



Message From The Council

Happy New Year!

Summer 2024 will bring projects and progress to our prospering community. With progress comes some growing pains, too—Residents will have two reconstruction projects in our area to contend with. The City will reconstruct Railroad Street from Faxon Road to Franklin Street and Reform Street to Progress Street. Carver County will focus on the Highway 212 four-lane expansion project from Cologne to Norwood Young America, including the overpass at the Bongards intersection. Both projects have been eagerly anticipated and will be magnificent additions to our community.



New Year, New Businesses

Welcome to the Norwood Young America! Last year, we welcomed several new businesses to the community: Silverthorn Photography, KJS Laundromat, Bevans Creek Inn, Farmers Insurance Agency, Copper Canyon Bar and Grill, and Creative Hair (new location)! Two other businesses recently opened on Elm Street: Traver Wellness and Orr Contracting – more info on the next page! It is an exciting time of growth in our historic downtown areas and along our commercial corridors.

Wilson Street/Merger Street Changes

Please remember that Wilson Street ends at Merger Street. There is no direct access to Merger Street from Faxon Road through the privately-owned parking lot of Citizens State Bank, Lazy Loon Lanes, USPS, and Carquest. Please use Hill Street as the appropriate access point between Merger Street and Faxon Road.

You may have noticed the significant gym addition on the north side of the Central Schools building (7th Street SW). This will be the home of the new indoor Walking Track! This project is a joint venture between the Central Public Schools and the City of NYA. Look for more information on this fabulous addition to our community in the months ahead.

Our community continues to change and grow; however, we are blessed to keep that small-town feel that is vital to our heritage. May the year 2024 be a year where we continue to live our vision - *Norwood Young America is more than a place; it's home!*

NYA Fire Department HIRING NOW!

Informational Session:

Tuesday, February 27th @ 7pm

Come learn more about NYA Fire Dept.
- bring your family too!

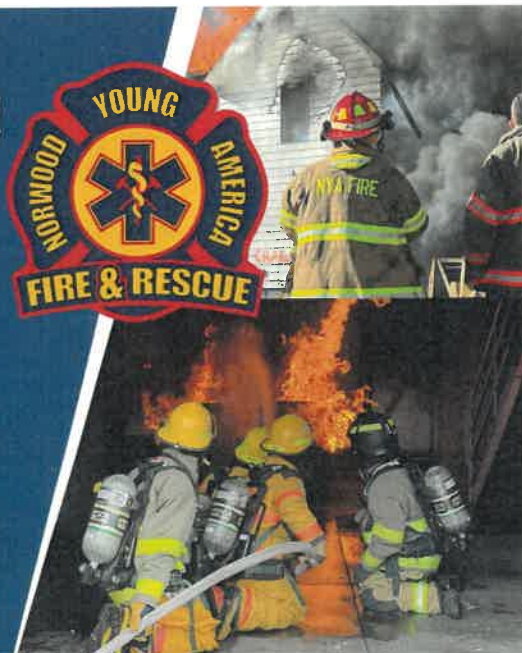
Tryouts:

Saturday, March 2nd @ 8am

Location:

Station 1 - 23 SE 3rd Ave.

Questions? Contact Fire Chief
Steve Zumberge at (952) 467-1806



Community Garden Plots

The City of NYA and Central Public Schools have partnered to construct and install eight (8) additional garden plots at the Community Gardens! This will maximize the allowed space for the gardens for a total of 49 plots! Interested in a garden plot for the 2024 growing year? Call City Hall to reserve a spot.

NYA City Happenings



Welcome to the NYA Business Community!

The NYA Area Chamber of Commerce, City of NYA, and NYA Economic Development Commission recently welcomed two new businesses to the community!

Orr Contracting LLC, located at 114 Elm St. W in NYA offers metal fabrication, plasma table services, as well as lawn care and snow removal. You can stop in and look at pre-made products and order custom pieces personalized to fit your style. Owner, Luke Orr, chose to be in Norwood Young America as he was raised here. "I hope to help improve business in the area and offer a wide variety of services to fit every customer's needs. Feel free to stop in and check out what I can do for you or give me a call at 612-916-9774."

Traver Wellness LLC, located at 223 W Elm Street, PO Box 546, provides both individual and group faith-based integrative health coaching, including access to a virtual wellness community, among other offerings. Owner, Anne Traver, states, "My guiding principle is to meet individuals where they are on their journey towards a healthy lifestyle and weight loss, supporting them every step of the way. I understand that there isn't a cookie-cutter wellness program that is sustainable as everyone's bodies and needs differ. I'll work with you to create a sustainable wellness program that fits your lifestyle. My ultimate goal is to empower you to live a healthy lifestyle that nourishes your mind, body, and spirit."

Owner, Anne Traver is a Certified Integrative Health Coach and Certified Lifestyle and Weight Loss Specialist. For more information call, 952-465-8146, email anne.traver@traverwellness.com, or visit www.traverwellness.com www.facebook.com/traverwellness. Hours are by appointment only. A calendar of typical office hours can be found on the website.



Common Questions About the Presidential Primary

When will the next presidential primary take place?
March 5, 2024.

Will all parties participate in the presidential primary?
No, only major parties will participate.

Will all parties be on the same ballot?
No, each participating major party will have a separate ballot.

Who decides which candidates will appear on a party's ballot?
The chair of each party will submit a list of candidates for the party's ballot no later than 63 days before the date of the presidential primary (January 2, 2024).

What if a candidate drops out before the primary?
Once a party's list is submitted, changes will not be made to candidates that will appear on the ballot.

Will there be a place to write in a choice or vote for "uncommitted"?
Only if it is requested by the party chair. Party chairs will need to submit names of write-in candidates to be counted seven days before the primary.

Will any other offices be on the ballot?
No, only presidential candidates from a major party will appear on the presidential primary ballot. Other offices with a primary will be on the primary ballot in August.

Who can vote in the presidential primary?
Any voter registered in Minnesota. Voters can pre-register through February 13 (at Carver County Government Center), or register at the polling place when they vote. *Note that voters must turn 18 years old by March 5 to vote in the presidential primary.*

How will I be able to vote in the presidential primary?
Registered voters will be able to vote at their polling place on presidential primary day (NYA City Hall) or by absentee ballot in the 46 days before presidential primary day (starting January 19, 2024 and only at Carver County). A voter must request the ballot of the party of their choice. If a voter refuses to select a party, they will not be able to vote in the presidential primary.

Will other people know which party's ballot I request?
A voter's choice of party ballot will be recorded and is private data. However, a list will be provided to the chair of each major political party of voters who selected that party. How a voter voted on the ballot will be secret.

Will parties have to abide by the primary results?
The presidential primary results must bind the election of delegates in each party.

Who will pay for the presidential nomination primary?
County and municipalities will be reimbursed by the state for the primary costs.

How much will the primary cost?
In 2020, the cost to administer the presidential primary was \$9.6 million. Counties and municipalities will be reimbursed for their costs of administering the Presidential Nomination Primary following the election.

Is the presidential nomination primary the same as the presidential primary?
Yes, the official name of this election is "presidential nomination primary" but it is most commonly known simply as the presidential primary.

—Information provided by The Office of the Minnesota Secretary of State

2024 Election Cycle
March 5th: Presidential Nomination Primary
August 13th: State Primary
November 5th: General Election

Norwood Young America City Residents Vote at
NYA City Hall
310 W Elm Street, NYA
7:00am-8:00pm

Mind-Body Strategies For Older Adults

Free Series Include One (1) 1-Hour workshop and Five (5) 30-Minute Sessions

~~Wed, Jan 10, 2024 @ 8:30-9:30am (In-Person)~~ COMPLETED!

Wed, Jan 24 **8:30-9:30am (added!)** & 9:45-10:15am

Wed, Feb 14 & Feb 28 9:45-10:15am (In-Person)

Wed, Mar 13 & Mar 27 9:45-10:15am (In-Person)

In-Person Sessions at Willkommen Memorial Pavilion
21 Main Street E, Norwood Young America

All remaining sessions are in-person!!



Chrissy Mignogna, BA, E-RYT is lead trainer and director of education for **movemindfully**®. She is a frequent presenter (both locally and nationally), training thousands of educators, parents, counselors, and therapists to use **movemindfully** simple trauma-responsive mind-body practices in educational and therapeutic settings. Chrissy currently teaches in Dakota County Juvenile Services and in early education, elementary, middle, and high schools. She provides trauma-responsive mind-body practices for the child/adolescent, adult, and geriatric mental health units at M Health Fairview Masonic Children's Hospital and United Hospital. In addition to training and teaching, Chrissy leads inclusive community-based yoga classes for adults and seniors.

Join Chrissy Mignogna, MoveMindfully Lead Trainer and Director of Education, to experience simple and accessible mind-body practices to relieve stress, manage anxiety, improve balance, and promote physical, mental, and emotional well-being.

Light refreshments served. No RSVP's necessary.

Series hosted by the NYA Senior Advisory Commission and financially supported by Carver County Public Health and SHIP.

Any questions, please email khallquist@cityofnya.com or call 952-467-1810.



Norwood Young America Senior Advisory Presents....

movemindfully Fundamentals

Mind-Body Strategies for Elders

Series include One (1) 1-Hour workshop and Five (5) 30-Minute Sessions

WORKSHOP

Learn simple mind-body strategies to help balance energy levels, improve brain function, and support overall well-being.

These practices are intended to manage stress, anxiety, improve mood, and enhance sleep while helping us feel more present and connected.

Using the **movemindfully** Elder Card Deck, explore simple **Breathe Move Rest** strategies for yourself, your families, and friends!

IMPACT

- ▶ Participants will feel competent implementing simple mindfulness and movement practices in their daily lives.
- ▶ Participants will feel confident sharing **Breathe Move Rest** practices with others.

OBJECTIVES

- ▶ Understand how the brain and nervous system react to stress, distress, and trauma and how simple mind-body practices can ease stress and improve brain function.
- ▶ Experience how simple breathing practices for calming and focus can decrease stress/anxiety, improve mood, and help individuals feel more present and connected.
- ▶ Discover how to incorporate accessible movement practices to support physical and mental health.
- ▶ Identify easy-to-use relaxation strategies to manage energy levels and improve sleep.
- ▶ Develop simple mind-body toolkit for your own self-regulation and stress management.

PROGRAM OPTIONS

INTRODUCTION WORKSHOP

This workshop provides common language and essential tools/strategies for participants to confidently integrate **Breathe Move Rest** practices into their unique environments.

STRESS MANAGEMENT/SELF-CARE CLASS

30-minute sessions

Participants experience simple and accessible mind-body practices to relieve stress, manage anxiety, improve balance, and promote physical, mental, and emotional well-being.



NYA Events



Meet the New Staff

The City of NYA welcomes Alan Tellers as the new city bus driver! He was born and raised in the Norwood Young America area. Alan is looking forward to helping serve the senior citizens in NYA and remaining active in the community. Thank you, Alan!

Carver County Dairy and Beef Expo 2024

Monday, February 19, 2024

9:30am–3:15pm

Central Elementary School

****New location!**

655 SW 7th Street, NYA

\$15/person (includes meal)

Educational programming, trade show, and networking opportunities

For more info, call Colleen Carlson, U of M Extension Ag Educator, trx1042@umn.edu or 507-521-3640


UNIVERSITY OF MINNESOTA
EXTENSION



2024 Fare For All Dates

The non-profit organization "Fare For All" has partnered with All Saints Lutheran Church to bring quality, nutritious foods at discount and budget-friendly prices to NYA. Fare For All follows a co-op model, so the more people who shop, the better the discounts. They buy fresh produce and frozen meat in bulk from wholesalers, manufacturers, and growers. Volunteers bundle it into \$10-\$30 packages that are sold at sale locations across Minnesota. NO pre-registration is required... cash and cards are accepted. Anyone and everyone can shop at Fare For All across 30+ pop up sites in the Twin Cities and Greater MN. For more information on schedules and the organization, visit www.fareforall.org.



**ALL SAINTS
LUTHERAN CHURCH**



All Saints:
511 Merger Street
NYA

All events are held from
3:00pm-5:00 pm.

Sign up for menu reminders at fareforall.org



2024 Dates:

- Thurs, February 1st
- Thurs, March 7th
- Thurs, April 4th
- Thurs, May 2nd
- Thurs, June 6th
- Thurs, July 11th
- Thurs, August 8th
- Thurs, September 5th
- Thurs, October 3rd
- Thurs, October 31st
- Tuesday, November 26th
- No December event

Norwood Young America Library Hosts Games & Gatherings

The Norwood Young America Library is hosting a Games & Gatherings event on Monday, January 22, 2024, from 5pm–7pm. All ages are encouraged to come to this free event! Join in the fun by playing popular board games and card games. All games are provided. "Games & Gatherings" events are funded by a Charles J. Dahlke Grant.

For more information on NYA Library events, visit www.carverlib.org or stop in at 314 Elm St W (use north doors). NYA Library hours:

Monday 1-8pm	Thursday 1-8pm
Tuesday 10am-5pm	Friday 10am-5pm
Wednesday 1-5pm	Saturday 1-4pm

Willkommen Park Pavilion
314 Main Street, Norwood Young America

Now Booking for 2025!

Visit www.cityofnya.com for reservation information!

Norwood Young America
more than a place. it's home.



Norwood Young America
310 Elm Street West - PO Box 59
Norwood Young America, MN 55368
952-467-1800

City Council

Mayor Carol Lagergren
952-467-2376
clagergren@nyacouncil.com

Brooke Allen
218-404-6172
brooke.allen@nyacouncil.com

Mike McPadden
952-467-3994
mike.mcpadden@nyacouncil.com

Charlie Storms
952-467-2014
charlie.storms@nyacouncil.com

City Hall Staff

City Administrator Andrea Aukrust
cityadmin@cityofnya.com

Clerk-Finance Director
Mitchell Thiesfeld
cityclerk@cityofnya.com

Community & Economic Dev Director
Karen Hallquist
economicdev@cityofnya.com

Accounting Clerk Erin Schrupp
accounting@cityofnya.com

Community & Economic Dev Admin.
Assistant
Grace Ballow
office@cityofnya.com

Fire Chief Steve ZumBerge
507-469-9145
nyafirechief@gmail.com

After hours City emergency
(i.e. watermain break, sewer backup),
call 952-769-7284.

ATV/Golf Cart Licenses for 2023

The 2024 licenses for ATV and golf carts are now available for \$10. This is an annual fee for those residents using ATVs or golf carts on city streets. Stop at City Hall with a current drivers license and insurance card for the vehicle.

Snow reminders

**No parking of cars, trailers, or garbage cans on streets during a snow event (of 2" or more) until the road is plowed curb-to-curb.

**Priority of plowing is emergency routes, business districts, residential streets, alleys, and trails.

**The City will once again be enforcing its ticketing and towing of vehicles that violate parking on city streets during a snow event. Per City Code Chapter 7: Traffic and Vehicles, violators failing to follow City Code will be ticketed and towed at the owner's expense. All ticket fines must be paid with the Carver County Court Administrator's Office. Vehicles that are towed will be taken to Smith Oil and Food Mart in Norwood Young America. Before getting their vehicle back, the vehicle owner will be required to pay all towing fees and show proof of vehicle ownership, proof of vehicle insurance, and a valid driver's license. The vehicle will also need to have up-to-date license and registration.

**There are designated parking areas for residents who do not have off-street parking available during snow emergencies. Parking in designated areas will be enforced from 2am-6am. The two designated parking areas within city limits are the north side of the Elm Street Municipal Parking Lot and the north side of the Old City Hall/Food Shelf building. Watch for signs.

PSRST STD
ECRWSS
U.S.POSTAGE
PAID
EDDM Retail

*****ECRWSSDDM****

Postal Customer
NYA, MN 55397 and 55368



@cityofnya

January

Mon, Jan 22: Workshop/City Council Mtg 5pm City Hall
Wed, Jan 24: MoveMindfully for Seniors 8:30-9:30am AND
9:45-10:15am Pavilion
Sun, Jan 28: St. John's School Chili Feed & Silent Auction
10:30am-1pm

February

Thurs, Feb 1: Fare For All @ All Saints 3-5pm
Tues, Feb 6: Planning Commission Mtg 6pm City Hall
Wed, Feb 7: NYA Senior Center 10am-2pm Pavilion
Mon, Feb 12 City Council Mtg 6pm City Hall
Wed, Feb 14: EDC Mtg 6pm City Hall
Wed, Feb 14: NYA Food Distribution 12:30-1:30pm
Wed, Feb 14: MoveMindfully for Seniors 9:45-10:15am Pavilion
Thurs, Feb 15: Senior Advisory Commission Mtg 9am City Hall
Mon, Feb 19: City Hall Closed (Presidents' Day)
Mon, Feb 19: Carver County Dairy Expo @ CHS 9:30-3:15pm
Tues, Feb 20: Parks & Rec Mtg 5:30pm City Hall
Wed, Feb 21: NYA Senior Center 10am-2pm Pavilion
Mon, Feb 26: Workshop/City Council Mtg 5pm City Hall

Join the NYA Area Chamber of Commerce and local businesses for the annual Springfest Artisan Fair on Saturday, June 1st from 9:00 am—3:00 pm on Elm Street in Historic Downtown Norwood. A day of shopping, live music, car show, quilt show and more!

Interested in being a vendor? Contact info@nyachamber.org



Save the Dates!!!

NYA CITY-WIDE
GARAGE
SALE

Wed, April 18-20th
info@nyachamber.org

CITY-
WIDE
CLEAN
UP

Saturday, April 27, 2024
More details to come!

Just a few reminders...

Hockey & Skating Rink

The hockey and free-skate rinks are open now at South Park. The warming house is also open! Please be respectful of this community space—clean up all garbage and absolutely no smoking! If you see someone being destructive at the warming house, please report to the Carver County non-emergency line at 952-361-1231.

Pet Reminders

You must have your pet licensed annually with the City—\$5/year per pet. Stop at City Hall with up-to-date vaccine papers. Always have your pet on a leash or restraint when walking around town. Please be a responsible dog owner and clean up after them!