



Royalton, MN 56373

Volume 10, Issue 2

March/ April 2011

Royalton City Newsletter

Community Center Needs New Roof

The Royalton Community Center is in need of a new roof. The rainstorm in January and mid-February thaw has not helped matters!

A new roof will cost approximately \$30,000. The Center has applied to the Small Cities Development Program and has secured about \$10,000, another \$10,000 is a 1% loan and the final \$10,000 is the responsibility of the Community Center. Fundraising and building rentals are the two main ways the

Center makes its money.

The Center has an ongoing fundraiser with morning coffee starting at 9:00 a.m. six days a week. The coffee money helps offset the utility costs. The building is available for rent for \$30/day so if you have a birthday, bridal or baby shower and need a place to hold the event, consider renting the Center!

Board members will be selling raffle tickets starting March 15th with the drawing to be held on May

14th. Items on the raffle include an oak cedar chest, baby quilts, and many more items.

The Community Center is looking for local support in cash donations. If you would like to contribute to the roof fund, checks can be sent to Royalton Community Center, P.O. Box 332, Royalton, MN 56373 or dropped off at the Community Center any morning between 8:30 and 10:00 a.m.

Am Legion Donates Flag to Memorial Park

Paul Zimny, Finance Officer for the Royalton American Legion presented Mayor Andrea Lauer with a new American flag for Memorial Park. "I want to personally thank all the Legionnaires for all they do for our community, and especially for the flag donation," stated Mayor Lauer.

The American Legion has been encouraging everyone in the community to keep their flags in good condition.

Old flags unfit for display can be brought to the American Legion for proper disposal. They will do this free of charge. The Royalton American Legion also has flags for sale at cost.



For more information please call the Legion at 584-5135 or visit their new website at: www.RoyaltonPost137.org/

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Special points of interest:

- March 13th Daylight Saving Time Begins
- May 7th Prom
- 71 Days till Spring



From the Mayor

Happy Almost Spring!

If you haven't heard, our city hall is getting solar panels installed on its roof! The approval for the Local Government Renewable Energy Grant is official as of February 15, 2011! As work proceeds, we will take photos and share them on our website www.royaltonmn.com

There are several reasons for installing solar panels: first, it saves energy and reduces our energy costs. Saving energy and the costs associated with it impacts not only the current budget, but future budgets also. The project must make financial sense first! Second, solar panels become an economic

development driver! It puts Royalton on the map! As we look to the future we want prospective businesses, developers and homeowners to see Royalton as a great place to live and work. By looking for creative, energy efficient ways to impact our budget and promote our city we also promote economic development.

The city newsletter is adding a new feature in this issue called GreenStep Royalton! The city is participating in the Minnesota GreenStep City program and our goal is to let you

City Hall is getting solar panels installed on its roof!

know what the city is doing to create a more sustainable community and to

provide residents with concrete ways to impact their own energy usage.

The City Council is updating its Comprehensive Land Use Plan 2005 to 2015. The current plan calls for a review every five years and this is a project the City Council is working on this year. The splash park is part of the Comprehensive Plan and a committee is currently working toward this goal. Another goal is to create a walking path along the Platte River. The river is one of the most beautiful features of our community and finding ways to encourage people to enjoy the area is a top priority.

Our annual City Wide Clean Up Day is coming on Saturday, April 30th. Help us keep our city clean!

If you have any questions or concerns, please feel free to contact us!

GreenStep Royalton!



Minnesota GreenStep Cities

Our city is participating in the Minnesota GreenStep Cities program that helps cities reach its sustainability goals. There are 28 possible

Best Practices to choose from in five categories: buildings and lighting, land use, transportation, environmental management and economic and community development. Our goal is to complete seven best practices this year. Here are a couple of ways the City of Royalton is participating in the program:

- Changing our traffic lights from incandescent bulbs to

LED saves the city about \$900 a year

- Installing solar panels on City Hall

There are things that residents already do to save energy such as recycling and replacing incandescent bulbs with compact fluorescent bulbs. Here are a couple of other ideas for folks to consider: unused appliances in stand by mode account for about 10% of a typical household energy bill:

- Connect your computer and TV to a power strip and turn them off when not in use
- Pull the plug on cell phone chargers, music players, and TV game systems when not in use



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City Wide Clean Up set for April 30th

The City Council has set April 30th as the City Wide Clean Up day. Be sure to look for information about all the details in the Clean Up Day Newsletter.

This special edition newsletter will tell you how you can recycle your old fridge, where to take your unwanted

junk, as well as how you can get rid of the leaves in your yard (provided the snow has actually melted by then.)

The special edition newsletter will be mailed out the end of March or the first part of April.

Hey George, The kids have a 4 day weekend over Easter, and we all get to rake the yard! The following weekend is the City Wide Clean Up.



Energy Assistance to Eligible Households



The Energy Assistance Program (EAP) helps income eligible households with paying a portion of their home heating costs.

- Households who are at or below 50 percent of the state median income are eligible (please see chart).
- Size of grant is based on household size, income, fuel type and energy usage
- Households with the lowest income and highest fuel costs receive the highest grants
- Federally funded through U.S. Department of Human Services

Funds are available for renters or homeowners.

Services include:

- Provide direct payment to the energy supplier
- Educate consumers to use home heating energy efficiently and safely
- Advocate with energy suppliers and human service providers on behalf of consumers
- Crisis help for utility disconnections or necessary fuel deliveries

Emergency heating system repair or replacement

If you would like to hear more about this program please attend a presentation on March 16, 2011 from 1:30-2:30 p.m. at the Royalton Community/Senior Center. Tri-CAP will be presenting and will be available afterwards for questions.

Family Size 3 Month Income

1	\$5,655
2	\$7,395
3	\$9,135
4	\$10,875
5	\$12,615

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Ivy Street by Elementary Now a One-Way

Ivy Street is now officially a one-way street. Ivy street is the short street located on the south side of the Elementary School. Ivy Street has also been changed to 10 minute parking and bus loading only. This will be the location for parents to drop off and pick up their children. Cars are to enter from Driftwood street (on the east side of the school) and exit onto Cedar street.

The bus loading will be for the handicap bus because that is

where the students using wheel chairs can access the school.

I know this used to be a popular place to park for teachers and parents, but it had been quite difficult for the bus to get through—let alone any emergency vehicles.

The change went into effect February 21st, and as of the publishing of this newsletter, I will no longer be giving out warnings, but issuing tickets to any violators.

It is important to understand that the changes made are to benefit the safety of the students.

Prom is also coming up sooner than we think! I remember going to prom with my wife, Melissa.

They were memorable times, but also dangerous ones as well.

As much as we love our children and have faith that they will do the right thing, I'd like the parents of the kids attending prom night to sit down and talk with your children about the decisions they will make that (and any other) night.

You talking to them may make all the difference in the world from them coming home safe, or to you getting a phone call from the hospital saying that they have been injured - or worse. Please take the 5 minutes to do your part to keep your children safe.



Dog Licenses are Due by April 30th

All dogs in the city limits of Royalton are required to have their dog licensed by April 30th every year.

A current proof of rabies is needed in order for the City to issue a license and dog tag. The cost of dog

licenses have changed. They are \$7.50 if the dog is spayed or neutered, and \$12.50 if they are not.

When the City issues the dog tag, they will put the dog's name, address, and the owner's phone number on the back. This effort has greatly reduced the impounds per year.

According to City Ordinance, the Royalton Police Department can, and has, issued tickets in the amount of \$30.00 besides the cost of impound fees of \$25.00. This does

**\$ 7.50 for Spayed
or Neutered
\$12.50 for gendered dogs**

not include double the License Fee and \$10.00 per day for boarding. One lost, unlicensed dog can easily cost an owner \$85.00.

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Arbor Day is April 29—What does it mean and What can we do?

The first Arbor Day took place on April 10, 1872 in Nebraska. It was the brainchild of Julius Sterling Morton (1832-1902).

Morton felt that Nebraska's landscape and economy would benefit from the wide-scale planting of trees. He set an example himself planting orchards, shade trees and wind breaks on his own farm and he urged his neighbors to do the same. When he became a member of Nebraska's state board of agriculture, he proposed that a special day be set aside dedicated to tree planting and increasing awareness of the importance of trees. Nebraska's first Arbor Day

was a huge success. Over one million trees were planted.

In the years following that first Arbor Day, Morton's idea spread beyond Nebraska with Kansas, Tennessee, Minnesota and Ohio all proclaiming their own Arbor Days. Today all 50 states celebrate Arbor Day although the dates may vary in keeping with the local climate. At the federal level, in 1970, President Richard Nixon proclaimed the last Friday in April as National Arbor Day. Arbor Day is also now celebrated in other countries including Australia, Japan, Israel, Korea, Yugoslavia Iceland, and India.

For the homeowner, Arbor Day is an excellent opportunity to take stock of the trees on your property and plan for the future. Inspect your trees. Note any broken branches or evidence of disease or insect infestation. Think about how planting new trees might improve the look of your property or provide wind or heat protection. Take a trip to your local nursery to see what's available and to get new ideas.

Elementary Art Gallery Showcases 3rd graders

Students from Mrs. Zimmer's third grade class at Royalton Elementary displayed their 3-Dimensional artwork. The watercolor pieces featured "Athletes in Action" during the month of February at Royalton City Hall.

Students from left: Isaac Kasella, Kim Zabinski, Lex Skwira, Ashley Popp, Joshua Smieja, Matthew Kasella



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City Wide Garage Sale Set for May 14th

The City Wide Garage Sale was started back in the late '90's by the Royalton Women of Today. Since then that local chapter of Women of Today has disbanded, however, the Garage Sale is still an on going event supported through the City.

This year it is scheduled for May 14th which is opening fishing week-end.

Ads are free to anyone who lives inside the City limits and is only \$5.00 for those that don't.

Each ad will list your address and up to 12 words listing what you have for sale.

The listings will be numbered and put on a map that will get published

in the next City Newsletter to go out in the MC Record May 1st. The City Newsletter gets delivered to approximately 1250 homes in and around Royalton.

The deadline to submit an ad is Noon, Wednesday, April 27th at City Hall. The registration form can be found on the back page of this newsletter. The forms can also be picked up at City Hall.

Senior Citizen Appreciation Dinner on Palm Sunday

The Royalton Lions Club will be hosting their 17th annual Senior Citizen Appreciation Dinner on April 17th at the Royalton American Legion.

Social Hour begins at 11:00 am with free beverages and a chance to visit or play cards.

The meal will be served at 12:00 noon.

Any one in the Royalton area who would enjoy a meal furnished and served by the Royalton Lions is more than welcome.

The Lions Club will also provide transportation if needed, as well as offer home deliveries.

Jerry Goedderz will be glad to help you out or answer any questions you may have. He can be reached at 584-5834.

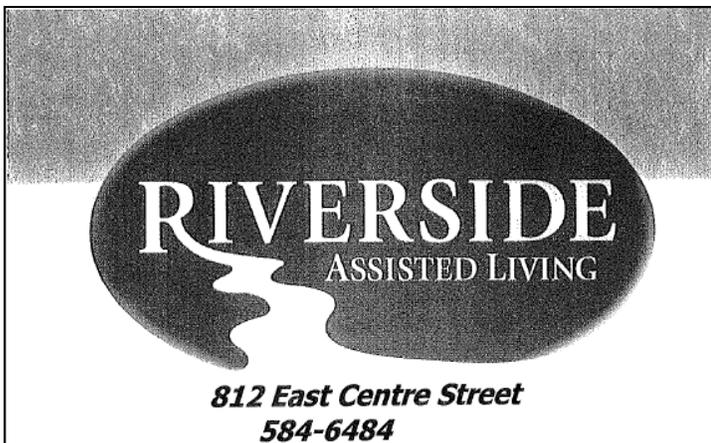
Public Transportation is Available

The Morrison County Public Transit System provides transportation for people in Royalton to Little Falls. Pickup in Royalton is Wednesdays at 12:30 pm. Departure from Little Falls is 2:30 pm.

To be picked up, please call 1-877-457-4318.

Reservations need to be made. If no one calls to be picked up, they will not stop in Royalton.

City Hall has free tokens for people who would like to use the transit system.



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Severe Weather Awareness

The Minnesota Department of Public Safety, a Division of Homeland Security and Emergency Management, has set the week of April 11–15, 2011 as Severe Weather Awareness Week.

The Severe Weather Awareness Week campaign helps teach Minnesotans about weather hazards and provides resources to minimize the risks associated with severe weather.

Everyone is encouraged to make a plan, build an emergency kit, and practice drills. The state wide tornado drill is set for Thursday, April 14.

If you live in a traditional home with a basement, you have an excellent potential shelter. Take a few minutes to select and prepare a good

spot in your basement in case a tornado strikes our community. When you choose your basement shelter location, take these factors into consideration:

- Your shelter should be large enough to hold all family members.
- Avoid windows, doorways, and stairways. These are all entry areas for flying debris and destructive winds
- A good shelter location is underneath the basement stairs. Stairways are structurally sound and provide excellent protection against falling debris
- Another good shelter choice is near any outside wall

- When space allows, position yourself beneath a piece of sturdy furniture, such as a table or workbench
- Pre-Stock your shelter with a battery-powered radio, flashlight, blankets, and a first aid kit.

Make sure all family members know the shelter location. Conduct a family tornado drill to test your plan. Don't assume all your family members know what to do.

For more info visit
www.SevereWeather.state.mn.us

For more information and details on what to

do when you are away from your home, what to do in a severe thunderstorm, a lightning storm, flash flooding, etc. please visit:
www.SevereWeather.state.mn.us

Rescue Squad & Fire Dept. Each Accepting Applications



The Royalton Rescue Squad is currently accepting applications for the position of First Responder. All necessary training will be provided. Applications may be picked up at city hall, 12 North Birch Street. For questions about the position call Karen at 584-5700.

The Royalton Fire Department is accepting applications for the position of Firefighter until 4:00 p.m. Thursday, April 21 at City Hall. Applicants must complete Firefighter I essentials 1403A, Firefighter II, and National Incident Management System (NIMS) ISO 100, 200 and 700 within the 2-year period following acceptance. The selection process will include the following: writ-

ten exam (aptitude test), physical agility test, background investigation, oral interview and medical exam. Applicants must be at least 18 years of age and live within 4 minutes or 3 miles (obeying all traffic laws) of the fire hall. Applications are available at the Royalton City Hall, 12 N Birch Street, Royalton MN 56373.

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What's New at the Library

The month of February has gone by quickly. The Winter Reading Program ended on Saturday. The winners of the fancy GRRL mugs and book bags were thrilled to receive them. So many books were read in the months of January and February. I wonder what next year's theme will be?

The Great River Regional Library (GRRL) system's High \$5 fundraising campaign begins on March 1 at all GRRL branches. The High \$5 campaign is a grassroots fundraising campaign designed to be affordable so that all library patrons can participate. It asks for a donation of only \$5. GRRL includes 32 branch libraries providing full library service. In 2010 it loaned 4,129,443 books, magazines, CDs, DVDs, and audiobooks. In 2011, 40 percent of all donations will be set aside for local use at the library where the donations are made. The remaining 60 percent will be put into a general fund to support regional library activities. Imagine the impact if every one of the 140,000 cardholders donated \$5.

The library staff is excited to announce that Prudence Johnson will be making a return appearance at the Royalton Library on Monday, April 4 for a concert. The concert will begin at 7:00pm. If you missed her concert last year here is your chance to hear some fantastic music.

Prudence will be entertaining along with guitarist Dean Magraw. They will be highlighting folk songs about women. These songs range from funny and silly to haunting and heart-breaking, sung and played with passion and pluck. Prudence has this to say about Dean Magraw, "there are few guitarists who surpass Dean in artistry and ability. He can play with a tenderness and simplicity that touches the listener's heartstrings."

He has collaborated with such notables as Garrison Keillor, Nigel Kennedy, Anthony Cox, and countless others.

Prudence Johnson's career has taken her from honky-tonks to Carnegie Hall. She is a regular guest on "A Prairie Home Companion". Her film credits include "A River Runs Through It" and the 2006 film "A Prairie Home Companion."

On Friday, April 15 at 7:00 pm, the Women's Slavic Choir, Sestri, will be presenting a selection of songs from the Slavic tradition. Now celebrat-



ing their second year, Sestri ("Sisters" in Bulgarian) is one of the newest performance groups created at St. Francis Music Center in Little Falls. Devoted to the study and performance of women's Slavic folk music, Sestri is the brainchild of musical director Celo V'ec. "We are all having a great time and are very excited to share this music with others from our communities," stated V'ec.

Sestri performs a wide variety of eastern European music - Bulgarian, Macedonian, Serbian, and Croatian - as well as music from some of the former Soviet republics - Georgia,

the Ukraine and Latvia.

These two concerts are funded by the Clean Water Land & Legacy Amendment and are free to the public.

As a courtesy, branches of GRRL distribute state and federal tax forms. This year some folks are frustrated with library staff because the tax forms are unavailable due to factors mostly outside the library's control. Because of the high numbers of individuals who now file online, the IRS decided not to mail tax booklets to the general public in 2011. The original supply of tax forms was delayed after Congress extended the Bush tax cuts and the forms had to be revised. The first order arrived in January and the library quickly ran out of forms. The reorder has not yet arrived.

Libraries are not obliged to provide tax forms, and GRRL has discussed discontinuing the service because it is time-consuming and costly. The public often ask staff to provide assistance on how to fill out tax forms, but librarians are not qualified to provide that assistance.

GRRL is working hard to provide tax forms. Residents can access forms online. They may use library internet stations in order to print tax forms. The standard copy charge of 10 cents per page is applied. GRRL has also highlighted a link on its website, www.griver.org, including links to the IRS and Minnesota Revenue.

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Tips for Improving Storm Water Quality

Royalton Citizens can help improve storm water quality, which will also help keep neighborhoods clean:

Be Tree-Friendly

One of the best things residents can do to improve storm water quality is to plant trees. Tree leaves help slow rain as it falls to the ground, thus increasing water absorption. Leaf litter on the ground also slows storm water runoff and keeps the soil surface looser, so more water can be absorbed rather than run off. Tree roots hold soil, preventing sediment from washing away with storm water. And, trees cycle water from the land to the atmosphere through evapo-transpiration. As much as 10,000 gallons of water can be cycled through a one acre tract of forest of moderately sized trees in a year. Up to one quarter of precipitation is cycled back to the atmosphere through evapo-transpiration.

Put a lid on it

Make sure trash cannot blow or fall out of trash or recycling containers, so it does not become litter and wash down storm drains. Always bag trash before placing it in the

trash carts to prevent litter during automated refuse collection.

Compost happens

Grass clippings and leaves should be kept out of streets, so they do not wash down storm drains. Rotting organic matter can pollute waterways with excess nutrients. In addition, yard waste can clog storm drains, which can lead to street flooding. Take your yard waste out to the City compost site or compost it in your own back yard and turn vegetative waste into "black gold" for your garden. Your plants will thank you.

Soap up the car, not the street

For home car washing, park vehicles over grass to keep soapy water from flowing down driveways, into streets and down storm drains. The soil in your yard will trap and filter the soap, and the soap won't harm your grass. Soap and detergents that run unfiltered into streams can harm aquatic life. Better yet, go to commercial car washes, which use water efficiently and drain used water to the sewage system for treatment.

Prevent motor oil muck

It takes only one quart of oil to contaminate a million gallons of water. When changing motor oil at home, take used oil for free recycling at service stations. Never dump motor oil in driveways, streets or down storm drains. Keep vehicles maintained to prevent oil and other fluid leaks.

A little lawn chemical can go a long way

When using fertilizers, pesticides or other lawn and garden chemicals, use only as directed. Avoid applying chemicals where they could be readily washed into drains or rivers, particularly when rain is forecast.

Don't let your dirt get out all over the neighborhood

To keep exposed soil or mulch piles from home landscaping/construction projects from washing away in the rain, cover the soil/mulch with plastic sheeting or tarps. Sediment is the most common stream contaminant.

For current happenings in the area, visit www.RoyaltonMN.com

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Royalton Church Services

<p><u>HOLY TRINITY CHURCH</u></p> <p>216 N 2nd St 584-5484</p> <p>MASS TIMES: Sat. 4:00 pm Sun 8:00 am</p>		<p><u>ST. PAUL'S LUTHERAN CHURCH</u></p> <p>13 S Driftwood 584-8367</p> <p>SERVICE TIMES: Sun 8:30 am</p>
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Splash Park Update

Breakfast for the Splash Park

Sunday, March 20th, 2011 from 8:00 a.m. to 12:00 p.m.

Royalton American Legion

Tickets:

\$6.00 for Adults

\$4.00 for Children age 3-12. (Kids under 3 eat free)

Prices at the door are \$1.00 more.

Tickets are available at Royalton City Hall and Royalton Discount Center

Sausage, Egg and Pancakes served!

Community Garage Sale and Vendor Sale



May 14th (City Wide Garage Sale)
Royalton High School

Deadline for donations is May 7th.

Garage Sale will be in the RHS Commons. We are asking for the community to donate gently used clothing, toys and household items. The committee will price items and all proceeds will go to the construction of the Splash Pad. Contact Jerry Goedderz at 584-5834, Denny Cekalla at 584-0226, or Russ Gerads at 584-6493 to have your items picked up.

*Sorry, we cannot take appliances.

Vendor Sale will be held in the RHS gym. We are looking for vendors to rent a space to sell their arts, crafts and home party* items. Please contact Amy Schoenrock at 584-5858 for further details.

*Lines currently registered are Tupperware, Wildtree, Scentsy, Stampin' Up, Young Living, Man Cave, and Thirty-One Gifts.

These projects were funded in part by the Initiative Foundation, a regional foundation.

Senior Nutrition Program

MARCH 2011

Lutheran Social Service

Little Falls 632-8200 Randall 749-2522 Royalton 584-5961 Pierz 468-2160 Frozen Meals Available for weekends/holidays. Check with site Mgr.		Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4
Monday, March 7	Tuesday, March 8	Wednesday, March 9	Thursday, March 10	Friday, March 11	8 oz. Meaty Beef Stew with Carrots & Potatoes 1/2 c. Cole Slaw Biscuit/Margarine 1/2 c. Pears 8 oz. Low Fat Milk 760 calories
3 oz. Swiss Steak 1 medium Baked Potato 1/2 c. Corn Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk 740 calories	3 oz. Turkey 1/2c. Mashed Potatoes/Gravy 1/2 c. Scandinavian Blend Veg Cranberry Garnish/Bread/Marg 2"x2" Frosted Cake 8 oz. Low Fat Milk 875 calories	4 oz. Salmon Loaf 1/2 c. Mashed Potatoes 1/2 c. Creamed Peas Bread/Margarine 2"x2" Brownie 8 oz. Low Fat Milk 845 calories	3 oz. Ham 1/2 c. Scalloped Potatoes 1/2 c. Carrots Dinner Roll/Margarine 1/2 c. Bread Pudding 8 oz. Low Fat Milk 845 calories	8 oz. Vegetable Soup 3 oz. Tuna Salad Sandwich 1/2 c. Mixed Fruit Crackers/Margarine Cookie 8 oz. Low Fat Milk 825 calories	
Monday, March 14	Tuesday, March 15	Wednesday, March 16	Thursday, March 17	Friday, March 18	4 oz. Baked Fish 1/2 c. Hashbrowns 1/2 c. Pea & Cheese Salad Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk 790 calories
3 oz. Country Sausage 1/2 c. Mashed Potatoes 1/2 c. Sauerkraut Bread/Margarine 1/2 c. Fruit Cocktail 8 oz. Low Fat Milk 710 calories	8 oz. Chili 1/4 c. Peaches/1/4 c. Cottage Cheese 1/2 c. Lettuce/Dressing Crackers/Margarine Cornbread Muffin 8 oz. Low Fat Milk 800 calories	4 oz. Meatloaf 1/2 c. AuGratin Potatoes 1/2 c. Peas & Carrots Bread/Margarine 2"x2" Cake 8 oz. Low Fat Milk 800 calories	8 oz. Boiled Dinner with Ham Potatoes, Carrots, Cabbage 1/2 c. Gelatin with Pineapple Irish Soda Bread/Margarine 2"x2" Pistachio Pudding Dessert 8 oz. Low Fat Milk 840 calories	8 oz. Creamy Vegetable Soup 3 oz. Egg Salad Sandwich 1/2 c. Mandarin Orange Whip Crackers/Margarine 2"x2" Brownie 8 oz. Low Fat Milk 865 calories	
Monday, March 21	Tuesday, March 22	Wednesday, March 23	Thursday, March 24	Friday, March 25	
6 oz. Chicken Ala King 1/2 c. Peas 1/2 c. Fruit Salad Biscuit/Margarine 2"x2" Lemon Bar 8 oz. Low Fat Milk 895 calories	4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce Salad/Drsg. 1/2 c. Mixed Vegetables Garlic Bread/8 oz. Low Fat Milk Cookie 800 calories	3 oz. Roast Beef 1/2 c. Mashed Potatoes/Gravy 1/2 c. Corn Bread/Margarine 1/2 c. Applesauce 8 oz. Low Fat Milk 840 calories	4 oz. Pork Chop 1/2 c. Whole Potatoes 1/2 c. Carrots Bread/Margarine 2"x2" Elaine's Best Cake 8 oz. Low Fat Milk 825 calories		
Monday, March 28	Tuesday, March 29	Wednesday, March 30	Thursday, March 31		
6 oz. Hamburger Tomato Cass. 1/2 c. Scandinavian Blend Veg. 1/2 c. Fruit Salad Bread/Margarine Cookie 8 oz. Low Fat Milk 860 calories	6 oz. Chow Mein Chicken 1/3 c. Rice/Chow Mein Noodles 1/2 c. Oriental Vegetables 1/2 c. Fruited Gelatin 2"x2" Spice Cake 8 oz. Low Fat Milk 780 calories	8 oz. Beef Vegetable Soup 3 oz. Meat Salad Sandwich 1/2 c. Cole Slaw Crackers/Margarine 2"x2" Blondie Bar 8 oz. Low Fat Milk 830 calories	3 oz. Chicken Breast/Crm Sc. 1/2 c. Mashed Potatoes 1/2 c. California Blend Veg. Dinner Roll/Margarine 2"x2" Frosted Cake 8 oz. Low Fat Milk 840 calories		

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Terri Weyer, RD, LD

Please call a day ahead for reservations. Mon, Tues, Wed. + Fri 10:30 AM - 12:00 PM. Thurs. from 2:00 PM - 4:00 PM. Cards + bingo every Thurs. at 2:00 PM



Map Number _____

Royalton City Wide Garage Sale

Sale Date is May 14th, 2011 starting at 8:00 am.

**Deadline to enter Ads at City Hall:
Noon, Wed. April 27th.**

The cost for this is free to residents inside the city limits. A person outside the city limits may put an ad in for \$5.00.

If you would like to start on a different day or time, please state that info in the ad below. This will be advertised in the Royalton City Newsletter and we will have a general ad in the Morrison County Record.

Name _____ (name & phone will Not be published)

Phone _____

Address _____

Up to 12 word listing of what you have for sale or the number of families selling at your location. If there are more than 12 words, the editor will remove any extra words - no exceptions.

Thanks for supporting your community!

The City of Royalton is not responsible for any accidents.