

# Todd-Wadena Courier

FREE

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## Be A Loser in 2019... Now is the time!

by Karin L. Nauber

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Now is the time. . . .

If one of your resolutions this year is to lose weight—then now is *definitely* the time.



Every time you try, you are getting closer to success. Let's make this year be *the* year that we pull it all together and get it done!

I have kept off the pounds that I lost during our last contest in 2018. I have also lost a few pounds more which enabled me to get back into my size 18 jeans. Not a big loss, but I'm happy with my progress.

I'm raring to go this year!

We have a lot of things in the mix including the ability to exercise as a group at the Browerville Community Center! It's been a while since we have been able to do this.

The details are still being worked out as to what days and what time, but as soon as we have all that in place, you will know.

The group will meet, do a moderate workout (most likely a walking workout) and have time to talk and connect with other people.

It's a win-win situation.

There are a lot of us with Type 2 Diabetes around here, too. Did you know that weight loss is probably the number one thing you can do to help reduce the impact and maybe even reverse the condition?

Be sure to read the first part of a multi-part series on diabetes that is also included in this issue of the *Todd-Wadena Courier*. You might learn a few things you didn't know before.

There are so many things that

weight loss can help with. It is smart and just makes sense to try to lose weight. Statistics also show that losing weight with a friend or in a contest is also a great way to do so.

We are doing our level best to offer as many incentives to help you on your weight loss journey as we can. Our biggest incentive is the great cash prizes we give to our top three winners.

But there is so much more that you get—including the exercise group—you get access to the Be A Loser blog pages where I give extra hints, tips, encouragement and more. You also get to take part in our class where we can talk about our ups and downs and what is working for us and what isn't.

You also get a three-month subscription to the *Independent News Herald* and a T-shirt with our "I'm A Loser" logo on it!

These two things alone have a value of over \$25. (And my time is priceless!)

I might even have a few more surprises in store for our participants. I'm working on a few partnerships right now to make this year a great one for all of us.

If you didn't "win" or even "lose" in previous years, don't be afraid to try again this year! We are non-judgmental.

I look at it this way—we are all in this together. Sure, there will be those who lose more, but that doesn't mean we can't meet together and share and encourage one another.

"As iron sharpens iron, so one person sharpens another." That's from Proverbs 27:17. I believe it fits here because we will "sharpen" each other in our goals.

I also believe there is a lot of wisdom in helping each other carry our burdens. Sometimes that might be just offering a listening ear or taking a walk with someone.

But you may be thinking, "I don't want to join a group or give advice or exercise with others, Karin."

Then don't. There is no requirement that you do any of those things. We just offer them because we want this to be about health and wellness not just weight loss.

The biggest requirement is that you show up for the mandatory weigh-ins. There are a few other "rules," but they are standard ones like no weight loss surgery or anything like that.

What do you have to lose? Except that extra weight that has been burdening you!

Be A Loser With Me and let's make this year that we get it done!

We will be starting the contest in February. You can follow our articles in the *Independent News Herald* for more details. Once the contest begins, we have a special page in the paper each week designated to our program.

You can also get a head start by checking out my blog at: [www.diabeteshealthnuts.com](http://www.diabeteshealthnuts.com).

## Part one of a multi-part series:

# DIABETES AFFECTS MANY, EFFECTS SUCK THE LIFE RIGHT OUT OF A PERSON

by Karin L. Nauber

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"We are going to have to look at injectable insulin."

There they were. The words that I had dreaded hearing since I had been first diagnosed with Type 2 Diabetes about ten years ago.

When I first heard the diagnosis, I was in total denial.

I didn't change one thing in my diet, but I did start walking more.

When I was first diagnosed with Type 2 Diabetes, it was a huge shock to me, although it shouldn't have been as diabetes "runs" in my family.

It is kind of interesting that something "runs" in a family, for if more people actually did run, there would likely be a whole lot less of these types of diseases. But that is a rabbit hole for another day!

Today, we are going to look at some statistics and explain what Type 1, Type 2 and Gestational Diabetes are. In the following months we will explore the issue further and see what hope there is for those who struggle with this disease and the complications of it.

According to the American

Diabetes Association, someone in the United States is diagnosed with diabetes every 21 seconds.

A recent Everything Diabetes presentation done at Lakewood Health System in Staples taught participants that someone in the world dies from complications associated with diabetes every 10 seconds.

Those are some fairly scary statistics. Here are a few more from the presentation:

- Diabetes is one of the top ten leading causes of U.S. deaths
- One out of ten healthcare dollars is attributed to diabetes
- People with diabetes have health expenditures that are 2.3 times higher than patients without diabetes

• Approximately 90% of people with Type 2 Diabetes are overweight or obese

According to the National Institute of Diabetes and Digestive and Kidney Disease website, "Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems,

such as heart disease, nerve damage, eye problems and kidney disease.

"Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

"Blood glucose is your main source of energy and comes from

the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and

doesn't reach your cells."

Another startling statistic in this progressive disease is that an estimated 30.3 million people in the U.S. have diabetes. Diabetes also affects one in four people over the age of 65. About 90-95 percent of cases in adults are Type 2 Diabetes.

"About one in four people with diabetes don't know they have the disease. An estimated 84.1 million Americans aged 18 years or older have prediabetes," according to the website.

### What are the different types of diabetes?

There are several types of diabetes. The three most common types are Type 1, Type 2 and Gestational Diabetes.

Following are brief descriptions of the most common types of diabetes from the American Diabetes Association.

#### Type 1 Diabetes

If you have Type 1 Diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 Diabetes

Continued on page 2



There are hundreds of medications out there for the treatment of Type 2 Diabetes. These are just a few of the medications I currently take for diabetes and some of the complications caused by diabetes including neuropathy in my hands and feet and depression.

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# ★ Diabetes affects...

continued from front

## Gestational Diabetes

Gestational Diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had Gestational Diabetes, you have a greater chance of developing Type 2 Diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually Type 2 Diabetes.

## Other types of diabetes

Less common types include Monogenic Diabetes, which is an inherited form of diabetes, and Cystic Fibrosis-related Diabetes. Recently, I learned of a form of diabetes called Type 3 which I will be going into greater detail on in a future article.

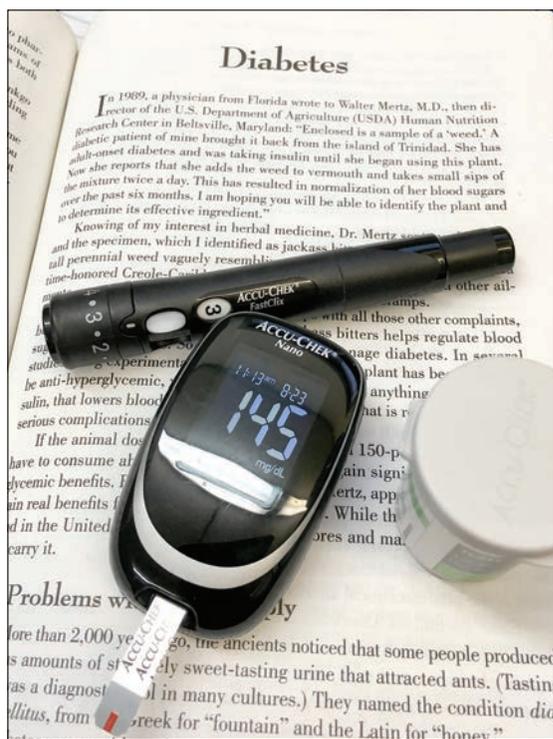
## Who is more likely to develop Type 2 Diabetes?

You are more likely to develop Type 2 Diabetes if you are age 45 or older, have a family history of diabetes, or are overweight. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing Type 2 Diabetes. You are also more likely to develop Type 2 Diabetes if you have prediabetes or had Gestational Diabetes when you were pregnant.

In next month's article we will look at some of the things that are likely causes of the different types of diabetes. We will also look at some of the medications used to treat the disease.

You can check out my website at: [www.diabeteshealthnuts.com](http://www.diabeteshealthnuts.com) for more information.

## Diabetes



Some of the everyday "tools" that a person with diabetes may use. These include, the pen to draw blood for testing at top, the testing machine and the test strips. In this test, I had a nearly "normal" level for the first time in many months!

is usually diagnosed in children and young adults, although it can appear at any age. People with Type 1 Diabetes need to take insulin every day to stay alive.

## Type 2 Diabetes

If you have Type 2 Diabetes, your body does not make or use insulin well. You can develop Type 2 Diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

# Ask A Trooper

by Sgt. Jesse Grabow  
Minnesota State Patrol

**Question:** When the temperature gets below zero, can you give some tips on what should be in your vehicle and what to do if your car stalls or gets stuck.

**Answer:** When the temperatures are well below zero, it can result in a life threatening situation if you are not prepared. Having a safety plan and emergency kit in your vehicle can save your life.

If stranded, stay in the vehicle, call 911. Provide the Dispatcher with the following information:

- Problem you're experiencing
- Your location (Get in the habit of looking for mile markers and cross streets/roadways)
- Any injuries to yourself or passengers
- Preferred tow company, otherwise the closest approved tow company will be dispatched

At night, keep your dome light on and activate the vehicle's emergency flashers.

Be aware that snow can plug your vehicle's exhaust system and cause deadly carbon monoxide gas to enter your car so make sure the exhaust pipe is free of snow and keep a window slightly open while the engine is running.

Make sure your vehicle is properly maintained and that you have at least a half of a tank of fuel.

Slow down and use winter driving skills to avoid crashing or going off the road.

Be patient, as law enforcement and the towing companies may be busy with other calls. We will get there as soon as possible.

We recommend the following items be in your vehicle, especially in the winter:

- Cell Phone and car charger
- Snow shovel
- Flashlight with extra batteries
- Window washer solvent
- Ice scraper with brush
- Jumper cables
- Tow chain or rope
- Extra warm clothing (gloves, hats, scarves) and blankets
- Warning devices (flares or triangles)
- Drinking water
- Non-perishable snacks for both human and pet passengers
- First-aid kit
- Basic toolkit (screwdrivers, pliers, adjustable wrench)
- Bag of abrasive material (sand, salt, cat litter) or traction mats

A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPIO\_NW or reach him at, [jesse.grabow@state.mn.us](mailto:jesse.grabow@state.mn.us)).



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# 48 New Year's Resolution Ideas And How To Achieve Them

**1. Get in shape:** Losing weight is the top resolution for Americans, and combined with “exercise more” and “stay fit and healthy” it is something that over a third of the population wishes to achieve. It’s easy enough to start an exercise and diet program, but the trick is to find a decent one that will give you steady results and will be easy to stick to in the long run. Have a look at these tricks, hacks, exercises and mistakes to avoid to make the best out of your resolution.

**2. Start eating healthier food, and less food overall:** This is usually an extension of the previous resolution. Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a good amount of determination and some basic tips you can slowly develop healthier eating habits. Learn to control emotional eating, be aware of reasons for diets to fail, make use of these tricks and have a look at these awesome and healthy recipes.

**3. Stop procrastinating:** The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get used to procrastinating it’s difficult to snap yourself out of it, so you’ll need to put in a lot of work to change this bad habit. There are many useful tips out there to find your way to stop procrastinating. There are also tools which can help you achieve this task.

**4. Improve your concentration and mental skills:** People have been trying to find ways to improve their focus and cognitive capacities for thousands of years, and most ancient civilizations had some combination of mental exercise and herbal medicine to help them reach this goal. Today we can use anything from apps to ancient meditation techniques to boost concentration and hone our mental skills. If you go through with this, you will be able to control your mood, learn faster and have an easier time solving problems.

**5. Meet new people:** When we get stuck in a rut, we usually end up staying at home most of the time, missing out on a lot of interesting opportunities for networking and having fun. Meeting new people can be beneficial to your mental well-being and help your career, so don’t be afraid to get out there and make some friends. Overcome your shyness, get some knowledge and go and get to know new and interesting people.

**6. Become more active:** Some people don’t really have a big weight problem, and they even get some exercise a few times a week, but they just sit around the most of the time at home and at work, which can have a negative effect on their posture and health. In that

case, all you need is to find ways of moving around more throughout the day instead of staying hunched over the computer. It’s even more fun if you share your activity with friends and family.

**7. Become more confident and take some chances:** If you are confident other people notice it, and it is much easier to have your opinions heard, ask people out on dates and get ahead at work. A good dose of self-confidence will help you lead a much happier life overall. Don’t hesitate to get some input on ways to boost your confidence.

**8. Earn more money:** Even billionaires are always looking for ways to earn more money, and we common folk can definitely use an additional source of income to make life a bit more comfortable. Fortunately there are plenty of options available, like having side jobs, working as a freelancer or using the internet to your advantage.

**9. Become more polite:** Good manners have always been an important part of a civilized society. They make it easier to connect with others, avoid offending people and will ensure that others perceive you as a good and trustworthy person. So know the etiquette, be prepared or other manners in other countries, deal with rude people in the right way and learn how to say no.

**10. Reduce stress:** They say that stress is one of the biggest killers out there, and it can have a very destructive effect on your relationships as well as your health. It may be an unavoidable side effect of our hectic modern lifestyles, but it can be effectively managed with the help of useful, unconventional and easy to practice tricks for stress management.

**11. Learn to be happier with your life:** Even those that are in decent shape, make a good living and have stress under control can still be unhappy. It takes time and patience to learn how to find joy in the little things and not to let problems bring you down.

**12. Get more quality sleep:** With big TV’s, computers, smartphones, tablets and all sorts of gadgets with glowing lights and beeping alerts, it can be hard to get enough sleep at night. You should be gunning for at least eight hours of sleep a night, and there are fairly simple ways to achieve this number if you make use of science and everyday hacks.

**13. Give up cigarettes:** A bit of bad habit that a lot of people don’t know how to kick, smoking will not only endanger your health, but can burn a hole in your wallet as well. Just be prepared to dedicate a lot of will power to giving up cigarettes once and for all.

**14. Watch less TV:** The average person wastes a lot of time in front of the TV, time that could have been better spent developing

skills, learning or keeping your body active. Once you manage to cut down on TV time, you will realize just how long and productive a day can really be.

**15. Read more:** Books are an excellent way to gain a lot of knowledge on a huge variety of topics, and are also a great exercise for your brain. It’s not that difficult to go through 20 or more books in a year – you only need to make it a habit, discover your type of books and find a bit of time for reading here and there.

**16. Find a significant other:** We all need someone to hold at night, talk to and share our deepest secrets with, but finding the right person is a matter of trial and error. We need to go out and get to know a bunch of potential partners before we can find the one that we can get along with really well. Get inspired on your way towards love by these tips on the best places to meet people, asking someone out, and having an amazing and original first date.

**17. Become tidier:** There are a lot of slob out there who can’t really get their stuff organized, and a cluttered desk or chaotic home will negatively affect your productivity and even your mood, so it helps to clear the clutter, clean your house and lead a tidier and more organized life.

**18. Learn how to dress with style:** The way you dress can say a lot about you, and wearing the right clothes can make you seem powerful and confident, which in turn can help you land a job, get promoted, and catch the eye of a lovely guy or girl. No matter if you’re male or female, know the dress code and live with style.

**19. Spend more time with the people that matter:** There is just too little time in this life for us to waste it on insincere, duplicitous and toxic people. We should focus on the people who we care about deeply and who care about us, as this is the best way to stay happy.

**20. Get out of debt:** You can’t really move forward in life if you are weighed down by debt. The road to financial freedom is a rocky one, but it is definitely manageable with a bit of planning and self-restraint. Take a look at these strategies and methods and pay off your debt. You won’t believe how good it will feel.

**21. Start saving money:** Once you have your debt under control, it’s time to start putting some money aside. A rainy day fund and some extra money that can go towards traveling abroad, fixing up the house or buying a new car are a welcome change of pace. Make use of these hacks and apps to save money efficiently.

**22. Learn a new language:** Not only will learning a new language help improve your communication skills, it will also look great on your resume and possibly open up some doors for you. These

days there are plenty of resources that allow you to learn a language for free and in your spare time.

**23. Volunteer and give more to charity:** To devote your time and energy to helping those in need is a noble gesture and a reward in itself, but it is also an opportunity to meet new people, learn new skills and boost your resume. Here’s how you can find time to volunteer in your busy life.

**24. Pick up useful skills or fun hobbies:** Just sitting around all day won’t get you anywhere. It is much better to use your free time in a constructive manner and pick up new skills while having fun at the same time. The Future-You will be glad that you did. No matter if you’re interested in communication skills or sports, find out how to learn new skills and hobbies in a short time.

**25. Learn to let go of grudges and avoid moping:** Times can be hard, and it may take a lot to overcome adversity, but sitting around and moping about it is just counterproductive. If you have a big fight with someone and fall out or get hurt over a small issue, you will only lose a friend or life partner and remain sad and bitter. Forgiveness is a much healthier way to deal with issues that should be left in the past.

**26. Adopt a cute pet:** There are tons of animal lovers out there that would be great at caring for a pet, but they often overthink things, while some people just rush out and get a pet without understanding the responsibility involved. Be sure you know what you are in for and find a pet that fits your living conditions and lifestyle.

**27. Become more organized:** It doesn’t matter how much time you have on your hands if you can’t manage it properly – you’ll just spend most of the day running around aimlessly. When you get organized there will suddenly be more time to spare and things will start falling into place. Make it a habit, get help from apps and tools and enjoy your newly found leisure-time.

**28. Travel more and see the world:** You’ll need to have your finances in order, get the right equipment and invest some time and effort before you consider traveling across the globe, but there are ways of experiencing different cultures and visiting faraway places even on a tighter budget.

**29. Learn to cook:** Cooking is one of the essential skill that every man and woman should possess. It allows you to save money, eat the food you love just the way you like it and impress dates with lovely meals shared under candlelight. If you go through useful tips, keep your kitchen clean and avoid common mistakes, nothing stands between you and your three-course-meal.

**30. Go see your doctor more often:** Staying healthy should be your top priority, but many people seem frighten of doctors and don’t go to the hospital nearly as often as they should, often waiting for their condition to significantly worsen. Regular checkups are a must, no matter how healthy you feel at the moment.

Continued on page 7



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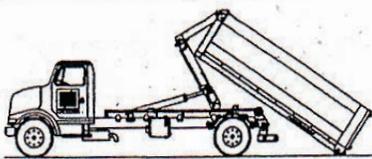
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# ★ New Year's Resolutions...

continued from pg. 3

**31. Reinvent yourself:** If you don't feel quite happy no matter what you do, it is perhaps time to make some serious changes in your life. Reinventing yourself can give you a whole new perspective on life and take you in directions you may never have dreamed were possible.

**32. Stop being late all the time:** Punctuality is a virtue that is held in high regard in our society. Being on time is a mark of a true professional, a dependable friend and caring partner, so it is a good idea to pick up a few tricks that can help you stay on time.

**33. Learn how to be more self-reliant:** Technology, a relatively decent government and corporations offering cheap ready-to-eat food and all manner of useful tools – these things have made us somewhat spoiled, and we often get well into adulthood without having what it takes to be independent and self-reliant. These skills are important to learn.

**34. Turn your hobby into a career:** If we could all manage to marry fun and productivity, and be able to make money doing what we love, we'd be a much more content and well-balanced society. This may not always be possible, but there are cases where a hobby can be turned into a lucrative career.

**35. Get over an ex:** It may be better to have loved and lost, than to never have loved, but it still hurts like crazy. Healing a broken heart is a process that takes time, but there are ways and tricks to make it through this difficult time without too much pain.

**36. Learn to control your emotions:** Uncontrolled anger can get you into a lot of trouble, but things like jealousy and pride are destructive in all circumstances. Gaining control over your feelings allows you to keep a level head and think more rationally, even during emotionally charged conflict situations.

**37. Start being more responsible:** A big part of growing up into a mature adult is the ability to think before making a decision. It is important to take responsibility for one's actions and avoid blaming ev-

erything on someone else, just as it is important to protect your family and provide for them.

**38. Learn more about art, music, culture etc.:** The best way to fit in when talking to a variety of people from different backgrounds is to have a well-rounded education. Topics like art, music, history and culture often baffle people, but they can be easy to comprehend if you spend enough time learning about them using helpful websites and online courses.

**39. Spend less time on social media:** Some people might not spend hours in front of the TV, or playing video games, but social media has become a serious addiction among a wide range of demographics. It's fine to stay in touch with friends and family, but if you consistently spend more than an hour every day on social media, it's time to make a change.

**40. Learn how to defend yourself:** Being able to ensure your own safety, and the safety of those you love, is a very important skillset to have. It's not all about groin kicks and palm strikes, however. You need to learn how to conduct yourself and what kind of behavior to look out for in others.

**41. Become more romantic:** Romance is often the first casualty in longer, more serious relationships, but it doesn't have to wither away. A few romantic gestures here and there can keep the passion going for decades. It will be fun, even if you're not the romantic type.

**42. Start remembering important dates:** Speaking about romance and keeping a serious relationship fun, you don't want to keep forgetting birthdays, anniversaries and other important dates. There are plenty of memory tricks that take very little time to master, so you'll never forget another date again.

**43. Become more social:** Being a man, or woman, about town has its perks. You get to have fun, meet new people and find out interesting things, but you can also develop leadership skills and learn to work in a team. Even if you are an introvert or very shy and

feel uncomfortable talking to others, there are ways to become a fairly active member of a community.

**44. Start being more creative:** There are times when we get mentally fatigued and our creativity just goes out the window. This is particularly bad if your job or hobby depends on you coming up with fresh ideas and thinking outside the box. As with anything else, there are many resources that help you spark your creativity in a number of different ways.

**45. Start expressing yourself artistically:** While some of us are more logical, with a scientific mind, most people still have a bit of a creative spark in them. Expressing yourself in some creative artistic way is a great form of stress relief and helps keep your mind sharp. Some of these activities will also help you stay active and burn some calories. So go in the arts, write, craft, make DIY projects – whatever makes your soul free.

**46. Face your fears and insecurities:** You will find this particular point masked beneath other New Year's resolutions, but fear and insecurity are often the cause of several problems that we want to address. You need to think of it as surviving and controlling your fear rather than overcoming it, and it will enable you to shed off a lot of the insecurities that you have.

**47. Start writing a book/journal:** You'd be surprised to know just how many people out there have an interesting story to tell, but lack the confidence and skill to write everything down. Even if it is just a few random thoughts scribbled daily in a journal, you shouldn't be afraid to give writing a go with a few tips and tricks.

**48. Stick to the good healthy habits you've developed:** The last, and most important point to mention is that all the positive changes you make have to be permanent. You will need to work on sticking with the good habits you have adopted, until they just become a natural part of who you are. That is how you achieve true self-improvement.

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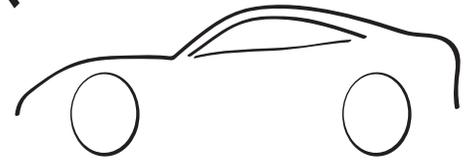
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