



For Sale

FOR SALE

• 14 ft. Extension Ladder
• Shallow Well Pump
If interested please call 320-685-3051.

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FOR SALE

• Pontoon Lift - \$1600
• 1993 Pontoon with 70 HP motor - \$2500
If interested please call 651-442-5585.

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FOR SALE

B's Liquor & Quick Mart in Rockville. Family owned since 2006. Inquire within, call or text 320-492-0839 or email rockvillebeer@gmail.com.

Miscellaneous

We pay top dollar for junk cars, trucks and late model repairables!
Call 320-236-7477

A+ PAINTING, INC.
Apluspaintingmn.com
Log • Cedar • Stucco
• Steel Buildings
• Faded Siding • Farm Buildings
A+ Roof Coatings
Aplusroofcoatings.com
Commercial & Industrial roofs
• Flat Roofs • Steel Roofs
• Elastomeric Roof Coatings
• Energy Saving Roof Coatings.
60' Boom Lift Available!
Call Danny 320-492-8264

Garage Sales

GARAGE SALE
17553 Fisher Rd., Cold Spring
Friday, June 14th • 6AM-6PM
Multi-family clothing, furniture, vintage items and something for everyone.

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Help Wanted

HELP WANTED

Service Tech/Driller Assistant
Full-Time/Benefits - Electrical/Plumbing experience requested. Wages \$21-\$28/hour. If interested, please call Jennings Well Drilling at 320-597-2482.

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**PLACE YOUR
AD HERE!**

For Rent

APARTMENT FOR RENT

ALBANY

- 2 Bedroom \$750/month
- \$100 Deposit
- Cat ok (\$20/month Pet Rent)
- NO DOGS!

Call for Availability
Loreen 763-238-0616

Public Notices

continued from page 14

THE STATE OF MINNESOTA TO THE ABOVE-NAMED RESPONDENT:

WARNING: Your spouse has filed a lawsuit against you for dissolution of your marriage. A copy of the paperwork regarding the lawsuit is served on you with this summons. This summons is an official document from the court that affects your rights. Read this summons carefully. If you do not understand it, contact an attorney for legal advice.

1. The Petitioner (your spouse) has filed a lawsuit against you asking for a dissolution of your marriage (divorce). A copy of the *Petition for Dissolution of Marriage* is attached to this *Summons*.

2. You must serve upon Petitioner and file with the Court a written *Answer to the Petition for Dissolution of Marriage* and you must pay the required filing fee. You must serve your *Answer* upon Petitioner **within thirty (30) days** of the date you were served with this *Summons*, not counting the day of service. If you do not serve and file your *Answer*, the Court may give your spouse everything he or she is asking for in the *Petition for Dissolution of Marriage*.

3. This proceeding does not involve real property.

NOTICE OF TEMPORARY RESTRAINING PROVISIONS

Under Minnesota law, service of this summons makes the following requirements apply to both parties to the action, unless they are modified by the court or the proceeding is dismissed:

(1) Neither party may dispose of any assets except (a) for the necessities of life or for the necessary generation of income or preservation of assets, (b) by an agreement of the parties in writing, or (c) for retaining counsel to carry on or to contest this proceeding.

(2) Neither party may harass the other party.

(3) All currently available insurance coverage must be maintained and continued without change in coverage or beneficiary designation.

(4) Parties to a marriage dissolution proceeding are encouraged to attempt alternative dispute resolution pursuant to Minnesota law. Alternative dispute resolution includes mediation, arbitration and other processes as set forth in the district court rules. You may contact the court administrator about resources in your area. If you cannot pay for mediation or alternative dispute resolution, in some counties, assistance may be available to you through a nonprofit provider or a court program. If you are a victim of domestic abuse or threats as defined in Minnesota Statutes, Chapter 518B, you are not required to try mediation and you will not

be penalized by the court in later proceedings.

IF YOU VIOLATE ANY OF THESE PROVISIONS, YOU WILL BE SUBJECT TO SANCTIONS BY THE COURT

Dated: May 30, 2024
Name:
Fadumo Daud Ahmed
Address:
401 Lakeland Dr. SE Apt. #6
City/State/Zip:
Willmar, MN 56201

(Publish June 11 - 25, 2024)

Office of the Minnesota Secretary of State Certificate of Assumed Name Minnesota Statutes, Chapter 333

The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.

ASSUMED NAME:
Gearbox Creative

PRINCIPAL PLACE OF BUSINESS:
412 37th Ave N
St. Cloud MN 56303
USA

APPLICANT(S):
Name:
Gearbox Functional Creative, Inc.

Address:
412 37th Ave N
St. Cloud MN 56303
USA

If you submit an attachment, it will be incorporated into this document. If the attachment conflicts with the information specifically set forth in this document, this document supersedes the data referenced in the attachment.

By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I have signed this document under oath.

SIGNED BY:
Daniel T. Zimmermann

MAILING ADDRESS:
None Provided

EMAIL FOR OFFICIAL NOTICES:
bklein@willenbring.com

(Publish June 11 & 18, 2024)

A Rundown on Golf Clubs

Some golfers would say you're only as good as your gear. Perhaps no gear is as important to a golfer's performance as his or her clubs. The differences between each type of club may confuse those unfamiliar with golf, so a rundown of the various clubs in a golfer's bag may help novices improve their scores.

Driver

Drivers are what golfers utilize on the tee, so this club marks a good place to start. Drivers are designed to give golfers distance off the tee, and these will likely be the longest club in the bag. Choosing a driver depends on a number of variables that are unique to each golfer, so it's best to speak to a pro shop professional to find the right driver before hitting the links.

Irons

Golfballs.com notes that a standard set of irons features between five and seven clubs, typically a 3-iron to a 9-iron. However, irons range from a 1-iron to a 9-iron. Golfballs.com notes a 1-iron and a 2-iron are typ-

ically only utilized by especially skilled golfers, which is why they're not often included in standard sets. According to the sporting goods experts at Dick's, the following is the average distance golfers can expect from their irons:

- 2-iron: 105 to 210 yards
- 3-iron: 100 to 205 yards
- 4-iron: 90 to 190 yards
- 5-iron: 80 to 175 yards
- 6-iron: 70 to 165 yards
- 7-iron: 65 to 155 yards
- 8-iron: 60 to 145 yards
- 9-iron: 55 to 135 yards

Fairway woods

Dick's notes that fairway woods are versatile clubs that can be used from the fairway or the rough. Fairway woods can even be used in the place of a driver if golfers are more comfortable doing so. Dick's notes that average distance also determines which fairway wood to utilize.

- 3-wood: 125 to 240 yards
- 4-wood: 110 to 220 yards
- 5-wood: 105 to 215 yards
- 7-wood: 90 to 170 yards

Hybrids

Golfballs.com notes that

hybrids can be used in place of long irons (a 3-iron to a 6-iron). Novices may be most inclined to do so, as the shorter shafts on hybrids compared to long irons makes them easier for some beginners to use effectively.

Wedges

Dick's notes that wedges are designed for low-distance shots. There are various types of wedges, and usage can be determined by how long a shot golfers are hoping to hit. A pitching wedge can be used for shots between 50 and 120 yards, while a lob wedge is a good option for a shot between 35 and 90 yards. Gap wedges are good for shots slightly shorter than a pitching wedge, while a sand wedge helps golfers escape the dreaded bunker.

Putter

Putters are used when golfers reach the green. As is the case with drivers, putters can be chosen after consultation with a pro shop professional to ensure the club does not adversely affect your score.

Foods That Can Affect Long-Term Health and Wellness

The phrase "you are what you eat" can serve as a warning that the foods a person consumes greatly affect his overall health. Although eating a cheese-laden burger with a side of deep-fried potatoes every so often will not turn a person's health on its head, repeatedly making poor dietary decisions may be a recipe for chronic health problems.

Health experts say foods (and beverages) can affect hearts, waistlines and brains. Foods that are grouped under the category of "junk food" tend to be the largest dietary offenders. The term "junk food" refers to foods that contain high levels of fats, sugar or salt, and lack nutrients such as fiber, vitamins and minerals. Some of the foods that fall into the junk food category include cakes; processed meats like bacon and lunch meats; chips; chocolate and candies; sugary drinks; and fast food, like burgers and pizza.

Here's a more in-depth look at certain foods or ingredients and what they can do to the body.

- Industrial and processed seed oils: According to Harvard nutritionist Dr. Uma Naidoo, highly

processed oils are usually extracted from soybeans, corn, rapeseed, cottonseed, sunflower, and safflower seeds, and contain a lot of omega-6 fatty acids. Excessive consumption of omega-6 fatty acids can trigger inflammation in the body and the brain. Inflammation is recognized as a risk factor for Alzheimer's disease. Olive, coconut or avocado oils are healthier alternatives.

- Processed foods: Foods are processed to keep them shelf stable longer. Heavily processed foods like crackers, baked goods, and jarred pasta sauces are potentially unhealthy. It is estimated that more than half the calories in the average American diet, and around 48 percent of the Canadian diet, come from ultra processed foods, advises the Laborers' Health & Safety Fund. A five-year study of more than 100,000 people found that each 10 percent increase in consumption of ultra processed food was associated with a 12 percent higher risk for cancer.

- Sugar: Foods and beverages with added sugar can be problematic. A high sugar diet can contribute to excess glucose in the brain

that can cause memory impairments, and the National Institutes of Health indicates studies have shown that individuals who consume greater amounts of added sugar tend to gain more weight and have higher risk of obesity, type 2 diabetes, hypertension, and cardiovascular disease.

- Saturated fat: Eating too much red meat can be bad for the heart and brain. WebMD says red meat is high in saturated fat and can contribute to cardiovascular disease. The same can be said for butter and full-fat cheeses. Opting for low-fat dairy and alternative protein sources can be beneficial.

- Mercury-containing fish: While eating fish is generally touted as a healthy move, swordfish and tuna lose points because they can contain high levels of mercury. WebMD says mercury is a neurotoxin, which means it is toxic to the brain and can cause memory loss.

Certain foods can compromise long-term health. Careful dietary planning that emphasizes nutritious meals over junk food and processed foods can promote both short- and long-term health.

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



Horoscopes

ARIES - Mar 21/Apr 20

Aries, you may have to shuffle your schedule a bit this week to accommodate some interesting ideas that you have come up with on the fly. It's a good thing you're adaptable.

TAURUS - Apr 21/May 21

Taurus, think about where you want to go in the upcoming weeks, because you have some pretty influential supporters who can help propel you in that very direction.

GEMINI - May 22/June 21

Gemini, you may be involved in a few different projects right now, but often you start things and do not finish them, which can be frustrating to others. Do not take on any additional tasks.

CANCER - June 22/July 22

You have some high hopes regarding something that has been taking up your time for quite a while, Cancer. Although you're getting good feedback, don't count your chickens just yet.

LEO - July 23/Aug 23

Leo, if you haven't been doing so already, it is important to set aside some savings so that you'll have a safety net in the future. It's essential that you are not just living for today.

VIRGO - Aug 24/Sept 22

Virgo, get together with your significant other or another partner and figure out how to divide the workload that has been bogging you down. It's alright to admit that you need help.

LIBRA - Sept 23/Oct 23

Libra, if you think about it, you have been procrastinating a bit more than usual. It might be because your tasks are not interesting you much. That could mean finding new hobbies.

SCORPIO - Oct 24/Nov 22

Scorpio, get essential tasks out of the way early this week, because it's likely you will not be enthusiastic about mundane jobs later on. Save plenty of time for fun and entertaining.

SAGITTARIUS - Nov 23/Dec 21

Emotions are roiling right now, Sagittarius. Perhaps it is not the best time to reach out to an estranged friend or family member. Instead, wait things out a little longer.

CAPRICORN - Dec 22/Jan 20

It is time to disconnect from all of the gadgets and feeds that are constantly drawing your attention, Capricorn. Enjoy a technological detox and reconnect with friends.

AQUARIUS - Jan 21/Feb 18

Aquarius, you are a major force to reckon with when you pair your creative visions with solid, grounded plans. Things will start falling into place soon enough.

PISCES - Feb 19/Mar 20

This week you get a free pass to put yourself first and foremost for a change, Pisces. Go to the head of the line, because it's all about you for the next few days.

Got a Great Local News Story?

Tell us about it today!

