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OCTOBER/NOVEMBER 2020

Volume 8, Issue 5

Freedom



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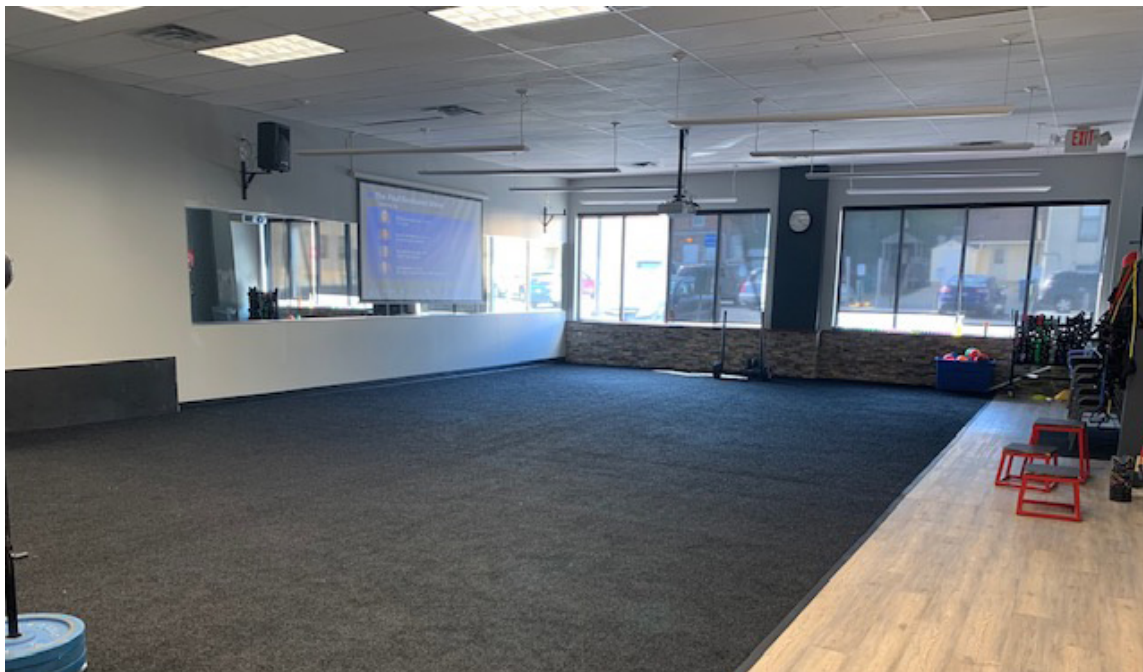
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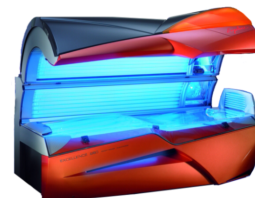
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RESIDENTIAL



NEW LISTING

709 19th Ave NE
4 bed 2 bath \$264,500

Country living within city limits!! This home is a must-see with its huge yard and the endless wildlife to watch! It's the last property located on a quiet, dead-end street, within walking distance to shopping, restaurants, parks, schools, and will soon have full access to the bike trail around Clear Lake! This 4 bedroom, 2 bath home is a large open concept on the main floor with a stunning kitchen and gas fireplace in the living room. The basement family room has a 3 season porch attached. Bedrooms include built-ins, and the primary has double closets. The garage is fully insulated and heated and ready for a Minnesota winter! Outside is a beautiful sunken patio, firepit, and composite deck, as well as an 8x14 garden shed.



SOLD

5324 Kahler Dr,
Albertville • \$294,900

This well-maintained home with a flat, lush yard features three bedrooms, two bathrooms, private office and a heated three car garage! Enjoy the eat-in kitchen, spacious dining/living room and huge deck that this house offers. Family room has a cozy gas fireplace and tile flooring throughout the lower level. Family-friendly neighborhood in award-winning STM-A school district with walking paths, parks & schools all conveniently located very nearby. Schedule your private showing soon.

COMMERCIAL



NEW LISTING

1400 2nd St SE \$1,300,000

54,600 sq ft warehouse / manufacturing building in Waseca. 13 overhead doors with drive thru capacity, loading dock, cranes, painting area with exhaust fans, 3-phase electrical, radiant heat, office space, detached 40 x 100 shed. Approx 1 acre of parking. Located on HWY 13 close to the HWY 14 interchange, 12 miles from I-35 and 25 miles from Mankato.



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TWO VETERANS 30 YEARS APART

By Mike Parry

Being a Veteran myself and growing up with a father who was a 38-year Veteran serving in WWII and Korea and also being a prisoner of war, I've always had such high respect for those who served. I thought I'd check out some quotes about Veterans Day as I begin the story of Two Veterans 30 years apart. Elmer Davis said, "This nation will remain the land of the free only so long as it is the home of the brave." General H. Norman Schwarzkopf, who by the way I was able to meet and shake is had years ago at an Indy 500 race said, "It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."

Let's talk about a couple of local veterans and their service. The first is Bert Anderson. I've known Bert for some time now.

He mentored me through different positions at the Waseca American Legion. First was to be his Sargent at Arms, then 1st Vice and finally Commander of Post 228. Bert enlisted in the Navy back in June 1964 and served 6 years.

I asked him where he went after boot camp? "I was stationed in Pensacola, Florida for 14 months. Then I was transferred to the USS Intrepid, homeported in Norfolk, Virginia. I spent the rest of my time on the USS Intrepid. While aboard the USS Intrepid, I did two tours to Vietnam in the gulf of Tonkin." Anderson stated.

What kept you going through those tours through Vietnam? "You make many friends while serving and they're with you all the way and of course mail from home kept our spirits high." Bert said.

What would you say to the 18-year old's out there about the military? "I would tell any young person joining the military to make the military a career. After 20 years you can retire with full pension at a young age and still work in the trade you worked at in the ser-

vice. If I had to do over again, I would do just that," stated Anderson.

After talking with Bert, I came across a quote from General George S. Patton who said, "The soldier is the Army. No army is better than its soldiers. The Soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country."

So, let's jump ahead from 1964 to 1994 and enlisting in the military in December of '94 was Waseca's own Jeremiah Miller. I asked Jeremiah to give me a rundown on his military career. "I join the Reserves in 1994 and then in 2002 the MN Guard. I'm still in and have about 6 years before I hang up my hat. I've served in multiple units across the state, along with doing tours in Iraq, Afghanistan, and Kuwait."

What prompted you to enlist I asked? "Well, I've always had a patriotic spirit, but it was my buddy Will Hadt who got me to join with him." Miller stated.

And while you were deployed, what kept you going? "I found my faith while being gone so long and that continued to give me the courage to keep going. That, along with



my wife and kids." He said.

And what would you tell today's 18-year old? "Do it! It is the most stable and rewarding thing I've ever done. The pride and discipline you gain from serving is worth all of the blood, sweat and tears. I don't regret joining for a minute."

As I think about these two veterans 30 years apart, one retired and one about to and all veterans, I remembered a quote from President Barack Obama who stated, "It's about how we treat our veterans every single day of the year. It's about making sure they have the care they need and the benefits that they've earned when they come home. It's about serving all of you as well as you've served the United States of America."

So, this Veterans Day, how will you address a Veteran?



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Matt Stoltz

#COVIDStartup By Mike Parry

After reading the title, you're probably thinking I'll be writing something about the virus and where it started? No so, this is about yet another entrepreneur here in Waseca that took the plunge and started a business during the pandemic. This is about a 1998 Waseca graduate who married his high school sweetheart, Brenda, went on to raise 6 children and become the proud grandfather on 1. Time to hear from Matt Stoltz-CEO/Co-owner and Founder of Flower Insider Technologies. Matt started his IT career in 1999 as a help technician and spent years in technical service-related roles. He has held many leadership and management roles and most recently from 2017-2020 he was Director of Service Delivery for an IT Managed Service company in the Twin Cities. I had a chance to visit via e-mail with Matt and asked him to explain how this business developed? "#covid-startup is a tag we embrace in our online campaign to get discovered and I use it in my social media posts often to share my journey to this start up." Stoltz

stated. "The idea to start my own firm started in 2018 when I was leading a Managed Service Provider in the Twin Cities, I was living in Waseca and commuting daily to the Twin Cities. The goal at the time was to understand the business model so I could improve service delivery. At the end of 2019, an opportunity at another MSP presented itself as they were looking to turn things around after a few years of hardship. I chose to take on the challenge and accepted the role. I started at the new firm just as the lockdowns took effect. I onboarded remotely, as lockdowns took over and after 10 weeks of effort, the role ended. COVID-19 had other plans for me, so I took my entrepreneurial leap."

Where did the idea come from, I asked? "I wanted to build an enduring IT company that was built for the employees first before profits," stated Matt, "I tried to implement these ideas but faced much resistance. So many businesses say their people are their greatest asset but many employees find another story behind the scenes. A book called; The Infinite Game by Simon Sinek was very influential in my business plan as it focuses on creating a new business mindset.

So, Flower Insider Technologies LLC was planted and founded in 2020 during the Covid-19 pandemic and is operating in Waseca Minnesota. We are infinite-minded company." You mentioned you want to put em-

ployees first, explain that. "We believe and prioritize our people before profits. We Live to build a Community of infinite-minded people by utilizing our technical skills, training, experience and abilities to help businesses and everyday people achieve their goals.

Believe IT. Live IT. Make IT People First. Building Community." Stated Stoltz. All sounds good to me but tell me about your business plan and goals and what you really do for customers? "As a grassroots startup, the business plan allows for organic growth starting with very little but can accommodate rapid growth. We are a Microsoft Cloud Solution provider and active Microsoft Partner. This along with our ability to use value added partners like Pax8, I have access to certified Microsoft Architects

and engineers to deliver any kind of projects or IT needs." Matt went on to say, "We want to help solve IT problems, build solutions that aid business and personal goals. For businesses, we want to be your IT department. For home users, we want to be your PC preventative maintenance team. We are IT professional services for B2B (Help desk, cloud solutions, IT projects, and more) and we do Computer repair services for residential clients." Said Stoltz.

So, here's yet another story of a new entrepreneur making positive waves during the pandemic.

Here's how to contact Matt. info@flowerinsidertechologies.com, www.flowerinsidertechologies.com, or call 651-760-7693. Best of Luck to Flower Insider Technologies!!!

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4 Young Entrepreneurs, 4 Businesses

By Mike Parry

I must admit I found out some interesting information the other day when I was heading out to talk with Ryan LandKammer, owner of Wiste's Meat Market. You see inside the building are two independent businesses. I didn't know that until I sat down in the beautiful surroundings of BREW'D Awakenings Bistro. It was there, while waiting to talk with Ryan that I met Amanda Slaughter, owner of the place. She has a business partner, Kenda Hoehn, who started Infinity Catering. They have formed a partnership and as far as I can see is working very well.

Before I move onto Wiste's let me give you some info on the Bistro and Infinity Catering. The BREW'D Awakenings Bistro features Nordic Waffles, Sandwiches, Homemade Soups and more. I enjoyed coffee and a cinnamon roll while talking with Amanda. The Bistro is open Monday through Wednesday 7:30am-2pm, Thursday and Friday 7:30am-7pm and Saturday from 7:30am-1pm. Amanda is proud to say that they use foods from Wiste's.

Then there's Infinity Catering,



founded by Kenda Hoehn. They offer all sizes of catering events, very flexible and are proud to say that they work with the people on each special event. I guess I forgot to ask how to get a hold of them. I do know that you can always contact brew-dawakeningsbistro@gmail.com and get in touch with both businesses.

Ok, let's move on to my original destination, Wiste's Meat Market. I think what really intrigues me is the history of the business. Starting with Grandpa Orville and moving through time to Father Bob, Son Ron to Bruce and Tami Foels and now Ryan and Megan LandKammer. The business started in 1922 by Orville Wiste. Recipes galore throughout the years made the business successful.

Grandson Ron was the last involved in the business coming back to help Bruce and Tami Foels and Ryan and his Megan. "We've been learning on the fly from many people," Ryan stated, "We had a fire in December of 2017 and we got back up and running in November 2018.

About 11 months total."

Ryan was able to keep the business open during the rebuilding process after the fire and admits that if they wouldn't have been able to do the deer processing, they probably wouldn't be in business today.

Continued on page 8

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Stop. Look. Go.



By Mike Good

the **gratitudespark**
the spark that can ignite change

We know science says that expressing gratitude brings with it a huge number of benefits. It increases happiness, improves relationships, increases one's self-esteem, improves your career. It's next to impossible to find someone who doesn't feel that there is a tremendous upside to expressing gratitude. It takes only minutes a day, perhaps even seconds to practice. It costs nothing. Its benefits are endless. So why do we sometimes struggle with developing a consistent practice of gratitude? I don't think anybody is immune to the challenges of being diligent in their practice of gratitude - yours truly included.

For me, it stems back to a couple of factors - mindset and speed.

Mindset: All too often we focus our mind's energy on all of the negative things that might happen, while at the same time, missing out on the positive things that are happening. In my case (and probably others), that mindset seems to be a self-fulfilling prophecy - the negative thoughts tend to feed off of each other quickly and I find myself in a bit of a downward spiral which is often difficult to break. I liken this type of negative-focused mindset to a snowball sitting at the top of a snow-covered hill

(we all know about snow-covered hills here in Minnesota). As the snowball starts to roll, eh, no big deal, the snowball isn't getting too big - I can handle it. Soon though, that small snowball has grown in size and grown in speed, perhaps to a point where it's pretty hard to stop. Our mindset is a lot like that snowball - we tend to let our negative mindset feed off itself which has a whole bunch of, well, negative side effects that continue to grow.

Speed: In the classic words of Ferris Bueller - "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it". I love that movie and the quote could not be more true. Life does move fast and we often find ourselves just trying to keep up at times. Running out the door in the morning to get to work for that 8:00am meeting. Scrambling to get home to get your kid to baseball practice. Quickly walking from meeting to meeting with your head in your phone texting or trying to catch up on emails. All too soon we realize that another year has come and gone and with that, countless opportunities to notice and appreciate the beauty in our world around us.

So what can we do? As David Steindl-Rast says, it might be as simple as the actions we are taught as a child when crossing the street - Stop. Look. Go.

STOP: Ferris Bueller was right - life does move fast. We do need to try to slow down to recognize the things in our life for which we are grateful, to just suspend and attend to the now, to the moment. Before running out of the house to get to that 8:00am meeting, pause to give yourself an opportunity to notice things that you might take for granted. Pause to notice the pictures and the knick knacks that you've accumulated over the years. These pictures and knick knacks all have a story. Take a minute to focus on the memories. Instead of walking down the sidewalk with your head in your phone texting or checking Facebook - stop and look up. Greet your neighbors. Greet a stranger. Smile. Take the opportunity to make a difference in their day. Be in the moment.

LOOK: Be aware of your surroundings. Look at the people in your life. Look at the things in your life. Notice the good actions of others. Look at the kids playing at the park. Keep

your eyes open to things that are easy to look past. See the little things. It truly is that case that the little things in life, really are the big things.

GO: This is the key piece - action. Act on this gratitude and appreciation. Make an intentional effort to thank people in your life that make a difference. Thank people that make a difference in other people's lives. Send a letter of gratitude to someone who has impacted your life. Call a long-lost friend to share your appreciation for their friendship. Gratitude can be so much more impactful on those around us if we act on our appreciation.

So, when I am struggling to be consistent in my practice of gratitude, it's this simple set of actions that I will return to - Stop...Look...Go. Well, this, and the immortal words of the great philosopher from the 1980's - Ferris Bueller.

Mike Good, creator of The Gratitude Spark, resides in Chaska, MN. He is passionate about living life through the lens of gratitude and helping individuals and organizations spark incredible positive change through the power of a grateful mindset. If you're interested in learning more about the power of gratitude and how it can help to spark a change in your life and in the lives of those around you, feel free to contact Mike via email at mike@thegratitudespark.com. You can also check us out online at www.TheGratitudeSpark.com, on Instagram at @thegratitudespark or join our Facebook community called the "The Gratitude Spark".

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businesses around town. The air is crisp and cool. The days are getting shorter.

It's a time of transition. Every October, I can't help but reflect on the changing of seasons. It's so evident around us in the natural. It's breathtakingly beautiful.



By **Suzanne Barbknecht**

We are in the heart of autumn in Northern Minnesota right now...and I love it! Vibrant colors from trees that have surrendered themselves to the changing of seasons now line the country backroads and provide beautiful backdrops to homes and

Even though what truly is happening to these beautiful trees is a surrendering and a letting go. But the leaves don't fight it. Letting go is part of the process that makes way for more new life to come forth when spring-time rolls in.

I appreciate this quote: The leaves are about to show us how lovely it is to let things go. (source unknown) Sometimes it's a bit - or a lot - eas-



lier to see the beauty of the change and transition from summer to autumn than it is to embrace the beauty of other kinds of change in our lives.

Those unexpected changes. Or even the expected ones. But the changes that come with heart-ache and grief. Disappointment and trials. Questions and unknowns.

But even so, can we trust and surrender our hearts to God in the process, believing that He is faithful and

near? Even then, can we find beauty? Even then, can we embrace hope and know that change and surrender is making way for new life to come forth in a future season?

My heart's desire and prayer is that I - and we all - can grow into saying yes to each of those questions as we learn to see change through the lens of beauty, surrender through the lens of healing, and disappointment through the lens of hope.

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TUESDAYS	WEDNESDAYS	THURSDAYS
<div style="font-size: 1.5em; font-weight: bold; color: red; margin-bottom: 10px;">LEGION BINGO</div> <div style="font-size: 1.2em; font-weight: bold; color: red; margin-bottom: 10px;">STARTING AT 6:30 PM</div>  <p style="font-size: 0.8em; margin-top: 10px;">Gambling Lic #A-00135</p>	<div style="font-size: 1.5em; font-weight: bold; color: red; margin-bottom: 10px;">GARY'S TRIVIA</div> <div style="font-size: 1.2em; font-weight: bold; color: red; margin-bottom: 10px;">STARTS @ 7PM</div> <div style="text-align: center; margin-bottom: 10px;">  </div> <div style="font-size: 1.5em; font-weight: bold; color: black; margin-bottom: 10px;">LEGION WINGS</div> <div style="font-size: 1.5em; font-weight: bold; color: black; margin-bottom: 10px;">5PM-7PM</div>	<div style="font-size: 1.5em; font-weight: bold; color: black; margin-bottom: 10px;">Meat Raffles</div> <div style="text-align: right; margin-bottom: 10px;">  </div> <div style="font-size: 1.5em; font-weight: bold; color: red; margin-bottom: 10px;">LYNN'S FAMOUS TACOS</div> <div style="text-align: center; margin-bottom: 10px;">  </div> <div style="font-size: 1.5em; font-weight: bold; color: red; margin-bottom: 10px;">SERVING 5PM-7PM</div> <p style="font-size: 0.8em; margin-top: 10px;">Gambling Lic #A-00135</p>

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4 Young Entrepreneurs, 4 Businesses

Continued from page 6

So how long have you been working in this type of business I asked? "I started working here when Bruce and Tami bought Wiste's. I was going to MSU for Sports Management Degree and graduated. I started as a checkout boy. I never worked in the back. I remember going to see Bob Lau at Lau's and I really liked the smokehouse. I then started in the back and learning all the different ways that Ron Wiste knew. It was quite rapid and I just fell in love with it."

Both Ryan and his wife Megan worked at Wiste's and as he was standing in the back making jerky meat his wife asked "Do you actually want this business? It only took a minute and I said, Ya, I really do and now we are fully pursuing our future in the meat industry. So far so good!"

Ryan talked a lot about all the different mentors and the recipes that he has received from those that have retired. "There are so many old timers that are retiring and are looking to take someone younger under their wings and help them out." LandKammer stated. "We have been so fortunate with the knowledge we've received." Ryan said.

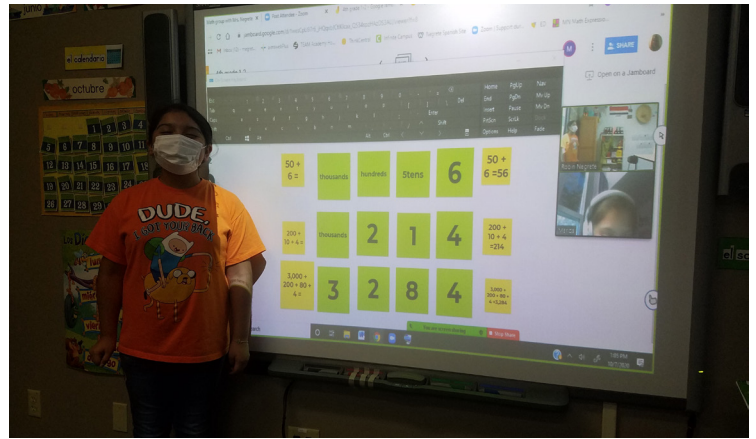
I asked what Wiste's is now known for? "Our Tri-Tips are one of our main products along with our jerky." Ryan stated. "We have people who call and say they are going into some competition and want our Tri-Tips."

Between both stores, Main Store in Janesville and the satellite store in Waterville they employ 15-18 full and part time employees.

So how did you get involved in Waterville? "Luck of the draw, I guess. Kathy and Devon Hoy called and said they were interested in buying a building in Waterville and how would we feel about putting in another store? We'd been providing burgers for their business Bullheads and not knowing much about Waterville we thought why not try and we opened in December of 2019 and things have been going well so far. It's nice to have my wife, Megan, operating that business and it works out well because Grandpa and Grandma live in Waterville so we have some built in daycare."

Ryan was quick to mention that deer season is fast approaching and invites hunters to check in with him at Wiste's. "We do so many different meat processing and invite folks to check us out." Landkammer said.

So, what did I experience in meeting two of four entrepreneur's owning three, four different businesses? Passion. Young business people with Passion. Living their dreams. Making a difference.



By Jill Courtney,
Director



"We have now finished one month of school in our new normal! When our county COVID rates jumped in September we switched to distance learning, but have been back in a hybrid model for the past two weeks. Our teachers, students, and families did a phenomenal job with switching between our two models. Along with most schools in the country, we ordered additional Chromebooks for our students that have still not arrived. This has been frustrating for all of us!

Although it wasn't perfect at times, our teachers and families were able to adjust during distance learning to make it work. Some days our technology has not been cooperating with us, but our teachers and students are troopers and adjust as needed!

Our school year, just like 2020, has taught us to be graceful with ourselves and others, adjust our expectations, and just be kind to everyone. Our students are resilient and we need to show them that we are too (a coworker recently reminded me of this). When we see their smiling faces either at school or over a Zoom meeting, it makes all the challenges we are facing this year worth it!

TEAM Academy is a free K-6 grade charter school in Waseca. We still have openings in all grade levels.

Let us know if you have any questions about TEAM Academy. You can enroll online through our website www.team.k12.mn.us Questions, please contact Jill Courtney at 507-833-8371 or jcourtney@team.k12.mn.us

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Living in this world with COVID has changed a lot of things for a lot of people especially when it comes to making plans for the future. Should I visit those people? Should I take that trip? Should I let my kids go trick or treating?

Whatever it is, it's a hassle and it is frightening sometimes to know what is or is not the right thing to do. That is why it is more important than ever to live in the moment, practice mindfulness, and don't get caught up second guessing and sweating over every detail.

Jason Mraz wrote a song about living in the moment... not laying traps in our path and making up all kinds of ways to worry about all the things that

won't happen. Living with peace of mind and peace of heart and soul. We are our own worst enemies when it comes to sabotage.

Well how do you make that work? Start by saying to yourself, "just for today". Just for today, I will not anger, just for today I will not worry, just for today (you put in your own words)! Today is all we have. Yesterday is gone and tomorrow isn't here yet!

There is speculation that the term "be not afraid" is found 365 times in the Bible...one verse for every day. What we found doing some research is that probably isn't true, but it only needs to be said once. Joshua 1:9 Be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go. The Buddha would say. There is never any time than NOW. All else is an illusion, a fantasy and sometimes a nightmare.

So it is incumbent upon us to stay in the moment, not fret over the past and not worry about the future. Enjoy every day. Make the decision. If you are incorrect, learn from the mistake and go on. (We all make them!)

The biggest decision for Healing Hands and COVID has been to move our business from it's present location back to 331 North State Street (the big brick

house) where we worked for 10 years. We have a few staff members that are experiencing some physical hardships and need to take a sabbatical from healing others and work on their families. For right now, it will be the healing practices of Jane Dunn and Linda Grant, virtual Life coaching with

Kristin Sjolrie, and meditation with Rob Ring. So now we have come full circle because times have changed. People have changed. We are excited about the move and are looking forward to every day.....JUST FOR TODAY.

BIG News!

Dear Friends ... because of complications due to the pandemic, **HEALING HANDS** has found itself down several staff members. Therefore, as of **OCTOBER 1st**, Healing Hands will be moving to "the **BRICK HOUSE**" - our former location at **331 North State Street!**

WHAT YOU NEED TO KNOW

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Small group training is here! We are feeling results, having a blast and we want you to as well! Some people have contacted us with questions about what a group training session entails. The sessions are very much like a personal training session, but with the added support and motivation of a team. Typically a small group session is going to get your heart rate up, with the main focus on strength. We will meet you where you are at physically. Modifications are provided to adapt the exercise to meet your fitness level. During the workout, you'll get a sweat going, you'll feel some muscle burn, and you'll leave knowing that you worked hard, but you'll be pushed to the right level so that you can come back the next day and tackle a different muscle group. Fernando, our Personal Trainer, utilizes a variety of tools and workout ideas to keep us all engaged. No two workouts are the



same! Training times are currently being offered Mondays & Wednesdays at 4:15pm & 5:30pm. The 4:15pm timeslot is nearly full. We are aiming to add Tuesdays/Thursdays 4:15pm as attendance grows.

Of course appropriate social distancing and sanitizing practices are in place to ensure the safest experience possible while having a great time with others working toward your health & fitness goals! "This truly is the best way to workout. Everyone needs to try this to experience the difference in results and the huge bonus of camaraderie!

The energy of a team environment is just so positive and motivating! I push myself harder when I have peers around me & a coach pushing me." Fernando, Anytime Fitness Certified Personal Trainer will coach each member of the group on nutrition and lifestyle habits as well as fitness! Coach Fernando also provides a body composition profile & consultation to measure progress of his clients every 4 weeks. He encourages everyone to give group training a try. We expect these peak times to fill up soon, so reserve your group training spot at Anytime Fitness - 507-201-5087 or wasecamn@anytimefitness.com.

October 19th-29th new members get a free week of group training along

with their one-on-one Fitness Consultation, body composition wellness profile and our AF Workouts App! At Anytime Fitness we realize that there are many factors to consider while striving for your fitness & wellness goals - such as hydration, sleep, nutrition. We provide many resources & tips along the way and are here to encourage you toward the happiest and healthiest YOU!

Sudoku Answers

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

BUSINESS TO BUSINESS GUIDE

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Contact Antonio to be part of the next issue!

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Royal Villa: Wagner Foods

By Gary Korogi



Earlier this month I noticed a flurry of activity at the grocery store and decided to check it out. I learned that Wagner Foods was replacing both entrance doors with new automatic units. "It's nice to finally have it done," said owner, Mitch Heimer. "It's been the biggest request I've heard from customers since I've been here and it's been in the works for

about two years now. There was a lot to coordinate and we needed to save up for a large expense like this." He gives a special thanks to the city for helping make it happen. "We replaced both units with automatic doors and tore out the cement in front of the building and replaced it so that it wasn't a tripping hazard any longer. The City helped us make it happen, so we really appreciate that." Since owning the grocery store for the past three years, the building has undergone plenty of upgrades, with more to come. "We've fixed up that entryway, replaced almost every freezer and cooler on the sales floor, put in a new heating and air unit, changed to LED lighting to brighten the place up and be more eco friendly. There's plenty of other updates I'd like to make but, that will all come in good time," Heimer said. While other small towns are losing their grocery stores, Mitch is proud to keep such a

nice-sized store in town. "It's an uphill battle competing with the bigger chains, but we're very price conscious and do a lot of things to keep our prices as low as we can while being able to keep such a great staff around," he said. We discussed the challenges of operating a grocery store when the big chains aggressively compete for market share. Mitch went on to explain the business is evolving daily. Methods of running retail grocery stores even a few years ago are completely different than today. Throughout our talk, he stated variety, competitive prices, and listening to what customers need were common themes. One of the ways his business has evolved includes starting a trucking company with other small retailers in the area in order to keep their freight costs lower and use it in order to split up loads that they may otherwise not be able to handle. Another program Mitch is proud of is the "Good

Buy" program. The Good Buy program targets important staple items which we go to the store to purchase on a regular basis. The shelves advertise the Good Buy item with the lower price, and they are located throughout the store. Mitch also explained how Covid has modified his weekly ad program, which is now online. He said at the present time, the weekly shopping ads are available on the store's Facebook page, in the business, and on the website: "newrichlandgrocery.com", where customers can easily sign up and receive Wagner's ads and special offers in their inbox. When he gets a chance to sneak away from the store, he golfs and fishes along with catching the Twins and Vikings games. In his short tenure, he and his excellent team, continue to make the shopping experience enjoyable. They cut meat daily, and receive fresh produce throughout the week. Stop by and check it out!

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



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of misinformation with her family and friends that she sees on Facebook. I've talked to her about it, but for some reason she has a difficult time deciphering real news from fake news and propaganda.

Frustrated Daughter

Dear Frustrated,
Unfortunately, the digital misinformation problem your mom is experiencing is not uncommon. According to researchers from Princeton and New York University, people aged 65 and older are up to seven times more likely to share fake news and dubious links on social

Dear Savvy Senior, Are there any resources that you know of that can help seniors detect fake news? My 75-year-old mother shares a lot

media than their younger counterparts.

Why?

There are several theories. The first is that many seniors started using social media sites like Facebook only within the past five or six years and may lack the digital literacy skills to identify false or misleading content.

Some other possible theories are that most seniors experience some cognitive decline as they age, making them more likely to fall for hoaxes. Many older Americans also suffer from chronic loneliness which can cause them to share misinformation as an attempt to make connections with other people. And studies have shown that older people are generally more trusting than younger generations, which can make them more gullible.

All this is particularly concerning now as we sit in the midst of a global health pandemic and a 2020 election season, both of which are ripe with misinformation, rumors and conspiracy theories. And seniors are prime targets of this false/misleading information because they are much more likely to vote than their younger cohorts and are much more vulnerable to getting sick and dying if they contract COVID-19.

Where to Get Help

To help your mom detect and combat online misinformation there are several great resources she can turn to that offer free courses and tips.

One is MediaWise for Seniors, a project of the Poynter Institute, which offers two free online courses to help seniors detect and combat online misinformation – see Poynter.org/mediawise-for-seniors.

The first four-week course has already filled up, but your mom can still enroll in a self-directed course called “Hands-On Lessons to Separate Fact and Fiction Online.” It is hosted by Christiane Amanpour and Joan Lunden, and is scheduled to begin Sept. 24, but she can take the course anytime.

In addition, Poynter has worked with AARP to produce Fact Tracker interactive videos and a webinar on spotting and filtering misinformation at AARP.org/facttracker.

Some other free course options you should look into include Senior Planet, which is offering a one-hour online course on “How to Spot Fake News” at SeniorPlanet.org.

The News Literacy Project that provides the Checkology virtual classroom, which was initially created for middle and high school students, is now offering an independent learners option that is ideal for older adults – see Get.Checkology.org. Their lessons will help your mom detect the difference between news, opinion and propaganda.

And Coursera, a free world-wide online learning platform, which offers an in-depth six-week course called “Making Sense of the News: News Literacy Lessons for Digital Citizens,” which she can access at Coursera.org/learn/news-literacy.

There are also many good websites, like PolitiFact.com, Snopes.com and FactCheck.org that will let your mom fact check a story to help her identify fact versus fiction. These sites have most likely already fact-checked the latest viral claim to pop up in her news feed.

Stay informed with our free Senior Newswire, go to MyDirectives.com where you can create one for free.



October Resident Profile

Say Hello to Carol Sheehy

This month of October 2020, brings us to introduce another of our residents, Carol Sheehy.

Carol was born on the family farm in Elysian Township in May of 1926. She grew up with one brother and went to country school through the 8th grade, then went to high school in Waterville, graduating in 1942. Carol helped out on the farm until she married her high school sweetheart, John Sheehy, in '45. They farmed in Cordova Township and ran Sheehy Insurance while they raised their two boys and three girls. Carol and John enjoyed fishing, water skiing, all kinds of outdoor sports, and following their children's and grandchildren's sporting events. They also traveled extensively because their daughter worked for Delta Airlines.

Carol spent the past 10 years since John's passing, alone on the farm, until she had a serious fall and needed assistance with daily living. She and her family had heard good things about Colony Court and so she decided to make it her new home. “It's been nice here; everyone seems nice and accommodating.”

We think you're nice too, Carol, and we're glad you've joined our family!



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