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SEPTEMBER, 2023

Volume 18 • Issue 7

City of Dundas Presents

TRUNK OR TREAT

6 TO 7 PM
Friday, October 27th

Memorial Park
214 1st Street South

The City of Dundas Parks and Recreation Board invites the community to a Trunk or Treat in Memorial Park. Area organizations and businesses will be there with decorated car trunks ready to hand out candy and prizes. Come join the fun!

Tractor Supply Comes to Dundas

The Tractor Supply Company has selected a Dundas location for a new store. The 600 Schilling Drive address has construction starting now with plans to have the roof on before snowfall and opening intended to be in time for spring 2024.

TSC started as a mail order business in 1938 providing farmers with quality tractor parts at fair prices. The business was operated from the founder's home in Chicago before opening the first store in Minot, North Dakota in 1940. This location was selected because it was halfway between customers in Saskatchewan, Canada and Texas. By 2011 there were 1,000 Tractor Supply stores and the number has swelled to 2,000 ten years later. The average TSC store covers 20,000 sq. ft.

Tractor Supply stores provide a one-stop shop for the community, serving farmers, livestock and pet owners, ranchers, part-time



and hobby farmers, gardeners, homeowners and others. Tractor Supply customers can access a wide range of products including pet supplies, animal feed, propane tanks, fencing,

tools and outdoor power equipment, apparel, gifts and decor and more.

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Announcements

- **The watering/irrigation ban is from May 1-October 15.** The exceptions to the restrictions are newly seeded/sod areas and new trees/shrubs which can be watered every day.
- **Memorial Park Pavilion is open for reservations by calling City Hall at 507-645-2852.**

Rates through September 30, 2023 are:
 Monday thru Friday:
 Half Days: \$80.00 7am-2pm & 3-10pm
 Full Days: \$135.00 7am-10pm
 Saturday/Sunday:
 Full Days only: \$135.00 7am-10pm
 Plus a deposit for all reservations: \$150.00
 Reservations forms are available online at www.cityofdundas.org

Check City's website for more information www.cityofdundas.org

Do you have an announcement?
Email: hometownmessenger@gmail.com



Rice County Dairy Princess Wins Princess Kay of the Milky Way Title

Emma Kuball of Waterville, Minnesota was crowned the 70th Princess Kay of the Milky Way on August 23rd. Emma is the 19 year-old daughter of Nate and Shannon Kuball, dairy farmers in Rice County, Minnesota. Emma is the sixth generation to live and work on the family dairy farm 120 years ago.

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NH+C Consolidates Clinic Services



Northfield Hospital + Clinics is consolidating its Lonsdale Clinic practice with the Northfield and Lakeville clinics.

(continued on page 4)

- Beginning October 1, 2023 -
All New!
MEAT RAFFLES
 Sundays at 4:00 PM

BINGO! Tuesdays at 6:00 PM
 Dennison Lions Club Charitable Gambling Permit #2762

Watch Our Facebook Page for Updates!
 - ON/OFF SALE -
 Main Street, Dennison • Phone 507-782-9061
 Bar Open Daily Mon.-Sat. at 11 AM; Sun. at 1 PM
 Kitchen Hours: Sun.-Tues. 12:00 PM-7:00 PM; Wed. & Thurs. 12:PM AM-8:00 PM
 Fri. & Sat. 12:00 PM-9:00 PM

HOPE CREAMERY BUTTER AVAILABLE AT PARKSIDE!

Local has become an important part of consumer's food choices. People like to know where their food is coming from and how it is produced. Hope Creamery fits that profile very well. Our butter is made using an age old process. Vat pasteurization, and small batch quantities are churned fresh every week.

The Hope Creamery makes butter the old fashioned way and you can tell the difference.

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 Sat.-Sun. 7am-8pm
 230 Main St, Nerstrand
 507-332-8626
parksidenerstrand@gmail.com

Do You Need a New Attitude?

Murder... that seems to be what good mysteries and drama are made of. Why are we so fascinated by this terrible sin of violence? I have to admit that my favorite books genre for pleasure reading are murder mysteries as well. I like to figure out the puzzle and have justice meted out at the end. Why do people kill another human being? Sadly, this has been a part of human history since the beginning of time.

J. Warner Wallace, a veteran homicide detective and co-founder of the Torrance, California, Police Department's cold case unit, who has been featured on Dateline, says that all homicides spring from financial greed, lust, or the pursuit of power.

When we read the book of Genesis in the Bible, we can better understand sin and its affect on humankind throughout the rest of the Bible. There are vital clues, in chapter 4, the murder of Abel, to what is at the root of the destruction of all relationships between human beings.

We aren't told the exact reasons that God look on Cain's offering favorably- only that He wasn't happy with it. And Cain's response was one of anger and sulking. And God asked Cain, why are you angry and downcast? God is checking the attitude of Cain- and possibly it was his attitude towards giving his tithe- that was the real problem in the first place. God always looks at the heart- when we give with a bad attitude or are jealous of others- God knows.

God can't fully bless disobedient people. It's like when I ask someone to do something- my own child or even my spouse; if the response is groaning and anger, I'll just blow it off and do it myself. I'd rather work alone than with someone complaining the entire time. The same goes with someone giving excuses for why they made the decision they did; especially if they blame someone else. It is so easy to justify our sinful actions, or our choices to disobey God and His word.

Negative Attitudes cause us to turn away from God. God is not only interested in what we do and don't do, but also why we do or don't do. Everything is ignored while our motive is considered, then blessed is the pure in

heart, for they shall see God.

Defiance is a major bad attitude that needs to be cut out of our lives. This is one that Cain noticeable brought to his relationship with God and with his brother Able. If you can't stand to be told what to do. If your blood pressure gets high when someone tells you NO. If you see red when someone gives you an order, you might be defiant. Everyone has a natural will to oppose. Everyone wants to be right. We think we have all the answers. Everything would be better if people would listen to us.

Defiance isn't always open and on display. We might seem perfectly pleasant and agreeable on the outside; while inwardly we plot and scheme to get our own way and do exactly as we please. If you won't hear advice, won't accept help, and have all the answers already - you might have a defiant attitude. This sabotages our victory. It undermines our triumph.

Defiance proves immaturity. Like children, defiant people want the center of attention, and want to have all their needs met immediately or else! Defiant people become angry and resentful when others don't act like they want. Defiant people will blame everyone else for their every problem. Defiant people will spend lots of energy trying to get others to change.

How can we change our stinking thinking? Change our attitude!

- Become aware of needs and deficiencies. "Whoever loves discipline loves knowledge, but whoever hates correction is stupid." Proverbs 13:18, "Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honored.

- Commit your will/strength to fix. "Commit yourself to instruction; listen carefully to words of knowledge." Proverbs 23:12.

- Act against the wrong and for the right! "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly[a] with your God." Micah 6:8

Do you have an excuse sloshing around in your mind? What lie are you telling yourself today? The Holy Spirit is speaking to again.

We all need to become more aware of ourselves - we do this by becoming more aware of the Lord. We allow Him to do what He has already done.

I am not ashamed to admit my faults and failures because I know that God's Grace is as strong as ever. "being confident of this, that he who began a good work in you will carry it on to completion until the day of

Christ Jesus." Philippians 1:6. You and I can claim victory over sin! His Holy Spirit is at work within us so that we do not have to sin- but to live a new life of victory in Him. Imagine how different chapter 4 would have been if Cain had heeded God's correction. God told him that sin was crouching at his door- but he didn't have to give in to it. Cain did not have to kill his brother. Cain could have changed his attitude. Cain could have been victorious.

Jesus, is our example, He took responsi-

bility to the point of dying for the sins of the whole of humanity. He redeemed the relationship between people and God and between people with other people. Jesus' life reflected all that we can be in Him. Jesus demonstrated the difference the Holy Spirit can do in every life that chooses to follow Him by faith. When He denied himself, paying the price for you and me, He showed us the best way to live life; Jesus showed us that by dying to ourselves is when we truly can live! Are you ready to change your attitude?

Area Church Directory

Deep Sense of Awe

"Now get up and stand on your feet. . . . I am sending you to [the Gentiles] to open their eyes . . . so that they may receive forgiveness of sins. . . ." — Acts 26:16-18

Consider your own story of faith. One of the ways you can know the awe of God is through your story. Maybe you came to Jesus out of a life of poverty and pain. Maybe you think your story is less than exciting because you grew up in the church and have always been a part of it.

Whatever the case, you have a story to share because it's really about God's story happening through you. In all your struggles, celebrations, griefs, and joys, God has been telling his story of grace in and through you.

When given the opportunity, Paul shared his story. One of the main reasons a personal story is so powerful is that no one can argue against the way God has chosen to work in and through you. Think of moments when you had to trust God with a loved one who was sick, or when you were not sure how to pay a debt and God provided for you. Or maybe you thought your marriage was at the point of no return, but God brought it back.

People can debate theology and doctrine, but they cannot argue against the awesome work of God in and through a transformed life.

May we not lose sight of the power of whom we serve and that we are called to be his people. Let's embrace and celebrate the awe and wonder of God's power each day.

God, undo me today! Soften my heart and bring me freedom so that I may see and know the wonder of who you are. Amen

CANVAS CHURCH

404 Schilling Drive, Dundas

Lead Pastor: **Jed McGuire**

www.canvaschurchmn.com

Sunday service: 10am

Wednesday youth grades 6-12: 6:30pm

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E.

Pastor **Penny Bonsell** • pastor@littleprairieumc.org

507-663-6150 church phone • 651-503-4279 Cell

9:30 a.m. Sunday Worship; Sunday School & Nursery; Adult Group 8a.m.

CITY LIGHT CHURCH 2140 Hwy. 3 South, Northfield, MN

Pastor **Pete Haase** • 507-645-8829 Call for service times

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor **Brent Bielenberg** • 645-7730 life21church.com

10:00a.m. Worship Experience

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor **Dan Runke** • 663-0133 • northfieldefc.org

9:30 a.m. Worship; 11:00 a.m. Christian Life Classes

HOSANNA CHURCH - NORTHFIELD 205 2nd St. S., Dundas

Pastor **Dean Swenson** • 507-664-9007 • www.hosannalc.org

Sunday: 9am & 10:45am Worship with Hosanna Kids Church ages 3-5th grade and Child Care for ages 6wks-3years at both services

Fellowship time with refreshments between services.

Wednesday: Middle School Ministry - doors open at 5:30; programming 6-7:15;

High School Ministry - doors open at 7pm; programming 7:30-9pm

MAIN STREET MORAVIAN CHURCH 713 Division St., Northfield

Tel: 507-645-7566 • Worship Services at 10:30a.m.

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Amanda Rose Donkers

Amanda Rose Donkers, age 26, of Nerstrand, MN, passed away September 23, 2023, surrounded by her family at the Methodist Hospital in Rochester, MN, after a hard-fought battle with cancer.

Amanda Rose was born on December 20, 1996, in Minneapolis, MN, to Christopher Donkers and Kristine Paukert. She graduated from Northfield High School with the class of 2015. Amanda worked in ac-

counting with Taylor Truckline, where she continued to work through her illness. She also was highly involved in helping her father run their family farm. Amanda loved life on the farm, her horses, the cows and especially her dogs, Sophie and Walter. She liked her trucks big and loud, and everything had to have cow print. She also enjoyed crafting with her son Bryson, reading books on the front porch, shopping for most anything, riding motorcycles with friends, horseback riding, and time up north at the lake. Amanda had a great sense of humor and was a very determined person, always persevering to get what she wanted.

She is survived by her son, Bryson James Donkers-Rezac; father and stepmother, Chris

and Anne Donkers; mother, Kristine Paukert; siblings, Alex Donkers, and Christina Kuether (Tyler); grandparents, Thomas and Susan Paukert; best friend, Sophia Amy; her beloved dogs, Sophie and Walter; and many loved family members.

She was preceded in death by her grandparents, Will and Shelly Donkers; and her uncle, Steve Donkers.

A Celebration of Amanda's life will be on Saturday, September 30, 2023, from 9:00 – 11:00 a.m. at the Parker Kohl Funeral Home,

1725 Lyndale Ave. N., Faribault. A brief service and time for sharing will take place at 11:00 a.m. followed by a reception. Per Amanda's request, everyone is encouraged to dress in casual wear (jeans, boots, all things western).

In lieu of flowers, memorials may be directed to the Sarcoma Foundation of America, or to the donor's choice in memory of Amanda.

For online tributes and further information, please visit ParkerKohlFH.com



Tractor Supply Comes to Dundas

(continued from page 1)

The stores carry top brands, such as Purina, Carhartt, Blue Buffalo, Makita and Hobart, as well as products exclusive to Tractor Supply. As part of the company's ongoing evolution to continually meet customer needs, select Tractor Supply stores around the country feature a garden center that includes live goods and seasonal items for everyone from novice gardeners to professional landscapers.

Tractor Supply actively participates in their communities by supporting local animal shelters, area 4-H clubs, FFA chapters and more.

TSC is known for staffing helpful and knowledgeable employees at their stores and will be hiring in the area. Wages start at \$28,000.

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Additional Species Added to Minnesota Noxious Weed Lists



By Kourtney Spitzack, District Technician

If you own property, you have probably battled weeds or some kind of invasive species at one point. There have been new species added to Minnesota's Noxious Weed List at the start of 2023. The Minnesota Department of Agriculture's (MDA) Noxious & Invasive Weed Program's goal is "to protect Minnesota's citizens, economy, and agricultural and natural resources from the negative impacts of invasive plants and noxious weeds" (MDA, 2023).

Through the State of Minnesota's Noxious Weed Law, the MDA maintains four categories, which include prohibited eradicate, prohibited control, restricted noxious weeds, and specially regulated plants. There is also a Federal Noxious Weed list and some counties have designated noxious weeds that are prohibited within the listed counties. With the MDA list update in 2023, the only category

that did not have any new additions was the prohibited control list. Please keep in mind that the species listed on these lists cannot be sold, transported or imported into the state, except as allowed by permit under Minnesota Statute §18.82.

Species on the Prohibited Eradicate Noxious Weeds list must be eradicated where ever they are found in the State of Minnesota. They must not be sold or propagated in the state and all above and below ground parts of these plants must be destroyed. These plants are categorized as not widely established throughout the state yet or have not yet been found. The new species added to the Prohibited Eradicate list includes Johnsongrass (*Sorghum halepense* L.), Pale swallow-wort (*Cyanthum rossicum* Kleopow) and Red hailstone (*Thladiantha dubia* Bunge).

Restricted Noxious Weeds are plants that are already widely found throughout the state, where it would not be feasible to eradicate or control them using current practices. These plants cannot be sold, imported or transported illegally within the state. Additions to this list include Amur silvergrass (*Miscanthus sacchariflorus* (Maxim.) Franch.), Lesser celandine (*Ficaria verna* L.) and Saltcedar (*Tamarix ramosissima* Ledeb.).

Amur corktree (*Phellodendron amurense* Rupr.), Callery pear (*Pyrus calleryana* Decne.) and Tatarian maple (*Acer tataricum* L.) are all new species that were added to the Specially Regulated Plants list. This list includes noxious weeds that may be nonnative or native species. They might have demonstrated economic value, but also carry the potential to cause harm in environments where they have not been controlled. These plants should be eradicated, controlled or handled according to specific regulations listed on



From left to right: Johnsongrass (*Sorghum halepense* L.) by Barry Rice, sarracenia.com, Bugwood.org, Pale swallow-wort (*Cyanthum rossicum* Kleopow) by Rob Routledge, Sault College, Bugwood.org, and Red hailstone (*Thladiantha dubia* Bunge) by Minnesota Department of Agriculture.

MDA's website.

Overall, it is important to stay up-to-date with these lists yearly to see if there have been any revisions. Visit <https://www.mda.state.mn.us/plants-insects/minnesota-noxious-weed-list> to learn information on the background, description, habitat, means of spread and distribution, impact, prevention and management, toxicity and other miscellaneous information on all of the listed species. If you ever find one of these species on your property, please remember to report it on the "Report-a-Pest" website at <https://www.mda.state.mn.us/reportapest>. They rely on Minnesotans to act as volunteers to help report potential threats that may impact Minnesota's crops, forests, and prairie land. You can also learn about Rice County's invasive species on our website at

<http://www.riceswcd.org/invasive-species-and-noxious-weeds/>.

Kourtney Spitzack is a District Technician with the Rice Soil & Water Conservation District. She assists landowners with buffer implementation and with the district's cover crop and custom interseeding programs. Contact Kourtney with your questions at 507-332-5408.



NH+C welcomes certified nurse midwife Senja Ruuska

Senja Ruuska, APRN, CNM likes watching her patients transform into parents.

"Pregnancy and birth are life events unlike any other," Senja says. Seeing – and helping – patients become parents is the best thing about her profession.

"Establishing relationships and partnering with patients as they make informed decisions is an important part of my role," Senja adds.

Senja joins the certified nurse midwives who provide prenatal care and deliver babies at NH+C's Women's Health Center, and Birth Center. She has 20 years of experience as a labor and delivery nurse.

Senja believes a low-intervention approach makes a difference in patient safety and satisfaction. She strives to provide individualized patient and family-centered care through support and education.

Senja sees patients in the Women's Health Center in Northfield plus the Lakeville and Farmington clinics.

Special Interests:

- Pregnancy
- Birth
- Postpartum
- Women's Health
- Birth control (IUD and Nexplanon)

Senja has a bachelor's degree in nursing from University of Minnesota-Twin Cities and earned her master's degree in midwifery from Frontier Nursing University in Kentucky. She is board-certified by Board Certified, American Midwifery Certification Board, and also certified in lactation counseling, fetal heart monitoring, and neonatal resuscitation.

Learn more about midwife services: <https://www.northfieldhospital.org/midwife>

Learn more about Senja: <https://www.northfieldhospital.org/senja-ruuska-aprn-cnm>



Senja Ruuska, APRN, CNM

NH+C Consolidates Clinic Services

(continued from page 1)

The Lonsdale Clinic will relocate services in November. November 17 will be the last clinic day. Patients can continue to see their same providers in NH+C's Northfield or Lakeville clinics.

This does not affect other clinic operations at NH+C.

Patients are being notified directly. If you are a patient of the clinic and you have questions, call Nicole Strusz-Mueller, Director of Clinics, at 507-646-1003.

"We're confident that we can serve the Lonsdale community well with our Northfield and Lakeville clinics, our two Urgent Cares, and all hospital services," says NH+C President & CEO Steve Underdahl. "We're committed to making this a smooth transition for patients."

Primary care provider Gregory Randall, MD will see patients in the Lakeville Clinic. OB/GYN specialist Deb Suppes, MD will see patients in the Women's Health Center on the Northfield Hospital campus. Dr. Suppes continues to perform surgeries at Northfield Hospital, and deliver babies at the Birth Center.

Jane Carlson, APRN, CNP will see patients in the Lakeville Clinic.

NH+C plans to sell the building at 103 15th Avenue Southeast in Lonsdale.

The consolidation is part of an overall review of services at NH+C to ensure the organization can serve the community for generations to come. NH+C – like healthcare organizations across the state – faces significant challenges. NH+C lost several million dollars in 2022 as expenses significantly outpaced revenue from services.

This is one step to address the gap between revenue and expenses. NH+C Administrators and Board expect to complete their review of service lines and take any further actions by yearend. No other adjustments to clinic services are planned.

NH+C's Administration and Board consider several criteria as they analyze service lines: finances, mission, and commitment to serving local communities.

Healthcare organizations across the U.S. are under serious pressure from four converging trends: worker shortages; increased costs; flat payments; imbalance of government and private payors. Similar actions are occurring across the state and around the country.

"An organization can't sustain ongoing heavy losses and continue to operate effectively," Underdahl says. "We do need to make sound business decisions so we can continue to thrive into the next generation."

NH+C opened its Lonsdale Clinic in 2005.

Scheffler Graduates from Statewide Leadership Program

The Rice Soil and Water Conservation District is proud to congratulate Emmie Scheffler, District Technician, for successfully completing a one-year leadership development program sponsored by the Minnesota Association of Soil and Water Conservation Districts (MASWCD).

The 2022-2023 MASWCD Leadership Program brought together 28 participants from across the state to strengthen their leadership capacity for conservation work in Minnesota. The group was comprised of local SWCD staff and board members, staff from the Minnesota Board of Water and Soil Resources, and regional staff from the Natural Resources Conservation Service.

The group met for seven in-depth multi-day sessions focused on leadership topics including building personal leadership skills, developing a shared vision, practicing ethical leadership, strengthening team leadership, facilitation, and communicating to make a difference.

“The program allowed for growth in leadership that I would have never thought to



The graduates of the 2022-2023 MASWCD Leadership Program. Emmie Scheffler is seated third from the left in the front row.

identify on my own. The program also allowed for interaction with others of similar backgrounds but different leadership strengths to help grow leadership with others and in different situations” said Scheffler.

This was the 13th group to complete the statewide leadership program; more than 260 staff and elected supervisors from county, state, and federal agencies working in conservation have completed the program since 1996. The content is designed and delivered by staff of the University of Minnesota Ex-

tension in partnership with the president of Leadership Tools consulting firm. For further information about the MASWCD Leadership Program, contact the Minnesota Association of Soil and Water Conservation Districts at 651-690-9028 or visit the MASWCD website at www.maswcd.org.

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Rice County Dairy Princess Wins Princess Kay of the Milky Way Title

(continued from page 1)

Emma related that she didn't remember hearing her name called during the coronation ceremony and didn't realize that she had won until she felt Rachel (last year's Princess Kay) place the crown on her head. Her next two days were full of media interviews and the customary posing for the Princess Kay butter sculpture at the state fair dairy building. She will be representing the state dairy industry for the next year including the 1,850 dairy farmers, like her family, who produce milk

and dairy products used nationwide. There will be up to ninety appearances through out the state like school visits, industry events and breakfasts on the farm. Emma also intends to be back home on the weekends, when possible, to help with the work on the farm and stay connected with her family.

The Kuball family has enjoyed a couple other princesses in the family as her sister Kelsey was a finalist in 2021 and her aunt was a finalist in 2002.

Emma is a sophomore at the University of Wisconsin – River Falls where she will graduate in 2026 to pursue a career in agriculture education. Her plans are to be a high school ag teacher.

As for the 90-pound block of butter carved in her likeness, Emma plans to hold a sweet corn feed next year and share the butter with all the guests present. Her brother Keegan raises sweet corn and is planning a special crop for the event.

Vang Lutheran Church ANNUAL LUTEFISK AND NORWEGIAN MEATBALL SUPPER

Vang Lutheran Church

2060 Cty. 49 Blvd.
Dennison, MN 55018

Wednesday, October 11th

Tickets are \$20.00



Meal Includes:

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

We have our traditional meal packaged to deliver or pick up and enjoy at work or home.

Home or business delivery and curbside pick up

11:00-2:00pm/4:00-7:00pm

Pre-orders required with credit card by 10/6/23.

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Do You Have a Story Idea?

Contact Terry at:
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Harvest Fiber Festival Showcases Fiber Arts and Life on the Farm in Dennison

September 30 & October 1

Where has the time gone, now in its third year the Harvest Fiber Festival brings fiber front and center in a fun and engaging way.

Sheep will be grazing on their pastures, llamas will be walking on paths, fiber enthusiasts will be drooling, squeezing and touching all sorts of fiber and fiber arts from 20 vendors from various places around the Midwest and one from Texas!.

There also will a food truck, bake shop, and pie for the people to graze, games and crafts for kids to do and learn about fiber and life on the farm.

All this free, family fun will take place at the Harvest Hill Acres farm (7477 400th Street, Dennison MN, 55018) near Cannon Falls. Dean and Diana Treangen are the owners of this farm.

Event Details:

Dates: September 30 & October 1, 2023 (rain or shine)

Times: Saturday, 9/30: 9:00 a.m. – 5:00



p.m.; Sunday, 10/1: 9:00 a.m. – 3:00 p.m.

Activities:

- 20 fiber arts and other vendors from Minnesota (many local), Wisconsin, Iowa and even Texas.
- Free games and crafts for kids
- Live animal viewing
- Fiber Craft Demos
- Walk the Llamas (\$5.00 fee)
- Food Truck
- Farmers Market on SUNDAY

The COVID-19 pandemic forced the Treangens to pivot. In 2020, they both lost their jobs. At that point, Dean chose to retire and dedicate his time to tending to the farm full-time. Diana redirected her efforts to turn a fiber hobby into a sustainable agriculture business opportunity.

The craft room connected to the barn became a yarn store. The fiber from their sheep and llamas are used in the products produced on the farm. Vendors are friends and local producers in the area. Each year, the festival becomes a community event for two groups. The local communities and their children, fun, and free and learning about agriculture with sheep as their teachers. The fiber community, continues to thrive in Minnesota and many of the volunteers at this event are people, that come to this farm during the year just to knit. The Harvest Fiber Festival now in its third year.

For more info and daily updates, check out the Harvest Hill Acres Facebook page. Or their website www.harvesthillacres.com

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Apple Orchard in the Valley

Fall is a time for apples and the place to go is Sogn Valley Orchard just outside of Denison. They have 1,400 trees on the farm producing over 25 different varieties of apples for you to enjoy. Apples are picked and packaged for you to pick up at their store where they also have fresh pressed apple cider for sale as well.

John Zimmer bought the 20 acre orchard in 2007 and has been improving it ever since. He has maximized his apple production using a trellis system to support the tree branches and uses integrated pest management to minimize using chemicals.

You can stop by the orchard and visit from noon to 6pm everyday through November 3rd. They are located at 37750 41st Avenue Way just ¼ mile east of highway 56 on Goodhue County Road 9.



Rice County Steam & Gas Engines Inc. 48th Annual Tractor Show

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- Remember that it is Minnesota law to use slow-moving vehicle emblems on equipment traveling less than 30 miles per hour; and
- Consider using a following vehicle when moving large equipment on roadways, especially at night.
- Get Some Sleep - Make sure to get enough sleep and rest to refresh the mind and body. If you are spending long hours in a combine or tractor, be sure to take short breaks often.
- Don't Rush - It may take an extra moment or two to walk down every step or double-check a piece of equipment. But that extra time may be a lifesaver. Don't cut corners when it comes to safety.
- Identify hazardous areas on equipment and make sure you stay away from moving parts. Beware of pinch points, shear points, wrap points, pull-in areas, thrown objects, crush points, stored energy hazards and freewheeling parts.
- Shut down equipment, turn off the engine, remove key and wait for moving parts to stop before dismantling equipment.
- Lock entrances to grain handling areas.
- Install ladders inside bins.
- Do not enter grain bins that are being loaded or unloaded. Flowing grain can trap and suffocate you in seconds.
- If it is necessary to enter a bin, shut off and lockout power before entering. Use a safety harness and safety line. Have several people available outside the bin to lift entrant out in case of an emergency.
- Wear proper dust-filtering respirators when working in and around grain handling areas. High amounts of dust and molds could be present and could be very dangerous.



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Big Woods Run

An organized run through the Big Woods State Park is happening again this year! St John's United Church of Christ is once again planning the Big Woods Run, a race that takes runners through one of the best hardwood forests in southern Minnesota.

Saturday, September 30, 2023 is the date to pull on your running shoes and enjoy this scenic trek. The Big Woods should be in prime color for the runners and spectators.

The schedule of events includes a half marathon, 10k and 5k. The half marathon will take runners through beautiful wooded scenery with challenging hills. The 10k and 5k runners will enjoy a fairly flat wooded trail course. The half marathon and 10k begin at 9:00am at St John's UCC, 19086 Jacobs Avenue, Faribault, MN. 5k runners will take a shuttle bus from the church to the starting line in the middle of the park. 5k runners must be on the bus no later than 8:40am.

Runners can register online at www.finalstretch.com Race day registration is 7:15-8:45am at the church.

Proceeds from the Big Woods Run are donated to local charities. Over \$150,000 has been donated in the 25 years of the event.



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 <p>2021 FORD BRONCO OUTER BANKS ADVANCED 4X4</p>	 <p>2021 FORD F-150 XLT SUPERCREW</p>	<p>Call our service department to schedule your maintenance needs. Open Monday thru Friday 7:30am to 5pm.</p> <p>At Milo Peterson Ford Co., our highly qualified technicians are here to provide exceptional service in a timely manner. From oil changes to transmission replacements, we are dedicated to maintaining top tier customer service, for both new and pre-owned car buyers! Allow our staff to demonstrate our commitment to excellence.</p> 	
<p>4x4, 4 door, cyber orange, 14,726 miles, 2.3L turbocharged #23120U</p> <p>Sale \$51,900</p>	<p>4WD, rapid red metallic, 20,233 miles, 2.7L V6, ecoboost #23067U</p> <p>Sale \$48,435</p>		

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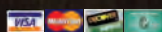
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300 Lots!

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\$23 per meal

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Tickets go on sale September 14
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ESTATE AUCTION
Saturday, Oct. 7, 2023 9 am

Location: From Highway 19 and 86 Roundabout go East 7 mi. or from 86 & Pillsbury roundabout go West 2 mi., Hobby Farm on North side watch for auction signs.

Estate of Chuck Holen
 27975 Thomas Ave. South, Webster, MN 55088


J.D 3 Cylinder DieLel zero turn 72" mower (nice), Mitsubishi L.P. No. 35 7,000 Lift Cap with side shift model FG35A serial, No. AF35A 800 hrs. (Like New), 1988 Mercedes Benz Kit Car Convertible, 1939 J.D H NF Tractor, complete Restoration (New Tires), 2 I-H Hit & Miss Eng. (as is), Ford 300 Eng, pallet of batteries, Rooster Weather Vane, pallet racking, deer horns, Bombardier Quest 4 wheeler, Approx. 10 assorted long guns, ammo, 8 Steel livestock gates, 2 lg. gun safes - 6ft. moose antlers, 11 ft. x 8 ft. storage building to be moved, Wickman index metal lathe, Lg. press, 4 ft. x 12 ft. trailer, Torch set, Lg. collection of good tools, Cash register, Graco grease pumps, Cub van for scrap, I-H Toys, Mounted pheasant in glass, peanut machine, School lockers, tool cabinets, some high end household furniture, machine shop items.

Viewing Friday 9AM till 6PM.

Auctioneers Note: Chuck was a businessman his whole life, lots of interesting items. No lunch wagon at this sale, lots of good parking available.

Terms: Cash, check, major credit cards with convenience fee, No Buyers Premium.

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 cell 612-978-6901
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AUCTION CALENDAR

October 11, 2023
Bidding Begins: Oct. 1, 2023
Starts Closing..... Oct. 11, 2023
Randolph, MN
 ONLINE ONLY
 FARM ESTATE AUCTION FOR RANDY THOMPSON ESTATE Massey Ferguson 271EX MFWD Tractor with Loader, Hobby Farm Equipment, Tillage Equipment, Flatbed, Tool Boxes, Good Power & Hand Tools, Lawn & Garden Items, Antiques, Furniture, Collectibles, Farm Primitives, Garden Art and More.

October 21, 2023
Bidding Begins: .. Oct. 12, 2023
Starts Closing..... Oct. 21, 2023
LeSueur, MN
 ONLINE ONLY VINTAGE COLLECTOR SNOWMOBILE AUCTION FOR DALE & JOANN JONES
 35 Vintage Ski-Doo Snowmobiles, Many With Low Miles, Race Sleds, 600 Lots of NOS Ski-Doo Parts, (2) Fancy Amish Built 2 Seat Horse Carriages, Horse Tach, Gates and Corrals, Cat D5 Dozer, Several Trailers, Hobby Farm Machinery, Support Equipment

October 24, 2023
Bidding Begins: .. Oct. 14, 2023
Starts Closing..... Oct. 24, 2023
Lakeville, MN
 ONLINE ONLY MOVING AUCTION FOR TERRI PETTER & DAN STORUE
 Samsung SE210 Excavator, 2003 Chevy Duramax Pickup, 1987 Chevy Pickup, 5th Wheel Travel Trailer, Dump Trailer, (3) 40' Semi Van Trailers, 16' Horse Trailer, Freightliner School Bus, Wooden Wheel Buck Board Buggy, Dr. Buggy, 50+ Livestock Gates, Everlocking Pin Gates, Feeders, 5 Hoop Tents, 2 Buildings on Skids and More.

November 4, 2023
Bidding Begins: .. Oct. 14, 2023
Starts Closing..... Oct. 24, 2023
New Richland, MN
 VERY LARGE ESTATE AUCTION FOR MICHAEL (MIKE) WEYDERT ESTATE
 2015 Chevy Colorado, 2022 John Deere 325G Loader, (10) Skid Loader Attachments, John Deere 3046K Tractor, 2006 Ford F250, 2011 Lincoln MKS, 2012 Polaris XP800, John Deere 1445 Dsl Mower, 500 Lots of Good Power Tools, Firearms, Stainless Steel Appliances, Fancy Oak Furniture, 30+ Collector Toys, Fuel Tanks, Good Quality Well Cared For Items

November 17, 2023 ... 10:00 AM
Medford, MN
 LIVE AND ONLINE FARM RETIREMENT AUCTION FOR PAUL & CYNDI MAAS CHARITABLE REMAINDER TRUST
 John Deere 9770 Combine, 608C & 635F Heads, John Deere 9520, 8520T 8130 and 4455 Tractor, John Deere 4920 Sprayer, JD 2210 Field Cultivator, White Agco 9816 Planter, Ford 555D Backhoe, IH Semi Tractor, Timpte Grain Trailer, Rock Picker, Farm Support Equipment

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An Apple A Day



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented a solution to the increasing health challenge of Metabolic Syndrome. In that article, eight specific steps were recommended for beginning the process of reversing Metabolic Syndrome. The final step listed was "Eat an apple each day."

You probably have heard the rhyme, "An apple a day keeps the doctor away." But what does an apple really do for you? Does any apple work, or only certain kinds? Let's dig a little deeper.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a

day required less prescription drugs. Those who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in Molecular Nutrition Food Research by Bon-donno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were eaten. In other words, these apples improved the blood flow through the body. The apples with high flavonoid content will typically be darker red apples that are not too sweet.

Cholesterol - The healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was re-

ported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the sugar absorption ability of the intestines by closing the primary "door" that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

Colon Health - The ability of the polyphenols of apples to "close the door" on sugar transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many more "doors" to bring in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

An apple a day is the eighth guideline followed in the Metabolic Balance Program®,

a program developed 20 years ago in Germany. This program provides a personalized meal plan based on your unique blood chemistry. Those who have followed their personal Metabolic Balance Plan have observed blood sugar levels become controlled, cholesterol levels improve, inflammation decreased, acid reflux disappear, and the body shifts to a healthy weight.

If you would like to learn more about the foods that help you thrive, join me for a LIVE event series planned for September 11, 18, and 25. I will be presenting "PRIORITY FOODS: Protein, Fats, and Carbohydrates" at FiftyNorth in Northfield at 6:30 pm each Monday evening. You can register by calling the Front Desk at (507) 664-3700.

- In this seminar series, we will talk about:
- What proteins are the efficient proteins and how much you need
 - What fats are good fats and what fats are bad fats
 - What Carbohydrates (sugar) is good for you and what to avoid
 - How much of each category should you consume
 - What foods will bring real satisfaction in a meal

If you would prefer to meet for a personal consultation, you can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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Friends and neighbors:

There is a brewing crisis in our schools that demands bipartisan cooperation. Police departments are withdrawing officers from serving as Student Resource Officers (SROs) due to a dispute over a law change made by Democrats and Gov. Walz last session. Without immediate action, more schools across Minnesota will begin the year without an SRO present.

SROs play a vital role in school safety that goes beyond law enforcement. They build relationships, serve as mentors, and respond to conflicts. Their presence establishes calm and order. Now many are being pulled from schools over ambiguity in new use-of-force standards that police say prevent SROs from being able to keep students safe.

The impact of the change was immediate: A huge brawl broke out and a lockdown was enacted during the first week of classes at Mankato East High School after SROs were removed from the building. This troubling incident shows the potential dangers of schools lacking an SRO.

My Republican colleagues and I have proposed a straightforward fix – revert the use-of-force language back to original standards

while keeping the ban on neck restraints that restrict breathing. This would provide clarity and allow SROs to resume serving students.

Unfortunately, more than 40 Democrats in the legislature have dismissed the urgent calls from parents, school officials, and law enforcement to fix this issue. Politics should be set aside when student safety is at stake. SROs are relied upon to manage volatile situations, provide mentorship, and prevent violence. We need to act quickly to get them back into schools.

When the law was passed, many worried it would lead to this very outcome. Senate Republicans even voiced these exact concerns during debate on the bill in February.

The simplest path forward now is to restore what was working so SROs can get back into Minnesota schools. Republicans are ready to act now and Gov. Walz has even acknowledged that we “may be” right. I hope Democrats will join us. Leaders from both parties should come together on this targeted fix in a special session for the sake of our students’ well-being.

Economic report shows disappointing Minnesota rankings

A troubling new report by the Chamber of

Commerce on Minnesota’s economic indicators shows our state ranked near the bottom among U.S. states in several key economic indicators so far this decade. While some sectors like tech and finance had growth, Main Street businesses and the service industry have struggled mightily to recover jobs lost during the pandemic. This uneven recovery means too many working, middle-class Minnesotans are missing out on prosperity – especially prosperity of government.

Minnesota was once the envy of the Midwest, but we have fallen behind. As the Chamber’s report highlights, our state’s growth is now lagging in most key areas: We ranked 25th in per capita income growth, so worker incomes aren’t rising as fast as we would like. We ranked 35th in GDP growth. 40th in job growth. And 42nd in domestic net migration, because we lost a net of 36,000 residents to other states. More people are leaving than want to move here.

We must empower our workers and help Main Street businesses thrive once again. Fluffy, feel-good things may generate head-

lines, but we need to focus on the basics that will help workers. We need major, permanent tax relief – not \$260 rebate checks – so people can afford gas, groceries, and childcare more easily. We need to enhance skills training and opportunities for those struggling to get ahead. We need to cut red tape for small businesses trying to expand and create jobs.

Most of all, we need an economy that works better for the middle-class families who are the backbone of our state. With smart policies centered on empowering workers and small businesses, Minnesota can get back on track to faster growth that works for everyone.

Contact me

Your feedback, ideas, and concerns are what allow me to serve you to the best of my ability. Please share your thoughts with me any time at sen.bill.lieske@senate.mn or 651-296-5019.

I would also love it if you follow my new, official Facebook page here: <https://www.fb.com/SenatorLieske>.

It is a privilege to serve you!

Bill

DUNDAS CITY COUNCIL REGULAR MEETING MINUTES Monday, August 28, 2023, 7:00 p.m. City Hall

Present: Mayor Glenn Switzer Councilors Ashley Gallagher, Luke LaCroix, Grand Modory, Luke Swartwood

Staff: City Planner Nate Sparks, City Administrator/Clerk Jenelle Teppen,

CALL TO ORDER

Mayor Switzer called the meeting to order at 7:00 p.m.

APPROVAL OF AGENDA

Motion by Modory, second by Swartwood, to approve the agenda. Motion Carried Unanimously (MCU)

CONSENT AGENDA

Motion by LaCroix, second by Gallagher, to approve the consent agenda as follows:

- Regular Minutes of August 14, 2023
- Pay Voucher No. 2 Hester Street Mill and Overlay
- Disbursements - \$76,437.07 MCU

REGULAR AGENDA

- Consider Ordinance 2023-07 Establishing a Planned Unit Development for Lot 1, Block 1 Reese Real Estate Subdivision

Motion by LaCroix, second by Swartwood to approve preliminary and final plat with sidewalk included MCU

- Consider Resolution 2023-12 Approving a Planned Unit Development and Site & Building Plan Review for a Retail Store at 540 & 600 Schilling Drive

Motion by Modory, second by Swartwood to Approve Resolution 2023-12 MCU

- Consider Resolution 2023-13 Approving a Preliminary & Final Plat for Reese Real Estate Subdivision

Motion by Modory, second by Swartwood to Approve Resolution 2023-13 MCU

- Consider Approving Development Agreement with Reese Real Estate

Motion by Modory, second by Swartwood to Approve Development Agreement with Reese Real Estate MCU

- Consider Approving Encroachment Agreement with Reese Real Estate

Motion by Swartwood, second by LaCroix to Approve Encroachment Agreement with Reese Real Estate MCU

- Consider Resolution 2023-14 Approving a Comprehensive Plan Amendment to include the General Business Land Use Designation

Motion by Swartwood, second by LaCroix to Approve Resolution 2023-14 MCU

- Consider Approving Addendums to the Two Maintenance Contracts the City has with Utility Service Co. to Add Mixers to the Water Tower Tanks

Motion by Gallagher, second by LaCroix to Approve Addendums to Contracts with Utility Service Co MCU

- Consider Approving Railway Street Sidewalk Removal

Motion by LaCroix, second by Gallagher to Approve Removal of a Portion of the Sidewalk between Hester St and to a mid-point between Mill Street and Bridge Street MCU Reports of Officers, Boards and Committees

The City Administrator indicated that staff has still had no contact from the State regarding the funds granted the City in the 2022/2023 legislative process for the TH 3/CR 1 Pedestrian Crossing project.

Closed Meeting

Motion by Swartwood second by LaCroix to close the meeting at 8:00 pm to consider whether to exercise the City’s right of first refusal to purchase the real property located at 315 Railway Street North, in the City of Dundas, County of Rice, State of Minnesota. The meeting is closed pursuant to Minnesota Statutes § 13D.05, subd. 3(c)(3) to develop or consider offers or counteroffers for the sale of real property. Motion by LaCroix, second by Modory, to adjourn the closed meeting at 8:53 pm.

Motion by Modory, second by Swartwood to adjourn the meeting at 8:55 p.m.

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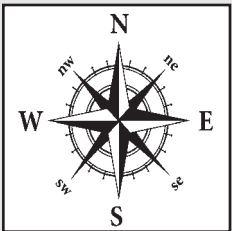
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Hampton
800-225-4316

Changes in Latitudes, Changes in Attitudes



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.

I found this Minneapolis Moline tractor replica at a garage sale I took my wife to. I don't intentionally do garage sales but occasionally an interesting item pops up. I am at that age where I do not try to accumulate anymore worldly treasures. Just seems like more junk to leave to someone to dispose of after they dispose of me. But this one just called out to me.

It really isn't much of a tractor replica, more of an abstract collection of parts and could be many things if not painted that iconic yellow/orange with the Minneapolis Moline logo on the side. It started out life as a Singer sewing machine and was repurposed for some nostalgic antique tractor buff.

When I was a very small kid, I remember my grandfather's Minneapolis Moline Z tractor. I do not believe it ever ran during my lifetime. Just sat in the grass on the north side of the hog barn. My sister and I used to climb up on it and pretend we were driving tractor when we were very young. There were lots of levers that moved back and forth with a satisfying clunk while we shifted gears and engaged the power on our imaginary adventures.

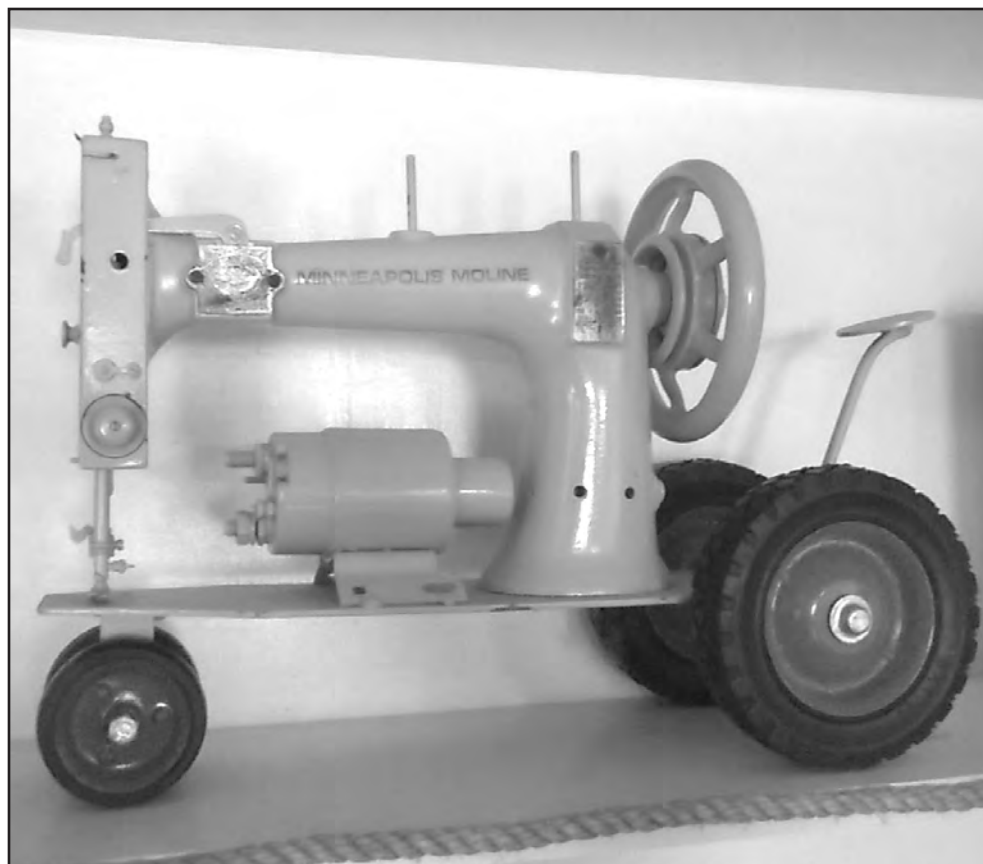
One day my activity aroused a bumble bee which had taken up residence under neath the

metal cowl of the tractor. He proceeded to sting me on the arm and I ran to the house howling for my mom. She put salve on my wound and soothed my pain but told me not to play on it any more. That was her standard advice when I did something she felt could harm me. I climbed the silo. She told me not to. I went up in the hay loft, she told me not to. Eventually I learned to not tell her what I did. My dad just figured what didn't kill me, made me stronger. That is why young boys hang out with dad more often.

It had a great history on the farm though. I believe it was the first rubber-tired tractor that my grandfather owned. They were made between 1949 and 1953. The Z was rated at 36 horsepower on the belt and 32 horsepower at the drawbar. My neighbor Richard Matti told me once about how proud my grandfather was of it and they used it to power a threshing machine in the early years.

One story related to me was how one fall it was very cold when they were doing fall plowing and my grandfather would drive the farm pickup along-side the tractor in the field. The hired man would drop the plow in the ground and tie the steering wheel with a rope and then ride in the warmth of the pickup to the other end of the field. It went slow enough with a two-bottom plow that he could easily climb on and off while it was moving. He would climb aboard, untie the rope and raise the plow out of the ground at the end of the field in time to turn it around and then get back in the warm pickup as the tractor lumbered along turning over the soil. The kind of activity we all learned not to tell mom about until much later.

We live in the house where my grandparent's spent their final years. My wife suggested putting it in the room where my grandmother kept her sewing machine. One piece of history to remind me of both my grandparents. It seemed worth it to bring home this treasure. Although now I know the real treasure are the memories about two wonderful people that it brings back to me.



A Minnesotan: Down at the Riverside



By RosaLin Alcoser

Wade in the water, wade in the water children. Wade in the water, God's going to trouble the water. Well it's Labor Day and this marks the start of school and the end of summer activities. Which also means that churches that are going to hold outdoor Baptism have reached the end of being able to do so for this year.

After all there's no better way to end the summer then to go down to the river for a good old fashioned outdoor Baptism. Which if truth be told is a lot more exciting than the indoor ones done during the rest of the year. This is because normally even if your church normally does Baptism by sprinkling when it takes place at the river it will normally be done by immersion.

Personally I was Baptized during outdoor Baptism back in 2004. Except it was done outside in a turned off hot tub. This was done mainly because the church was next to the Zumbro River in a place where the current was way too strong to safely hold

a Baptism in. Great part to go tubing in not so much for safely dunking people in and out of the water.

My father is a pastor, who currently works for two little Methodists churches out in western Minnesota. Now the thing to know about my Belize pastor father is that while he might work for the Methodist he's an acuity Southern Baptist. Which is one of the denominations that baptize by immersion.

One of his churches held an outdoor Baptism by the river the weekend before Labor Day this year. Their plan was to go out into the river, which water levels have been pretty low this year, and sprinkle just like they would do inside of the church building except while standing in the river. Practical but unexpected right?

Which is what it would have been if anyone else except maybe my father had been the one doing all of this. Because the day of, he changed the plan and decided that he was going to baptize everyone who was getting baptized that day by immersion in the low creek levels.

My mother sent me a video about an hour after my father, wearing his fishing wader under his robe, lowered a parishioner into the water, bringing them back up and then both of them immediately falling back into the water. Which made the whole thing a lot more exciting than the original plan.

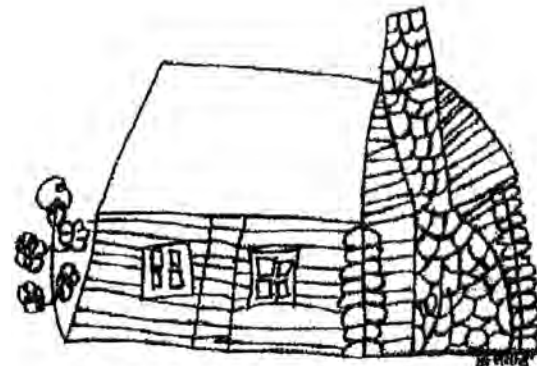
Luckily for my father, I know him, and remind my mother to send him with a spare change of clothing. Because I knew somewhere in the back of my mind that baptism at the river would result in something existing enough to need a dry change of every.

Harvest Thyme Craft Show

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Hours: 10:00a.m. to 5:00p.m.



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Email: cabincrew@frontiernet.net



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SUDOKU ANSWERS

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THEME: FOOTBALL

ACROSS

- Brainchild
- Gravestone wish
- Paleozoic one
- Pressing tool
- Senegal's neighbor
- Literary theme
- Scissors sound
- Final notice
- *Notre Dame's Fighting ____
- *Home of the first Super Bowl winners
- National League Pennant series, acr.
- Steer clear
- "Glee" actress ____ Michele
- Befuddled
- *One of 4 NFL teams sharing a home field
- Fish story
- Stockings
- "Doggone it!"
- Rand McNally book
- Mozart's "L' ____ del Cairo"
- Whiskey drinks?
- Comedy act
- Be more of a fox
- Dead or Black, e.g.
- Obliquely
- Roof supporter
- High or low card
- Employer's good news
- Hyperbolic tangent
- *College player not using eligibility
- Beastly person
- Double-reed instrument
- *Nike Pegasus 39
- Smidgeons
- Paddleboarding acronym, pl.
- Seaside bird
- *Thirty- ____ teams in NFL
- *Ravens' or Lions' time, acr.
- *Rushing unit

DOWN

- " ____ Now or Never"
- "Shoot!"
- Arabian bigwig
- Fund-raising letter
- Torah teacher
- Homer's famous poem
- Feel for
- Larger-than-life
- A Supreme singer
- Emerald ____ borer
- Poet's death lament
- Fungal skin infection
- *Home of the Citrus Bowl in Florida
- Not odds
- Lily, in French
- Unfortunately, exclamation
- *a.k.a. Iron Mike
- Charcuterie stores
- Nibble away
- Have faith
- Ranee's wrap
- Lummox
- Calendar abbr.
- Russian autocrat
- *Home to College Football Hall of Fame
- Secret supply
- *Extra point
- Van Gogh flowers
- Partners of pains
- Spirited
- Puzzle with pictures and letters
- Take as one's own
- Think, archaic
- Grand theft target
- *The oldest college football Bowl
- Actress Perlman
- Millimeter of mercury
- Took the bait
- *Defensive one

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