

People always talk about physical stimulation and keeping your body healthy, but where's the brain gym to help keep your wits sharp? Most people don't realize that engaging in mental stimulation is just as important as keeping your body in shape. Brain teasers are an excellent way to keep our minds sharp and focused. Many teachers have their students practice them in class. There are plenty of great puzzles out there to challenge every level of thinking. For daily teasers, there are several mobile apps that offer daily reminders and challenges.

#COMMITMENT

Make Your New Year's Resolutions Stick

Keep nudging yourself in the direction you'd like to go.

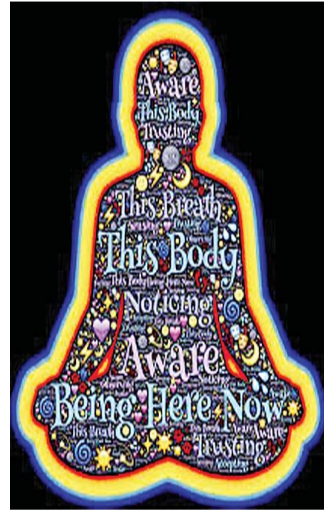


Maybe you plan to ring in 2023 with a new resolve to quit smoking, lose weight, exercise more, and not sweat the small stuff. And maybe these resolutions sound familiar—maybe just like the ones you made a year ago!

Creating new habits takes time and energy. A new behaviour won't become automatic overnight, but you may enjoy some of its benefits fairly quickly. Also, as you start to take walks regularly or engage in stress-soothing practices frequently, you'll find you won't feel quite right if you stop. That's a great incentive to continue. So, keep nudging yourself in the direction you'd like to go. And try the following tips to help you create long-lasting change.

Dream Big

Audacious goals are compelling. Want to compete in a marathon or triathlon? Lose 50 pounds or just enough to fit into clothes you once loved? With perseverance, encouragement, and support, you can do it. An ambitious aim often in-



spires others around you. Many will cheer you on. Some will be happy to help in practical ways, such as by training with you or taking on tasks you normally handle in order to free up your time.

Take Small-enough Steps

Now think tiny. Small steps move you forward to your ultimate goal. Look for surefire bets. Just getting to first base can build your confidence to tackle - and succeed at - more difficult tasks. Don't disdain easy choices. If you start every plan with "Make list," you're guaranteed to check one box off quickly. That's no joke; a study on loyalty programs that aim to motivate consumers found giving people two free punches on a frequent-buyer card encouraged repeat business. So break hard jobs down into smaller line items, and enjoy breezing through the easy tasks first.

Habits & Routines

Understand why you shouldn't make a change that's right.



Until you grasp why you're sticking like a burr to old habits and routines, it may be hard to muster enough energy and will to take a hard left toward change. Unhealthy behaviours like overeating and smoking have immediate, pleasurable payoffs as well as costs. So, when you're considering a change, take time to think it through.

You boost your chance of success when the balance of pluses and minuses tips enough to make adopting a new behaviour more attractive than standing in place. Engaging in enjoyable aspects of an unhealthy behaviour, without the behaviour itself, helps too.

For example, if you enjoy taking a break while having a smoke, take the break and enjoy it, but find healthier ways to do so.

Commit Yourself

Make yourself accountable through a written or verbal promise to people you don't want to let down. That will encourage you to slog through tough spots. One inrepid soul created a Facebook page devoted to her goals for weight loss. You can make a less public promise to your partner or child, a teacher, doctor, boss, or friends. Want more support? Post your promise on Facebook, tweet it to your followers, or seek out folks with like-minded goals online.

Give Yourself a Medal

Don't wait to call yourself a winner until you've pounded through the last mile of your big dream marathon or lost every unwanted ounce. Health changes are often incremental. Encourage yourself to keep at it by pausing to acknowledge success as you tick off small and big steps en route to a goal. Blast your favourite tune each time you reach 5,000 steps. Get a pat on the back from your coach or spouse. Ask family and friends to cheer you on.

Learn From the Past

Any time you fail to make a change, consider it a step toward your goal. Why? Because each sincere attempt represents a lesson learned. When you hit a snag, take a moment to think about what did and didn't work. Maybe you took on too big a challenge? If so, scale back to a less ambitious challenge, or break the big one into tinier steps.

Be Grateful

Give thanks for what you do. Forget perfection. Set your sights on finishing that marathon, not on running it. If you compete to complete, you'll be a winner even if you wind up walking as much as you run. With exercise - and so many other goals we set - you'll benefit even when doing less than you'd like to do. Any activity is always better than none.



#FAREWELL PELE

If you happened to be in some remote corner of the world, and you mentioned the name "Edson Arantes do Nascimento", the chances were that you would be greeted with blank stares in return. Instead, if you used the nickname that the same man was popularly known by, Pele, those same stares would usually be replaced by smiles of recognition.

For more than two generations of Brazilians, and football lovers from elsewhere, that name opened doors and hearts wherever you were on the planet. Even in the days before the worldwide web, Pele and the late Muhammad Ali were truly global icons. It didn't matter if you were in Madrid or Marrakech, Kolkata or Kingston, the king's name was a conversation starter.

Though no one under the age of 60 had even seen him play, the teenage wonder who exploded into the global consciousness with his goals at one of the first televised World Cups (Sweden, 1958) - before becoming one of the senior statesmen of perhaps the greatest international team ever (1970) - transcended the sport. As with Jesse Owens, Ali and Joe Louis, Pele's role in the battle that athletes of colour had to fight for self-respect shouldn't be underestimated.

A Wonderful Footballer

Most of all, though, Pele was a wonderful footballer; at the heart of two sides that made Brazil the 'neutral' team for generations. It wasn't just that they won three World Cups between 1958 and 1970. It was the manner in which they won them - with matchless flair, scoring 117 goals apiece in the knockout rounds

in both 1958 and 1970. Pele contributed six of them in 1958, including a hat-trick against France, and opened the scoring in the 1970 final against Italy.

By then, he was no longer just a goal-scorer. His clever runs, movement and passing were central to Brazilian victories over Peru (4-2), Uruguay (3-1) and Italy (4-1). Jairzinho scored in every round,

Roberto Rivellino's hammer of a left foot contributed three goals, and Tostao scored twice, but most observers had Pele as their player of the tournament for the manner in which he took it upon himself to tease defenders out of position so that his teammates could apply the finishing touches. The four goals he scored were a bonus.

If anything, it's the near misses - especially the outrageous dummy against Uruguay in the semifinal, and Gordon Banks' miraculous save for England - that people recall more than the goals. And has there ever been a more famous assist than the perfectly weighted pass to Carlos Alberto for Brazil's fourth in



Author with Pele.

Legend lives on

Even if the International Olympic Committee hadn't named him Athlete of the Century in 1999, Pele's status as one of the greatest of all sportspersons would have been unchallenged. Integral to two of the greatest teams of all time, his influence extended far beyond the playing field.



How will we remember this greatest of sportsmen? He was also one of the very few great sportspersons to visit India while still active, coming to Kolkata with New York Cosmos in 1977. That visit, and another nearly four decades later in 2015, cemented his place in the affections of Indian football lovers. For a generation of fans who grew up in the 1950s and '60s, it was always Pele and then daylight. Many of them have also passed on now, but the stories they shared with their kids and others remain. Like Pele, those are immortal.

the final, rightly regarded as the greatest team goal ever? As with any popular icon, it became fashionable after a while to try and find feet of clay, whether it was in his politics, relationships or public utterances. Pele never claimed to be perfect, nor did he anoint himself as a role model, but there was always a vocal minority that existed merely to run him down and build up his rivals.

Unbeatable

In Brazil itself, he was probably not even the most loved footballer of his generation. Mane Garrincha was the tragic hero, with his deformed feet, incredible trickery on the ball and tumultuous personal life. His death from alcoholism before he turned 50 merely embellished the legend. But to compare one with the other was just daft. Both men would have told you that they were at their best when they played together. Certainly, Brazil were unbeatable when they did.

Diego Maradona, Lionel Messi

and Johan Cruyff, who supplemented his achievements as a player by becoming the most influential of coaches, will all have their adherents when it comes to a debate about the greatest footballer of all. But it's safe and entirely accurate to say that no one ever expanded football's footprint like Pele did. Despite the USA's participation in the 1990 and 1950 World Cups - they upset England 1-0 in the 1950 edition - the sport was an afterthought in North America, lagging behind basketball, American Football, baseball and even ice hockey when Pele went to play for New York Cosmos in the North American Soccer League (NASL) in the 1970s.

The two years he spent there were instrumental in the growth of the sport. The NASL may have folded in the 1980s, to be replaced by Major League Soccer (MLS) in the 1990s, but the seeds had been sown for a World Cup to be hosted in 1994. For three decades now, the USA's women's team has set the standards for the rest of the world to emulate.



By Rick Kirkman & Jerry Scott

The men's team have challenged Mexico for top-dog status in the CONCACAF federation since the late 1980s.

Even as parents hesitate to let their kids play American Football or ice hockey, because of evolving research surrounding brain injuries, and basketball remains the preserve of the super-tal, football has become the No.1 participation sport for young boys and girls in North America. It's no exaggeration to say that such a scenario wouldn't have been possible without Pele's stint in the NASL.

But as influential as his time with Cosmos was, the other defining characteristic of Pele's career was his loyalty. Having first played for Santos as a precocious 15 year old, Pele would spend his entire top-flight career there, moving to New York only long after his days as a Brazilian international were over. During the nearly two decades that he represented Santos, he would have lost count of the number of blank cheques that came his way. Every top club side in the world coveted him. But Pele never left the small industrial city on the outskirts of Sao Paulo, scoring over 600 goals for them in official matches, and another 500-odd in exhibition games around the world.

Greatest of Sportsmen

At one point in the 1960s, Santos's all-white kit was as famous as Real Madrid's, with the bar-code away version equally well recognised. Maradona considered Boca Juniors the club of his heart, but his best years were spent at Napoli in southern Italy. Cruyff came through the ranks at Ajax but left for Barcelona while still in his prime. One of Zinedine Zidane's greatest regrets was not being able to play for his beloved Olympique de Marseille, while Messi has yet to play a senior game for Newell's Old Boys, the team of his childhood dreams. Pele's devotion to the Santos crest is one of the notable sidelights of his remarkable story.

How will we remember this greatest of sportsmen? The prodigy with the coconut haircut in 1958, scoring awe-inspiring goals before celebrating with the exuberance of the teenager that he was then? The legend kicked out of contention in 1966 by some brutal tackles? Or the calm but joyful playmaker around whom a second Brazilian side was built in 1970? Mario Zagallo, the coach in 1970, had been a player in 1958, but on the field, Pele was the only link to Brazil's first World Cup win.

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Like Pele, those are immortal.

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#MICROMOBILITY



Car-Free Spaces

The open streets of the pandemic reclaimed public space for pedestrians and bicyclists.

The early days of the pandemic ushered in a new urgency to create more public space as restrictions on indoor gatherings left urban dwellers yearning for the outdoors. But while many of these efforts were intended only to be temporary, some have endured.

In the last three years, many cities have taken back streets and parking lots from cars, turning them into dining and play areas for pedestrians. And as biking boomed, some governments made fast-tracked efforts to make major city arterials safer and more accessible for cyclists. Others completely reimaged how residential and commercial corridors should be designed, friendly re-modelings feature

along 34th Avenue in Jackson Heights, Queens, is closed to traffic from 7 a.m. to 6 p.m. daily. More public space as restrictions on indoor gatherings left urban dwellers yearning for the outdoors. But while many of these efforts were intended only to be temporary, some have endured.

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these bike-and-pedestrian-friendly re-modelings feature parklet-style public seating, bike



John F. Kennedy Drive.

against the broader open streets movement.

Pointing to benefits like improvements to mental health and more equitable access to the outdoors, public space advocates and officials have rallied to keep such changes in their communities permanent.

Globally, public space projects have focused on moving people, particularly by bike or another form of micromobility. **John F. Kennedy Drive San Francisco, California**

In 2020, officials banned cars from a mile-long stretch of John F. Kennedy Drive, a main thoroughfare in San Francisco's Golden Gate Park. It has since turned into a full-out pedestrian promenade, with vibrant street murals and eye-popping art installations, including a trio of seven-foot-tall dachshund head sculptures from the city's defunct fast-food icon Doggie Diner planted right in the middle of the street. There are also new seating and play areas, along with plenty of scheduled programming for families.

34th Avenue in Jackson Heights New York City, New York

Since 2020, a busy main street in one of New York's most culturally diverse neighbourhoods has transformed into a vibrant pedestrian corridor and community hub. The 1.3-mile stretch

racks, and play spaces for children in configurations that, while attractive and welcome, are already familiar.

Piazzape Milan, Italy

Fifteen years ago, Milan had one of the highest rates of car ownership in Europe, freighted the city's air with particulates and often leaving what would have been elegant squares as gridlocked car carousels. Much has changed since then: first a congestion charge introduced in 2012, and, since 2018, a grand scheme of over 40 interventions designed to divert traffic and make the city's squares open-air living rooms once again.

Less than five years into the program, the city has already created 22,000 square meters (5.4 acres) of pedestrian space, turning what had become parking lots into calm but lively spaces full of brightly coloured paving, benches and shrubs. Such has



La Magdalena.

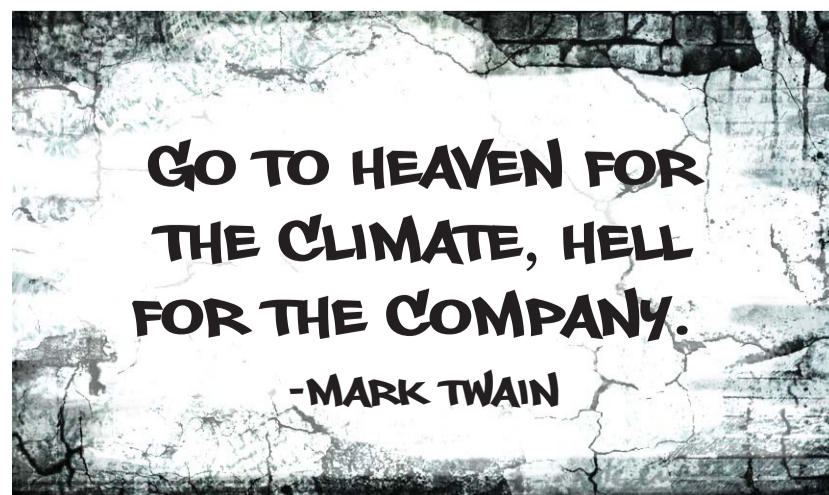
been the success of the scheme that the city has extended it to a broader "Open Streets" program that will give streets - many of them initially closed-off during the pandemic - a similar makeover

La Magdalena Quito, Ecuador

Pastel-coloured dots cover a 1.8-kilometer stretch of Viracocha street in Quito's historic neighbourhood of La Magdalena. They're a nod to its culture, and painted on by a local artist. They also serve to make the street - a highly frequented pedestrian route - safer by creating a sense of "shared space" between motorists and those on bike and foot.

The painting is part of a collaboration between the Global Designing Cities Initiative and the city as part of the organization's "Crash Spots" program, which aims to implement quick-build redesign projects in neighbourhoods with some of the highest levels of traffic-related casualties. Between 2017 and 2020, the city transit agency recorded 39 crashes near Viracocha.

THE WALL



BABY BLUES



ZITS

