



School Board Continues Renovation Discussions

By Michael Stein
The 2017 edition of Streetlight heralded the news that the Barnesville School Board would bring its plan for renovation and additions to the voters in the 2017 election.
That didn't happen. It was definitely planned, but circumstances, such as a proposal that passed by a slim 4-3 margin and later rescinded, put the brakes on any possible bond issue. On the plus side, the board did approve using facilities maintenance funds ? for a major roofing project that will begin right after the current school year ends.
Work sessions held in early 2018 have proven to be productive. Input from citizens and school staff members helped the process of

reaching a consensus as to what the district might bring to the voters in either this year's primary or general election.
The outlook as the 2017-18 school year winds down is upbeat, but the climb to get to that point has been a long and sometimes bumpy road.
In July 2017, the pre-2018 election school board members capped the project at \$20 million, but, at the urging of board member Dave Herbranson, continued to debate whether or not to build on the "middle block" between the high school and elementary school.
By late July, the board found itself closer to the 90-day deadline for filing a referendum with the state. At a special meeting July 24, the board passed a motion to select one of the many school renovation plans. But

the vote was a narrow 4-3 in favor, but there was still a chance to get a referendum on the November ballot.
The motion was later rescinded and the board, with new members coming on after the November election, would have to wait until 2018 for a chance to put the question before district voters. On the positive side, the board moved forward with spending long-term maintenance financing funds for a much needed roofing project that will begin the summer of 2018. LTFM funds will also be used to install new boilers at the high school.
Along with its monthly meetings, the board continues to hold work sessions with the goal of filing a referendum with the State of Minnesota in time for the August 2018 primary election.



This architectural concept, which utilizes the "middle block" between the two schools for new construction, appears to be the one most favored by board members.



Seats at Barnesville School Board monthly meetings and work sessions have been filled as board members review concepts and costs for needed building renovations and additions.



RehabPLUS Is Ready To Help When A Need Arises

By: Karen Carpenter
Getting back to health can be a process at times. Extra help is needed after surgery such as a knee or hip replacement to obtain optimum health and strength. An accident or fall may also set people back on their health regime.
When that extra help is needed often people turn to a rehabilitation expert for assistance in getting back to normal.
Barnesville is very fortunate to have RehabPLUS & Fitness LLC on Front Street a rehabilitation and therapy clinic.
Physical Therapist Peter Larson has been providing physical therapy for Barnesville residents for 16 years.
"I have been in Barnesville since January 2002 working with another company while operating at the nursing home," said Larson. "My partner, Craig Haugrud and I started RehabPLUS & Fitness, LLC in December 2007 in Pelican Rapids."
"We then opened the clinic at 220 Front Street in Barnesville August 2011. We still service the nursing residents as well."
There are many reasons to seek treatment from a physical therapist. The most common physical ailments that Larson treats are pain syndromes, rehabilitation after orthopedic surgeries and vertigo conditions.
The patients that Larson treats are in good general health for the most part. "In general, those that stay active and perform light exercise, flexibility exercises, and or a cardiovascular activity for 30 minutes per day, will function at a high level with their daily activities," stated Larson.
Patients need a referral from their medical doctor to receive care from Larson if they have a government



Physical Therapist Peter Larson explains what a healthy spine should look like. Larson is half owner of RehabPLUS & Fitness, LLC in Barnesville. Larson, along with his partner, Craig Haugrud, own therapy clinics in Pelican Rapids and Battle Lake as well as the local one on Front Street.
insurance plan such as Medicare, Medicaid or Veterans Insurance.
They may not need a referral if they have a private insurance plan. "Please call your insurance company to verify the need for a referral," advises Larson. "We also do give a discount if someone wants to self-pay."
Larson warns over and over, "everything in MODERATION is good."
This is the advice that Larson gives for eating healthy and also for taking vitamins.

of Science in mathematics from Minnesota State University Moorhead (MSUM) and Master of Science in physical therapy at the University of Minnesota, Twin Cities.
He is a 50 percent owner of RehabPLUS & Fitness, LLC with Haugrud in Pelican Rapids, Barnesville, and Battle Lake.
Larson and his wife, Linda, live in Moorhead. They have two daughters in college, Haleigh, a senior at Yale University and Sydney, a sophomore at MSUM and a son, Rylan, in

seventh grade at Horizon Middle School.
On staff at RehabPLUS is Shari Hammer, desk manager, Suzanne Scheuerman, occupational therapy assistant and Dawn Vosberg, physical therapy assistant.
Flexibility and core strengthening exercises are beneficial to keep the joints and muscles healthy. "Light cardiovascular exercise to increase heart rate and endurance capacity is essential for good blood flow to the muscles and nerves," states Larson.
"Also, don't forget,

EVERYTHING in MODERATION is good."
No one wants to have surgery or a fall. It is comforting to know that should one be in that circumstance RehabPLUS is close at hand and ready to help.
"I've enjoyed serving the Barnesville community for the past 16 years. I grew up in small towns and enjoy the interaction with people in a small town. Barnesville has a lot to be proud of for being such a vibrant community," concluded Peter Larson.



Physical Therapist Peter Larson is the expert to see for physical rehabilitation after surgery or a fall. His office, RehabPLUS, is located on Front Street in Barnesville. Larson has been practicing locally for 16 years.

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