



DENNISON and
NERSTRAND

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SEPTEMBER, 2022

Volume 19 • Issue 12

Announcements

• **Dennison Community Market, Wednesdays, 6 pm in the city's park.** New vendors welcome, no fees.

• **Meals on Wheels** is available to anyone age 60 and over who are wanting a prepared hot, nutritious meal on a regular basis. Meals are available Sunday through Friday, including holidays. The meals are prepared at Kenyon Senior Living and volunteers deliver them right to your home. Delivery is available to anyone living in Kenyon city limits. The cost per meal is \$7.25. Volunteers provide you with a meal card to use as payment for your meals. Each meal card contains 12 meals, totaling a cost of \$87.00. You pick which days you would like to receive meals and can change it at any time. Meals are typically delivered between 11:15 and 12:15.

For more information about the program contact Barb St. John at 507-789-5553.

• **Wednesday Wear, Nerstrand United Methodist Church hours are Wednesdays 1 - 5 and Saturdays 9 - 12.** Women's, men's and children's clothing, shoes, accessories, linens, toys and books. All things are free with donations accepted. Come and see what we have!

• **Dennison Lions Club** meets monthly. During COVID-19, meeting times may vary.

• **Dennison City Council** meetings are held the first Thursday of every month at 7:00 p.m.

• **The Nerstrand City Council** meets the second Tuesday of every month at 7p.m. at the Nerstrand City Hall. Office hours are: Monday 8:30-11:00; Tuesday by appointment; Wednesday 8:30-11:00; Thursday 5:00-7:00; Friday by appointment. 507-332-8000.

• **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.

• **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

Kenyon Sunset Home to Close

The Kenyon Sunset Home will be closing by November 7th and has notified residents that they have sixty days to find an alternative place to live and employees that they will be out of a job.

The Kenyon Sunset Home opened in 1949 and was organized as a 501c3 non-profit organization in 1988 under the Evangelical Lutheran Church in America. It is currently listed as a female owned facility with forty-five beds, fifteen as assisted living, twelve as skilled nursing and eight as memory care. They report an annual payroll of \$1.85 million with 76 employees.



At this time there are only twenty-seven residents, which is not enough to fund the oper-

ation of the facility, and so the decision was made and approval granted on September 8th from the Minnesota State Board of Health, to close the Kenyon Sunset Home. Chairman David Hellstern commented that the trend for caring for the aged at home, supplemented by programs like meals on wheels and house visits by nursing staff to care for elderly residents, has reduced occupancy at the Kenyon Sunset Home. The decision to close the Kenyon Sunset Home was made because of financial reasons and was not due to staffing issues. It is expected that the residents and staff will relocate to elderly care facilities in neighboring communities.

The Northfield Hospital and Clinic has staffed the Kenyon Clinic, located beside the Kenyon Sunset Home for the last two years, and is a separate entity. The Northfield Hospital's Kenyon Clinic serves the full community of Kenyon and will states that they will continue to provide the finest health care from the current location.

Nerstrand Fire & Rescue Update

By Joe Johnson, Chief, Nerstrand Fire & Rescue



Greetings from Nerstrand Fire & Rescue. With fall harvest on the horizon it is a great time for a few reminders.

Harvest Safety - According to Ohio State University research data, Minnesota ranks first for combine fires. Most combine fires start in the engine compartment. Contributing factors include heat sources from faulty wiring, overheated bearings, and leaking fluid. Crop residue provides a ready source of fuel if a fire does develop. Help prevent fires by performing routine maintenance. Ensure you have charged extinguishers available and call 911 at the first sign of a fire! Ensuring your harvest crew understands your emergency plan as well as knowing the nearest address/intersection will help emergency responders if a fire or medical emergency occurs.

Burn Permits - Burning Permits are required throughout our service area for any fire larger than a recreation fire (3 feet by 3 feet) or when there is not a 3" deep snow cover immediately surrounding the fire. Burn Permits can only be obtained from the Minnesota DNR via their website - <https://apps.dnr.state.mn.us/burning-permits/>

CO/Smoke Alarms - Home heating season is approaching! According to MN State Statute 200F.51 & 299F.362 a dwelling must have a CO detector and Smoke Detector within 10 feet of each bedroom.

(continued on page 4)

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Fork in the Road

Gary and I were on vacation the last couple of weeks. We traveled on interstate, county roads, state highways, gravel and rock roads. We understand forks in the road literally. Over the years- we've tried to think of each of these forks as an adventure- they don't all turn out quite like we planned. For instance on our honeymoon, we journeyed up a mountain called Rams Horn. We took a road that led to a great view; we could almost touch the top of the pine trees growing far beneath us as we reached looked over the edge at the end of the road. We discovered as looked around that we were in a place that we could not get turned around. Gary had to back up the pick-up almost a mile down the mountain before there was a wide place in the road. It definitely was an adventure and one he said he doesn't want to repeat! We chose the wrong fork...

When we come to a fork in the road, a decision has to be made. Even by not making one- you end up somewhere- offroad where you don't want to be. Decisions are hard. They all require movement. You can't just stay in one place.

In Revelations 14:6-13 you will see that it is decision time; this is a Fork in the Road decision time. John sees three angels with three messages that he shares with his readers.

The first angel is bringing us the good news! God almost always brings the positive

message out before the negative one. The angel brought the eternal gospel- to all people, every nation, tribe and language. There was no one excluded, he wanted everyone to hear this message- it wasn't only for John and the apostles, or for the Jewish people or only for gentiles, but for every living soul on planet earth. This is the last chance for anyone still sitting on the fence, still looking at the fork in the road and trying to decide which way to go.

The gospel is the Good News that saves everyone who believes! That's the best news ever! God provided the answer for our sin, for our corruption, for our moral failures, for our backsliding... He sent His Son to take our place in the punishment that is rightly ours. Jesus never sinned, yet He was crucified for your sins, and my sins, for all humankind's sin. So, when the angel in Revelation says his message is for everyone- he echoes the truth that John himself wrote down from Jesus words to Nicodemus, "16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16.

As the angel proclaims this message, He says, fear God and give Him glory, because the hour of his judgment has come. The hour of judgement has come- here is the fork in the road decision time. The hour of judgement has come. As the end of time draws to a close- the time for choosing Jesus and life with Him forever is running out. The end is in sight. The followers of Christ choose the

heavenly route; even though it has been a hard rock path- in the end it will be TOTALLY worth it all!

Even in this life- living as believers is way better than living the life of emptiness and despair. Even when the bad guys seem to have the upper edge- they are missing so much love, joy and peace in their lives. They are missing life made new and free from sin and death. They only have this life and then they die- For believers we have the assurance of a life with Jesus now- and life forever with him in eternity! Even when life is tough- Christ is with us and will see us through each and every challenge. During the end times- during even our present difficult times- we must hold fast and stay on that road to heaven and help those that find themselves stuck in the muck and the mire between the forks or have started down the other side

The 2nd angel's message is short: "Fallen! Fallen is Babylon the Great," which made all the nations drink the maddening wine of her adulteries." This angel is bringing good news to those that have been suffering under the evil of the times- the home and reign of the antichrist is finished.

The last angel proclaims a 2 part message- These people have made their "fork in the road decision" choosing the way to hell. They have chosen to follow the beast. They have chosen the road focused on themselves and not on a relationship with Jesus. Jesus said we can't have it both ways- there is no sitting on the fence- there is no third choice.

There is no 'next time.'

We don't know the day or the time that we will face death. Jesus said we need to put Him first, "Seek first his kingdom and his righteousness, and all these things will be given to you as well." All these things will be given to the believer- life forever, the Holy Spirit's power to fill us and make us new in Christ. "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: 2 Corinthians 5:17-18. We can choose the heaven fork in the road. We can make that choice before it is too late. And when we do- we experience new life in Christ.

The 2nd part of the last angel's message is a message of assurance to the faithful during the end times. It is a message to each believer even now. When a believer dies, they die in the Lord. Their spirit will be immediately with Jesus- we have that assurance- as we choose the heaven fork in the road- and continue down that path- we can know victory.

Jesus is returning to take care of all the evil and injustice in this world. He will conquer and He will win. When we are Jesus followers we have that assurance- we can rest from our labors and know that we made the right choice- there's no turning back- no regrets!

There are only 2 options- heaven or hell. It's time to make a decision. Get past your fear—take the fork that leads to heaven and discover what is just around the corner!



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www.nerstrandmn.com

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LUTHERAN

Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN • 507-645-6042
Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com
Pastor Paul A. Graham
Worship Times
Sunday, Sept 25: Vang 9 am; Dennison 11 am

Gol Lutheran Marv Kormann, Pastor
Marv Kormann, Pastor • 507-789-6311
Sunday Worship 9:30 a.m.

Grace Lutheran, Nerstrand
Mike Ahrens S.A.M.
Service 9 a.m.; Coffee Hour 10:00 a.m.
Sunday School 10:15 a.m.

Emmanuel Lutheran
9:00a.m. Sunday School
10:00a.m. Coffee Time 10:30a.m. Worship Service

Hegre Lutheran
Pastor Chris Brekke
Sunday School 9:15a.m.; Worship 10:30a.m.

Moland Lutheran
Nancy Edvardson, Pastor • 10:30 a.m. worship

First Ev. Lutheran
Luther Mathsen, Pastor
Sunday 9:00 a.m. worship

Wangen Prairie Lutheran Church LCMC
Shannon Bauer, Pastor
24289 Cty. 24 Blvd., Cannon Falls
Sunday Worship at 9:00a.m. followed by fellowship.
Thursday Bible Study at 9:00a.m.
Email your church announcements, schedule, etc.
to the Mainstreet Messenger at:
hometownmessenger@gmail.com

AREA CHURCH DIRECTORY

Perseverance

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

— James 1:2-4

When James writes that we should face trials with joy, he is talking about challenges to our faith that can help us learn and grow. He is talking about hardships we may face as believers in Christ, and how those can strengthen our faith and help us discern God's will.

For example, the first followers of Jesus were often persecuted. The apostles were filled with the Holy Spirit to preach the good news of Jesus and even to heal people in Jesus' name (Acts 2-3). And they were thrown in jail by the ruling authorities who did not believe in Jesus and his resurrection. The apostles were put on trial and asked where they got the authority to do such things. But they did not back down. Filled with the Spirit, they said, "There is no other name under heaven . . . by which we must be saved," and, "We must obey God rather than human beings!" And even though they were punished and brutally whipped for their faith and their actions, they had joy "because they had been counted worthy of disgrace for the Name" of Christ (see Acts 4-5).

Another example can be that we are always "prepared to give an answer . . . with gentleness and respect" to explain the hope that we have in Christ. "For it is better . . . to suffer for doing good than for doing evil" (1 Peter 3:15-17).

Lord, give us the courage we need to serve you and to face trials when they come, that we may grow mature in you. Amen.

METHODIST

Nerstrand United Methodist
Gary Liker, Pastor
507-330-0025
Worship 9:00a.m.

Stanton United Methodist
Rev. Gary Liker
Worship 10:15a.m.
Church Phone 507-263-4063

ST. JOHNS UNITED CHURCH OF CHRIST


(Wheeling Township) 19086 Jacobs Ave., Faribault
Gary Liker, Pastor • 507-330-0025
www.stjohnsunitedchurchofchrist.info
Sunday School 9:30a.m.; Worship 10:30a.m.

NEW LIFE CHURCH

Patrick McBride, Pastor
525 Beverly St., Wanamingo
9:00a.m. Sunday School for all ages;
10:00a.m. Worship Service
7:00p.m. Small Group Bible Studies - Sun.

HOLDEN-DALE PARISH

Pastor Dustin Haider • 507-789-6677
Email: holdensecretary@gmail.com
Worship schedule found at:
www.holdenlutheranchurch.org
Holden/Dale Facebook



Harold John Bonde

Harold John Bonde, age 94, of Nerstrand, passed away on September 13, 2022, at home surrounded by his family.



Visitation was on Monday, September 19, 2022, from 4:00-7:00 p.m. at Boldt Funeral Home, Faribault.

Funeral Service was on Tuesday, September 20, 2022, at 10:30 a.m. at Grace Lutheran Church, Nerstrand with visitation one hour prior to service. The Reverend Mike Ahrens

officiated. Interment was at Valley Grove Cemetery, Nerstrand. Veterans Military Rites provided by Rice County Central Veterans.

Harold John Bonde was born on August 29, 1928, at St. Lucas Deaconess hospital in Faribault to Oscar and Clara (Severson) Bonde. He was baptized and confirmed at Valley Grove Church. He attended Nerstrand School for 8 years and graduated from Faribault High School in 1947. Harold then farmed with his parents and was inducted on April 28, 1953, into the 95th Army band in Augusta, Georgia. On October 10, 1953, he married Anne Sathrum. After service he returned to the family farm with his brother Earl, there he and Anne raised 5 children.

He was involved with Rice County Pork

Producers as an officer, Board of Directors at Kenyon Country Club, President of Grace Lutheran Church and taught Sunday school. Harold sold insurance for Wheeling Mutual Insurance which he was president of for 20 years.

He enjoyed wintering in Arizona and other travels and was an avid golfer and had a hole-in-one twice. Harold loved playing cards and watching his grandchildren and great-grandchildren in their activities.

Harold is survived by his wife, Anne; children, Gary (and Carol) Bonde, Sue (and Tom) Trnka, Sandra (and Arthur) Sharot, John (and Carmen) Bonde; 12 grandchildren and 11 great-grandchildren and sister, Helen (and Richard) Lodmill; sisters-in-law, Charlotte Bonde and Alpha Sathrum.

He is preceded in death by his daughter, Nancy Bonde; parents, Oscar and Clara Bonde; sister, Alice Stenbakken and brothers, Earl and Robert Bonde.

Visit boldtfuneralhome.com for information and guest book.

Tom Kalow

Tom Kalow, age 66 of Faribault, died on Thursday, September 15, 2022, at Homestead Hospice House, Owatonna.




A Celebration of Life will be held at the Channel Inn, Warsaw on Thursday, September 22, 2022, starting at 4 p.m. Interment will

be at Meadow Ridge Memorial Park, Faribault on Friday, September 23, 2022, at 10:00 a.m.

Thomas John, the son of Richard and Marilyn (McConkey) Kalow, was born December 17, 1955, in Faribault. Tom married Vickie Ableman on December 28, 1996, in Faribault and they later divorced. He graduated from Faribault High School and was previously employed as a laborer for Gridor Construction and currently for Kielmeyer Construction, Nerstrand. Tom enjoyed fishing, trapping, hunting and going up north to Cass Lake.

Tom is survived by his son, Shane Kalow; sister, Ruth (Fran) Karl; former wife, Vickie Kalow, all of Faribault; many nieces and nephews.

He was preceded in death by his parents; paternal and maternal grandparents; sister, Jane Rothstein and niece, Beth Steinbauer.



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September 24th
4:30pm
Grace Lutheran Church Nerstrand

5 and Under - Free
6 to 12 - \$10.00
13 and Up - \$20.00

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Vang Lutheran Church
ANNUAL LUTEFISK AND NORWEGIAN MEATBALL SUPPER


Vang Lutheran Church
2060 Cty. 49 Blvd.
Dennison, MN 55018

Wednesday, October 12th
Tickets are \$20.00

Meal Includes:
Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Cole Slaw, Fruit Soup, Cranberry Sauce, Lefse and Norwegian Baking's

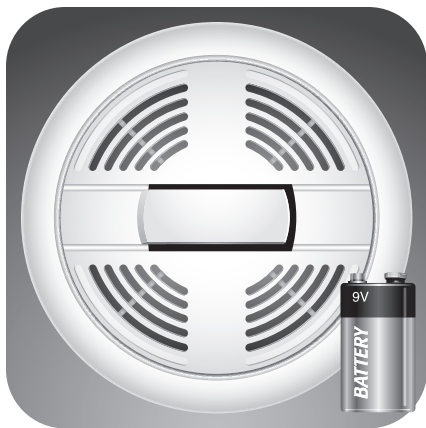
Curbside pick-up 11:00am-2:00pm and 4:00pm-7:00pm
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Delivery available to home or business

For Reservations call 507-789-5186 or email: vanglutefisk@gmail.com
Website - <https://dennisonvang.org>
Follow us on Facebook



Nerstrand Fire & Rescue Update

(continued from page 1)



Detector batteries should be replaced every six months. The devices should be replaced every 10 years. If you need help replacing batteries or installing a new alarm you can email nerstrandfire@gmail.com or contact Nerstrand City Hall at 507-332-8000 and a firefighter would be happy to help!

Looking for volunteers - Nerstrand Fire & Rescue is always looking for Firefighters and First Responders. We provide paid training, retirement, and compensation for meetings and calls. If you are interested please email nerstrandfire@gmail.com or contact Nerstrand City Hall at 507-332-8000.



Nerstrand First Grade 1971

Back row: Teresa Redfield, Jeffrey Heggedahl, Ray Schiell, David Kay, Kristine Bonde, Laura Johnson, David Shaske, Annette Petersmeyer. **Front:** Richard Bauer, Jeffry Isaacson, Matthew Shaske, Steven Pleshcourt, Joel Kolling, Kimberly Hanson, Jeffrey Pautzke, Kenneth Gregor, Kimberly Bauer, Steven Donkers, Barbara Chemelik, Gayle Meyer, Byron Musehl

Share Your Good News with the Community!

Submit your engagement, wedding or birth announcement

Email: hometownmessenger@gmail.com



The members and volunteers of the Dennison Lions Club thank everyone for their time, friendship and financial support of Dennison Days and other Lions Club events and activities throughout the year!



- | | | | | |
|----------------------------|-----------------------------------|---------------------------|------------------------------------|-------------------------------------|
| Ag Partners | College City Beverage - Budweiser | Flom Disposal | MarLeas | Security State Bank Kenyon |
| Alan D. King Construction | Community Resource Bank | Flom Septic | Merchants Bank | Severs Appraisal |
| Bakken Excavating | Cub Foods | Frank Peterson | Midwest Machinery Co. - John Deere | Specialized Floor Coverings |
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| Cannon Tackle Supply | Dennison Tire & Repair | How-Flat Farms, Tim Howie | Nerstrand Meats | Taylor Truck Lines |
| Capital Construction | Dohman Concrete Enterprises | Kenyon Excavating | Northfield Lines | Three Links Care Center |
| Castle Rock Bank | Estrem Farms | Kenyon Veterinary Clinic | Northfield Retirement Center | Wheeling Electric |
| CFS | Firehouse Liquor | Kwik Trip | Parkside General Store - Nerstrand | Wood Doc Construction - Emery Maher |
| CG Industrial Equipment | Fireside Lounge & Supper Club | KYMN 95.1 | Paul's Plumbing | |
| City of Dennison | Flom Brothers Construction | Mainstreet Messenger | Prairie Auto Porcelain | |
| Clutchmen Car Club | Flom Dairy | Maring Brothers | River Country Coop | |

If we missed your name, please accept our apology. Your support is appreciated.

NH+C's Urgent Care Northfield opens on Hwy. 3

Northfield Hospital + Clinics' new Urgent Care clinic is here!

Urgent Care Northfield delivers convenient, walk-in care from providers experienced in emergency medicine.

Walk in with a problem, walk out with a plan.

Urgent Care Northfield treats adults and children over 3 months old. It's open to everyone: You don't need to be a current NH+C patient.

Hours:

Monday: noon to 7:30 pm
 Tuesday–Wednesday: CLOSED
 Thursday–Friday: noon to 7:30 pm
 Saturday–Sunday: 9 am to 1 pm

Location:

2014 Jefferson Road (Hwy 3)
 (507) 646-6700

Providers

Sheena Buchholtz, DNP, APRN, FNP-C is a certified nurse practitioner with 14 years' experience as an Intensive Care and Emergency Room nurse.

"I want to provide a safe, holistic, patient-centered environment where people feel respected and heard when seeking care," Sheena says.

"I believe healthcare is a service that should

be equitably distributed to all people, all the time. I also value each patient as an extraordinary individual who deserves my attention to their personalized care."

Sheena is nationally certified by the American Academy of Nurse Practitioners as a Family Nurse Practitioner, and is a Certified Emergency Nurse and Certified Pediatric Emergency Nurse.

Sarah Tran, PA-C is a certified nurse practitioner with expertise in emergency medicine. Sarah brings eight years' experience as a paramedic to Urgent Care Northfield. "When you're sick or injured, it can be pretty stressful," Sarah says. "I work to make health care visits as stress-free as possible."

Sarah enjoys caring for patients of all ages. She has special interests in pediatrics, orthopedics, and laceration repair. Sarah is board-certified by the National Commission on Certification of Physician Assistants.

Jill Hansen, MN, PMHNP, FNP is a family nurse practitioner with expertise in emergency medicine, family medicine, and mental health. "I believe my role as a healthcare provider is to recognize that every patient comes with a unique story and to provide care most appropriate for each individual," Jill says. Through her early work with children in schools and witnessing a friend's struggle with psychiatric illness, Jill developed a passion for child development, and mental healthcare. Jill is board-certified as a Family Nurse Practitioner, and is certified as a Psychiatric Mental Health Nurse Practitioner.

Urgent Care Northfield has imaging and lab on-site for immediate, convenient x-rays when needed, plus lab tests that can be completed on-site, for faster results.

Urgent Care providers can:

Prescribe medication (such as antibiotics for an ear infection)

Get x-rays (to see if that bone is broken)

Stitch minor wounds

Do lab tests for diagnosis (such as strep throat)

Give referrals/help schedule appointments with specialists as needed (such as orthopedics and ENT)

Urgent Care Northfield is part of NH+C: We can get you where you need for the level of care you need.

It's convenient care on the south end of town – one block north of Target, next to Papa Murphy's Pizza in Northfield. Just 5 minutes from downtown Northfield, and 17 minutes from downtown Faribault.

Public transit

Urgent Care Northfield is near Hiawathaland Transit's Red route in Northfield. You



can arrange drop-off and pick-up at the clinic by calling Hiawathaland dispatch before your trip: 866-623-7505

From Faribault, take the Faribault-Northfield Connect. Arrange drop-off and pick-up before your trip: 866-623-7505.

From Dundas, use Dial-A-Ride to schedule your trip: 866-623-7505.



Nerstrand United Methodist Church

Fall Festival

Saturday, October 1
 10:00am - 1:00pm

Lunch Menu:
 Hot Beef Sandwiches * Potato Salad
 Chicken and Wild Rice Soup
 Pie/Cake

Home and Holiday Decor/Baskets

Bake Sale

Produce

Right care at the right place

Urgent Care

- Cough, Cold, Sore Throat, Strep
- Fever/Flu
- Earaches
- Eye Infections
- Bladder or Urinary Infections
- Diarrhea/Nausea/Vomiting
- Rash
- Insect Bites
- Minor Burns
- Seasonal Allergies
- Stitches
- Broken Bones
- Sprains/Strains
- Cuts and Scrapes
- Dehydration

Emergency Department

Go to the emergency department if you have a serious or life-threatening condition. Call 911 if you cannot wait.

- Head Injury
- Stroke
- Severe Bleeding
- Chest Pain
- Abdominal Pain
- Difficulty Breathing
- Severe Pain
- Newborn Fever
- Major Trauma
- Suicidal Thoughts

Please contact your clinic for: medication refills, chronic conditions and pregnancy tests.

USDA Announces Specialty Crop Block Grant Program Funding Awarded to Minnesota

The U.S. Department of Agriculture's (USDA) Agricultural Marketing Service (AMS) awarded over \$1.3 million in Fiscal Year 2022 Specialty Crop Block Grant Program (SCBGP) funding to Minnesota. This USDA grant will help the Minnesota Department of Agriculture (MDA) fund projects that enhance the competitiveness of specialty crops in the state and support specialty crop growers through marketing, education, and research.

"USDA applauds Minnesota's continued commitment to supporting our nation's producers of fruits, vegetables, tree nuts, and nursery crops through the Specialty Crop Block Grant Program," said USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt. "The projects funded will foster innovative research and new market opportunities within the specialty crop sector, while furthering USDA's goals of creating a more fair and equitable food system and supporting local and regional producers."

Through the SCBGP, the MDA is funding

11 projects. Among the projects, is funding awarded to Twin Cities Berry Company LLC, a research and production farm. The farm will use funding to develop climate resilient practices for high-density strawberry production within protected culture structures. The research will help new and emerging farmers overcome spatial and environmental hurdles to achieve financial sustainability. Additional funded projects focus in areas such as pest management, farm to school marketing, and water management.

The funding to Minnesota is part of a total of \$72.9 million in non-competitive FY 2022 SCBGP funding awarded to 55 states, territories and the District of Columbia. The SCBGP funding supports farmers growing specialty crops, including fruits, vegetables, tree nuts, and nursery crops. USDA's support will strengthen U.S. specialty crop production and markets, ensuring an abundant, affordable supply of highly nutritious fruits, vegetables, and other specialty crops, which are vital to the health and well-being of all Americans.

The funding for the SCBGP grants is authorized by the 2018 Farm Bill and FY2022 funding is awarded for a three-year period beginning September 30, 2022. Since 2006, USDA has invested more than \$953 million through the SCBGP to fund 11,331 projects that have increased the long-term successes of producers and broadened the market for specialty crops in the U.S. and abroad.

Soup Season Begins October 1st!

Stop in for your soup & sandwich!

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Bowl \$7.00

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THE WIZARD'S COTE • SOCK AND BUSKIN STAGE • CROSSWORDS TAVERN
DILLY DALLY RIDE • BLOODY MARY BINGO • WINE WAKE
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Know Where and When to Apply Fall Nitrogen Fertilizer

Restrictions apply in some areas of state under Groundwater Protection Rule

The Minnesota Department of Agriculture (MDA) is reminding farmers and commercial applicators that fall nitrogen fertilizer applications are restricted in some areas of the state. Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable areas of Minnesota due to environmental concerns or risks. Areas with coarse-textured soils or areas above fractured bedrock or karst geology are the most vulnerable to nitrate loss and groundwater contamination.

The MDA announced updates to the fall nitrogen fertilizer restriction map in January 2022. These updates were made to correct GIS and data issues. An additional 248,433 cropland acres and 603,654 non-cropland acres were added to the fall nitrogen fertilizer restriction map, while 4,659 cropland and 20,506 non-cropland acres were removed from the map. The Groundwater Protection Rule applies to cropland acres. The restric-

tions begin September 1 each year. Farmers are encouraged to check the new map prior to the fall of 2022 to determine if their fields are subject to these restrictions.

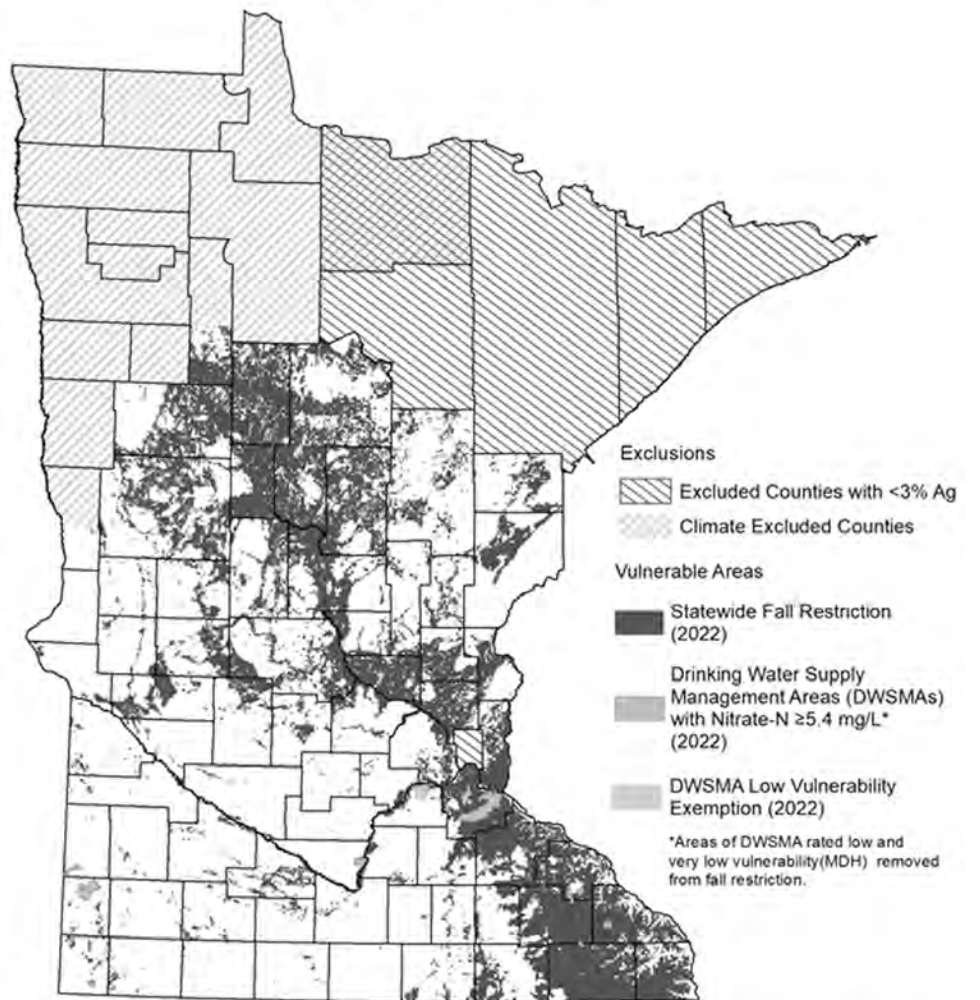
View a map of the vulnerable regions of the state. For more information on the restrictions outlined in the Groundwater Protection Rule visit www.mda.state.mn.us/nfr.

In other areas of the state where fall nitrogen fertilizer application is allowed, the MDA advises farmers and commercial applicators to check soil temperatures and wait for cooler conditions. Research shows that delaying fall application of anhydrous ammonia and urea fertilizer, as well as manure, until the average soil temperatures reach 50 degrees F or cooler helps prevent nitrogen loss, protects water quality, and ensures more nitrogen will be available for next season's crop.

To assist tracking soil temperature, the MDA provides real-time, 6-inch soil temperatures at 25 locations across the state. In addition, the MDA provides links to soil temperature from the University of Minnesota research stations and the North Dakota Ag Weather Network (NDAWN) weather stations. View the interactive map to find the current 6-inch soil temperature and the past week's history.

For more information on the 6-inch soil temperature network visit www.mda.state.mn.us/soiltemp.

Fall Restrictions Map 2022



Updated 1/15/2022

The Minnesota Department of Agriculture

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Minnesota Horse Feed Maker Turns to Forgotten Crop as an Ingredient and Investment

Mary Hartman's Kasson, Minn.-based StableFeed firm is bringing back a forgotten perennial crop – sainfoin – to create healthy horse feed as well as a new niche in the U.S. agriculture market.

Courtesy of Post Bulletin

KASSON, Minn. — When researching for her healthy horse feed, Mary Hartman found a key ingredient and a new commodity in a mostly forgotten crop that hasn't been broadly grown in the U.S. since the 1890s.

“My introduction to sainfoin came from researching the equine microbiome. I read an article by a UK researcher who mentioned sainfoin as an outstanding forage for horses that they love to eat. I had never heard of it,” said Hartman. “It's a really ancient forage legume. It used to be grown specifically for horses and sheep. George Washington and Thomas Jefferson grew it. They tried to get it

to go here. It turned out that alfalfa was easier to grow in rich soils, so it was passed over.”

Sainfoin is a perennial crop with purple flowers that is harvested and baled like alfalfa. After discovering a handful of growers started raising sainfoin in Montana in the 1970s, Hartman tracked them down and started buying up sainfoin to use in her StableFeed products.

“The Montana producers are excited, because there wasn't a market for sainfoin. They just grew a few fields for themselves. Why would you grow a lot of something when there's no market?” she said. “Now, I've created a market for it.”

Thanks to Hartman, sainfoin is now being harvested in southeastern Minnesota for the first time in modern memory. Kory Weis, a Pine Island area farmer, planted a patch of sainfoin for Hartman and they are experimenting with the best ways to grow and harvest it.

Good for horses

“We are the only commercial providers of sainfoin into the market in North America. I'm going to move 190 tons of sainfoin into the market this year. Some of that may go to South Korea, where they have requested 40 tons,” she said.

Selling straight sainfoin pellets is a growing market for Hartman. However, it is also important for her growing business, because sainfoin is also the base ingredient in all five of her feed blends for horses with specific health issues.

After starting in 2017 making chia horse biscuits in Rochester basements and garages,



Charles Ellwood, with StableFeed, works with sainfoin horse feed

Photo by Post Bulletin

Hartman's healthy horse treats and feed company has grown and evolved into a popular name in the equine market.

StableFeed outgrew spaces in Rochester, so Hartman and her seven employees are now based in a 3,200-square-foot facility in Kasson.

“The rent is higher in Rochester than Kasson. This facility is perfect, and there is more space that I could grow into,” she said looking at the warehouse full of bags of her products awaiting shipment.

Each of the five horse feeds feature sain-

foin pellets “garnished” with carrots, dandelions, spirulina, prickly pear, burdock, bee pollen and other ingredients that horses used to consume while foraging.

StableFeed also still sells the original five types of chia biscuits that launched the company. Most of her business direct sales via her website.

While her high-end, specialty feeds are not cheap, Hartman points out that they are less expensive than calling a vet to treat a horse struggling with gut issues or other health problems.


(continued on page 13)

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AUCTION CALENDAR

September 25, 2022
Bidding Begins: ..Sept. 16, 2022
Starts Closing.....Sept. 25, 2022
Dennison, MN
 TIMED ONLINE ONLY HOBBY FARM EQUIPMENT FROM ED CAHOON (2) Allis Chalmers 185 Diesel Tractors, Haying Machinery, Trailers, Pickup, Tools, Nice Horse Saddles, Farm Primitives and Antiques

October 9, 2022 ... 3:00 PM CDT
Inver Grove Heights, MN
 4 BEDROOM HOME ON 3 ACRES IN INVER GROVE HEIGHTS FOR THE BRETOI ESTATE
 4 Bedroom 2.5 Bath Rambler Style Home Sitting On 3.33 Acres Within The City If Inver Grove Heights With 40'x60' Pole Shed, 2 Car Attached Garage, 2,804sq Ft. Home, Must See Property, Online Only Bidding

October 9, 2022 ... 3:00 PM CDT
Inver Grove Heights, MN
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 Vehicles, Electrical Contractor Supplies, Power & Hand Tools, Lawn Mowers, Lawn & Garden Items, Ford 8n, Furniture, Household Items, Pallet Racking, Vintage Arcade Games

October 14, 2022 ... 10:00 AM CDT
Mantorville, MN
 150 ACRES OF PRIME CROP LAND IN OLMSTED CO. MN FOR PAT & LINDA OVEREND
 150 Acres Of Prime Crop Land In Section 6 Of Kalmar Township, Olmsted County Mn. Selling In 2 Separate Parcels. High Cpi Rating, Very Good Land, Located at 7406 County Rd 5 NW, Mantorville, MN

October 22, 2022 9:30 AM CDT
Mazeppa, MN
 LIVE AND ONLINE 17 IHC & FARMALL TRACTOR FOR DENNIS & KARNE HEIMER
 17 IHC & Farmall Tractors, 966, 666, Super MTA, Super M, Super H, Super A, M, H, A, B, C, 130, Cub Lo-Boy, IH Cub Cadet 682, 782, 782D, 1282, (3) Cadillac 1978 Eldorado, 97 Mustang, Chevy El Camino, Vehicles, Lawn & Garden, Tools, Farm Antiques

Nov. 19, 2022.....9:00 AM CDT
Le Center, MN
 LIVE & ONLINE FARM ESTATE AUCTION FOR THE ORVAL LOEWE ESTATE
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Preview morning of auction only.
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 Directions: From Main Street in Veseli turn south on Itaska Court/Cleveland St.

35 pcs of farm machinery and 8 cars & trucks including 1984 Oldsmobile Hurst/Olds, 77K, Hurst lightning rods shifter; 1992 Ford F800 truck; 1989 Chevy C60 truck; 1965 Ford 600 truck; 1987 I.H. S1700 truck; 1997 Chevy 1500 Z71; 1990 Ford F150; 1999 Buick Le Sabre; JD B tractor; 6 gravity boxes w/running gears; field cultivators; disks; grain drills; wheel augers; hay bines; baler; side rake; planters; plows; drags; 3pt brush hog; Stihl chain saws; tools; lots of beer collectibles including Northern beer sign; old advertising cans; primitives; scrap iron.

Listing & pictures at www.TureksAuctionService.com

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DEADLINE: Friday

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Jensen Auctions Fall Schedule

October Auctions

- Kent Boxrucker Estate Auction Sale #2 Live ONLY: October 1st

November Auctions

- Bonnie Russell Auction Online ONLY: Online Bidding ends November 4th (find the on-line bidding link on auctionsgo.com)

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BIDDING STARTS CLOSING:
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 COMPLETE CATALOG & ONLINE BIDDING AT www.maringauction.com

PREVIEW & INSPECTION DATES:
 Friday, September 23, 2022, From 10:00 a.m. - 4:00 p.m.

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PAYMENT & PICKUP DATES:
 Monday, September 26, 2022, from 9:00 a.m. - 5:00 p.m.

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LIVE LAND 154 ACRES +/- AUCTION SEC 2 IN MOSCOW TWP FREEBORN COUNTY, MN

SEPT 22 10:00 AM

AUCTION LOCATION: HOLIDAY INN
1701 4TH STREET NW, AUSTIN, MN 55912

- 159 +/- Deeded acres
- 146.32 +/- Tillable acres
- CPI of 65.1
- Open to farm for 2023 crop year
- 2.9 +/- CRP Acres [paying \$536-expires 9/30/25]
- Corn base: 65.2 / Yield: 147
- Bean base: 57.3 / Yield: 51
- Real Estate taxes \$10,660 [estimated]

GREG JENSEN MN, IA LANDPROZ BROKER / AUCTIONEER 507-383-1067 gregjensen@landproz.com

SONNY JENSEN MN LANDPROZ AUCTIONEER 24-01 507-402-9445 sonnyjensen@landproz.com

See Website for Terms - AUCTION #2365 TOLLEFSON FARM

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Broker Tim Young - OH / Broker Andrew Fenster - IN | LandProz Country Living Broker Amy Willett - MN, IA, MO, WI

LIVE LAND 205.17 ACRES +/- AUCTION SEC 28 & 33 IN HARTLAND TWP FREEBORN COUNTY, MN

SEPT 27 10:00 AM

AUCTION LOCATION: MOOSE LODGE
1623 WEST MAIN STREET, ALBERT LEA, MN 56007

TRACT 1
• 150.03 +/- Deeded acres
• 139.66 +/- Tillable acres
• CPI of 93.6
• Completely pattern tiled
• 1/2 of Wind Tower rights and payment

TRACT 2
• 55.14 +/- Deeded acres
• 50.18 +/- Tillable acres
• CPI of 93.8
• Pattern tiled
• Annual CRP payment of \$740 [exp. 2025]
• 1/2 of Wind Tower rights and payment

GREG JENSEN MN, IA LANDPROZ BROKER / AUCTIONEER 507-383-1067 gregjensen@landproz.com

SONNY JENSEN MN LANDPROZ AUCTIONEER 24-01 507-402-9445 sonnyjensen@landproz.com

See Website for Terms - AUCTION #2376 MCGILL FARM

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LIVE LAND 8.32 ACRES +/- AUCTION SEC 11 IN OAKLAND TWP FREEBORN COUNTY, MN

OCT 9 2:00 PM

AUCTION LOCATION: ON SITE
20466 890TH AVENUE, OAKLAND, MN

8.32 Acres with a 4 bedroom home with a large 25' x 20' Living Room, 10' x 11' Kitchen, 18' x 11' Family Room & 2 Full Bath. Sheds are 21' x 39' & 31' x 66 all on 8.32 acres of land

Great Location! The land is on a black top road just south of Oakland, MN. There is a pasture for horses or other farm animals.

OPEN HOUSE: Wednesday, Sept. 21, 2022 from 5 - 6:30 pm

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SONNY JENSEN MN LANDPROZ AUCTIONEER 24-01 507-402-9445 sonnyjensen@landproz.com

See Website for Terms - AUCTION #2383 BUSSE FARM

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Minnesota Horse Feed Maker Turns to Forgotten Crop as an Ingredient and Investment

(continued from page 8)

When she developed the feeds, Hartman worked closely with Minnesota's Agricultural Utilization Research Institute. AURI is a state-funded nonprofit that spurs economic development by helping entrepreneurs develop and launch new products.

Alan Doering, a senior scientist who manages AURI's Coproducts Utilization Laboratory in Waseca, Minnesota, has worked with the development of a lot of animal feeds. However, Hartman brought several novel ingredients to the table, including sainfoin.

"I actually farm and we grow alfalfa. ... I had no idea what sainfoin was. The interesting thing about sainfoin is that it is a legume. It's high in protein like alfalfa. Unlike alfalfa, it's non-bloating. So it is safe for horses," said Doering.

Good for the land

He sees a lot of promise in sainfoin as a crop in Minnesota.

"I think the big opportunity for sainfoin in Minnesota would be planting it on marginal

land. Whether it's river bottom or whether it's hilly land that is higher in sandy soils, this is an ideal crop to produce protein," said Doering.

Alfalfa production is on the decline in Minnesota with low commodity prices and less dairies operating in the state. This could provide a useful alternative to alfalfa for some farmers, he added.

As a perennial, sainfoin can help farmers who are concerned about erosion.

"It is basically a living cover crop on your soil throughout the winter," Doering said. "And yet, it's not a cover crop, because you're harvesting it. It's a living cover. It'll come up, year after year."

Weis, the farmer who is growing sainfoin for Hartman in the Pine Island area, said it stands out from other local crops.

"When everything else is brown in the fall, after everything freezes before we get snow, this stuff was just as green as could be right up until the snow covered it up. And it starts earlier in the spring. It was greening up just as soon as the days started getting warm. We get some sunlight and it takes off growing," said Weis.

He added that the purple flowers are also very popular with bees. During peak pollinating time, visitors can hear the buzzing before the sainfoin field comes into view, according to Weis.

A bright future

Looking ahead, Hartman expects to grow and sell more sainfoin. She is optimistic that more and more stables and individual owners will start using her feeds and biscuits after they see the difference the products make in



From left, Deb Maiers, Miya Charles, both with StableFeed, and Mary Hartman, owner of StableFeed, work with a chia product in Kasson. Photo by Post Bulletin

a horse's health and appearance.

She would like to build a new facility to turn sainfoin into pellets to ramp up production and closely control the quality of the pellets.

Of course, sainfoin will be a key part of the

future growth of StableFeed.

"I really think this is a plant that's time has come. I think that this is a plant that could play a really big role in the ag sector, both in the short term and the long term," said Hartman.

Gol Lutheran Church

Harvest Luncheon

Sunday, October 16, 2022

Serving from 11:00 to 1:00



Menu

Homemade Vegetable Soup

BBQ's

Potato Salad

Pie

Coffee and Milk






Family Church Service

9:30 a.m.

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The rural landscape has changed and old ways aren't coming back, so how do we hold on to what we have?

Courtesy of AgWeek

AgWeek reflects on the way things used to be -- both good and bad -- and how rural areas can hold on to the things and people that still make them special.

A ride along to purchase five Holstein bull calves from a dairy producer in southeastern Minnesota was welcome on a glorious late afternoon when the rolling hills best showed their beauty.

It is a strong dairy area, in contrast to the prairie that the calf buyer and I call home. Silos and barns — to an extent relics of a bygone time — remain in sharp contrast to the large dairy we stopped at. Truckloads of fresh-chopped alfalfa were being transported to the edge of a large pile, where it was packed tight by a four-wheel-drive tractor.

Along the way we talked about how vital dairy used to be across Minnesota. Local stores sold milking equipment and other supplies, and small towns were crowded with cars on weekend nights when checks were cashed, and families came to eat and be entertained.

West Concord — a town of less than 1,000 in the 1950s and now — once had a couple of tractor and car dealers, a clothing store, two hardware stores, two banks, a railroad line, and more. A mural painted on a building's

side depicts Mainstreet circa the 1950s.

It's a shame, I said, that those days are no more.

"You can say it's a shame," the pickup driver said, "but they are never going to come back."

There are many reasons why that is so.

Ease of transportation, technology, cost of living, efficiency of scale, and an unending exodus of people to metropolitan areas are among the reasons.

Writings dating to the 1980s reveal that I railed against the loss of family farms (a category that remains difficult to define), consolidation in the meatpacking and dairy industries, and the foolishness of federal farm policy that failed in its stated mission to protect family farmers.

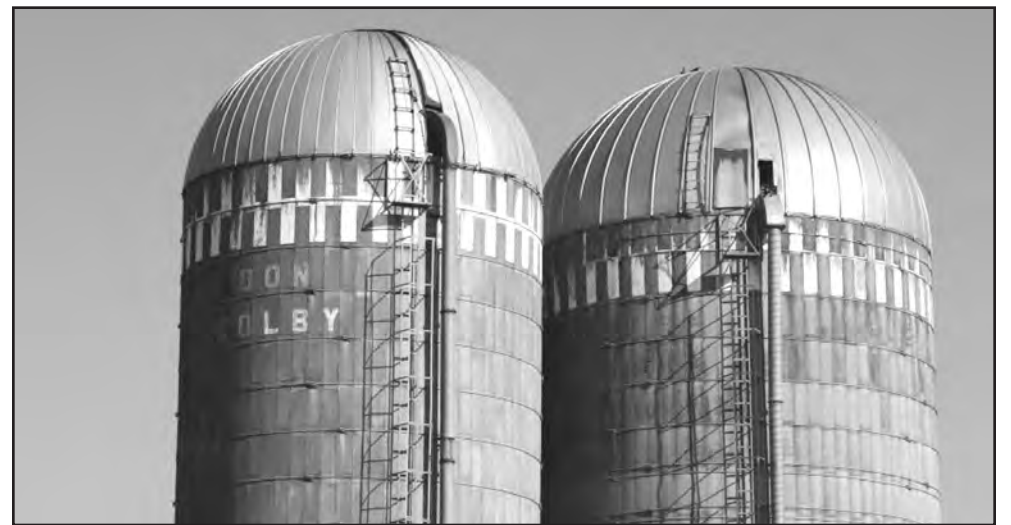
Keeping family farmers on the land has been the goal since President Franklin Roosevelt's New Deal initiated the farm program framework in the Great Depression. Supply management through land banks and Conservation Reserve Program sign ups have been tried with mixed success ever since the government moved away from parity pricing formulas.

History suggests that the dominance of diversified farms blossomed only briefly. The driver raised a valid point when he said that we tend to remember the good times more than the bad.

Cultivating row crops four times followed by whacking weeds, sick calves in pneumonia-filled barns, picking frozen silage from silo walls, and dealing with untilled fields was no one's idea of fun.

Maybe a more reasonable goal is to hang on to what we have. It will not be easy. The public school closed in the early 1990s, and a start-up school that followed several years later folded. Three churches, hurt by declining attendance, have closed. The lone restaurant closed during the pandemic and won't reopen in its wake. The American Legion, housed in a building constructed in the early 20th century, struggles for members.

The pickup driver asked and answered his



A pair of stave silos offer a hint at the dairy farming that once went on at the Don and Sylvia Colby farm near Milnor, North Dakota. Mychal Wilmes says the old ways of rural life and farming weren't all good, but there is good in the rural lifestyle to hold onto.

Photo courtesy of AgWeek

own question.

"Would your children want to move back here? No, they wouldn't, because there is nothing to do here."

Well, that is not 100% true. There is much to be said for raising a family away from the busyness of a big city, the community that remains strong in its commitment to schools and other institutions.

The movement away from rural areas is a worldwide phenomenon unmatched in his-

tory. The slums of Third World nations are crowded with now-landless people. Europe and the United States are far better equipped to handle the migration as rural residents move for better opportunities.

Thomas Jefferson wrote centuries ago that the strength of American democracy is found in its millions of family farmers. It remains true to this day, which may explain why countless surveys find that support for family farmers remains strong.

Meat, Poultry, Egg, and Milk Processing Grant Available

Apply by October 27, 2022 for grant to boost livestock product sales

Minnesota livestock product processors seeking to start up, modernize, or expand their businesses are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Meat, Poultry, Egg, and Milk Processing Grant program.

The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$1.4 million using a competitive review process. The maximum equipment award is \$150,000, and the minimum award is \$1,000.

The intent of the program is to increase sales of Minnesota-raised livestock products by investing in equipment and physical improvements that support processing, capacity, market diversification, and market access.

"Meat processing demand continues to increase, and capacity has to keep pace for a healthy market to exist," Minnesota Agriculture Commissioner Thom Petersen said. "This grant helps processors become more agile and resilient, expanding access to products."

Applicants must:

Intend to or be engaged with livestock slaughter or processing, including meat, poultry, egg, and/or milk.

Be an individual (including farmers), business, agricultural cooperative, non-profit, educational institution, or a local unit of government (including Tribal Governments).

Currently reside in Minnesota and be authorized to conduct business in Minnesota. Grantees are responsible for at least 50% of the total cost for the first \$50,000 and 75% of the total cost for every dollar after as a cash match. Funding for the AGRI Meat, Poultry, Egg, and Milk Processing Grant will be awarded in one round.

Grant applications will be accepted until 4 p.m. Thursday, Oct. 27, 2022. Funding will be awarded in early 2023.

If a grant application is not selected during the AGRI Meat, Poultry, Egg, and Milk Processing Grant, it will be considered for the AGRI Value-Added Grant that is expected to open in winter 2023.

Proposals must be submitted through our online application system.

For more information, visit the AGRI Meat, Poultry, Egg, and Milk Processing Grant webpage.



Organic Certification Cost Share Program Increases Affordability of Certification Rebates

Minnesota organic farmers and processors can apply for a rebate of up to 50% of the cost of their organic certification. The Minnesota Department of Agriculture (MDA) is accepting applications for the Minnesota Organic Certification Cost Share Program from now until November 1, 2022.

Organic certification is a third-party verification system. It assures consumers the organic products they buy are produced in accordance with federal organic regulations. Organic operations must follow National Organic Standards and are monitored through review of their records and on-site inspections at least once a year.

"The yearly cost of certification can range from a few hundred to several thousand dollars," Assistant Commissioner Patrice Bailey said. "This program provides some relief and goes a long way to make organic certification more affordable."

Funds for the cost share program are available first-come, first-served and come from a cooperative agreement with the United States

Department of Agriculture's (USDA) Farm Service Agency (FSA).

Operations that received certification (or had ongoing certification) between October 1, 2021 and September 30, 2022 are eligible for reimbursement of up to 50% of certification-related expenses, with a maximum of \$500 per category (crop, livestock, processing/handling, wild harvest). MDA also offers a similar cost share program for transitioning a farm to organic.

To qualify, applicants must be certified organic by a USDA-accredited certifying agency. New this year will be an online application process. Certified organic farmers or processors can obtain all the program details and necessary materials on the MDA's website or by calling 651-201-6134. Applicants that do not wish to apply with MDA may apply through their local FSA Office.

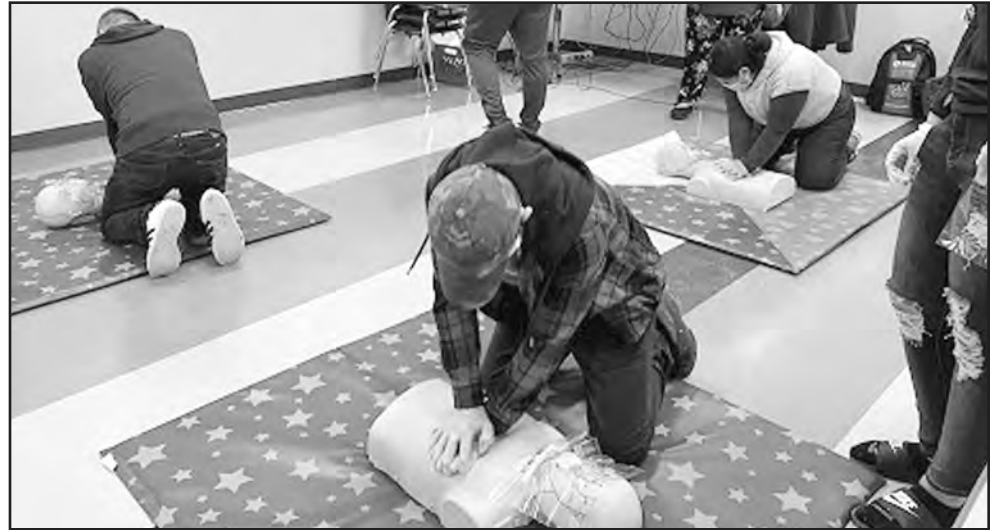
Additional funding for up to 25% of allowable certification costs is available through FSA. That application deadline is October 31, 2022.

Removing Barriers for "Friend, Family and Neighbor" Child Care Providers

By Sandy Malecha
Interim Executive Director, Healthy Community Initiative Northfield

Several years ago we recognized that many Latino families were relying on family, friends or neighbors to care for their young children. We have a lack of affordable child care spots with licensed providers, and very few bilingual child care providers who are also bicultural. We know how critical these Family, Friend, and Neighbor (FFN) caregivers are and wanted to infuse that group with resources and support.

In 2018 we received a \$26,000 Opportunity Grant from SMIF to start the Rice County Latino Childcare Provider Network. This helped us create a support system to build the



Rice County FFN caregivers go through a first aid and CPR training in Spanish.

capacity of Latino FFN caregivers to provide high quality care to children in Rice County, particularly in Northfield and Faribault.

A lot of the caregivers wanted first aid and CPR training in Spanish. It's been an ongoing desire for these caregivers to either maintain their First Aid/CPR certification or get certified. There are always people who are new to caregiving so it's a training that is of the highest demand. There are few bilingual instructors who are Red Cross certified in the State and it's not cheap to get them to come here to provide a training. With SMIF's help we were able to removing that financial barrier, saving FFN caregivers up to \$120 each in First Aid/CPR registration costs, allowing caregivers to take it for free.

In addition to the grant we received for this

work, we also recently worked with SMIF's Early Childhood Business Consultant, Jeff Andrews, on a "FFN-to-licensed" effort in Rice County. We've realized through this process that there are some FFN caregivers that could become licensed child care providers. Jeff has worked to help develop a child care education series in Spanish and provide instruction on how to build a child care business plan in Spanish for these caregivers. There are numerous barriers to entry if you're only Spanish-speaking. It can be really challenging to navigate paperwork, business relationships, and other essential systems. With SMIF's support, we have been able to figure out ways to overcome these barriers.



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New Rankings Show Where the County Is Lacking Health

Report Explores What Areas of Health Need To Be Addressed In the Community

By Goodhue County Health and Human Services

Minnesota is consistently ranked as one of the healthiest states in the nation, and the state has a strong local public health system. Our local public health departments have a long history of assessing the health of their communities and using the results to address community needs. Community assessments work to ensure that the specific health needs of the community are addressed. Through this process, our local public health departments gain a great deal of information about their communities so they can work to address identified priorities.

County Health Rankings, released their 2022 data reporting Goodhue County's overall health outcome ranking was 45 out of the 87 counties being in the lower middle range

of counties in Minnesota. County Health Rankings is an easy-to-use snapshot that compares health related measures between counties and the state levels. This year's State Rankings show that Goodhue County is lacking in some health measures, such as affordable housing, physical inactivity, and not enough mental health providers. The County Rankings call attention to the health topics that are low compared to other counties and state levels.

This summer, as part of a Community Health Assessment process, Goodhue County Health and Human Services (HHS) is working to address the top health issue affecting the county and this lower middle health outcome ranking. HHS has created a list of 10 health issues based on community needs and the County Health Rankings and is in the process of narrowing down to the #1 health issue in the county based off what community members identify as the biggest need.

HHS is doing this by collecting community feedback and data by attending engaging summer events throughout the county and seeing what the community identifies as the top health issue. Out of the list of 10 health issues, community members are able to give input on what they see as the biggest health problem needing to be addressed. The 10 health measures that HHS is looking to focus on and get feedback from the community on this summer are:

- Poverty
- Drug and Alcohol Use
- Education Access and Quality
- Health Care Access and Quality
- Trust In Public Health
- Housing
- Mental Health
- Physical Activity
- Discrimination and Social Connection
- Violence and Child Abuse

With a list of the top 10 ranked health issues in the county and the help of community feedback, HHS is determined to narrow in and identify the top #1 health issue that affects the community and then create an improvement plan. Some of the events that HHS attended this summer to gather this data from community feedback were River City Days, Goodhue County Fair, surrounding Farmers Markets, and more.

Identifying the biggest health related issue in the county is important in order to meet the needs of the community and improve everyday life. By the end of summer, HHS will have identified the top health issues in the community needing to be addressed and will be working through the Community Health Assessment process as part of the ongoing strategic planning process for improving community health.

About Goodhue County Health and Human Services:

The mission of Goodhue County Health and Human Services is to "Promote, Protect and Strengthen the Health of Individuals, Families, and Communities." The department has four service divisions: Economic Assistance, Public Health, Social Services, and HHS Finance/IT. For more information on Goodhue County Health & Human Services, please visit [HYPERLINK "http://www.co.goodhue.mn.us"](http://www.co.goodhue.mn.us) www.co.goodhue.mn.us

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Fossum Addresses Question of Voter Fraud

Courtesy of KYMN Radio



John Fossum
Rice County
Attorney

Despite all evidence to the contrary, rumors persist that the 2020 Presidential election was rife with voter fraud.

This past summer, the state director of elections, David Maeda, addressed the Rice County Board of Commissioners to assure the people of Rice County that the elections across the state, and in Rice County itself, are sound. Maeda even singled out the County Director of Property Tax and Elections, Denise Anderson, as a great example of the high-quality people who are in charge of elections around the state.

Last week, with an important election day approaching in just under two months, Rice County Attorney John Fossum echoed

Maeda's sentiments, saying he believes Minnesota uses the "gold standard," when it comes to running an election.

"We use paper ballots, and an optical reader," he said. "That way there is a record of the vote, and the paper ballots can be reviewed against the optical reader report, and votes can be confirmed."

All the equipment used by the county is certified by the Secretary of State's office, he said. And a public demonstration of that equipment has been made in order to re-assure voters.

He said there have been a handful of cases where his office has charged someone with wrongful voting, but that has usually involved someone convicted of a felony registering to vote and then doing so. Convicted felons are not allowed to vote in Minnesota, however the state Supreme Court is currently reviewing a challenge to that law.

Fossum said the county continues to receive data practice requests from people who are investigating the alleged voter fraud in the 2020 election, and his office tries to process those requests as quickly as possible.

"Our office reviews those and turns them around as quickly as we can. Sometimes people are asking for things that don't exist, and then they get frustrated because [they have to be told that what they are looking for doesn't] exist. But we can't generate data. We can only provide the data that we have and that our Director of Property Tax and Elections has."

Election day is Tuesday, November 8th.

Fossum Disagrees with District's Assessment of Backlog

Courtesy of KYMN Radio

After a two-year period when the Rice County Courts were closed far more often than they were active, Rice

County Attorney John Fossum said his office has substantially reduced the backlog that accrued during that time.

With that said, he would also like the court system to be a little more reasonable in their demands to reduce the number further.

During the pandemic, the criminal case backlog in Rice County ballooned to well over 300 cases. Without the threat of going to trial, many defendants were not interested in negotiating a plea bargain, so the situation stagnated until trials resumed. At that point, the courts brought in retired Rice County judge John Cajacob to work part-time and handle initial appearance hearings and smaller cases. With three full time judges, one part time judge, and a newly constructed Covid safe courtroom, the county now has the ability to try two cases at the same time. Accordingly, the backlog has been greatly diminished.

Still, Fossum believes the court system is not being completely reasonable in the way they are assessing that backlog.

"A month ago, the backlog was 132 cases, which is where they wanted us to be in No-

vember," he said. "This week the number is 180, which tells me they are adding cases."

He said counting cases into the backlog that have just recently been charged is not right. It is Fossum's belief that the backlog should be assessed as the cases that were charged during the pandemic and should not include newer cases.

"Right now, the backlog is the caseload," he said. "Rice county has always had a caseload, and it will always have a caseload. I've never seen a county attorney's office that is completely caught up."

He said there are questions being posed to him by the courts about what his plans are for next summer, when the funding for Judge Cajacob is set to expire. He said, if the courts want to see more expedient action in Rice County, then they should be willing to allocate more resources to the county.

"40 years ago in Rice County, we had we had three District Court judges and a population of under 40,000. Today we have a population of 67,000 and we have three District Court judges. And so, if there's a capacity issue here, then perhaps the court system needs to find a way to address it."

Fossum also said neither the county nor his office will face any penalties for not decreasing the number sooner.

Nerstrand City Council Meeting Minutes July 12, 2022

Nerstrand City Council met for their regular monthly meeting on Tuesday, July 12, 2022 at 7:00p.m. Those in attendance in person were Council Members Monica Gernandt, Dan Pflieger, Jennifer Schwab, John Harris and Mayor Todd Evavold. Other people in attendance were Public Works Director, Steve McDowell, City Clerk, Dana Jans, and 2 residents.

Roll Call

Councilpersons, Gernandt, Pflieger, Schwab, Harris, and Mayor Evavold present.

Approval of Agenda

-Motion to accept the agenda with the addition of American Waterworks under new business by Councilor Schwab, second by Councilor Gernandt, motion passed unanimously.

Consent Agenda

-Motion to accept all consent items by Councilor Schwab, second by Councilor Gernandt, motion passed unanimously.

New Business

-Motion by Councilor Schwab to accept the donation from the Dennison Lions Club towards the purchase of a grass truck, seconded by Councilor Gernandt, motion passed unanimously.

-Motion by Councilor Pflieger to move forward with lifting patches of sidewalk on Main Street by American Waterworks, seconded by Councilor Schwab, motion passed 4 to 1.

Reports from Officers

-Patch on 2nd St S is done, gravel will be put down on the shoulder. New signs are in for the compost site. Waiting on Widseth to complete the survey on Farm St. Working with MnDot to fix the sidewalk in front of City Hall and the storm water.

Adjourn

Motion by Councilor Gernandt second by Councilor Schwab to adjourn the meeting, motion passed unanimously.

Respectfully submitted by;

Dana Jans

Nerstrand City Clerk

GOODHUE

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market

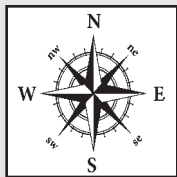
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Changes in Latitudes, Changes in Attitudes Frogs, Friends and Fourth Grade



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

It was September of 1966 and I was in Miss Wick's fourth grade at West Concord Elementary School. We were in the 4E room and it was the week for the Iowa Basic Skills Testing. That was a standardized test that was developed in 1935 to assess the student's skills in reading, language, mathematics, social studies and science. It was boring for a bunch of nine-year old kids.

So, during the recess after lunch break my friend, Lance, and I discovered a frog in the ditch along the play field where all the children went to burn off excess energy. Finding a frog is normal, catching the frog is common, but putting him in a paper cup we found in the ditch and bringing him back to the classroom is a whole new level of crazy.

I, being the consummate risk taker, carried Kermit, our new green captive back from re-

cess, up to the second floor of the school building and right into the classroom. There I sat, hiding the frog under my desk as class resumed. Our principal, Mrs. Wilson, came around the room, aisle by aisle, handing out the test forms to each one of us. Mrs. Wilson was an older lady, rather short, but kind of intimidating to us students.

When she got to my desk, she noticed something amiss. Both of my hands were not on top of my desk, as directed, and she ordered me to do so. I produced a second-hand paper cup, with my right hand over the top. That didn't satisfy her query and I was told to show her what was in the cup.

When I removed my hand, the frog took one great leap for freedom. Right out of the cup and into Mrs. Wilson's face. To my astonishment, she didn't even flinch. She demanded to know why I had brought a frog into the class and before I could think up a good reason, she told me to catch it quickly. As I crawled across the floor, chasing the hopping reptile, there was laughing and shrieking from my classmates. I believe the boys were all quite amused and the girls exhibiting a much more frightened emotion.

Once the frog was secured, I was instructed to return him to the wild, from whence he came, and as I trudged back to class, I contemplated my fate. This was still during the century where corporal punishment was quite common and expected for an infraction such as this. No amount of soul searching could come up with a logical reason for my latest foolishness.

When I got back to the classroom, I took my seat and started the test, with the certainty of impending doom when I was finished. Much to my amazement, the incident was never mentioned again. I gained a good deal of respect for Principal Wilson after that day.

A Minnesotan: If You Give a Belizean a Ladder



By RosaLin Alcoser

If you give a Belizean a ladder he will use that ladder in an extremely unsafe way, but somehow always be ok.

My father, the Belizean, is extremely comfortable on ladders and going up steep inclines; my mother says it's because Belize is basically a steep incline.

He is so comfortable with them that I have seen him many, many times throughout my life walk across ladders that he's balanced over things as a gangplank and climb up them while they're tittering on uneven ground.

The amazing thing is that he's never fallen off of one of these ladders or gotten hurt doing this.

To my knowledge the ladder has only fallen once, while he was not currently on it, trapping him on the roof for a while until my mother found him.

In addition to being extremely comfortable with ladders my father can become easily obsessed with things; like squirrels.

Back in the summer of 2018 he became particularly obsessed with a squirrel that was jumping from the trees onto the roof and running across the roof. The squirrel running across the roof drove him crazy to the point that he decided that it was using a particular branch from the tree next to the house to do this.

So without any help or the right equipment he took his chainsaw and ladder to go up into the tree, climb into the nook where the base of the limb started and cut off the limb. So that he could stop the squirrel from using the limb to jump onto the roof and run across it.

Now I wasn't there to witness this event, because I was away at college, but my mother was and she sent pictures.

The best part about the whole squirrel on the roof chainsaw incident is that after he did all this the squirrel promptly used a different tree to jump onto the roof so it could run across it.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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- THEME: AWARD-WINNING DRAMAS
- ACROSS**
1. Radiant light
 5. Ceiling prop
 8. Sweatshirt attachment
 12. Auricular
 13. Lightly colored
 14. Like a certain lass
 15. Rotterdam or Singapore, e.g.
 16. Greek god of love
 17. Event host
 18. *1960 Golden-Globe winner with Kirk Douglas
 20. The Bee _____
 21. Rowed
 22. Costa del _____
 23. *1922 Pulitzer-winning "Long Day's Journey into Night" author
 26. *James Cameron's 1997 Oscar-winner
 30. Steal
 31. "Killers of the Flower Moon" tribal members
 34. All's opposite
 35. *2021 "royal" Emmy winner
 37. "One Fish Two Fish _____ Fish..."
 38. More eccentric
 39. Assistant
 40. Expels
 42. Before, old-fashioned
 43. Consummate professional, in music
 45. Mid-body narrowing, pl.
 47. Feather glue
 48. Library offerings
 50. Cry like a baby
 52. *"The _____", 1972 mafia Oscar winner
 56. Jeopardy, not the game
 57. Type of molding
 58. This location
 59. Full of blood vessels
 60. Christian of haute-couture
 61. Suite cleaner
 62. Mountain goat terrain
 63. D.C. bigwig
 64. Middle of March

- DOWN**
1. Brewer's perennials
 2. Perching place
 3. Italian money
 4. Type of local tax
 5. Travesty
 6. Not silently
 7. Loch _____
 8. *2012 Emmy-winning espionage thriller
 9. Fairy tale opener
 10. Half of binary code, pl.
 11. Yellow #5, e.g.
 13. Bits of wisdom
 14. Fathered
 19. Bird of prey's weapon
 22. Female sib
 23. _____'s razor
 24. Waterwheel
 25. Horace's poem
 26. Danson and Kennedy
 27. Lymph "containers"
 28. Lacking vigor
 29. Roman counterpart of Greek Demeter
 32. *Ben Affleck's 2012 Golden Globe best drama winner
 33. Wow
 36. *2000-2003 White House Emmy winner, with The
 38. Port city in Japan
 40. Get it wrong
 41. BOGO offer
 44. Total amount
 46. Isthmus, pl.
 48. Railroad car undercarriage
 49. Theater, to Socrates
 50. Samuel Adams, e.g.
 51. Operatic solo
 52. Hermes and Apollo
 53. Cabbage amount
 54. Great Lake
 55. *Best Director Oscar-winner Warren Beatty's 1981 film
 56. Rubber substitute, acr.



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