



VILLA GROVE JUNIOR DEVILETTES got first place in JH Pom and fourth place in JH Hip Hop in their competition at Clinton Jan. 14. Submitted photo.



THE VILLA GROVE DEVILETTES received 2nd place in A Hip Hop, placed 12 out of 21 teams in the IHSA category 1A, and qualified for STATE at the Clinton competition on Jan. 14. Submitted photo.

Ways you can combat seasonal affective disorder

Seasonal affective disorder, also known as "SAD," affects millions of people every year. The National Institute of Mental Health notes that SAD is a type of depression characterized by its recurrent seasonal pattern. Symptoms of SAD, which can include nearly daily and day-long feelings of depression, changes in appetite or weight and feelings of lower energy, last around four to five months.

Researchers are unsure about the exact cause of SAD, but in most people, its onset is believed to be connected to the reduction in hours of sunlight during the winter. Despite uncertainty about the causes of SAD, the NIMH notes there are ways to treat the condition. And it might benefit people who have experienced SAD to begin treatment prior to winter, as NIMH notes treatments that begin before fall could help to prevent or reduce the depression associated with the condition.

therapy typically begin their day sitting in front of a very bright light box for around 30 to 45 minutes. The boxes filter out potentially harmful UV light, but alternative therapies may be recommended for individuals with certain eye diseases or those taking particular medications.

Psychotherapy

According to the NIMH, cognitive behavioral therapy (CBT) has been adapted to help treat people with SAD. CBT is a type of talk therapy, and CBT-SAD typically entails two weekly group sessions for six weeks. These sessions focus on replacing negative thoughts related to winter with more positive thoughts. The therapy also tries to help individuals identify and schedule pleasant, engaging indoor or outdoor activities. The NIMH notes that researchers' comparison of CBT-SAD with light therapy found both treatments were effective at improving SAD symptoms.

Medications

Doctors may recommend patients with SAD take medications known as selective serotonin reuptake inhibitors, or SSRIs. Various types of depression have been found to disturb serotonin activity, and SAD is no exception.

Vitamin D has been linked to improving symptoms of SAD, but the NIMH notes this is a misconception, as the research regarding vitamin D supplementation as a treatment for SAD has thus far produced mixed results.

Individuals who suspect they may have SAD are urged to speak with their physicians so they can overcome this often treatable condition.

Individuals who suspect they have SAD should relay their concerns to their health care provider, who will then ask patients to fill out a questionnaire to determine if symptoms meet the criteria for SAD. If such a diagnosis is confirmed, individuals may be presented with any of the following treatment options.

Light therapy

The NIMH notes that light therapy has been used to treat SAD since the 1980s. The crux of light therapy is to expose individuals with SAD to bright light every day with the hope that such exposure can serve as a stand-in for natural sunlight. Individuals undergoing light

Council

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Mayor Eversole Gunter stated that the city is beginning to work on updating the website, as well as the community calendar, which has been dormant since the beginning of the pandemic.

The Council unanimously passed ordinance 2023-MC01, an ordinance which authorizes the mayor to execute the employment agreement for the Public Works position.

Resolution 2023-R01-A resolution of the City of Villa Grove in Support of Tax Increment Financing (TIF) was also passed unanimously by the Council.

The Council unanimously approved the consent agenda, which consisted of the following:

- The minutes of the Dec. 12, regular city council meeting
- The minutes of the Dec. 27, Committee of the Whole meeting
- Approval of claims in the amount of \$152,702.68
- Approval of Broeren Russo Builders inc. Pay App number 6

The Council then moved to closed session for discussion of the purchase of property at 6:24 p.m., emerging at 7:26 p.m. Finding no other business, the council adjourned at that time.

Newspapers benefit students in the classroom

Classrooms have come a long way since the days when pioneering settlers would send their children to single-room schoolhouses. Modern classrooms might be technical marvels, but one less flashy learning tool remains as valuable as ever. Newspapers might not be as glamorous as tablets or other gadgets, but they are still an invaluable resource to educators and students. The following are seven ways in which newspapers in the classroom can benefit students.



1. Newspapers build vocabulary. Numerous studies have found that reading can improve youngsters' vocabulary. Each day, newspapers are filled with fresh stories that can introduce kids to new words, helping them to strengthen their vocabularies and make them more effective communicators.
2. Newspapers improve reading skills. Like the old adage says, "Practice makes perfect."

3. Newspapers promote critical thinking. Newspaper reporters are trained to objectively report the news, sharing facts without allowing their own opinions to influence their stories. Educators can choose stories from the newspaper to serve as catalysts for discussions that focus not just on the facts listed in the story, but what might be behind them.

4. Newspapers bring ideas and current events to life. Many children are aware of major world events, even if they don't know or understand the details. Newspaper articles about world events can be used as avenues to discussions about what's going on in the world.
5. Newspapers build global awareness. Custom-

ized newsfeeds funneled through social media outlets can make it hard for young people to recognize and understand the world beyond their own communities and interests.

6. Newspapers promote social consciousness. Without newspapers, young people may never be exposed to the social issues facing their own communities or those issues that are affecting people across the country and the world. Newspapers provide unbiased exposure to such issues, potentially leading youngsters to further explore topics that are shaping their world and even encouraging them to form their own opinions.

7. Newspapers make learning fun. Newspapers provide a welcome break from tablets, smartphones and computers, and kids may have fun flipping pages and getting a little ink on their hands.

Personal

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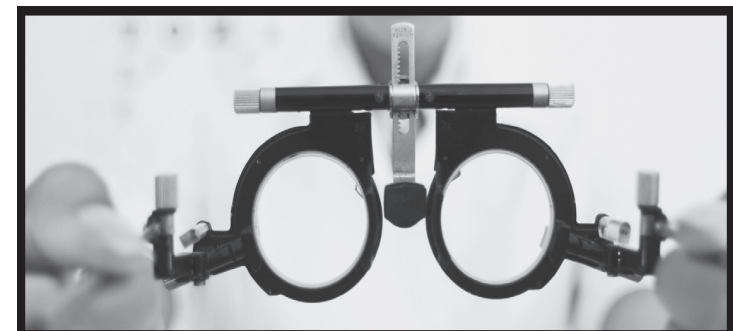
enger hunt for missing/stolen White House documents? What is even more suspicious to me is that once Biden's lawyers found these documents, why didn't they simply not say a word or hand them to Biden to destroy them or get rid of them somehow. Everyone in this game had to know that reporting this find to the public was going to set off a firestorm in the newly elected Republican House of Representatives. It seems to

me to also guarantee Trump a free pass in his own investigation. I think one of three scenarios. Could even be a combination of any of the three. One; a whistleblower had come forward and Democrats were trying to get ahead of the scandal but not before the November 2022 elections. They somehow bought some time with the whistleblower. Two; Biden's White House was aware that Republicans were going to discover the missing documents during their investigation of Joe Biden and his son, Hunter in the Republican criminal probe

into the Biden fortune they have amassed over the years. Some of that fortune Republicans suspect was from money from China private donors during Joe Biden's time he was associated with the Penn Biden Center. It's reported that those donations amounted to as much as thirty million dollars. I believe it will be discovered just where all of that money ended up. Third; and probably the most reasonable explanation, the Democratic party does not want Joe to run again in 2024. I believe they've tried to talk him out of it but he is determined

to run. This being the case, Democrats will surround Joe with enough scandal to deal with that even he will realize the best thing for him to do is bow out of any bid for a second term. Let's face facts here. When the Republicans get done with the Biden family investigation, there will be no way for Joe to survive any chance for reelection. People, this country is in trouble.

The views and opinions expressed in the submitted columns are those of the author and do not necessarily reflect the position of The Journal.



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