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McIntosh, Minnesota



Winger Lion's offer Kidsight testing

The Winger Lion's Club offered Kidsight USA community eye screening for children at the recent Breakfast with Santa event held in December. Lions KidSight USA is a nationwide program that safeguards the vision of children ages 6 months to 6 years.

According to educational experts, 80% of learning is visual. So, if children can't see well, it is much more difficult for them to learn efficiently. Yet most young children don't get their vision screened until they have problems learning or paying attention in school. By this time, it may already be too late. Unless vision problems are detected early and corrected, they risk becoming permanent by age 7. Lions in the USA already screen over a million kids per year through state-wide and local programs often known as KidSight. Lions KidSight USA is a national coalition that brings together Lions programs that screen preschool and school age kids. Their mission is to ensure eye screenings and follow-up care are given to all kids. To do this, we will work with Lions to increase the number of screening programs around the country in order to reach more children when it is possible and where it is needed.

About 7 – 15% of kids screened, nearly 4 million, will be referred for a follow-up exam by an eye care professional. Approximately 5% of all children in this age group will have amblyopia, a treatable disorder that can result in permanently reduced vision when not addressed by an early age. The screening devices detect risk factors for amblyopia, such as strabismus (eyes that cross or wander out), refractive errors and unequal vision between the two eyes, and potentially even more serious issues such as cataracts and eye cancer. For any child needing a referral, it will be recommended that the parents or guardian take the child to an eye care practitioner. The Lions will follow up to be sure children get the care they need. Should anyone be interested in having their child screened, please contact a Winger Lion's member. There will be other events for the screening around the area soon.



May Breckel with her dad, Jason, as she is screened with the KidSight test. The device that is used simply looks into the child's eyes and shows the result on the screen that Winger Lion, Laura Perkerwicz is showing Jason and May.



KingTown Insurance Company held their Christmas Open House on Friday, December 20th in McIntosh. Welcoming guests were Calie, Diane and Jan.

Mac residents bring out the tradition of Julebukking

Between Christmas and New Year's Day, people wearing masks and costumes (Julebukk) would go door to door, where neighbors receiving them attempt to identify who is under the disguise. In one version of Julebukking, people go from door to door singing Christmas songs. After they have sung, they are usually awarded with candy. Another tradition requires that at least one person from the visited household join the band of Julebukk and continue to the next household. In certain aspects, the custom resembled the modern-day tradition of Halloween trick-or-treating. Julebukk will often disguise their voices and body language to further the masquerade. Offering people holiday treats and something to drink is customary. Once identities are known and the food is eaten, the Julebukk continue to the next home. The earliest form of Julebukking was a pre-Christian pagan ritual. The tradition of the Yule goat (Julebukk) is commonly believed to have originated in Norway, at a time when pagans worshiped Thor, the god who traveled in his chariot drawn by two goats. During the Yule holiday, they would

disguise their appearance by dressing in a goatskin and go from house to house carrying a goat head. Christian missionaries modified the tradition and divorced its meaning from Paganism. The Yule Goat became one of the oldest Scandinavian and

Northern European Yule and Christmas symbols and traditions. In Scandinavia, the figure of the Yule Goat remains a common Christmas ornament. It is often made out of straw, has a red ribbon around its neck, and is found under the Christmas tree.

German and Scandinavian immigrants brought this tradition to America. Though the practice of Julebukking may be dying out in Europe, it can still be observed on occasion in rural communities in America with large populations of people of Scandinavian descent.

Julebukking is another old tradition that seems to have ended in most places. However, some symbols of those times still exist. Straw Yule Goats became popular Christmas ornaments among Scandinavian cultures, and you can still find Julebukk in some homes today.



Right: Mary Goodwin receives Julebukking guests on December 27th when some McIntosh residents got together to carry on the Scandinavian tradition throughout town.



Community Calendar

- Wed. Jan. 1:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Jan. 2:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Jan. 3:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 6:** School resumes at Win-E-Mac; McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Jan. 7:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Jan. 8:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm
- Thurs. Jan. 9:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri Jan. 10:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 13:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Jan. 14:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Staff at the First National Bank and Insurance of McIntosh welcomed customers and community members for their annual Christmas Open House. Guests were treated to lots of holiday goodies and snacks and a chance to win a door prize. (L-R) Elena Boianoff, Jackie Huschle, Philip Lee, Larry Finseth, Erika Mayer, and Charise Sharp.

Individual Artist \$1,500 grants deadline is January 15th

The application deadline for Individual Artist Grants for \$1,500 from the Northwest Minnesota Arts Council (NW-MAC) is January 15, 2020. This is the only deadline each year. Applications are being accepted in our seven-county service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties in Minnesota. Individual artist grants are awarded to individuals in our region in performing, visual, media and creative writing arts. To be eligible you must be out of high school and at least 18 years of age. College tuition is not an eligible expense.

What is a typical project?

Often, grant proposals are to buy items that directly relate to your art like upgrading an instrument or replacing worn out visual art equipment. Sometimes proposals are to attend a workshop that is important for your artistic growth then create a new body of work as a result of that learning. Some grants are to allow artists to create a new body of work, then promote and showcase the result.

What is hard to get funded?

It is difficult to receive fund-

ing for items that are part of daily life like computers, printers, cameras, cell phones, etc. It is also difficult to receive funding to travel to destinations for art training that have the appearance of a vacation. It is difficult to receive funds to start a new arts medium since your current work sample is important to the application process and must show work within the medium you are applying.

Can I pay myself while I work on my project?

Yes, the McKnight Foundation encourages established artists to be able to use grant funds to pay themselves to work on the project. If awarded a grant, however, careful tracking needs to occur on the form provided. If awarded, all receipts for expenses need to accompany the final report or full or partial funding will be returned including the completed time tracking form.

Please contact Mara with any questions you have at director@nwartscouncil.org or 218-745-9111.

The McKnight Foundation awards the Northwest Minnesota Arts. To see if you qualify for this grant visit the grants link at www.NorthwestMinnesotaArtsCouncil.org/grants.



Rosanne Burslie and Vicki Strom enjoy some treats at the KingTown Christmas Open House.

How to make your favorite foods healthier

After the whirlwind of the holiday season, the season of resolutions takes over. Many people to resolve to live healthier, and they may not have to give up their favorite foods to do so.

Research from the National Institutes of Health suggests American adults between the ages of 18 and 49 gain an average of one to two pounds every year. Grazing and overeating tends to increase when the weather cools down. A 2005 study published in the New England Journal of Medicine found that, in the fall, people

tend to consume more calories, total fat and saturated fat. In the spring, people seem to prefer more carbohydrates. In addition, less powerful sunshine in winter coupled with people bundling up translates into less vitamin D being absorbed by the body. Some researchers believe there is a link between vitamin D deficiency and weight gain as well.

People can employ some easy modifications and make healthier versions of the foods they like to eat.

- **Choose crunchy foods.** Those who are prone to snacking can reach for noisy foods. These include crunchy items like apples, carrots and pretzels. Scientists say that when people listen to what they are chewing - called the "crunch effect" - they eat less of that item.
- **Tone down the cream.** D Replace cream sauces with a healthier base made of low-fat milk thickened with flour. Increase the flavor with favorite spices.
- **Fry with care.** Many foods that are traditionally fried also can be lightly coated with cooking spray and baked for a crunchy texture.
- **Choose sodium-free seasonings.** The USCA recommends limiting sodium to less than 1 teaspoon of salt per day. Try options like fresh herbs or lemon juice to add some sodium-free flavor.
- **Increase fiber content.** Fiber helps one feel fuller longer and can also be helpful for digestion and heart health.
- **Stock up on yogurt.** Greek and other varieties of yogurt can replace sour cream and mayonnaise in many dishes.

Resolving to eat healthier when preparing your favorite foods.



NOTICE

HILL RIVER TOWNSHIP FILING NOTICE

The filing dates for the Township of Hill River, County of Polk, State of Minnesota will be from Tuesday, December 31, 2019 until 5:00 p.m. on Tuesday, January 14, 2020.

Filing will be for

One (1) Supervisor for a term of three (3) years and One (1) Clerk/Treasurer for a term of two (2) years.

The filing fee is \$2.00. Filing is to be at the Clerk/Treasurer's home. Raymond O. Sundrud, Clerk/Treasurer Hill River Township 35563 300th Street SE Fosston, MN 56542 (218) 435-1029

M41-42C

Community Birthday and Anniversary Calendar

Wed. Jan. 1: Katie Chaput
Sat. Jan. 4: Amanda Shultz; Henry Rominski
Sun. Jan. 5: Darios Zahn, Sandy Salvyhus, Corey Smeby, Matthea Jore
Mon. Jan. 6: Winston Carlson
Tues. Jan. 7: Paul Jore, Leland Vigoren

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

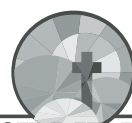
RICHARD D. RICHARDS, PUBLISHER
 KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Sun. Jan. 5: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 12: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou Supply Pastor Gordon Syverson

Sun. Jan. 5: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 12: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson

Sun. Jan. 5: 11:15am Worship Service.

Sun. Jan. 12: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church

Fri. Jan. 3: 10:00am Telecast of the Sunday School/Luther League Christmas Program on GVTV--30

Sun., Jan. 5: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues., Jan. 7: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, Jan. 1: 6:30pm Bible Study at Sharon Ramberg's

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel

Pastor Karl Anderson

Thurs. Jan. 2: 7:00am Men's Breakfast at Mt. Carmel

Sun. Jan. 5: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship;

Thurs. Jan. : 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. Jan. 5: 9am Worship; fellowship coffee following worship

Sun. Jan. 12: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

Sun. Jan. 5: 10:00am Worship Service and Children's Sunday School

Sun. Jan. 12: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker,

Sun. Jan. 5: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. Jan. 12: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC Erskine, Minnesota

Pr. Scott Baker, interim

Sun. Jan. 5: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

Sun. Jan. 12: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH Erskine

Pastor Joel Smeby

Sat. Jan. 4: 8:00am Men's Prayer Group

Sun. Jan. 5: 10:00am Worship

Wed. Jan. 8: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Jan. 11: 8:00am Men's Prayer Group

Sun. Jan. 12: 10:00am Worship

Wed. Jan. 15: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes



Gary and Jeanne Frisk were guests during the Neil's Quality Meats & More Open House on Friday, December 20th and were able to sample some of the specialties that the staff was sampling.

BUSINESS & PROFESSIONAL GUIDE

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3 simple ways to eat healthier every day

Diets can be difficult to navigate. Since no two people are the same, a healthy diet that satisfies one person won't necessarily satisfy another.

Vegetarians might be perfectly happy without chicken or steak, while some people might shudder at the notion of never indulging in the occasional filet mignon.

While the most effective diets tend to be those that emphasize nutrition while still allowing individuals to indulge in some of their favorite dishes in moderation, the following are three ways that everyone, regardless of their personal preference, can eat healthy every day.

1. Eat lots of whole-grain carbohydrates.

Fad diets tend to paint carbs as the enemy, but various studies have shown just how integral carbohydrates, particularly whole-grain varieties, are to a healthy diet. One such study published in 2018

in the medical journal The Lancet Public Health found that diets that got between 50 and 55 percent of their calories from plant-based carbohydrates like whole grains were associated with a lower risk of mortality than low-carb diets that favored animal-derived protein sources.

When buying carbs at the grocery store, shoppers can opt for whole-grain varieties, including whole-grain pastas, brown rice and cereals. That won't require sacrificing flavor and makes for a simple way to eat healthier every day.

2. Make an effort to eat more fruits and veggies.

The United Kingdom-based National Health Service, which is the largest single-payer healthcare system in the world, recommends eating at least five portions of fruits and vegetables every day.

That may sound like a lot, but it's pretty easy to incorporate all those healthy fruits

and veggies into a diet. For example, add a serving of antioxidant-rich blueberries to your cereal bowl each morning. At dinner time, allow vegetables to take up the most real estate on your plate. The Centers for Disease Control and Prevention note that diets rich in fruits and veggies can help people control their weight and may even reduce their risk for certain diseases, including cancer.

3. Kick added sugars to the curb.

Avoiding added sugars is another way anyone, regardless of their food preferences, can eat healthier every day. Healthy foods such as fruit contain natural sugars, and these don't pose a threat to overall health.

However, added sugars, which the Harvard Medical School notes are found in many foods and can include honey, molasses and corn syrup, can increase a person's risk for var-

ious conditions and diseases, including obesity, heart disease and diabetes. Fruit contains fiber that slows the absorption of natural sugars, but the body digests added sugars much more quickly, leading to an uptick in blood sugar levels that can ultimately contribute to diabetes. Added sugars can be found in a host of foods and beverages, including some that aren't generally considered unhealthy, like bread, certain breakfast cereals and pasta sauces. When shopping, consumers should read nutrition labels and avoid products with excessive amounts of sugar.

Eating healthy does not require people to abandon their favorite foods. A few simple adjustments can be all it takes to improve the nutritional value of your diet.

2020 Election-Mail Ballot Reminder

The City of Winger hereby notifies residents of the city that voting in the 2020 Presidential Nomination Primary Election as allowed by M.S. 204B.45, will be done by mail.

All voters in the City of Winger registered by February 11, 2020 will be mailed a ballot for the Presidential Nomination Primary Election set for March 3, 2020. Ballots will be mailed on or before January 31, 2020. Ballots must be returned to the Polk County Taxpayer Service Center 612 N. Broadway Suite 213, Crookston by mail or delivered in person until 8:00 P.M. on Election Day-March 3, 2020. This location can also be utilized for in person voting. And an assistive device will be available for use.

An eligible voter who is not registered to vote by February 11, 2020 may apply for and receive an absentee ballot from the Polk County Taxpayer Service Center until 8:00 P.M. on March 3, 2020 and any registered voter may apply to the Polk County Taxpayer Service Center to receive an absentee ballot.

The ballots will be processed at 8:00 P.M. at the Polk County Government Center 612 N. Broadway Crookston by the Polk County Mail Ballot Board election judges. This process is open to the public.

Additional information on mail balloting procedures can be obtained from Dominica Zarkoff, City of Winger Clerk, or by calling 218-938-4150.

Dominica Zarkoff, City of Winger Clerk

M41C

7 ways to start getting organized

Becoming more organized is a popular resolution each new year.

However, like many resolutions, people's commitment to being more organized tends to wane as February draws near.

Being unorganized can adversely affect productivity, state of mind, motivation, and even happiness.

Sixty-seven percent of people surveyed in an Alpha Phi Quarterly study believed they could save up to 30 minutes a day if they were more organized.

And a Huffington Post survey determined worrying a home isn't clean enough or organized enough is the fifth most common stress trigger for Americans.

Getting and staying organized requires commitment. Having some handy tips at the ready to facilitate the process can make things go more smoothly.

1. Determine what organization means to you. Being organized might mean one thing to you and something else entirely to someone else.

Some may put form before function. Others may be interested in the aesthetics of a neat-looking space. Once you have a handle on what being organized entails to you, you can get to work.

2. Start with what motivates you most. Perhaps this is a room in the home that has become overrun with clutter. Or maybe it's getting finances organized so you can save for a dream vacation. When you accomplish your biggest goal, the seemingly smaller ones may seem less difficult.

3. Declutter your mind. Think of a busy mind as a computer that has that turning hourglass or spinning color wheel icon when it's stuck on a process. Every application stalls because the computer cannot do everything at once. The same thing can happen in the brain. Sit down and make a to-do list of what's on your mind. Then start prioritizing tasks. This will do wonders to clear your head.

4. Create deadlines for yourself. An open-ended timeline to get things done

may promote procrastination. Deadlines may provide motivation.

5. Avoid distractions. Try to remove as many distractions as possible. When working on a chore, hire a babysitter to look after the children or step away from social media so you can focus on the task at hand. Interruptions only slow you down.

6. Think before you acquire. Once you are organized you may have challenges fitting new items into the mix. If you're getting ready to purchase something new, carefully consider its usefulness and determine in advance where it will go, and whether or not you have the space.

7. Be accountable to another. Having help getting organized can mean delegating certain tasks or enlisting someone to check in with you to see if you're on target. Embrace this system of checks and balances.

Becoming organized is a process, but once you get the hang of it, it can be easy to stay organized.

Learn the ways to beat bad habits

The start of a new year can be a rejuvenating time when people take inventory of their lives and make positive changes. In a quest for personal growth, many people resolve to reduce or eliminate bad habits.

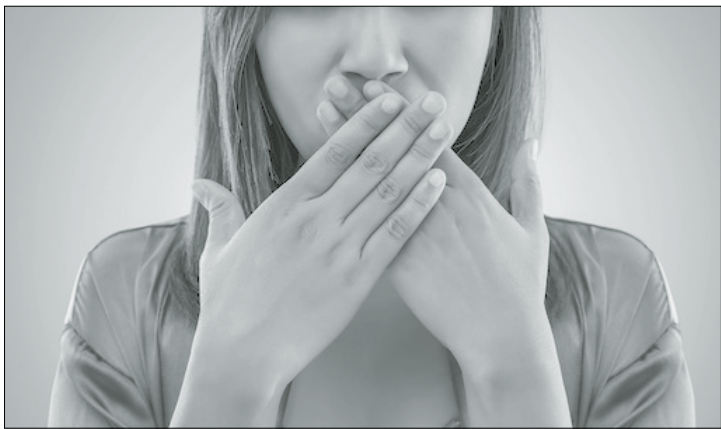
Habits are one of the ways in which the brain establishes patterns for neurons to follow. Habits help people work on autopilot some of the time, which can save time and energy, according to Medium.com, an information site educating the public on a wide array of timely topics.

Good habits, like showing up to work on time, are worth maintaining. But bad habits can be problematic and potentially unhealthy.

Strategies to break bad habits might work for some but not for others. Perseverance is essential to kicking bad habits, and the following are some additional tips that can help people as they try to ditch certain behaviors once and for all.

Recognize the habit. No person is perfect, and each of us has our strengths and weaknesses. Recognizing a bad habit is the first step toward breaking it.

Break the pattern by offering a new one. As noted, when a habit is established, neurons form a pattern. Establishing a new, better habit, rather than just trying to quit



the bad habit cold turkey, can be an effective way to help the brain adjust to a new pattern, advises neuroscientist Elliot Berkman. He says the brain finds it easier to do something new than to simply stop doing something it's accustomed to. So if you're a nail-biter, do something else with your hands, like play a musical instrument, to create a new pattern.

Penalize yourself with in reason. Making a habit painful in one way or another may make it easier to quit. Penalizing yourself by paying a dollar each time you say a curse word, or extending a workout for an extra 30 minutes for each one you miss are some examples of simple punishments.

Reward yourself for beating habits. Rewards for kicking bad habits can be

just as effective as penalizing bad behavior. Reward yourself with something unusual and meaningful after you kick a bad habit.

Learn your triggers and avoid them. The self-improvement blog Pick the Brain indicates that every bad habit has a cue that can trigger it. Triggers fall into these categories: location, time, emotional state, other people, and an immediately preceding action. By learning your triggers, you can work to avoid them. If eating junk food comes on the tails of a stressful commute, try a different way home. If you smoke when you're around a particular person who eggs you on, take a break from hanging out with this person.

Breaking bad habits is challenging, but it can happen with focus and dedication

Goals... Continued from page 1

people achieve their goals in the years ahead.

1. Make it a group effort.

A 2013 study from a University of Connecticut researcher found that there is a high level of correlation between users' exercise activities and their participation in these digital health communities. Such communities served as motivating factors for people aiming to live healthier lives. Relying on others for support, insight and motivation can be a great way to achieve your goals, no matter what those goals are.

2. Set goals big and small.

No goal is too small, and no big goal should be considered beyond reach. In fact, achieving small goals can provide motivation and inspiration along the way to realizing your larger goals.

Devise a one-month plan, a six-month plan and a 12-month plan for the year ahead. The one-year plan can serve as your big goal, while the one- and six-month plans can serve as small motivators and great ways to track your progress en route to achieving your larger goal.

3. Write down why you're

setting goals.

People set goals for various reasons, and writing down the reasons they're pursuing their goals can serve as inspiration when challenges arise. For example, if you aspire to change careers to spend more time with your family, writing that down can provide motivation to keep looking for opportunities when a job search stalls or feels fruitless.

A new year is a great time to set goals. A handful of strategies can help people set their goals and keep them on track toward achieving them.



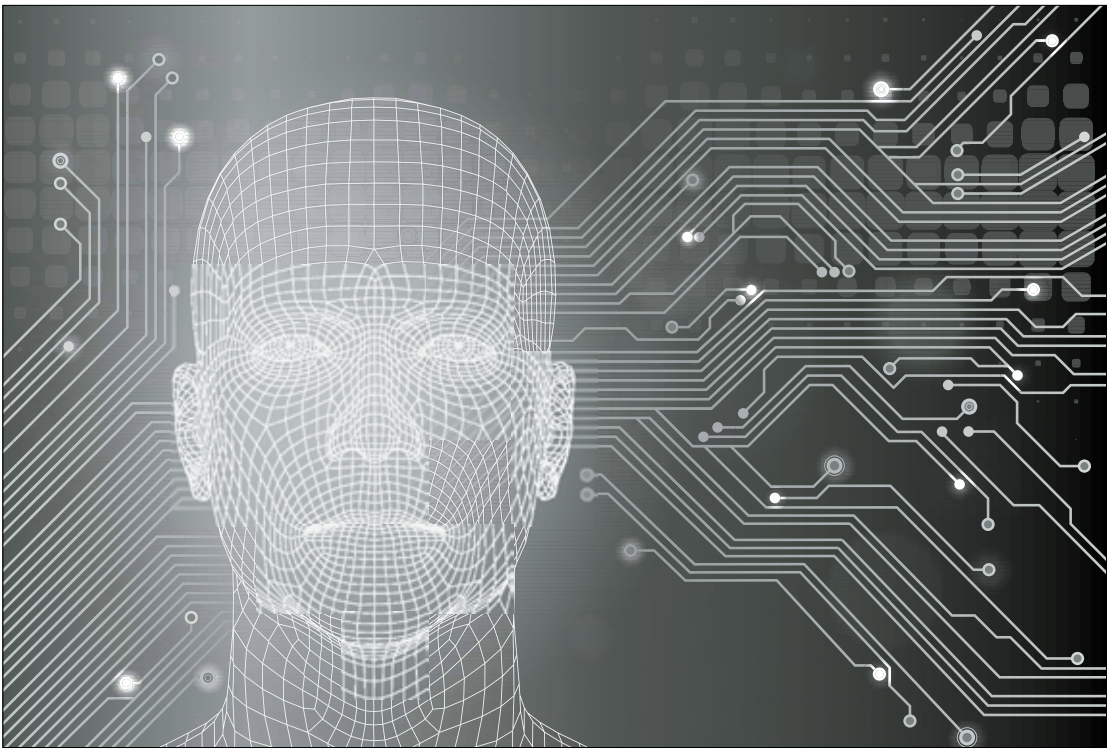
Wayne Strom and Gene Haugom visit at the First National Bank of McIntosh's Christmas Open House held on Friday, December 20th.



Calie Boucher serves up a fresh plate of cookies for the guests at the KingTown Insurance Christmas Open House.



Dennis Boucher and Joel Strom talk "dirt" during the open house at KingTown Insurance during Christmas in McIntosh on Friday, December 20th.



Finding balance in a tech-driven world

It is impossible to dispute the many ways technology has positively affected the world. Tech has made interacting and collaborating with people from all corners of the planet as convenient as conversing with a next door neighbor.

Technology also has changed the face of education, making it possible for students from all walks of life to easily access a wealth of information at the click of a button.

For all of its many attributes, technology has its drawbacks as well.

One of the notable detriments is the "always on" reality of tech, as well as the ability to become addicted to such instant gratification. Few adults and children can spend more than a few minutes without checking their devices.

According to a report in the Daily Telegraph, on average people are online 24 hours a week, twice as long as 10 years ago.

One in five adults spends as much as 40 hours a week online. According to Common Sense Media, teens spend an average of nine hours a day online, compared to about six hours for kids between the ages of eight and 12 and 50 minutes for children eight years old and younger.

Technology also has blurred the lines that distinguish work and personal time. Gone are the days of leaving the office behind when the workday ends in early evening.

Today's workers can take work home, work remotely and even check work emails or put in some hours while on vacation. Children, too, can pay a price as a result of engaging with technology.

For example, various studies indicate more than half of adolescents and teens have been bullied online.

These tips may help adults and children regain control

and find balance in a tech-driven world.

- **Set strict usage times.** According to Net Nanny, a technology and internet watchdog site, being plugged into devices, on an almost continual basis, directly affects the brain by keeping it in a state of constant stimulation. This can make it difficult for the brain to get the downtime it needs to recharge. Limit hours of screen time, and wind down at least an hour or so before bed.

- **Put devices on silent.** If you or your children cannot resist the lure of devices, set them on silent or put them out of sight and out of reach at key times during the day.

- **Beef up in-person socialization.** Instead of texting or emailing, speak with friends, family and coworkers in person.

- **Increase exercise.** Time spent outdoors away from computers or other devices can

be beneficial to the mind and body.

- **Find alternative solutions.** Rather than running an internet search every time you have a question, look up answers in a book, travel to learn about new things, experience new hobbies, and immerse yourself in the physical world with renewed vigor.

Tech has changed the world, but it doesn't have to consume people's daily lives. With some mindfulness, individuals can find the right balance.

RiverView Sleep Lab receives accreditation, offers new services

Things are anything but a "snooze" at RiverView Health's Sleep Lab these days. The Lab recently received accreditation by the American Academy of Sleep Medicine (AASM). Accreditation by the AASM is the gold standard by which the medical community and the public evaluate sleep medicine facilities.

Achieving AASM accreditation demonstrates a sleep medicine provider's commitment to high quality, patient-centered care.

RiverView has been providing sleep studies since 1996. Dr. Arveity Setty is the medical director for the Lab and interprets studies. Board-certified in sleep medicine, Dr. Setty is also a well-established pediatric physician.

Because of Dr. Setty's vast knowledge with both pediatrics and sleep medicine, RiverView is able to provide studies for patients ages six and up. Along with Dr. Setty, three registered polysomnographic technologists also staff the Sleep Lab.

The fully equipped Sleep Lab includes a hotel-like bedroom equipped with a queen-size bed, cable television, fan, and private bathroom.

However, not all testing needs to be done in the Lab setting. Recently, RiverView began offering Home Sleep Apnea Testing (HSAT) and Actigraphy.

HSAT is available to those

who qualify. Some of the medical guidelines required for a home study include:

- A high pretest probability of moderate to severe obstructive sleep apnea
 - Over the age of 18
 - Unable to have an in-center sleep study because of issues with immobility, safety, or critical illness
 - Does NOT have comorbid medical conditions such as moderate to severe pulmonary disease, neuromuscular disease or congestive heart failure
- Actigraphy is another service RiverView now offers its patients with a referral.
- Much like a Fitbit, this is a watch the patient takes home and wears for approximately two weeks. It collects valuable data on the patient's sleep/wake patterns.
- Once the device is returned to the Sleep Lab, the data is interpreted and used to assist in the clinical evaluation and treatment of those with suspected sleep disorders such as:
- Insomnia
 - Excessive daytime sleepiness
 - Advanced Sleep Phase Syndrome (ASPS)
 - Delayed Sleep Phase Syndrome (DSPS)
 - Shift work sleep disorder and others
 - Circadian rhythm disorders
- An estimated 50-70 million Americans have a chronic

sleep-wake disorder, which can lead to other serious health problems including cardiovascular disease, diabetes, stroke, or a devastating accident due to untreated sleep issues.

Good health starts with good sleep. If sleep, or lack of, is a problem, talk to your primary care provider for a referral to the RiverView Sleep Lab. To learn more about the services provided at RiverView's Sleep Lab, tune in to RiverView Orthopaedic Surgeon Dr. Colin Fennell's KROX radio show, Medicine Explained, Thursday, Dec. 19, 2:30 pm, when he will interview Lori Cayler, RPSGT, and Vicky Lizakowski, RRT/RPSGT. Call RiverView's Rehab Services at 281-9463 for more information on Sleep Lab services.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



Prom is May 2nd! Complete sign-up by April 15, 2020 ~ all prom attendees and their guests must be sign-up and pay attendance fee ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom with a guest who is a sophomore or older in school or out of school but no older than 20 years of age. Each individual attendee's \$15 cover fee needs to accompany sign-up. Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire. Sign-up sheets available in Mrs. Winter's room.



2000 Win-E-Mac boys basketball players, their families and fans watched a replay of their final game before they were recognized at the Win-E-Mac boys Varsity basketball game on Friday, December 20th.



Win-E-Mac fans and players honored the players from the 2000 boys basketball team for their 20th Anniversary at State Class A runner-ups. Players were: (front,l-r) Seth Johson, Brady Langemo, Nic DeFrang, Kyle Simonson, Matt Tradewell, Nathan Johnson and Mark Sylstad. (back) Steven Bradley, Travis Nelson, Davis Jenson, Ryan Voxland, Head Coach, Mike Roysland and Assistant Coach, Tom Hegg. Not present were Eric Berg, Eric Hoffmann, Michael Lindseth and Jarred Graff.