



Bryan Golden

Kindness

There is undue rudeness and thoughtlessness in every day interpersonal interaction. Friends, relatives, and strangers can act inconsiderately. More and more people are under increasing amounts of stress. Work, commuting, family, kids, errands, chores are among the many factors that can induce anxiety that causes individuals to be irritable.

People have become isolated and detached from one another. Earlier in history, everyone depended on each other for their wellbeing. Someone would always make an effort to help a person in distress. Neighbor helped neighbor without being asked.

Today, when a Good Samaritan engages in an act of kindness it becomes a newsworthy story. Acts of kindness that were commonplace in yesteryear are now the rare exception. You can be more ignored broken down on the side of a busy highway than you would have been stranded on a dirt road. It's ironic that as the population grows, individuals have become increasingly discourteous.

Rudeness easily becomes a vicious cycle that influences all who come into contact with it. You have the power to break the cycle. You can be nice and act with kindness. You can surprise people with unexpected consideration.

Although there are exceptions, the vast majority appreciates courtesy. When you act nicely, you feel better than when projecting bitterness. Your actions are entirely within your control. How you behave affects everyone you come into contact with.

There are a number of simple strategies you can take to improve how you and others feel. Don't respond in kind if you are treated poorly. Respond in a nicer way than you are treated. Endeavor to consistently wear a smile. A smile causes you to feel better and radiates positive energy.

Free Nitrate Water-Testing Clinic At SWCD Office

The Wadena Soil and Water Conservation District (SWCD) will offer a free nitrate water-testing clinic at their office on June 30 from 10:00 a.m. to 1:00 p.m. Their office is located on the north side of the city of Wadena just off US Highway 71 at 4 Alfred St. NE. They are in the USDA Service Center building.

Nitrates are the most common contaminants in Minnesota's groundwater, and in some areas of the state a significant number of wells have high nitrate levels.

Upcoming Bloodmobile

The upcoming Bloodmobile will be at Immanuel Lutheran Church in Wadena.

The Wadena Red Cross Bloodmobile dates and times are: **Tuesday, June 28** from 12-6 p.m. The Immanuel Lutheran Church, is located at 403 2nd St. SE., Wadena, MN.

Go out of your way to be kind and look for ways to help others. Offer help especially when you don't have to. Spreading kindness doesn't cost a penny yet provides priceless rewards. There are numerous things you can do on a daily basis which will bring joy to all.

Here are some simple suggestions that you can utilize anytime and anywhere. But don't limit yourself to these, think of other ways to spread kindness. Smile, say hello and make eye contact. Greet a stranger you pass on the street, in the hall, or in the mall and, you will be surprised how often they say hello in return.

Always say please when you ask for something and thank you when someone serves or helps you. Even when a person's job requires them to attend to you, a sincere thank you will always brighten their day. Whenever you speak with someone, keep a smile on your face.

Be aware of the needs of people around you. Hold doors open for others. Open the door for someone whose arms are full of packages or for someone pushing a stroller and let them go ahead of you. Thank those who hold a door for you.

While shopping, when you have a lot of items, let someone who has only a thing or two get in front of you in the register line. On the road, allow other drivers to pull in front of you when trying to merge onto the road. Be courteous and take care not to cut off other drivers.

Break the cycle of indifference. Set an example for others. Always be on the lookout for ways to be kind. Do more than you have to. Do the unexpected. Do whatever you can to make someone else feel good.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columnist.com or visit www.DareToLiveWithoutLimits.com Copyright 2022 Bryan Golden

With that in mind, experts recommend that private well owners who get their drinking water from wells should test their water regularly.

To participate in the testing, homeowners are asked to bring at least one-half cup of water in preferably a clean plastic or clean glass container. To get a good sample, allow the tap to run 5 to 10 minutes before filling the container. Homeowners with distillation units, reverse osmosis or other nitrate removal systems should take two water samples - one before and one after the treatment process. This will determine if the system is working. Homeowners with just a water softener need to take one sample, either before or after the water passes through the water softener.

Samples should be taken no more than 24 hours before the testing and must be kept refrigerated prior to testing. To ensure accurate results, homeowners should mark the container with their name, phone number and a well identification number if more than one well is sampled. Homeowners who wish to remain anonymous should choose an easily recognized "code number" to identify their sample. It is not necessary to provide information about the well or well location.

Samples will be analyzed on the spot - the process usually takes less than five minutes - and results will be given directly to the homeowner. If the nitrate level in a sample is elevated, clinic staff can refer the homeowner to certified labs that will retest the water. For questions about the clinic or how to take a water sample contact the Wadena SWCD at 218-632-4201.



Ask A Trooper

TRP. JESSE GRABOW
Minnesota State Patrol
Safety Education Officer

Question: I really liked your recent article about the dangers of putting your feet up on the dash while driving and air bags. With the way vehicles are changing, can you talk about the other air bags, like side curtains and such? Thank you.

Answer: Thank you for the email and I am happy to talk about this. First of all, let me say air bags are designed to work with seat belts to keep vehicle occupants in a safe position during a crash — air bags are not effective when the motorist is not belted.

You are right with all the changes in vehicle technology. Motor Vehicles are federally required to be equipped with "Supplemental Restraint Systems" (SRS.) Not all of the safety features described in this article are standard equipment, some may be optional depending on the vehicle.

Air Bag System Components

- Driver and Front Passenger Air Bags
- o-Supplemental Side Air Bags
- o-Supplemental Seat-Mounted Side Air Bags (SABs)
- Supplemental Side Air Bag Inflatable Curtains (SABICs)
- Supplemental Knee Air Bags

Menahga Community/Senior Center

By Faye Kumara

Whoa...It is really hot today. I see 97 degrees as I am writing this. Thank goodness we have AC.

We held the June birthday party and there were 34 people signed up in the guest list. The cake was good as usual and the visiting was great. There was one anniversary couple plus nine birthday people. The picture will be in the *Review Messenger*. The birthday party is always the third Thursday of the month at 2:00. You can mark your calendar all the way to December. If the date gets changed for some odd reason it will be in this article.

Our tablecloth luncheon will be on June 23rd at 11:30. The menu is baked chicken, baked potato, Italian blend vegetables but you will have to be signed up by the day before. Sometimes you can call in (218-564-4858) to see if they have any extra meals if you forgot to call in. There were 15 people signed up the last time I looked so there is room for anyone to come. It's probably too late to call by the time you get this article.

I can't believe the month of June is almost gone. On the 25th it is exactly six months until Christmas. The time will go fast so start shopping now!! Time sure seems to fly by.

We have a sales table at the center with sales money going to the center. There is jelly and jam for sale also. I am making some raspberry jalapeno jelly when I get a chance. There are a couple jars at the center from a batch I made last week. The strawberry rhubarb goes fast too. I am out of plum juice and only have enough for four batches of chokecherry jelly left. I hope the chokecherry and plum trees produce this year. I saw flowers on our plum tree. I have heard about June berries but never had them. I imagine jelly or jam can be made from those too.

We have been raising money for a new convection oven as the old one died. The center wants to purchase the oven so that renters can use it if needed. We have sent in requests/grants for donations and have received several already. Thank you to the VFW Woman's Auxiliary for donating to our cause. It is very much appreciated. If you would like to donate to this cause just remember to make a note on the envelope

•Knee Impact Bolsters
All of these features and advancements in technology are incredible. But again, if people are not belted and seated properly these components could injure occupants. Children are at an even greater risk or injury from a deploying air bag. To keep yourself and others safe make sure you:

•Keep items away from any area where these systems can deploy.

•Always buckle up – and insist passengers are belted, too.

•Wear lap belts low and snug across the hips; shoulder straps should never be tucked under an arm or behind the back – not only is this unsafe, it is illegal.

•Children under age 13 should always ride in the back seat.

•In Minnesota, all children must be in a child restraint until they are 4 feet 9 inches tall, or at least age 8, whichever comes first.

If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPPIO_NW or reach him at, jesse.grabow@state.mn.us).

if you want your donation to go to the oven. The convection oven bakes faster and is also used to keep the LSS meals warm until people eat them when they come from Nevis. We used it to cook the sausages at our pancake breakfasts.

The flowers in front of the building are showing some color. They look very nice and inviting. If you see weeds growing in the flower bed and are able to pull them out, go ahead. I try to pull a few each time I think of it. If we all pitch in a pull a few it's not so much work for everybody.

I wasn't at bingo this week but heard there were still 12 people there. It must of been the heat or appointments made so there wasn't as many playing this week. The center is air conditioned so it's a nice place to get some relief from this heat.

The carving club meets on Tuesdays at 1:00 so if you want to join or come in and see what goes on, stop in.

LSS meals can be ordered by calling 218-564-4858 by 11:00 the day before you want to eat. Menus are available at the center or in the *Review Messenger* for the following week.

Our book club meeting was on Tuesday so will report more on that next week.

Stay cool, even my brain is slow today!!

Boating Incident on Gull Lake Results in Injury

Cass County Sheriff Tom Burch reports that at 4:08 p.m. on Friday, June 17, the Sheriff's Office received a report of a boat incident with injury at a residence on Gull Lake, in the city of East Gull Lake.

Deputies and medical personnel arrived on scene and learned that a pontoon was attempting to dock when a mechanical failure caused the pontoon to accelerate into the dock. A female passenger, age 37, attempted to stop the watercraft from hitting

Public Notices

Review Messenger, June 22, 2022 • Page 15

CALL FOR MILK BIDS

Sealed bids will be received in the office of the Superintendent of Schools, Sebeka Public School, P O Box 249, Sebeka, MN 56477, until 1:00 p.m. on Thursday, July 7, 2022 for the furnishing and delivery of Grade A milk for the school milk and hot lunch programs for the 2022-2023 school year. Milk is to be delivered each day as ordered by the school.

Please quote prices on the following in 1/2 pint containers:

1. 1% White Milk
2. White Skim Milk
3. 1% Chocolate Milk
4. Lactose Free Milk

The bid price is to be f.o.b. the hot lunch kitchen at the Sebeka Public School. **Bidder will also provide adequate mobile coolers for milk.**

An alternate bid may be submitted with an escalator clause based on the monthly federal order price for Class I milk.

Bids will be opened and tabulated at 1:00 p.m. on Thursday, July 7, 2022. Action on bids received will be taken at the regular meeting of the Board of Education at 7:00 p.m. on Monday, July 11, 2022. The Board reserves the right to reject any or all bids.

All bids must be accompanied by an affidavit of non-collusion.

Dated this thirteenth day of June 2022.

INDEPENDENT SCHOOL DISTRICT 820
Sebeka, Minnesota 56477
JoAnn Olson, Clerk

Review Messenger
6-15,22c

Roofing Project

Greenwood Connections in Menahga, Minnesota has a large shingle re-roof project to be completed this summer. Please call Troy at 218-564-4101 for more information!

4-13tfc



Slices of Life

JILL PERTLER

I like my phone. I rely on my phone. I truly appreciate my phone (and you, too, Siri!) but beyond that, well, my phone is just a phone. She does for me what I ask her to do, when I ask her to do it and as long as that consistency in our relationship exists, I'm good. We're good.

But when the consistency wavers, so do I.

Lately, my phone was wavering. As was my loyalty.

Her temper seemed to flare and she got heated up when I used her for long periods of time. Her memory had sudden and unpredictable lapses. Sometimes she didn't want to wake after a long sleep. Other times, when things got to be too much for her, she simply shut down and quit communicating with me.

Her energy and battery depleted without warning – much faster than when she was a young tadpole. Her screen couldn't compare to the size of the younger models. Her processor couldn't keep up with the newest technology and she was becoming a weight at my side. I didn't like it at all. But there was no denying the truth. She was no longer sprinting, but merely limping through her weak and waning battery life.

And, like with a beloved, albeit elderly and sickly pet, there came a day when I knew it was time.

Time for a new phone.

She arrived a couple of days ago. I've transferred all my old data, contacts and apps onto the new and shiny

upgraded model. I even ordered a high tech phone case via one-day delivery in my favorite shade of turquoise. I am good to go, except for one thing.

My old phone.

And it is an old phone. A very old phone.

When I bought my new used car a few months ago, the salesman even commented on it. When a used car salesman tells you your phone is old, you believe him. Who can you trust if not a use car salesman? (Mine was a very nice guy.)

I have a bright and shiny new phone, but I also still have my old phone, and even though she is quite ancient, by phone standards and no longer able to run the most current and fastest apps and operating systems, she has been loyal and true to me for more than a handful of years (or maybe a decade, but who's counting?) I am having a hard time giving up on her completely.

I keep her charged - just in case. Can anyone relate? I'm just not ready to let her fade to zero percent just yet. It's such a dilemma. I know I need to move on, but it feels like cheating. Replacing her with a newer and shinier model - someone with a better memory and faster processor. They say screen size doesn't matter, but maybe it does. Maybe we can measure worth in megapixels.

Still, it isn't her fault, getting old. Setting her aside feels wrong, somehow. She's currently sitting in the lovely box my new phone arrived in because it's a really, really nice box. Much too nice to simply toss away. Can anyone relate?

To compound matters, I still keep my husband's phone charged as well, even though he is no longer connected to service. The phone can still keep a charge and turning it off feels like turning him off.

So I rotate charging cables between three phones at this point even though I understand logically I only need one (or at most two.)

It's a conundrum. I understand I can donate them, so please don't contact me about that. This column isn't about what to do with an old phone, it's about what to do when you have an attachment to an old phone. That is my problem. And if you have a solution for that, please do contact me. I'm searching for answers.

Hello? You there?

Jill Pertler is an award-winning syndicated columnist, published playwright and author. Don't miss a slice; follow the Slices of Life page on Facebook.

It keeps more than memories alive.



American Heart Association
Fighting Heart Disease and Stroke

AMERICAN HEART ASSOCIATION MEMORIALS & TRIBUTES

1-800-AHA-USA1

This space provided as a public service. ©1994, American Heart Association

Shopping Starts Here



Newspaper Advertising Works!