



## Miscellaneous

Stein Tree Contracting. 30 years experience. Cell: 320-492-3502 or 1-800-632-2827.

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

## Richmond News

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our main stage. Plus workshops, instrument showcases, dances, kid's activities, demonstrations, good food, and plenty of campground jam sessions. Come for the day or camp for the weekend. A family-friendly event! For more information, please call 612-216-8624. Visit their website at: [www.minnesotabluegrass.org](http://www.minnesotabluegrass.org).

### Minnesota Garlic Festival-August 10, 2024!

Adults: \$10 Kids under 12: Free! Held at the McLeod County Fairgrounds in Hutchinson. ALL WEATHER EVENT. The Minnesota Garlic Festival is the premier event for lovers of garlic, great local foods and good times! Family friendly, fun filled and fragrant, this festival features fantastic foods, celebrity chefs, marvelous music, area artisans, goofy games...and lots of GARLIC - all in support of a healthy environment, sustainable farms and vital rural communities in Minnesota.

### 2024 Minnesota Senior Games!

The Minnesota Senior Games exists today as a non-profit organization dedicated to motivating active adults to lead a healthy lifestyle through the senior games movement. The Games, a 15 plus sport, annual competition for men and women 50 and over, is a statewide competition but also brings in athletes from all over the country. Visit Greater St. Cloud is the proud host of the 2024 Minnesota Senior Games August 15-18, 2024!

For more information, visit: <https://www.mnseniorgames.com/page/Schedule-Event-Details-x-274-21->

## 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

**Now accepting applications for Pine West 2 Bedroom Apartment, 2 & 3 Bedroom Townhomes also available. Located in Cold Spring.**

For more information call Cindy at 320-685-9803 or SMR at 800-450-7723.  
[www.smrental.com](http://www.smrental.com) • Equal Housing Opportunity

287.html.

### Barnesville Potato Days Festival August 23-24, 2024!

Visitors from across the country will flock to Barnesville, Minnesota in August 2024 to experience two days of zany potato activities, taste tempting potato specialties and small town hospitality. Each year, over 20,000 tater lovers from across the country descend on this town of 2,400 to enjoy bushels of free fun for the whole family. Barnesville Potato Days Festival is always a'peel'ing because of its many unique activities, such as mashed potato wrestling or the Miss Tator Tot Pageant. It is events like that and the unlikely mix of picking and peeling, carving, car races and cooking, sacking and sculpting that continue to attract and intrigue festival goers each and every year. Add to that a menu that includes Norwegian lefse, potato pancakes, french fries, potato sausage, German potato dumplings and you've got an award winning combination sure to please young and old alike. For more information, please call 218-354-2888 or 800-525-4901 or email [Director@potatodays.com](mailto:Director@potatodays.com) (preferred).

**Please Continue to Support Our Businesses! It is Greatly Appreciated!**

*Have a Great Week and Make Some Memories!*

*If you drink, please don't drive a vehicle or watercraft!*

*Til Next Time~*



Do you remember this Rockville gal??? If not, stop at the Assumption Court in Cold spring and wish her a Happy 97th birthday!! Yes this is Doris (Schneider) Smith, 1945(?); she lived almost ALL of those 97 years in Rockville!! (And loved it!). Enjoy the memories...Tudie 252-3017.

**Subscribers Like You Make the Difference**

## Help Wanted

### ST. WENDELIN SCHOOL LUXEMBURG

Part-time Positions  
Phy. Ed Teacher 12 hr/wk  
Computer Teacher 10 hr/wk  
After-School Supervisor 1 to 5 days/wk - 3.5 hr/day  
All positions schedules negotiable. License not required.  
principal@stwendelins.org  
320-291-7323 (no voice mail).

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## Garage Sales

### HUGE MULTI FAMILY GARAGE SALE

21139 Edgemere Ct. • Richmond  
Wednesday, August 7th, 2-6 p.m., Thursday-Saturday, August 8th-10th, 8 a.m.-6 p.m. Infant girls through 2T, boys through 3T, baby gear, lots of name brand professional clothes, teens, women's, men's, shoes, purses, jewelry, furniture, appliances and decor.

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### MULTI FAMILY GARAGE SALE

24497 County Rd. 23 • Richmond  
2 1/4 miles from Richmond on County Road 23 (Richmond-Farming road, Cliff Willenbring residence). Thursday, August 8th, 8 a.m.-5 p.m., Friday, August 9th, 8 a.m.-5 p.m. and Saturday, August 10th, 8 a.m.-1 p.m. New tools, new painting supplies, 1:18 diecast cars and toys, new candles, homemade birdhouses, windshield wipers, aquariums/reptile cages, pet supplies, tents and camping supplies, household items, many DVDs, romance and Amish novels and much miscellaneous.

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## For Sale

### 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](mailto:rockvillebeer@gmail.com).

*Classifieds Work!*

## Rockville News

### Weekend Masses

**St. Boniface:**  
M-F 8:00 a.m.  
Sat. 4:00 p.m.  
Sun. 9:30 a.m.

**St. James:**  
Fri. 8:00 a.m.  
Sun. 8:00 a.m.

**Saints Peter & Paul:**  
Wed. 8:30 a.m.  
Sat. 5:00 p.m.  
Sun. 10:00 a.m.

**Mary of the Immaculate Conception:**  
Thur. 8:00 a.m.  
Sun. 7:30 a.m.  
10:30 a.m. (Spanish)

Masses streamed on: [ChristCatholic.com](http://ChristCatholic.com), Channel 10 (Arvig/Midco).

**Holy Cross:**  
Sat. 4:00 p.m.

### MIC News

**Adoration:**  
Every Thursday from 8 a.m. to 7 p.m. (occasionally there is benediction at 6:45 p.m.). Volunteers needed, especially for the morning and early afternoon. Call Tudie 252-3017. Jesus awaits YOU in the Eucharist! The Rosary of the unborn is recited before 8 a.m. mass every fourth Thursday of the month.

**500 Cards:** Everyone 60+ is welcome to join us on the third Monday of each month at 1:00 p.m. at the John Clark Community Room in Rockville.

**Infant of Prague Mission Group:**  
Meets the 4th Monday of the month at 1:00 p.m. in the Parish Center.

**LOM:**  
Meets Wednesday at 4:00 p.m. in the Parish Center.

### Events

PLEASE if you know of any upcoming Rockville events, let us know at the COLD SPRING RECORD to P.O. BOX 456, COLD SPRING, MN 56320, email [csrecord@midconetwork.com](mailto:csrecord@midconetwork.com) or call 320-685-8621. Thank you.

### Rockville

### City Council Meetings

**Regular Scheduled Monthly Meetings**  
• Council meetings are the 2nd Wednesday of each month at 6:30 p.m. Workshop (if needed) at 5:30 p.m.

• Last Wednesday of the month meetings are as needed.

• Meeting location: Rockville City Hall, 229 Broadway Street East.

Check the "Calendar of Events" tab (<https://www.rockvillecity.org>) to verify the date and time of the next meeting.

### Rockville Area Sportsman's Club

The group sponsors a program where old fishing rods and reels can be refurbished and reused. The drop off point is behind the Hideaway Bar.

### Rockville Post Office

**Retail Hours:**  
Monday - Friday  
8:30 a.m. - 2:30 p.m.  
Saturday: 8 a.m. - 10 a.m.  
**P.O. Box Access Hours:**  
Monday - Friday  
5:30 a.m. - 9 p.m.  
Saturday: 6 a.m. - 9 p.m.  
**Phone:** 320-251-0176

### Music In The Park

Rockville Lions Park - Near Pleasant Lake - Bring a chair, cooler & your neighbor!

Select Sunday afternoons from 2 p.m. - 5 p.m.

**August 11th** - Nate Sanner - Gus Miller with Premier Real Estate Services

**August 25th** - Drunk Uncle - Herberg Construction

**September 8th** - Harper's Chord - The Laudenbach Team & Maselter Cabinets

**September 22nd** - Michael Shynes - Snappy Lube, Inc.

A Big Thank You to Our Sponsors!

### Rockville Farmers' Market

The Rockville Farmers' Market will be held in the Rockville City Hall parking lot from 1:00 - 4:00 p.m. on Sundays, August 18th, September 15th and October 20th. Come see what our local community has to offer!

### Firearms Safety Training Class

**Location:** Rockville  
**Class dates:** Wednesday, 9-4-2024 from 7:00 p.m. - 9:00 p.m., Monday, 9-9-2024 from 7:00 p.m. - 9:00 p.m., Wednesday, 9-11-2024 from 7:00 p.m. - 9:00 p.m., Monday, 9-16-2024 from 7:00 p.m. - 9:00 p.m., Wednesday, 9-18-2024 from 7:00 p.m. - 9:00 p.m., Monday, 9-23-2024 from 7:00 p.m. - 9:00 p.m., Wednesday, 9-25-2024 from 7:00 p.m. - 9:00 p.m., Monday, 9-30-2024 from 7:00 p.m. - 9:00 p.m., Wednesday, 10-02-2024 from 7:00 p.m. - 9:00 p.m.,  
**Field Day:** Saturday, 09-21-2024 from 8:00 a.m. - 2:00 p.m.

**Instructor:** Jan Mick  
To register or for questions contact Jan at [jan\\_mick@hotmail.com](mailto:jan_mick@hotmail.com).

Include the following:  
1. Student full Legal name  
2. Phone number  
3. Email address

**Requirements:** Must be 11 years of age before class start date listed above in order to be eligible to take this class.

\*\*\* NO online/hybrid students \*\*\*

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

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## Horoscopes

### ARIES - Mar 21/Apr 20

Aries, keep moving forward when you find yourself in a tough situation. It's best not to linger, but to find a path forward. Wait for the dust to settle before getting involved.

### TAURUS - Apr 21/May 21

Taurus, you have a tendency to go overboard at times. Perhaps take a more middle-of-the-road strategy this week when a task falls in your lap. Give it time before acting.

### GEMINI - May 22/Jun 21

Gemini, you have a lot going on in your life right now to keep you busy. With so much happening, try not to worry about what is going on with others. Stay in your lane.

### CANCER - Jun 22/Jul 22

Family matters may be causing you some strain this week, Cancer. While it is nice to get together, it also can cause some stress. Space out visits so you can recharge in between.

### LEO - Jul 23/Aug 23

Leo, don't worry if you can't see the path forward too clearly right now. Things will be revealed in due time and you'll have all the information you need to proceed.

### VIRGO - Aug 24/Sept 22

Virgo, when a difficult arises, your first response is to get right in the middle of it and try to work things out or force it to go away. That isn't always the most effective approach.

### LIBRA - Sept 23/Oct 23

Libra, when it comes to your personal passions, you are full speed ahead and very regimented in the path you take. Put those skills to the test this week with a new venture.

### SCORPIO - Oct 24/Nov 22

Scorpio, if anyone assembled a crack team of experts to get through tough times, you certainly would be included. You'll help a loved one with a last-minute problem soon enough.

### SAGITTARIUS - Nov 23/Dec 21

You have a natural curiosity and zeal for life, Sagittarius. These traits may cascade over others and inspire them to try new things this week. Join along in the fun.

### CAPRICORN - Dec 22/Jan 20

Someone from the past could come back into your life, Capricorn. He or she could provide some answers you have been looking for. Stay tuned and be a good listener.

### AQUARIUS - Jan 21/Feb 18

You soon get the opportunity to hang out with someone you haven't seen in awhile, Aquarius. You may stay up late catching up on all of the moments you have missed lately.

### PISCES - Feb 19/Mar 20

A mistake that someone else made will be a learning experience for you, Pisces. This experience could serve as a cautionary tale of how to approach life or similar situations.

## Walk Your Way to Better Overall Health

People turn to many different exercises and pieces of fitness equipment to get in shape and lose weight. What they may not realize is that one of the most effective health strategies requires no additional gear except a quality pair of athletic shoes. Walking is one of the easiest and most accessible activities that can improve overall health. In fact, walking is now being touted as "the closest thing we have to a wonder drug," according to Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. Instead, walking offers a host of benefits, including:

- Reduces the risk of developing breast cancer by as much as 14 percent, according to the American Cancer Society.
- Helps a person maintain a healthy weight and lose body fat.
- Improves cardiovascular fitness by strengthening the heart.
- Improves muscle endurance.
- Helps to prevent or manage conditions like stroke, high blood pressure, cardiovascular disease, and type 2 diabetes, according to the Mayo Clinic.
- Boosts immune function to make a person less susceptible to common

viruses like the cold and flu.

- Eases joint pain associated with arthritis, and can even prevent osteoarthritis from developing in the first place, according to Harvard Health.
- Helps tame cravings for sweets and other fattening or sugary foods.

The faster and more frequently a person walks, the greater the benefits. One also can alternate periods of leisurely walking with brisk walking as a form of interval training to burn more calories and improve cardiovascular fitness.