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Achieving Optimal Health And Wellness Is Possible

**By Dr Sean Wahl
Barnesville Chiropractic**

There is a health care crisis in America. The cause is that most Americans do not take responsibility for their own health and wellness. We rely on others to help us with our health and give up the power to live a happy, healthy life.

Let's take a look at the state of health in our country. Consider that 160 million Americans are obese or overweight; that is, 75 percent of men, 60 percent of women, and 30 percent of children under 20 are overweight or obese. One hundred million (9.4 percent) of American adults have Type 2 diabetes.

Diabetes accounts for \$237 billion in health care costs each year. One in three adults have hypertension, and 40 million Americans have arthritis. Hip replacements have doubled in the last 10 years, and an estimated three million knee replacement surgeries will be performed every year by 2030.

The interesting thing about these facts is that research shows obesity and lack of exercise could reverse the majority of those health conditions. About half of all health care costs in America are generated from preventable sources. The simple process of maintaining a healthy weight, exercising regularly and eating a healthier diet is the answer to

most of the above mentioned health care problems.

The upside about all these statistics is that we have choices and the ability to achieve optimal health and wellness.

By choosing a healthy lifestyle, most people would never deal with chronic health problems,

could live longer, and enjoy the ability to live a relatively pain-free life.

We need to place more emphasis on a healthy lifestyle. It starts with setting aside time each day to get some moderate exercise. An example of moderate

exercise is a 20-minute walk at a brisk pace, three to four days per week. You could include body-weight exercises, such as lunges, squats and pushups every other day. It is as easy as doing 20 of the above exercises, then resting one minute and repeating five to 10 times.

The next step is to evaluate what we are eating and make some simple changes. Including four to six servings of vegetables and fruits in our diet each day gives us more nutrients and fiber with fewer calories. Drinking 80 ounces of water each day will decrease our appetites and

improve the overall function of the body. Another great technique is to not eat after 7:00 p.m. This allows our body to use stored energy throughout the night and improves the rate at which we burn calories. Eliminating beverages such as pop, energy drinks, fruit juice and sports drinks can reduce the number of calories we consume by 15 percent.

We should get seven to eight hours of sleep per night, which aids in overall healing and reduces stress.

So, there's the plan. Sounds simple, right? Unfortunately, in order to achieve these health goals, we as a society have to be more patient and understand these changes will take time to help our overall health. Most people will try to change their diets and exercise plans in radical ways. Fad diets that are far too restrictive and intense exercise programs that are unrealistic to maintain are part of the problem. We try really hard for a few weeks and then we drop back into old habits.

The solution is to make small changes in your diet and exercise routines and make those changes long term. The result will be a country of healthy people who understand that they are in charge of their own health and can live long healthy lives without pain. Make the choice today to live the life you were meant to live.

Door Opens To Small Shops With Condo Units

By Michael Stein

A one-person service business trying to get on its feet may have all the right equipment and a vehicle. But these businesses often face a dilemma when it comes to office and shop space.

With that fact in mind, the city and the Economic Development Authority have worked together to create a planned unit development (PUD) in the city's Commercial Park.

The Barnesville City Council approved the PUD application at its July 2018 meeting.

The PUD will provide space for commercial establishments that will have limited public access. The business condos will not have heavy traffic other than that from delivery and other service vehicles.



As recommended by the city's planning commission, the permitted uses in the business condo park are personal hobby, plumbing and heating, sheet metal, roofing and similar shops and personal storage.

Other businesses that fall under conditional use include auto repair,

light manufacturing and assembly, retail, commercial and professional office buildings, general commercial use, personal and professional services and wholesale businesses.

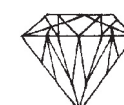
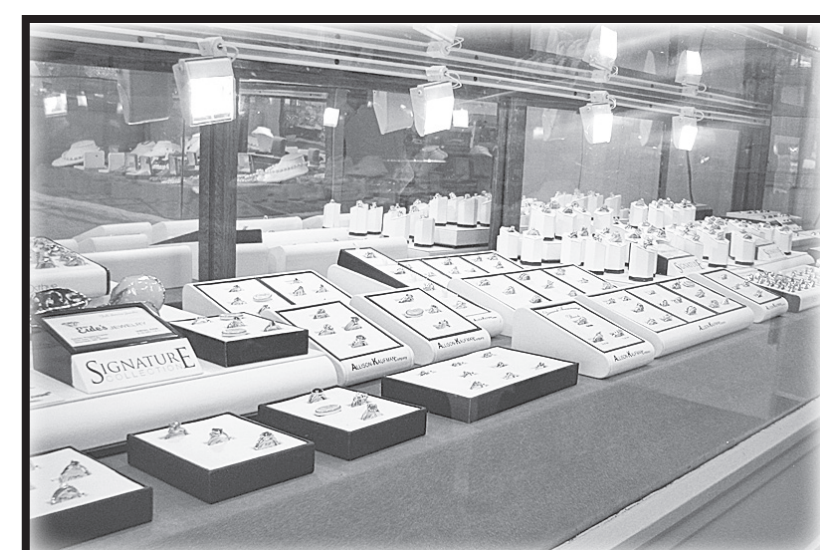
The EDA has established the criteria for the buildings, including uniformity of style and color, ease

of maintenance and repair, code compliance, wall height standards, and setback and landscaping requirements.

Later in the year, the EDA was approached by a developer interested in purchasing property next to Bolgreen Construction, which would require the PUD to be shifted to the east.

In January 2018, at the recommendation of the city planning commission, the council approved the preliminary and final plats for the Barnesville Commercial Park Fourth Addition, which is the site of the planned commercial condo units.

Eight construction bids for the planned project were opened in mid-January. The bidding process was further discussed at the March 11, 2019 city council meeting

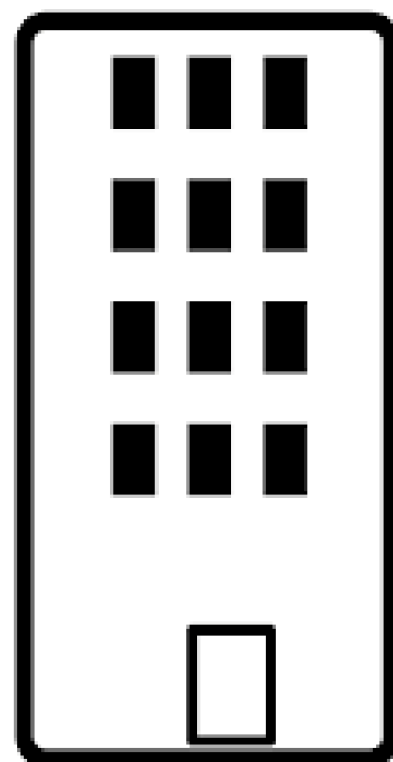


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