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Lots Of Activity, Growth In City's Commercial Park

By Michael Stein

The activity on the east side of town isn't limited to just housing and a bike path. Growth continues at the Barnesville Commercial Park, boosted by the new Shops and Storage commercial condo project.

"The Barnesville EDA is very excited that quite a few projects in the planning stages over the past year have now been constructed," said EDA Director Karen Lauer.

The most significant, Lauer said, is the new headquarters for Lodestar

Transport Services.

"We worked with Lodestar on plans to grow and expand," Lauer said. "They outgrew their downtown space and reached a point where they needed to own their own space rather than rent. They also participated in the construction of a truck turnaround site on the east end of Fourth Avenue."

Lodestar Transport Services is a 13-year-old Barnesville-based company that routes trucks and ships products to all parts of the

continental United States. Along with local office staff, the company utilizes leased as well as independent owner/operator drivers.

"The new building allows them to stay in Barnesville with their own space," Lauer said.

Construction in Barnesville Shops & Storage

In the new commercial condo area, five buildings are now complete. Three of those are owned by Barnesville residents and one by

a Fargo resident. The fifth building is an FM area investor who is leasing to North West Services, which provides maintenance services to the City of Barnesville.

The owner of one of the steel buildings, for example, is using the building for hobby work.

"These buildings can be constructed fairly quickly," Lauer said. "Once that's completed, the owner can go in and start on insulating and other interior work."

Another completed commercial condo unit is a two-bay building with one side leased to North West Services, which provides water and sewer maintenance services to the City of Barnesville.

Lauer said the west side of the two-bay building is available to be leased for business use.

"There are no other sold lots at this time on which we anticipate construction," Lauer said. "There is one sold lot, which the buyer is currently trying to re-sell. These are great spaces for situations like home-based businesses that want



to take that next step or for multi-purpose use to serve the needs of a family."

The Barnesville EDA is positioned to provide low-interest loans or incentives those looking to lease space in the commercial park.

"We want people to know that we can provide this type of assistance even when it doesn't involve building or purchasing an existing building."

One of the buildings constructed recently is a 30' x 40' structure that a Barnesville resident will use for a hobby shop. The space includes a

bathroom and a small office.

The building owner is quite willing to show prospective buyers the space to see if a Shops and Storage building might work for them.

Contact the Barnesville EDA office at 218-354-2145 to make arrangements.

Other space and storage options include Jason Rick's building. Over the winter Rick offers heated storage for boats or campers. Rick also has a 3,000 square-foot heated shop for storage or work space.



Construction on the new Lodestar Transport facility in the Barnesville Commercial Park began last fall.



By Katie Martin, Family Nurse Practitioner at Barnesville Area Clinic

Food Pantry Available For Those In Need

The Barnesville Area Food Pantry is open and staffed with volunteers each Monday from 5:00-7:00 p.m.

Persons who may be in need of food, and other household necessities, are invited to come in for assistance during those hours or call at 701 340-8324.

The Food Pantry serves residents for Barnesville, Rothsay and surrounding rural areas. Located just north of the library on Front Street.

For emergency assistance or more information 701 340-8324.

My Experience With The COVID-19 Vaccination

The novel coronavirus (COVID-19) has uprooted our lives. We have been in isolation, away from loved ones and have had to make significant changes in order to keep ourselves healthy. With the COVID-19 vaccines now starting to become available, we hope that relief is in sight. Being a healthcare employee who sees patients in the clinic, I was able to get access to the first round of vaccines through Lake Region Healthcare. I had done my research on the vaccine and was excited to have the opportunity to be vaccinated. I want to share my personal experience to hopefully answer questions, alleviate fears and let the community know what to expect.

My first vaccine was administered on December 22nd. I was feeling ecstatic while on my way to the vaccine, because I have seen how devastating the COVID-19 illness can be. I received the injection, very minimal discomfort, waited for 15 minutes and hit the road. I really did not have any ill effects after the first vaccine. A few of my coworkers also had the vaccine on the same day and aside from some sore arms, there wasn't much to complain about. The Pfizer vaccine has a 21-day waiting period between the vaccines so my next dose was on January 12th. I had heard that some people experience a stronger immune response with the second dose, but I was feeling ready. I received the injection, waited for 15 minutes and left. I developed a sore arm pretty early on in the evening after that injection. That night I had some chills and body aches. The next day, I did have a pretty strong immune response. I developed a fever, body aches, nausea, dizziness and I was very tired. The symptoms were strong but they lasted only about 12 hours. I rested, drank a lot of water and took acetaminophen to help with the fever, chills and body aches. By the time evening came I was feeling quite a bit better and I was back to normal the next day. Again, a few others in the office received the vaccine that same week and nobody else had as strong of a response as I did, but it is not unusual after the second vaccine to feel some of those symptoms.

Even though it was a rough day the day after my vaccine, I would do it all over again. The symptoms I had are expected and it shows that the vaccine is working to create immunity in my body. Many patients who have had COVID-19 have had symptoms that have lasted weeks or months, so the 12-hours I experienced were a good trade-off in my opinion. My advice would be just to plan for a down day if you are able to, and if you feel great then you can relax and celebrate that you've finished your COVID-19 vaccine series! If you have questions on whether or not the vaccine is right for you, please talk to your healthcare provider.

At this time, Lake Region Healthcare does not have any more vaccines available for the public. The Minnesota Department of Health decides how the vaccines are distributed and we continue to wait for information daily about upcoming allocations. We are ready to get vaccines in the arms of patients as soon as we receive them, with the first doses reserved for patients 65 and older. Vaccine clinics will be held in the clinics in Fergus Falls initially, with plans to bring doses to the Barnesville Area clinic and other outreach clinics as soon as we are able to. Follow updates at www.lrhc.org/covid19vaccine. The Minnesota Department of Health may also be of some assistance to those who are trying to find a vaccine at <https://mn.gov/covid19/vaccine/find-vaccine>.

Seniors: Get Your Flu Shot - It's Important!

Getting vaccinated for the flu is more important than ever. Not only will a flu shot help keep people healthy, it can help reduce the strain on the healthcare system and keep hospital beds and other medical resources available for people with coronavirus disease 2019 (COVID-19).

This is no ordinary flu season; it's a flu season amid a pandemic. With two dangerous viruses going around at once, it's time for people to protect their communities by getting the vaccine already available: the flu vaccine.

And people with Medicare are at greater risk for serious complications from flu. A flu shot is an important preventive tool for individuals with asthma, diabetes, and heart and lung disease - chronic conditions that can increase the risk for serious flu-related health complications or even death. It's the best protection from getting and spreading this flu virus, and it's covered by Medicare at no cost. Medicare Part B covers one flu shot per flu season per beneficiary. You pay nothing for a flu shot if a doctor or other qualified healthcare provider accepts Medicare payment for giving the shot.

A flu shot won't protect you against COVID-19, but it has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.

According to the Centers for Disease Control and Prevention (CDC), there's no evidence that a flu vaccination increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

Those at high risk for flu complications include young children, pregnant women, people 65 years and older, and people with certain chronic health conditions.



Five Shops & Storage condo units were constructed in the last half of 2020.

REGIONAL REPORT
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PARTNERS
PEOPLE AROUND ROTHSAY THAT NEED EXTRA ROUTINE SERVICES

By: Marlys Winkels, Program Director

Happy Valentine's! Stacey and I are thankful and our "hearts are full"! You are so appreciated! Maybe you are someone we serve or maybe you are a volunteer or maybe someone who supports PARTNERS financially! Thank you! I know it's a week late but you all are our Valentines!

We have been fielding a lot of calls about getting the vaccine. I visited with the public health nurse from Wilkin County and you can get your name on a list there if you reside in Wilkin. The number to call is 218-643-7122. The numbers to call in Ottertail County are 218-998-8378 or toll free-1-833-445-1578. The local pharmacies are starting to roll out vaccines so you can check with them. I believe veterans are being called about vaccine availability as well. If you get an appointment and are in need of a ride, please call PARTNERS at 867-1234 and we can arrange one for you.

We know the main topic of conversation this past week has been the cold weather. We knew it had to come but what a wonderful January we had and the days are getting longer. Spring is now in sight and we might as well take advantage of needing to stay in and pick up that book we've been wanting to finish and enjoy our hot cups of tea or coffee!

- Ongoing Events:
- Rides are available
 - Blood Pressure Checks
 - Medical Equipment Loan Closet.
 - We are offering our foot care program on the 2nd and 3rd Tuesdays of the month. Our nurse is tested weekly for co-vid and we practice social distancing and wearing of masks. We also have foot care in Foxhome on March 2nd if it is more convenient. Call us at 867-1234 for an appointment.
 - Grocery Delivery- Call us with a list and we will find someone to pick up your groceries and deliver them to your door.
 - Telephone Reassurance calls are done on an ongoing basis. We would love to visit with you!
- Our open hours remain the same: Monday- Friday 8 a.m.-noon

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Owen Thompson, MD
Sunnah Doesken, MD
Carrie Affield, PA-C
Katie Martin, FNP

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