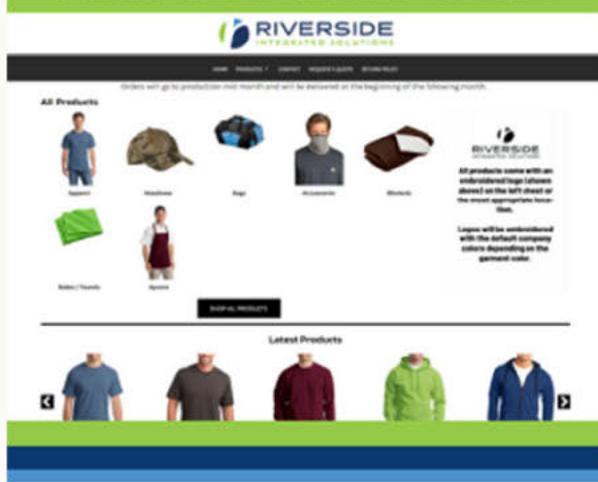


The Source

From: The Source
To: All Users - Lewiston; All Users - Winona
Subject: ♦♦ The Source Weekly News Bulletin | April 2, 2024 ♦♦



GET YOUR RIS BRANDED MERCH FROM THE COMPANY STORE!



RIS Store is Now Open!

The online store is **open now until Monday, April 15th!**

We all know that you can get a t-shirt or a hoodie on the company store. But do you know about all of the other choices? For the next couple of weeks we will highlight some of the choices from the company store.

Maybe you don't need a shirt. So let's check out what else the store has to offer!

From left to right:

- **Mountain Lodge Wearable Blanket \$55.08**
Wrap yourself up in the blanket you can wear! This oversized, hooded poncho is luxuriously soft and warm-perfect for



chilly nights at home or enjoying outdoor events. This item comes in 4 colors.

- **Woodland Blanket: \$37.06**

Rugged style meets soft warmth in this classic blanket that's ready for firesides and more. This blanket comes in 3 flannel styles.

- **OGIO® Orbit Cart Bag \$205.64**

Take the course by storm with this innovative cart bag. OGIO's load-equalizing SHOXX™ X4 full-suspension system and advanced molded SHOXX™ shoulder pads equip the Orbit for extreme comfort.

- **Roamer Pack \$67.87**

Get to the gate with less hassle. Built with a protective drawer-type laptop compartment that lays flat on the belt for speedier screening.



Engagement Committee





Don't Miss the Solar Eclipse!

Don't miss this extraordinary opportunity to marvel at the wonders of the universe. Mark your calendars, gather your viewing gear and prepare to be amazed by the Great North American Eclipse!

On April 8th, we will be able to view a solar eclipse. And while we're outside of the totality range for this event, that doesn't mean there won't be a show! The eclipse will begin at 12:49 PM with the peak expected at 2:02 PM.

To ensure you catch every moment of this awe-inspiring phenomenon, RiverSide will be **distributing viewing glasses on April 3rd**.

These glasses are essential for safe viewing of the eclipse and will allow you to witness the cosmic display without harming your eyes.

For detailed information on the best locations to witness the eclipse in Minneapolis and essential safety tips, be sure to visit eclipse2024.org.

Spring Highway Clean-Up!

Get ready to roll up your sleeves and make a positive impact on our community! RiverSide is hosting a **Highway Clean-Up event on April 24th**, and we need your help to make it a success.

Event Details:

- **Date:** April 24th
- **Lewiston Time:** 3:00 PM - 5:00 PM
- **Location:** Highway 14 section in Lewiston
- **Winona Time:** 1:00 PM - 3:00 PM
- **Location:** Roads around the Winona campus



Volunteers will have the opportunity to beautify the surroundings in our communities while bonding with colleagues. Whether you're in Lewiston or Winona, there's a chance for everyone to pitch in and make a difference!

To Volunteer: To sign up by emailing **Mandy** [REDACTED] or inform your supervisor of your interest.

And don't forget! Volunteer Time Off (VTO) is available for those participating during regular work hours. To request VTO, please complete the form available on the Intranet.



RIS Book Challenge

Attention all book lovers! The next RIS Reading Contest has begun! Whether you're a seasoned bibliophile or looking to discover your next literary adventure, this challenge is for you!

How to Participate: To join the challenge, simply start reading books in whatever form you prefer, whether it's eBooks, audiobooks or good old-fashioned paper books! Track your reads throughout the month of April and earn points for each completed book.

You'll get **5 points for the first book you submit and 1 point for every book after.** Each point represents an entry of your name in the drawing for prizes, so the more you read, the better your chance of winning!

But wait! There's more!

Bonus Points: In addition to the base points, you can earn **bonus points** when you complete any of the following*:

1. Reading a book over 500 pages
2. Finishing a book in a series
3. Finding weather-related words in book titles
4. Discovering periodic table-related words in book titles
5. Spotting flowers/plants on book covers
6. Engaging with sports-related books
7. Exploring books set in the woods/outdoors
8. Opting for eco-friendly e-books
9. Identifying book titles containing a color
10. Spotting covers with pictures of weapons

* Each item on the bonus point list may only be redeemed once per participant, even if done multiple times, for a total of up to 10 bonus points.

To submit your reads, use one of the Book Challenge Submission slips, which can be found on bulletin boards next to The Source or in Documents for The Source (full folder address at bottom of newsletter). Slips can be turned in to the lock boxes found in each lunchroom or emailed to Dawn [REDACTED] ([REDACTED]).

Prizes: Two lucky winners will receive \$25 gift cards to either Blooming Grounds or Cabin Coffee! Winners will be selected randomly from all submissions.

Weekly Wellness



Rethink Your Drink

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see the amount of added sugars in some drinks.

Sugary drinks are the leading source of added sugars in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and sweet drinks we order when eating out also count as sugary drinks, too.

Amount of Sugar and Calories in Common Drinks

Sugar content derived from US Department of Agriculture Food Data Central

Drink (12-ounce serving)	Teaspoons of Sugar	Total Drink Calories
Tap or Unsweetened Bottled Water	0	0
Unsweetened Tea	0	0
Lemonade, powder, prepared with water	3	55
Sports Drinks	5	97
Brewed Sweet Tea	7	115
Energy Drink	9	162
Regular Soda	10	155
Fruit Juice Drink	10	186
Regular Orange Soda	13	195

Why Should I Be Concerned About Sugary Drinks?

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis.

The latest guidelines recommend that people 2 years and older keep their intake of added sugars to less than 10% of their total daily calories. For example, in a 2,000 calorie diet, no more than 200 calories should come from added sugars. Two hundred calories is about 12 teaspoons of added sugar in food and beverages combined. A 12-ounce regular soda has more than 10 teaspoons of added sugar, adding up to about total 150 calories. CDC research found about 30% of Americans ages two and older eat and drink high amounts of added sugar each day. Cutting out 2 regular sodas per day would reduce total calories by 2,100 in a week.

Tricks to Rethink Your Drink

- Choose water (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- Need more flavor? Add berries or slices of lime, lemon, or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- Water just won't do? Reach for drinks that contain important nutrients such as low-fat or fat-free milk; unsweetened, fortified milk alternatives, or 100% fruit or vegetable juice first.
- At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low-fat or fat-free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
- At the store? Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.

A Note About Energy Drinks

Energy drinks are often marketed as products that increase energy. In addition to added sugar, these products may also contain large amounts of caffeine and other legal stimulants. Concerns have been raised about the potential health risks of these products, especially for young people. If you're looking for a quick pick-me-up, alternatives to energy drinks include:

- Plain or unsweetened flavored water. Dehydration is often a reason for low energy.
- Unsweetened tea. A number of tea flavors are available in naturally caffeinated varieties that can be enjoyed hot or cold.
- Hot or iced coffee.
- 100% fruit or vegetable juice. There are many types of juices and juice combinations. Find one that you enjoy!
- Whole fruit. Sometimes a snack can give you as much of a boost as a drink.

Other Names for Added Sugar

According to the Food and Drug Administration, added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Added sugars do not include naturally occurring sugars that are found in milk, fruits, and vegetables.

If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

- Cane juice
- Corn syrup
- Dextrose
- Fructose
- Fruit juice concentrates
- Fruit nectars (such as agave nectar)
- Glucose
- High fructose corn syrup

- Honey
- Malt syrup
- Maple syrup and syrup
- Molasses
- Raw sugar
- Sugar
- Sucrose
- Sugar cane

Source: [Rethink Your Drink | Healthy Weight, Nutrition, and Physical Activity | CDC](#)

On the Calendar



March Step Contest

St. Patrick's Day may have already passed, but it's not too late to get your hands on a pot of gold!

Enter your steps from March 25 to 31st to be entered for a chance to win 1 of 3 \$20 gift cards! Winners are drawn randomly from all entrants.

Step trackers to fill out can be found on bulletin boards with *The Source* or on the Intranet in [Documents for the Source](#) (full address listed at bottom of newsletter). To qualify, turn in trackers to the lock boxes in any of our lunchrooms or by email to Dawn [REDACTED] (REDACTED) by April 3rd (tomorrow)!



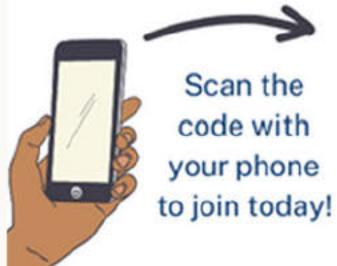
RIS Golf Outing

Tee up for a day of fun at the RIS Golf Outing!

Mark your calendars because the V&P Committee is thrilled to announce that the RIS Golf Outing will be taking place on **Saturday, September 28th, at the picturesque Heartland Country Club.**

Get ready to swing into action and enjoy a day filled with friendly competition and camaraderie. Whether you're a seasoned golfer or just looking to have a great time, this event is for you!

Stay tuned for more details as we unveil exciting updates and information in the upcoming weeks. It's going to be a hole-in-one kind of day that you won't want to miss!



Scan the code with your phone to join today!



Join the RIS Co-Worker Engagement Group on Facebook!



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Have a news story or update to share companywide? Submit to:

This weekly newsletter comes out every Tuesday at 12:00pm. All pieces must be submitted in their entirety by the preceding Friday. Start working with [Lauren](#) to design your piece as early as possible.

For supplemental documents or past editions go to: