Siesta Vista PRESENTS:

**Did You Know?**

TRUTH OR CONSEQUENCES, Nov. 21 - Did You Know? #19: That going for a walk can help your body heal? So, if you are feeling aches and pains, try going outside for a walk. This is one of the benefits of Vitamin D. Increase your fluid intake for the next few days after your large Thanksgiving meal to help flush out the food and improve your next meal.

If you overlooked the Thanksgiving, keep an eye on the donut and still satisfying by filling it with fresh fruits and vegetables and fill out the remainder of the plate with lean protein. Calm your stressed yoga. Yoga. Your body under stress after a big meal. Yoga can help by activating the parasympathetic nervous system, the one that lowers blood pressure, heart rate, and reduces the stress hormones.

Doing yoga with your friends has also shown to increase the response of feel-good neurotransmitters like serotonin and the oxytocin hormone. So, find a class next Monday and enjoy some needed funds to save some money and support their favorite food bank through the Sierra County Humane Society and Desert Haven. We will be checking in with all our dependable suppliers!

Our next check-in is planned for January 1, 2019.

HUMANITY HAPPENINGS -

By Elana C. Aubin

Two back-to-back could not pass through the Desert Southwest – quite a sud- den change in night-time temperature indeed. The Desert Haven volleyball team has been to the volun- teer assisted every habitat at Desert Haven Animal Refuge. The individual candidates in- clude the Cool Cat Neighbor- hood, including the Feline Dollar, Kitty House, the Cat Bar, Rosy Room and Kitty Corner.

A memorial celebration of her life and accom- plishments will take place on the Hope peninsula in Montana in 2009. She was an accom- plished educator earn- years. She was an accom- plished educator earning a PHD in education. Pat was married to Mike who passed in 2015. She is survived by her two children Tim and Cass, grandchildren Lu- da and 5 great-grandchil- dren.

A memorial celebration of her life and accom- plishments will take place on the Hope peninsula in Montana in 2009. She was an accom- plished educator earn- years. She was an accom- plished educator earning a PHD in education. Pat was married to Mike who passed in 2015. She is survived by her two children Tim and Cass, grandchildren Lu- da and 5 great-grandchil- dren.

Patrial Rocco was born June 1927 in Montevideo, Minnesota as Patricia Louise Zim- merman. She passed away on Nov. 10, 2018 at St Jo- seph’s Medical Center in Truth or Consequences, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.

Pat was married to Mike Rocco for more than 60 years. She was a dedi- cated educator gaining a PHD in education from Colorado State Uni- versity in the early 70’s. Pat worked in the field of special education for public schools, universi- ties and private nonprofit organizations. She is sur- vived by her two children Tim and Cass, grandchildren Lu-, da and 5 great-grandchil- dren. She passed away on Nov. 10, 2018 at St Joseph’s Medical Center in Truth or Consequences, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.

Pat was married to Mike Rocco for more than 60 years. She was a dedi- cated educator gaining a PHD in education from Colorado State Uni-

**Subscribe to The Herald**

NOV. 21, 2018 • PAGE B5

---

**By Lorettta Tookey • For The Herald**

The Tigers of Hot Springs High and the Jal Panthers are going to be playing for the 1988-99 season,

A rematch between the Tigers of Hot Springs High and the Jal Panthers is scheduled for Tiger Stadium Saturday night. The game is a Class B State championship. Kick-off time is scheduled for 2 p.m. The Tigers of Hot Springs High and the Jal Panthers are going to be playing for the 1988-99 season, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.

---

**By Lorettta Tookey • For The Herald**

The Tigers of Hot Springs High and the Jal Panthers are going to be playing for the 1988-99 season, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.

A rematch between the Tigers of Hot Springs High and the Jal Panthers is scheduled for Tiger Stadium Saturday night. The game is a Class B State championship. Kick-off time is scheduled for 2 p.m. The Tigers of Hot Springs High and the Jal Panthers are going to be playing for the 1988-99 season, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.

---

**By Lorettta Tookey • For The Herald**

The Tigers of Hot Springs High and the Jal Panthers are going to be playing for the 1988-99 season, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.

A rematch between the Tigers of Hot Springs High and the Jal Panthers is scheduled for Tiger Stadium Saturday night. The game is a Class B State championship. Kick-off time is scheduled for 2 p.m. The Tigers of Hot Springs High and the Jal Panthers are going to be playing for the 1988-99 season, and in Caballo from 2000 and in Do, Idaho and Montana from 1992.