## Back in the day...

Think you're in the know about our weekly photo offerings here in Back
If you are the first person to correctly identify a photo, you wiil receive a If you are the first person to correctly identify
$\$ 10$ gift certificate to spend at a local busines
$\$ 10$ gift certificate to spend at a local business.
Sponsored by Roger Tice, Vice President/Investments of Stifel, Nicolaus \& Company, Incorporated

COUNTY BOARD

Continued from

"Now we are having to rely on the dispatcher to
gather the information, log gather the information, log
the information, and relay the information via radio. Now the dispatcher's notes will be available to the officer as they are enroute to the call. "It will have him or her more prepared as they arrive to a call," he said. "It also has prior contact information
available to the officer, along available to the officer, along
with any booking photo on
file to help the officer ID the file to help the officer ID the
individual. It will bring us into the 21st century as far as our dispatching, report writing, and investigations.
In other discussion,
Newman resident Aaron Luth spoke in favor of the Harvest Ridge Wind Farm, who said that varying opinions about
land use has been a topic of land use has been a topic "I think wind technolo-
gies, from what I'm noticing gies, from what I'm noticing
around the nation, is somearound the nation, is somerely on," Luth sad. coal fire power plants, natural gas... They're dangerous to work. The refineries jeopardize men and women's lives
and they pollute the air. The area townships will greatly
He said he's noticed local trucking companies hauling dirt for preparation work and local sanitation comp
working site resources.
$\qquad$ "That's the very last end
of it for me," he said. "I sup-
port it becuse it's of it for me, he said. 'I sup-
port it because it's the only
way I can give back to my way I can give back to my
community right now. That's the way I feel about it
According to the Jan. 9
Douglas County Highway Department report, county contracted Stanly Consultants has completed the initial permit review of the EDPR application to construct a wind farm in the northeast
corner of Douglas County. corner of Douglas County.
State's Attorney Kate Watson States Attorney Kate Watson
notified EDPR of the applicanotified EDPR of the applica-
tion shortcomings with the initial application and presented EDPR with a comprehensive list of shortcomings.

EDPR, Stanly Consul-
tants, the state's attorney's
neer's office were working to schedule a meeting following
Monday, Jan. 21 . Monday, Jan. 21. Don Munson commended the Don Munson commended the
county departments county departments for
ending the Fiscal Year 2018 ending the Fiscal Yea in county general fund in the
black with a $\$ 106,000$ bal ance. operate with a better than bal tament to people who sit on appointed and elected office employees who diligently been able to grant funding fo
places we'd like, but we have places we'd like, but we hav
to continue to do the best we can. It really has nothing can. It really has nothing to
do with the board, but it has do to do with the people who
In other busine

$$
\begin{array}{r}
\text { In } \\
\text { board: }
\end{array}
$$ debate for generations. wood technolog benefit from this that revenues have remaine flat lined for about five yea now, and for us to be able to anced budget I think is a tes in Douglas County and to ou ity," Munson said "I know ity," Munson said. Yknow been able to grant funding f work for this board."

other business, th

- Approved the Dec. 1
regular board meeting min
- Approved the paymen
of the county's financial obli gations.
- Approved the reports
fees of county offices.
fees of county offices.
mileage reimburse county at 58 cents per mile.
to Approved Chuck Kno to serve as the Dougla
County Animal Contro County Animal Contr
Administrator from Jan. 1 Administrator from Jan. 1
Dec. 31 of 2020 . Knox will Dec. 31 of 2020. Knox will
be compensated at $\$ 250$ pe be compensated at $\$ 250$ pe
week and reimbursed for no more than two visits to the shelter per week. - Approved 12 activ for Fiscal Year 2019 that tota $\$ 535,895.50$ in requeste county funds by the variou township road districts an municipalities.
- Transferred legal repre sentation to Klein, Thorpe,
Jenkins, LTD (KTD Sher Jenkins, LTD (KTJ).
Churney, principal Churney, principal wit
Myers, Berry, O'Conor Churney, has become a part ner with KTJ Churney ha ner with KTJ. Churney ha
previously engaged with th previously engaged with th
county to provide services the county board and the road and bridge committee in con nection to the wind farm application and other miscel laneous matters concernin the county's highways.

Adjourned until th


## WHAT IS YOUR ONE THING THAT GUARANTEES WEIGHT LOSS RIGHT NOW?

 Rachel
## Real Life Wellness

By Dr. Bill Hemmer

CHEWING GUM AND
WALKIN ent activities and how you must make a priority list tive. So how do you put all of these pieces together, so you can reach all of your wellness goals? Well it's not easy!
Ive been to countless
seminars, have read 100's seminars, have read 100's many recordings about making the best use of
your time. What I have decided is that there is no right answer for everyone. I believe it comes back to your brain and how you yourself motivated.
me, long term thinking combined with short term results gets my blood pumping. In other words, create a huge project
(like Real Life Wellness), then I begin to make many smaller projects out it (like these articles),

But everyone is differ
checklists to get job done. Others need to be held accountable to somebody else to get the job done. Still others need to analyze everything to death before they do something. You must figure out what kind of system you need to create for yourself, and then make it interesting and fun and then, chances are, you will be able to follow through and do it.
Shis article is this. your own unique talents to create your personalized time management system. You know what your priorities are. Write at least two priorities down in Wellness categories, Chemical (Diet), Structural (Fitness), Psychological Stress Management), and Spiritual (Relationships and Energy). Then set that piece of paper next to your time log. How much time are you currently spending on each of these areas? Do you need to make some adjustments? make some adjustments?
to get close to what you
really want to get done?
Once you done? these questions, then you can begin to walk and chew gum at the same time. What I mean by this is you can really start to
live your life with purpose live your life with purpose
and joy and know that you and joy and know that you are coming into better purpose of being on this Earth.

I have learned you're doing what is natural and good for you, it is much easier than you
think to accomplish even difficult tasks. For exam ple, when I first started writing these articles it took forever to write one Now it has become one of the favorite parts of my early morning. because they have gotten any better, but because can just sit down and let the article flow out of me I don't try to fight it
nearly as much. on that next week

| Compare | 6-month | $2.40 \%$ APY* | $\underset{\substack{\text { Minimum deposit } \\ \$ 1000}}{ }$ |
| :---: | :---: | :---: | :---: |
| Rates | 1 -year | 2.55 \% APY* | $\underset{\$ 1000}{\text { Minimum deposit }}$ |
| Bank-issued, FDIC-insured | 2-year | 2.70 \% APY* | Minimum <br> $\$ 100$ |



This same feeling can
This same feeling can
happen for you. Once you get into alignment with your own personal priorities, your days become productive components with purpose, your momentum will begin to build, and you will accomplish more than you ever thought you could. If you don't believe me, just ask every English teacher I ever had. If they knew I was writing every week they would probably fall over dead.
Next week I am going to talk about a very impor tant topic...time off work. I believe quality time off of work is more important than what you do at work in many instances. More
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217-253-5053

