

ORCAS NEWS

Orcas Business Park Newsletter



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Viaduct Closure

Now that the viaduct is closed, you may be trying to avoid the resulting traffic. Here are a few ideas to ease the stress. **ALLOW EXTRA TIME**, nobody wants to wake up early but a little extra time can make a big difference. **CARPPOOL**, if you have coworkers who live near you consider carpooling to help reduce the number of vehicles on the road. **PUBLIC TRANSIT**, King County Metro offers bus service to Georgetown. Routes [124](#) and [131/132](#) travel between downtown Seattle and Georgetown. If you come from other areas check out [King Country Metro Trip Planner](#) to find your route.

Tenant Spotlight

Steve Steinberg has been a tenant in the 5700 building since 1998, the first lease the current owners executed after their purchase of the property. As Steve wound down a career in retail, he moved to a new life as a baseball historian. His focus is on the Teens and 1920s, with a particular focus on the New York Yankees of Babe Ruth and Lou Gehrig. Steve has written five books (two co-authored with Lyle Spatz), three of which have won national awards. He has also published more than 20 articles, in historical journals and publications of the New York Yankees. His 2017 biography of Urban Shocker, a forgotten Yankees star who was dying of heart disease while he posted an 18-6 record for the great 1927 Yankees, is his favorite and most personal book. Steve has appeared on national TV and radio several times. This past November, he appeared on MLB Network's **BASEBALL NOW**, hosted by Brian Kenny, in connection with his latest work, *The World Series in the Deadball Era*. Here's a link to a segment from that show.

<https://www.mlb.com/video/steinberg-on-the-deadball-era/c-2519776283>

Did you know?

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or **18.1%** of the population every year. If you or someone you love is affected by anxiety here are a few coping strategies:

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine**, which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health. Check out the fitness tips below.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.



- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

4 Tips to Keeping Your New Year's Resolutions

You've made a New Year's resolution? Congratulations: Research says you're 10 times more likely to successfully alter a behavior than you would if you didn't make a start-of-the-year vow. And maybe that's why some 45 percent of American adults ring in the New Year with a resolution.

But will they keep it? According to statistics, almost half will give up on their goals within six months. Avoid being one of them. No matter what you've vowed—to lose weight? get fit? save money?—these four tips can help you achieve your goal.

Be Specific

Vague goals won't work. You need to develop a specific action plan for change. Map out your strategy, if you want to lose weight, target a precise number of pounds to shed, then set concrete mini-goals and the dates on which you aim to accomplish each of them. Want to save money? Determine the amount you will put aside each month and identify explicit changes in behavior you'll make to get there, whether that means skipping your afternoon latte or carpooling to work to save on fuel costs.

Make Your Goal Public

Share your decision to change with friends and family who can offer support when you're wavering and encouragement when you're doing well at sticking to your resolution. Public commitments are generally more successful than private decisions.

Substitute Good Behaviors for "Bad"

Don't rely on willpower alone to help you change. Instead, build in a healthy behavior that's incompatible with the one you want to change. So if eating your usual midafternoon treat runs contrary to your goal of dropping a few pounds, put together a small like-minded group and commit to taking a quick, brisk walk at your normal snack time. Each time you put the brakes on "bad" behavior, you'll increase your confidence in your ability to make the change.

Track Your Progress

Record or chart your changed behavior. Research indicates that such 'self-monitoring' increases the probability of keeping your resolution.



