



## Lights Ride December 2019

In This Issue:		
<b>Safety Tip</b>	<b>2</b>	<b>Ride Reports</b>
<b>Upcoming Rides, Activities.</b>		<b>Lights ride.</b> <b>5</b>
<b>Annual Meeting.</b>	<b>4</b>	<b>Ride Calendar.</b> <b>6</b>

## Safety Tip

### Start Fresh: 6 Tips For Emotional Well-Being In 2020 Article from NPR by Emily Vaughn & L. Carol Ritchie

As a college student, [Katy Milkman](#) played tennis and loved going to the gym. But when she started graduate school, her exercise routine started to flunk.

"At the end of a long day of classes, I was exhausted," Milkman says. "Frankly, the last thing I wanted to do was drag myself to the gym. What I really wanted to do was watch TV or read Harry Potter."

What got her back to regular workouts was something she calls "temptation bundling." She resolved to indulge in her love of wizard-lit only while at the gym, by listening to audiobooks with earbuds.

Milkman, now a professor at the Wharton School of Business who specializes in human decision-making, says that when it comes to making a behavioral change, the trick is to [pair the thing you dread with something you love](#).

Looking for more tips like these to make your New Year's resolution stick? Whatever your goals, we have insights that can make it a little easier for you to achieve them. Here are six "life recipes" for good mental health from research that NPR reporters covered this year.

#### **Cultivate joy**

Feeling stressed? Just [eight techniques](#) — a "buffet of life skills" — can [make a significant improvement in well-being](#), say scientists who taught the techniques to caregivers of people with dementia. After learning techniques such as how to keep a gratitude journal, for example, and how to quickly reframe negative experiences in a positive light — these family caregivers reported impressive decreases in both stress and anxiety.

#### **Prepare to fail. It's part of succeeding**

If you're trying to get a new routine to stick — whether it's getting more exercise, eating less sugar or learning to play the ukulele — scholars who study human behavior say [the key is to accept failure as a part of the process](#). Expect that at some point you will mess up. And when that happens, don't give in to the "what-the-heck" effect — the feeling that since

you've missed one session, your whole plan is a bust. Just get back to taking steps toward your goal, and don't beat yourself up.

### **Help an anxious partner the right way**

You can [support a partner who has an anxiety disorder](#) without sinking yourself, say therapists: First, don't try to fix things immediately. Instead, acknowledge your loved one's perspective. "You can move to logic, but not before the person feels like they're not being judged and ... misunderstood," says licensed psychologist Carolyn Daitch. Learning how to gently maintain boundaries is important, too.

### **Feeling extra angry? Get checked out for depression**

Many patients — and doctors — associate depression with feelings of hopelessness, sadness and lack of motivation. But a growing number of psychiatrists say [depression is also behind some hypercritical tendencies and outbursts of anger](#). The good news: This sort of irritability is responsive to counseling and medication.

### **Redefine exercise: Move a little bit, often**

Maria Godoy, one of NPR's editors, learned to love exercise when she realized every little bit counts. "I reframed what I thought of as exercise," she says. Vacuuming with gusto, taking the stairs — these [little bursts of movement throughout the day add up](#), like pennies in a piggy bank.

### **Take a minute today to consider your life's purpose**

Having a purpose in life seems to have a more powerful impact on decreasing a person's risk of premature death than exercising regularly, quitting smoking or curbing your alcohol intake, research suggests. Maybe you find greatest meaning in guarding the environment, raising good children, making music or touching lives through your volunteer work. It doesn't seem to matter what your life's purpose is, a growing body of research suggests. [What matters is that you feel you have one.](#)



# DATES Annual Meeting

## Sunday, January 26, 2020

Come join your DATES friends for the umpteenth Annual Meeting! Who doesn't like a cocktail, a great Mexican food buffet, and some rousing officer speeches and elections? Bring potential new DATES friends along too!

Sunday, January 26, 2020  
5:30 pm at Blue Mesa Grill  
14866 Montfort Drive Dallas 75254

\$20 per person (includes tax and gratuity - thanks to DATES)  
Pay by: Registering on the DATES website and paying online per our Wild apricot payment system OR send a check to David Dres 6923 Alpha Road Dallas 75240

### **Officer Elections for 2020**

Every year at the DATES Annual Meeting we elect officers for the next year, with terms starting March 1. Here is the slate of officer nominations, and if you would like to nominate yourself or someone else to be on the ballot, please let Scott or Mindy Mashburn know at [smashfamily@sbcglobal.net](mailto:smashfamily@sbcglobal.net). Voting takes place at the Annual Meeting, so if you want your voice heard - please attend!

### **Officer Nominees for 2020**

DATES Coordinators - Scott and Mindy Mashburn  
Ride Coordinators - David and Julie Gregory  
Secretary - Ernie and Regina Coose  
Treasurer - David and Mary (Jackson) Dres  
Newsletter Editor - Nancy and John Griswold  
Membership and Webmaster - Kevin and Linda Vinson

And we want too thank Glen and Barb Rudolph for their years as Secretary and wish them well in their future adventures!

# DATES Annual Christmas Lights Ride

Ride report by Scott Mashburn

Despite climate disruption, the weather did not disrupt the 2019 edition of the DATES Christmas lights ride. A few of us even noticed Santa in shorts and a T-shirt!

After admiring everyone's costumes and bike decorations, and the requisite group photo, 12 teams set out from the parking lot of The Lot for our tour of the beautiful Lakewood neighborhood. The lights and decorations were spectacular and the folks were friendly. Kevin and Linda Vinson did a great job on the route, but were unable to make it. So Ernie and Regina Coose stepped in as ride leaders and guided us through all the twists and turns for about an hour of riding.

After this rigorous ride, we were ready for some food and drink, and we were even able to dine on the patio without the heaters this year! After dinner a rowdy Chinese Christmas gift exchange ensued, and anything with a wine theme was quickly snatched up. But all went home happy with their new gift and Harry and Janette Thompson's macarons.



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<b>DATES RIDES &amp; ACTIVITIES</b>						
RIDE OR ACTIVITY	DATE	START TIME	START PLACE	HOST	PHONE # / EMAIL	DETAILS
The Annual Meeting	Jan 26	5:30	Blue Mesa Grill	Scott & Mindy Mashburn	Smashfamily @sbcglobal.net	Page 4

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DOUBLE DATES, the Dallas Area Tandem Enthusiasts, is a recreational club for riders of tandem bicycles. Membership dues are \$35 payable annually in February. If a team joins mid-year, the dues are: Jan – June \$35; July – Oct \$16. Teams joining in November or December pay \$35 and are paid up for the following year.

DATES is affiliated with or a member of the Tandem Club of America, the League of American Bicyclists, BikeTexas and BikeDFW.

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