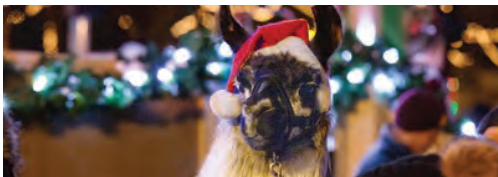


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Holiday events on tap in area
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HERE WE GO AGAIN

Students bring 'Mama Mia' to stage
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NEWS & TIMES

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Minnesota COVID-19 hospitalizations top 1,400 amid surge

ST. PAUL, Minn. (AP) — The number of Minnesota patients hospitalized with COVID-19 has surpassed 1,400 for the first time since last December, before vaccines became available, according to figures released last Friday.

According to state health department statistics, Minnesota hospitals were caring for 1,414 patients with complications of the coronavirus, including 340

patients in intensive care. Only 2% of adult intensive care unit beds were free, and 56 hospitals reported that their adult ICU beds were at capacity. Pediatric ICU bed space also was tight at 92% capacity as of Thursday.

The influx of new patients came as Minnesota reported another 5,162 new infections and 30 additional deaths. The new infections bring the state's case

total to 871,203, with more than 9,500 residents testing positive more than once.

Gov. Tim Walz's office said the federal government's move Friday to open up COVID-19 booster shots to all adults means about 1.7 million Minnesota adults who have not yet gotten a booster are now eligible.

"Boosters are an important part of keeping protection against COVID-19 high

in adults and helping to mitigate some of the intense COVID-19 spread we are seeing right now, which is extremely important given our tight hospital capacity," Health Commissioner Jan Malcolm said in a statement.

Minnesota continues to have one of the highest rates of infection in the nation, according to the U.S. Centers for Disease Control and Prevention. The testing positivity rate has risen to 10.8%. An average of over 10% is considered "high risk."

"We are still very, very concerned about our numbers," state infectious disease director Kris Ehresmann told the Minnesota Academy of Family Physicians on Thursday.

Case counts have not reached the levels seen last fall, when Minnesota hospitals saw a record 1,864 COVID-19 patients in late November.

But hospital executives across the state said COVID-19 patients, combined with other care needs, are overwhelming short-staffed

care centers. Hospitals in this wave are seeing more people needing treatment for other illnesses, along with people who delayed getting care over the past year and a half.

Minnesota schools are closely monitoring the surge. Shakopee Public Schools canceled classes for Monday and Tuesday, effectively extending the Thanksgiving holiday break. School leaders hope the time away for students helps bring down cases.



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COMMUNITY CALENDAR**CHRISTMAS TREE LOT OPEN**

NOW OPEN – The St. Boni Lions Club Christmas tree lot is open now through Dec. 12. Hours are Monday through Friday, 4-7 p.m., Saturday-Sunday 9 a.m. to 5 p.m. Closed on Thanksgiving. All proceeds go back to the community. Located at Superior Outdoor Expressions, 4100 Steiner St., Hwy. 7, St. Bonifacius.

BLOOD DRIVE

NOVEMBER 30 – The American Red Cross continues to experience an emergency blood shortage that has caused the blood supply to drop to the lowest post-summer level in at least six years. Help meet the needs of patients this fall by giving locally at a blood drive near you. There's one Nov. 30, noon to 6 p.m., at Waconia Ford, 235 Highway 5 W. Appointments can be made by using the Red Cross Blood Donor App, vis-

iting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

LOVE INC COAT DRIVE

NOW – DECEMBER 3 – St. Joseph Catholic Community is launching a Youth Coat Drive to provide a winter coat to youth in need. Please donate gently used winter coats in Youth size XS to Adult Large to help our youth in need stay warm this winter! Place donation in a drop off bin in any one of 7 different locations around Waconia between Nov. 1- Dec. 3. Youth in need are invited to pick up a coat at St. Joseph Catholic Church either Friday, Dec. 10, from 7-9 p.m., or Saturday, Dec. 11 from 8-10 a.m. Go to the coat drive website <https://stjosephwaconia.org/coat-drive/> for more information.

HOLIDAY BOUTIQUE

NOVEMBER 26 – The Gillespie Center 27th Annual

Holiday Boutique is Nov. 26 – Dec. 5 with gifts for everyone. Hours are 10 a.m. to 4 p.m. each day except Sundays when the boutique opens at 11 a.m. The center is located at 2590 Commerce Blvd. in Mound. Call 952-472-6501 or visit www.gillespie-center.org for more information.

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Testimonials

I am grateful for Shana Bouley; who is willing to sit down with me and my team to help us understand all of the different online media avenues that APG-ECM offers. I am not super "techie" and she is willing to explain things over (and sometimes over) again so that it starts to make some sense. Being in the real estate service industry, it is important for us to have a positive online presence and for our community to know that we are here to help them as they transition into the next chapter in their lives. I feel that in utilizing Digital Targeted Display, Geo-Fencing, Search Engine Marketing (SEM) and ads on their local newspaper website we are able to offer this to our clients and customers. Thank you for all that you are doing Shana and team!

-Michelle Lundeen, Realtor of Team Lundeen-Remax Results

"We continue to advertise with Aaron and APG/Sun Media to market online. He takes care of ad design and comes to the table with ideas. And whether it's our online display ads, Search Engine Marketing within Google or Pre-Roll Video ads - they are all clearly the top drivers of traffic to our website. With challenging times during the pandemic - it has ensured that traffic in-store and online continues to be strong."

-Ron, Appliance Depot

"I continue to be blown away on the creative you design for my online advertising! It fits our brand and is bringing results. Business has been very busy, launching my online campaigns has been the only change to my marketing. Combining that with data from my Google Analytics, I can easily see my digital marketing paying off!"

- Michele, Primp Salon

Advertising with The Anoka Shopper and The Union Herald has provided The American Cooperative of Anoka a platform to inform and promote our independent senior living community to the greater local area. Cindy Brooking has been particularly responsive and creative in her recommendations and support of our efforts. Beyond our print advertising, we have also utilized APG's email blast service to specifically target our key demographic in the area. We know local advertising is key to our success.

-Denise Didier, The American Cooperative

Shopping time? Don't forget the little boxes

It's almost impossible to complete a holiday shopping list without a visit or two to a big box store.

The chef on your list might want that brand-new combination air fryer/can opener/smoothie maker/espresso machine that's all the rage. Your teen might have his eye on that multi-folding, breakfast-making, car-driving, hologram-creating smart phone that is now sold out almost everywhere. Or maybe your kid wants that 100,000-piece Harry Potter meets Anakin Skywalker building set.

If that's you, then it's off to the nearest big box store to hopefully find that precious item in stock and on sale.

While it's hard to avoid the mega-store, it's also time to remember the little boxes close to home.

There're tons of great gifts that you can buy right here in our own communities, and really make a splash on Christmas Day. Take, for example, the things you can find at the hardware store: How about a nice snow brush for the car, one that still has brush



PEGGY
BAKKEN

GUEST COLUMN

bristles, and the scraper part still scrapes. We got a new one as a gift a couple of years ago, and now we fight over it. The rule is "first come first serve." This year, I got the blue brush again.

Bird feeders, rechargeable flashlights, smoke detectors and basic tool kits can make great gifts. How about a good scissors and a sharp kitchen knife? How often do you go searching for a scissors that cuts? Or a knife that actually slices through raw meat?

I've done a lot of stocking stuffer shopping at the grocery store. Occasionally, I buy myself a little something, like almond-stuffed olives. I'll buy the more expensive smoked

Norwegian salmon for Bruce and a dark chocolate treat. The neighborhood florist, the quilting shop or the liquor store are also great places to find special gifts.

Here's another idea. Maybe you are worrying about Grandma or Grandpa trying to get out of the house for groceries on a snowy icy day.

So here it is: You spend the day with Grandma and Grandpa. You hit the local grocery store and stock up on non-perishables. Then, buy ingredients for their favorite meals, and spend the afternoon cooking. Pack and freeze a bunch of entrees. Then, sit and eat some of what you've bought and gab for a while. Now, you've given yourself a great gift of a wonderful day, and you've got peace of mind that they can survive a blizzard since all their cupboards are full.

Value added is another option, which can turn something ordinary into priceless. How about treating your best girlfriends to a mani-pedi at the local salon, followed by a lunch at the tavern? Perhaps with an adult bev-

erage or two? (Bring mom and Aunt Edna, too.)

Do you know a couple with young children who'd love a night out? How about a night treating the little ones to pizza and watching Frozen one more time while the parents enjoy an evening out?

What's your cooking specialty? How about a big pot of chili for a cold winter Sunday afternoon watching football? (Bring dad and Aunt Edna, too.)

For many of us, we have reached a point where we don't really need anything. For most of us, however, we love the time we can spend together. We've spent many months away from our dearest friends and family and yearn to be together this season.

Sometimes the perfect gift, wrapped up with your time and attention, is just down the street.

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



News & Times

A continuation of the Carver County News, established 1889, and the Norwood Young America Times, established 1890.

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LETTERS POLICY

The opinions of readers in the form of letters to the editor are a vital contribution to the healthy exchange of ideas on the Opinion page. We encourage readers to write letters to the editor as a way of communicating ideas and opinions with each other, with the goal being to make this a better community for all people. Please be courteous in your letters and make the attempt to offer opinions that will be constructive, rather than destructive only in nature. When submitting a letter to the editor, please note the following:

- All letters must include the name of the writer (no more than five authors per letter) as well as the writer's name and city. All writers must identify themselves in person or provide a phone number for verification. Letters may be submitted in person or via mail, fax or email. Anonymous letters will not be considered.
- Writers are asked to follow a 400 word limit with their letters. Writers will be allowed only one letter per month for consideration. Rebuttal letters may be allowed at the discretion of the editor.
- Submitting a letter to the editor does not guarantee publication. The newspaper reserves the rights to accept, edit or deny

any letter, solely at its discretion. Letters deemed to contain potentially libelous comments, or other material deemed to raise potential legal problems, will not be published, or will be edited appropriately. Writers should cite their sources and may be asked to provide sources before a letter is published.

- Letters may not be accepted for publication from people who reside outside the coverage area unless the letters are written on a topic of local interest or as the editor deems necessary.
- Opinions expressed in the letters do not necessarily represent the views of this newspaper.
- Special criteria will be used for letters during an election season.

STAFF

MANAGING EDITOR: Jason Schmucker // jason.schmucker@apgecm.com

COMMUNITY EDITOR:

ADVERTISING DIRECTOR: Jeremy Bradfield // jeremy.bradfield@apgecm.com

ADVERTISING REP: Norma Carstensen // norma@apgecm.com

CLASSIFIEDS: Norma Carstensen // norma@apgecm.com

LEGALS: publicnotice@apgecm.com // 763-691-6001

REGIONAL PRESIDENT: Mark Weber // mark.weber@apgecm.com

DIRECTOR OF NEWS: Keith Anderson // keith.anderson@apgecm.com

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NEWS, DISPLAY & CLASSIFIED DISPLAY ADVERTISING: Monday, noon.

CLASSIFIED ADVERTISING: Monday, 4:30 p.m.

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What didn't happen in this month's vote

In the aftermath of the Nov. 2 off-off-year election, largely because of what happened elsewhere in the nation, Democrats were in shock over their sorry results. They lost the governorship in Virginia and almost lost the governorship of New Jersey, both heretofore solidly Democratic states. Cries went out from liberals to their more progressive allies that they had to unify to hold off the impending Republican flood tide expected to wash over America next year.

But not in Minnesota. Especially not in Minneapolis and St. Paul.

In this state, the question of whether Minneapolis would still have a police department sucked the air out of all other issues. The so-called Question 2 on that city's ballot included an explanatory note that said a new Department of Public Safety "could" include law enforcement officers, which a majority assumed meant the possibility existed it also "could not."

That was too big a risk for Minneapolis voters to take. They had spent the last 17 months ducking behind trucks, trees and bar tables to avoid joining the city's exploding list of homicide victims. Car hijackings and rolling gun battles on city streets added to the terror.

"No cops? No, thank you," said 56% of Minneapolis voters. However, they did not go much farther than that, and, in some ways, doubled down on holding police more accountable for their actions. Whether they will find enough people with law enforcement degrees willing to take the risks of working for



TOM
WEST

GUEST COLUMN

politicians who don't have their backs remains a key question.

The incumbent council had a vision for reform, but zero expertise in how to implement such a transformation. No serious plan was ever presented. The question put to voters said a new plan would be implemented within 30 days. Few people believed in that proposed miracle. Regardless, only seven new members were elected to the City Council. All but a couple of the 13 members of the new council voted "Yes" on replacing the police department, and a few newcomers are even more liberal than the incumbents they replaced.

Meanwhile, incumbent Mayor Jacob Frey proved again the political truth that your record doesn't matter as much as who you run against. Frey came out against Question 2 which had to be balanced against his decision to allow the mob to burn down the Third Precinct station. As it was, with ranked-choice voting and 17 candidates, he received only 43% of the vote in the first round to 39% combined for his two closest challengers, Kate Knuth and Sheila Nezhad, who were campaigning in concert for

Question 2. Under ranked-choice voting, candidates almost always gain 50% of the vote after the ballots for weaker also-rans are shifted to voters' second or third choices. Not Frey. After all ranked-choice votes were shifted, he won with 49.1% of the vote to 38.2% for Knuth. That meant that 12.7% of voters refused to list either one as even their third choice. That's no vote of confidence.

On another question, Minneapolis voters decided that it would better to hold the mayor responsible alone for implementing city policies, including overseeing the police. The existing procedure was to have a council committee share in management decisions, making it impossible to identify incompetents. Even so, the Council will still have control of the budget, but if it doesn't adequately fund public safety efforts – whether with more police or more mental health workers – the debate will be over whether the mayor is an incompetent manager or the Council failed to give him the resources he needs to be successful.

None of this seems like Minneapolis voters are suddenly shifting toward conservatism. Were there any doubts, confirmation came from how voters in both Minneapolis and St. Paul decided another question: Should rent control be implemented? The question was interpreted by 53% to read, "Do I want to keep my rent affordable?" Because the police question dominated, lost was the fact that rent control will result in fewer new rental properties being built if builders can't get market rates. Property owners' only out is to come begging to

the city council for an exemption. The truism that money flows where it is most welcome will be confirmed by making that city's housing shortage more severe.

St. Paul Mayor Melvin Carter, a rent-control proponent, is already backtracking on his city's exceedingly restrictive ordinance. (Minneapolis, as with the police, has yet to formalize a plan.). Carter now wants to exempt new units because many builders have put their projects on hold. He might have thought of that before initiating the referendum in the first place.

If there were any doubt that Minnesota remains a blue state, it can be put to rest by how those several school board elections held statewide played out. Just over 100 levy questions were on school ballots and about two-thirds of them passed, which is about normal.

More tellingly, in some districts, challengers ran against two issues: mask mandates and critical race theory. The anti-mask, anti-CRT candidates were mostly defeated. In summation, Minnesota voters mostly acted like the Republican wave has yet to reach here.

As for party unity, while the Democrats feel they need it, Republicans are issuing death threats to the 13 GOP congressional representatives who dared to vote for the Democrats' infrastructure bill.

Tom West, now retired, is the former general manager of The Morrison County Record and is now a columnist for AP-GEOM. Reach him at westwords.mcr@gmail.com.

True happiness starts by helping others

True happiness starts by helping others. Stability is often an elusive puzzle piece in our world.

We all need it, but we don't always know how to secure it.

In many ways, stability has been frustratingly rare in many places these last two years. When COVID hit us with a full-frontal assault, we didn't fully appreciate how encompassing it would become. It has disrupted every aspect of our lives, from simple things like being able to find cleaning sponges at the discount store to being welcomed at the drive-through window by a sign indicating the business is temporarily closed.

One of the more troubling casualties is the stark labor shortage that is crushing many businesses. In August, there were 10.4 million job openings, according to the U.S. Department of Labor. And the number of people leaving their jobs rose to 4.3 million. These shortages have led to palpable stress in the workplace as additional tasks are subsequently increased for the employees who remain and fatigue establishes a suffocating grip.

We are also encountering higher prices at the pump, grocery stores and restaurants. All of it leads to more stress and



KEITH
ANDERSON

STAFF COLUMN

uncertainty. According to Gallup, adults in 115 countries experienced stress at the highest levels in the last 15 years. A record 40% of people worldwide indicated stress during a lot of the previous day.

It can make moving through daily life hazy, unbalanced and less fulfilling.

As we head into the holiday season, a period normally associated with its own set of stressful triggers, it makes one wonder what do we have to be thankful for in 2021?

That may be the question of the decade. So much of how we see and interact with the world around us leads to our happiness, fulfillment and thankfulness. And that, in turn, can lead to stability or instability.

This holiday season there is certainly no shortage of reasons that all of us

could be discouraged or even fearful about the future. But the one constant in all that we do each day is how we treat others. That is completely at our discretion. Only we can control how we proceed with our day. Author H. Jackson Brown Jr. once said, "Remember that the happiest people are not those getting more, but those giving more."

That single sentence may be the key to a happy and stable life. Yes, we all like to receive gifts and compliments, but it is easily more gratifying and important to give the gift or offer a compliment.

Why? At its core, it helps build trust and appreciation. It demonstrates to others that we consider them important enough to do something for them. And it doesn't have to be monetary to qualify. They can be simple acts, like saying thank you to a co-worker, allowing more space between you and the car in front of you so a driver in an adjacent lane can merge without risking their life, or offering to return a grocery cart to a corral for somebody who could use the assistance.

Every act of kindness that we show to others has the potential to lead to more generosity and compassion by those we touch. It's the kind of contagion we can

all use right now.

It's been uncomfortably easy to feel sorry for ourselves these last two years, causing many of us to believe we are somehow entitled to something much better. I'm reminded of this every time I encounter another empty shelf at the store. Or when I'm unable to visit a family member or attend a funeral because of surging COVID cases. The pandemic has certainly taken a lot from us, much of it beyond our control. But in truth, none of us is entitled to anything; not gifts, opportunities, money or compliments.

Anything of true value must be earned and then shared. That's what each of us can control.

There will always be factors that are out of our control, but kindness, respect and love can be shared with anyone at any time. That leads to a much better world, where stability is reinforced and life becomes a gift.

There is a lot to be thankful for this holiday season. And it resides in each of us.

Keith Anderson is director of news for APG of East Central Minnesota.

NOTICE

Mid-County Coop Annual Meeting

Meeting will be at the
Willkommen Park Pavilion
(21 Main St. East, Norwood Young America)

Friday, Dec. 10, 2021

Lunch at 12 noon • 1:00 pm Meeting

For more information, call our office - (952) 466-3700



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Rev. Eric Aune, pastor 952-467-3388

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during school year; 8 am and 9:30 am
3rd Sunday in May through Labor Day.

Church of the Ascension
323 Reform St. N.

Fr. Abraham Kochuparackal 952-467-3351

Masses: Tues 6:15 pm & Fri 8 am

Saturdays 2nd, 4th, 5th at 5 pm, Sundays 8 am

Sacrament of Reconciliation

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Church of Peace

424 N. Franklin St.

Church office 952-467-3946

Sunday Worship 10 a.m.

Sunday School,

JR Bible Study/ Confirmation 9 a.m.

Pastor Dale Inman

Living Rock Church, C&MA,

Sunday Worship @ 9 am & 10:30 am

Meeting at Central Elementary School

Rev. Roger Eng 952-467-2498

livingrockchurch.com

Church in the Maples UMC

meeting at the Church of Peace's Chapel

8:00 am Worship

Contact Genia Young

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Live Streaming on Facebook

St. John's Lutheran Church

101 2nd AVE SE

Josh Bernau, Administrative Pastor

Josh Hoffman, Vicar

Sunday mornings- 8:30am Traditional Worship

9:45am- Education Hour

10:30am- Contemporary Worship

Wednesday Services- 7:00pm

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Corner of Carver County 34 &

McLeod County 3 and Zebra Ave.

Church 320-238-2200

Rev. Al Fiene

320-238-2483 Services: Sundays 10 a.m.



Belle Plaine

St. John's Assumption Catholic

26523 200 Street

Monsignor Eugene Lozinski.

Masses: Wed 8:30 am

Sundays 8:00 am

Sacrament of Reconciliation: Varies

Saturdays: 1st & 3rd at 5 pm

Sacrament of Reconciliation

30 mins prior to Sat, Wed Mass or by appt.

Zion Lutheran Church

14735 CR 153

Cologne, MN

952-466-3379

Rev Eric Zacharias

Services Sept-May 9:30

June-Aug 9:00

Kids Corner during church

Communion 2nd, 4th Sundays

Services: Sunday Worship 9:30 am

Sunday & Bible Study School 8:30 am,

Choir Practice after Worship

Wednesday Catechism Class 6:30-8 pm

New Germany

St. John's Lutheran of Hollywood

17725 53rd St.

Pastor Dean Mahlum

Sunday service, 9:30 am

Sunday School/Bible classes, 10:30 am

St. Mark's Lutheran Church

500 E. Broadway

952-353-2464 or

952-353-2151 after hours

Pastor LeRoy LaPlant

Saturday Worship 5 pm with Communion

Sunday Worship 9 am with Communion

Bible Class 10 am

Pastor Brian Brosz

Sunday Worship (Sept.-May)

Sunday School & Bible Study 8:45 am

Worship 10:00 am

St. John's Lutheran

216 McLeod Ave. N. www.christ-4-u.org

Pastor Tyson Mastin 320-238-2550

Services: Sunday service 9 am,

Communion every 1st and 4th Sunday

Sunday School 10 am

Sunday Adult Bible Class 10:10 am

Wednesday: Confirmation 6 pm;

Thursdays: Bible Study 8:30 am

Lighthouse Assembly of God

10478 Bell Ave.

Pastor Dale Baker, Pastor

pastordale@firstlove.one

http://lighthousechurch.one

Sunday: Worship at 10 am

Tuesday: Small Group Study at 6:30 pm

Worship & Prayer: 6:30 pm, 1st Sunday

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Defense Department will help relieve 2 Minnesota hospitals

MINNEAPOLIS (AP) — The Department of Defense will send medical teams to two major Minnesota hospitals to relieve doctors and nurses who are swamped by a growing wave of COVID-19 patients, Gov. Tim Walz announced Wednesday.


The teams, each comprising 22 people, will arrive at Hennepin County Medical Center and St. Cloud Hospital next week and begin treating patients immediately, Walz said in a conference call from the Finnish capital of Helsinki, the latest stop on his European trade mission.

Minnesota has become one of the country's worst hotspots for new COVID-19 infections. Hospital beds are filling up with unvaccinated people, and staffers are being worn down by the surge. Health Commissioner Jan Malcolm said Tuesday that she's ready to expand access to booster vaccines to all adults by the end of the week if the federal government doesn't act first.

"Our best defense against this is the vaccine," Walz told reporters. He noted that Minnesota is No. 2 in the country for the number of booster shots

Obituaries

Garry D. Whitaker
Garry D. Whitaker, age 63, of Norwood, Minnesota, passed away Monday, November 15, 2021, at Good Samaritan Society in Arlington, Minnesota.



Memorial Service will be held Friday, December 3, 2021, 6:30 P.M., at the Paul-McBride Funeral Chapel in Norwood Young America, Minnesota, with interment at a later date at Mau Cemetery in Norwood Young America.

Gathering of Family and Friends will be held Friday, December 3, 2021, from 4:00 - 6:30 P.M. at the chapel.

Arrangements with the Paul-McBride Funeral Chapel in Norwood Young America. www.mcbride-chapel.com

given, behind only Vermont, and that first doses have risen 60% over the last week. "And we know that that is our way out of this. ... I need Minnesotans to recognize, as we've been saying, this is a dangerous time."

Walz and Malcolm thanked U.S. Sen. Amy Klobuchar for helping to

secure the federal teams and said they hope more will be approved for other Minnesota hospitals, which have already applied for them.

"There's just been a tremendous demand for those teams nationwide. At this point in time, there are very, very few teams available to be deployed across the whole nation, so the fact that Minnesota's getting two of them is great good news," Malcolm said.

The Minnesota Nurses Association said the staffing shortage is the result of years of cost-cutting and short-staffing that have left hospitals poorly equipped to handle the pandemic.



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**NOTICE OF WORKSHOP
FOR CITY COUNCIL
CITY OF WATERTOWN**

NOTICE IS HEREBY GIVEN, that the City Council will meet in the Council Chambers of City Hall at 6:30 p.m. Tuesday, December 07, 2021 for a budget information session. They will review the 2022 budget and the public is welcome to attend and provide feedback.

BY ORDER OF THE
CITY COUNCIL
Lynn Tschudi
Administrative Services Director
11-17-2021

POSTED:
Watertown City Hall
www.watertownmn.gov
Published in the
News and Times
November 25, 2021
1184941

**CITY OF WATERTOWN
NOTICE OF
PROPOSED ORDINANCE
BUILDING CONSTRUCTION
OF THE CITY CODE
AMENDMENTS**

Pursuant to Minnesota Statute § 415.19, notice is hereby given that the City Council of the City of Watertown will meet at the Watertown City Hall, at 309 Lewis Avenue South, Watertown, MN 55388 at 6:30 p.m. on TUESDAY, December 14, 2021 to consider the adoption of an Ordinance to amend City Code Chapter 14 regarding building construction of the city code pertaining to plumbing plan review and inspections. Specifically adding section 14-26 Application, administration and enforcement.

Background information regarding why the proposed Ordinance is needed, along with other pertinent details, may be available upon request.

Lynn Tschudi
Administrative Services Director
Published in the
News and Times
November 25, 2021
1184071

Holiday events, tree lightings on tap across Carver County

BY EMMA LOHMAN
FOR NEWS & TIMES

Santa Claus is coming to (many) towns throughout Carver County this holiday season! His first stop is Waconia on Friday, Nov. 26 for the annual Tree Lighting at the City Square Park Gazebo. Starting at 6 p.m., community members can sip hot cocoa by warm fires while caroling alongside holiday characters like Buddy the Elf, Papa Elf, The Grinch, and llama-reindeer. Aaron Olson will direct the Waconia High School and Faith Lutheran Church choirs as they lead the crowd in song. The evening will also feature a solo by Cindy Lou Who. To cap off the night, Santa is scheduled to arrive just in time to light up the park at 6:30PM. This is a free event, but the Women of Waconia encourage everyone to bring a new, unopened toy for the Waconia Toy Drive which goes through Nov. 29.

Waconia will also participate in Small Business Saturday with its Homespun Holiday event on Saturday, Nov. 27. The day kicks off with the annual Candy Cane Hunt in City Square Park where Santa and

his elves will be hiding candy canes for kids to discover and enjoy. The event starts at 10 a.m., but event organizers advise families to arrive at 9:50 a.m. because the event goes quickly! Afterward, Santa will be at the Fire Station hearing wishes and taking photos from 10:30 a.m. - 2:30 p.m. Community members are asked to bring canned or dry items to donate to the Waconia United Food Shelf.

“Homespun Holiday is about spreading joy and experiencing Waconia’s charm and festivity of the season. Our small businesses need our continued support. Let’s keep the cheer here by shopping, dining, and supporting local,” said Christine Fenner, President of the Waconia Chamber of Commerce. Plenty of Waconia businesses will offer sales or special activities and there will be kettlecorn for sale from 10:30 a.m. to 2:30 p.m. at the corner of Maple and Main (between the fire station and Waconia Brewing Company) for shoppers to enjoy.

In addition, Santa is slated to make appearances in Norwood Young America, Mayer and Watertown. Norwood Young America’s Holi-

day Extravaganza is planned for Nov. 27 from 5 p.m. to 7 p.m. in Willkommen Park. There will be fun photo opportunities with Santa and Mrs. Claus, princesses and a red truck, as well as a fire, hot cocoa, and take home activities for kids.

The following week, families will have the opportunity to take pictures with Santa and to enjoy cookies and refreshments at the Mayer Fire Station on Friday, Dec. 3 from 5 p.m. to 7 p.m.

Watertown will celebrate the holidays with its own Tree Lighting Ceremony at City Center Park on Saturday, Dec. 4 at 4:30 p.m. There is going to be holiday music and Watertown Chamber of Commerce President Kyle Jarvis will give a holiday address and introduce the new City Administrator Jake Foster. Following this, Santa will take a tour around town on the fire truck before arriving at the park to hand out candy canes. “We are very excited to have some normalcy when it comes to kicking off the holiday season in Watertown,” said Jarvis. He noted that the Chamber is planning to stream the ceremony on Facebook Live as well for those who are unable to attend in person.



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Central slates elementary seasonal musical events

Elementary students at Central Schools are gearing up for their winter concerts.

On Thursday, Dec. 6, the fourth and fifth grade music students will perform their annual musicals. The fourth grade matinee performance is slated for 1 p.m.; and the fifth grade performance will follow

at 1:45 p.m. The full choir will perform at 2:20 p.m. In the evening, the fourth grade will perform at 6 p.m., the fifth grade at 7 p.m., and the full choir at 7:45 p.m.

The public is invited.

Central's students are taught by Central Elementary Music Teacher Laura Forst.

Norwood Young America Talk

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Watertown-Mayer/Mound Westonka gymnastics preview

Royals return with experience after championship season last year

Head coach: Steve Hangartner

Assistant coaches: Deb Hangartner, Mickal Erickson, Keith Henlick and Emma Strom

Captains: Ella Blinkhorn, Jenna May, Anna Mielke and Anja Gilbert

Team strengths and areas to work on: "All of our events are pretty strong," said Steve Hangartner. "We need more depth on vault so we are focusing on vault quiet a lot. It is always important for the girls to bond together so that is an area that we are constantly working on."

Returning after winning state championship: "I've told the girls that it is a totally new year," said Hangartner. "We have to earn everything we do."

Just because we won it all last year doesn't mean it will be handed to us this year.

Season outlook: "Obviously we are going to shoot to repeat winning the state tournament," Hangartner said. "We have also set a goal to hit 150 for a score. Very few teams have ever accomplished that feat."

Sections/region: "It has been shifted around a little," said Hangartner. "Delano will be strong. Dassel-Cokato is a new team which they have seen improvement every year. Howard Lake will be another new team. They have a very enthusiastic coach."

Returning experience: "We have two of the

top all arounders in the state," said Hangartner. "Anna Mielke was second in the state meet and Reagan Kelley was fifth. Both won awards last year for being selected as the top elite all arounders in the state. Both girls continue to push themselves to improve every day."

State individual competitors returning from last year's team are: Ella Blinkhorn, Anna Mielke, Reagan Kelley, Maggie McCabe, Erin Singank and Anja Gilbert. Also returning is standout soccer player Maris Heun. Maris has competed in the state meet on the floor exercise 2 years ago. Payton Hecksel and Maddie Sanders will also



Reagan Kelley competes on the balance beam at the state meet. (File photo)

be two strong competitors for the royals.

"We have a young seventh and eighth grade group who will add a lot of depth to our team," Hangartner said.

Conference outlook: "In our conference, New London-Spicer will definitely be a strong competitor," said Hangartner. "They finished fifth in the state meet

last year, so I look to see them being very competitive. Both Delano and New London have great coaches who know how to get the most out of their gymnasts."

Crusaders, Raiders earn All-Conference honors

Lilly Wachholz, Mayer Lutheran, Senior Middle Hitter

Lilly Wachholz was a four-year varsity starter and took on the leadership role with some extra enthusiasm this year as she knew next year will be different playing at Iowa State! The team is proud of her hard work ethic and continuing to push her teammates to get better each day. She was able to reach the 1,000 kills

mark with great teammates! Her fun, positive personality along with her power and putting the ball "away" will be greatly missed next year. Conference coaches named her MRC MVP.

Emma Lade, Mayer Lutheran, Senior Setter/Right Hitter

Emma Lade was a four-year varsity player looking at playing college ball next season. Emma was a player that

pushed hard in practice just like a game. She was able to hit a milestone of 2,000 assists with the help of her teammates this season. Emma was the spark on the floor who took control of the team in so many ways. She learned great court sense and got all her hitters involved. The team will miss her next season.

Gabby Wachholz, Mayer Lutheran, Junior Outside Hitter/LB

Gabby Wachholz was the girl with hops and definitely a leader by example. She was a quiet player with great court awareness and not only put the ball down at the 8-foot line but finally learned a tip is a kill. She was an incredible talent in the back row as well and sacrificed her body often for the setter and hitters. She was an offensive threat to many teams.

Madeline Guetzkow, Mayer Lutheran, Junior Setter/Right Hitter

Madeline Guetzkow was a super coachable athlete who gave all she had with a smile. She was a very talented athlete that still has a lot of growth coming her way. She did anything to benefit her team as she moved (as a left handed hitter) all over the front row and learned to move the ball around offensively.

Laya Hallquist, Norwood-Young America Central, Junior Setter

Laya Hallquist was a first-year varsity player and played every point

this year. She was also unanimously selected as team captain. Laya had an incredible serve and hit any zone called for her with 92% serving, serving rating of 2.21/3.00, 14 conference aces and 57 total aces. Running a 5-1 offense, Laya averaged 7.86 assists per game in conference play, third on the team for digs and first on the team in hitting percentage with .226 with 71 kills in 226 attempts. Laya was one of the hardest working players and the most coachable athlete ever worked with in over 25 years of coaching, according to her coach.

Morgan Johnson, Norwood-Young America Central, Junior Libero

Morgan Johnson was a first year varsity player and played in every point possible. She took the lead on the team's defense and reads the court better than any player that has come through Central. Morgan leads the team with 85 conference digs averaging

4.05 per game, 407 for the season averaging 5 per game. She is the main serve receive passer with a conference rating of 2.02 and season rating of 1.96/3.00 scale. Morgan also leads the team in serving attempts with 97 conference and 356 serves during the season. Her serve rating was 2.00/3.00 and had the best points per rotation behind her serve. Morgan continued to amaze her coach with her effort and leadership in the back row.






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Stella Maass, Mayer Lutheran, Junior Outside Hitter/LB

Lauren Schmidt, NYA Central, Junior Middle Hitter

MRC Volleyball Coaches named Lilly Wachholz of Mayer Lutheran as 2021 Most Valuable Player.

Volleyball Coach of the Year as named by conference coaches: Joelle Grimsley of Mayer Lutheran

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Day/Date	Dance Team	Girls Basketball	Boys Basketball	Gymnastics	Girls Hockey	Boys Hockey	Wrestling
Thurs., Nov. 25							
Fri., Nov. 26							
Sat., Nov. 27			Scrimmage @ Norwood Young America, 10 am			Vs. Providence Academy @ Plymouth Arena, 2:30 pm	
Mon., Nov. 29							
Tues., Nov. 30		@ Belle Plaine, 7:15 pm					
Wed., Dec. 1							

Crusaders cruise past Eagles at state

Mayer Lutheran jumps out to 28-0 lead on way to championship game

BY JAMES STITT
patriotsports@apgcm.com

The last time the Mayer Lutheran football team made it to U.S. Bank Stadium for the Class A State semifinals, the current batch of Crusaders were in the stands watching a pretty talented squad. On Saturday, those eighth graders who are now seniors, got to take to the field and make it one step further than the group they looked up to, reaching the Class A State Championship with a 41-6 win over New York Mills.

"When we were little, we always watched them, so we always wanted to do what they did," said Ty Hoese. "But we wanted to go farther than they did. We always talked when we were kids, 'We're going to win when we get there.' Now we have the chance on Friday. We've got to put in the preparation to do that."

Brushing off slow starts, the Crusaders had the game in hand before anyone could get settled in. Mayer Lutheran needed only nine plays and 3 minutes of possession to score three touchdowns, and add in a special teams score, the Crusaders were up 28-0 just moments into the second quarter.

"We talk about it pregame that we have to start fast and that really determined this game for sure," said Hoes. "We came out with a lot of intensity. The coaches do a great job of getting us ready to go and we just executed."

The defense forced a three-and-out to start the game, then



Pictured, from left, Teigan Martin catches a touchdown. • Elijah Jopp and Isaac Hahn team up for a tackle for loss. (James Stitt/The Patriot)

Dylan Nelson took the first handoff 60 yards to start the offensive showcase. Hoes found Teigan Martin for a 33 yard score on the next play to put Mayer Lutheran up 7-0 in the blink of an eye. Another three-and-out on the next drive forced a punt, which was blocked by Caden Robbins and recovered by Martin for a 40 yard score, his second of the game.

"He's a good athlete, good athletes find a way to get it done and that's just part of who they are," coach Dean Aurich said of Martin's ability to find ways to score.

In addition to nine receiving touchdowns, Martin has a couple of interceptions when playing defensive end, one returned

for a touchdowns, and now adds another different way to score on his resume.

"[I've scored] a couple ways - pick six, that [punt block return], and the passing touchdowns," Martin said. "It's just a lot of fun."

That start for Teigan Martin could not have been scripted better for Mayer Lutheran, as his early involvement often spells doom for opposing defenses. Hoese saw the early success of Martin and knew a big day was in store for him and his other receivers, one which would see Hoese toss five touchdown passes to four different receivers.

"We have this big guy right here (Martin), and they like to

pay a lot of attention to him,” Hoese said. “If they don’t pay attention to him, right away we get it to him and they double team him later on and we throw deep. We have playmakers all over the field, so they have to pick and choose who they want to stop. So that really helps us to throw the ball deep.”

On the next two drives, Hoese found Elijah Jopp for a 40 yard score and a 62 yard score to put Mayer Lutheran firmly in control 2 minutes into the second quarter with a 28-0 lead. He would finish the day with a 43 yard bomb to Abram Jopp and a 15 yard shot to Sam Dennis in the corner of the endzone to wrack up 221 yards and five touchdowns on just nine completions.

The only problem with the fast start is that it may have been too much too quickly, as the offense stalled and a turnover resulted in a short field and the Eagles only score of the game. But the Crusaders rallied in the second half with two third quarter touchdowns to eliminate any hopes of a comeback.

"We did start so fast that it took a little wind and we kind of took a dive after that," said Aurich. "Then luckily we talked about that and the kids came out and played good in the second half."

The 41 points were more than enough, as the defense was stout again, taking away New York Mills' strength in the run game by limiting them to 2.3 yards per carry.

“We read some articles about how New York Mills has a run-

ning game that's tough and runs hard and we were ready for that," Aurich said. "Our defense took that personal and said, 'Let's stop it.' They did a good job."

In his return to action following injury, Robbins led the defense with 10 tackles, four for loss, and two sacks. Elijah Jopp had nine tackles and was followed by Hoese (6), Tyler Neitzel (6), Isaac Hahn (5), Abram Jopp (4), Cole Neitzel (4), Marcus Johnson (2), Levi Hahn (2), Martin (2), Connor Olsen (1), Caleb Olsen (1) and Blake Aurich (1).

Abram Jopp and Isaac Hahn both had two tackles for loss, while Elijah Jopp, Tyler Neitzel and Johnson each had one. Isaac Hahn also had a sack in the win, while Sam Dennis had an interception.

The Crusader run game was efficient in the win, churning out 148 yards on 24 carries (6.2 average). Nelson had 70 yards on three carries, Cole Neitzel had 25 yards on seven carries, Nate Pawelk had 23 on five carries, Hoesle had 19 on five carries and Sam Dennis had 11 on four carries.

The Crusaders now move on to the Class A State Championship Friday, Nov. 26 at U.S. Bank Stadium, taking on Minneota at 10 a.m. The Vikings are ranked No. 2 and defeated No. 3 ranked Rushford-Peterson 28-8 to earn a spot in the title game.

"This is going to be two good teams fighting it out," said Aurich. "We haven't had a grinder yet, but this one will be next week."

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Monday, Nov 29	- HS BBB Practice 3:30pm- 5:30pm @ HS Gym Basketball: Girls Varsity Game 7:00pm vs. Holy Family Catholic High School @ Holy Family Catholic High School
Wednesday, Dec. 1st.	HS GBB Practice 3:30 pm to 4:45 pm @ HS Gym Practice HS BBB - 4:45pm- 6:00pm @ HS Gym

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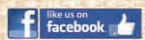
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ON CAMPUS**SCHOLARSHIPS**

Kalie Dahl of Cologne and Kelsie Somers of Watertown were among 436 University of Wisconsin-Stout students earning scholarships this school year through the Stout University Foundation. In total, the scholarships are valued at more than \$977,000.

Two incoming Cloud State University students from Waconia, Sondra Blaschko and Shelly Traver, were awarded Huskies scholarships for the 2021-2022 academic year.

Zoe Butler, a recent graduate of Waconia High School, has been selected to be an Ashbrook Scholar, according to an announcement by the Ashbrook Center at Ashland University in Ashland, Ohio.

Logan Smith, of Hamburg has been awarded a \$2,500 Workforce Development scholarship targeted at students pursuing careers in the fields of advanced manufacturing, agriculture, early childhood education, health care services, information technology or transportation. There are eligible programs at all Minnesota state community and technical college campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena.

ACADEMIC HONORS

The following area students have been named to the dean's list at the University of Wisconsin-La Crosse for the spring semester of the 2020-21 academic year. To qualify, students must have earned not less than a 3.5 semester grade point average and carried a minimum of 12 credits. Cologne: Olivia Grundhofer, Lilli Plagge Waconia: Jillian DeClercq, Anna Edsill, JJ Langer

Minnesota State University, Mankato has announced its academic honors lists for spring semester. The following local students qualified with a grade point average of 3.5 or above. High honors students*earned a 4.0 straight A average. Cologne: Luke Lamberton, Abby Lundquist*, Alyssa Lundquist Hamburg: Nicholas Jensen Mayer: Madison Haag, Kylie Hoese*, Morgan Schlueter*, Cody Sik, New Germany: DeNae Henning, Alison Millerbernd Norwood Young America: Marlie Franck*, Taia Good*, Hank Hoese*, Delanie Lundgren, Mayte Betancourt-Rivera*, Elizabeth Kuntz, Jessica Pace, Triston Sackett, Klaire Zellmann, Brianna DeFore*,

Brianna Dvorak*, Megan Feltmann, Jayden Fritz, Theodore Petersen, Jenna Sykes* Waconia: Ashley Basile*, Kirsten Bohman, Emily Chinault*, Alayna Froemke, Ellissa Good, Makinley Heil*, Emma Holzer, Madison Huggett*, Connor Kunst, Michelle Lowden, Lyndsey Marquardt, John Nygaard*, Anna Olson, Nikolette Platt*, Caleb Reich, Derek Rolf*, Trevor Rowe, Emily Seehusen, Leah Shanahan, Abigail Shirk, Lauren Van Sloun, Madaline Volimas, Gerri Williamson, Emma Wyffels*, Olivia Wyffels Watertown: Nicole Ebeling, Cameryn Graff, Terrell Lhotka

The University of Minnesota Duluth (UMD) has announced its dean's list for spring semester. The following local students qualified with a grade point average of 3.5 or higher. Cologne: Jaydan Trnka Mayer: Cooper Murnane, Jonathan Wall, Megan Whitehead, Reagan Wiemiller Norwood Young America: Joshua Gruenhagen, Gabrielle Kuntz, Madelyn Phelps Waconia: Zachary Adams, Anthony Ehl, Ashley Gray, Zachary Holmgren, Molly Hughes, Davis Kirsch, Corbin Oleson, Zachary Watts Watertown: Fritz Bimberg, Sarah Elliott, Kort Oelfke

The following students have been named to the 2021 spring semester dean's list at the University of Minnesota Twin Cities. To qualify, a student must complete 12 or more letter-graded credits while attaining a 3.66 grade point average. Cologne: Ian Albers, Abigail Kramer Mayer: Kiron Crayton, Shannon Keating, Casondra Snow, Brady Solheid Waconia: Garrett Bensen, Ryan Biehn, Kaitlyn Bonnema, Sarah Bonnema, Rachel Davis, Carson Dock, Gabriella Foss, Marie Geller, Sydney Gilbertson, Hannah Gootzeit, Joshua Hebeisen, Reis Henriksen, Madyson Hoxie, Elizabeth Johnson, Jennifer Lamkin, Paul Leheste, Ross Leivermann, Gabriela Llerena, Jared Lorusso, Mikayla Mahan, Evelyn Mattson, Trevor Micke, Ian Miller, Lindsey Naude, Sophia Ngep, Kelly Nydahl, Trey Peitz, Maxwell Peterson, Riley Rassman, Anna Reichenberger, Syoni Revollo, Emily Rud, Senior, Kylah Smith, Jacob Sonnek, Ethan Swanson, Grace Tordoff, Caden Turner, Gabriel Willis, Emily Winter, Bonnie Young Watertown: Corey Bimberg, Lyndsy Chase Lukas Gilbert, Grace Hertzog, Madyson Hoese, Alison Kraemer, Alexa Lupino

GRADUATIONS

Destyne Schug of Watertown graduated this summer from the University of Minnesota Crookston with a Bachelor of Science in Natural Resources.

The following students from Waconia recently earned degrees from Northwest Technical College in Bemidji, Minn. They are: Megan Eveslage, associate of science in nursing; Jessica Girard, a certificate in human resources; Colby Schochenmaier, a diploma in electrical construction and maintenance.

Carson Reichardt, of Waconia recently graduated from Drake University with degrees in sociology and journalism. Drake is a midsize, private university in Des Moines, Iowa.

The following area students graduated spring semester from Bethel University: from Waconia, Wilson Kuhn, Bachelor of Arts, Psychology; and Tyler Nelson, Bachelor of Arts, Biblical & Theological Studies; from Watertown, Lydia Fails, Bachelor of Science in Nursing.

The University of Wisconsin-Madison recently announced its spring 2021 graduates. From Waconia graduates include: Anna Osterberg, Bachelor of Business Administration, with distinction; Madison Sherwood-Walter, Master of Science-Cartography and Geographic Information Systems; and Gus Sinclair, Bachelor of Science, Horticulture, with distinction. From Cologne, Jack Swanson graduated with a Bachelor of Science, Economics.

Matthew Larson of Waconia, graduated from Luther College this spring with a Bachelor of Arts degree in Social Work.

Teresa Wroblewski, daughter of Angela Wroblewski, Mayer, received a Bachelor of Arts Degree in digital graphic design this spring from Saint Mary's University of Minnesota.

The following area students were among 854 graduates to receive degrees this spring from the University of Wisconsin-River Falls: Nicole Klaustermeier of Waconia, Bachelor of Science, Marketing Communications; Austin Pysick of Cologne, Bachelor of Science, Agricultural Studies.

Ridgewater College, with campuses in Wilmar and Hutchinson, recently announced the names of its fall and spring semester graduates: From Cologne, Brianna Eggers, Elisabeth Jimenez, Adam Meuleners; from Mayer, Kaitlin Frank, Justin Magennis, Amber Olsen, Maisie Theisen; from Norwood Young America, Kenneth Rand, Jacob Schmidt, Katie Shipley; from Waconia, Olivia Dammann, Emily Eischens, Joy Ingenito, Patrick Lindstrom, Justin Wagener, Grace Wille, Eva Baron; from Watertown: Cassidy Anderson, Joseph Berkland, Jeremy Ketcher, Antonio Orozco, Avery Preston, Carrie Williams, Jordan Winter

The following Waconia students graduated this spring from University of Wisconsin-Stout in Menomonie, Wis.: Katherine Hughes, B.S. Hotel Restaurant & Tourism, Spanish Minor; Max Scharfenberg, B.F.A. Entertainment Design; Shale Siewert, B.F.A. Graphic Design and Interactive Media

The University of Wisconsin-Eau Claire awarded degrees to the following local students this spring. Cologne: Alexander Farrell, Bachelor of Science, elementary education; Christina Miller, Master of Science, communication sciences and disorders Norwood Young America: Anna Herzog, Bachelor of Science, rehabilitation science

Several local students earned degrees from Bemidji State University in Bemidji, Minn., during the 2020-2021 school year. From New Germany: Jeffrey Otterstatter, from New Germany, bachelor of science in chemistry From Norwood Young America: Victoria Simons, a bachelor of science in wildlife biology; William Schmieg, bachelor of science in science education From Waconia: Brittany McHale, bachelor of science in psychology From Watertown: Kaymee Denault, bachelor of science in business administration; and Emma Duske, bachelor of science in business administration



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New research center measures impact of racism on healthcare

MINNEAPOLIS (AP) — The University of Minnesota opened a new research center in collaboration with the Mayo Clinic that measures the impact of racism on chronic health inequities among people of color in Minnesota.

The Center for Chronic Disease Reduction and Equity Promotion Across Minnesota (C2DREAM) is one of nine centers in the nation studying racism within the healthcare system. Researchers said the goal for this center is to inform future policy decisions, professional practices in healthcare and advocacy among people of color, according to University Associate Professor and C2DREAM Co-Lead Rachel Hardeman.

"C2DREAM's mission is to show that all people of color in Minnesota are loved and that they deserve to live lives unburdened by preventable chronic diseases," Hardeman said in an email.

As outlined in past research, experiences of microaggressions, discrimination and marginalization within the healthcare system have contributed to disproportionately increased levels of chronic diseases, such as cardiovascular disease, high blood pressure and obesity.

For Hardeman, a Black woman who grew up in Minneapolis, the reality of racism as a public health concern is both

local and personal, The Minnesota Daily reported.

As a child, she attended doctor appointments with her grandmother, who was seeking treatment for kidney failure. When her grandmother experienced discrimination from medical providers, she decided to stop treatment, Hardeman said.

"At age 16, I lost my grandmother because she was tired of dealing with a health care system that didn't seem to care about her," Hardeman said.

While prior research measuring racism in healthcare has been simplified, Hardeman and other researchers said they are concerned with measuring the multidimensional impacts of racism on the health and wellbeing of people of color.

"Structural racism creates unfair barriers to opportunities and resources, and these barriers impact where people of color live, work and play over the course of their lives," Hardeman said. "Racism is a public health crisis."

This new center, funded by a \$19 million grant from the National Institute on Minority Health and Health Disparities, will address racism in healthcare through three separate research projects, each spanning five years. The projects will focus specifically on decreasing cardiovascular disease, high blood pressure and obesity among Indigenous people and people of color.

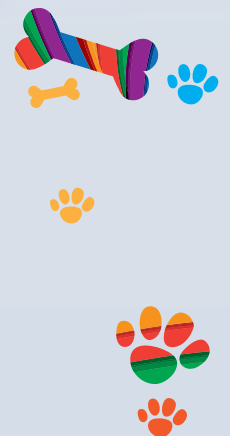
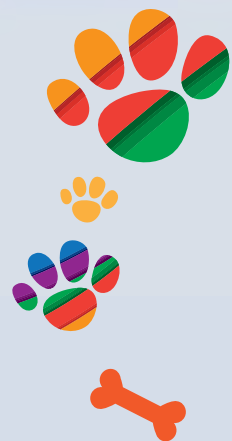


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Commissioners talk housing, 2022 priorities

BY AL LOHMAN
al.lohman@apgecm.com

Carver County is the one of the fastest growing counties in the state, which makes housing high on the radar among county officials.

At their meeting last Tuesday, Nov. 16, the Carver County Board of Commissioners authorized nearly \$6 million through the Community Development Agency (CDA) for several affordable housing projects, both new construction and rehabilitation of existing facilities.

That includes up to \$5 million in "seed money" for three proposed housing projects – one a senior housing facility adjacent to Trails Edge South, an affordable housing project that broke ground in Waconia two weeks ago. Also, Carver Oaks, 40 units of affordable senior housing, and Carver Place, 60 units of affordable general occupancy housing in Carver; plus rehabilitation projects

at three existing properties in Watertown and Mayer constituting 42 units, and Bluff Creek senior housing in Chaska.

The county board also granted a Humanity Alliance request from the CDA for \$300,000 to support the completion of Unite Lodge in Victoria, including housing renovations and commercial kitchen build-out. Also, a request for \$600,000 to fill a project funding gap due to rising construction costs for West Creek, a proposed apartment complex in Chaska for young adults coming out of homelessness.

The funding comes from a \$33.4 million federal allocation authorized through the American Rescue Plan Act, also called the COVID-19 stimulus package. The county also has spent ARP dollars for a variety of other needs including public safety and health expenses, technology and broadband, and small business assistance to name a few.

In other county business, with the next state legislative session approaching after the new year, commissioners approved the county's 2022 legislative platform. The platform is an outcome of recent work sessions and includes several priorities. Among them:

- Support for funding for improved roadway corridors around the Minnesota Landscape Arboretum, including \$10 million for construction of a south access to the popular botanical garden, education and research center at 82nd Street between Highway 41 and Bavaria Road to ease traffic congestion and enhance safety.

- Ongoing capital improvement funding for regional parks, including \$3.5 million in matching funds from the state for facilities at Lake Waconia Regional Park. The funding would address rising construction costs for a proposed waterfront service center at the park.

Some other priorities in-

clude changes to the eminent domain process for property owners; increased fees for processing state transactions, such as licenses and titles; improved access to Minnesota Department of Health data; improved pathways to peace officer licensure; simplified budget methodology for public assistance programs; changes to Medicaid policy for health services provided to inmates; and Metropolitan

Council governance reform enabling cities and counties to control their own appointments.

Finally, as has been expressed by other cities and counties, the Carver County Board of Commissioners "supports local decision-making authority and opposes legislation that removes the ability for local elected officials to respond to the needs of its constituents."

In employee related matters, commissioners appointed Mark Meili as county assessor to fill the remainder of the four-year term of Keith Kern, who retired in August. Meili has been serving as interim assessor since then.

Commissioners also issued a county employee gratitude proclamation for employees work through the pandemic and the service they provide day to day.



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Corner lot zoned for single family, duplex OR townhouse. Open to builders! Nice level, gently sloped lot in established neighborhood. Bring your own builder. Electric & city water stubbed in, combine with the adjoining lot for multi-family townhome complex. Great value, priced to sell.

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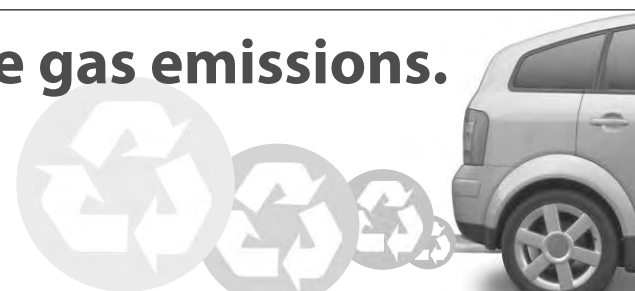
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Tackling phone interviews

While face-to-face interviews are still the norm, your first step in the door to many companies may be over the telephone.

Phone interviews are becoming more common as companies recruit from geographically diverse areas, often wanting to pre-screen candidates over the phone before paying for travel or taking up a hiring manager's time.

If you find yourself needing to conduct a phone interview, here are a few tips.

Use a wired phone

Even the best cell phones can drop calls at inopportune times, and few calls are more important than over-the-phone job interviews.

If you don't have a wired phone line at your home, see if you can borrow one from a friend or neighbor. Traditional telephones are more reliable and usually have a better sound quality than their wireless counterparts, so don't leave anything to chance.

Have confidence

For most jobs, the worst thing you can do on a phone interview is to sound timid, quiet or shy.

The hiring manager will be judging you based entirely on your voice and how you answer questions verbally, so practice beforehand so you can give bold, confident answers over the phone. You should do your best to come across as

an intelligent, articulate person.

Don't be cocky

At the same time, overconfidence can become a problem.

If you sound like a know-it-all, people won't want to work with you — and chances are the boss won't want to hire you, either. You want to sound smart and capable, but not to the point that you look like a jerk.

It can be a tough balancing act for some people, depending on their personality. You want to be bold and

clear about your accomplishments, but you don't want to brag about yourself to the point of being rude. The lack of real, face-to-face communication can make your job even tougher because you can't see how the interviewer is responding to your answers.

Leave a professional image

Remember not to chew gum, drink, eat



or smoke during the phone interview. Even though you may have nervous habits, you need to project your very best image on the phone.

You'll also want to speak clearly and give short answers because no one likes to

hear someone ramble endlessly about themselves. Practice speaking in sentences that are short and to-the-point, and make sure you leave time for the interviewer to talk and ask questions thoroughly. You shouldn't talk over them.

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Some top benefits:

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The position requires:

- Develop and maintain a working knowledge of our product features, benefits, rates and packages.
- Passion for, and some familiarity with print, digital and social media advertising.
- Work with clients to evaluate needs and develop marketing strategies for their business.
 - Networking and development of new business.
 - A strong commitment to meeting individual and department goals.
 - **MUST LOVE SALES!**

Some top benefits:

- Highly competitive base and commission structure.
- Strong, established territory with great opportunity for growth.
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A Special Section Focusing on Senior Lifestyles

MATURE Lifestyles



Long-term solutions to protect joints

Periodic aches and pains can affect anyone. Individuals who are physically active and even those who live largely sedentary lifestyles may experience pain from time to time. In fact, many professional and amateur athletes experience relatively minor, short-term injuries at one point or another, and rest is often the best remedy to overcome such obstacles.

Though minor tweaks may be somewhat normal, long-term issues like persistent joint pain should not be written off as par for the course. It can be tempting to write joint pain off as a concern only serious athletes need to worry about. Terms like “tennis elbow” and “runner’s knee” can give less physically active individuals a false impression of joint pain and what causes it. But the Mayo Clinic notes that lack of exercise can contribute to pain and stiffness in the joints. That’s because exercise strengthens the muscles and tissues that surround the joints. That added strength puts less stress on the joints.

In recognition of the threat posed by chronic joint pain, the Arthritis Foundation recom-

mends individuals take various steps to protect their joints over the long haul.

- Focus less on fashion in regard to footwear. High heels may be the epitome of glamorous footwear, but women who routinely wear high heels will pay a steep price. The AF notes that heels put added stress on the knees and increase risk for osteoporosis, and experts indicate that three-inch heels are seven times more stressful on feet than one-inch heels. But women aren’t the only ones whose footwear fashion sense could be hurting their joints. Men also must pay attention to what they’re putting on their feet. For example, sandals without a back strap force toes to overgrip the edge of the sandal, putting needless strain on each foot and potentially causing issues with the toes.

- Alternate between sitting and standing throughout the day. Joint stiffness and strain can develop when individuals spend lengthy periods of time sitting or standing. The AF recommends taking a break to stand up or sit down every 30 minutes. Professionals who sit at a desk all day may want to

switch to height-adjustable desks that make it easy for them to transition from sitting to standing and still get their work done.

- Maintain a healthy weight. Being overweight causes a ripple effect that impacts the entire body, including the joints. The AF notes that researchers have determined that losing 11 pounds can reduce risk for osteoarthritis of the knee by 50 percent. On the flip side, each extra pound an individual carries puts four times the stress on his or her knees. Exercising to lose weight can provide the added benefit of preventing joint stiffness.

- Opt for low-impact activities. Low-impact activities like cycling and swimming are easier on the joints than fitness classes that involve high-intensity dancing and kickboxing. In addition, when choosing between a treadmill and elliptical machine, the Mayo Clinic notes that ellipticals are generally considered low-impact machines that are less stressful on the knees, hips and back than running on a treadmill or even outdoors.

Various strategies can help individuals maintain healthy, pain-free joints over the long haul.

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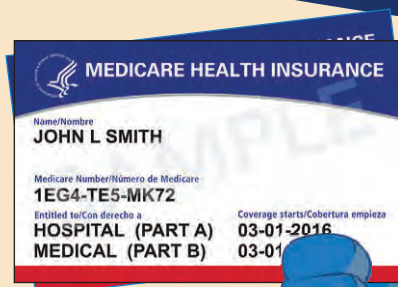
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How aging adults can maintain a healthy weight

Calorie-counting and watching one's weight is often seen as a young person's game. But even aging men and women should recognize the importance of maintaining a healthy weight.

Older adults may experience weight gain or unintentional weight loss. Understanding how to address each in healthy ways is important.

WEIGHT LOSS TIPS

More than two-thirds of Americans, including adults age 65 and older, are overweight and obese, according to U.S. News & World Report. A combination of factors can contribute to weight gain in older adults, including a slower metabolism and a tendency to be more sedentary with age. Empty nesters also may be less likely to cook their own meals, relying on convenience foods - some of which may be high in fat and/or calories.

Sustained healthy weight at any age is linked to improved heart health, mental health benefits like increased self-confidence, healthy joints, and much more. These tips can help aging individuals maintain healthy weights.

- Incorporate strength or resistance training into your weekly routine. Hormone production slows down as the body ages, and that may result in a loss of muscle mass. Lifting weights or engaging in resistance training with elastic bands or body weight can restore muscle tone and speed up metabolism. Adults should aim for strength training twice a week.

- Monitor sugar and starch intake. Many older adults have elevated blood sugar levels due to insulin resistance. When cells become resistant to insulin,

glucose doesn't get used up and remains in the blood. Eventually this can lead to pre-diabetes, metabolic syndrome and type 2 diabetes. Many people with these conditions have a hard time losing weight. Avoiding added sugars and extra carbohydrates could help.

- Practice portion control. A 60-year-old can't eat the same way he or she did at age 30 or 40. Nutritionists say that, with every decade that passes, people generally need about 100 fewer calories a day to maintain their weights. Cutting calories slowly and steadily helps people maintain healthy weights, especially when they couple this with exercise.

AVOIDING MALNUTRITION

Malnutrition is a common component in unintentional weight loss in aging populations. Reduction in senses of smell and taste, smaller appetites and lack of desire to make meals can contribute to malnutrition and weight loss. Underlying health problems also may lead to unwanted and unhealthy weight loss. Tracking weight loss and getting sufficient nutrients is vital to aging adults' overall health.

A 2014 study published in the American Journal of Clinical Nutrition found that having a body mass index at the lower end of the recommended age for adults increased risk for mortality more so than being overweight. Individuals whose BMI is less than 23 could be putting themselves in jeopardy.

Older adults need to adjust their routines as they age in order to maintain healthy weights. Such adjustments can reduce seniors' risk for disease and improve their quality of life.

A Special Section Focusing on Senior Lifestyles

MATURE Lifestyles

Early warning signs of Alzheimer's disease

Alzheimer's disease is an insidious illness that slowly robs individuals of their memories, personalities and relationships. The Mayo Clinic says Alzheimer's is a progressive neurological disorder that causes brain atrophy and cell death, which contributes to continuous decline in thinking, behavioral and social skills. This eventually affects a person's ability to live independently.

The most common form of dementia is Alzheimer's disease, which is believed to affect approximately

5.8 million Americans age 65 and older. While there currently is no cure for Alzheimer's disease and other dementias, there are strategies that can help mitigate symptoms. An ability to recognize dementia symptoms early can help millions take proactive steps to improve quality of life.

Below are some early warning signs of Alzheimer's disease, courtesy of notable health organizations, including MJHS' Health System, the Alzheimer's Association, Alzheimer's New Zealand,

and the Mayo Clinic.

- Recent memory loss that affects daily life. While it is normal to forget where you left keys, names or even telephone numbers from time to time, a person with dementia may have difficulty remembering recent events or where they live.

- Personality changes. Individuals may begin to show subtle differences in their personalities, including mood swings. For example, a person who is easygoing may become reluctant to interact with others.

- Difficulty with familiar routes. A person with dementia may have regular difficulty driving familiar routes or finding the way home.

- Trouble finding the right words. Finding words to converse freely can be difficult for people with Alzheimer's. Such individuals may experience particular difficulty finding the right words to express their thoughts or identify objects.



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