# SMSU's GOLD College kick-off is Sept. 4

The fall kick-off session for GOLD College will be held in the Conference Center Upper Level at SMSU on Wednesday, Sept. 4, starting at 2 p.m.

The kickoff event will feature keynote speaker: Lew Shaver, retired SMSU professor and wheelchair basketball coach. His presentation will focus on his recently-published memoir From the First Brick: It Changed My Life.

GOLD College offers lifelong learning opportunities to adults in areas of personal interest. GOLD is an acronym for "Growth, Opportunity, Learning, Development." GOLD College offers non-credit classes with a variety of topics: art, history, computers, current events, music, writing, health, physical well-being, and more. Each class is held one day per week for two hours. There are no tests or grades, and it is for students of any age who wish to continue learning.

Fall 2024 courses are scheduled from Sept. 16-Oct. 25. Coursework is delivered inperson and in a hybrid format, either in-person or Zoom.

GoldCollege@ Contact smsu.edu or call 507-537-6808 for more.

# GOLD College courses include:

# MONDAYS

World in War and Crisis, 1895-1949 Between 1895 and 1949, humanity was convulsed not only by two World Wars and the Great Depression, but also by the collapse of empires, revolutions, civil conflicts, coups d'etat, and genocides. Although history does not repeat itself, sometimes it rhymes. Studying these decades, the most violent in human history, provides the political, economic, and social context of our present.

Instructor: Tom Williford, 11:30 a.m.-1 p.m.

# The US War in Vietnam

We will tap our personal experiences, oral and written history, and multi-media learning to better understand the impacts of the War in Vietnam. We will explore the events that led to US involvement in Vietnam and the key events, decisions, and persons involved in the US role in the Vietnam War during our first two sessions. Then during our subsequent four sessions, we will seek a better understanding of the experiences of the US troops who served in Vietnam by hearing directly from four veterans who served there from our area. Instructor: Bill Palmer, 1:30-3 p.m.

## An Examination of Current Events

This course will take a deep look into the major headlines dominating our news these days. From election politics at home to wars overseas, students will learn more about the background and implications of current events while also being able to discuss the issues with classmates. This class welcomes all - whether you're a news hound or just feel like you need to know more about what's going on in the world, this class can serve to help us all gain a better understanding of how today's news impacts our lives. Instructors: Steve Fredrickson (weeks 1-3) & Rick Purrington (weeks 4-6), 4-5:30 p.m.

and exploring, we will once again learn from a variety of talented and knowledgeable speakers, and all new topics, how to discover the JOYS hidden in plain sight all around us!

Instructor: Deb Ahmann '79, 9:30-11 a.m

#### Hull-House and Its Times, 1889-1920

This class will look at the tempestuous years of the early 20th Century when the United States grappled with a multitude of problems both old and newly arisen in the rapidly changing times. We will look through the lens of one of the era's most famous institutions, Jane Addams's Hull-House settlement house where the extraordinarily resolute and talented residents took on multiple issues: immigration, labor, economic inequality, women's rights, the protection of women and children, political corruption and-with the arrival of World War I — issues of war and peace. Instructor: Dr. Joan Gittens, 11:30 a.m.-1 p.m.

# **Exercise Enthusiasts**

Interested in exercise but not sure where to start? Learn about a new piece of equipment each week and how to properly use it. You'll leave each class with the knowledge to complete these workouts on your own! This class is great for a beginner who wants to expand their horizons on bringing exercise to the next level and making it fun! Disclaimer: each class will be split in half for lecture and exercise. Instructor: Katie Serbus '15, 1:30-3 p.m. (20 spots available)

#### WEDNESDAYS Love, Friendship and **Resilience in Literature**

This course will explore the themes of love, friendship and resilience primarily through reading The Book of Charlie written by David Von Drehle. Students will need their own copy of the book. Students will also experience these themes by reading a short story, a children's book and various poems, which will be provided by the instructor. Instructor: Janet Ellingworth, 9:30-11 a.m.

Minnesota River Area on Aging Join us for an engaging series of sessions designed to inform and empower older adults. Hosted by the Minnesota River Area Agency on Aging (MNRAAA), this course covers a range of relevant topics, includina:

· What's New with Medicare: Medicare updates for 2025.

· Fraud Prevention: Learn how to recognize and protect yourself from scams and fraud using practical legal processes, technology, and advocacy.

 Advocate Connect Educate (A.C.E.) of Southwest Minnesota: Discover community resources, volunteer opportunities, and caregiver support networks.

· Women's Health and Rural Health: Explore health and wellness topics specific to women and rural health.

on education opportunities as we learn about the tall grass prairie ecosystem, migratory birds, fall/ winter animal adaptations, and so much more Instructor: Katie Chapman '08,

1:30-3 p.m. at Lake Shetek Camp

#### THURSDAYS **Experimental Arts Group**

Art is a fun way to experiment with materials and enjoy doing it! Whether you have experience with art or not, no worries! This class is for you! We will be using a different type of art material each week including heavy texture, experimental watercolor techniques, wire wrapped gems, making a spirit bag from leather and creating a mixed media collage. So, come and enjoy trying some new techniques! Materials will be supplied each time and there is a one-time fee of \$10. Instructor: Michelle Koppien, 9:30-11 a.m. (30 spots available)

#### Effects of Race on **American Justice**

Come join Professor Franson's class as they discuss the Effects of Poverty & Race on American Justice through their reading of the book His Name Is George Floyd, by Robert Samuels and Toluse Olorunnipa. Each week. SMSU students will present an overview of sections from the book to the class before dividing into small groups for discussion. Gold College students will not be required to read the book. however they certainly can - it is available to purchase in the campus bookstore. Instructor: BC Franson, 10:30-11:30 a.m. (please note the different time)

### My Favorite Lecture

This class offers a wide variety of speakers on topics of special interest to them, including:

 Professor Heather Rickgarn on Medicare Policy

· Dr. Vince LaPorte on the Minnesota Department of Health in HPV vaccine education

Levi Magnuson on the History of Eugenics (the so- called science of human breeding)

Dr. Curt Louwagie on Eye Care Medical Missions in the Dominican Republic

Alicia Johnson on Georgia O'Keeffe, the Mother of American Modernism Professor Anita Gaul on the KKK in Southwest Minnesota in the 1920s

Multiple Instructors, 11:30 a.m.-1 p.m.

#### The Painter's Palette

Painting is relaxing! Whether you've painted on canvas for years or have never picked up a brush in your life, this class has a place for you. A selection of paint and brushes is provided for use in class, as well as ideas for subjects to paint. Canvases will be available for purchase at the first class meeting. You may also choose to bring your own supplies and ideas. So let your creative side rule!

Join the fun of painting on canvas and socialize with a great group. Instructor: Pat Hand '77/'96, 1:30-3 **Public Notice** 

(First Date of Pub.: Wed., Aug. 14, 2024) (Dates of Pub.: Wed., Aug 14, 21, 28, 2024)

STATE OF MINNESOTA LYON COUNTY BOARD OF COMMISSIONERS DRAINAGE AUTHORITY FOR LYON COUNTY DITCH 17

In the matter of the Petition for Impounding, Rerouting, and Diverting Drainage System Waters and Partial Abandonment of Lyon County Ditch 17

#### FINAL PUBLIC HEARING NOTICE

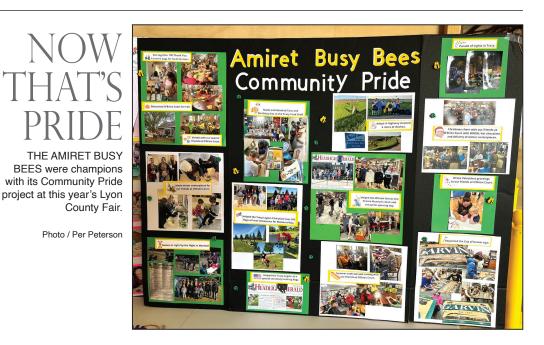
PLEASE TAKE NOTICE, that the Lyon County Board of Commissioners, sitting as the public drainage authority for Lyon County Ditch 17 ("Drainage Authority"), pursuant to Minnesota Statutes, sections 103E.227 and 103E.806, shall hold a final public hearing on the petition of the Minnesota Department of Natural Resources requesting to impound, reroute and partially abandon, and divert drainage system waters on portions of the CD 17 tile main and its laterals located in the South Half (S½) of Section 36. Township 111 North, Range 43 West (Island Lake Township) in Lyon County, Minnesota ("Petition").

The public hearing will be conducted at 8:15 a.m. or shortly thereafter as the agenda allows on September 3, 2024, in the Commissioners Room of the Lyon County Government Center, 607 W. Main St., Marshall, MN 56258.

The Drainage Authority appointed an engineer to investigate the effect of the proposed installation and to file a report of findings. A copy of the Petition and the engineer's report of findings on the effect of the proposed installation is available for inspection at the office of Aurora Heard, Auditor/Treasurer, Lyon County Auditor/ Treasurer's Office, 607 West Main Street, Marshall, MN 56258, or can be requested via email at auroraheard@ co.lyon.mn.us. At the public hearing, the Drainage Authority will accept public comment regarding the Petition, the engineer's report, and the proposed installation. Written comments will be accepted by mail or email to the Lyon County Auditor/Treasurer's Office, Attn: Aurora Heard, 607 West Main Street, Marshall, MN 56258 or at auroraheard@co.lyon.mn.us. Any comments received by mail or email prior to the public hearing will be read into the record at the public hearing.

/s/Gary Crowley, Chair Lyon County Board of Commissioners Drainage Authority for CD 17

Dated: August 6, 2024



# **School Menus**

**Tracy Area Elementary School Breakfast** Tuesday, Sept. 3: Benefit bar, cereal, fruit cup, fruit juice, string cheese

Wednesday, Sept. 4: Pancake on a stick, cereal, fruit cup, fruit juice, string cheese Thursday, Sept. 5: Mini donut, cereal, fruit cup,

fruit juice, string cheese Friday, Sept. 6: Muffin top, cereal, fruit cup, fruit

juice, string cheese

Monday, Sept. 9: Banana slice, cereal, fruit cup, fruit juice, string cheese

# Tracy Area Elementary School Lunch

Tuesday, Sept. 3: Hamburger on a bun, chef salad, corn, mixed fruit

Wednesday, Sept. 4: Chicken strip, ham & cheese sandwich, baked beans, oranges/bread

#### **Tracy Area Elementary School Breakfast** Tuesday, Sept. 3: Benefit bar, cereal, fruit. fruit juice, toast

Wednesday, Sept. 4: Pancake on a stick, cereal, fruit, fruit juice, toast Thursday, Sept. 5: Mini donut, cereal, fruit,

fruit juice toast Friday, Sept. 6: Muffin top, cereal, fruit,

fruit juice, toast Monday, Sept. 9: Banana slice, cereal, fruit, fruit juice, toast

# St. Mary's School Breakfast

Tuesday, Sept. 3: Milk, assorted fruit, assorted fruit juice, cereal and/or string cheese Wednesday, Sept. 4: Milk, assorted fruit, assorted fruit iuice, cereal bar and/or string cheese

# TRACY AREA HEADLIGHT HERALD

#### TUESDAYS Finding Joy 2!

Our journey in finding joy and

 Hmong Culture: Gain insights into the rich cultural heritage of the Hmong community. Whether you're interested in healthcare, legal matters, or cultural awareness, this course not only provides valuable information but also fosters a sense of connection and involvement within Minnesota's older adult community Instructor: Brandi Ostgaard, 11:30 a.m.-1p.m.

#### Adventures on the Prairie

M-Tues 8 a.m.-5 p.m. • Wed 8 a.m.-7 p.m. • Fri 8 a.m. - 2 p.m.

Discovering the prairies of southwest Minnesota can be a fun, educational adventure! This six-week series explores different ways to safely engage with the outdoors and learn about resources in our own backyards. Participants can expect fireside conversations,

p.m. (30 spots available)

#### FRIDAYS Friday at the Museum

Join us each Friday as we visit an area county museum and learn more about the history of southwest Minnesota. Museum visits will include Lincoln County (Hendricks), Redwood County (Redwood Falls), Murray County (Slayton), Pipestone County (Pipestone), Lyon County (Marshall), and Yellow Medicine County (Granite Falls). Transportation is on your own; carpooling from Marshall may be available. Instructor: Deb Ahmann '79, 11 a.m. (meet at the county museum at this time)

Thursday, Sept. 5: Pizza, Lunchable, green beans, pineapple Friday, Sept. 6: Corn dog, Caesar salad, french fries, strawberries Monday, Sept. 9: Popcorn chicken, roast beef sandwich, corn, tropical fruit, bread

Tracy Area High School Lunch Tuesday, Sept. 3: Hamburger on a bun, chef salad, corn, mixed fruit, apple Wednesday, Sept. 4: Chicken strips, ham & cheese sandwich, baked beans, pears, oranges/bread Thursday, Sept. 5: Pizza, Lunchable, green beans, pineapple, kiwi Friday, Sept. 6: Corn dog, Ceasar salad, french fries, Mandarin oranges, strawberries Monday, Sept. 9: Popcorn chicken, roast beef sandwich, corn, tropical fruit, oranges/bread

Thursday, Sept. 5: Milk, assorted fruit, assorted fruit juice, pancake, sausage and/or yogurt Friday, Sept. 6: Milk, assorted fruit, assorted fruit juice, vogurt parfait or vogurt Monday, Sept. 9: Milk, assorted fruit, assorted fruit juice, cereal and/or string cheese

#### St. Mary's School Lunch Tuesday, Sept. 3: Chicken wrap, lettuce, broccoli, pears. milk Wednesday Sept. 4: Sloppy Joe, baked beans, vegetable, pineapple, milk Thursday, Sept. 5: Chicken nuggets, WG bread, mashed potatoes, vegetable, applesauce, milk Friday, Sept. 6: Cheese pizza, green beans, vegetable, banana, milk Monday, Sept. 9: Lasagna, WG bread, green beans, vegetable, peaches, milk

provide complete details.

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