

MARCH/APRIL 2023

CONNECTION



Roll With It

Back on track at Crystal Lanes

BLAZING BURGERS

10,000 ADVENTURES



By SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Fresh opportunities

New funding supports rural broadband

Closing the digital divide is an ongoing effort and not a one-time mission. Every month the diligent work of NTCA members helps to bridge these gaps. Even in the most remote areas, telcos are building world-class broadband networks and enabling critical, life-altering technologies and applications.

Our leaders here in Washington, D.C., continue to notice the gains being made in communities like yours. While the 118th Congress is still getting its feet under it, so to speak, we are seeing interest in several broadband-related bills that could help our members and their customers, and federal agencies continue to implement and execute on various broadband funding programs.

As community-based providers with a long history of service and successful performance, telcos are in a good position to vie for critical financial support for broadband deployment, such as the \$42.5 billion Broadband Equity, Access, and Deployment Program. This year, we expect the National Telecommunications and Information Administration to announce allocation of this money to the states and U.S. territories, and, eventually, grants could be given out to providers like yours to serve even more people.

In anticipation of these distributions, we spent much of 2022 on Capitol Hill and with local, state and federal agencies to urge them to work closely with NTCA members. We also brought key decision-makers to NTCA meetings, conferences and webinars, and we provided members-only tools to help position telcos.

Such efforts pay dividends. For example, NTCA member companies have already received more than \$1 billion in U.S. Department of Agriculture ReConnect loans and grants. Job one for NTCA and its members continues to be pursuing policies that will enable small rural providers to keep delivering on the promises of broadband connectivity every day and for decades to come. 📶

Fiber internet

It makes a difference



Fiber internet makes essential tools and services possible: commerce, education, entertainment, personal communication and more.

Here are a few examples, highlighted by the Fiber Broadband Association, offering a detailed look at how fiber networks make a difference:



1 FASTER INTERNET: Creating a network capable of keeping up with growing consumer demand for videos, music streaming and online gaming is no easy task. Fiber, however, consistently outpaces the fastest download and upload speeds of older technologies like cable, DSL and wireless.



2 INCREASED HOME VALUES: Studies have shown that fast, reliable broadband is rated as the single most important amenity for rented or multifamily homes. Access to fiber broadband increased rental and property values by as much as 8%.



3 FIBER NETWORKS HELP LOCAL ECONOMIES: There's growing evidence fiber connectivity not only encourages businesses to stay in their locations but also helps them grow and become more productive. It even attracts new businesses, particularly in high-tech industries.



4 SUSTAINABLE: The glass that makes fiber work so well is made from sand, which is plentiful and requires less energy and creates less pollution to acquire than older technologies.

This could have been an email

How digital literacy is shaping communication in the workplace

Story by DREW WOOLLEY



Clear communication can be a challenge at the best of times. But particularly for remote workers relying on digital chat and email tools, it's never been easier for wires to get crossed, even during simple exchanges.

ALWAYS ONLINE

In some cases, the generation gap can rear its head even before the first word has been typed or spoken. While baby boomers and members of Generation X tend to prefer doing business face-to-face or over the phone, younger generations are much more digitally inclined.

According to research from Purdue University, both millennials and Generation Z or Zoomers — people born between the mid-1990s and about 2010 — tend to prefer communicating by email, instant message, text and social media. Having grown up with access to high-speed internet, Zoomers expect a rapid response to messages, based on a survey by marketing company LeadSquared.

THANKS.

It's no secret periods at the end of lone sentences are falling by the wayside in texts, chats and social media. For some, it's a punctuational pet peeve. But for younger colleagues, the reappearance of that little dot can carry extra meaning.

For example, while some millennials and older generations might put a period after a short message like "Thanks" or "Good job," for Gen Z, that hard stop can imply coldness or sarcasm. Younger professionals are more likely to use exclamation points to express enthusiasm. So don't worry, they aren't yelling at you.

TBH, IDK

For those who came of age texting before phones could predict what you're trying to type, quick abbreviations for common phrases were a must. BTW (by the way), TBH (to be honest), IMO (in my opinion), JK (just kidding) and IDK (I don't know) are just a few examples.

While many of these abbreviations are now part of the internet's vocabulary, they can be a stumbling block for anyone who didn't grow up seeing them daily. When clarity is a priority, consider taking the extra few seconds to spell it out. 🗨️

A picture's worth a thousand words

As platforms like Slack and Microsoft Teams become more popular, emoji are rapidly invading work chats. Many are self-explanatory and can help add some extra expression to a message. Others can be confusing or misinterpreted. So be sure you know what message you're sending.



While many people use the **smile emoji** to denote, well, a smile, some younger professionals interpret it more ironically. That may seem confusing, but just ask yourself if there's any warmth in that smile's cold, dead eyes.



By and large, the **thumbs up** should be saved as a response to a clear yes or no question, or to acknowledge that you've seen a comment that doesn't require a longer reply. Offering a thumbs up in conversations that are any more nuanced could cause confusion about whether any follow-up is needed or suggest you aren't giving the exchange your full attention.



This one is just a public service announcement. Despite — or maybe because — the **crying laughing emoji** is the world's most popular, according to Adobe, Gen Z has officially dubbed it cliché and uncool. If you're looking to stay up on the trends, consider changing things up with the skull emoji to let them know their joke really killed.

Working Hard

Fast internet connects rural communities to new opportunities

One thing I very much appreciate about leading Farmers Mutual and Federated Telephone is that we're here to support the communities we serve as powerfully and in as many ways as we can. One of the best examples of this is our fast and reliable internet network, which opens opportunities for individuals, businesses, government and just about anyone who uses it.



KEVIN BEYER
Chief Executive Officer

This potential to help others is particularly on my mind after seeing a report that there were about 10 million job openings late last year across the nation. Now, those numbers do fluctuate, but I think it's fair to say we're in a time when opportunity exists — you just must be able to take advantage.

Fortunately, our fast internet service can be the key needed to unlock the world of work-from-home jobs, which can range from positions with call centers and medical records companies to careers in technology or marketing. Really, that's just scratching the surface. No matter the industry, the innovative communications services provided by Farmers Mutual and Federated Telephone give

you the opportunity to pursue these jobs.

Internet networks like ours can tie small towns and remote areas to national employers and well-paying professions. But having the resources and skills needed to do these jobs is just the beginning. After all, you still must land that new job.

The world of employment has changed rapidly in recent years, and tapping into all the opportunities requires fast internet and some new perspective. Really, it's a fascinating landscape.

Consider that many companies and job recruitment sites now use artificial intelligence to weed through resumes, screening them so a person only sees those who make the cut. It's something that changes how you think about applying for a job. For instance, a CNBC article suggested listing job titles in reverse-chronological order, because the machine-based screening systems appreciate clearly structured information. Similarly, when writing a bulleted list of work experience, the first one should tie into a specific job requirement.

Also, internet-based companies like Indeed, Glassdoor and Monster connect job seekers with employers. For job seekers, these companies can provide not only daily updates of potential jobs but also offer tips for succeeding in a competitive job market.

Simply, the rules of the employment game have changed and, fortunately, you have the resources to change with them. Our communications services can help sites like Indeed come to life. These companies provide daily updates on new jobs, email blasts, tips and more.

Then, when you make a connection with a potential new employer, fast internet service can add even more of a polish. When remote jobs are on the table, videoconference interviews are common. Thankfully, fast, reliable internet can create lag-free, professional connections that put you and your abilities in the best possible light.

If all of this seems like a challenge to navigate, this same internet network can help with that, too. YouTube and TikTok have plenty of examples of experts offering advice. Meanwhile, professional social media sites like LinkedIn can help you boost your profile with potential employers.

All the resources and opportunities are made possible by fast internet service by Farmers Mutual and Federated Telephone, and we're committed to always providing you with the services needed to succeed. 📶

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POWERED BY FARMERS MUTUAL TELEPHONE COMPANY
AND FEDERATED TELEPHONE COOPERATIVE

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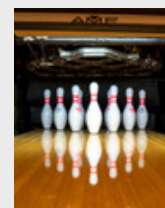
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On the Cover:



Crystal Lanes and Entertainment Center owner Dave Ziegelmann may not bowl much, but he's a mentor to many bowlers near Morris. See story Page 12.

Photo by Brooke Kern Photography

Do you qualify for the Affordable Connectivity Program?

The Affordable Connectivity Program is a Federal Communications Commission initiative that helps connect households struggling to afford internet service. Qualifying subscribers receive a **monthly discount up to \$30**.

For complete details, to see if you qualify and to apply, call 877-384-2575 or visit affordableconnectivity.gov.

To be eligible, households must have an income at or below 200% of the Federal Poverty Guidelines or at least one member must meet one of the following criteria:

- Participates in certain assistance programs such as SNAP, Medicaid, federal public housing assistance, SSI, WIC or Lifeline.
- Participates in tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF or Food Distribution Program on Indian Reservations.
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision.
- Received a federal Pell Grant during the current award year.
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

Steps to enroll:

1. Go to affordableconnectivity.gov to submit an application. Or print and send a mail-in application.
2. Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Lifeline service

Lifeline is a federal program to help low-income Americans pay for phone or internet services.

You are eligible for Lifeline benefits if you qualify for and receive one of the following benefits:

- SNAP
- Medicaid
- Supplemental Security Income
- Federal public housing assistance
- Veterans Pension or Survivors Pension benefit

Additionally, consumers at or below 135% of the Federal Poverty Guidelines will continue to be eligible for a Lifeline program benefit. (State determinations of income will no longer be accepted.) There are no changes to the eligibility criteria for tribal programs.

Some states have additional qualifying programs, allowances and stipulations. Check with your local telecommunications provider for information about benefits that may be available in your state.

To find out whether you qualify for Lifeline assistance, please visit lifelinesupport.org or call your local telecommunications provider.

NOTE: Farmers Mutual and Federated Telephone are not responsible for determining who qualifies for these programs or who receives assistance. Consumers must meet specific criteria to obtain assistance with their local telephone and/or broadband service, and qualifying is dependent upon government-established guidelines.



District elections set



Farmers Mutual Districts

June 13 at 6 p.m. during the Farmers Mutual Telephone Company Annual Meeting.

District II: Michael Sorenson

District III: Troy Hoyles

District IV: Jerome Kallhoff

Vote on any amendment to the bylaws.

Federated Telephone Districts

June 15 at 6 p.m. during the Federated Telephone Cooperative Annual Meeting.

District 4: Dan Smith

District 7: Dennis Schroeder

Vote on any amendment to the bylaws.

If you are interested in being a board member, please see your cooperative bylaws for information about the qualification process.

Career Milestones

Help us congratulate **Chris Johansen** for five years of service as a combination technician. Thank you, Chris, for your great work!



CHRIS JOHANSEN

The North Star State

Land of 10,000 adventures



Photo courtesy of Explore Minnesota

Story by ANNE BRALY

When it comes to exploring the great outdoors, Minnesota isn't lacking in opportunities. Its lakes, cliffs and untold numbers of hiking and biking trails make it ideal for anyone wanting to bring their adventurous spirit out to play.

"With more than 11,000 lakes — 11,842 to be exact — and vast forests to rugged bluffs, Minnesota is an exciting outpost for outdoor adventure seekers of all kinds," says Alyssa Haynes, spokeswoman for Explore Minnesota, the St. Paul-based state department of tourism.

The state is home to the headwaters of the mighty Mississippi, as well as the sparkling shores of Lake Superior, and it's a haven for boaters, anglers, paddlers and other water lovers. Visitors can hike

thousands of miles of mountain paths, bike 4,000 miles of scenic paved trails or ride more than 900 miles of ATV trails. "And when day is done, Minnesota presents primetime night sky viewing at some of the darkest skies in the world," Alyssa adds.

WATERWORLD

The waters of Minnesota call out to boaters, anglers, kayakers, canoeists, paddleboarders, skiers and all water lovers.

- The Chain of Lakes in Minneapolis is a massive park — a collective of 22 lakes connected by walking paths and bike trails. Stay on the path or jump in the water. Wheel Fun Rentals is the largest outfitter in the area and is the place to rent mountain bikes, kayaks, paddleboards and, for the less adventurous,

pedal boats. For more information, go to minneapolisparcs.org.

- Grab your paddleboard, head over to Bear Head Lake and take a cruise that's peaceful enough to spot wildlife along your watery path. Don't have a paddleboard? Rent one from Bear Head Lake State Park. In fact, there are several state parks that offer great paddleboarding. To find one near you, visit dnr.state.mn.us/state_parks and follow the links.
- While the state may be known for its peaceful lakes, it's also a state with plenty of whitewater, so head to Cloquet, where the St. Louis River provides rapid after rapid of rafting excitement. It's a day you won't soon forget. Make a reservation for a boatload at minnesotawhitewater.com.



Photo courtesy of Eagle Hang Gliding



Photo by Carol Depress for Explore Minnesota



Photo by Kristi Photography courtesy of Meet Minneapolis

LEFT: Visitors enjoy bouldering in Tettegouche State Park. **ABOVE:** Eagle Hang Gliding provides adrenaline-pumping adventures for those looking to soar among the clouds. **TOP RIGHT:** Water lovers won't want to miss a chance to kayak on Lake Superior. **BOTTOM RIGHT:** Paddleboarding is just one of the activities offered at Chain of Lakes, a massive park in Minneapolis.

TAKE A HIKE – OR A BIKE

Mother Nature has wrapped her arms around the state of Minnesota, offering thousands of miles for pedaling and walking, along with a chance to escape into the wild and put thoughts of the office in your rearview mirror.

- The Superior Hiking Trail is more than 300 miles long, beginning at Jay Cooke State Park in Carlton and traveling through seven more state parks before reaching its end at the Canadian border. It's regarded as one of the best hikes in the United States for obvious reasons — sweeping views of Lake Superior, the Sawtooth Mountains and wilderness as far as the eye can see. One challenging 11.3-mile portion with steep ascents and descents is not for the faint of heart. For more information check out superiorhiking.org.
- One of the best biking trails in the state is just a short drive out of the metropolis of the Twin Cities. Take your bike off the road and hit the trails at Lake Rebecca. The lake's Big Woods landscape offers numerous opportunities to view wetlands and wildlife as you speed along. The trail loops around the park for 13.25 miles and is designed to accommodate a variety of skill levels. For more information, visit threeriverspark.org.

- Cuyuna Country State Recreation Area offers something for most every outdoors enthusiast, whether you're looking for hiking trails around stunning, clear water, world-class biking in a park that was designed for that purpose or to tackle a monster bass along 25 miles of natural shoreline. At day's end, pitch your tent along the lake or reserve a yurt. For information, visit dnr.state.mn.us/state_parks and follow the links.

ZIP IT

There's no better way to see the flora — and perhaps some fauna — than by getting a bird's-eye view high above the treetops as you soar across the landscape on a zip line. Some lines raise the bar by adding ropes courses to further challenge your body and mind.

- Kerfoot Canopy Tour in Sibley County, southwest of Minneapolis, takes adventure-seekers soaring over the Minnesota River Valley up to 175 feet above the ground on 14 different lines. Add a ropes course to complete the experience. Learn more at kerfootcanopytour.com.
- Sand Creek Adventures follows a breathtaking, three-line course over Sand Creek in Jordan. Add a ropes course challenge for a team-building experience. Details are online at sandcreekadventures.com.

- Northwood Zipline offers several possibilities, but its Full Adventure Tour takes in all of them, with 13 different zip lines — two of which go over a lake — 14 aerial obstacles and several adventure bridges. If you want it all, this is the tour for you — it's the biggest of its kind in Minnesota. Learn more at northwoodszipline.com.

HANGING AROUND

Take a leap of faith and soar with the eagles aboard a hang glider. Eagle Hang Gliding allows adventure-seekers to do just that. You're launched from a perch on a boat in Lake Pepin and then, when you're high enough, you're released into the wild blue yonder. Want to learn? An experienced crew is on hand to teach you. Tandem flights are available. For reservations, log on to eaglehanggliding.com.

Blue Water Hang Gliding offers the same type of adrenaline rush, launching gliders from a boat on a lake right outside Maple Lake. Coach Doyle Johnson offers lessons and training — and, most importantly, safety tips — to get you ready for the experience of a lifetime. For more information, go to bluewaterhg.com. [📞](#)



Are you having trouble using the telephone due to a hearing or speech disability?

Minnesota Relay is a free telephone service that uses specially trained communications assistants to facilitate telephone calls between people with hearing and speech disabilities and other individuals. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year. All calls are completely confidential.

To make a relay call, dial 711. Once connected to the relay service, tell the communications assistant the type of relay call you wish to make. Or, you may dial the specific toll-free number for the type of relay service.

Captioned Telephone Service (CTS): 877-243-2823

CTS uses a special telephone with a text display screen so that a person who is hard of hearing can listen to and read captions of everything the other person on the call says. You speak directly to the other person on the call, and a relay communications assistant transcribes everything the other person says into captions, which appear on the display screen of your CTS phone. Go to: fcc.gov/general/minnesota-trs.

Internet Protocol Captioned Telephone Service (IP CTS)

Internet-based forms of CTS are available for those who would like to use CTS on a computer, tablet or smartphone. Go to: fcc.gov/ipcts.

Computer (ASCII): 1-800-627-3529

Computer users can access Minnesota Relay. Set your communications software to the following protocols: speeds ranging from 300 to 2400; 8 Bits; No Parity; 1 Stop Bit; Full Duplex. When calling at a rate of 300 or below, follow the above using Half Duplex.

Hearing Carry Over (HCO): 1-800-627-3529

HCO allows a person who can hear clearly but who has very limited or no speech capability to make phone calls. Using a special text telephone, you type your conversation for the relay communications

assistant to read to the other person, and listen directly to the other person's response.

Hearing User: 1-800-627-3529

A hearing person may use a standard telephone or mobile phone to place a relay call and speak with a person who is deaf, hard of hearing or speech disabled.

Internet Protocol (IP) Relay

IP Relay combines text-based relay service with the ease of the internet — no need for a TTY. You are able to make your relay call using a computer, laptop, tablet or smartphone. Go to: sprintrelay.com.

Spanish Relay: 1-877-627-5448

Spanish-speaking individuals with a hearing or speech disability are able to make relay calls. This is not a translation service — both parties must speak Spanish, and at least one party must have a hearing or speech disability.

Speech-to-Speech (STS): 1-877-627-3848

STS allows a person who has difficulty speaking or being understood on the phone to communicate using his or her own voice or voice synthesizer. The communications assistant revoices your words so that the other person on the call can understand them, and the other person speaks directly to you.

Text Telephone (TTY): 1-800-627-3529

This service allows a person who is deaf, deafblind or speech disabled to use a TTY to communicate with the other person on the call.

Video Relay Service (VRS)

VRS allows a person who uses American Sign Language (ASL) to communicate over the phone. The VRS user connects to the relay communications assistant via an internet-enabled device with a video camera. The communications assistant relays the conversation back and forth between the parties — in ASL with the VRS user and by

voice with the called party. Go to: fcc.gov/consumers/guides/video-relay-services.

Voice Carry Over (VCO): 1-877-627-3024

VCO allows a person with a hearing disability, but who wants to use his or her own voice, to speak directly to the other party. The communications assistant then types the other party's response, which is displayed on the VCO user's text telephone.

FOR MORE INFORMATION ON MINNESOTA RELAY SERVICES:

mnrelay.org
1-800-657-3775

EMERGENCY ASSISTANCE:

TTY callers should dial 911 directly in an emergency. All 911 centers are equipped to handle TTY calls. Minnesota Relay can process emergency calls, but this may delay the response to your call.

TO FILE A COMPLAINT REGARDING MINNESOTA RELAY:

1-800-657-3775
Email: mn.relay@state.mn.us

You will need to provide: the date and time of the relay call; the calling from and to phone numbers; the communications assistant's identification number; and the nature of your complaint.

You may also file a complaint with the Federal Communications Commission:
fcc.gov/complaints
Voice: 1-888-225-5322
TTY: 1-888-835-5322
ASL via VP: 1-844-432-2275

TELEPHONE EQUIPMENT DISTRIBUTION (TED) PROGRAM

The TED Program provides free specialized telecommunications equipment to income-eligible Minnesotans who are having trouble using the telephone due to a hearing, speech or physical disability. Online: mn.gov/deaf-hard-of-hearing; Voice: 1-800-657-3663; ASL via VP: 651-964-1514

Source: Minnesota Commerce Department



Burning Desire

Take a walk on The Fire Side

Story by ANNE BRALY

Fighting fires is in C.J. Fromm's blood. His dad was a volunteer firefighter, and C.J. inherited that same passion and parlayed it into a restaurant career.

C.J. worked at The Met Lounge, a legendary bar in Morris. Known to locals as "The Met," Dave Wente, Jerry Koosman and Bud Rentz opened the bar in 1969, just a few weeks after Jerry won the World Series as a member of the New York Mets. C.J. met his wife, Stacey, while bartending there, and in 2005, the couple bought the business.

In 2019, with the years of experience they had gained from owning their bar, they opened a restaurant in a space they owned next door and named it The Fire Side. "We thought it would be a good idea to have an area available that was more family-friendly than a bar," C.J. says.

C.J. became a volunteer firefighter 15 years ago. "My father was a firefighter and owned a business in a small town, and when Stacey and I decided to buy the bar, he recommended that I get involved in some volunteer activities in

the town," C.J. says. "One of the things I chose was the fire department."

HOMETOWN PRIDE

The restaurant sports a firefighting theme and offers discounts to active and retired firefighters, EMS, law enforcement and military personnel. The Fromms purchased some decor items, and other pieces are on loan from retired firefighters. When the Stevens County Historical Society and Museum dismantled its fire department exhibit, it gave C.J. and Stacey a stack of old photos and articles about the history of the Morris Fire Department. "It's fun to see kids come in and find pictures of their grandfather or dad on the walls," C.J. says.

But there's one piece that C.J. especially treasures. "The helmet that hangs right above the front door was my father's from when he was an active firefighter," he says.

Stacey is in charge of the kitchen, having honed her culinary skills cooking at The Met. Hand-pattied burgers are the house specialty. The Fromms wanted



Photos by Brooke Kern Photography

Morris Fire Department gear is proudly displayed on the walls of The Fire Side restaurant in Morris, which is owned by C.J. and Stacey Fromm.

to feature some burgers you can't get at other places, like one served on waffles instead of a traditional bun. A portion of the proceeds from sales of the restaurant's Burger of the Month goes to help kids in need at Stevens County schools.

C.J. manages the front of the house, but there have been times when he's been called to firefighter duty. "We are paid on-call firefighters in Morris, so we make it work, but there are many times I've left work for a fire call and Stacey has had to pull double duty," he says.

The restaurant wouldn't function as it does, though, without quality broadband from Federated Telephone, which allows The Fire Side to offer free Wi-Fi to guests, enables online and phone orders and other elements of modern technology essential to running a 21st century business. ☎

Family TV night

Great family binges for all ages

With the wealth of streaming services available today, there have never been so many viewing options available at the tap of a few buttons. But the constant barrage of new TV shows and movies can make it difficult to sort the wheat from the chaff, especially if you're looking for something the whole family can enjoy.

While services like Disney+ come ready with a huge catalog of family classics, other major streamers are still building up their libraries of kid-friendly content. Here are a few suggestions to help your family start exploring the latest offerings.





AGES 4+

“Bluey,” Disney+ — Inexhaustible Blue Heeler dog Bluey turns everyday life into amazing adventures that stimulate her imagination and emotional resilience. Broken up into short, nine-minute episodes, the Australian animated show has garnered praise for providing constructive messages while remaining engaging for adults.

“Motown Magic,” Netflix — This feel-good series celebrates music, has colorful, eye-catching visuals and instills positive messages about self-confidence. For lovers of oldies, the soundtrack is also a great introduction to Motown and soul classics.

“Sesame Street,” HBO Max — Starting with the show’s 51st season in 2020, HBO Max became the official home of “Sesame Street.” Get access to new episodes immediately so your kids can experience the fun and entertaining brand of education that “Sesame Street” has offered for decades.

“Madagascar: A Little Wild,” Hulu — Drawing on the humor and animation that made the Madagascar movies popular, this musical comedy series follows four young animals in a rescue habitat in Central Park. The show celebrates being yourself and pursuing your dreams, no matter how wild.

“Shaun the Sheep,” Netflix — Adults and young kids alike can enjoy a laugh in this clay-mation series from the makers of “Wallace and Gromit.” Shaun’s barnyard misadventures with his cousin Timmy, sheepdog Bitzer, cat Pidsley and fellow sheep Shirley have even spun off into several movies available exclusively on Netflix.

AGES 7+

“Just Add Magic,” Amazon Prime Video — When Kelly discovers her grandmother’s mysterious cookbook in the attic, she and her best friends, Darbie and Hannah, find out there’s more magic to the recipes than just a secret ingredient. Loosely based on Cindy Callaghan’s popular book by the same name, the show offers magical fun for the whole family.

“Pokemon Journeys,” Netflix — This Netflix series is action-packed enough to grab the attention of new viewers and based on the anime series some parents may have watched when they were kids. Follow young trainer Ash as he travels the world learning about new Pokemon.

“Gravity Falls,” Disney+ — If your little

ones aren’t quite ready for shows like “Stranger Things” or sci-fi classics like “The X-Files,” “Gravity Falls” might be just the ticket. This show offers Pacific Northwest weirdness for the whole family as twins Mabel and Dipper Pines spend the summer with their great-uncle Stan investigating strange mysteries in Oregon.

“Star Wars: The Clone Wars,” Disney+ — Before there was a Disney series for every character in the Star Wars universe, “The Clone Wars” was filling in the gaps between the canonical Star Wars movies. The continuing adventures of Obi Wan, Anakin and young Palawan Ahsoka Tano feature enough surprisingly deep storytelling that parents might be as eager as their kids to hit play on the next episode.

“TrollsTopia,” Hulu — Picking up after the movie “Trolls: World Tour,” “TrollsTopia” follows Poppy as she attempts to unite delegates from the Country Western, Classical, Funk, Techno and Hard Rock tribes in one harmonious city. Watch as they learn to celebrate their differences with a variety of catchy tunes.

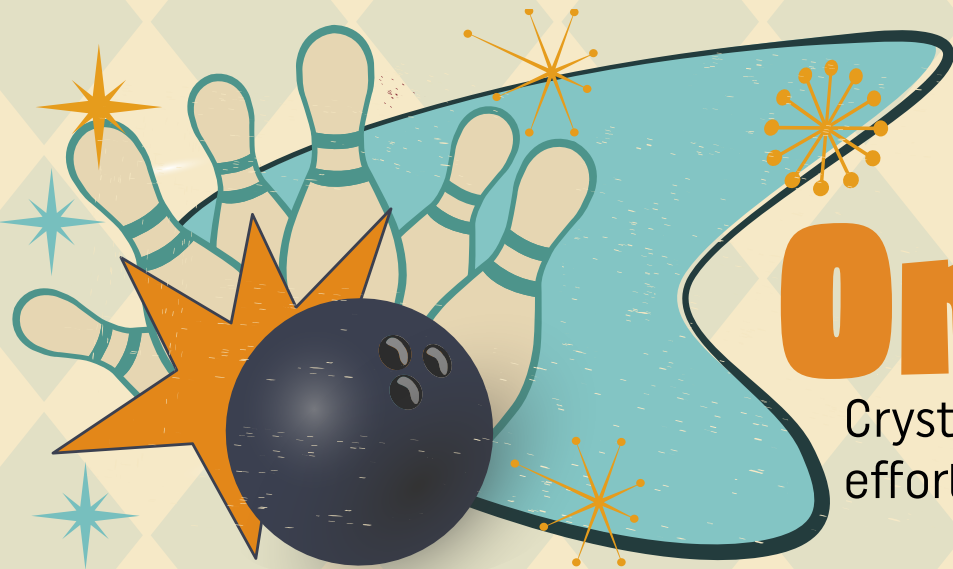
AGES 11+

“Raising Dion,” Netflix — Second grader Dion learns to balance super powers and villain battles with the everyday challenges of growing up. The mild violence and portrayals of bullying might be a little much for younger viewers, but tween audiences will find plenty to enjoy.

“The Hardy Boys,” Hulu — Based on the popular book series, this show follows Frank and Joe Hardy when they move from the city to their parents’ hometown of Bridgeport. When their dad takes on a secret investigation, it doesn’t take long for the Hardy boys to get drawn into the mystery.

“The Quest,” Disney+ — A new take on the reality competition series from the team behind “The Amazing Race,” “The Quest” drops eight teens into an immersive fantasy world where it’s their job to save the kingdom. Find out which contestant is The One while scratching that old “Legends of the Hidden Temple” itch.

“The Dark Crystal: Age of Resistance,” Netflix — This prequel to the 1982 dark fantasy movie from Jim Henson follows a group of Gelflings as they seek to stop power-hungry overlords from draining the life from their world. Parents who enjoyed the original will enjoy the shot of nostalgia, while younger viewers marvel at the stunning visuals. 📺



On a Roll

Crystal Lanes owner spares no effort to make his business a hit

Story by LUIS CARRASCO

Last May, when a storm blew through western and central Minnesota, strong winds ripped the roof off the Crystal Lanes and Entertainment Center in Morris. As owner David Ziegelmann later surveyed the damage, he wasn't too worried. After all, he had seen his business look worse.

When he bought the bowling center in February 2002, the building was in disrepair and needed more than just a little tender loving care. "The place had seen better days. It was totally shot," he says. "It was kind of comical. Everybody said, 'Boy, you had the nerve to buy this place?' I said, 'I'm not afraid to work. Never was afraid of work.'"

People who speak with David quickly realize that's an understatement.

ROLLING UP HIS SLEEVES

Before he bought Crystal Lanes, the 69-year-old worked as a bricklayer for 30 years and served in the armed forces almost as long. Aside from help from his wife, Debbie, during the holidays, David runs the bowling center by himself during the nine-month season. He's there seven days a week putting in 12-hour days.

Part of that level of commitment and dedication comes from his time in the military. He went into the Army straight after high school in 1971 during the Vietnam War. Since his brother was already in

Vietnam, the Army sent David to Germany. Back then, he wasn't making very good pay as a private, so he entered jump school and trained as a paratrooper.

After his two-year stint in uniform, he began working as a bricklayer. In 1982, as the country entered a recession and construction jobs dried up, he joined the National Guard. David became a nuclear, biological and chemical warfare specialist, touring the country and teaching others how to stay safe in the event of an attack. In total, he spent 28 years in the service, including 11 years in the Army Reserve.

Eventually, he returned to work as a bricklayer, helping build schools, hospitals and nursing homes in the Twin Cities area until health problems made it impossible to continue. "I got to the point that I couldn't swallow anymore," he says. "I used to do a lot of cement work, and cement dust finally started to get to my system. So, I had to look for a different occupation."

As he was casting about for what to do, the Alexandria native turned to one of his hobbies. "I used to bowl a lot, and so, I thought, 'Well, I might as well finish out my career with something that I like to do,'" he says. "And so, I decided to buy this bowling center in Morris."

Crystal Lanes and Entertainment Center owner David Ziegelmann doesn't bowl much anymore, but he's still a great mentor of the game.





Photos courtesy of Brooke Korn Photography

ABOVE: David works on the ball return system. The lanes are meticulously polished. **RIGHT:** From left, Jane Johnson, Rachel Reller, Shelbie Morris and Allison Pohlmann represent Team BABS at the bowling center.

GOING PROFESSIONAL

David averaged about 185 in his bowling game. But it wasn't his prowess on the lanes that came in handy after he bought the business, it was his talent in construction. Even then, he had his work cut out for him. "You used to be able to smoke, so the ceilings in the building were all brown and red, so we basically had to replace everything," he says. "It was a nightmare, but I had a lot of skill with my hands and did most of the work myself. That saved me a lot on labor."

It's taken years to build Crystal Lanes into what he envisioned, he says. The 13,500-square-foot bowling center features 12 lanes, a party room and a concession area with pizza and refreshments. Over time, David installed automatic scoring systems and new ball returns. There's a big-screen TV, a pool table and a jukebox for customers to enjoy.

The center's party room hosts Christmas gatherings, class reunions, graduations and about 100 children's birthday celebrations during the business season, which usually runs from Labor Day to the end of May. During the summer, the center closes for maintenance work, including refinishing lanes, shampooing carpets and waxing floors.

Technologically speaking, David

likes to keep it old school. He still distributes flyers to let the college kids know there's a bowling center in town, he says. But Crystal Lanes has a Facebook page, and the bowling center's jukebox is connected to the internet to access a world of songs to match his customers' tastes in music.

Those customers include families, church groups, league bowlers and college students, and keeping them happy is David's No. 1 priority. "When I bought the place, I knew I was going to put everything I had into it, and that's what I did," he says.

As David contemplates a well-earned retirement, he looks back on his multiple careers and is proud. His accomplishments include attaining the rank of first sergeant when he was in the military to getting his pilot's license to becoming a journeyman bricklayer with the union after six years of apprenticeship.

His latest goal is to find a buyer for Crystal Lanes who will keep the bowling center running. David says he is ready to take a break, even though he knows what he will miss the most. "I'll miss the people. I'll miss the leagues and all the friends I made," he says. "I think you'll always look back on what you've done and appreciate the people who supported you." 📺



ABOVE: Crystal Lanes hosts various leagues with teams of bowlers including, from left, Michelle Rath, Nancy Schmidt, Adrienne Hilbrands and Kim Spohr.

MEALS

that will make you

SQUEAL



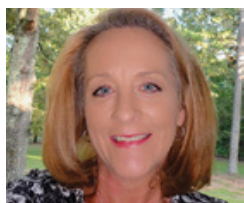
Ham-bitious ways to use your leftovers

While much of the rest of the world celebrates the arrival of spring with lamb, in the U.S. pink, salty-sweet slices of cured pork, slathered in a sugary glaze, will fill many tables.

The problem, however, is that unless you buy a boneless ham by the pound or one of those small canned hams, you'll probably bring home a large bone-in ham from the market or treat yourself to one from the honey ham store. And more likely than not, after you serve dinner with a couple of side dishes, you're going to have a lot of leftovers.

There are so many ways to use up that ham that go beyond deviling or as a salad topper.

Here are three ideas to make the most of your leftover ham. They're wonderful by themselves, or just make a day of it and make them all, using up most, if not all, of that leftover ham. There's nothing better than a bowl of creamy ham soup with cheesy ham-studded biscuits and a delicious ham sandwich — with a twist.



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CREAMY POTATO HAM SOUP

- 4 strips of bacon
- 1/2 cup onion, finely chopped
- 3-4 medium potatoes, peeled and diced (2-3 cups)
- 3 tablespoons all-purpose flour
- 4 cups chicken broth, preferably homemade (see note)
- 1 1/2 cups cooked ham, cut into 1/2-inch cubes
- 1 cup corn, canned (drained) or frozen (no need to thaw)
- 1/2 cup heavy cream
- 1/2 teaspoon ground black pepper
- Salt (to taste)
- 1 teaspoon fresh parsley, finely chopped

Saute bacon in a large stockpot over medium-high heat until crisp. Chop the bacon and set it aside on a plate, reserving bacon drippings in the pot. Add onion and potatoes to the pot and saute for 1-2 minutes until fragrant. Stir in flour and mix well until the flour is fully incorporated. Stir in chicken broth and mix until the soup is smooth and uniform. Bring the soup to a boil over medium-high heat. Cover and let it continue to boil for 10-15 minutes until the potatoes are fork tender.

Mash half of the potatoes in the



pot with a potato masher to help thicken the soup.

Stir in ham, corn, heavy cream and black pepper. Let the soup simmer over medium heat and whisk occasionally until thickened to a desired consistency, 5-10 minutes. If the chowder gets too thick, add a little water to dilute it. Add salt to taste. Serve topped with reserved crispy bacon and fresh parsley. Makes about 4 servings.

Note: To make homemade chicken stock, boil a whole chicken in water to cover with some chunks of onion and celery added. Simmer the chicken until tender. You can tell if it's tender by pulling on the leg. If the leg comes out easily, the chicken is ready. Save the chicken for chicken salad or a chicken casserole. But save the stock, too. Salt it, to taste, and use it right away for this soup, or let it cool, pour it into a gallon-size freezer bag and freeze it.



CHEESY HAM BISCUITS

These biscuits pull double duty as a side to soup or cut them in half, add a fried egg and make a breakfast biscuit.

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup salted butter (1 stick)
- 1 1/4 cups buttermilk
- 1/2 cup chopped ham
- 1 cup shredded extra sharp cheddar cheese

Preheat the oven to 450 F.
Mix dry ingredients. Cut butter into thin slices and then cut it into the flour

until pieces of butter are small. Add in the buttermilk slowly and incorporate with the flour mixture. Don't overmix.

Sprinkle a small amount of flour on a work surface and place dough on top of it. Press down to make flat and then add the ham and cheddar cheese to the top. Knead dough a few times to incorporate the ham and cheese.

Press or roll out into 1/2-inch thickness. Use a biscuit cutter or rim of a glass to cut out biscuits.

Place biscuits on a baking sheet and bake for 10-12 minutes. Makes about a dozen biscuits.



BAKED HAM SANDWICHES

This is a favorite vintage recipe from Encore! Nashville, a Junior League of Nashville publication from the 1970s. Prepare ahead: These sandwiches are best made early in the morning or the day before to give time for the "custard" to soak into the bread.

- 8 slices bread
- 2 tablespoons butter, softened
- 4 slices ham
- 4 slices sharp cheddar cheese
- 1/2 teaspoon dry mustard
- 3 eggs, slightly beaten
- 2 cups evaporated milk or whole milk
- 1 teaspoon grated onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dash of Worcestershire sauce
- Dash of cayenne pepper

Trim crusts from bread and butter both sides well. Place 4 slices of bread

in a buttered baking dish. Place a piece of ham on each piece and cover with cheese, then top with remaining bread slices.

Combine remaining ingredients and pour over bread. Refrigerate all day or overnight. When ready to bake, spoon sauce over bread again and bake at 300 F, uncovered, until sandwiches are bubbly and golden brown on top, about 1 hour. Makes 4 servings.

Note: For a heartier sandwich, slices of tomato, avocado or bacon may be layered between the ham and cheese. 🍷





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