



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.

Miscellaneous

WANTED - Richmond and Torah items. Any size, any amount, to preserve history. Call or text Terry 320-291-7111.
sept24pd

Garage Sales

MOVING/TOOL SALE
401 15th St. N. • Cold Spring Friday, September 27th, 8 a.m. - 5 p.m. and Saturday, September 28th, 8 a.m. - 12 p.m. Ladders, tool boxes, drills, large and small clamps and small tools. (Located in North Pointe)
sept24pd

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

FOUND
Necklace found outside Cold Spring Post Office. Please call 320-248-7911 to claim.

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

ST. MARTIN FALL CITY-WIDE GARAGE SALES
Friday, Oct. 4th
Saturday, Oct. 5th
7AM -1PM
Watch for Balloons



Can this possibly be almost 50 years ago??? Our country's Bi-Centennial was celebrated in many ways! John Clark School teacher, Maggie Gross (Mrs. James) used her sewing skills to fashion a "Bi-Centennial" dress! The students had painted various symbols of the USA on the material, which was also used to make a Quilt; pictured here in times past! Enjoy the memories! (I wonder what ever became of that dress??). Tудie 252-3017.

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Horoscopes

ARIES - Mar 21/Apr 20
Aries, a difficult problem may require you to take a step back and think about a different approach. Start fresh in a few days.

TAURUS - Apr 21/May 21
A happy accident re- connects you with someone you haven't seen in quite a while, Taurus. The rekindled relationship may lead to something even more concrete over the coming weeks.

GEMINI - May 22/Jun 21
Gemini, there is so much going on right now you may feel like your head is spinning. Start dividing your tasks into a more manageable list and see if others can pitch in.

CANCER - Jun 22/Jul 22
Cancer, take a few days to mull over a financial situation that worries you. Is there another way you can approach it? Can you find an influx of capital to make things more manageable?

LEO - Jul 23/Aug 23
It is time to make a decision after working through various scenarios, Leo. Plans need to be made and it will take time to sort through all of the details. Everything will work out.

VIRGO - Aug 24/Sept 22
It's time to be honest with yourself, Virgo. Are you just telling people what they want to hear or are you truly ready to make a change? You may need to prove it to others for them to trust you.

LIBRA - Sept 23/Oct 23
Libra, share enjoyable experiences with others. Your travels may prove a source of inspiration for others who simply need a nudge to get out of their comfort zones.

SCORPIO - Oct 24/Nov 22
Carefully word your next email or text and read it over several times, Scorpio. There is a fine line between being firm and coming across as domineering. You don't want to offend.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, a relationship may have ended in one respect, but the connections you share may keep you tied together for some time. Find a way to be friendly and civil at all times.

CAPRICORN - Dec 22/Jan 20
Put others first this week, Capricorn. Set aside your own list of tasks and figure out how you can lend a helping hand to a family member or friend.

AQUARIUS - Jan 21/Feb 18
Sometimes you need reassurance that you are doing a good job, Aquarius. Rest assured that you are giving it all you have and that has not gone unnoticed.

PISCES - Feb 19/Mar 20
Pisces, it is time to make a decision about an issue with two seemingly good solutions. You've given things ample consideration, so trust your instincts.

Five Notable College Football Stadiums Across the Country

Road trips are a big part of the college football experience for many of the sport's most devoted fans. Each weekend in late summer and throughout fall, highways in various college football hotbeds are filled with fans traveling to see their schools battle it out on the gridiron.

The atmosphere at college football games is something to behold, and that undoubtedly plays a role in the sport's popularity. There's certainly no shortage of fun places to attend a college football game on a fall Saturday, and the following are five of the more notable stadiums across the country.

- 1. Albertsons Stadium, Boise, Idaho:** Home of the Boise State Broncos, Albertsons Stadium is known for its blue turf. Albertsons Stadium also is among the more intimate settings for big-time college football, with roughly 36,000 seats to welcome fans of a Broncos team that has strung together 26 consecutive winning seasons.
- 2. Camp Randall Stadium, Madison, Wisconsin:** Often referred to as "Camp Randall," the home of the University of Wisconsin Badgers has a capacity of just under 76,000. But that

capacity may feel a lot greater at the start of the fourth quarter, when House of Pain's "Jump Around" is blared through the stadium's speakers, prompting a raucous celebration among the loyal Badgers faithful.

- 3. Kyle Field, College Station, Texas:** Enormous crowds are the standard at Kyle Field, which has been home to the Texas A&M Aggies since the early twentieth century (the stadium underwent an impressive rebuilding project in 2013). The current capacity of Kyle Field is around 102,000, though the stadium did host roughly 110,000 fans for a game between the Aggies and the Ole Miss Rebels in 2014. Visitors to Kyle Field also might be struck by the Twelfth Man, a reference to the school's student body, which remains standing throughout every game in a show of support and solidarity with their beloved Aggies.
- 4. Notre Dame Stadium, Notre Dame, Indiana:** The University of Notre Dame boasts a storied college football tradition, and the team's nearly 80,000-seat stadium is a fitting home for the Fighting Irish. Even fans who have never been

to Notre Dame Stadium can likely recognize one of its signature features. Affectionately referred to as "Touchdown Jesus," the Word of Life is a mural on the side of the Hesburgh Library on campus. The mural depicts Jesus with arms raised in a fashion similar to the signal referees give when a touchdown has been scored. The mural is now only partially visible from the stadium after a recent renovation, but it remains one of college football's most recognizable symbols.

- 5. Autzen Stadium, Eugene, Oregon:** Proximity to the field is part of the appeal at the home of the University of Oregon Ducks. The stadium was designed to ensure fans are close to the field, which helps to make it among the nation's loudest venues, even though it boasts a capacity of around 60,000. Fans also might be taken aback by Autzen Stadium's impressive video screen, which was the largest in the sport upon its construction in 2020.

Atmosphere is everything at college football games, and there's no shortage of must-see stadiums for fans to visit.

Simple Ways to Get a Better Night's Sleep

Sleep is a vital component of a healthy lifestyle. The National Institutes of Health says good sleep improves brain performance and mood and helps reduce the risk of many diseases and disorders, including heart disease and obesity. In fact, sleep is as important for good health as diet and exercise.

Too often people do not get enough sleep or poor quality sleep. Sleep needs change as a person ages, with young children and teens requiring between nine and 10 hours per night. Most adults need at least seven hours each night. According to Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado, a person can make up for a poor night's sleep by sleeping in the next day, but habitual loss of sleep cannot be recuperated in a weekend.

Men need to focus on sleep to feel their best. These sleep strategies, courtesy of The Centers for Disease Control and Prevention and the NIH, can promote better sleep.

- Be consistent. The body will adapt to a sleeping schedule when you go to bed and wake in the morning at the same time each day. Try not to vary your schedule between weekdays or weekends, or even when on vacation.
- Limit exposure to light at night. The body naturally responds to darkened conditions by stimulating the production of melatonin, which is a hormone that helps regulate the sleep-wake cycle. Too often people keep lights on at night or look at phones or watch television, which can adversely affect melatonin

production and contribute to a poor sleep environment.

- Exercise each day. Aim for daily exercise, which can make it easier to fall asleep at night. Avoid exercise a few hours before bed, however.
- Spend time outside each day. At least 30 minutes of sunlight and fresh air each day can promote a better night's sleep.
- Watch your naps. Naps should be short and taken before mid-afternoon.
- Skip caffeine and alcohol later in the day. Caffeine consumption can impede the ability to fall asleep because it is a stimulant. Although alcohol is a depressant and can make it easy to fall asleep, the sleep that is taking place after consuming alcohol, particularly late at night, will not be quality, restorative sleep.
- Keep meals at night very light. Heavy meals that force the body to spend hours digesting can interrupt sleep onset and quality.
- Maintain a dark, cool and quiet bedroom. A dark, cool and quiet bedroom is a positive sleep environment.

If sleeping habits do not improve after making these changes, individuals should speak with a health care provider to determine if there is an underlying condition that is compromising sleep, such as restless leg syndrome or obstructive sleep apnea. Although sleeping pills can offer relief once in a while, they should not be seen as long-term solutions to sleeping disorders. Doctor can be useful allies in helping individuals get better sleep.

How to Keep Animals Safe Outdoors

Fresh air and sunshine can do wonders for the body and even the soul. People realize this, which is why outdoor activity is encouraged; staying indoors all the time can quickly sap energy levels and diminish mood.

What is good for human beings also may be good for pets - within reason, of course. Domestic companion animals can benefit from time in the great outdoors. It provides them new sights and sounds, opportunities to explore, and new ways to exercise. Their owners just need to take precautions to make outdoor ventures safe for domesticated animals. The good news is there are steps to make time outdoors safer for pets.

Make the yard pet-friendly
Those who have the benefit of a yard will want to fence it in. Fences stop pets from running away, and they can limit the probability that predators will get inside the yard.

The yard should routinely be inspected for dangers, including poisonous plants (poison ivy, mushrooms) that pets may ingest, as well as other hazards.

Install a pet door
A pet door can provide convenient access to the outdoors when pets would

like to get outside. Doors can be purchased with radio-signal locks that will disengage when a pet wearing an electric collar tries to go through; otherwise, the door stays closed for security reasons.

Prevent parasites
Work with your veterinarian to get a prescription for parasite preventatives. This includes flea and tick medication and worm medication. Pets may get heartworms from the bites of mosquitoes. Therefore, limit the number of mosquitoes on your property by draining standing water and potentially using repellents if mosquitoes are a nuisance.

Watch the weather
Pets will need ways to cool off or warm up when spending time outdoors. Extreme heat or cold could be dangerous, so avoid having pets spend prolonged periods of time outside if the weather is especially harsh.

Check in frequently
Pets should not be left entirely to their own devices outdoors. Fences may keep some predators out, but those that can fly or climb (or burrow) can make it inside. Keep tabs on pets while they are outside. Do not keep a dog tied up for a while, as the animal may get tangled and choke.

Use a leash
Walks around the neighborhood are made much safer with the use of leashes, or leads as they are sometimes called. A leash enables pet owners to restrain their pets if need be and prevent them from running loose and getting lost.

Avoid hidden poisons
Antifreeze, oil and even discarded trash can be dangerous to pets if ingested. Pet owners need to exercise caution on walks.

Exercise caution in stores
Certain retailers have relaxed their policies about letting pets inside. Others have not but seemingly turn a blind eye when pets come inside. By and large, only certified service animals are legally allowed to be in most retail stores. Bringing an "emotional support animal" or another pet in the store can compromise the ability of trained animals to properly provide care because they may become distracted by other pets. Non-service animals also may become injured by shopping carts or get under feet of shoppers if they are not properly leash-trained.

Pet owners can safeguard domesticated animals and pets in various ways when spending time outdoors.

DO SOMETHING

SHOP SMALL!

Shopping local has a big impact on your community!

Classifieds Work!