



McINTOSH

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McIntosh, Minnesota



It was another successful Santa Claus Day in McIntosh on Saturday, December 16th thanks to the hard work of these three individuals. As part of the McIntosh Community Club, Connie Strom, Phil Lee, and Annie Schow continue to work hard and make memorable events for McIntosh children.



Santa and Mrs. Claus had a new backdrop for picture taking at this year's Santa Claus Day held in McIntosh on Saturday, December 16th.

Women in Ag conference

Cultivate your passion for agriculture at the 2024 Women in Ag Conference, hosted by the U of M Women in Ag Network in partnership with the Minnesota Farm Service Agency.

The Women in Ag Conference will be from 8:45 a.m. to 3:30 p.m. on Tuesday, February 6, 2024, at the St. Cloud Holiday Inn. This year's theme, "Planting Possibilities: Shaping the Future of Farming" will provide insightful discussions and dynamic presentations specifically geared toward farmers on the pivotal role of planning – a cornerstone of any farm business. Whether you're a beginner, future, mid-career or seasoned farmer, industry professional, or agriculture enthusiast, this conference is your platform to delve into the diverse realms of planning within the agricultural sector.

"Planning is essential for farmers to maximize efficiencies and realize dreams," said Susanne Hinrichs, Extension agricultural business management educator. "This conference will offer topics for anyone who currently produces or wants to raise crops or livestock producing food, fiber, and fuel in Minnesota and nearby states. Sessions will cover topics to help identify opportunities, ways to reduce waste, increase productivity, and optimize resources."

For more information and to register, follow this link: z.umn.edu/WomenInAg2024. Early bird rates are available through January 22, 2024.



5 New Year's resolutions to benefit the brain

- Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.
- Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.
- 1. Get moving:** Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.
 - 2. Start a new hobby.** When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.
 - 3. Make more time for fun.** Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.
 - 4. Practice mindfulness more often.** Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.
 - 5. Eat a better diet.** The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.
- By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.



Torvi Benbo had a great visit with Santa Claus in McIntosh on Saturday, December 16th.



Curtis and Susan Olson's grandchildren came to McIntosh to visit with Santa and Mrs. Claus on Saturday, December 16th at the Community Center. Pictured with the Santa and Mrs. Claus are Lucy, Ruby and Veda Anderson, Reese and Grayson Comptom, and Adriane and Aleese Dokken.

Dispose of Holiday greens and Christmas trees correctly to protect Minnesota’s trees and forests

Invasive pests can hide on festive foliage.
Holiday greenery and Christmas trees bring joy throughout the season, but they can also hide dangerous pests.

Diseases and invasive species can make their way into our landscapes on trees and boughs brought into Minnesota from other states.

To protect our environment, the State of Minnesota is asking residents to take these steps to properly dispose of

greenery and trees after the holiday season:
▪ The best option is to use a curbside tree collection or bring trees to a designated drop-off site. Check with your waste hauler, city, or county to see what services are offered in your area. The Minnesota Pollution Control Agency has a map of yard waste compost locations; contact locations directly to see if they accept trees and greenery.
▪ Do not toss trees and greenery into your backyard

woods or residential compost pile, which can spread the invasive species or disease.
▪ Wreaths and other decorative greens can be disposed of in trash cans.
▪ If your city or county does not have an organized pick-up or drop-off, the last resort

is to burn the greens. Always check fire danger conditions and burning restrictions before burning and follow local ordinances.
Pests of concern include elongate hemlock scale, a small insect established in the eastern U.S. where many dec-

orative Fraser firs are grown. Feeding damage caused by this invasive insect can cause the needles of hemlocks, firs, and spruces to yellow and prematurely drop.
Also, boxwood blight, a fungal disease, and round leaf bittersweet, an invasive noxious weed, are sometimes found on wreaths and centerpieces and can endanger native trees and other landscaping.

If you suspect your greenery or tree may be infested with an invasive insect or disease, contact the MDA’s Report a Pest line at 1-888-545-6684, reportapest@state.mn.us, or through the online reporting form.

Regular City Council Meeting Minutes

Regular Council Meeting
Thursday November 9, 2023

5:30 P.M.
Community Center
Call To Order:

Mayor Strom called the meeting to order at 5:30
Pledge Of Allegiance:

Roll Call:
Members Present: Mayor Toby Strom, Jordan Gunufson, Beth Hagen, Luke Burd, and Luke Syverson

Melissa Finseth – Clerk/Treasurer

Peter Tranby – Public Works Supervisor

Determination of Quorum:

Quorum was met.

Agenda Additions:

Approval Of Minutes:
a. October 12, 2023, regular council meeting minutes.

Motion By Beth Hagen and Seconded by Luke Syverson to approve the October 12, 2023, regular council meeting minutes. Passed unopposed.

Public Concerns:

None

Meda And Poplar Meadows:

a. Rental Status
Poplar Meadows Currently Has 26 Residents. 1 – 1 Bedroom Apartment Is Currently Available for Rent.

b. Approve Poplar Meadows monthly bills.

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the monthly bills in the amount of \$82,225.61. Passed unopposed.

c. Debt payment

Motion by Beth Hagen and seconded by Jordan Gunufson

Tis the season for giving

As the holiday season is upon us and 2023 draws to a close, all of us at the McIntosh Heritage & Arts Center want to extend our heartfelt thank you for the incredible support our volunteers, members, donors, businesses and area communities have given to our organization this past year.

This commitment to the McIntosh Heritage & Arts Center has made a positive impact. As we look ahead to 2024, we hope individuals and businesses will also consider making an end-of-year tax-deductible donation to help sustain the MH&AC and help us accomplish our short term goals of digitization of materials to make them available on the internet for everyone to enjoy and long term plans for a larger and more permanent space.

For just \$20, you can become an annual member! Please consider making an in memoriam donation, as every contribution, whether it is a financial, time spent volunteering, or family pictures and/or memorabilia you have been holding on to that needs a new home, please keep our non-profit organization in mind. Your support truly makes a difference.

To donate or learn more, please visit us Tuesday – Thursday between 10am-2pm at 125 NW Broadway, or visit us online at www.McIntosh-HAC.com or contact us directly at McIntoshHAC@gmail.com. Wishing everyone a joyful holiday season and a wonderful New Year.

to approve a \$5,000.00 debt payment. Passed unopposed.

It was reported that a water softener will need to be replaced.

Old Business:

None

New Business:

A. Ordinance Amendment
Motion By Luke Syverson and seconded by Luke Burd to approve repealing and replacing the ordinance disconnection for late payment. Passed unopposed.

Motion by Jordan Gunufson and seconded by Luke Syverson to approve repealing the ordinance for establishing a meadow or prairie grass within the city limits. Passed unopposed.

Motion by Luke Syverson and seconded by Beth Hagen to approve the ordinance for the sale and use of cannabis. Passed unopposed.

Approval of Monthly Bills:

Motion By Luke Burd and seconded by Beth Hagen to approve the monthly bills in the amount of \$12,721.83. Passed unopposed.

Council & Staff Reports:

Beth Hagen received information, from the USDA, regarding grant/loan funding to update the community center kitchen. The city is eligible for a 55% grant of total equipment costs, based on the median household income of the city with 45% of the costs contributed by the city. A contractor, specializing in commercial kitchens, will call to give us a quote.

Luke Burd asked the council to consider installing a separate phone line for animal control purposes. Additional information is needed before approval.

Notices & Correspondence:

Adjournment:

Motion by Jordan Gunufson to adjourn At 6:20. Passed unopposed.



Susan Lee sang for the families at Santa Claus Day in McIntosh on Saturday, December 16th. Here she is getting some accompaniment from her granddaughter, Macy.

Townhall Meeting on 2nd Amendment Rights

Saturday, January 6, 2024
at 11:00 am

Lean To Tavern in Bejou
Come and Express your concerns

Featured Speakers:
State Senator Steve Green
State Representative Matt Bliss



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Congratulations to the winner of the Christmas at Neil's Meats drawing, Carissa Curfman.

Gosen Luther League

The Gosen Sunday School/ Luther League Christmas Program will be held on Friday evening, December 29th, at 7 o'clock.

The Sunday School will present a skit entitled "The Wonder of Wonders--Views of Christmas".

A large variety of Christmas music from a variety of guests will fill up the evening's concert including Jennie Erickson, David Johnson Family, and Troy and KaraLynn Hemmer Family.

Join us for an inspirational evening in honor of our newborn King Jesus. Refreshments including Christmas goodies and a candy bowl will be furnished.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206.

For information call 268-4242 or 687-3461.



Wed. Dec. 27:
Heather Hegre, Erin Jore, Haley Smeby, Dustin Carlson
Thurs. Dec. 28:
Anita Roy
Fri. Dec. 29:
Preston Carlson, Delores Longtin
Sat. Dec. 30:
*Rudy & Kathy Finseth
Sun. Dec. 31:
*Bryce & Andrea Stordahl
Mon. Jan. 1: Katie Chaput

NOTICE SLETTEN TOWNSHIP

Sletten Township will hold its township election on March 12, 2024. Offices to be elected are:

- 1 township clerk (2 year term) and
- 1 Supervisor (3 year term)

Dates for filing are Jan. 2 - 16 at 5:00pm. Affidavits of candidacy may be filled out at clerks home (call 938-4379).
Sletten Township Clerk
Terri Kaupang

M41-42C

CHURCH DIRECTORY

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

Sun. Dec. 31: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Mon. Jan. 1: 8:30 a.m. New Years Day Mass at St. Mary's, Fosston; 10:30 a.m. New Years Day Mass at St. Joseph's, Bagley

Sun. Jan. 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. Dec 31. : 10:00am Coffee Hour; 10:30am Worship Services

Sun. Jan. 7: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Interim Pastor:
Nathan Dalager

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am

Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am

Lutheran Parish YouTube Channel

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

Fri. Dec. 29: 7:00pm Sunday School/Luther League Christmas Program (see article elsewhere in the paper)

Sun, Dec. 31: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook and gosenchurch.com)

Tues, Jan. 2: 10:00am. Sunday worship service telecast on GVTN--30

Wed, Jan. 3: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. Dec. 31: 9:00am Worship
Sun. Jan. 7: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH
Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

BUSINESS & PROFESSIONAL GUIDE

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MDA announces additional Farmland Succession support

A new position will assist farmers and landowners with transfer planning.

Farmers and agricultural landowners looking for assistance in creating succession plans for their properties have a new support available through the Minnesota Department of Agriculture (MDA).

The MDA has hired Jim Molenaar as its farmland access and succession teams coordinator.

In this newly created role, Molenaar will advocate for and guide farmers and ag landowners through the succession process, bringing in additional outside team members that are necessary for success. These team members could include, but are not limited to, legal experts, accountants, and farm business management (FBM) instructors. There is no cost for this service for those who participate.

"I'm thrilled to partner with

the MDA to provide this support to Minnesota's farmers and producers," said Molenaar. "The transfer of farmland to the next generation is integral to the future of agriculture in Minnesota, and I look forward to leveraging my experiences to help farmers and their families successfully transition their legacies."

Molenaar is an experienced and trusted advisor on the topic of succession and farm ownership. In addition to his new role, he works as a Farm Advocate for the MDA, where he offers one-on-one assistance for Minnesota farmers who face crisis caused by either a natural disaster or financial problems. He is also a retired instructor for the FBM program.

According to USDA, the average age of Minnesota farmers has reached an all-time high of 57.4 years. This new position is just one tool the

MDA provides to help transfer ag land and operations to beginning and emerging farmers, ensuring the continued strength and resilience of the state's agricultural economy. Its FarmLink program brings together those who are looking for ag land, farming operations, or mentors with retiring farmers and landowners who want to see their farms or farming operations continue. The agency also offers the Beginning Farmer Tax Credit and the Down Payment Assistant Grant programs.

Molenaar's contact information, as well as further details about the MDA's other land access and succession tools, can be found on the agency's website.

The farmland access and succession teams coordinator position is made possible with support from the Southern Agricultural Center of Excellence.



John and Alice Merriweather stopped at the McIntosh Community Center on Saturday, December 16th for Santa Claus Day.

2023 MN Adolescent Sexual Health Report

This report highlights the sexual and reproductive health of Minnesota's youth.

The teen birth rate declined by 3.3% from 2020 to 2021, while the teen pregnancy rate increased by nearly 26%.

This is the first date representing experiences of pregnancy and birth during the COVID-19 pandemic, which undoubtedly affected the sexual health of Minnesota's young people. Even with this one-year increase, the teen pregnancy rate among 15-19-year-olds has declined by 71.2% since 1990.

The teen birth rate decreased by nearly 76% in that same period. Sexually transmitted infections (STIs) continue to decline from their peaks before the COVID-19 pandemic, which affected STI testing and treatment. The percentage of sexually active youth continues to decline, and more youth are talking with partners about STIs and pregnancy.

Unfortunately, condom use among young people is down also.

In response to the data outlined in the report, the following are recommendations from the University of Minnesota Healthy Youth Development – Prevention Research Center (PRC).

*Adolescent sexual health is much more than the absence of pregnancy or STIs. To fully support young people's health, we need to address their physical, social, emotional, and cognitive development and give them tools to navigate their teen years. When young people have access to education and services, they are more likely to make informed decisions about their sexual health.

*Sexual health disparities persist among youth who are LGBTQ+, gender diverse, pregnant and/or parenting from rural areas, homeless/runaway, in foster care, in juvenile justice settings, and/or from populations of color. Advocates must work to dismantle systems of power and privilege which perpetuate health inequities and injustices.

*Families and caregivers need to be empowered in their role as sexuality educators. Honest, accurate and shame-free information from parents, guardians and other caring adults is critical to raising children who make informed decisions about sex, sexuality, and relationships.

*Young people need and deserve high quality sexual health information that is delivered through an intersectional lens. Intersectionality implores us to expand sexuality education beyond a white-centered, cisgender, and heteronormative perspective. We must also address key social determinants of health including education, employment, income, housing, community safety and vitality, discrimination, family and social support and access to quality health care services.

*We are beginning to understand the impact of the COVID-19 pandemic on the health of youth, STIs decreased, but so did access to testing and

treatment. The pregnancy rate increased which may be due to reduces access to condoms and contraception. As we move forward post-pandemic clinicians and educators should continue to utilize innovative strategies to meet the sexual health needs of youth.

This report in its entirety can be found at:

<https://prc.umn.edu/train->

Emergency contraception

Polk-Norman-Mahnomen Community Health Services emphasizes the importance of Reproductive and Sexual Health Services for our communities, with a special focus on our adolescent population. We understand it is important to feel informed and in control when it comes to your sexual health and preventing pregnancy. We offer a variety of contraceptive methods, which includes Emergency Contraceptives. Primary methods of birth control are meant to be used before sex to prevent a pregnancy. These methods include pills, patch, ring, Depo, as well as Long-Acting Reversible (LARCS) methods such as IUD's and Implants. Emergency Contraceptive pills, known also as the morning after pill, is a form of birth control that is meant to be used if your primary method failed (like a condom breaks or you forgot to use primary birth control). Emergency Contraception is used to prevent pregnancy after sex and must be taken within 72-hours after unprotected sex or if your primary birth control failed. The sooner you take it, the better it will work. It is not meant to be used as a regular form of birth control because it is not as effective.

Emergency Contraceptives work by temporarily delaying ovulation (the release of an egg from the ovary), so there is no egg to meet the sperm. No egg, no fertilization, no pregnancy. It doesn't stay in your system or impact your ability to become pregnant in the future. Emergency Contraception is not an abortion pill, and it will not be effective if a woman is already pregnant, it will not harm an existing pregnancy. Emergency Contraception does not impact the effectiveness of any regular birth control methods, so you can continue your regular birth control right away – or start one if you don't have a regular method. When used as directed, Emergency Contraception is safe and effective.

Some women taking Emergency Contraception may have changes in their periods, such as spotting or bleeding before their next period. If your period is more than a week late, it's possible you might be pregnant. Get a pregnancy test and follow up with your healthcare professional.

The availability and access of Emergency Contraception is governed nationally by the U.S. Food and Drug Administration (FDA) and is available at all major retailers without a prescription, ID or age restriction. You can find Emergency Contraception yourself in the aisle of all major retailers, including CVS, Walgreens, Target, and

minnesota-adolescent-sexual-health-report

Contact Polk County Public Health for information about birth control options, emergency contraceptives, or affordable clinic services. Our services are confidential, low to no cost and no one is turned away for inability to pay. Please call 218-281-3385 or text 218-280-1117 to make an appointment.

Walmart. It is also available at local, smaller pharmacies and some food stores around the country. Emergency contraceptives may be sold as a variety of names such as: Plan B One Step, Eontra, Take Action, MyWay, Option 2, Preventeza, After pill, My Choice, and others. The commonality of all Emergency Contraceptives is they contain Levonorgestrel 1.5mg. All Adolescents have a legal right to seek Emergency Contraception without a parent or guardians' permission.

Polk County Public Health offers Sexual and Reproductive Health services and can provide Emergency Contraceptives as needed after a brief nurse visit. Contact Polk County Public Health for information about birth control options, emergency contraceptives, or affordable clinic services. Our services are confidential, low to no cost and no one is turned away for inability to pay. Please call 218-281-3385 or text 218-280-1117 to make an appointment.

3 ways people can boost their mental health every day

Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize. A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in The Lancet Psychiatry in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues.

Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas. Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the American Journal of Health Promotion found 29 strategies people can employ to protect their mental health.



Henry and Elliot Mattson visit with Santa and Mrs. Claus during their visit to McIntosh on Saturday, December 16th.

The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment. Though they can help protect mental health, they should be seen as a supplement to treatment overseen by a licensed mental health professional. A run-down of the 29 strategies can be found at mentalhealth.org.uk, but the following are three recommendations that anyone can apply in their daily lives.

1. Spend more time in nature. The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

2. Avoid using drugs or alcohol as a coping mechanism. The MHF notes that any relief offered by drugs and alcohol is temporary and can even exacerbate existing mental

health issues. The American Addiction Centers reports that coping mechanisms are compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at drugs or alcohol as means to coping.

3. Get enough sleep. The MHF notes that adults need between seven and nine hours of sleep per night. Some may see seven hours or more per

night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Perhaps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health.

These are just a handful of approaches individuals can take to boost their mental health each day.

Did you know?

January 15, 2024, marks the fifty-seventh anniversary of the first Super Bowl.

Though it would be two more years before the name "Super Bowl" was used to characterize the game, what's now referred to as "Super Bowl I" was a competition between the Kansas City Chiefs of the American Football League (AFL) and the Green Bay Packers of the National Football League (NFL). Back then the game was referred to as the AFL-NFL World Championship Game, which most fans would agree does not have the same ring to it as "Super Bowl."

The game was competitive in the first half, and the score was 14-10 in favor of Green



Bay at halftime. But the Packers blanked the Chiefs in the second half, and the final score was 35-10 in favor of Green Bay. In a testament to just how different things were in 1967, two networks, NBC and CBS, were allowed to broadcast the game, each using their own announcers.

Also noteworthy is the game was not a sellout, marking the only time that has happened in Super Bowl history

McIntosh Santa Claus Day was Saturday, December 16th



Alex Kildal.



Autumn Plante.



Adler Stordahl.



Alex and Divinity Hedlund.



Paisley Strom with Great-Aunt Connie.



Avery Ness.



Hawkin, Clara and Grace Roed.

