



The GOOD NEWS

April/May 2023

Issue #2 Magazine


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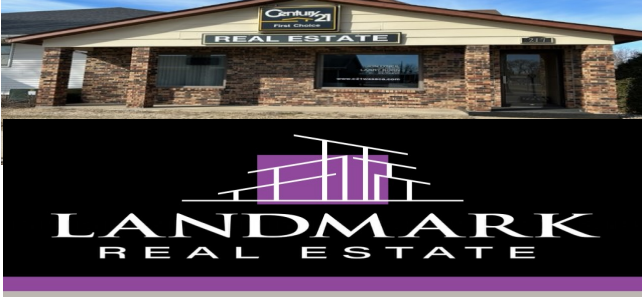
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To every end there's a new beginning.



By Mike Parry

By the time you read this there might be a new sign on the corner of 3rd St SE and Old Highway 14. However, the building will remain as it has been since being built in 1961. That makes former owner Jon O'Neil happy as Century 21 will become Landmark Real Estate. Back in 1961 Jim Donahue bought the house and remodeled it into a real estate office that has seen many years and different owners to date. Keeping history in tack was what Jon O'Neil likes. "It's been a real estate business for 60+ years," Jon stated. "When I bought in 1996 there were three other owners, Ron Anderly, Gene Hart and Bill Hintz. Those guys were so instrumental in building and developing the subdivisions in Waseca. We always had the gut feeling they were needed and now even more so." O'Neil went on to say, "there

has been such great leadership within the walls of this building for many, many years and I don't see that changing. As manager, Molly Erdman will do a fantastic job." I sat with Jon and listened to much more history than these pages can print. Jon talked about all the tours that he and the others would give to incoming employees of area businesses like Brown Printing and the like. "One of the tours I gave on one of the coldest days of winter was to a couple from Arizona." Jon stated, "I was driving them around Clear Lake and the lady side are those shanties out there kinda like the slums of Waseca? I laughed and said no, those are fish houses would you like to drive out and see them? The lady started screaming "no way". I guess she didn't want to drive on the ice." O'Neil said with a smile. Besides Ron, Gene & Bill, I enjoyed working with Amy Robinson and Larry Born. "The very first day with Larry, we were out looking at homes and in going thru the drive-thru I asked Larry if he want any coffee? He said no, just give me the money." Some humor in life is a good thing. Amy & Larry have played a large part in the success with Century 21 throughout the years. Jon's not going away anytime soon, he'll be part of a 14 person team with Molly taking the lead locally. Same office, same phone number and yes, the same face. Best of luck to Molly, Jon and Landmark Real Estate.

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Dear Savvy Senior, I just turned 60 and would like to know what resources you recommend for locating senior discounts. – Penny

Pincher Dear Penny, One of the best, yet underutilized perks of growing older in the United States is the many discounts that are available to older adults. There are literally thousands of discounts on a wide variety of products and services including restaurants, grocery stores, travel and lodging, entertainment, retail and apparel, health and beauty, automotive services and much more. These discounts – typically ranging between 5 and 25 percent off – can add up, saving you hundreds of dollars each year. So, if you don't mind admitting your age, here are some tips and tools to help you find the discounts you may be eligible for.

ASK! The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy. You also need to know that while some discounts are available as soon as you turn 50, most don't kick in until you turn 55, 60, 62 or 65.

SEARCH ONLINE Because senior discounts frequently change and can vary depending on where you live and the time of the year, the internet is the easiest way to locate them. A good place to start is at TheSeniorList.com (click on "Money" then on the "Senior

Discount" tab), which provides a large list of discounts in categories, i.e. restaurant dining, grocery stores, retail stores, prescription medications, travel discounts and more. You can also search for discounts by provider. Go to a search engine like Google and Yahoo and type in the business or organization you're curious about, followed by "senior discount" or "senior discount tickets." If you use a smartphone, there are also apps you can use like the "Senior Discounts & Coupons" app (available on the App Store and Google Play), which categorizes discounts by age and type. JOIN A CLUB Another good avenue to senior discounts is through membership organizations like AARP, which offers its members age 50 and older a wide variety of discounts through affiliate businesses (see AARPdiscounts.com). If, however, you don't like or agree with AARP, there are other organizations you can join that also provide discounts like the American Seniors Association (AmericanSeniors.org), the American Automobile Association (AAA.com), or for retired federal workers, the National Active and Retired Federal Employees Association (NARFE.org).

TYPES OF DISCOUNTS Here's an abbreviated rundown of some of the different types of discounts you can expect to find. Restaurants: Senior discounts are common at restaurants and fast-food establishments – like Applebee's, Arby's, Burger King, Chili's, Denny's and IHOP – ranging from free/discounted drinks, to discounts off your total order. Retailers: Many thrift stores like Goodwill and Salvation Army, and certain retailers like TJ Maxx, Banana Republic, Kohl's, Michaels, Ross and Walgreens stores offer a break to seniors on certain days of the week. Grocery stores: Many locally owned grocery stores offer senior discount programs, as do some chains like BI-LO, Piggly-Wiggly, Fry's Food Stores,

New Seasons, Fred Meyer, and Hy-Vee, which offer discounts on certain days of the week but they vary by location. Travel: American, United and Southwest Airlines provide limited senior fares in the U.S. to passengers 65 and older, while British Airlines offers AARP members discounts of up to \$200. Amtrak provides a 15 percent discount to travelers over 62. Most car rental companies give discounts to 50-plus customers or those who belong to organizations like AARP. Royal Caribbean, Norwegian, Celebrity and Carnival cruise lines offer discount rates to cruisers 55 and over. And, most hotels offer senior discounts, usually ranging from 10 to 20 percent. **Entertainment:** Most movie theaters, museums, golf courses, ski resorts and other public entertainment venues provide reduced admission to seniors over 60 or 65. And the National Park Service offers a lifetime senior pass for those 62 and older for \$80 (see nps.gov/planyourvisit/passes.htm). Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book. HOW TO SEARCH FOR SENIOR DISCOUNTS IN 2022

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Finding The Good

I'd like to invite you to take a moment and think back to December 31, 2019. New Year's Eve! It's really not all that long ago. At the same time, it might feel like a lifetime ago. What were you doing? Who were you with? What were you feeling? Were you partying with friends? Was it a quiet evening at home with your family? For many, we were all wrapping up the holiday season and looking forward, with anticipation, to the newness that would come in 2020. Sit in this memory or a moment. Little did we know that "newness" would come in the form of a global pandemic that would rock our world in ways we couldn't imagine.

Since that New Year's Eve just three years ago, it almost feels like the whole world has been turned upside down - as if someone took the little floating ball we live on and gave it a good shake. It's been tough. As we have searched for our new "normal" (whatever that might be these days), we have been forced to learn what this new life looks like and with that, how to adjust with all of the changes that have come to us through a global pandemic along with strife and unrest within our nation. There have been times during the last few years that I've asked myself - how can we get through this? With all of these new things happening in our lives, it's very easy to get bogged down by thoughts of negativity, and unfortunately, negative thoughts have a tendency to ripple. It may seem like there is nothing 'good'

happening in the world. Just look at the news or jump online - so often we see discord, disagreement and divisiveness. With that focus, it is easy to let that ripple of negativity grow. We all see it, we all feel it. It is, in a word, scary.

But, luckily for us, it doesn't have to be that way. One of the things I've been focusing on - or trying to focus on is positivity. Positivity also has a ripple effect. It just takes an intentional focus on goodness. So, with that, I've been trying to pause...to slow down. To look around. To notice things. And ya know what? Know what I've found? Goodness. There IS goodness in our world. In fact, it's all around us. Despite the craziness of the last three years, there is good happening. If we just take a moment to pause, we'll find it.

By intentionally cultivating a mindset of gratitude and finding appreciation in the little things in life, science tells us that we can literally rewire the brain to automatically notice and acknowledge positive emotions and thoughts. How cool is that? I have often called the practice of gratitude our hidden superpower. It truly can be a game changer for us. In fact, research suggests that practicing and expressing gratitude can have a whole host of positive benefits. For example, practicing gratitude can: 1. make us more optimistic, 2. improve our physical health, 3. help us sleep better, 4. improve our friendships, 5. make us happier, 6....it can help us find goodness. Don't get me wrong - these things don't just come for free. Initially it takes real, intentional "work" to develop a habitual practice of gratitude. So, how can you practice it? Well, here are a few fun activities that can help you start building a practice of gratitude that can lead you to a focus on the goodness in our lives - even when it seems like nothing is ever going your way.

First, start a journal. This is something that I started doing on a regular basis awhile back. It's really one of the simplest but most effective ways to cultivate a mindset of gratitude. All I do is take five minutes each day and write three ordinary things for which you are grateful. They are rarely earth shattering things - just normal, ordinary events that have happened over the course of my day. As one of my favorite authors, Brené Brown, points out, "Joy comes to us in the ordinary moments. We risk missing out when we get too busy chasing down the extraordinary."

Second, find a "gratitude buddy". This strategy has been very cool for me on a number of fronts. Having someone to go through a journey of gratitude with you and to hold you accountable for cultivating a grateful mindset can reap huge benefits. For me, my gratitude buddy is my son. We try to set aside a few minutes each day to have a conversation about the things for which you are grateful. Not only has this allowed me to deep my perspective of gratitude, it has deepened our relationship at the same time.

Finally, Write Gratitude Letters - I have to say that writing a gratitude letter might be the single most powerful and influential of all gratitude exercises. The best part - it is honestly as easy as 1-2-3. First, pick someone who has made a major positive impact in your life that you've never fully expressed the depth of your appreciation toward. Second, write the letter. Take your time, be detailed and strive to convey the magnitude of your appreciation for their wonderful qualities and the impact they have had in your life. Third, deliver your letter in some way - ideally this is done in person, but, if that's not possible, give them a phone call or jump on a video chat and read your letter of gratitude to them.

Continued on page 10



Brain Teaser Answers

Winter Happenings at TEAM

We have been busy the last couple months at TEAM! We celebrated our awesome paraprofessionals at the end of January! They are so dedicated to our students and our school. February was I Love to Read Month. Our theme was Monsters University and students kept track of how much they read all month long! Our top readers got to participate in our Scare Games Minefield Relay Race. They even beat the team of TEAM Staff! We had a family night on March 2 with fun monster activities to participate in. It was huge success! We had 125 people attend! This was our first family night since February 2020. We will plan another one for this spring. Anyone in the community is welcome to attend our events! We celebrated our School Social Workers, Miss Ashlee and Mrs. Auen, this week. We are so thankful and lucky to have them at our school. They work with students on their emotions, friendship skills, etc. individually or in small groups. Any student at TEAM can sign up for their services.

We have a New Student Open House coming up on Thursday, March 23 from 5-6 PM. Please stop by if you have a student in grades K-6 and are interested in learning more about TEAM Academy. We are now enrolling for next year and

our classes are filling up. Enroll now to ensure your child has a spot for the 23-24 school year! For questions contact: 507-833-8326 or jcourtney@team.k12.mn.us, visit our website at www.team.k12.mn.us, or Facebook Page!

1. Rutgers
2. Backrub
3. The Bat
4. Three
5. Both were voiced by Frank Oz
6. Psycho
7. NO
8. Strengths
9. Ontario, Canada in 1962
10. Antarctica -144 degrees



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Finding the Good Con't from Page 6

So, I'll put out a challenge to each of you - if you want to start seeing goodness in our world, start focusing on gratitude.

Over the last 3 years, we have all endured countless changes to our lives. Changes that have forced us to live differently. Changes that have made it easier to focus on negativity. But by focusing on gratitude, by starting a gratitude journal, by finding a gratitude buddy, writing letters of gratitude - we have the opportunity to realize the goodness that is happening all over our world. Know that it's everywhere. Know that it's there, not only to find, it's also there to create.

---Mike Good, creator of The Gratitude Spark and host of The Gratitude Spark Podcast, grew up in Waseca, MN and now resides in Chaska, MN. He is passionate about living life through the lens of gratitude and helping individuals and organizations spark incredible positive change through the power of a grateful mindset. If you're interested in learning more about the power of gratitude and how it can help to spark a change in your life and in the lives of those around you, feel free

to contact Mike via email at mike@thegratitudespark.com.

You can also check out our podcast called The Gratitude Spark Podcast to hear great conversations about how grati-

tude is sparking change in our world. You can also check us out online at www.TheGratitudeSpark.com on Instagram at @thegratitudespark or join our Facebook community called the "The Gratitude Spark".



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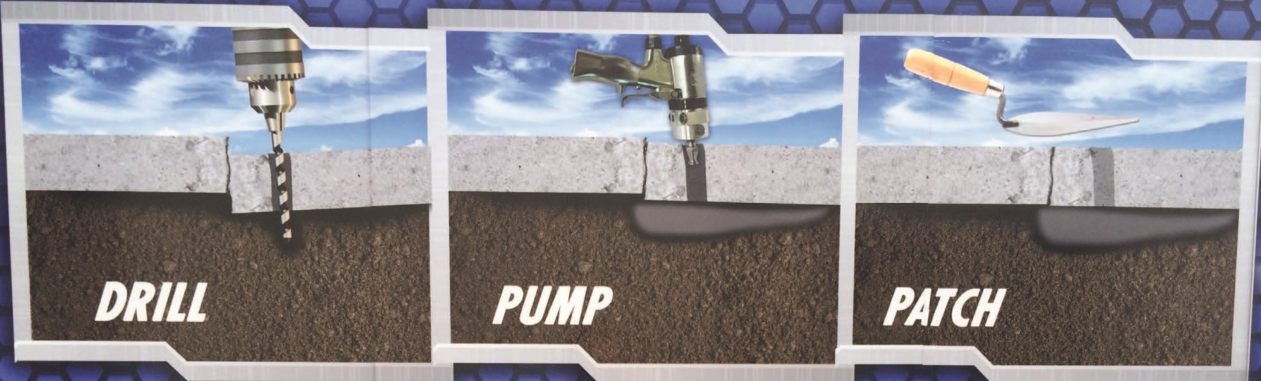
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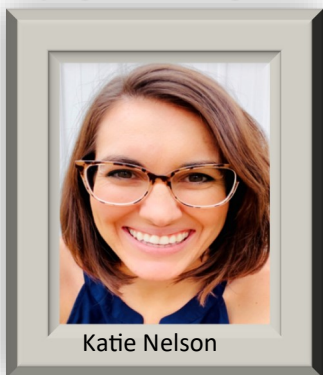
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Trying Something New!



Katie Nelson

In my latest book, *Just a Thing We Do*, the main character named Maggie

moves to Los Angeles for a fresh start. Her life coach encourages her to try ten new things. I was recently speaking at a book club and one person said, "I need to do that!" I realized... I probably should too! When was the last time you tried something new? What would be on your list of ten new things you'd like to try? What do you think is holding you back from going for it?

One of my favorite quotes is by Marianne Williamson. She says, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world."

When you are brave and courageous, you inspire others. It doesn't have to be anything crazy, but what if you tried that restaurant that you've driven by for years? What if you made a point to talk to someone new at church? What if you applied for that job you've always wanted? What's the worst that could happen? A lot of

times, the positives of trying something new outweigh the negatives! Trying new things is how we grow. It might be uncomfortable. It might feel awkward. But it might plant a small seed that eventually blossoms into something bigger. That restaurant might become one of your favorites and you could be supporting a small business. That person you said hi to at church might become a friend. That job you applied to could give you valuable interview experience even if you don't get it. But, what if you do? But, what if you do?

—
Katie grew up in Minnesota. She started writing stories in first grade and hasn't put her pen down since. When she isn't chasing after her energetic family, you can find

her reading a book, watching adorable dog videos, or drinking a chai latte. Check out her debut novel, *Just a Thing We Do*. Available now! You can find all of Katie's books on Amazon and connect with Katie on her website katiejournal.org or on Instagram @mustlove_romcoms.



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Michelle Muff



Where is your joy and wonder? If you have a pet, you understand that it is easy for animals to be intent on joy and wonder. They have a unique ability to “Behold” as if they are seeing something for the first time. They are intent on joy, especially in play. Like a tiger on the pounce the cat plays with a toy mouse, and the dog joyfully greets you when you walk in the door. Animals have a unique ability to be mindful of the moment and live in joy.

I recently took my adult daughter to the movie *Avatar: The Way of Water*. One of the common lines from the movie is “I see You!” It’s a moment of wonder and joy when the father sees the gifts and beauty of his son. It is as if he says, “Behold I see you.”

Who do you see? Your child? Your spouse? Do you truly appreciate them for who they are? Do you see the beauty of the human person? Sometimes it is hard to see wonder and beauty in the people that we live with. At times those closest to us cause us the most pain. When we love much, we hurt much. The challenges of living with family can strike at the heart for love or resentment. Forgiveness is the antidote to resentment. Many people have a hard time forgiving. It is not one and done but often a repeating process recurring again and again giving mercy to those around us. Christ calls us to forgive 70x70 or all the time.

It’s during those hard moments when you are hurt and despairing in your relationships that is it important to look up and see the beauty of Christ and know that you are not alone. Jesus will carry your suffering in his heart if you let him. Remember, you are not

alone. Give your sufferings to Christ. In John 1:29 we read the words of John the Baptist declaring, “Behold, the Lamb of God, who takes away the sin of the world.” In John 18 we hear the Pharisees describe him as a man that is a criminal. In John 19: 5 Pontius Pilate presents Jesus after his scourging “Behold the man!”

What do you believe?

Many people in the world proclaim that Jesus is a man and important historical figure. Pontius Pilate is saying, “He’s just a man that I have scourged, bullied, and beaten. No need to get upset. I gave him his due consequences.” The crowd screams otherwise; “Crucify him!” His disciples gave witness that he is the Christ, the son of the living God. Each of us have a journey to walk on this earth, and each of us search for the answer to the question asked by Jesus to Peter, “Who do you say I am?”

Hopefully we can find the joy and wonder to behold Christ risen on Easter morning. We no longer need to live in shame but can understand our unique gift to live on this earth united with God through the power of the resurrection.

MINDFULNESS MEDITATION:

This is a mindfulness exercise where you eat an orange mindfully. What this means is that you stop, pause, and take time to really appreciate the orange and revel in joy of the moment in eating an orange. I know it might sound silly, but I encourage you to try this exercise.

Directions: Hold the orange and feel the texture. Take a deep breath and smell the orange. Slowly peel the orange feeling the texture. You might begin to wonder where this orange came from and then be grateful it found its way to your table. Take a bite and really pause to taste its flavor. You may begin to think, oh my goodness I’m grateful for eating this orange.

You can be mindful when you wash the dishes. You can be mindful when you take a shower or put on your coat. The important part is to slow down, take some deep breaths and pay attention to what is good, true, and beautiful. Increasing mindfulness moments

like these can help you defuse worry and fear. In the moment of gratefully eating the orange you were not thinking of your suffering child, or your sick parent. In that mindful moment you are strictly thinking of the beauty of the moment. You were not in the past in shame or time traveling to the future with fear but were in the present moment.

C. S. Lewis in his book “Screwtape Letters”, writes that demons tempt us to live in the past in shame or the future in fear. In his book the demons are on the hunt to steal the man’s soul for hell. They mentor each other and teach that to steal a man’s soul for hell that they must not allow man to live in the present moment as that is where God is.

I hope you find your present moments and, in those moments, find gratitude and God. In your mindfulness moments I hope you find that you are loved and cherished by God.

Go find your wonder and behold.

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BRAIN TEASERS



1. Who won the first college football game on November 6, 1896? Princeton or Rutgers?
2. What was the original name of Google?
3. What's the only mammal that can fly?
4. How many hearts does an Octopuses have?
5. What do Miss Piggy and Yoda have in common?
6. What was the first movie to show a toilet flushing?
7. Are there muscles in your fingers?
8. What's the longest word in the English language with only one vowel?
9. Where was the Hawaiian pizza created?
10. Where was the coldest temperature ever recorded? What was the temperature?

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WHO ARE WE? WHY ARE WE?

By Mike Parry

We all know one, or two or three. Maybe one is you! Let's look at definitions. Hypocrisy is the practice of engaging in the same behavior or activity for which one criticizes another or the practice of claiming to have moral standards or beliefs to which one's own behavior does not conform. In moral psychology, it is the failure to follow one's own expressed moral rules and principles. Christianity is an Abrahamic monotheistic religion based on the life and teachings of Jesus of Nazareth. It is the world's largest and most widespread religion with roughly 2.4 billion followers representing one-third of the global population. A Christian is a person who believes in Jesus Christ and follows his teachings. Jesus Condemns Hypocrites. The word hypocrite comes from a Greek word that means

“play actor.” A hypocrite is someone pretending to be something that he or she is not in-order-to receive recognition or gain. Hypocrisy is a result of pride or ego.

Ok, now that we've looked at the definitions, let's look at examples. For me a prime example is right in our own backyard. Let's start with ourselves. Have you taken time to really look at you? When your alone? Or for that matter, when you're out in public? How do you respond when you're asked about God? Do you roll your eyes? Become agitated? Maybe you just ignore the question? Do you heehaw around trying to find the words? Or maybe you're like Peter in John 13:31-38 Jesus said “I tell you, Peter, before the rooster crows today, you will deny three times that you know me.” I'm afraid too many, lets say 99 percent of you are so caught up and

controlled by the matrix that you can't truly be yourselves. The pressure of what we've been told to do and not to do throughout our lives growing up makes it impossible for some to break through to the inner side.

Ok, I'm feeling like I've opened up a can of worms for some. I'm sure you haven't even thought about the Matrix. The controls that have been established for you since birth. I'll share with you what I personally have been working on during this Spiritual journey of the last nine holes of my life. (thought I'd throw a little golfer analogy in, spring is right around the corner) How do you escape the Matrix? How do I deprogram myself? Here's 8 ways I've been working on. 1. Break the shackles of dogmatic religion. ...2. Stop giving my power away to external authority. ...3. Question the dominant economic system. ...4. Detach myself from consumerism. ...5. Beware of the media. ...6. Choosing my food carefully. ...7. (This one's hard for me) Read eye-opening books. ...8. Develop mindfulness.

All 8 of the deprogramming ideas have helped me take a real hard look within. They've made it easier for me to talk with God, walk with God, thank God, and love all that God has given me and makes me aware of the God given Spirit within me. I truly hope that you take time to look how the Matrix has controlled your life.



Mike Parry
Contributing
Writer



This month we are introducing another of our newer residents, Galen Ewest. Galen was born on November 19th of 1948 in the town of Waseca. His parents were Harold and Leona, and he grew up with two brothers on the family farm just outside of town. He went to country school through the second grade, then finished his schooling in Waseca. At the age of 18 he entered the Air Force and was stationed mainly in Germany as Staff Sergeant. While in Germany, Galen married his wife, Sandy, who traveled there for the occasion. Afterwards, they lived on the family farm until Galen decided to give up farming and work strictly at Birdseye. He spent 54+ years there, ending as their Chief Boiler Engineer. During that time, Galen and Sandy lived in Waseca where they raised their family of 4 children. In Galen's spare time, he enjoyed collecting antiques, hunting deer and pheasants, and staying active in his church. Recently he found himself hospitalized and needing a place to live that offered him assistance. He chose Colony Court because it was the right fit. “I like it. I do miss my antiques, but I can still go and visit them. One bonus is I get to see my granddaughter most days since she works here!”

We think you're a bonus too, Galen, and Welcome!





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