



County honors those involved in water rescue  
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# MORRISON COUNTY Record

Serving Morrison County and Surrounding Communities

July 31, 2022

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## County votes to join Rum River Watershed Joint Powers Board

By ZACH HACKER  
Staff Writer  
zach.hacker@apgecm.com

Morrison County will have two representatives on the Rum River One Watershed One Plan Joint Powers Board.

There are some tributaries of the Rum River — such as Tibbetts Brook — in southeast Morrison County that are part of the watershed. Tuesday, the County Board of Commissioners voted to have Mike Wilson, who represents the area on the Board, join Morrison County Soil and Water Conservation District (SWCD) Board representative Dale Scholl on the joint powers board.

SWCD Director Shannon Wettstein presented the resolution and plans for the Rum River One Watershed One Plan project to the Board, July 19, so it could discuss its level of participation on the joint powers board before it came to a vote. The joint powers board has authorities including approving an annual work plan and receiving grant funds from the Minnesota Board of Water and Soil Resources (BWSR) for programs within the district.

She said the planning process has been going on for about three years, much longer than similar watershed plans. This, she said, is likely because the watershed in-

cludes nine counties — Anoka, Aitkin, Benton, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison and Sherburne — and is “a big watershed.”

“There’s some very different landscapes and very different folks that have been involved,” Wettstein said.

She said it has been “an interesting process,” as some of the larger counties in the northwest metro have had different areas of focus and ways they wanted to set up the joint powers entity than some of the outstate counties. Ultimately, she said what they came up with has already been approved by the SWCD Board of Directors.

So far, she said about half of the entities involved have approved the resolution, or at least brought it forward for consideration.

“Is this an all or none?” asked Commissioner Jeffrey Jelinski. “As an example, if Morrison County says, ‘We’re not going to sign this joint powers agreement,’ does that end the whole entire operation? Or, we sign it and Aitkin and Benton county say, ‘No. We’re not signing it.’ Is it done?”

Wettstein said the Board would be looking at two separate pieces.

The resolution would be to adopt the plan as it has been presented. The other part would be agreeing to establish and participate in the joint powers board.

She said not everyone has to be on the joint powers board for the process to move forward. In fact, she said Mille Lacs County — in which a much larger portion of the watershed runs than Morrison County — were not likely to join the new board, nor was its soil and water conservation district.

“That doesn’t mean if someone thing came up we wouldn’t be able to receive some money,” Wettstein said. “It just means that whoever elects not to sign it is not going to be a voting member on that board and would not have the authority to kind of persuade certain projects to get done.”

She added that, because the project is state-funded, whether or not Morrison County joins will not have any financial implications. The BWSR will allocate a certain dollar amount to the joint powers agreement every couple of years, and that entity will decide what projects will receive funding.

Wettstein said it is more likely

*“I truly believe it only works with involvement, with participation, with engagement.”*

— Jeffrey Jelinski

(Continued on Page 3A)

## Instead of building a new city shop, Pierz votes to purchase existing facility

By TERRY LEHRKE  
Editor  
terry.lehrke@apgecm.com

The Pierz City Council voted Monday, to take a new direction in the replacement of its city shop.

During a storm May 12, the Pierz city shop was basically destroyed. It was where the city’s heavy equipment and other Public Works supplies were kept, on the north end of town off of Highway 25.

Costs to rebuild the shop were estimated in the \$750,000 range. The city expects to receive \$200,000 in insurance, maybe

more, but certainly \$200,000.

However, business owner Chris Hoheisel, who owns BH Auto with a shop on a lot in Industrial Park, was planning to sell his building. He agreed to sell his building to the city for \$450,000.

Hoheisel’s shop is a 60-by-80-foot building, or 4,800 square feet, built in 2013. It is heated, has an office, bathroom, large break/storage room. A large equipment heated bay is about 45-by-80-feet or 3,600 square foot.

The city’s prior shop was 5,400 square feet, made up of the 40-by-70 foot shop; a large equipment

(Continued on Page 2A)

## Little Falls rec center ballot question unlikely in 2022

By ZACH HACKER  
Staff Writer  
zach.hacker@apgecm.com

A ballot question for Little Falls residents in 2022 involving funding for a community recreation center is looking increasingly unlikely.

At its most recent meeting, City

Administrator Jon Radermacher said, unless the state Legislature calls a special session by early August, it likely would not be prudent to ask the ballot question this year.

The state passed legislation in 2021 that would allow the city to capture \$17 million over 30 years via a half-cent local option sales

(Continued on Page 3A)



Staff photos by Zach Hacker, Sheila Bergren and Blake Bartels

### Morrison County Fair is history for another year, but offered fun for everyone

Pictured above left, Adeline Hebig, 3, daughter of Adam and Hanna Hebig of Sobieski, was all smiles during and after showing the Montbeliard/Jersey/Holstein heifer calf, Jewel, in the cross-breed livestock class at the Morrison County Fair, Saturday, July 23. It also earned the pair a purple Grand Champion ribbon. Above middle, Samuel Skelton, 6, St. Cloud, competed in the pedal tractor pull at the Morrison County Fair. Above right, Sydney Kapsner of Hillman and her alpaca, Bebe, went with the Alice in Wonderland theme for the costume contest at the llama/alpaca show at the Morrison County Fair. While Kapsner dressed as Alice, Bebe was dressed the white rabbit, an effort that earned them a purple Grand Champion ribbon. Bottom right, Caleb Meyer (77) took the lead over Matt Walsh (88) in the first round of races at the Morrison County Fair Tuff Truck and Car competition. More photos can be found on Page 6A.



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(073122-BHAuto)

Staff photo by Terry Lehrke

Instead of building a new city shop, the Pierz City Council instead voted to purchase the BH Auto building in the Pierz Industrial Park, owned by Chris Hoheisel.

### Pierz to purchase building for shop

(Continued from Page 1A) heated bay was approximately 40-by-60 feet. It also had a cold/warm storage area about 28-by-70-feet for 1,960 square feet and the Lions shed, of which the city used half, that measured 14-by-40 feet for 640 square feet.

City Administrator Bob Otremba told the City Council at its July 18 workshop, that the bids received contained just part of what the city wanted for the city shop. One bid, that came in at \$459,000, did not include water and sewer.

Public Works Supervisor Eric Gaffke noted a bid for \$750,000 for a steel frame building was still missing items the city wanted.

Mayor Dave Fischer noted during the workshop that state money is no longer available.

"The bottom line, when you're building something, we're looking at the low end of \$750,000," Fischer said.

Fischer told the Council during the workshop that he had toured the BH Auto shop and felt it would work for the city.

Hoheisel will also be leaving two hoists, which

Fischer noted will come in handy for city staff. However, Otremba said the city really only needed one and would probably sell the other, which would just take up space.

Some advantages Fischer pointed out during the workshop included that it was right across from the Rich Prairie Sewer and Water District building and if the city and R P S W D ever got to the point of sharing equipment, it would be close.

In addition, Fischer noted it would be easier for city staff driving the large equipment to turn out of the building onto the road, since it wasn't right off Highway 25. Industrial Park has a nice turn-around lane, he said.

Monday night, the Council voted to enter into a purchase agreement with Hoheisel to purchase his building. The city will pay \$200,000 down, \$50,000 of which is earnest money. That \$50,000 will come from the general fund.

The city will finance the

remaining \$250,000 with the seller on a contract for deed, paid over the next five years at 5% interest.

"We talked about paying that off earlier, but the owner did not want that stipulation," Fischer said.

The deal will close Oct. 14, 2022.

The per month payment over the next five years is \$4,717.81, starting in January 2023.

"I guess, based on our discussion at the workshop, it feels like it's gonna fit our needs," said Clerk Kyle Bednar.

"The bids that came back for building new were pretty high, and this feels like it's kind of a turn-key."

Council Member Lynn Egan agreed.

Fischer pointed out that the city's building inspector had inspected the building and pointed out a couple of things, but Hoheisel agreed to address those.

The vote from the Council to purchase the building was unanimous, in the absence of Council Member Don Bujalski.

**"... based on our discussion at the workshop, it feels like it's gonna fit our needs."**

— Kyle Bednar

### Pierz City Council Briefs

In other business Monday, the Pierz City Council:

- Approved a building permit for Tim and Bridget Corbett for a temporary placement of an 8-by-20-foot pod along their garage on Cassie Circle until Aug. 9

- Voted to increase solid waste fees by 50 cents, from \$6 to \$6.50 per month, effective Aug. 1, upon the request of Pierz Sanitation.

- Pierz Sanitation made the request to offset the increasing price of fuel. The Council intends to review the contract with Pierz Sanitation at the end of the year;

- Approved three exempt permits for Holy Trinity School including the March 26, 2023 carnival; its calendar raffle, Dec. 21, 2022; and its steak and wine event, Oct. 8, 2022;

- Approved the list of election judges and increased the rate of pay for judges from \$12.50 per hour

- to \$15 per hour, and for the head judge from \$15 to \$20 per hour. It was noted Mary Korf was willing to be the head election judge, as she has done in the past. Otremba also noted that additional judges were needed. Interested resident can inquire at City Hall;

- Noted the filing period for council seats is Aug. 2 – 16. Up for re-election are Mayor Dave Fischer, Council members Lynn Egan and Don Bujalski, and treasurer Linda Sczublewski;

- Learned from City Administrator Bob Otremba that the street work on Edward Street from First to Karst is nearly completed;

- Learned from Otremba that the job of doing locates to acquire electrical customers on the south side of Park Avenue is finished;

- Learned Otremba has been tackling an inventory of transformers for the city;

- Heard an update on the golf course expansion from Fischer, who said about half of the tees have been roughed in, and that rough shaping of the fairways was going to begin. Measuring greens for drainage piping will begin soon, with other drain piping to begin this fall. He said the project was pretty much on schedule, and maybe a little bit ahead;

- Responded to Jim Gerwing's question about the well down by the golf course by saying that it was determined that one well was sufficient and another well was not needed, but the size of the pond near that well was going to be increased. In addition, new pumps are coming, with the pump house being totally rebuilt for the newer, bigger pumps.

The next regular meeting of the Pierz City Council is Monday, Aug. 8, at 7 p.m.

## Candidate filings open Tuesday for city, township and school board seats

Residents who want to run in the November election for a city, township or school board seat, can begin filing Tuesday. The filing period runs for two weeks, until Tuesday, Aug. 16.

**Townships:** The townships that have voted to hold their elections in November and which seats are up for election include: Cushing — one supervisor and clerk; Elmdale — two supervisors and the clerk; Hillman — two supervisors and the treasurer; Morrill — two supervisors and the treasurer; Mount Morris — two supervisors and the treasurer; Pierz — two supervisors; Pulaski — one supervisor

and the clerk; Richardson — two supervisors and the treasurer; Rosing — two supervisors; and Scandia Valley — two supervisors and the treasurer.

**Cities:** Bowlus — mayor, one council seat and the clerk; Buckman — mayor, two council seats and the treasurer; Elmdale — mayor, one council seat and the clerk; Flensburg — mayor and two council seats; Genola — one council seat and the clerk; Harding — mayor, two council seats and the treasurer; Hillman — two council seats and the treasurer; Lastrup — two council seats and the clerk; Motley — mayor and

two council seats; Motley — mayor and two council seats; Pierz — mayor, two council seats and the treasurer; Randall — two council seats; Royalton — mayor and two council seats; Sobieski — one council seat and the treasurer; Swanville — mayor, and two council seats; Upsala — mayor and two council seats; Little Falls — mayor, council member at large and one seat from each ward.

**School boards:** Schools boards for Pierz, Little Falls, Royalton, Upsala and Swanville, will each have three seats up for election.

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## LF rec center vote unlikely this year

(Continued from Page 1A)

tax to pay for the proposed center, if it was approved by voters in the 2022 general election. However, due in large part to inflation and increased construction costs, the type of facility the city would like to build is estimated to be more in the \$33 million range.

The length of the local option sales tax — 30 years — and the amount — one-half cent on every dollar spent within the city — would remain the same. New projections by the city estimated that it could capture \$33 million without changing those details. However, such a change requires an amendment to the legislation approved for the ballot question.

The state Legislature had not approved an amendment when it adjourned in late May, and Senate Republicans have been firmly against calling a special session, according to several reports. At this point, any changes to that thinking seem, at best, unlikely.

Radermacher told the Council he had recently spoken with Mary Ippel, a partner at Taft Law in Minneapolis, who worked with the city in drafting a previous ballot question in 2018. “We had a discussion

and came to the conclusion that without the Legislative special session, and without that being completed before early August, that we aren’t really going to be in a position to host the ballot question without having to, again, re-host the ballot question,” Radermacher said.

He said the city had, essentially, two options in the absence of a special session.

One option would be to ask the ballot question that has been approved — which specifies a dollar amount of \$17 million — in November. If that amount is approved, in order to get the proposed 95,000 square foot facility built, the city would likely have to go back to the Legislature and ask for an amendment to the amount after the fact.

In that case, Radermacher said the state would likely agree to the amendment only if it is approved by voters. Essentially, voters would have to vote “Yes” on a ballot question in both 2022 and 2024 in order to get the building paid for in full.

The other option would be to not host the ballot question this year. In that

case, the city will have to go back to the Legislature during the 2023 session to get legislation specifying the new price. That would allow the question on the 2024 general election ballot.

“Either option leads us, likely, to another ballot question,” Radermacher said. “I think it’s probably easier to get it approved one time with the dollar amount that we truly need than it would be twice.”

Unless the unexpected happens and a special session is called soon, Radermacher said he likely will be recommending to the Council sometime in August that it votes to not host the ballot question in 2022. He urged them to speak to their legislators or any Senate Republicans they might know and advocate for a special session.

“It is something that, maybe there would be hope, so we wouldn’t want to do it right away,” Radermacher said. “I would declare us to make an intentional decision sometime at an August meeting that we’re not going to have the ballot question.”

**“I think it’s probably easier to get it approved one time with the dollar amount that we truly need than it would be twice.”**

— Jon Radermacher

## Zylka announces run for re-election

Little Falls Mayor Greg Zylka announced he will seek re-election in November.

“By working with a strong city council and a great city staff, I want to continue to dedicate time for the betterment of our community. Our great city has attracted many high quality manufacturers that continue to reinvest in our community — AirBorn, Wabash, Barrett, Lakeshirts, North Freeze Dry and many others,” he said.

In the next two years,

Zylka said the city expects between 200 – 400 new jobs to employ residents and attract many more.

“With significant job creation we will need to diligently address our needs in housing and child care. We continue to work with a developer regarding our housing needs. With Council support, we hope to have



Greg Zylka

‘shovels in the ground’ this fall,” Zylka said.

He noted the city is very fortunate to have received a \$1.5 million federal grant for child care.

“We continue to collaborate with other entities on a plan that could have a significant impact on our community. We have many amenities and attractions in Little Falls. I look forward on continuing to work for a community center, splash pad and skate/bike park. I would appreciate your support,” he said.

## LF man involved in Otter Tail County wreck

By ZACH HACKER  
Staff Writer

zach.hacker@apgecm.com

A Little Falls man suffered non-life threatening injuries, Saturday, July 23, when he was involved in a crash in Otter Tail County.

Luke Andrew Jacobs, 22, Little Falls, was the passenger on an ATV when it rolled west of Clitherall. The driver, Natasha Renea Best, 23, Clitherall, sustained “life threatening” injuries, according to the Min-

nesota State Patrol. She was airlifted to Sanford Hospital in Fargo, North Dakota.

According to the report, at about 10:22 p.m. Saturday, July 23, the State Patrol was alerted to an ATV crash on Highway 210, near the intersection with 402nd Avenue, in Otter Tail County’s Nidaros Township. The report states that Best was driving a 2016 CF Moto C Force 40 eastbound in the north ditch along Highway 210. For undisclosed reasons, the vehicle rolled.

Jacobs did not require emergency transport for his injuries. The extent or nature of Best’s injuries were not disclosed in the report.

The State Patrol lists that there was “alcohol involved” for both the driver and the passenger of the ATV.

The Otter Tail County Sheriff’s Office, Battle Lake Police Department, Battle Lake Fire and Rescue, Henning Ambulance and Life Link II helicopter all assisted the State Patrol at the scene.

## County to join Rum River Board

(Continued from Page 1A)

the joint powers board will ask her if staff from Morrison County can help support a grant or outreach in the area, in terms of local involvement in getting projects done.

As such, there are no levy implications on the county in terms of having to offer matching funds or anything of the kind to help get a project completed. Wettstein said, as a private Board, it could eventually change that, but there have been no indications of that at this point.

Commissioner Mike Wilson asked, since the watershed district is more prominent in Mille Lacs County, why they were not getting involved in the joint powers board.

Wettstein clarified that, though Morrison County’s portion of the watershed is small, if landowners need help, they will not be ignored, regardless of whether the county joins the new board or not.

In terms of why Mille Lacs County is not getting more involved, she speculated that it may have to do with disagreements throughout the process, so far. Though, she admitted that she was a bit surprised.

“The reason this has taken so long is because the group was divided,” Wettstein said. “Half of them did not want to establish a board and it took them a long time to get to the point where it won over — that it would be a board moving forward. That may have been a part of the reason that they decided not to; because they never wanted to have a joint powers board and they weren’t willing to sign on.”

Wilson asked what the

benefit of the watershed board will be to landowners in the area. Wettstein said funding allocated to the joint powers board is meant to be used for “what soil and water conservation districts have historically done.” That is to help fund projects on private lands.

As an example, she said if there was a landowner in Morrison County who had soil erosion in a field, they could ask to have a project to mitigate those issues included in the funding. It would then be up to the joint powers board to deem whether or not the project was worthy of funding; which would include how it was impacting the Rum River or its tributaries.

“Like I said, there are not a lot of landowners out there,” she said. “What we do have is a lot of county ditches. That was part of the interest in kind of staying alert to what was happening.”

Wettstein added that one thing the Board should take into consideration when deciding on how much involvement it would like to have in the joint powers board was who would be delegated to take on that appointment. She said there will likely be at least three meetings per year.

She said it had previously been discussed that Wilson would be a good choice for that role, since he represents landowners in the watershed area.

“It sends up somewhat of a red flag when there’s been this much division in this process formation,” said Board Chair Greg Blaine. “Which kind of tells me that maybe we should have someone there paying attention to what’s going on, and maybe a measure of discord could lend some leadership to that board in actually getting things done.”

Commissioner Randy Winscher, who represents the county on the SWCD Board, said the resolution states that the county could opt out of the joint powers agreement any time in the first year of its existence. It also could opt to join at a later time, if it so chose.

He said, from what he understood, there had been “a lot of animosity” between those working to put the resolution together. Winscher said one big hurdle has been in avoiding letting the counties in the metro area make all of the decisions for the rural areas. In all, there could potentially be as many as 19 voting members on the joint powers board.

“I kind of believe that we should be somewhat involved, because our two votes will make a big difference somewhere along the line,” Wilson said. “And it does affect us. I think most of our ditches run into the Rum River. I think we should be involved.”

Blaine asked Wettstein to come back, Tuesday, with a formal request to pass the resolution and the plan for the joint powers agreement.

Wettstein added that County Attorney Brian Middendorf has been “really supportive” throughout the process. She said he had signed off on the plan and on the resolution.

Jelinski said he agreed with Wilson that it would be a good idea to have someone from the County Board involved.

“If you’re not engaged and if you’re not involved in the project, in the system, then you’re uninvolved and disengaged,” Jelinski said. “I truly believe that this isn’t a levy issue, that this certainly is a joint powers board type of an action. I truly believe it only works with involvement, with participation, with engagement.”

## Blood donors needed to prevent shortage

Donors could win gas for a year

In recent weeks, a decline in donations has caused the American Red Cross blood supply to shrink by nearly 20%. This drop in donations could lead to a seasonal blood shortage, which can

negatively impact patient care at hospitals across the country.

The Red Cross needs donors to make an appointment now to give in August. As a thank-you for helping, all who come to give Aug. 1 - 31 will be entered to win gas for a year and will also receive a \$10 e-gift card to a

merchant of choice. Details are available at [rcblood.org/fuel](http://rcblood.org/fuel).

To see a list of upcoming Red Cross mobile/community blood drives in the Minnesota and Dakotas Region for Aug. 1 - 15 click here. Drive schedule is subject to change. To see the latest, go to [RedCrossBlood.org](http://RedCrossBlood.org).

## This week’s government meetings

The Little Falls City Council meets at 6:30 p.m. Monday, Aug. 1, at City Hall.

The Morrison County Board of Commissioners will meet at 8:30 a.m. Tuesday, Aug. 2, at the Morrison County Government Center.

Council meets at 7 p.m. Tuesday, Aug. 2, at the Swanville Center.

The Upsala City Council meets at 7 p.m. Monday, Aug. 1, at City Hall.

The Swanville City

Council meets at 7 p.m. Tuesday, Aug. 2, at the Royalton City Complex.

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# Viewpoint

## Snapshot of the Morrison County Veterans Service Office

By KATHY MARSHIK  
Guest Columnist

The Veterans Service Office consists of three employees. Morrison County taxes cover salaries and overall operational costs such as supplies, technology and training for the department. Our average annual budget is just under \$200,000. Outreach is not included as it is covered by a grant from Minnesota Department of Veterans Affairs.

We serve military, veterans and their dependents, with a wide array of services provided. The top three items we work with are service-connected illness and injury

**“We serve all ages, starting from the day they graduate their initial entry training to the day they are well over 100 years old.”**

issues, death and burial benefits and health care. Recently, mental health issues have risen as well. We are the information hub who connects qualified individuals to benefits. We provide resources, education, guidance and advocate for those we serve.

Myself and my employees must complete a set amount of continuing education each year to remain accredited and trained to provide the services we offer. These are also requirements of national, state and other entities we submit claims through.

Our services include extensive advocating, guidance to gather evidence and developing and writing claims. We obtain medical documentation, accident or injury reports, find active duty records and proof of an in-service injury or illness. Next we help write the claims with all correct supporting evidence, including current diagnosis of the injury or illness.

Next, we assist to prove the case of service-connected injury

or illness, by obtaining, medical evaluations to determine current diagnosis of the condition.

Lastly, we develop a link between the in-service event and current health condition.

When a veteran or service member passes away, we order the flags for burial, stop benefits when appropriate and help surviving family apply for entitled benefits. These benefits include compensation, burial reimbursement, life insurance and ordering grave markers. We also assist with survivor benefits through VA, DOD and other entities.

Our services include connecting veterans and qualified family members to VA health care, mental health services, transportation, adaptive equipment, home care, caregiver programs, hospice, physical therapy, addiction issues, specialty care, travel pay for VA health care and many other programs. Additionally, we provide services for retrieving military records, assistance with college education benefits, financial help for low income and crisis situations.

We are listeners and advocates. Everyone is different, and every situation can take a different approach on how we address the situation. It's our job to be quick on our feet, compassionate and helpful. This is very vital in situations with legal issues, suicide, addiction and homelessness. We partner with the DOD, law enforcement, homeless programs, community health and wellness programs often.

Our jobs are ever changing. We serve all ages, starting from the day they graduate their initial entry training to the day they are well over 100 years old. We are there to figure out how to help our veterans and military personnel.

*Kathy Marshik is the Morrison County veterans services officer.*



## The joys of a MN summer — and voting

By PEGGY BAKKEN  
APG/ECM Columnist

Minnesotans know we need to treasure every summer minute. We are feverishly out and about — boating, swimming, fishing, hiking, biking — you name it, we do it, and with great pleasure and enthusiasm. These beautiful sun-filled days will be gone before we know it, we must enjoy now.

It is a challenge to take time away from the grill, the pool, or the dock to prepare for the Tuesday, Aug. 9, primary election. Do you really want to spend time reading through voters' guides and vetting candidates on issues you care about?

Well, yes, you should care and yes, you should take a bit of time to make informed choices on this year's primary ballot.

Minnesota's primaries are usually low-key, but there are several important statewide contests that deserve everyone's attention. We've got competition for all the state constitutional offices — governor, attorney general, secretary of state and auditor. Some regions have higher profile Congressional primaries, like the 4th or 5th District.

### Letters to the Editor

#### Paulson knows concerns of Dist. 10B

To the Editor:

Fellow residents of District 10B, I'm Benton County Commissioner Ed Popp. We as commissioners work closely with the Minnesota House of Representatives, so choosing the right candidate to represent us is important. Our candidate will be chosen in the primary on Aug. 9, and I'm endorsing Blake Paulson in that race.

I've gotten to know Blake very well; he shares our concerns for the district, he listens and he's easy to work with. He will be a great advocate in the Legislature for our district, and for central Minnesota. He will be a good partner to our counties, cities and townships to ensure that our citizens are well-served at every level.

As a long-time farmer and

While the statewide races get the most attention, you probably have important local races, too. Some cities and school boards have primaries, and most counties have one or more contested positions. For example, Hennepin County has seven candidates running for county attorney. Mille Lacs County has four candidates running for sheriff. Many Senate and House districts have competition within the Republican or DFL party ballots.

It is not difficult to learn about these candidates, through the news coverage and voters' guide questions and answers in our publications.

You also can't use the excuse, "I'm out of town (or out on the boat) on Election Day." Voting an absentee ballot or early voting at your city hall or county courthouse is easy and now underway.

It's also OK to admit you just aren't sure how a primary works. The first step to take is to go to the Secretary of State's website and ask for a sample ballot. You type in your home address, and you will



Peggy Bakken

get a sample ballot just like it will appear when you go to vote. You also need to remember you can only vote on one party ballot, you can't vote for a Republican here and a DFLer there as you can in the general election.

The simplest way to describe the primary is that it is a "narrow the field" competition. Instead of having four or five or more candidates for one seat, this narrows it to two people in the non-partisan races and narrows the field to one DFLer and one Republican in the partisan races.

I'm with you — we need to squeeze more picnics, baseball games, dips in the pool or lake, fishing, pontoon rides, hometown festivals, county fairs, flower shows, campfires, bicycle rides, s'mores, mosquito swatting, disc golfing and stargazing into the precious time we call Minnesota summer. But we need to take an hour or two to vote in the Aug. 9 primary.

There's nothing nowhere more glorious than a Minnesota summer — and there's nothing more important than each of us accepting our responsibility as a citizen of this great state to do our duty and vote.

*Peggy Bakken is a former executive editor and a columnist for APG-East Central Minnesota. Reactions welcome: peggy.bakken@apgecm.com.*

## Predicting presidential politics for the year 2024

By CHUCK SLOCUM  
Guest Columnist

With weeks to go before the 2022 General Election, folks seem more fixated on the presidential campaign of 2024.

Dominated by public interest in 79-year-old President Joe Biden's seeking a second term — he would be the oldest incumbent president to do so — and whether former President Donald Trump, 76, would again run, seem to be of paramount interest.

Nearly two-thirds surveyed this month say that Biden will run, and he has said he will do so, while over 55% of Republicans say they support Trump's return to office. What the general public desires is a change at the top of the presidential ballot.

Fifty-plus leaders within the Democratic Party have anonymously indicated two major concerns: 1. The president's ability to advance the bulk of his agenda; 2. A 2022 Republican near sweep of national, state and local offices.

Said one unidentified source in a New York Times interview a month ago, Biden is "an anchor" to the party. A Florida party leader has suggested Biden "should announce his intent not to seek re-election ... right after the midterms."

After leaving office in 2021,

Trump has not been subtle about his interest in being the Republican candidate again in 2024. "It's not that I want to, the country needs this," said Trump in an interview with Fox News's Sean Hannity.

Trump's assertion that he had won the 2020 election, no doubt, stimulated the Jan. 6, 2021 riots at the Capitol; a U.S. House special committee investigating that incident is ongoing with likely legal consequences intimated for some in the Trump White House.

Under wraps is the fact that no top-tier presidential candidate in either party has emerged. But there are plenty looking at it and speculating. Among Democrats who would likely consider

such a 2024 run are current Vice President Kamala Harris, California Governor Gavin Newsom, California Congressman Ro Khanna and Illinois Governor J.B. Pritzker.

Republicans have some high-profile candidates in the mix, including former Vice President Mike Pence, Florida Governor Ron DeSantis, former New Jersey Governor Chris Christie, former Secretary of State Mike Pompeo and former South Carolina Governor and U.N. delegate Nikki Haley.

For me, I predict that Biden will be re-nominated and run again  
*(Continued on Page 5A)*

**“Republicans have some high-profile candidates in the mix ....”**

### Online Poll

#### Have you started shopping for school supplies?

1. Yes, I buy a little at a time to prevent sticker shock.
2. No, I wait until closer to the start of school.
3. I don't have kids in school, but I've been buying them to donate.

**Cast your vote online at [www.mcrecord.com](http://www.mcrecord.com) under the Viewpoint tab**



#### Last week's poll results

**Did you attend the Morrison County Fair?**  
62.5% - No, I just don't care for the fair.  
21.9% - Yes, we enjoyed the rides, food and activities.  
1.6% - Yes, I love the fair and I had kids exhibiting.  
14.1% - No, it was too warm for me.

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**The Record welcomes letters**  
The Morrison County Record invites readers to contribute letters to the editor. Email letters are preferred to [mcr@apgecm.com](mailto:mcr@apgecm.com). Letters should be no more than 200 words and Thank You should be no more than 75 words in length. Letters containing libelous material, or those intended as advertising will be refused. All letters must include a signature, address and a daytime telephone number. Deadline for letters is Wednesday at 5 p.m. Letter writers are limited to one letter every 5 weeks.

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# Viewpoint

## Letter to the Editor

### Wenzel will be most effective legislator

To the Editor:  
In the race for District 10 State Senate, Steve Wenzel is, without question, the most qualified candidate and would be the most effective legislator for the people of Morrison County.

I had the privilege of representing District 4 as Morrison County commissioner for 24 years. During that time, I attended many legislative sessions/meetings in St. Paul with Rep. Wenzel. I saw first-hand how effective Steve was in getting important projects funded for Morrison County and needed legislation to resolve critical county issues.

Whether it was getting funding for county road projects, problems with the DNR or funding for major projects like the \$54 million four-lane 371 Highway between Little Falls and Brainerd or the creation of the beautiful Minnesota Veterans Cemetery near Camp Ripley, Rep. Wenzel always delivered. Steve was most knowledgeable and absolutely masterful in his grasp of the legislative process.

Furthermore, it's been 52 years since a resident of Morrison County served in the Minnesota Senate. Gordon Rosenmeier was the last person to do so.

Steve is a lifelong Morrison County resident. One of his opponents moved into District 10 just weeks ago.

I urge all residents of Morrison County to vote Tuesday, Aug. 9. — **Don Meyer, Pierz**

### Newberger has the experience we need

To the Editor:

As a GOP delegate for Benton County, I have had the opportunity to get to know the candidates running for Senate in District 10B. Jim Newberger is one of those candidates and has the experience we need in St. Paul.

Jim is a retired paramedic who spent his working career saving lives. Jim was

also our GOP state representative for six years, where he worked hard to uphold conservative values. During that time he was endorsed by MCCL for his state house races. His pro-life voting record was 100%. Saving the unborn is one of the reasons I support Jim Newberger.

Jim was also endorsed by MCCL in 2018 when he ran against pro-choice Senator Amy Klobuchar. One of Jim's opponents, Steve Wenzel, was a Democrat for 28 years and voted for a pro-choice Speaker of the House, Tom Pugh during his last term as a state representative.

Jim will fight for conservative values and uphold the value of life. He has the record to prove it.

Jim recently earned the majority "preference vote" from Benton County GOP delegates in June. Minnesota needs Jim Newberger back in St. Paul. Join me in voting for Jim Aug. 9. — **Judy Hackett, Rice**

### Support candidates MPPOA supports

To the Editor:

Law enforcement urges your vote for Kresha, Schultz and Newberger, Aug. 9.

The Minnesota Police and Peace Officers Association (MPPOA) is the largest association representing public safety professionals in the state of Minnesota.

We're writing to urge your support and vote for Representative Ron Kresha, candidate for House District 10A; Isaac Schultz, and candidate for House District 10B; and James Newberger, candidate for Senate District 10 in the Primary Election Aug. 9. The MPPOA wholeheartedly endorses them as exceptional advocates.

Kresha, Schultz and Newberger are strong supporters of our public safety officials and first responders. They'll stand against attempts to defund and dismantle the police.

Kresha has served on the Pensions Committee and aims to secure retirement benefits for peace officers, while encouraging new re-

cruits.

Schultz has a firm grasp on the system and solutions during a critical time for public safety legislation.

Newberger is not only a trained paramedic with 30 years of service – his previous legislative experience will allow him to confidently return to the Capitol and take action.

Please join us in supporting Rep. Kresha, Isaac Schultz and James Newberger in the Primary Election on Aug. 9. — **Brian Peters, executive director, Minnesota Police and Peace Officers Association, St. Paul**

### Sell Hurrle Hall in order to save it

To the Editor:

There stands in Little Falls a majestic building known as Hurrle Hall, built with love, faith and hard work by the Franciscan Sisters of Little Falls, citizens of Little Falls and Morrison County. The sisters want to demolish the building even though there are buyers. The city has designated it a historic landmark and has funds for the restoration or rehabilitation of historic buildings, likewise the county and state and it needs housing.

Pope Francis, issued an encyclical "Laudato Si," "Care of our Common Home" asking each and every one to care for the environment and each other. Item 16: lays out the relationship between the poor and fragility of the planet, the human meaning of ecology and the throwaway culture. Item 22: "the throwaway culture reduces things to rubbish, it is better to reuse than destroy." Item 143: "there is a need to incorporate the history, culture and architecture of each place, thus preserving its original identity." Item 152: "Lack of housing is a grave problem in rural areas. Having a home has much to do with a sense of personal dignity and the growth of families.

Implore the sisters to sell the building. — **Connie Lies, Little Falls**

suggestion that Nikki Haley be the party's 2024 standard bearer.

Chuck Slocum is president of The Williston Group, a Minnetonka-based management consulting firm. His email is [Chuck@WillistonGroup.com](mailto:Chuck@WillistonGroup.com).

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**SAMPLE BALLOT**

**State Partisan Primary Ballot Morrison County, Minnesota August 9, 2022**

**Instructions to Voters:**  
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

This ballot card contains a partisan ballot and a nonpartisan ballot. On the partisan ballot you are permitted to vote for candidates of one political party only.

Grassroots-Legalize Cannabis Party	Legal Marijuana Now Party	Republican Party	Democratic-Farmer-Labor Party
<b>State Offices</b>	<b>Federal Offices</b>	<b>Federal Offices</b>	<b>Federal Offices</b>
<b>Governor and Lieutenant Governor</b> Vote for One Team	<b>U.S. Representative District 7</b> Vote for One	<b>U.S. Representative District 7</b> Vote for One	<b>U.S. Representative District 7</b> Vote for One
<input type="radio"/> Darrell Paulsen and Ed Engelmann <input type="radio"/> Steve Patterson and Matt Huff	<input type="radio"/> Travis "Bull" Johnson	<input type="radio"/> Michelle Fischbach	<input type="radio"/> Jill Abahsain <input type="radio"/> Alycia R Gruenhagen
<b>State Offices</b>	<b>State Offices</b>	<b>State Offices</b>	<b>State Offices</b>
<b>Governor and Lieutenant Governor</b> Vote for One Team	<b>State Senator District 5</b> Vote for One	<b>State Senator District 5</b> Vote for One	<b>State Senator District 5</b> Vote for One
<input type="radio"/> Chris Wright and L.C. Lawrence Converse <input type="radio"/> James McCaskel and David Sandbeck	<input type="radio"/> Bret Bussman	<input type="radio"/> Bret Bussman	<input type="radio"/> A. John Peters
	<input type="radio"/> Paul J. Utke	<input type="radio"/> Paul J. Utke	<b>State Senator District 10</b> Vote for One
	<input type="radio"/> Dale A.P. Anderson	<input type="radio"/> Dale A.P. Anderson	<input type="radio"/> Suzanne M. Cekalla
	<b>State Senator District 10</b> Vote for One	<b>State Senator District 10</b> Vote for One	<b>State Representative District 10B</b> Vote for One
<input type="radio"/> Nathan Wesenberg <input type="radio"/> Steve Wenzel <input type="radio"/> Jim Newberger	<input type="radio"/> Hunter Froelich	<input type="radio"/> Hunter Froelich	<b>Governor and Lieutenant Governor</b> Vote for One Team
<b>State Representative District 5B</b> Vote for One	<b>Governor and Lieutenant Governor</b> Vote for One Team	<b>Governor and Lieutenant Governor</b> Vote for One Team	<input type="radio"/> Tim Walz and Peggy Flanagan <input type="radio"/> Ole Saviar and Julia M Parker
<input type="radio"/> Mike Wiener <input type="radio"/> Sheldon Monson	<input type="radio"/> Scott Jensen and Matt Birk <input type="radio"/> Joyce Lynne Lacey and Kent Edwards <input type="radio"/> Bob "Again" Carney Jr and Captain Jack Sparrow	<input type="radio"/> Scott Jensen and Matt Birk <input type="radio"/> Joyce Lynne Lacey and Kent Edwards <input type="radio"/> Bob "Again" Carney Jr and Captain Jack Sparrow	<b>Secretary of State</b> Vote for One
<b>State Representative District 10A</b> Vote for One	<b>Secretary of State</b> Vote for One	<b>Secretary of State</b> Vote for One	<input type="radio"/> Steve Carlson <input type="radio"/> Steve Simon
<input type="radio"/> Charles "Chuck" Parins <input type="radio"/> Ron Kresha	<input type="radio"/> Erik van Mechelen <input type="radio"/> Kim Crockett	<input type="radio"/> Erik van Mechelen <input type="radio"/> Kim Crockett	<b>Attorney General</b> Vote for One
<b>State Representative District 10B</b> Vote for One	<b>Attorney General</b> Vote for One	<b>Attorney General</b> Vote for One	<input type="radio"/> Bill Dahn <input type="radio"/> Keith Ellison
<input type="radio"/> Isaac Schultz <input type="radio"/> John Ulrick <input type="radio"/> Blake Paulson	<input type="radio"/> Sharon Anderson <input type="radio"/> Doug Wardlow <input type="radio"/> Jim Schultz	<input type="radio"/> Sharon Anderson <input type="radio"/> Doug Wardlow <input type="radio"/> Jim Schultz	
<b>Governor and Lieutenant Governor</b> Vote for One Team		<b>Governor and Lieutenant Governor</b> Vote for One Team	
<input type="radio"/> Scott Jensen and Matt Birk <input type="radio"/> Joyce Lynne Lacey and Kent Edwards <input type="radio"/> Bob "Again" Carney Jr and Captain Jack Sparrow		<input type="radio"/> Scott Jensen and Matt Birk <input type="radio"/> Joyce Lynne Lacey and Kent Edwards <input type="radio"/> Bob "Again" Carney Jr and Captain Jack Sparrow	
<b>Secretary of State</b> Vote for One		<b>Secretary of State</b> Vote for One	
<input type="radio"/> Erik van Mechelen <input type="radio"/> Kim Crockett		<input type="radio"/> Erik van Mechelen <input type="radio"/> Kim Crockett	
<b>Attorney General</b> Vote for One		<b>Attorney General</b> Vote for One	
<input type="radio"/> Sharon Anderson <input type="radio"/> Doug Wardlow <input type="radio"/> Jim Schultz		<input type="radio"/> Sharon Anderson <input type="radio"/> Doug Wardlow <input type="radio"/> Jim Schultz	

Continue voting on the nonpartisan ballot.    Continue voting on the nonpartisan ballot.    Continue voting on the nonpartisan ballot.    Continue voting on the nonpartisan ballot.

Vote front and back of ballot

**SAMPLE BALLOT**

**State and County Nonpartisan Primary Ballot Morrison County, Minnesota August 9, 2022**

**Instructions to Voters:**  
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

This ballot card contains a partisan ballot and a nonpartisan ballot. On the partisan ballot you are permitted to vote for candidates of one political party only.

**School District Questions**

To vote for a question, fill in the oval next to the word "Yes" on that question. To vote against a question, fill in the oval next to the word "No" on that question.

**School District Question 1**

**Approval of School District Bond Issue**

Shall the school board of Independent School District No. 740 (Melrose Area Public Schools) be authorized to issue its general obligation school building bonds in an amount not to exceed \$29,940,000 to provide funds for the acquisition and betterment of school sites and facilities, including the construction and equipping of a new Career and Technical Education auto shop addition; the renovation of existing Career and Technical Education classrooms and labs; the construction and equipping of a new swimming pool facility; conversion of the existing pool facility into a multi-purpose activity space and storage; replacement of the High School gymnasium floor; remodeling and updates to locker rooms and related spaces; HVAC improvements; the replacement of tennis courts; ADA-accessibility improvements; and site, grading, and utility improvements?

Yes  
 No

**BY VOTING "YES" ON THIS BALLOT QUESTION, YOU ARE VOTING FOR A PROPERTY TAX INCREASE**

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● **Business**  
● **Auto**  
● **Home**  
● **Life**  
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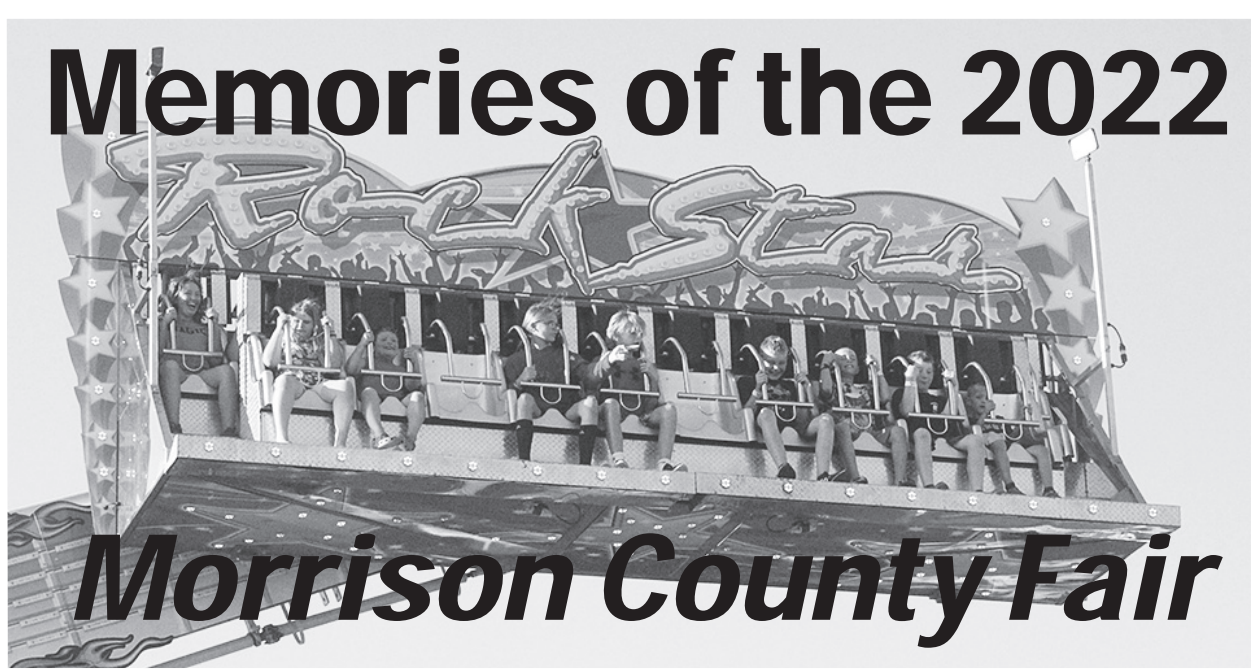
- Albany**  
140 5th St.  
Albany, MN 56307
- Sauk Centre**  
864 Main St.  
Sauk Centre, MN 56378
- Melrose**  
110 West 1st St.  
Melrose, MN 56352
- Pierz**  
(Located in Pierz Floral)  
205 Main St. N.  
Pierz, MN 56364
- St. Cloud**  
3801 North 3rd St, Ste 100  
St. Cloud, MN 56303
- Holdingford**  
580 Main St.  
Holdingford, MN 56340
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Allison Froelich, 2, Pierz, picked out the perfect rubber ducky from the duck pond at the Morrison County Fair, July 28. Froelich won a stuffed unicorn for her effort. Photo by Zach Hacker.



# Memories of the 2022 Morrison County Fair



Neighbors Nicolas Rivetts, left, and Jennifer Kersten enjoyed a ride on the Scrambler, July 28, at the Morrison County Fair in Little Falls. Photo by Zach Hacker.



Adelyn Sahr, 10, Little Falls, tried her hand at tossing a whiffle ball into a cup, one of the games on the midway at the Morrison County Fair. Photo by Zach Hacker.



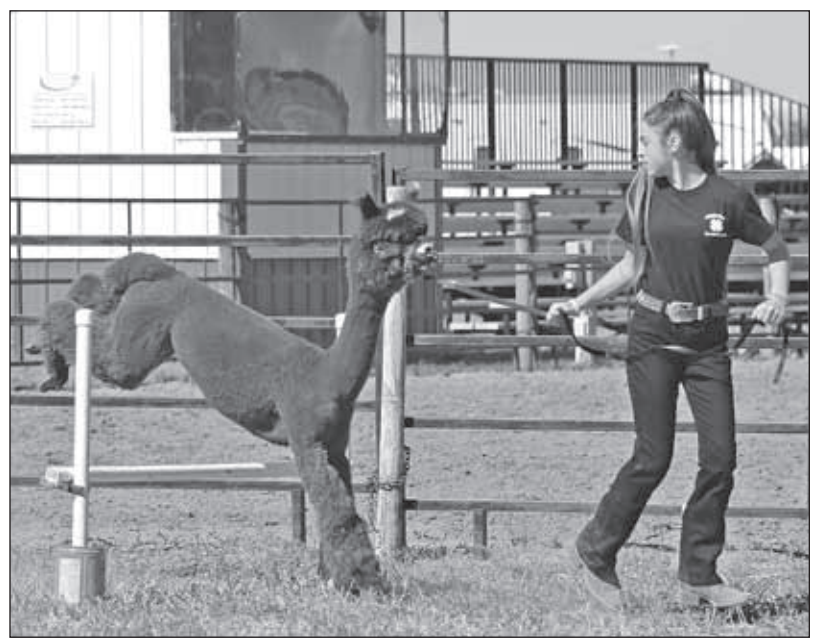
Danielle Haus, first responder with the Upsala First Response, hustled her horse, Trigger, around the barrels at the Friday Night Lights at the Morrison County Fair, Friday, July 29. Photo by Sheila Bergren.



Blake Rule, 4, and his mom, Samantha, both of Bowlus, rode a racecar on the first night of the Morrison County Fair, July 28, in Little Falls. Photo by Zach Hacker.



Kayla Fleischbacker, 12, and her goat took on the form of a Disney classic during the MC Fair's Animal Dress-up Contest, July 28, when they dressed as Cruella DeVile and a dalmation from 101 Dalmations. Photo by Zach Hacker.



Of all the contestants at the llama/alpaca show at the Morrison County Fair, Friday, July 29, the alpaca Marietta and her owner, Mylee Kapsner, were the only ones who cleared the two jumps in the obstacle course. Photo by Sheila Bergren.



Becket Gerads, 5, and his pig, Red, channeled the Old West, dressing as a cowboy and a cow, July 28, at the Animal Dress Up Contest.



Josie Roerick, 9, and her goat, Abu, were ready to get a workout in, July 28, at the Animal Dress Up Contest. Photo by Zach Hacker.



Carter Happke of Pierz showed one of his family farm's registered cows at the livestock show at the Morrison County Fair, Saturday, July 23. Photo by Sheila Bergren.



Lydia Kokett of Little Falls showed in a variety of classes at the livestock show at the Morrison County Fair. Photo by Sheila Bergren.



Randall cousins Cora Crosby, left, daughter of Jolene and Jim Crosby, and Anna Crosby, daughter of Jessie and Bob Crosby, had fun trying out the different activities, including coloring, at the Ag Learning Center at the Morrison County Fair, Saturday, July 23. Photo by Sheila Bergren.



From left, Evan Kukluk, Josiah Gold, Isaac Cole and Ayden Gold rode the Rock Star on the midway at the Morrison County Fair, July 28. Photo by Zach Hacker.

**See you at next year's Fair**

See more fair photos online at [mcrecord.com](http://mcrecord.com)

# Key services offered for those with developmental disabilities

By ZACH HACKER  
Staff Writer  
zach.hacker@apgecm.com

Brad Vold and Jeff Bowman of Morrison County Health and Human Services (HHS) both described developmental disabilities case management as an important service to keep people in their homes and living the life they want.

Tuesday, they presented an update on developmental disabilities case management services in the county to the Board of Commissioners.

Overall, the number of individuals in the county who receive case management services has remained about the same in recent years, right around 200. As of June 30, 196 residents were clients of the 3.5 full-time case managers with HHS. They have a caseload of about 60 clients each.

"We constantly have individuals moving out of the county, transferring in or passing away — and new assessments, as well," said Bowman, HHS adult services supervisor. "For whatever reason, numbers seem to remain pretty stagnant around there."

Bowman said there are multiple options for people who meet eligibility requirements. One type of developmental disability case management is classified as Rule 185. To be eligible, the person has to have a developmental disability or meet criteria via related conditions, such as adaptive functioning impairments.

Case managers work directly with the individual — or their family, if the individual is a child — to help them gain access to social, medical, educational and other supports and services, according to HHS. In order to meet eligibility, the person must undergo a Mn-CHOICES assessment and a diagnostic evaluation.

Bowman said individuals who access Rule 185 have to get assessments every three years.

"Developmental disability does not change for many individuals," he said. "It remains pretty stagnant. If they meet criteria as a child, they almost always will meet criteria as an adult."

Of the 196 clients who are currently being served by the county, 160 access waiver services. Those, according to Bowman, go above and beyond what the state plan services are designed to support. Among those 160, 49 access Consumer Directed Community Supports.

He said the latter are designed to allow greater flexibility for clients who may have limitations due to lack of providers, for example, or who are wanting to utilize informal supports.

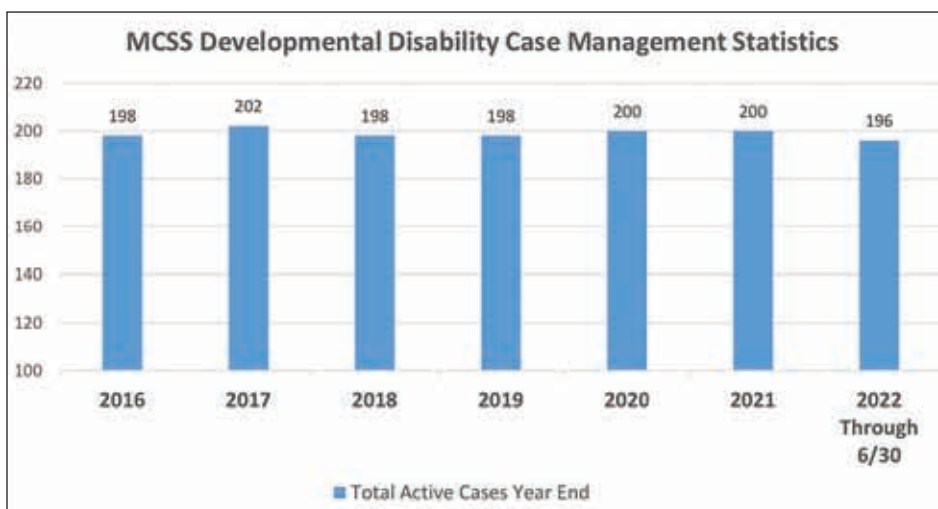
"It gives them a budget to meet their own needs and it allows them to utilize those much more liberally," Bowman said. "There's still guidance, but they have much more availability to pay for the services that they want to."

He said Morrison County has seen an increase in developmental disability waiver enrollment in recent years. HHS has worked to get those who are eligible for waiver case management to access those services. In order to do so, however, they must meet the same eligibil-

## Little Falls Class of 1967 to reunite

The Little Falls High School Class of 1967 will gather for their 55th class reunion Friday and Saturday, Aug. 5 and 6 at the VFW in Little Falls.

For more information, call Wayne Hansmann at (320) 632-6849.



Morrison County Health and Human Services  
A graph provided by Morrison County Health and Human Services shows the number of individuals receiving developmental disabilities case management services in recent years.

requirements as Rule 185, along with financial guidelines.

Though HHS hopes to get those who are eligible enrolled in the waiver program, it is ultimately still up to the individual. Bowman said if they do not want to go in that direction, they will simply encourage them to continue to utilize the services they're wanting.

"Over the past several years, our revenue has continued to increase for (developmental disability) case management," Bowman said. "That is a direct relation to the amount of cases that we have been increasing over the past several years, but also the increased need for our individuals."

He said, due to a lack of resources and providers, a lot of demand "falls on our case managers." They have to work more directly with clients to ensure they're getting their needs met.

"They're trying to fill the gaps that the local service providers aren't able to

at this moment," Bowman said.

Each year, HHS is allocated a budget from the state to support individuals who are accessing the waiver services. Bowman said their budget has increased over the past several years.

Morrison County was allocated a total of \$18.333 million in 2021, though it only used 72% of that — \$13.234 million. As of June 30, the county had received \$14.347 million and paid out \$5.716 million. Bowman said whenever an allocation is used for a new individual moving onto developmental disability waiver case management, funding comes with that from the state.

"This money doesn't actually sit in our budget," said

Vold, HHS executive director. "It's a pass-through, so it's an allocation at the state level. It's part of the bigger cost report, the money that we talk about in terms of the overall funding that Health and Human Services provides."

Another one of HHS's "big goals," according to Bowman, has been to "get as far upstream as we can" with individuals, whether

for developmental disability or mental health case management. As such, he said the county's numbers have been increasing within the younger population, particularly in the 7 - 13 and 14 - 21 age groups.

He said the reason they are hoping to reach clients at an early age is, at times,

he said an intake worker will receive a call from an individual who is turning to adulthood. Often, Bowman said the family has done a good job supporting their child up until that point.

"Now they're faced with what's next," he said. "We try to get in front of that, to be able to provide greater resources, educate more, higher level of skills so that person will be more successful in the desired setting where they want to be."

One other program Bowman said the county offers is called Semi Independent Living Skills (SILS), which is funded by a grant from the state. He said this type of support is designed for those who are not eligible for waiver case management, and it provides them with greater education on skills such as transportation, housing, medication management and finding employment.

HHS receives this grant every year, and the county's share was reduced in 2019 from 30% to 15%. Bowman said SILS participants have decreased in recent years, as case managers have tried to steer individuals toward accessing waiver case management, if they are eligible. The latter, he said, is a more "sustainable line of services."

Following the presentation, Commissioner Randy Winscher asked Bowman if the county is penalized in the form of receiving less funding from the state if it does not spend the entire allocated amount.

Bowman said the state has continued to provide Morrison County with the

resources it needs, in recent years.

"Years ago, when I first came on, we would receive zero, one allocation a year for (developmental disability) case management, which is horrible," Bowman said. "It left our case managers chomping at the bit to try to scoop up that available resource."

The funds the county does not use get re-allocated to other agencies which have additional needs, Bowman said.

Commissioner Mike Wilson commented on the importance of these services in terms of overall cost. Though the amount Morrison County receives from the state might look like a lot, he said it would likely be "10 times that amount" if those residents had to live in nursing homes or assisted living.

"This kind of goes to that fundamental responsibility that we have within society, that we lend assistance and we take care of people who are disabled," said Board Chair Greg Blaine. "It takes special people, I will say, to do that type of work."

Commissioner Jeffrey Jelinski agreed.

"I thank the good Lord above that we have programs like this," he said. "I hate to use the term 'these folks,' but I'm going to say it, these folks are our brothers, sisters, relatives, neighbors, friends, etc., etc., right on down the line. I'm absolutely thrilled that I can be part of an organization that takes a look and watches out for those people, and I mean that in all respect."

**"This kind of goes to that fundamental responsibility that we have within society, that we lend assistance and we take care of people who are disabled."**

— Greg Blaine



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# Recent LF grad earns rank of Eagle Scout

Jade Kyle Walter, a recent graduate from Little Falls Community High School recently earned the rank of Eagle Scout. Walter began in Cub Scouts as a Tiger Cub in first grade (2010) in Pack 44, then crossed over to Boy Scouts into Troop 51 in 2015 (fifth grade).

To earn the rank of Eagle Scout, Walter had to first progress through the ranks of Tenderfoot, Second Class, First Class, Star, Life, and Eagle. Along the way, they earned 29 merit badges.

As part of attaining the Eagle Scout rank, Walter had to plan, develop and give leadership on a service project for a religious organization, school or community. Walter chose the Morrison County Historical Society in Little Falls.

Last year, Walter met with Mary Warner, the executive director of MCHS at the time, to discuss surveying the property that used to be the home of Smuda Zoo. Walter put together a plan and then gathered the tools and other equipment necessary to complete the project, including volunteers of fellow scouts and family.

On Sept. 12, 2021, a

warm, sunny day, the project of finding and measuring every building on the Smuda Zoo property began. As the scouts and volunteers searched the property with their measuring tapes, they even found the grave markers of two of the lions, Gretchen and Sophie. Afterwards, the volunteers were treated to M&M cookies for their arduous work. Later, Walter did a follow-up to recheck some of the measurements and put the photos on a flash drive.

After attending and passing the Scouting Board of Review on April 18, 2022, Walter was notified of being awarded the Eagle Scout rank. Then on June 26, Troop 51 held an Eagle Court of Honor to award Scouting's highest rank to Walter. Walter's sibling, Caleb Walter, who is also an Eagle Scout, assisted in the ceremony where Jade received the Eagle rank certificate, badge, and pin from Scoutmaster Don Schlichting and the new Scoutmaster Chad Sackett of Troop 51.

Walter said appreciation and recognition goes to the scouts of Troop 51, all the



Submitted photo

Troop 51 Scoutmaster Don Schlichting, left, presented the Eagle award to Jade Kyle Walter, June 26, in the Our Lady of Lourdes Church basement.

adults and leaders, and everyone who helped and volunteered their time and effort along Walter's scouting journey to Eagle.

Walter is the youngest child of James and Rebecca Walter and is the fourth to earn the Eagle Scout rank out of four siblings: Amanda, Max, Evan and Caleb.

Walter is the grandchild of Louise and the late Roger Walter of Little Falls and Ken and Betty Lasneski of Alexandria.

Anyone who has a child interested in Scouting, can contact Central Minnesota Scouting at [www.bsacmc.org](http://www.bsacmc.org).

# Royalton man's injuries 'life threatening' in rollover

By ZACH HACKER  
Staff Writer  
[zach.hacker@apgecm.com](mailto:zach.hacker@apgecm.com)

A Royalton man was severely injured, Saturday, July 23, when he was involved in a crash on Highway 10.

Alan David Schumer, 52, Royalton, sustained "life threatening" injuries as a result of the single-vehicle accident, according to the Minnesota State Patrol. The extent and nature of his injuries were not disclosed.

The report states that at about 5:43 p.m., Saturday, July 23, the State Patrol learned of a rollover accident at the intersection of Highway 10 and 68th Street, about two miles northwest of Royalton in Bellevue Township.

When troopers arrived,

they learned Schumer was driving a 1998 Buick LeSabre eastbound on Highway 10 near the intersection with 68th Street when, for unspecified reasons, his vehicle left the roadway and entered the ditch. It then made contact with the west shoulder, according to the report, turned sharp and traveled across both lanes before entering the median a second time.

"The LeSabre rolled multiple times and came to a rest in the middle of eastbound Highway 10 on its roof," read the report.

Schumer was taken to Regions Hospital in St. Paul for treatment. He was wearing his seat belt at the time of the crash, according to the report, and alcohol was not a factor.

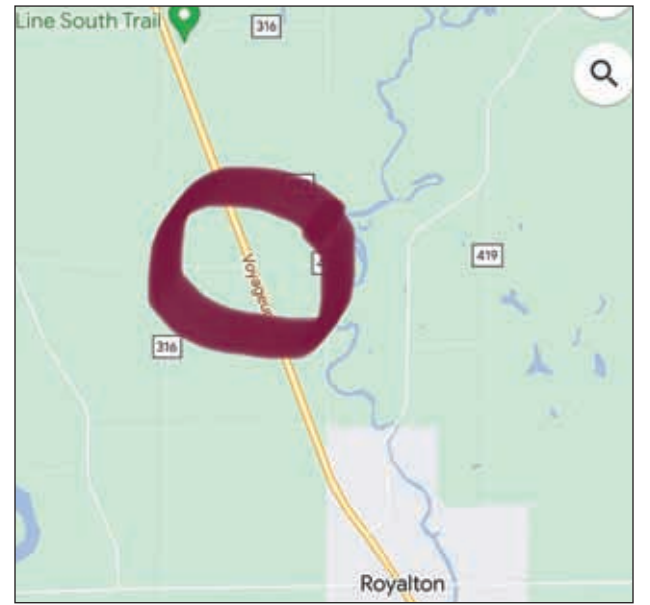


Image courtesy of Google Maps

The intersection of Highway 10 and 68th Street in Bellevue Township, circled on the map, was the site of a rollover that left a Royalton man seriously injured, Saturday, July 23.

# Avoid these seven common fitness mistakes

Courtesy of Metro Creative Connection

It is important to follow appropriate guidance when pursuing fitness goals. However, with so much information available online, it can be challenging to sift through the advice and determine what is safe and effective and what is not.

Fitness enthusiasts may make certain mistakes along the way to achieving their goals. Recognizing which practices should be avoided can lower risk of injury and produce the desired results.

**1. Skipping warm-up** — Warm-ups are vital before a workout. They help muscles in the body become acclimated to exercise by gradually building up heart rate and muscle flexibility and endurance. A warm-up can include walking, biking or light repetitions of exercises.

**2. Getting caught up in "low-fat" foods** — It is important to eat a balanced diet that includes real, wholesome foods, according to Lucky 13 Fitness. Many people fill their carts with sugar-free desserts or fat-free items thinking this is healthy eating. When fat or sugar is removed, chemicals often replace these ingredi-

ents. Rather than embracing an extreme diet, focus on balance and moderation.

**3. "Cheat days"** — Some people operate under the assumption that the weekend or another less regimented day is an opportunity to let loose and stray from a diet and exercise regimen. This can be a mistake. A better approach is to find a routine that has enough balance so a person doesn't feel like he or she needs to go off the rails to indulge.

**4. Using the "I'm busy" excuse** — There is no such thing as being too busy to exercise. Making exercise a necessary part of a daily routine requires finding time for fitness. Individuals may need to squeeze in exercise in the early morning before work or school. If exercise seems to be getting in the way of family time, engage in a group workout with the kids or your spouse.

**5. Pushing too hard** — Many people exercise under the assumption that "more is more." Injuries can occur when one pushes too far in a workout, particularly if he or she is lifting more weight than his or her body can handle. It is essential to give the body some time off to recuperate. Rest helps to

prevent injuries.

**6. Making vague goals** — Establishing fitness goals helps people reach markers that make it easy for them to gauge their success. Statements like "I want to lose weight" or "I want to get stronger" make it hard to measure progress, as they lack specificity. It is much better to make firm goals, such as specific pounds to

lose or being able to lift a certain amount of weight by a predetermined date.

**7. Hopping from program to program** — It's tempting to try everything the gym or the fitness world has to offer. It is better to learn the basics and stick with a program for some time before moving on to another one; otherwise, you may never have enough time to master any routine.

*"Establishing fitness goals helps people reach markers that make it easy for them to gauge their success."*

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## Past employees of Hennepin Paper gathering Wednesday

Past employees of Hennepin Paper and their spouses are invited to a summer get-together at Pizza Ranch in Little Falls.

The get-together is set for Wednesday, Aug. 3, at 4:30 p.m.

Guests are asked to bring a non-perishable food item



## Quilters to meet Aug. 2

The Prairie Point Quilters will meet Tuesday, Aug. 2, at 6 p.m.

All meetings are held

at Holy Family Fellowship Hall located at 18777 Riverwood Dr., Little Falls.

New members welcome.

## PEO chapter meets Tuesday

The CJ Chapter of PEO will meet at 12:30 p.m., Tuesday Aug. 2.

The program will be initiation of new members to the chapter.

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# Senior Best Age Page

Submitted by Kristine Hoheisel, Horizon Health, Inc. Senior Resource Director

### August is National Wellness Month

By: Barb Downs

Wellness is about self-care, stress management and creating healthy routines. It is about having a balance between the spiritual, physical, psychological, emotional, personal and professional parts of our lives. According to the National Wellness Institute: "Wellness is an active process through which people become aware of, and make choices toward, a more successful existence." There are simple routines we can follow to get ourselves on a path to wellness.

We need to think about how much water we drink each day, because our bodies depend on water to survive. Water gets rid of wastes through urination, perspiration and bowel movements; keeps our temperature normal; lubricates and cushions our joints; and protects sensitive tissues. Dehydration, even when it is mild, can drain us of energy and make us tired.

Daily exercise is another component of wellness. There are many benefits to exercising including brain health, weight management, reducing the risk of disease, strengthening our bones and muscles, and improving our ability to do everyday activities. Exercising can help with pain management, reduce our stress, and boost our confidence. To make exercise an everyday routine, I keep it simple and varied. Sometimes I work hard by going for a fast walk. Other times, I stroll and take the time to appreciate what is around me. Some days I garden, and other days I count my housework as exercise.

We can also improve our wellness by trying something new. We can improve our outlook on life and make ourselves feel better. I like to wander through stores - a new antique store or thrift shop. I take classes to learn a new skill. Oftentimes I don't use the new skill, but in the process, I have met new people and learned something about myself.

In order to achieve wellness, it is also important to pay attention to things that make us feel overwhelmed or anxious and cause us stress. I have times when I can't settle; I can't make my nervousness go away. I try to find the cause of my anxiety. If I find it, I ask myself if I can fix it. If I can, I do. If I can't, then I need to get my mind off it. I go for a walk; talk to a friend; or relax and read a book that I find calming.

The path to wellness starts with new habits and routines. It isn't always easy to do, but every step we can take brings us closer to an improved life that gives greater satisfaction.

Connections Café is a support group for caregivers and the person they care for with memory loss. The group meets together and then separate so the Caregivers can have meet to talk. Next meeting is on August 17th from 1-3 pm in Little Falls, registration is required please call 320-468-6451 or email at Outreach@horizonhealthservices.com to register.

### SEPTEMBER

#### Little Falls Senior Center Activities

Pancake Breakfast 09/05/2022 8:00 a.m. - 12:00 Noon  
Annual Meeting and Election 09/20/2022 11:00 a.m.  
Connection Café with Horizon Health 09/21/2022 1:00 p.m. - 3:00 p.m.  
AARP Driver Safety Refresher Class 09/27/2022 12:30 p.m. - 4:30 p.m.

Wild Rummy  
Mondays and Fridays  
9:00 a.m.

Whist  
Tuesdays  
1:00 p.m.

Bone Builders Exercise Class  
Mondays and Wednesdays  
9:30 a.m.

500 Cards  
Wednesdays  
9:30 a.m.

Dominoes  
Tuesdays  
9:00 a.m.

Cribbage  
Thursdays  
1:00 p.m.

Pool Tournaments  
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### CHOCOLATE RASPBERRY CAKE WITH CHEESECAKE FILLING

- Chocolate cake
- 1 cup cocoa powder
  - 2 3/4 cups flour (we used gluten free)
  - 2 teaspoons baking soda
  - 1/2 teaspoon salt
  - 1/2 teaspoon baking powder
  - 1 cup butter
  - 2 1/2 cups sugar
  - 4 eggs
- Cheesecake filling
- 1 (8 oz.) package cream cheese
  - 1/4 cup sour cream
  - 1 egg
  - Oreo cookies, crushed (gluten free)
  - 1 Tablespoon butter
- Frosting:
- 1 (8 oz.) package cream cheese
  - 3 cups sugar
  - 1/4 cup raspberries
  - 1/4 cup milk

Combine the chocolate cake ingredients and bake at 350° for 35 to 40 minutes. While the chocolate cake is in the oven, make the cheese cake filling. Combine the butter and Oreo crumbs and press on bottom of 8-inch round pan. Beat cream cheese and other ingredients and pour over crumbs. Bake at 350° for 35 to 45 minutes. Once cooled, layer the cake and cheese cake. Recipe entry at the Morrison County Fair by Marie Exner.

### CHERRY TORTE

- Brownie recipe:
- 1/2 cup butter, melted
  - 1 cup granulated sugar
  - 1/4 cup light brown sugar
  - 1 teaspoon vanilla extract
  - 2 whole eggs
  - 3/4 cup all-purpose flour
  - 1/2 cup cocoa powder
  - 1 Tablespoon corn starch
- Filling and garnish:
- 2 (21 oz.) cans cherry pie filling, divided
  - 1 (8 oz.) container frozen whipped topping, thawed
  - 1/2 cup powdered sugar
  - 1 bar chocolate candy
  - 1 teaspoon almond extract
  - 1/2 cup sliced almonds, toasted
- Additional powdered sugar for garnish (optional)

To make brownie recipe: Preheat oven to 350°. Grease a torte pan well. In a bowl, mix together melted butter with sugar and brown sugar until well combined. Add in vanilla and eggs and beat until smooth. Gently mix in flour, cocoa powder and corn starch until just combined. Pour batter into prepared pan. Bake for 25 to 30 minutes until tester comes out mostly clean. Remove from oven and cool completely. To make filling and garnish: Fold in whipped topping, sugar, chocolate and almond extract. To assemble torte, transfer brownie well side up over filling. Spoon second can of cherry pie filling into well of brownie, straining out about 1/4 of the glaze. Spread pie filling over well, leaving a 1-inch border. Sprinkle additional powdered sugar over almonds, if desired. Refrigerate until ready to serve. Recipe entry at the Morrison County Fair by Arlene Isder.

### HOT FUDGE PUDDING CAKE

- 1 1/4 cups granulated sugar, divided
  - 1 cup all-purpose flour
  - 1/2 cup Hershey's cocoa, divided
  - 2 teaspoons baking powder
  - 1/4 teaspoon salt
  - 1/2 cup milk
  - 1/3 cup butter or margarine, melted
  - 1 1/2 teaspoons vanilla extract
  - 1/2 cup light brown sugar, packed
  - 1 1/4 cups hot water
- Whipped topping (optional)

Heat oven to 350°. Combine 3/4 cup granulated sugar, flour, 1/4 cup cocoa, baking powder and salt. Stir in milk, butter and vanilla; beat until smooth. Spread batter in ungreased 9-inch square baking pan. Stir together remaining 1/2 cup granulated sugar, brown sugar and remaining 1/4 cup cocoa; sprinkle mixture evenly over batter. Pour hot water over top; do not stir. Bake 35 to 40 minutes or until center is almost set. Remove from oven; let stand 15 minutes. Serve in dessert dishes, spooning sauce from bottom of pan over top. Garnish with whipped topping, if desired. Makes 9 (1/2 cup) servings. Recipe entry at the Morrison County Fair by Carla Krause.

### FUDGE OATMEAL BARS

- 2 eggs
- 1 cup brown sugar
- 1 cup shortening
- 3 cups quick oatmeal
- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large package milk (or dark) chocolate chips
- 3 Tablespoons butter
- 1 can sweetened condensed milk

Beat together eggs, brown sugar and shortening. Add oatmeal, flour, baking soda and salt; mix well. Put 2/3 of mixture in 9-by-13-inch greased cake pan; set aside. Melt milk chocolate chips, butter and sweetened condensed milk. Pour over first layer of crumb mix. Top with rest of crumbs. Bake at 350° for about 30 minutes. Recipe entry at the Morrison County Fair by Karen Stangl.

**If you have a recipe you'd like to share - please send it to sheila.bergren@apgecm.com**

# Knowing how the IRS contacts people can help protect taxpayers from scammers

Courtesy of the Internal Revenue Service

Scammers often pose as the IRS to steal taxpayers' personal information. They may reach out through fraudulent phone calls, emails, texts or social media messages. It's important for taxpayers to understand how the IRS contacts people, so they don't fall victim to identity thieves.

Generally, the IRS will mail a notice or letter to a taxpayer first.

• Taxpayers can search IRS notices by visiting Understanding Your IRS Notice or Letter. However, not all IRS notices are searchable on the site.

• Be aware that fraudsters sometimes claim they already notified the taxpayer by mail or reference an IRS notice to make their scam seem legitimate.

• Taxpayers may check their secured online account or contact the IRS to confirm legitimacy of a notice.

• Debt relief firms often send unsolicited tax debt relief offers through the mail.

The IRS may send tax-

payers a notice about filing past due tax returns. They should send their past due return to the address provided in the notice. Taxpayers can use the prior year forms, instructions and publications on IRS.gov to file past due returns or they can work with a tax professional.

After mailing a notice or letter, the IRS may call a taxpayer.

• IRS revenue agents or tax compliance officers may call a taxpayer or tax professional after mailing a notice to confirm an appointment or to discuss items for a scheduled audit. The IRS encourages taxpayers to review, How to Know it's Really the IRS Calling or Knocking on Your Door: Collection.

• The IRS does not leave pre-recorded, urgent or threatening messages. In many phone scams, victims are told if they do not call back, a warrant will be issued for their arrest.

• Private debt collectors, contracted by the IRS, can call taxpayers to collect certain outstanding inactive tax liabilities, but only after the

taxpayer and their representative have received written notice.

• Private debt collection shouldn't be confused with debt relief firms who will call, send lien notices or email taxpayers with debt relief offers.

The IRS doesn't initiate contact with taxpayers by email to request personal or financial information.

• Taxpayers shouldn't reply to a phishing email from someone who claims to be from the IRS, because the email address could be spoofed or fake. Emails from IRS employees will end in IRS.gov.

The IRS doesn't send text messages or contact people through social media.

• Other than IRS Secure Access, the IRS does not use text messages to discuss personal tax issues, such as those involving bills or refunds. The IRS also will not send taxpayers messages via social media platforms.

• Scammers may text a taxpayer with a phony message about COVID-19 or "stimulus payments." These messages often contain bo-

gus links claiming to be IRS websites or other online tools.

• Fraudsters also will impersonate legitimate government agents and agencies on social media and try to initiate contact with taxpayers.

IRS revenue officers and agents may make in-person visits.

• IRS revenue officers and agents routinely make unannounced visits to a taxpayer's home or place of business to discuss taxes owed, delinquent tax returns or a business falling behind on payroll tax deposits.

• IRS revenue officers will request payment of taxes owed by the taxpayer. However, taxpayers should remember that payment will never be requested to a source other than the U.S. Treasury.

• When visited by someone from the IRS, taxpayers should always ask for credentials. IRS representatives can always provide two forms of official credentials: a pocket commission and a Personal Identity Verification Credential.

## Be a Know-It-All when you read the Morrison County Record



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MKT-P0253

## County seeking information on property damaged June 20 – 25

From June 20 – 25, many residents were impacted by the effects of the rain, flooding and high winds that moved through Morrison County. As a result, many homeowners suffered structure damage.

Morrison County Land Services is in the process of assessing whether the cumulative damage sustained by the Morrison County community qualifies individual affected property owners for the Minnesota Property Tax Relief Refund. The purpose of the program is to reduce the property taxes of owners whose property has been damaged because of the disaster through a property tax credit for taxes payable in 2023.

Homesteaded property

that has received damage or non-homestead/commercial/Seasonal property with damage of 50% or greater may be eligible for tax relief. The credit will be determined according to Minnesota law.

Gathering data is the first step to determine qualification for reduced property taxes in 2023. If the minimum criteria are met, Morrison County will make application on behalf of affected residents to the Executive Council for consideration of tax relief.

If a resident's property has been affected by the weather event that occurred from June 20 – 25, they are asked to complete the online Disaster Reassessment Survey located on the Mor-

risson County website, www.co.morrison.mn.us. On the Assessor page, the link to the Disaster Reassessment Survey is in the upper righthand corner.

The survey should be submitted to the Morrison County Land Services office by Aug. 10. Residents are asked to include any photos or documentation that would help the Land Services Department determine the amount of damage to structures. A follow up phone conversation or inspection may be necessary.

Residents may also contact the Morrison County Land Services Department at (320) 632-0170 to receive a paper copy of the form.



Submitted photo

### Grittner honored for 50 years with Pierz Legion Post 341

On July 13, American Legion post 341 in Pierz presented a certificate to Dan Grittner, left, for 50 years of continuous membership with the post. Commander Jim Bieganeck presented Grittner with the certificate.

### Little Falls Senior Center

**Monday, July 31** — 9 a.m. – Wild Rummy; 9:30 a.m. – Bone Builders.

**Tuesday, Aug. 1** — 9 a.m. – Pool tourney and dominoes; 1 p.m. – Whist.

**Wednesday, Aug. 2** — 9:30 a.m. – Bone Builder exercise and 500 Cards.

**Thursday, Aug. 3** — 7 a.m. – Fresh doughnut sale; 9 a.m. – Pool tourney; 9:30 a.m. – Free legal appointments; 1 p.m. – Cribbage.

**Friday, Aug. 4** — 9 a.m. – Wild Rummy.

The best time to place a doughnut order is Monday to Friday from 8 a.m. to 10 a.m., at (320) 632-8009. Meals-on-Wheels are also available, call (320) 632-8200.



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# Schematic design phase of courthouse project complete

By ZACH HACKER  
Staff Writer  
zach.hacker@apgecm.com

The first phase of preliminary design on a potential major renovation project at the historic Morrison County Courthouse is complete.

Vetter Johnson Architects met with the Board of Commissioners, July 19, to share their findings and possible options. In March, the Board approved a request for the company to do the schematic design phase for a cost of \$58,453 — 15% of the overall potential design cost of \$389,686.67.

If the project moves forward, in full, about \$4 million of the \$6.5 million the county received in American Recovery Plan Act (ARPA) funding would pay for renovations that would include the addition of an elevator and first floor bathrooms to make the building ADA compliant, and restoration/replacement of the historic windows.

Vetter Johnson had previously gone through a similar process in 2015 and 2016 as it prepared for renovations to the Morrison County Government Center. Ultimately, the updates that included the historic courthouse were not included in the final project.

“In general, a lot of the goals remain the same,” said Tyler Johnson, president of Vetter Johnson. “I think we can all agree that one of the main things that has to be considered is — the purpose of the project is providing accessibility; solving issues for getting people vertically through the space, providing toilet rooms that meet current code on both levels, which currently are lacking.”

Though the current project does not include connecting the historic courthouse to the Government Center, Johnson said such a future project was considered in the schematic design phase. In the findings

presented, they included “a pathway” to make that process easier if the Board elects to go down that road at some point.

He said they also addressed safety issues, having conversations with local codes officials. From that standpoint, along with historic preservation, Johnson said this new plan is an improvement from what they completed in 2016.

“We’ve met with a number of professionals we believe appropriate of this phase,” he said. “One of them is a window contractor. He’s been on the site twice. He’s done a lot of work with historic preservation and, specifically, restoration work, which would be a big portion of this scope.”

He said they have also started the conversation with the State Historic Preservation Office (SHPO), which would have to sign off on any project, due to the historic nature of the building and its designation as a historic site.

“The comments I’ve received is, we’re thinking about all of the right things at this early phase, so they did appreciate that,” Johnson said.

In terms of putting in a pathway to future renovations that could connect the buildings, Vetter Johnson Principal Architect Steve Johnson said this will ensure, if that comes to fruition, the Board will not have to “double back and spend money making modifications that we could make now.”

The plan in 2016, he said, was to utilize an elevator in the taller portion of the government center, which was built in 1992. There would then be connections built between the upper and middle levels of the historic courthouse and their counterparts in the Government Center.

“That plan would be very destructive to the historic fabric of the existing court-

house,” Steve Johnson said. “You would literally bang into much of the historic fabric of that building; the bay window, nice arched windows, stuff like that.”

The new plan would involve building an addition onto the north end of the historic courthouse. The elevator and staircase — involved in the current project — would be just inside the possible addition.

Steve Johnson added that it is important through all phases to be sensitive to the placement of any additions to historic buildings. SHPO, he said, will not allow it to be right out front. And they will want the addition to be distinguishable from the historic structure.

“We oftentimes do zipers between these kind of newer parts and older parts, where it’s tucked in a little bit so the shadow lines and some other material separates it,” he said. “Your brick isn’t going to match perfectly and your stone isn’t going to match perfectly, but you’ve got something that sort of breaks it up.”

Going back to the current project, Tyler Johnson said a historic window consultant helped identify the condition of each window and which areas would be good to add storm windows. He said several of the windows in the courtroom on the second floor have already been replaced. However, they are stored in a stair tower, so contractors will still be able to get a good look at what needs to be modified or replicated.

Contegrity Group Construction Manager Pete Filippi was able to provide updated cost estimates for

the current project. After spending a great deal of time looking at the elevator and bathroom addition to make the building ADA compliant, he said the price had not changed much from the \$2 million estimate he gave the Board in February. “For the most part, we’re basically seeing the same project we did back then,” Filippi said. “We’re at \$2.170 million. We increased a little bit on a few parts.”

He said part of the increase is due to unit costs. That includes price quotes for the stone base, which they had to source from a company in Wisconsin to get what is needed for the project.

On the window replacement side, which was estimated at around \$1.3 million in February, he said there were some more significant changes to cost projections.

Filippi said they “relied heavily” on Old World Windows of Duluth, which was the company that came in and toured the building with Morrison County Facilities Manager John Erdrich and Tyler Johnson.

The estimated price now is about \$1.391 million, along with an additional \$384,000 for the addition of storm windows. Filippi said what Old World Windows does is a “very specialized trade,” so they feel comfortable with the prices the company provided.

“You look at that and with the amount of windows you have and, actually, the process and place for them to pick through that,” Filippi said. “For them coming to remove a batch if they’re the low successful bidder — whenever this comes to fruition — take these back to

a shop, totally disassemble them, rebuild them, replace any of the rotten wood with custom moldings to match and then to glaze them back in — kind of like you would do in the old days with a glazing compound — refinish them, bring them back, install them and then take the next bank out.”

He said such an intricate project would have to be done by a specialized restoration contractor. That type of work, he said, is typically higher in cost.

Following the presentation, Commissioner Randy Winscher asked about the availability of materials. With supply chain issues being a concern for all construction this year, he wondered if they could secure what was needed to complete the project in a relatively timely fashion.

“The landscape in the last year and a half has been very treacherous,” Filippi said. “You see it in your everyday life. We have had the same experience in the construction world. If you think through this and the design is allowed to continue, you probably won’t see this bid until later this year or early 2023.”

While he said the supply chain is still “very tight,” many of the materials needed for this project would be masonry and concrete. Though prices have gone up, he said there really has not been a shortage in what they have sourced for the project, so far.

He added that they are going to see “a little bit of headwinds” in the construction industry soon. In other words, work will slow down some from the torrid pace contractors have had to go during the last 18 or so months. He said this would bode well for the industry, as far as getting caught up, and it will hopefully bring prices back down.

He said Contegrity Group recently bid out a major project on a jail in Rice

County and received 110 bidders “that we wouldn’t have seen six months prior to that because it was so busy.” Contractors are starting to load up on work.

In terms of working with SHPO, Steve Johnson said they’ve had some “preliminary discussions,” but the next phase — developmental design — would allow Vetter Johnson to work more directly with them to see what they think of the project.

The cost of the developmental design phase is 20% of the total design cost — \$77,937.33.

Commissioner Mike Wilson said he was impressed with what he saw, so far, but was concerned about long-term implications. He said he saw the current project as a commitment to do future projects that could, in total, equal \$15 million - \$20 million.

He said he had concerns about the cost of other issues facing the county, such as replacing the Public Works building and equipment that was recently destroyed in a fire.

“I don’t know what I can commit to this at the time,” Wilson said. “I like the drawings. I like the work you’ve done, because it gives us plans of how we’ve got to do it. I don’t think it matters when we do this, if we do it, because the cost will just go up, but the plans will probably be about the same.”

Winscher said he shared those concerns, along with costs of maintaining the historic courthouse.

“There’s always maintenance to the building, no matter what we do there,” Erdrich said. “There always will be maintenance, even if we do move forward with it.”

Filippi added that, if the Board chose to do so, the current issues could be addressed as somewhat of a “blended project.” He said they could start by ad-  
*(Continued on Page 13A)*

**“In all fairness, I think the Board should have the opportunity to ruminate on this and then we should have a discussion about, really, what we’re looking at.”**

— Greg Blaine

## Thank you to all of the Sponsors, Committee Members & Volunteers that make Freedom Fest such an amazing event!

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<https://www.pierzfreedomfest.com>



# Royalton increases meal prices

By SHEILA BERGREN  
Staff Writer  
sheila.bergren@apgecm.com

The Royalton School Board approved an increase to the district's meal prices, Monday.

While the elementary and middle school breakfast is free, the morning

meal was increased 10 cents, from \$1.70 to \$1.80, for high school students.

The cost of lunch was increased as well with 10 cents. For elementary students, the fee was raised from \$2.45 to \$2.55; for middle school students, from \$2.60 to \$2.70; and for high school students, from \$2.60 to \$2.70

per meal.

The adult breakfast was increased from \$2.35 to \$2.65, a 30 cent increase and the adult lunch mean, was raised from \$4.05 to \$4.60, a 55 cent increase per meal.

The cost of milk was set at 50 cents per serving.

## Royalton School Board Briefs

In other business Monday, July 25, the Royalton School Board:

- Approved the bids for bread, dairy and fuel — 85 cents per unit for 20,000 gallons of diesel from Centrasota Co-op; for a half pint of skim milk, 31 cents; chocolate skim, 32 cents; 1% milk, 32 cents; lactose-free skim milk, 79 cents; and \$10.11 per five-pound container of sour cream from Kemps; and four-inch whole grain hamburger buns (60 count), \$8.95; whole grain round top bread, \$1.73; 3 1/2-inch whole grain hamburger buns (60 count),

\$8.95; whole grain hot dog buns (12 count), \$1.84; whole grain steak bun (48 count), \$9.16; and whole grain dinner roll (12 count) \$1.85 from Pan-O-Gold;

- Accepted the following resignations — Zachary Silbernick, middle and high school mathematics teacher; Rachel Cekalla, MAP assistant; Cynthia Ollman, MAP assistant; and Becky Bzdok, afternoon MAP lead (partial resignation);

- Approved hiring the following — Janet Beckmann, middle and high school SPED DCD teacher; Stephanie Bauer and Kasi Har-

ington, both middle and high school paraprofessionals; Brooke Wenner, MAP assistant; and Melissa Poser, assistant cross-country coach;

- Approved the student handbook for elementary and secondary school; and

- Accepted \$2,000 from Langola Township for the Royalton community education program.

The Royalton School Board's next regular meeting will be Monday, Aug. 22, at 6 p.m. in the Early Childhood Center foyer (enter through door #1).

# Gluten intolerance is very real

Courtesy of Metro Creative Connection

Gluten is not for everyone. In fact, people who have celiac disease shouldn't eat gluten at all. Celiac disease is an autoimmune condition that affects the digestive process of the small intestine by launching an immune system attack against gluten, mistakenly damaging healthy cells lining the small intestine.

Even people who do not have celiac disease may find that consumption of gluten results in similar symptoms. These individuals may want to avoid gluten as well. Also known as non-celiac gluten intolerance or sensitivity, this condition is not currently well-defined within the medical community. The Celiac Disease Foundation says some people experience symptoms found in celiac disease, like foggy mind, abdominal pain, diarrhea, headaches, bone

or joint pain, or chronic fatigue when they have gluten in their diets — despite not testing positive for celiac disease.

In July 2016, researchers at Columbia University Medical Center published a study confirming that wheat exposure to those sensitive to wheat and gluten triggered a systemic immune reaction and intestinal cell damage.

Researchers previously thought that a sensitivity to wheat or gluten would not result in cell damage. But research now confirms that even without a positive celiac disease diagnosis, people can experience symptoms that mimic those of celiac disease, even in terms of severity.

Doctors are not sure if gluten triggers the immune reaction in non-celiac cases, so more research is needed. That said, removing gluten and wheat products from one's diet provides relief for many people.

According to Schar, a company that manufactures gluten-free foods, anyone who experiences negative symptoms after eating foods that contain gluten should speak with a doctor. A doctor will order blood tests that will look for the presence of immunoglobulin E antibodies that are indicative of an autoimmune response to gluten.

An endoscopy also may check for damage to the lining of the small intestines, as can a biopsy of the intestines. Other tests, such as a radioallergosorbent test, or RAST, or skin prick test can test for a wheat allergy to see if symptoms are stemming from that alone.

Treatment for gluten intolerance or celiac disease involves avoiding products that contain gluten, which is found in wheat, rye and barley.

A growing body of literature suggests that people who do not have celiac disease can still experience non-celiac gluten sensitivity and many of the same symptoms felt by those with the disease.

**“Removing gluten and wheat products from one's diet provides relief for many people.”**

## Design phase of project

(Continued from Page 12A) dressing the ADA compliance, and possibly parcel out the windows over 10 years. Though there is risk involved with that, as costs

could go up.

Ultimately, the Board decided more discussion is needed before it makes a decision on whether to move forward with the developmental design phase.

“In all fairness, I think the Board should have the

opportunity to ruminate on this and then we should have a discussion about, really, what we're looking at,” said Board Chair Greg Blaine. “I think this Board also has to get their arms around some of the other needs of the county.”



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# Business

## Knotty's on 371: A nautical, family friendly dining experience

By SHEILA BERGREN  
Staff Writer  
sheila.bergren@apgem.com

In November 2020, Al Nouis and Gary Weisman took a leap of faith, purchased the building of what once known as Cabin Fever and decided to open their own unique and family friendly restaurant, Knotty's on 371. It's located on 15331 183rd Street in Little Falls.

Looking back, Weisman said, it was his daughter, Samantha, who had seen the building for sale and convinced her dad and Nouis to jump at the opportunity. While neither of them had any past experience of owning and operating a restaurant, both were successful businessmen and knew they could, Weisman said.

"We bought it, sat on it for a little while and then started working on it. It just kind of evolved into what it is today as we didn't have any plans when we first started," he said.

As both he and Samantha, who is the general manager at Knotty's on 371, are passionate about fishing and it is a critical part of Minnesota, the nautical theme came naturally.

On the walls in the restaurant hang a variety of nautical items, such as fishing rods and more, which were donated to the restaurant by the Minnesota Fishing Museum. A large mural of a fish was painted on one of the walls by a local artist, Anthony Elliott II, son of AJ Elliott, owner of Elliotts Tattoo in downtown Little

Falls. The new owners of Knotty's on 371 also decided to go with a blue-colored floor with a lighter color which represent waves on the ocean. To give the restaurant a more open concept with more natural light, a garage door was installed. The garage door opening also leads to an outdoor seating area that Weisman and Nouis plan to keep open quite a bit during fall and spring

of course, they go online and say horrible things," he said.

Since then, the restaurant prides itself on its fast and friendly customer service. While food customers have ordered may have taken a long time the first couple of nights, Weisman said customers now wait about 15 minutes at the most.

"Last night we ran 300 people through here and everything was done within 18 minutes, which is not bad," he said.

Knotty's on 371 offers a variety of meals on its menu, from tempura shrimp, southwest egg rolls, duck or chicken wings and Knotty nachos as starters to different burgers, a sunnie or roast beef sandwich and shrimp po boy to different salads. In addition, Weisman said, the restaurant also serves wall-eye, crispy shrimp, salmon, top sirloin and ribeye.

For dessert, customers have a wide selection to choose from, such as a raspberry donut cheesecake, a chocolate Reese's peanut butter cupcake, old fashion bread pudding with whiskey caramel sauce and chocolate peanut butter dairy free ice cream.

Weisman said that while the restaurant has a bar, the atmosphere is not the typical rowdy bar scene. Rather, it is more of a peaceful atmosphere that is friendly to

**"Last night we ran 300 people through here and everything was done within 18 minutes, which is not bad."**

— Gary Weisman

Through-out the project, Weisman has put his construction skills to the test. His wood-working skills can be observed in the bar he built. The bar is shaped like the front of a boat.

The restaurant opened in May. Although he and the workers have the improved greatly in their skills to run an efficient kitchen and restaurant, Weisman said there was a learning curve for all when they first opened.

"The first couple of nights we were opened, it was just terrible. The kitchen wasn't working well together, taking an hour or an hour and 10 minutes to get food. Most people were very understanding, but then you always have your few that no matter what you do, you can't please them and then



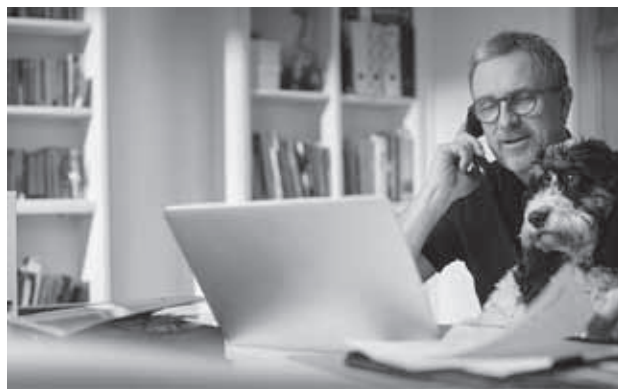
(073122-GaryWeisman)

Staff photo by Sheila Bergren

Gary Weisman co-owns Knotty's on 371 in Little Falls with Al Nouis, who owns several other local businesses. While neither had ever dreamed of owning a restaurant, they are thrilled to offer the community a unique and family-friendly place to gather and eat.

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**Hanna from Germany, 17 yrs.**  
Enjoys spending time with her family and younger siblings. Hanna plays volleyball and is excited to learn new sports while in America.

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**Giorgio from Italy, 16 yrs.**  
Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

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**10 Years Ago**

Briana Dukowitz, 15, of Little Falls, was chosen as a state finalist in the National American Miss Minnesota Pageant ... Punky Benusa of Bowlus had still held on to the still that was used by a family friend, who was a moonshiner during the Prohibition years of 1920 - 1933. In 1981, shortly before he died, he used the still to make 16 gallons of moonshine and passed on the moonshine cooking skills to Benusa ... Amidst the city of Little Falls' new strict sign ordinance, resident Kelly Toso got creative with advertising her garage sale — by placing signs on the roofs of legally parked cars and two children holding a sign, which pointed people to where the garage sale was ... Members of the 2012 Leadership Lindyland worked on their community project, which included adding new and improved fire rings to the Lindbergh State Park in Little Falls ... With a passion for ministering to young adults, Little Falls native Phil Zarns, his Swedish wife, Katja and their children, moved to Sweden to pioneer a national young adult cross-denominational ministry through the Pentecostal movement ... The Oberton Honey Farm, owned by Gary and Susan Oberton of Randall, was named Morrison County Farm Family of the Year.

**Business**



(073122-Knottys371)

Staff photo by Sheila Bergren

Sticking to the nautical theme, co-owner Gary Weisman built the bar at the restaurant in the shape of a boat.

**Knotty's on 371 offers dining**  
(Continued from Page 14B)  
people from all walks of life. He encourages people to stop by and check it out. Besides the restaurant area, Weisman and Nouis are working on the remodeling of the other side of the building. On that side, he said, the plan is to create an event area which can be rented out for wedding receptions, meetings and more. For more information, call (320) 632-3526.



**SUDOKU**

	6							9
			5					8
		3	7		9			5
7			6			1		8
	1					7		
	2	4			7			
	9		8					2
				2	4			
			3			8		1

**Fun By The Numbers**  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	1	8	5	6	2	4	7	
5	2	6	7	2	1	8	9	
2	9	8	9	4	8	5	6	1

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**Crossword Puzzle**

**CLUES ACROSS**

- America's WW2 President
- Move earth
- Insecticide
- Naturally occurring solid material
- State of fuss
- Bhutanese wine
- Greek island
- Taxi
- Tanzanian ethnic group
- Metrical foot
- Boasted
- Eel-like vertebrate
- Small freshwater lakes
- Morally base
- Not odd
- Where you live
- Fixed in place
- A very large body of water
- Moved quickly
- Winged horse
- Small waterfall
- Hoopster Gasol
- One who mimics
- Tropical plant
- Used of walls
- A citizen of Iran
- Christian hermit
- She marries the

**CLUES DOWN**

- Marine protozoan
- You use it for your eyes
- Set aside for a later time
- Metrical foot
- Famed journalist
- Consumes quickly
- Rewards in a civil suit
- Kamodo are some
- Ballroom dance
- Chum
- Comedienne
- Gasteyer
- A room to relax
- Commercials
- Six (Spanish)
- Wild party
- Small European

**CLUES ACROSS**

- viper
- Baseballer
- Eccentric person
- A way to save for your future
- Young boy
- Midway between northeast and east
- Changed
- Prominent
- Genus of sea-birds
- Event regarded as wrong
- Skipped in a lively way
- Multi-function radar (abbr.)
- A country in W. Africa
- Burn a corpse
- Women's movement
- NHL great Bobby
- Coarse, green material
- Treated with calcium oxide
- When you hope to get there
- "Partridge" actress Susan
- What thespians do

	1	2	3		4	5	6		7	8	9
						11				12	
13	14				15				16		17 18
19				20		21	22				
23						24					
		25				26					
27	28	29				30			31	32	33
34									35		
36		37	38	39	40	41	42	43	44		
		45				46					
47	48	49				50			51	52	53
54						55					
56					57	58			59		
	60				61				62		
	63				64				65		

Answers Page 8B

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**Kona \$13.95**  
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**Pabst Hard Coffee \$7.95**  
4PK cans

**Michelob Golden, Regular & Light \$18.95**  
24 Pk cans 12 oz

**Old Milwaukee Regular & Light \$16.95**  
30 Pk cans

**Quirk Hard Seltzer \$13.95**  
12 Pk cans

**LIQUOR**

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**Guarda Rios Red Blend \$10.99**  
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**WINE FEATURE**  
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**SCOTCH OF THE MONTH**  
**Glen Rothes 10 Yr \$44.95**  
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**BEER OF THE MONTH**  
**Lagunitas \$13.95**  
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# It's OK if walkers miss the 10,000-step standard

Courtesy of Metro Creative Connection

Over the last several years, many people have embraced the notion that 10,000 daily steps are the way to being physically fit. Health experts espouse that notion and trainers endorse it, but is there scientific proof behind the recommendation?

The 10,000-step standard — which equates to roughly five miles, depending on a person's stride length and speed — has some surprising origins that are not necessarily rooted in medical science. I-Min Lee, a professor of epidemiology at the Harvard University T. H. Chan School of Public Health and the lead author of a new study published in May 2019 in The Journal of the American Medical Association wanted to explore the origins of the 10,000-step recommendation. She discovered the guideline

evolved from a marketing strategy devised by a Japanese company called Yamasa Toki. That firm introduced its new step-counter in 1965, naming it Manpo-Kei, which translated into "10,000 steps meter."

They marketed the meter using the Japanese character for "10,000," which resembles a man walking. The character and number proved memorable and the slogan, "Let's walk 10,000 steps a day" was catchy. As a result, many people adopted the 10,000-step approach, even though its medical benefits might not have been proven.

But this isn't to suggest that taking 10,000 steps per day cannot be part of a

healthy living plan. In fact, such a goal promotes physical activity, which is a key component of a healthy lifestyle. However, simply taking 10,000 steps per day might not be enough to achieve long-term health.

Lee conducted her own research to test if the Japanese were on to something by inadvertently setting the 10,000-step standard. She found that an increase in walking correlated to lower mortality rates among more than 16,000 elderly American women. However, when these women reached about 7,500 steps the mortality rates leveled out, suggesting that those extra 2,500 steps might not be necessary.

Even the manufacturer of

**"Taking 10,000 steps per day may help people achieve their health-related goals. But 10,000 steps alone likely won't be enough to achieve optimal health."**



The 10,000-step standard which equates to roughly five miles, depending on a person's stride length and speed — has some surprising origins that are not necessarily rooted in medical science.

one of the most popular fitness trackers, Fitbit, says that users' step goals can vary depending on need, and that goals may even shift over time. People who are looking to lose weight

and maintain their existing health will need to modify their step count accordingly. Working with a qualified trainer or using a medically sanctioned training program can help people exer-

cise safely and effectively. Taking 10,000 steps per day may help people achieve their health-related goals. But 10,000 steps alone likely won't be enough to achieve optimal health.

# What good protein, carbs and fat can do for your body

Courtesy of Metro Creative Connection

A nutritious diet is a vital component of a healthy lifestyle. When paired with physical activity, a nutritious diet can serve as the foundation for a long, healthy life.

The Academy of Nutrition and Dietetics defines nutrition as how food affects the health of the body. Food provides nutrients that are vital for survival. Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health.

**Protein:** Protein provides the body with amino acids that are essential for growth and development. The amino acids found in protein also help the body maintain itself and help body tissue recover after certain activities, including exercise. Pro-

tein also plays a vital role in immune system function, helping the body to fight inflammation and infection. The AND notes that beef, pork, chicken, game and wild meats, fish, seafood, eggs, soybeans, and other legumes are great protein sources.

**Carbohydrates:** Carbohydrates do for the body what gasoline does for an automobile. Carbs provide the body with the energy

it needs to function at peak capacity. The carbs found in foods like whole grains, rice, potatoes, bread and more deliver sugars and starches that provide the carbs the body needs for energy. That energy is vital when moving around during the day, but

it's also essential when the body is at rest, as it ensures the heart continues to beat and facilitates digestion.

**Fat:** The dietary fat found in oils, nuts, milk, cheese, and other foods provides

**"A nutritious diet is a building block of a healthy lifestyle, and no healthy diet is complete without protein, carbohydrates and fat."**

structure to cells and prevents damage to cell membranes. The AND also notes that oils and fats absorb

fat-soluble vitamins like vitamin A, which is vital for healthy eyes and lungs.

A nutritious diet is a building block of a healthy lifestyle, and no healthy diet is complete without protein, carbohydrates and fat.



Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health.

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### Who Is Kyle Peterschick?

Over the Coming Months, Kyle plans to meet many residents in Little Falls. That is because he is the new Edward Jones financial advisor in town, and he wants to get to know the residents and business owners here.

After his personal introductions, Kyle will open a new branch of Edward Jones and continue to the firm's tradition of providing unparalleled client service to local investors.

During his face-to-face contacts, Peterschick hopes to learn more about the values and goals of the people who make up Little Falls.

Edward Jones a Fortune 500 firm, provides financial services in the U.S. and throughputs affiliate in Canada. The firm's nearly 19,000 financial advisors serve more than 8 million clients with a total of \$1.7 trillion in client assets under care. Edward Jones' purpose is to partner for a positive impact to improve the lives of its clients and colleagues, and together, better our communities and society. Through the dedication of the firms's 50,000 associates and our branch presence in 68 percent of U.S. counties, the firm is committed to helping more people achieve financially what is most important to them. The Edward Jones website is edwardjones.com and its recruiting website is careers.edwardjones.com Member SIPC.

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