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OCTOBER, 2023

Volume 18 • Issue 8

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!

Farm Rescue, Serving Others

By Cheri Roshon

We all have our trials and tribulations as we traverse this experience called Life. Once when I was struggling mightily with issues seeming to be beyond my control, my mother gave me a poem called Don't Quit. I would like to share with you the first few lines, as it pertains to the story at hand.

*When things go wrong as they sometimes will,
When the road you're travelling seems all uphill,
When the funds are low and the debts are high
And you want to smile but you have to sigh,
When care is pressing you down a bit---
Rest if you must, but don't you quit!*



Our volunteers and assisted farm family enjoyed a lovely sunset meal in the field last night, thanks to local Anheuser-Busch distributor - College City Beverage, Inc. of Dundas, MN. It was a great chance to get to know one another, as our crew continued their harvest assistance efforts for this wonderful family operation. Thank you, College City Beverage, for this generous support!

Today's story is about an organization called Farm Rescue. Their mission is to help farmers and ranchers who have experienced a major setback by providing the necessary equipment and a volunteer workforce to plant hay or harvest their crops, among other chores they can lend a hand with. Livestock

feeding assistance is also available for ranchers.

Farm Rescue offers assistance to farms in Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, and North and South Dakota.

(continued on page 4)

Announcements

• The franchise fees were adopted by City Council on September 25th, information is available on our website www.cityofdundas.org

• Winter Parking Ban: The winter parking ban is in effect from October 31st through April 15th between the hours of 2am and 6:30am. There is no parking allowed on any city street. Vehicles in violation will be ticketed. Dundas ordinance §71.06.

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

Underdahl Sees a Need to "Push Back" on Vaccination Myths

Courtesy of
KYMN Radio

It is October and temperatures are falling. The weather forecast is calling for rain well into the weekend. The weather has abandoned any semblance of summer, and with the change comes the cold and flu season, and quite possibly what could become known as Covid season as well.



Northfield Hospital + Clinics President and CEO
Steve Underdahl

(continued on page 5)

MEAT RAFFLES

Sundays at
4:00 PM



BINGO! Tuesdays at 6:00 PM

Dennison Lions Club Charitable Gambling Permit #2762

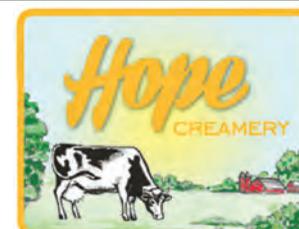
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Do You Hear Me Now?

Do you remember the game of telephone? You get everyone in a circle and whisper a message to the first person and they whisper it to the next and then to the next... and you wait with anticipation to hear what the last person has to say as they repeat what they have heard. Almost always it is different from the message that you began with. Roy T. Bennett says that we should, "Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don't listen to understand. We listen to reply. When we listen with curiosity, we don't listen with the intent to reply. We listen for what's behind the words."

Wouldn't it be great if we could communicate better. We would be able to work together and to accomplish amazing things if we could only understand one another better! Right?! As with so many things, even good things become corrupted and in Genesis 11 we see some great communication among the people of the day; they were planning to build a tower to the heavens. Sadly, we also see the corruption of the mind and culture displayed in that same passage and in their attitudes.

The people saw their capabilities and decided to build a massive structure- a tower- a ziggurat. They wanted to make a tower to God- to become famous- and to keep them united under this new religion. They were using manmade materials, and they were doing it themselves- they hadn't sought God as they had before. In their arrogance and pride, they thought they could get to God on their own terms. They had lost the awe of the almighty God; they had turned their minds to follow their own version of god and instead were worshipping themselves and their ingenuity. The 'tower' they built was their way of saying we're going to have god on our terms- we are invincible together and we can have god anyway we like- we can even go up to heaven and do it 'our way!'

God created humankind with great intelligence and drive. He also created them with free will- the will to choose to use their gifts and resources in serving and loving Him or in serving themselves. Sadly, by this time in the world, once again the people were all about themselves. God looked at the people and the building and knew it was time to shake things up. Time to disrupt the communication of all the people so that they would struggle to make themselves understood by the others. And with the lack of communication the building stopped- no one understood the other. They dispersed and those that spoke similar languages set off together. God didn't want to destroy them again; He wanted their attention and to protect them from themselves. If they continued the path they were on, they would have left Him totally out of their lives and eventually suffer the consequences of a godless life. (eternity without Him) This happens to us too, when we don't understand each other it is like a huge barrier that prevents us from going any further in our relationships.

So what makes for good communication? If you would like to improve communication in your relationship with God, with people, with others you need to focus on three things:

First, try to understand and communicate your emotions. Unhealthy communication starts with negative thoughts or difficult emotions. Use I words, not you and no finger pointing!!! Solomon wrote, "Kind words are like honey— sweet to the soul and healthy for the body." Proverbs 16:24.

Second, be aware of your inner lens which is responsible for how you decode a message. We all have life experiences that filter what we hear with our ears and minds. Focus on the facts of the message and use questions to clarify whether you understood what the other person was trying to tell you. Paraphrasing is a great tool when you are unsure whether what you have understood is what the other person was trying to say. Simply use your own words to summarize how you understood the message.

And third, listening is a better skill to practice than talking. God gave us two ears and one mouth— 'nough said! James wrote, "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry." James 1:19.

The people of Babel weren't communicating with God anymore, they were trying to find a short cut to god. They could communicate well with each other but had totally missed communicating with the one who loved them more than anyone else and the one that created them and gave them life. For those in that day- they had lost touch and their communication lines were down with God. He was there- but they had no interest in speaking to Him or in listening to Him.

Today we too need to be reminded that there is only one way to God and that is through a relationship with Jesus Christ. Jesus said, I am the way, the truth, and the life and no one comes to the father except through me." Jesus spent time in prayer each day with His Father God and He was our example of daily communication with God too. We listen to God through the reading of His Word, going to church, growing with other believers in small groups. Before anything else- to hear God, we must have a re-

lationship with Him. We can be honest with Him and we need to spend time- not just in passing, not just the leftovers at the end of the week- but quality communication. You may need to set aside time to read the Bible and pray and listen. When we pray God hears us. When we are following Him, He hears us. When we give Him our undivided attention- He is there.

God is reaching out to you, "Come, let's talk this over, says the Lord; no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen

snow. Even if you are stained as red as crimson, I can make you white as wool!" Isaiah 1:18.

It's time you learned to communicate, with God and with the people in your life. God gave you and I the gift of language and relationship. God calls us to communicate with people so that we will be able to share with them more accurately the truth of God, who He is and that He is for them. The reception is clear and open to all— God always hears you. Can you hear Him now?

Area Church Directory

Moses and Monsters

"I [Wisdom] was there . . . when [God] gave the sea its boundary so the waters would not overstep his command." — Proverbs 8:27-29

Historically Moses, directed by God, is understood to be the writer of the first five books of the Bible. Growing up as part of the royal family in Egypt, Moses (a Hebrew child adopted by the king's daughter—Exodus 2) would have been taught many myths about the origin of the world. An old Mesopotamian myth, for example, held that Marduk, a warrior god, fought against Tiamat, a monster ruling the chaotic sea. Marduk defeated Tiamat and brought order out of chaos.

Now, let's look at Genesis 1 again. We see powerful waters, but they are not described as a god or a monster; they are simply a part of the world God is creating. God tells the waters where they can go and where they cannot go. (See also Proverbs 8:12-31.) Moses shows that the true God is in control of all things.

In myths about creation there is always uncertainty about whether a people's gods can hold back the forces of chaos. The ancient Egyptians, for example, believed that their sun god Ra had to descend into the underworld every night to defeat the great serpent Apophis, or else the ordered world would be destroyed.

But in the Genesis story, God creates and makes peace not through battle but with a word. No other force or would-be god is there; creation has only one true Lord.

Lord and God, we praise you that no force in heaven or on earth has power over you, and that you hold all things in your hands. Amen.

CANVAS CHURCH

404 Schilling Drive, Dundas

Lead Pastor: Jed McGuire

www.canvaschurchmn.com

Sunday service: 9:00am and 10:30am

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

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Vang Lutheran Church Receives Grant for Crucial Building Restoration

Dennison, Minn – Vang Lutheran Church, of rural Dennison, Minnesota, is pleased to announce on October, 16 2023 the congregation has been awarded a competitive matching fund grant for \$100,000 from Partners for Sacred Places in collaboration with the National Trust for Historic Preservation to complete repairs to the structure of ornate wooden steeple and bell tower that has suffered from water infiltration damage.

For over 160 years, Vang Lutheran Church has been at the center of community and service. “We are a church with a proud past, a vibrant present, and a hopeful future,” says Pastor Paul Graham.

Vang Church was part of a large Norwegian settlement in Goodhue, Rice and Dakota County. A large parish formed in 1856, in 1862 district churches were organized based on the farm location and valley where the family came from in Norway.

Vang members were mostly from Valdres and Sogn Valley in Norway. The present Vang Church was built in 1896 replacing the first church, built in 1863.

Vang was designed like a stave church of an-

cient Norway. The interior is in the shape of a Greek cross with a high soaring ceiling. The balcony is in the shape of a horseshoe and people in the balcony wrap around the sides of the church. The arrangement of seating facilitates the feeling of being part of the community and seated under the cross. Large areas of beautiful stained glass fill the sanctuary with natural light. The vivid colored light streaming through the windows, in the morning, is a reminder of the light of Easter morning and the grandeur of Christ’s return.

Vang is a hub of all kinds of projects and community programs. For instance, the “Growing Connections” Garden, adjacent to the church and ran by church members, produces hundreds of pounds of fresh produce that is distributed in the community in a variety of ways. Much is brought to area food shelves. The Food Outreach Ministry uses the garden produce and other donated food to make frozen meals that are brought to homebound people or to welcome new neighbors. Vang, together with other local congregations, is an internship site for seminarians, and in this way has helped in the learning and spiritual development of over 40 pastors. Vang is collaborating with local churches to send high school students to the ELCA Youth Gathering, which will be in New Orleans the summer of 2024.

Vang’s ornate steeple stands tall over the prairie. The sound of the church bell ringing lets people know for miles that our community is alive. Vang’s ornate wooden steeple and bell tower are in need of repair. Water in-



photo by Bernadette Ann Photography

filtration into the tower structure has been an issue over a number of years. There are structural repairs as well as replacement of the ornate wooden decoration on the exterior of the tower that need to be done. Some of the decorative tin on the sanctuary ceiling under the tower also needs replacement or repair. The cost estimates are the \$200,000 range.

Working together with the Fund for Sacred Places to repair our steeple and bell tower will allow us to preserve our unique building and at the same time be able to fund our church outreach programs to the surrounding

community. Receiving these funds is huge for us. We are grateful to be chosen by the Fund for Sacred Places for such a generous award.

With God’s love and grace Vang will continue to be a beacon of Hope and Love for all and outreach of community service for decades in the future. All are welcome to worship with us. For more information about our Vang Lutheran Church community please visit our website at <http://www.dennisonvang.org>. For Information about National Fund for Sacred Places visit <https://www.fundforsacredplaces.org/>

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Farm Rescue, Serving Others

(continued from page 1)

The Farm Rescue program also provides longer term assistance solutions to farmers and ranchers who have suffered major illness and injuries, or who have been through a natural disaster.

The Board of Directors will review all requests for assistance, and approves cases based on each unique situation. They see what they can provide with their available funding and volunteer manpower. They have several sponsors in every state that help with lending equipment, and donations of time and money. Private tax deductible donations are also gratefully accepted.

These selfless acts of kindness are helping all of us to survive. Think about it. Without our farmers, we wouldn't have food to eat or clothes to wear. The more we help each other, the bigger the ripple effect. Something as simple as offering time to help a neighbor get his crops planted or harvested when he is unable, or sharing a donation of money to pay for seed or gas.... in the long run it is helping more than just one person.

John Deere Company is one such provider. They offer state of the art equipment to help get the jobs done. They travel thousands of miles to deliver the equipment and train the volunteers how to use them. It is a partnership that has helped almost 1,000 farmers in need so far, and there is no end in sight. What a comfort that is when one is in need!

One man who has helped through Vlogging (video blogging) calls himself the Millennial Farmer. He started a podcast several years ago so people not familiar with farming could see the work that goes into raising the crops and livestock that we all consume, and hopefully correcting some of the misinformation going around, painting farmers and ranchers in a bad light. "I just wanted to share the truth", he says. He has volunteered on many projects to help other farmers when he is needed.

One such farmer is John Thomas. John has a condition that causes neuropathy in his legs. He and his wife Judy live and farm in the Faribault area. They have 6 grown children, Elizabeth, Phyllis, Maynard, JW, Nathan and Travis. About 11 years ago, John suffered his first amputation from this disease, and just recently had to have his other leg amputated as well. It is a disease with no cure. John heard about Farm Rescue, and they were able to help him harvest his crops this year. He is very grateful, and wants to help get the word out about this unique program that does so much for so many.

I asked him what kind of qualifications a person would have to have to be able to lend assistance. He said they take volunteers from all walks of life. If training is needed, they are trained in whatever aspect is necessary to help the families in need. One of the people who helped in John's case was a DJ from Minneapolis. One was a police officer. Of course people who have a valid CDL license are needed to haul equipment from project to project, and anyone who knows farm work is a valuable contributor. But all you need is a desire to help others, and you can be a vol-



The agriculture community is truly a tight-knit group and we love sharing the random acts of kindness bestowed upon our hard working volunteers and farm families by local do-gooders. Today, our crew received another generous meal in the field from Alison Peters with Peters Insurance, a Farmers Union Agency. She was kind enough to deliver these bagged lunches during our soybean harvest operations near Dundas, MN. Our team has been eating very well this week and these heartwarming gestures mean the world to our organization and those we serve. Thank you, Alison!



Another generous meal delivered to our volunteer crew and family today near Dundas, MN, courtesy of the fine folks at Compeer Financial! Thank you for helping to fuel our assistance efforts in the field!



unteer.

To contact Farm Rescue for any reason, their address is Farm Rescue PO Box 28 Horace North Dakota 58047. Their email is info@farmrescue.org, and their phone number is (701) 252-2017. Personally, I think that anyone who can write a story for any kind of publication to spread the word about

these services would be helpful, and volunteers are always needed. And as I stated previously, all monetary donations are tax deductible, so there's a win/win situation as well.

I would like to thank John for bringing this organization to our attention, and wish him and his family a joyful holiday season.



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Underdahl Does Not Foresee Any More Clinic Closures

Courtesy of KYMN Radio

Last month, Northfield Hospital + Clinics announced the Lonsdale Clinic practice will be closed and consolidated with the Northfield and Lakeville clinics.

Northfield Hospital + Clinics President and CEO Steve Underdahl said the people who work in the clinic and practice there will be transferred to other clinics and will remain within the NH+C system, and they will not be far from Lonsdale.

"If there's a silver lining here it's that patients will have the opportunity to transfer their care, so they'll be able to keep the continuity of having the physician or other provider that they want to work with and stay within our system, just in a different building."

Primary care provider Dr. Gregory Randall will see patients in the Lakeville Clinic. OB/GYN specialist Dr. Deb Suppes will see patients in the Women's Health Center on

the Northfield Hospital campus. Dr. Suppes will continue to perform surgeries at Northfield Hospital and deliver babies at the Birth Center. Certified Nurse Practitioner and Advance Practice Registered Nurse Jane Carlson will see patients in the Lakeville Clinic.

NH+C has announced several changes recently, including the closing of its long-term care center and the end of its hospice service. A statement issued by the organization said the Administration and the Board consider several criteria as they analyze service lines, including finances, mission, and commitment to serving local communities. The consolidation is part of that overall review of services to ensure the organization can serve the community for generations to come.

Underdahl said the closing of the Lonsdale Clinic means the rest of the NH+C system should be able to maintain their work, and he does not foresee more announcements like this.

"We don't anticipate closing anymore clinics. We may have some other services that we need to continue to evaluate, but major programs and things like that, I think we are getting close to being where we need to be when we get done with this effort."

Patients are being notified directly. Those with questions should contact NH+C Director of Clinics, Nicole Strusz-Mueller at 507-646-1003. The statement said the organization plans to sell the clinic building. November 17 will be the last clinic day.

Underdahl Sees a Need to "Push Back" on Vaccination Myths

(continued from page 1)

Northfield Hospital + Clinics President and CEO Steve Underdahl said Northfield Hospital went a few months without seeing a Covid patient during the spring and summer, but lately they have seen anywhere between 1-3 a week. Additionally, he said, the hospital patients with Covid had overwhelmingly been in the hospital for a different reason. However, many older people have been in the hospital recently specifically because they have been diagnosed with Covid-19.

Underdahl said the situation can produce some anxiety with NH+C staff, largely due to conditions with health care systems a year ago, and the fear that things have not improved. Underdahl said they had many cases last year and in early 2023 where patients were so sick the hospital could not properly care for them, but there were no beds available in larger, better equipped facilities in the Twin Cities and elsewhere, so those patients could not be transferred.

Now is the time, of course, for people to get vaccinated against the flu, and the Centers for Disease Control has recently authorized another round of Covid-19 booster shots. The problem, Underdahl said, is the false narrative still being perpetuated that somehow the vaccines are unsafe and dangerous. While the idea is patently untrue, Underdahl expressed some frustration with his own industry and the reluctance to meet conspiracy theories and false narratives head on. He said it is time to start calling the situation out for what it is.

"Some things about which you're perfectly able to have as an opinion, because this is America, and you get to believe whatever you want, still might not be right. And I think we've been very resistant to even label nonsense as nonsense. As an industry anchored in science. I think we have to be a little more full-throated in our pushback about some of those things."

Underdahl said the updated Covid-19 vaccine has arrived at Northfield Hospital + Clinics and is available, as is the flu vaccine. He advised people to call the Northfield Clinic and make an appointment for the vaccinations as the Covid vaccine must be thawed out, adding there is no danger to receiving a flu shot and a Covid-19 vaccine at the same time.

For more information, or to schedule a vaccination, visit northfieldhospital.org



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Windy Willow Farm Adventure

By Cheri Roshon



Where can you find 40 different activities to do in one place, outdoors, and a variety of classes and fun gifts inside? Answer... 9748 110th St. E, Northfield MN!! I met Colleen and Chad Almen at the Farmers Market in Dennison one windy end of summer day. They were buying some of my freeze dried candy, and telling me about their newest adventure on their farm, just a few miles away. I was intrigued, as they have some classes coming up that I would love to attend. They asked me if I would be interested in consigning some of my candy, and I said yes! We made a date to get together in a few days so I

could see the Windy Willow Adventure, and deliver the goods.

As I drew near to the farm, I began to see structures spread all over the acreage. A giant Corn Hole game stood out, as well as rows of tires, and so many things, you will have to go see it for yourself! There is a large driveway into a parking lot that I found out will eventually be home to craft fairs and Farmer's markets.

The set up is well planned for expansion

and new ideas.

This farm has been Colleen's home since she was born. Her family all live close to or on the adjoining properties, so it is a family business right from the beginning. Colleen and Chad have 2 daughters that help keep the business running smoothly, and of course their 3 year old official Junior Manager, Ruth! Ruth is the daughter of Colleen and Chad's oldest daughter, Kayla Ballstadt, and she is happy to answer your questions! Ash-

ley Almen is also on staff to answer questions and help you find what you are looking for.

Outside you will find many activities to choose from. A few of the 40 different activities are the giant Corn Hole game, Hay rides, a corn maze, and friendly farm animals to visit. There are cows, sheep, goats, turkeys, ducks, pigeons, chickens, rabbits, pheasants and a pig.

(continued on page 7)

BINGO

43	22	72	36	4
29	18	63	52	
70	8	FREE	24	
6	27	16	30	
31	12			

SAVE THE DATE!

TURKEY BINGO!

Saturday, November 18
7:00pm at
Dennison City Hall

Everyone's Invited to our

TURKEY DINNER

Sunday, November 5th
at Dennison Lutheran Church
Serving 11:30am-1:30pm

Menu:
Turkey Roast, Dressing,
Mashed Potatoes,
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Join us for a special worship service at 10:30 with guitarist Todd Thompson. All are welcome.

Windy Willow Farm Adventure

(continued from page 6)

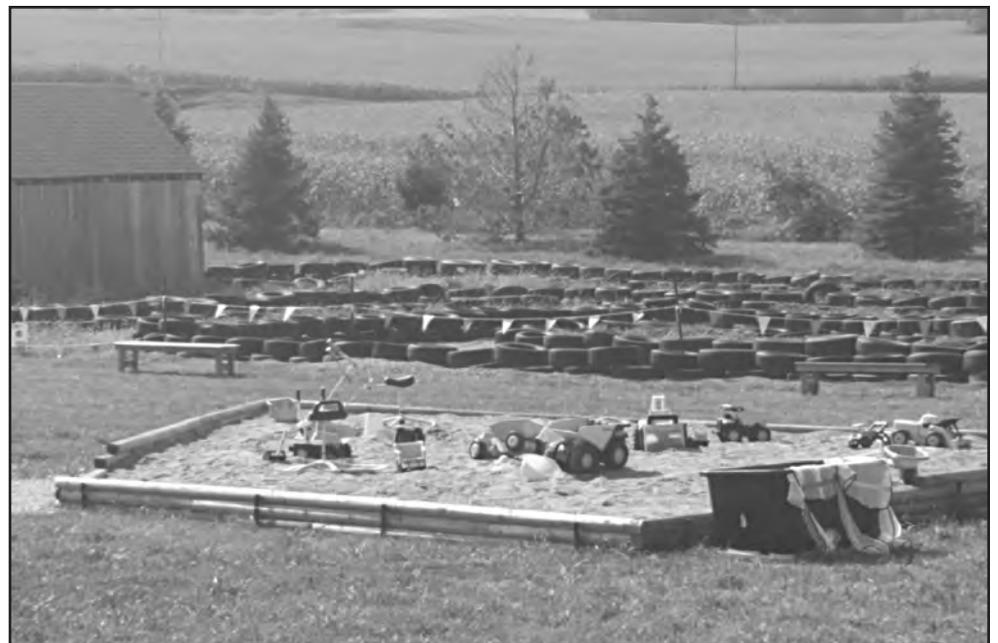
Colleen's mother used to be in charge of the Children's Barnyard at the Rice County Fair, and Colleen has carried on the tradition at the farm. It's a place where all ages can connect to nature, and have a fun day exploring all kinds of things. It is fun to show the youngsters where their food comes from. I like the sign out front as you come in. The motto is "Bridging the gap between urban and rural areas, through exciting educational fun!" That pretty much says it all!

Indoors you will find a large area with homemade goods, from cookies and bars, muffins and freeze dried candy, to kitchen es-

entials like towels, scrubbies and dishrags, to paintings, crafts and jewelry. There are pet supplies, hair accessories, coffee mugs, lotion and soaps. Local honey and maple syrup, cheese curds and meat sticks top it all off. And believe me, there is a lot to choose from as a souvenir of your day! There are even farm fresh eggs.

On busier days, there is a food truck available, and on the slower days, a hot dog cart and fresh movie style popcorn.

Classes include a Barn Quilt Painting class on Nov 5th, a Paint and Sip on Nov 9th, a DIY wooden Christmas centerpiece on Nov.16th, Porch Pot class on Nov. 30th and Dec. 2nd, and a wreath Building class on Dec 2nd, too. January will be a Pour Your Own Epoxy Charcuterie board, and more to choose from. See The website for more classes and costs at www.windywillowfarmadventure.com. To contact them with questions about the events, etc, email them at windywillowfarmadventure.com, or call 507-581-9248 to schedule your next event. They



have indoor and outdoor spaces for birthday parties, family reunions, church socials, field trips and family fun days. As you can see, they have a little bit of many things for you to enjoy.

As I was walking around the property, taking it all in, I met Cathy Franklund and her family wandering around looking at everything Windy Willow has to offer. I asked her if she had been here before, and she replied, "I've been watching the progress for 2 years, wanting to come and see it all in person. As

you come up the road, you get excited because you know it's going to be a lot of fun!" And I could tell the 3 generations were all having a great time on the property. Another lady I talked to said she brings her granddaughter to the farm often.

So, if you are looking for something to do to take advantage of our relatively short beautiful fall season, head over to Windy Willow Farm and see for yourself why once you visit, you will definitely want to go back, time and time again! And tell them Cheri sent you!

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County Will Put Tax-forfeited Property Up for Sale

Courtesy of KYMN Radio

Rice County announced two parcels of tax-forfeited land will be made available to the highest bidder in an auction next month.

The parcels – one in Bridgewater Township and another in Warsaw Township – have been classified as non-conservation lands and approved for sale by the Rice Soil and Water Conservation Board, and the Minnesota Department of Natural Resources.

The property in Bridgewater Township, which is just under 40 acres, fronts Highway 19/Lonsdale Boulevard and includes nearly 33 acres of timber with a DNR-approved value of \$33,380. The Warsaw Township property is located at 22901 Fertile Avenue in Morristown. It contains two lots on just about two-thirds of an acre.

The sale is set for Wednesday, November 8th at the Rice County Government Services Building in Faribault. Full payment, including fees and a 3% state surcharge, in accordance with terms set by the county, will be due at the time of the sale.

Those wishing to view and walk the property will be required to sign a waiver of liability that will be kept on file with Rice County. Waivers can be completed in person at the Rice County Property Tax Department or emailed to an individual at their request.

To tour the properties, contact the Rice County Property Tax Department at 507-332-6104.



100 Ladies and Gentlemen Craft Show

By Cheri Roshon

For the last 50 years, Curt and Marlene Morrow and their family have been holding a Holiday Craft Fair just outside of Kenyon. Only hand made goods are sold here, and you won't believe the variety of products they have! Everything from glass lawn ornaments to crocheted items for the house is to be found in their very large Morton building! Rusty iron, glass trinkets, sewn items, all pretty much one of a kind, can be found inside these walls. I was mesmerized by the variety and the quality of the items they had procured for the gift giving season.

I asked Marlene how they got started on such a large scale endeavor. "I was an elementary school teacher when Curt and I were first married. After our second child was born, I decided to be a stay at home mom. Always liking to be busy, I started doing crafts at home. I was making refrigerator magnets, then plaques, and the inventory kept growing, so I started selling them out of our basement. Curt joined in the fun, and started making wooden toys in the mid 70's, and then began with the baskets. I started helping him with the baskets, and we are still making them." Now, she is making Porch Pots for the fall season, and for Christmas, too.

Now, after the Craft fair runs it's course, they take the show on the road, and have a working vacation, travelling all over the United States, selling their wares at shows in places they want to visit.

They are open Thursday through Sunday, starting October 19th, ending on Nov. 12th. the hours are 10 am to 7 pm, but they will close at 5 pm on the last day. For any ques-



tions, please call (507) 789-6223. The address is 45986 Highway 56, Kenyon. You can even vote for the best scarecrow on your visit!

Curt and Marlene credit their success to their loyal customers who continue to support them, and to their son and daughter, and a few friends who are always there to help with the sales, and waiting on customers.

For more information, check out their Facebook page at Morrows Gifts! You've got to see it to believe it!!



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Ask the Nutritionist



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the benefits of eating an apple each day. In my clin-

ical practice, I love to present the ways that food can be used as medicine. Nutrition is designed for healing. Nutrition is the original health program. When you recognize what foods will provide the nutrients your body needs, you are on your way to managing your health well.

But where do you start? First, consider the current health symptoms that you are managing. How long have you had these symptoms? Have you considered that your symptoms may be related to what you are eating?

For example, many clients will mention they have acid reflux. Acid reflux is also called GERD or "heart burn" because of the burning sensation located near the heart, especially following meal time. Many medical doctors will recommend antacids such as TUMS or Rolaids, or will prescribe a medication to reduce stomach acid. However, too much stomach acid is not the problem. Not enough stomach acid is being produced.

How can this be?

The problem is with the special muscle that connects your stomach with your esophagus. This muscle squeezes shut when stomach acidity gets high. If the stomach acidity is not high enough, it will resist closing. So the problem is not too much acid in the stomach, but not enough. Additional reasons this muscle may not close properly include: a hiatal hernia, H. pylori infection, obesity, smoking, some medications, and some foods like chocolate, onions, or alcohol, which relax the muscle that is supposed to close.

When prescription medications are taken to stop the production of stomach acid there are side effects. The chemical pathway to make stomach acid will be reduced, and the chemical pathway that makes energy for muscles can also be reduced. The energy pathway is affected by the same medication that slows down stomach acid production. In addition, lower stomach acid will increase the risk of bacterial infections coming through the digestive system. When the digestive system is working well with quality stomach acid then most bacteria are killed in the acidic stomach. A report from 2021 stated a 77% increased risk of dying from COVID infection among those who were taking prescription medication for acid reflux. Your digestion system has great defenses to keep you protected. You do not want to reduce these defenses.

Quality stomach acid is produced from foods that are rich in hydrogen. Fresh fruits and vegetables will provide much of what your body needs. Hydrogen and chloride will combine to make stomach acid that will be

effective to digest your food. Good sources of chloride include – sea salt, rye, lettuce, celery, and olives. If you notice an event of acid reflux coming on, eat some stalks of celery, some olives, or drink some celery juice and notice if this resolves the event. If you do improve quickly, you know that your body needs more chloride to produce the necessary stomach acid.

Some additional ways to address acid reflux may include:

- 1 Tablespoon of Apple Cider Vinegar mixed in a large glass of water with a meal
- Eat some sauerkraut or drink some cabbage juice with a meal
- Eat some papaya with a meal
- Eat fresh pineapple with a meal
- Take a digestive enzyme supplement such as Betaine HCl with a meal

As we get older, the body decreases its production of enzymes. Digestive aids from various foods or supplements will help to keep the digestion strong. In order to get all the nutrients from your food, you need to have quality digestion.

I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: nutritionproportion@gmail.com

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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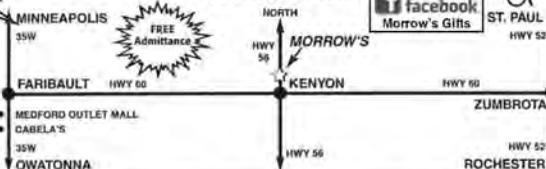
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Embracing Unity: Exploring the First Universal Law of Oneness



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In the tapestry of existence, there exists a profound principle that transcends boundaries and connects every facet of our reality—the First Universal Law of Oneness. This fundamental concept invites us to explore the interconnected nature of the cosmos and the potential impact it holds on our lives.

Understanding the Law of Oneness:

At its core, the law of oneness posits that everything and everyone in the universe is intricately interconnected. It's a perspective that goes beyond the surface of individual experiences, emphasizing the idea that we are all threads in the same cosmic fabric. This in-

terconnectedness extends beyond the tangible world, delving into the realms of spirituality, science, and philosophy.

Spiritual Perspectives:

Many spiritual traditions across the globe embrace the concept of oneness. Whether it's the idea of a universal consciousness, a divine energy, or a collective soul, the essence remains the same unity. Recognizing this interconnectedness can lead to a profound shift in perspective, fostering compassion, empathy, and a sense of shared responsibility.

Practical Applications:

Beyond the spiritual realm, the law of oneness finds resonance in practical aspects of life. Systems thinking, an approach that considers the interdependence of elements within a system, mirrors the principles of oneness. From ecological balance to social dynamics, acknowledging our interconnected existence opens doors to holistic solutions and a deeper understanding of cause and effect.

The Ripple Effect:

Every action, thought, or event creates ripples that reverberate through the fabric of existence. Understanding the law of oneness implies recognizing the profound impact our choices have on the collective experience. It encourages mindfulness and a sense of responsibility for the energy we contribute to the interconnected whole.

Embracing Harmony:

As we delve into the First Universal Law of Oneness, we discover an invitation to em-

brace harmony. This isn't just a theoretical concept but a practical guide to living in balance with ourselves, others, and the world around us. It encourages a shift from individualism to a more collective consciousness, fostering a sense of unity that transcends borders and differences.

In conclusion, in a world often characterized by divisions, the First Universal Law of Oneness serves as a timeless reminder of our interconnected existence. Embracing this principle offers not only a spiritual awakening but also a roadmap for creating a more harmonious and compassionate world—one where the threads of oneness weave a tapestry of unity.

If you find yourself inspired to deepen your connection with this universal truth and inte-

grate it into your daily life, consider the transformative power of personalized guidance. As a life coach, I specialize in helping individuals navigate the journey of self-discovery, aligning their actions with the profound principles of oneness. Together, we can explore practical strategies to embrace harmony, unlock your full potential, and create a life that resonates with the interconnected rhythm of the universe.

Ready to embark on this transformative journey? Contact me at susanhinrichsen.com for a complimentary discovery call to explore how life coaching can be the catalyst for your personal evolution in alignment with the First Universal Law of Oneness.

Do You Have a Story Idea?

Contact Rebecca at:
Rebecca.Niebur@gmail.com
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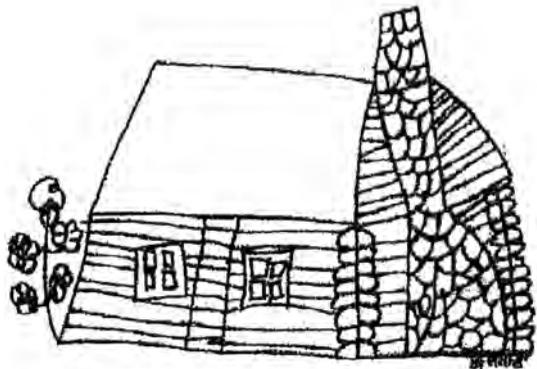


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Saturdays: September 30, October 7, 14, 21, 28

Sundays: October 1, 8, 15, 22, 29

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



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What you need to know as student loan payments resume

Friends and neighbors –

After a three-year pause, federal student loan payments resumed in October. As of June 30, more than 800,000 residents in the state had outstanding student debt totaling \$27.1 billion collectively. With the payment freeze ended, most with federal student loans must now resume monthly payments, presenting economic challenges for borrowers who became accustomed to keeping that money during the pandemic.

If you know that you are going to have payments due this month but think you might struggle to make your payment, there are a couple of options available that you should be aware of.

First, the federal government created the SAVE plan. This is a repayment plan that is income-driven, so they calculate your monthly payments based on your income or the size of your family. As of last month, about 74,000 Minnesotans have enrolled. <https://studentaid.gov/announcements-events/save-plan>

Second, you can apply for a deferment or

forbearance. These are short-term options that can help you if you are temporarily unable to make your loan payments. You may qualify for exemptions for a number of reasons, such as cancer treatments, economic hardship, military service, and unemployment. To learn more about deferments, visit <https://studentaid.gov/help-center/answers/article/difference-between-deferment-and-forbearance>.

If you know you will be able to make your payments but can't remember what your account balance is or who you pay, the Department of Education's website can help. Simply visit <https://studentaid.gov/> to figure out your account balance, see a summary of your loans and grants, find your loan servicer, and more. They even have a helpful chat feature.

There are a lot of people who are in the same position you are. That's why they also put together a guide for individuals who have questions. It has information for borrowers restarting payments, borrowers making payments for the first time, and borrowers who are restarting after being in default. <https://studentaid.gov/manage-loans/repayment/prepare-payments-restart>

This also shines a light on the much larger problem of skyrocketing college tuition, which is saddling young Americans with staggering student debt before they even enter the workforce. It is an unsustainable trajectory. If you want to get a bachelor's degree from the U of M, it's going to run you about \$64k. When you factor in living expenses as well as tuition and fees, it could run more than \$117,000.

These outrageous costs, combined with pressure to get a Bachelor's Degree instead of a two-year degree or trade school, force students to take on loans that cripple their financial futures. It makes it extremely difficult to obtain post-graduation goals that have come easier to generations before like purchasing homes, getting married, or raising families.

We must curb this runaway tuition inflation and expand access to debt-free college pathways. If we don't act, the snowballing price of higher education will rob entire generations of economic security and stability. We have to make it far easier for students and re-

cent graduates to fully participate in our economy and achieve their dreams. Buying a house should not be out of reach. Buying a car should not be out of reach. Young people should not be buried under a mountain of debt just for seeking education.

There are a lot of things we can do and a lot of things that Republicans did when we were the Senate majority to make college more affordable and open up new pathways to cutting-edge industries.

But colleges have a responsibility too. The runaway pace of college tuition cannot continue.

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, October 9, 2023
7:00 p.m. City Hall

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

Staff: City Engineer Dustin Tipp, City Attorney Amy Schmidt, City Administrator/Clerk Jenelle Teppen,

CALL TO ORDER

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

APPROVAL OF AGENDA

Motion by Gallagher, second by LaCroix, to approve the agenda. Motion Carried Unanimously (MCU)

CONSENT AGENDA

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

- Regular Minutes of September 25, 2023
- Special Meeting Minutes of October 2, 2023
- Consider Approving Resolution 2023-21 Designating Polling Precinct Location for the City of Dundas
- Disbursements - \$160,756.21

REGULAR AGENDA

• Consider Approving Amended and Restated Agreement with Metro FiberNet LLC. Motion by Swartwood, second by Gallagher, to approve agreement with Metro FiberNet LLC. MCU

• Consider Authorizing Staff to Proceed with Forest and Depot Street Reconstruction Project and the 2024 Schilling Drive Sanitary Sewer Improvement Project.

Motion by Modory, second by Swartwood, to authorize Forest and Depot Street Reconstruction Project and 2024 Schilling Drive Sanitary Sewer Project. MCU

- Consider Approving Recommendation to Delay Cold Storage Building Project.

Motion by Gallagher, second by Swartwood, to delay the Cold Storage Building Project and have staff draft a process for Council consideration. MCU

- Consider Approving Quote from Guth Electric to Install Five Decorative Street Lights.

Motion by Gallagher, second by Switzer, to approve quote from Guth Electric. Modory, Swartwood, LaCroix voted against. 3-2 against. Motion failed. Staff is asked to seek a second quote for the work.

Reports of Officers, Boards and Committees

City Engineer Dustin Tipp reported that the spray patching will be completed by October 13 and that the contractor will return to sweep the graveled areas in a few weeks. Tipp indicated that site grading of the new retail location of Tractor Supply began on September 25.

The City Administrator reported that the Dundas Oktoberfest committee met for their de-brief meeting after the event and all indications are that the event was successful and that the committee is making plans for another event in September of 2024.

Closed Meeting

Motion by Modory, second by LaCroix to close the meeting at 8:00 p.m. for City Administrator/Clerk Annual Performance Evaluation. MCU The meeting is closed pursuant to Minnesota Statute §13D.05, Subd. 3(a) to evaluate the performance of an individual who is subject to its authority. Motion by LaCroix second by Swartwood to adjourn the closed session at 8:13 p.m. MCU

Adjourn

Motion by Gallagher, second by LaCroix, to adjourn the meeting at 8:13 p.m. Minutes prepared by Jenelle Teppen, City Administrator/City Clerk

RIVER COUNTRY COOPERATIVE

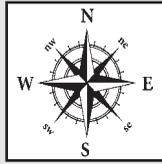
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Changes in Latitudes, Changes in Attitudes Memories of my Great Grandfather Norman



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.

My grandmother told me stories of my great grandfather Norman Campbell. His parents homesteaded our farm in the 1850's before Minnesota was granted statehood. When he was just a small child, the Dakota Indian uprising of 1862 took place. The story was that during this time in August of 1862, his parents kept the horses hitched to the wagon at all times fearing that they would have to flee to Rochester if news that the Indians were approaching. The horses remained harnessed with the buckboard packed and ready to leave at a second's notice if necessary.

The Minnesota Indian War of 1862 caused the greatest loss of civilian life of any one incident until the terrorist attack of September 11, 2001 in New York. The corruption of Indian agents withholding payments to the Dakotah tribe was the catalyst for the uprising. Trading post owners would take the funds to be distributed to the Indians per the treaty agreement, and claim as payment for past debts. Some years they withheld nearly all the money. When desperate Indians tried to buy food on credit, one trader told them to eat grass. He was one of the first killed in the

uprising of August 17, 1862. Little Crow the Dakota chief advised against the uprising but young braves were not dissuaded. Over the next couple weeks more than 800 settlers were killed in the New Ulm area as Indians attacked settlers farming there, before troops arrived and over powered the Indians. Thirty-eight Dakota braves were hanged in Mankato in December of 1862 for their part in the killings. Many of the settlers had been friends with the native Indians in western Minnesota and blamed the government for the war more than the Dakota Indian tribes.

There were more dangers lurking on the homesteaded farm one hundred and fifty years ago. One evening Norman brought the horses into the limestone barn which was cut into the hillside. As he went to scoop some oats out of the burlap bag sitting on the floor, he held the lantern up and saw there was a rattlesnake coiled up in the bag. Fortunately, he looked before he reached or I may not be telling this story here today. One afternoon in the late 1880's, Norman found a number of rattlesnakes sunning themselves on the rocks along the bluff on the north end of the farm. He took a stout oak branch and cudgelled eighteen of the reptiles to death that day. His hunt must have been complete because I heard of no other rattlesnake stories on the farm. Never the less this story made quite an impression on me as a young boy and I explored the woods with a snakebite kit and my trusty .22 rifle.

My father also told of a story about Norman later in his life. He took the buckboard and horse to Mantorville one day for supplies and the hired man asked him to bring him back a plug of chewing tobacco and a bottle of whisky. One the way home Norman stopped by a number of the farms on the way and talked with the farmer and gave his horse a drink at the water trough under the windmill. As he visited, he would offer the farmer a nip from the bottle. After three or four such stops, he noticed the bottle was getting empty, so at the last farm he refilled the bottle from the hand pump and put the cork back in. The next time he went to town, the hired man asked him to buy the whiskey somewhere new because the last bottle was quite weak.

A Minnesotan: Trunk-or-Treat



By RosaLin Alcoser

With the exception of 2020, every Halloween since I graduated from college I have participated in Trunk-or-Treat in the church parking lot. Which I absolutely love taking a part in, mainly because I really love Halloween.

For those of you who might not know what Trunk-or-Treat is, it's when children go trick or treating in a parking lot, often at a church, during the day by going from car trunk to car trunk to get candy.

Ideally the people who set up a car trunk for the kids to go to have decorated said trunks for the children. Much like some people used to do to their yards or garages when I was a kid going out on Halloween night.

Even though I can't go over the top with a trunk like I remember some people doing with their houses I still try to get really into the decorating part. Last year I had bats and ghosts hanging all over my hatch back. This year I'm turning it into a 90's Halloween movie grave yard. Which completely isn't just an excuse to buy a plastic skeleton and dress it up.

It is completely an excuse to buy a plas-

tic skeleton and dress it up. His name is now Gary.

The first couple of years I was really just helping out a family member with their trunk but last year I started doing my own. Which is one of the real signs that you're moving up in the world is when you have to start doing or bringing our own thing to the event instead of being tagged onto someone else's.

I love helping at this event and the people running the event love me coming to help because I usually know or can guess what the kids are dressed up as. I for one remember that it was super important to me as a kid, and now, for the adults to know what my costume was when I was a child. Even in the event when I was the only one who knew what I was for Halloween it was still super important to me that people knew what I was without me explaining it to them.

It is starting to get harder for me to know what some of the character costumes from the newer shows meant for preschool and kindergarten aged children are as Halloween is slowly becoming the only time that I interact with children of that age. Anything that is a classic costume though I can identify nearly every time.



My great grandfather Norman with his four hitch team of horses

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 - All plants and animals
 - Part of an eye, pl.
 - Go for the bull's eye
 - Reduction/oxidation portmanteau
 - *Best selling author of the 2000s
 - *Billboard's music artist of the 2000s
 - Chicken _____ king
 - From a thrift store
 - Class-conscious grp.
 - Formerly, once
 - Marine mammal in famous Beatles' song
 - Fabled fliers
 - Jealous biblical brother
 - Averse
 - *"He's Just Not That _____ You" (2009)
 - Acrylic fiber
 - Arabian chieftain
 - Apartments, e.g.
 - *Friendster or Facebook, e.g.
 - 5,280 feet
 - Metal detector, e.g.
 - Goose egg
 - Cry of horror in comics
 - Made a basket
 - *Frodo Baggins and Samwise Gamgee or Nemo and Dory, e.g.
 - *Name for 2000s
 - *Popular social network of the 2000s
 - K-pop country
 - Woody creeper
 - Teletype machine, for short
 - Picture within a picture, e.g.
 - *"_____ Smart" (2008)
 - Make a canyon, e.g.
 - Furniture wood
 - Utmost degree
 - Financing values
- DOWN**
- Horse prod
 - *Popular DVR device
 - All over again
 - Eucalyptus-eating marsupial
 - Store in a silo
 - Mountain goat terrain
 - *Xbox competitor
 - Libraryful
 - Dignified manner
 - *"The Da Vinci _____," best selling book of the 2000s
 - A-bomb particle
 - Levy
 - Like "something new" boutique
 - Beginning of sleeping disorder
 - Feline sound
 - Put to work
 - *Toyota Hybrid introduced worldwide in 2000
 - 1,000 kilograms
 - Play a part (2 words)
 - *2002-2004 zoonotic epidemic cause, acr.
 - Rich soil
 - China grass
 - Handy
 - *First ever recipient of Oscar for Best Animated Feature
 - Chronic drinkers
 - Post-it slip
 - Like #59 Down
 - *Pink's 2008 hit (2 words)
 - Break down
 - Dismissal or ejection
 - "Peace" with fingers
 - *"Madame Butterfly", e.g.
 - First rate (2 words)
 - Sky's Major one
 - *Like Best Buy's Squad
 - Urban legend
 - Tons (2 words)
 - Relinquish, as in property
 - *Jennifer Aniston and Brad Pitt, after 2005
 - *American Girl _____ Kittredge
 - Doctor Dolittle, e.g.

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