

# THANK YOU

# VOLUNTEERS

April is National Volunteer Month. Blue Zones Project® wants to thank all the volunteers across Albert Lea who help make our community great.



Our community relies on thousands of volunteer hours each year for many important initiatives. Below are some of those individuals who dedicate their time. Thank You:

- Chad Adams
- Lois Ahern
- Rhonda Allison
- Sue Amudson
- Bonnie Anderson
- Leola Anderson
- Paul Anderson
- Quinn Anderson
- Lorriane Anederson
- Adenuga Atewologun
- Ann Austin
- Sue Axsmith
- Donna Bailey
- Robert Bailey
- Melissa Barr
- Rhonda Allison
- Larry Beck
- Sue Beck
- Bill Begoon
- Linda Begoon
- Dean Beighley
- Deb Beighley
- Heather Benda
- Matt Benda
- Lorna Berg
- Anne Bills
- Don Blake
- Rika Boorsman
- Dan Borland
- Carole Bower
- Jody Bowron
- Steve Bowron
- Kathy Brekke
- Rachael Breneman
- Marlys Broberg
- John Bromeland
- Isabelle Brown
- Dane Brownlow
- Gayle Brownlow
- Sean Brownlow
- Shirle Brownlow
- Steve Brownlow
- Jane Bruge
- Catherine Buboltz
- Clyde Buendorf
- Jack Buendorf
- Ken Bybee
- Judy Cady
- Ryan Cafourek
- Doris Callahan
- Karen Callehan
- Mary Carlson
- Cathy Carter
- Chis Chalmers
- Nicholas Christianson
- Jane Christopherson
- Randy Cirksena
- Phebe Coats
- Christy Compton
- Deb Cooper
- Paul Cooper
- Bev Jackson Cotter
- Barry Coughlin
- Theresa Coughlin
- Julie Courier
- Mim Crow-Reinhart
- Mary Cummins
- Sandy Cummins
- Roger Dahl
- Tricia Dahl
- Trisha Dahl
- Marilyn Danielson
- Amy Davis
- Dennis Dieser
- Jolene Dolmes
- Todd Domke
- Andrea Dorman
- John Double
- Sahron Draper
- Kaillie Dresher
- Tarvis Dresher
- Leean Dulitz
- Carolyn Duncan
- Keith Duncan
- Kristan Dye
- Mike Dye
- Jean Eaton
- Jeff Eaton
- Arlene Egerdahl
- Sharon Egerdal
- Anggie Eggum
- Evelyn Eglund
- Julie Ehlers
- Paul Ehlers
- Samuel Ellis
- Art Emick
- Shirley Enderson
- Alicia Erickson
- Jennifer Erickson
- Jessua Erickson
- Joel Erickson
- Pemke Erickson
- June Etienne
- Tom Ferleman
- Jordynn Finer
- Bob Fjeltbrotten
- Pat Fjeltbrotten
- Cindy Fjermestad
- Charley Fleek
- Dawn Fleek
- Sharon Fleek
- Doris Fligge
- Keith Fligge
- Jerri Fogel
- Bev Folie
- Joanne Fox
- Claire Frame
- David Frame
- Sandy Fredrickson
- Dawn Freeman-Swalve
- Carol Frydenlund
- Mike Funk
- Bob Furland
- David Garbisch
- Pat Garbisch
- Yessica Garcia
- Lupe Gasca
- Aspen Gau
- Gerry Gehling
- Julissa Gilbertson
- Ann Glazier
- Palmer Godlewski
- George Gonzalez
- Carl Grandstand
- David Gray
- Mary Jane Grandstand
- Karen Gray
- Rebecca Griffin
- Jeanne Gross
- Cody Habana
- Keri Hacker
- Stephanie Haedt
- Karen Hagen
- Nicole Hagen
- Pauline Hall
- Dale Hallum
- Bob Halm
- Gordy Handeland
- Joyce Hanson
- Veda Harris
- Elizabeth Harty
- Eunice Hateli
- Arlys Haug
- Dick Haug
- Mark Heinemann
- Leo Held
- Raqual Hellman
- Jackie Henderson
- Louis Henderson
- Katelyn Hendrickson
- Don Herbert
- Andrian Hernandez-Reyes
- Virginia Herrera
- Jackie Hillman
- Polly Hillman
- Janet Hindermeister
- Phil Hindermeister
- Ramona Hobbiebrunken
- Joann Holstad
- Larry Hopkey
- Virgene Hopkey
- Bill Howe
- Lana Howe
- Jason Howland
- Wayne Indrelie
- Bill Initar
- Cheryl Initar
- Amanda Irvine
- Jenny Iverson
- Earl Jacobson
- Penny Jacobson
- Penny Jahnke
- Lois Janowitz
- Melvin Janowitz
- Joel Jensen
- Marsha Jensen
- Max Jensen
- Julie Jepson
- Kent Jepson
- Dan Johnson
- Dean Johnson
- Dennis Johnson
- Kathy Johnson
- Mary Johnson
- Mary Ellen Johnson
- O.C. Johnson
- Sandy Johnson
- Skeeter Johnson
- Sonja Johnson
- Stan Johnson
- Sue Jorgensen
- Al Kaderabek
- Dylan Kaercher
- Diane Kaiser
- Carol Kallberg
- Jerald Kaphers
- Holly Karsjens
- Randy Kehr
- Susie Keist
- Bill Kepple
- Larry King
- Brad Kirchner
- Cathy Klick
- Judy Knudtson
- Tom Knudtson
- Gary Koeder
- Margaret Koeder
- Angie Kolker
- Deb Kolling
- Hillary Korbi
- Katie Kosiolek
- Jenine Kozirolek
- David Kramer Jr.
- Alton Krikava
- Marie Krikava
- Mike Kruse
- Kevin LaFrance
- Diane Landaas
- Barb Lang
- Neil Lang
- Linda Lares
- Conner Larson
- Garret Larson
- Gretta Larson
- Kay Larson
- Kristin Larson
- Matt Larson
- Paul Larson
- Deb Lawrence
- Gavin Lawrence
- Leah Lawrence
- Tom Lawrence
- Heather Lee
- Mike Lee
- Sue Lee
- Kathy Leidal
- Kathy Leidal
- Pat Leidal
- Pat Leimer
- Melody Lembke
- Bev Leonard
- Dean Leonard
- Jennifer Levison
- Lexie Light
- Mark Light
- Jennifer Lloyd
- Benson Lloyd
- Marge Lonning
- Roger Lonning
- Anita Lotts
- Jeff Lotts
- Linda Lund
- Stephen Lund
- Steve Lund
- Laura Lund
- Lois Lunn
- Vicki Lunning
- Cindy Lunning-Armon
- Nancy Martin
- Annie Mattson
- Brian Mattson
- Jan Mattson
- Rory Mattson
- Andrea Maurer
- Terri Melten
- Janelle Merkouris
- Darryl Meyer
- Dwight Meyer
- Jo Meyer
- Joy Meyer
- Mary Michelson
- Edie Miller
- Susie Minear
- Gabriel Minear
- Kristy Minear
- Michael Minear
- John Mitchem
- Bonita Moeller
- Jerry Monson
- Bill Morris
- Brenda Morris
- Colton Mowers
- Tom Mullen
- Bruce Mullenbach
- Dave Mullenbach
- Sandy Mullenbach
- Arnie Mulso
- Pat Mulso
- Jim Munyer
- Jonathan Murray
- Julie Natzger
- Michelle Neal
- Caroline Neale
- Herbert Neale
- Bev Nelmark
- Kim Nelson
- Larry Nelson
- Paulette Nelson
- Rande Nelson
- Ryan Nelson
- Stuart Ness
- Sandy Nesse
- Therese Netzer
- Ryan Noland
- Gary Nyquist
- Bonnie Olson
- Brian Olson
- Bruce Olson
- Diane Olson
- Ian Olson
- Karen Olson
- Kyle Olson
- Loree Olson
- Lowell Olson
- Maynard Olson
- Pauline Olson
- Reid Olson
- Rose Olson
- Justin Oman
- Kathy Oothoudt
- John Ost
- Milt Ost
- Milt Ost
- Jan Overgaard
- Paul Overgaard
- Rick Overrocker
- Jan Owens
- Bev Oyer
- Ron Oyer
- Darin Palmer
- Dave Palmer
- Lois Palmer
- Roger Panzer
- Randall Parks
- Glen Parsons
- Jay Paul
- Darlyne Paulson
- Sandy Perez
- Terry Perkins
- Rose Pertee
- Roger Pectorious
- Alice Petersen
- Annette Petersen
- Dorothy E. Petersen
- Susie Petersen
- Mary L. Peterson
- Jim Pilgrim
- Dave Podloger
- Dick Polly
- Jean Polly
- Tony Pope
- Loren Porter
- Chuck Pownell
- Lanier Pratt
- Susan Price
- Sharon Raben
- Ali Radke
- Carmen Radke
- Ted Radke
- Joey Rahn
- Cliff Rash
- Carol Rask
- Cliff Rask
- Cassandra Deal Rasmussen
- Sue Rehtzigel
- Brenda Reed
- Katie Richards
- Arline Richer
- Ray Riemer
- Dick Rierison
- Janice Rierison
- Doug Riskedahl
- Millie Roberts
- Vicky Roden
- Bob Rowe
- Joni Rowe
- Simon Dhol
- Chang Ruach
- Sue Runden
- Mark Russell
- Kathy Sabinish
- Angela Sammon
- Stephen Samudio
- Erin Sauer
- Paul Scabeck
- Crystal Schatz
- Gary Schindler
- Althea Schmidt
- Pam Schmidt
- Cheryl Schnarr
- Cameron Schultz
- John Schultz
- John Schultz
- Kelly Schultz
- Sheila Schultz
- Lucus Schuster
- Joann Schwartz
- Heyland Sease
- Tony Segura
- Rebecca Serfling
- Lauren Severson
- Tanner Shaft
- Ed Shannon
- Ed Sharpsteen
- Karen Sharpsteen
- Paul Shea
- Mary Shepard
- Grace Skaar
- Chris Skarr
- Brad Skinness
- Charles Skjeveland
- Dave Skoheim
- Arlis Smith
- Carolyn Smith
- Don Smith
- Dustin Smith
- Rebekah Sousa
- Beth Spandee
- Elisa Staat
- Erica Staat
- Octavia Staat
- Tami Staker
- Greg Steil
- Virginia Stenseth
- Ken Stensrud
- Kim Stevens
- Darrell Storlie
- Vickie Storlie
- Tina Stripe
- Jeff Strom
- Pat Strothman
- Sarah Stultz
- Pat Stumme
- Lisa Sturtz
- John Szymanowski
- Karen Szymanowski
- Becky Tennis-Hanson
- Nola Teras
- Vern Teras
- Sarah Thelen
- Beulah Thompson
- Julia Thompson
- Joni Tomkins
- Larry Tonder
- Beth Tostenson
- Sue Tripp
- Roger Truax
- Rosealie Truax
- Connie Tuberty
- Lori Tuchtenhaugen
- Randy Tuchtenhaugen
- Dick Tuttle
- Reid Utz
- Brittany Ulzka
- Mary Umstead
- William Umstead
- Sherry Utpadel
- Todd Utpadel
- Cris Utz
- Ruth Vermedahl
- Don Victoria
- Sahrol Vincent
- Gina Wadding
- Nick Walther
- Sharon Waltz
- Larry Wangen
- Robin Wangen
- Donn Ward
- Donna Ward
- Kendall Ward
- Irene Weber
- Mary Weigal
- Lorna Wermedal
- Bev Wessals
- Roger Wessels
- Jim Westeng
- John Westeng
- Lajeane Westeng
- Helene Westrum
- Kristi White
- Donna Widenhoefer
- Annette Williams
- Verlaine Williams
- Teresa Wilson
- Bill Wittmer
- Verliss Wittmer
- Jeff Woodside
- Brad Wright
- Nancy Wright
- Sue Yost
- Luke Zacharias
- Jan Zehnder

Blue Zones Project wants to thank all who volunteer their time in service to others. Often volunteers get as much out of the experience as they give.

**Did you know?** People who volunteer experience lower mortality, cancer, heart disease, and depression rates. Plus, they report a higher sense of purpose and life satisfaction.

[www.bluezonesproject.com](http://www.bluezonesproject.com)