, powering down your devices in the evening is a great place to start," Yawitz says.

Phones, tablets, TVs and other devices emit blue light, which suppresses the production of melatonin and makes it more difficult to fall asleep. That's why Yawitz suggests setting a timer to turn off devices and dim your lights at least one hour before bedtime. "You can read during that time, do a craft, stretch, take a bath or visit with

family — as long as you keep the lights low."

Have a plank competition with yourself

Looking for a New Year's resolution you can do in a few minutes a day? "Every day or each week, add on 10 to 30 more seconds to holding your plank. This is so good for physical strength but also mental strength," Berger says.

To add some more structure to this goal, consider doing a plank in the morning when you wake up and right before bed. "Even if it's just for a minute, this is a great routine to get into," Berger says. "Planks are a full-body exercise, great for building core strength but they're also amazing for focusing and centering."

Slow it down with a restorative yoga class

Ready to say "om"? Take a restorative yoga class every week. "While we think of fitness as going hard, or challenging workouts, it's also about maximizing our workouts and focusing on overall goals," Berger says. "We forget to slow it down and allow our bodies to recover, which is important for muscle building."

Make balance a priority


We're saving this succinct New Year's resolution for last: "Balance. Do what you need to do, then do what you want to do, and then, and only then, do what you should do," Zakeri says. Easier said than done, but a valuable principle to hold close as we enter 2024.

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Sanger Lions Club Offers a New Type of Membership and Volunteer Opportunities for Families

The Sanger Lions Club is now offering an excellent opportunity for families to become involved together in community service. The club is now welcoming family groups to become part of their organization. This new concept allows families to spend quality time

together volunteering on community projects as members of Lions Clubs International.

The Sanger Lions Club has made changes in its meeting dates, times, structure and club activities to encourage family involvement. "We're very excited about the oppor-

tunity for more families to become involved in our club," said Brad Allison, Sanger Lions Club President. "Research shows that families that volunteer together have stronger family bonds, and organizations such as ours benefit from creating a legacy of service beginning with

Informational Roll-Out Meeting

The Lions Club will host an informational membership meeting on the Lions Club, Future Lions and Cubs Club programs January 4th, 2024 from 5:30pm to 6:30pm. The meeting will be held at the Sanger Community Center 101 Freese Drive in Sanger. Please join us for some light refreshments and learn how your family can join us in service.

The Sanger Lions Club has been serving the community for more than 75 years. It is actively involved in community projects such as:

The Sanger Crisis Center and Food Bank.

Collecting used eyeglasses for those in need in developing countries.

Eye screenings support for Sanger ISD and the community.

Sanger ISD's Backpack Program, the Purple Bus Mobile Library.

Scholarship contests for junior and seniors, Scholarships for seniors.

Just to name a few.



For more information about the Sanger Lions Club and their family concept, contact Sanger Club President, Brad Allison at: Sangerxlionsclub@gmail.com or call (210) 825-9275.



<https://the-lions-club.org/links/sanger/index.php>



the younger generation."

The Lions Club is adding three new types of memberships, Affiliate Membership, Future Lions and a Cubs Club. An affiliate member is someone who is not able to participate as an active member of the club but desires to support the club and its community service initiatives while volunteering alongside their family. The Future Lions members are 13 to 17 years of age. These Young Leaders in Service will receive Community Service Hours while serving the community along

with familymembers and other affiliate and active Lions. The Cubs Club are members age 12 and below who serve with the families and will learn the valuable lessons of community service, helping those in need.

These new Affiliate, Future Lions and Cubs members will meet at the first Thursday of the Month from 5:30pm to 1:00pm.

6:30pm. Meetings will be held at the Sanger Community Center at 101 Freese Drive. This is focused around the working/busy parents / grandparents who want to serve their community. Current "Active" Lions Members will continue to meet at the Community Center on the first and third Wednesday of the month from noon to 1:00pm.



Sanger ISD schools and offices are closed for the holidays. The offices will open and staff will return on Jan. 8. Students return and classes resume on Jan. 10. View the full calendar at www.sangerisd.net/calendar2/official-school-calendar

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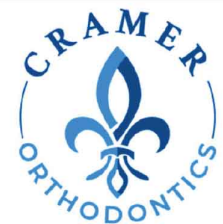
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#5 Molly Schmucker	FR	5'9"
#10 Lily Wilson	SO	5'7"
#15 Taylor Galbreath	JR	5'8"
#21 Blair Lewis	SO	6'2"
#22 Kinley Amyx	JR	5'8"
#24 Samantha Hydock	SR	5'7"
#32 Vivianne Lynch	FR	5'6"
#44 Sarah Dee	FR	5'8"

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Assistant Coaches: Tina Martin, Scott Montgomery, Allison Taylor, Jeremy Harvey, Ashley Hedrick

Sanger Indians Varsity Basketball Roster 2023-2024

#0 Tyler Grimes	FR	SG	5'7"
#2 Alex Dee	FR	SG	5'7"
#1 Baylor Beard	FR	PG	5'7"
#3 Hunter Nelms	JR	SF	6'3"
#4 Hunter Howe	SR	SG	5'10"
#5 Dylan Brown	JR	SF	6'1"
#11 Jett Jones	SR	C	6'3"
#12 Kevin Thomas	JR	PG	5'10"
#13 Landon Cole	SR	SG	5'9"
#20 Uziel Davis	JR	SF	6'1"
#21 Kason Peebles	JR	SF	6'2"
#23 Barrett Beard	SR	SG	5'10"
#33 Daylen Richardson	JR	C	6'4"

Head Coach: Bubba Stastny
Assistant Coaches: Erik McNairy and Kyle Stifflemire



An aerial view of the new field turf on the Sanger High School softball field. The SHS baseball field is being turfed now. **SHS Boys Nov.-Dec. Basketball Schedule**

DAY	DATE	OPPONENT	PLACE	TEAM / TIMES
THR-SAT	DEC 28-30	CALLISBURG TOURNAMENT		VB
MON	Jan 1	PRACTICE ALL TEAMS 10-12		
TUE	Jan 2	SPRINGTOWN	AWAY	9B-10 JVB-11:15 VB-12:30
WED	Jan 3	PRACTICE ALL TEAMS 10-12		
THR	Jan 4	PRACTICE ALL TEAMS 10-12		
FRI	Jan 5	CASTLEBERRY	HOME	9B-10 JV-11:15 V-12:30
MON	Jan 8			
TUE	Jan 9	LAKE WORTH	AWAY	9B-5 JVB-6:15 VB-7:30
FRI *	Jan 12	HIRSCHI	AWAY	JVB-5 9B-6:15 VB-7:30
TUE *	Jan 16	GAINESVILLE	HOME	JVB-5 9B-6:15 VB-7:30
FRI *	Jan 19	BURKBURNET	AWAY	JVB-5 9B-6:15 VB-7:30
TUE **	Jan 23	WFH	HOME	JVB-5 9B-6:15 VB-7:30
FRI	Jan 26	BYE		
TUE *	Jan 30	HIRSCHI	HOME	JVB-5 9B-6:15 VB-7:30
FRI *	Feb 2	GAINESVILLE	AWAY	JVB-5 9B-6:15 VB-7:30
TUE *	Feb 6	BURKBURNET	HOME	9B-5 JVB-6:15 VB-7:30
FRI *	Feb 9	WFH	AWAY	9B-5 JVB-6:15 VB-7:30
MON	Feb 12	GUNTER	AWAY	VB- TBA
FRI	Feb 17	DIST CERTIFICATION		
MON/TUE	FEB 19-20	BI DISTRICT		HD COACH BUBBA STASTNY
THR-SAT	FEB 22-24	AREA		ASST ERIK MCNAIRY
MON/TUE	FEB 26-27	REGIONAL QTR		ASST KYLE STIFFLEMIRE
FRI	Mar 1	REGIONAL SEMI		
SAT	Mar 2	REGIONAL FINAL		AD / CHAD ROGERS
				GIRLS AD / TRACY SYKES
THR-SAT	MAR 7-9	STATE		PRIN / CARLY SPERRY
				ASST PRIN / JONA GILLUM

* DENOTES DISTRICT GAMES

** DENOTES SENIOR NIGHT

SHS Girls Nov.-Dec. Basketball Schedule

Date	Opponent	Location	IV Gold	IV Purple	Varsity
Jan. 2	Mineral Wells	Mineral Wells	10:00	11:30	1:00
Jan. 5	Wichita Falls	Wichita Falls	5:00	5:00	6:15
Jan. 9	BYE	BYE	BYE	BYE	BYE
Jan. 12	Hirschi	Hirschi	DNP	5:00	6:15
Jan. 16	Gainesville (MS Night)	SHS	DNP	5:00	6:15
Jan. 19	Burkburnett	Burkburnett	7:30	5:00	6:15
Jan. 23	Wichita Falls (Teacher Night)	SHS	7:30	5:00	6:15
Jan. 26	BYE	BYE	BYE	BYE	BYE
Jan. 30	Hirschi (PeeWee Night)	SHS	DNP	5:00	6:15
Feb. 2	Gainesville	Gainesville	DNP	5:00	6:15
Feb. 6	Burkburnett (Senior Night)	SHS	7:30	5:00	6:15
Feb. 12-13	Bi-District	TBD			
Feb. 15-16	Area	TBD			
Feb. 19-20	Regional Quarterfinals	TBD			
Feb. 23-24	Regional Semi/Final	Lubbock Christian University			
Mar. 1-2	State Tournament	San Antonio AlamoDome			

Head Coach: Derek Hilliard
Head Assistant Coach: Tracy Sykes
Assistant Coaches: Tiria Martin, Scott Montgomery, Jeremy Harvey, Allison Taylor, Ashley Hedrick

Superintendent: Dr. Tommy Hunter
Athletic Director: Tracy Sykes
Principal: Carly Sperry
Assistant Principals: Jona Gillum

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Start the New Year off right by hitting the trails and participating in the first Tri-Park-A-Thon at Lake Ray Roberts. For this year's First Day Hike the will be hosting a Tri-Park-A-Thon!!!

You can come for just one hike at the Ray Roberts Lake State Park Unit of your choice OR complete the Tri-Park-A-Thon by making it to each first day hike at the three main units of the park; Greenbelt Unit, Isle du Bois Unit, and the Johnson Branch Unit.

If you make it to all three hikes and get a stamp for each one you will receive a prize!

Whether joining for one or all three, they invite you to come celebrate the new year with some of your favorite park rangers as they hit the trail to break a sweat. These programs will be a group hike with a moderate pace.

1st Hike
Greenbelt Unit - 428 Entrance. When: Jan. 1, 2024, 8AM - 10AM

Meet: 428 Entrance in Aubrey, Picnic Day Use area. Look for the sign and Rangers. (GPS coordinates provided due to no physical address: 33.306711, -97.040070) Trail: Coyote Run to Swallowtail Trail - 3.1 mile partially gravel and dirt trail - Trail rated Moderate.

2nd Hike
Isle du Bois Unit. When: Jan. 1, 2024, 12 PM - 2 PM

Meet: Isle du Bois Unit - Boat Ramp parking lot. Look for the sign. Trail: Randy Bell Scenic Trail - 2 miles paved trail with some inclines - Trail rated Easy.

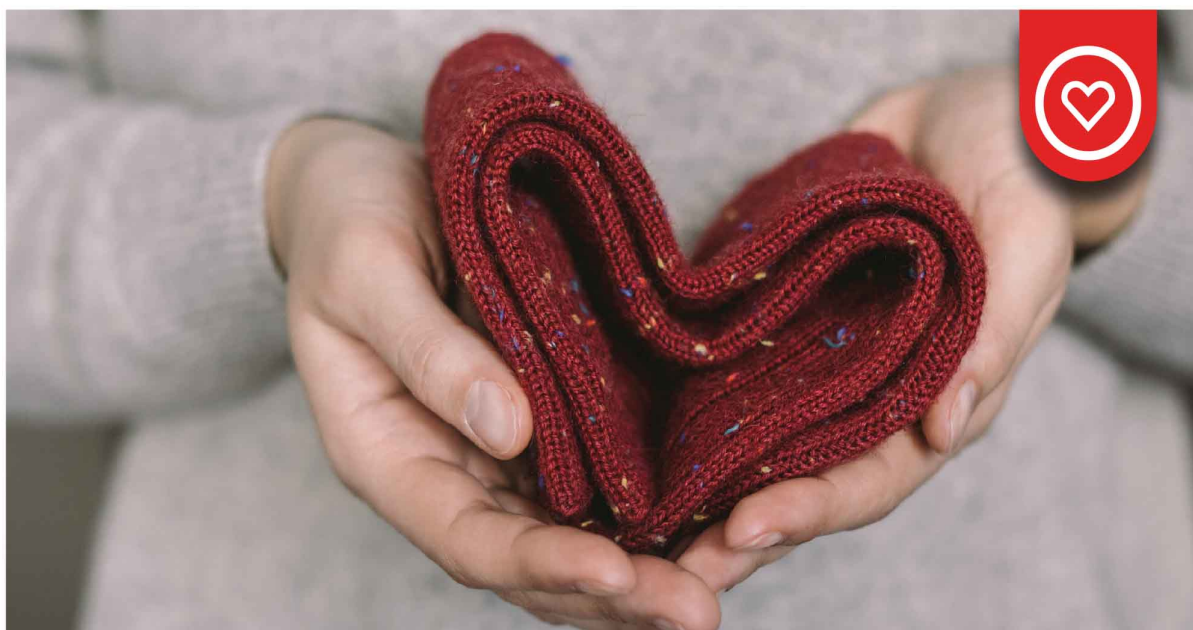
3rd Hike
Johnson Branch Unit (2 Trail Options). When: Jan. 1, 2024, 3 PM - 5 PM

Meet: Dogwood Canyon Parking Lot Trail: Dogwood Canyon Trail- 5.2 miles- Trail rated Moderate. Meet: Nature Center Parking Lot Trail: Cross Timbers Trail- 2.6 miles- Paved trail- Trail rated Easy.

Who: All ages
Dogs are invited but must be on a secure leash (please no extendable leashes), up to date on vaccinations, and socialized around other people and dogs. Bring: water, trail shoes, and dress for the weather. Reminders: All ranger-led programs are subject to weather cancellations.

Please dress for the weather. Attendance to this event is open to the public and free AFTER regular entrance fees.

Park frequently meets capacity and reservations prior to arrival are encouraged to ensure entrance into the park. Visit www.texasstateparks.reserveamerica.com to make day pass reservations.



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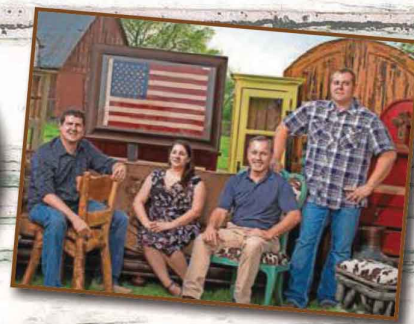
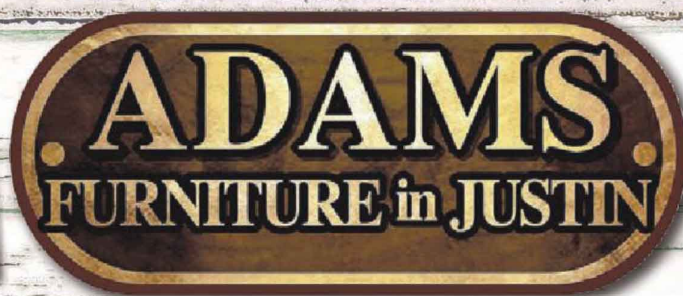
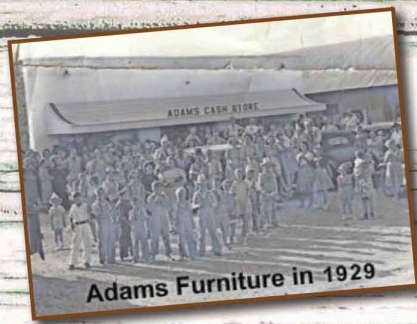
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