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OCTOBER, 2023

Volume 21 • Issue 1

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. *(continued on page 8)*

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. *(continued on page 5)*



Pictured to the right: 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!

Announcements

- **Wednesday Wear, Nerstrand United Methodist Church** hours are **Wednesdays 1 - 5 and Saturdays 9 - 12**. Women's, men's and children's clothing, shoes, accessories, linens, toys and books. All things are free with donations accepted. Come and see what we have!
- **Dennison Lions Club** meets monthly. During COVID-19, meeting times may vary.
- **Dennison City Council** meetings are held the first Thursday of every month at 7:00 p.m.
- **The Nerstrand City Council** meets the second Tuesday of every month at 7p.m. at the Nerstrand City Hall. Office hours are: Monday 8:30-11:00; Tuesday by appointment; Wednesday 8:30-11:00; Thursday 5:00-7:00; Friday by appointment. 507-332-8000.
- **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.
- **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

Do you have an announcement?

Email:

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photo by Bernadette Ann Photography

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. *(continued on page 4)*

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Join us for a special worship service at 10:30 with guitarist Todd Thompson. All are welcome.

Holden Lutheran Church

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Dine In: 12-2 and 4:30-6:30

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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 relationship 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?



Mainstreet Messenger

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LUTHERAN

Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN • 507-645-6042
Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com
Pastor Paul A. Graham
Worship on Sunday mornings at Vang at 9 a.m. and Dennison at 10:30 a.m. This year, our focus is "We Make the Road by Walking."
All are welcome, come as you are.

Gol Lutheran Marv Kormann, Pastor
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Sunday Worship 9:30 a.m.

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

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

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

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

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

Wangen Prairie Lutheran Church LCMC
Shannon Bauer, Pastor
24289 Cty. 24 Blvd., Cannon Falls
Sunday Worship at 9:00a.m. followed by fellowship.
Thursday Bible Study at 9:00a.m.

Email your church announcements, schedule, etc.
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AREA CHURCH DIRECTORY

Moses and Monsters

"[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.

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

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Worship schedule found at:
www.holdenlutheranchurch.org
Holden/Dale Facebook



Gloria Pettipiece

Gloria Pettipiece, age 98, of Faribault, MN, passed away peacefully at her home on October 12, 2023, with her children at her bedside.

Gloria LaVonne Kispert was born September 5, 1925 at St. Lucas Hospital in Faribault, MN, to Roy and Gertrude (Hildebrandt) Kispert. She was raised on the family farm near Nerstrand, MN, and graduated from Kenyon High School in 1943. She worked at the Nerstrand Bank and Northern

States Power Company. She met Harley at the Nerstrand Roller Rink, and they married on June 14, 1948 at Immaculate Conception Church in Faribault, MN. Gloria and Harley built their home on 20th Street in Faribault, raised their 5 children, and owned and operated Harley's Radiator Shop. Gloria and Harley were faith filled members of Immaculate Conception Church and later Divine Mercy. Gloria filled her days and nights with endless chores and tasks, yet always had time for family and friends. She and Harley shared a magical life together and established many friendships along the way.

Gloria was always the ultimate hostess, cook, baker, seamstress, volunteer, friend, caregiver, travel companion, parent, wife,

mother, grandmother, and great-grandmother. Gloria and Harley traveled extensively and at age 62, they took up bicycling. They logged thousands of miles and thousands of lasting memories.

Gloria shared a special bond with her brother, Glen and sister, Marlene. Both of them were a valued treasure in her life.

Gloria loved Harley, and equally loved her 5 children, 11 grandchildren, and 10 great grandchildren. She was very proud of all of them, and they filled her life with joy. She opened her home to all of her friends and family, with baked goods and coffee brewing, and enjoyed conversations on her porch.

Our hearts are broken over our immense loss, but Gloria will forever shine through her entire family.

Gloria is survived by her children: Charles (Tricia) Pettipiece, Gary Pettipiece, Julie (Michael) Karp, and Jann (Steve) Zabel; her grandchildren, Ryan (Sara) Pettipiece, Adam (Shannon) Pettipiece, Dena Meyer (Tim Nichols), Cody (Sheri) Pettipiece, Kacie (Zach) Brown, Michael Tyler Karp, Benjamin Karp, Jonathan Karp, Elizabeth Karp, Brent (Jessica) Zabel, and Paul Zabel; her great grandchildren, Abby, Peyton, Jayin, Hayden, Ava, Nora, Harrison, Remi, Rowan and Crosby; and by her beloved sister and brother-in-law, Marlene and Norve Floren.

She was preceded in death by Harlan J. Pettipiece, her husband of 62 years; her son, Mark Pettipiece; daughter-in-law, Diane Pettipiece; parents, Roy and Gertrude Kispert; and brother and sister-in-law, Glen and Marlene Kispert.

The family wishes to thank neighbors, friends, caregivers and family who made her life complete and allowed her to stay in her own home.

Mass of Christian Burial was held on Tuesday, October 17, 2023, at 10:30 a.m. at the Divine Mercy Catholic Church, 139 Mercy Drive, Faribault. Interment was at the Meadow Ridge Memorial Park in Faribault.

Visitation was held on Monday from 4:00 – 7:00 p.m. at the Parker Kohl Funeral Home, 1725 Lyndale Ave. N., Faribault, and on Tuesday for one hour prior to the services at the church.

In lieu of flowers, memorials may be directed to the choice of the donor in memory of Gloria.



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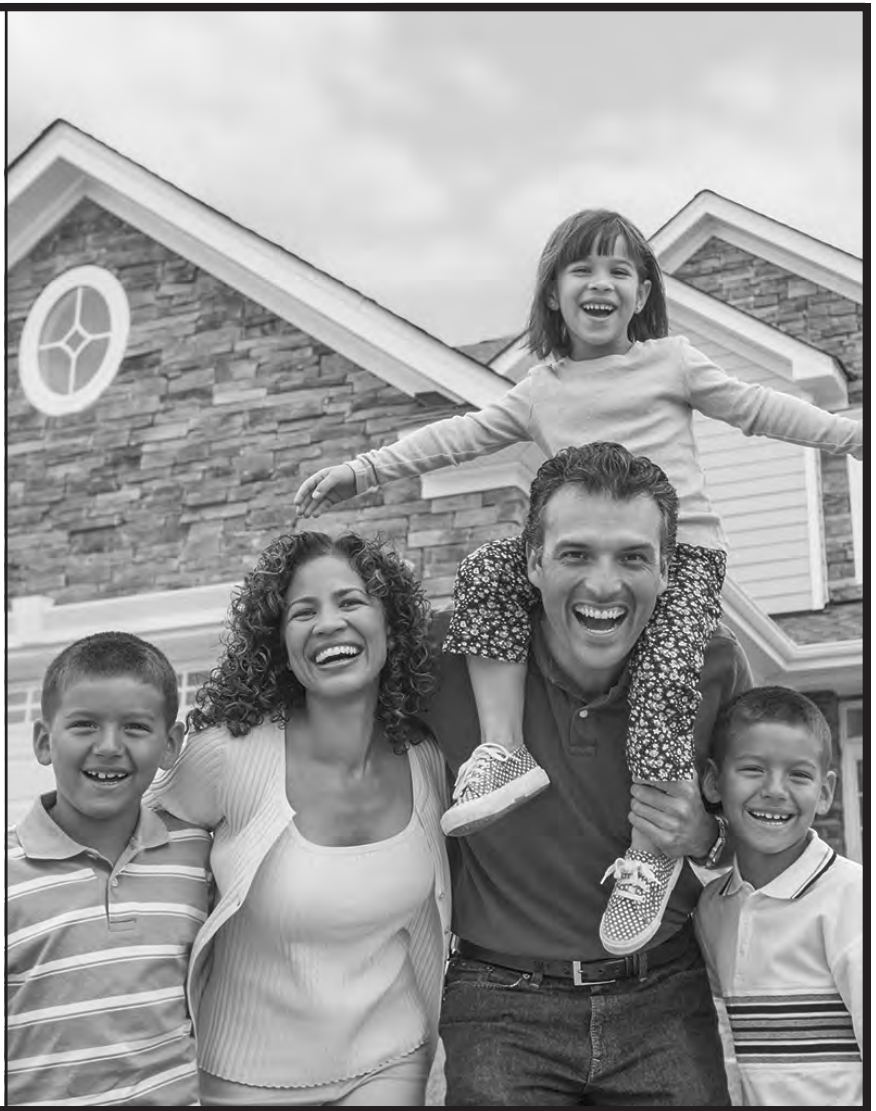
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Member  



Vang Lutheran Church Receives Grant for Crucial Building Restoration

(continued from page 1)

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 ancient 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 home-bound 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 infiltration 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)

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!*

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.

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.



WE'RE ONLINE!

Keep Up With Your Hometown News at

dennisonmn.com

nerstrandmn.com

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! Ashley 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.

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 young-

sters 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 essentials 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. *(continued on page 7)*

STORM DAMAGE

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Windy Willow Farm Adventure

(continued from page 6)

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 be-

cause 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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Interested in learning more about NRC and independent living?
Visit northfieldretirement.org or call 507-664-3466
for availability and to schedule a campus visit.

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100 Ladies and Gentlemen Craft Show

(continued from page 1)

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 its 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 questions, 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 clinical 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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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 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.

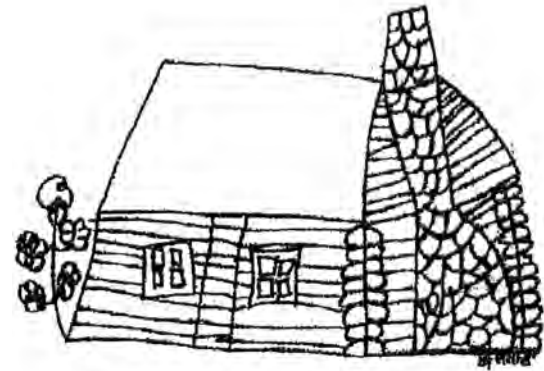
For more information, or to schedule a vaccination, visit northfieldhospital.org

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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 interconnectedness extends beyond the tangi-

ble 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 embrace harmony. This isn't just a theoretical concept but a practical guide to living in bal-

ance 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.

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Save Your Brain, Prevent Dementia



By Shauna Burshem, D.C.

Save your brain, prevent dementia. The more you eat a diet based on whole healthy foods the more you can improve brain power and brain function. Certain foods can delay

or prevent age related cognitive decline and other brain disorders. For instance, anchovies, sardines, mackerel, herring and wild caught salmon are full of omega 3 fats that have neuroprotective properties for the brain. Cruciferous vegetables (broccoli, cauliflower, asparagus, brussels sprouts) and leafy greens also contain brain protecting nutrients like folate, vitamin E, K, lutein and beta carotene. Free range, grass fed eggs, particularly the yolks contain choline which is needed for your body to make acetylcholine which is involved in maintaining your memory.

Women with the highest cardiovascular fitness had an 88% lower risk of dementia than those with moderate fitness. Cardiovascular fitness can be used as measure of how well blood is circulating to your heart and your brain.

Tomatoes and fruit have been shown to improve lung function. A recent study showed

that former smokers who consumed tomatoes and fruit improved lung function and even restored damaged lung tissue. The two main compounds responsible for helping the lungs were the flavonoids contained in fruit and the lycopene contained in tomatoes.

The federal government has rebranded the covid boosters as a new annual vaccination. Sadly, Pfizer's testing of the new formulated booster only involved 10 mice. Moderna's version was only tested on 50 adults. The updated mRNA injections were developed to correspond to the Omicron variant, which now only accounts for 3.1% of the circulating strains currently out there.

46% of American adults suffer from high blood pressure. High blood pressure is affected by circulating blood volume and blood vessel constriction, both of which are regulated by the kidneys. Research data demonstrates high levels of uric acid, cleared through your kidneys, may increase your risk of gout and kidney stones and raise your blood pressure. Vitamin D helps protect against early kidney disease and therefore helps prevent high blood pressure.

Chiropractic and neuroplasticity: Neuroplasticity is defined as the brain's ability to change, reorganize or grow neural networks. Neuroplasticity is a common talking point when discussing degenerative brain conditions, such as Alzheimer's or dementia.

Memory loss, brain fog, and mental exhaustion are symptoms of neuroplasticity degeneration. The spine – specifically the cervical spine – plays a very direct, very integral role in maintaining brain function. The spine houses essential nerve bundles and lymphatic delivery systems, which are charged with feeding the brain. Nerve bundles housed in the cervical spine carry critical messages to and from the brain, facilitating both unconscious and complex functions. Likewise, blood supplied to the brain provides oxygen, amino acids, electrolytes, hormones, and more, for healthy operation. With the link between the spine and brain evident, researchers have begun to look at how chiropractic may be used as a tool to help preserve positive neuroplasticity. Clinical studies have already begun, monitoring the effects of chiropractic on patients' abilities to solve puzzles, multi-task, and recall memories. A 3-year study comprised of 100 volunteers, presented at the International Research and Philosophy Symposium held at Sherman College of Straight Chiropractic. The study monitored the mental activity of participants using electroencephalograms (EEG), comparing readings before and after chiropractic adjustments. In an overwhelming majority of readings, brain function showed improvements across the board.

Talking Fall and Winter Allergies with U of M

By University of Minnesota

As the crisp autumn air ushers in a new season, many people look forward to the beauty of changing leaves and the cozy comforts of fall and winter. However, for those prone to allergies, seasonal changes can bring a different set of challenges.

John Moore, MD, with the University of Minnesota Medical School and M Health Fairview, shares an introduction to fall and winter allergies, including their causes, common symptoms and effective management strategies.

Q: Can you explain the difference between fall and winter allergies? What are the common triggers for each season?

Dr. Moore: In the fall, the typical allergens are weeds and mold. The most common weed is called ragweed. This usually starts in August and peaks in September, and sticks around until it gets really cold, usually in November or December. The amount of mold in the air can change depending on the weather. If it's rainy, humid or windy, the mold levels can go up. Even thunderstorms can make it worse.

In the winter, when everything outside is frozen, we tend to have allergies to things inside our homes. This includes pets – like cats or dogs – dust mites and cockroaches. Not everyone has to worry about cockroaches—it depends on where you live, though some apartment buildings or schools may have them regardless of your location.

Q: What is the connection between fall and winter allergies and other respiratory conditions, such as asthma? How do these conditions interact and affect each other?

Dr. Moore: The connection between allergies and asthma is called the “one airway hypothesis.” This means when the nose is inflamed from allergies, it can also inflame the lungs, which can then trigger asthma symptoms. These symptoms might include coughing, feeling out of breath or wheezing. In general, exposure to more allergens makes asthma symptoms worse.

In my work, I aim to manage both allergies and asthma symptoms. If we only address one and not the other, it can still trigger asthma, which is why it's important to ac-

knowledge the connection between them. About 40% or more of allergy patients also have asthma. When people come in for a diagnosis, we often ask about both conditions because they're often linked.

Q: How can you tell the difference between allergies, colds and COVID?

Dr. Moore: To start, allergies usually bring about itchy eyes, a runny nose, congestion and sometimes a cough. They shouldn't cause a fever. If you have a fever, it's more likely a sign of a viral illness like COVID or a cold. The extreme tiredness that can come with COVID or the flu is uncommon with allergies. While allergies can make you feel a bit tired, it's not the same overwhelming exhaustion you get from viruses. Muscle pains and aches are another sign more associated with viral illnesses like COVID, colds or the flu.

Loss of taste and smell is not something typically seen with allergies. Allergy symptoms also stick around for months if you're consistently exposed, whereas most viral illnesses usually last a week or two before getting better.

Q: What are some strategies for preventing or treating fall and winter allergies? Are there any lifestyle changes or precautions individuals can take?

Dr. Moore: Dealing with fall allergies can be challenging, especially concerning pollen. In the allergy clinic, we suggest using air conditioning instead of opening windows at home and keeping car windows up. If you spend a lot of time outdoors during the fall, it's a good idea to rinse off in the shower before bed to wash away any pollen you might have picked up.

As for winter allergies, they mainly come from indoor irritants. If you're allergic to dust mites, there are unique covers for mattresses and pillows that can help keep them away. Lowering humidity can also make a difference, as dust mites thrive in humid conditions.

(continued on page 17)

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FEAST! Local Foods Festival Celebrates 10 Years



Tim Penny
So. MN Initiative Foundation

Rochester, MN – This year’s FEAST! Local Foods Marketplace marks a decade of bringing the best in local food to Rochester. A gourmet tasting experience unlike any other, the nonprofit festival showcases everything from cheese to chocolate, all under one roof, Saturday, Nov. 4, 10am-4pm at the Mayo Civic Center, Rochester, Minn.

Every fall, thousands of eaters and food and beverage makers from across the Upper Midwest flock to Rochester to eat, drink and be merry at FEAST!. Aisle after aisle of the event flows with fare made exclusively in Minnesota, Wisconsin and Iowa. Samples of

every product offered by the 100 makers gives foodies a chance to try the latest and greatest before they buy. Music, lively kids’ activities, prize drawings, craft alcohol tasting, and cooking demos round out the festivities.

“The vibe at FEAST! is so fun. I always love the feeling I get from discovering a new, locally made ingredient or food product,” says Shari Mukherjee, top-five finalist on MasterChef, Season 10 and one of five culinary artists featured at demos throughout the day.

New this year are carnival games—have your local food purchases weighed for a chance to win a prize—and an expanded kids’ activity area with storytime, games, and a take-home gift (for the first 100 kids). There is also a grand prize giveaway from Vikre Distillery.

As fun as the one-day celebration is, there’s more to it than just great food and good times. Two Minnesota nonprofits—Southern Minnesota Initiative Foundation and Renewing the Countryside—founded it 10 years ago to strengthen the economic and social ties that occur when eaters support local farmers and food producers.

“These entrepreneurs are passionate, dedicated and extremely hard working,” says FEAST! Marketplace coordinator, Elena Byrne of Renewing the Countryside. “I’m frequently in awe of the sheer star power gathered on that day, from our loyal returning vendors to the ones we’re just getting to know. We’re here to help them grow and thrive, increasing their connections to each other and to consumers.”

Over 10 years, FEAST! has connected the public to 377 different food businesses from across the Upper Midwest, and those connections have rippled out to the businesses and communities with whom those makers work.

“When you buy at FEAST!, you not only support one local business, you sustain every business, every family, that maker works with,” says Deeann Lufkin, co-owner of CannonBelles Cheese in Cannon Falls, Minn. CannonBelles has been a FEAST! Exhibitor since 2016 and won the festival’s People’s Choice award in 2019. “We source all our ingredients (except bacon bits) from within 25 miles of Cannon Falls. So when you buy our cheese, you’re actually helping an entire

community because all the local companies and farms we work with also support others in dozens of ways, from providing jobs to sponsoring baseball teams.”

Looking for a delicious way to support local farmers and food producers while having a great time? Then check out FEAST!, Saturday, November 4 at the Mayo Civic Center.

Discount tickets are available at local-feast.org/buytickets: general admission \$8 (\$10 at the door), with VIP admission for craft alcohol sampling at \$25 (\$30 at the door). Kids under 12 are free. Get tickets at local-feast.org.

FEAST! Local Foods Marketplace is a nonprofit event presented by Southern Minnesota Initiative Foundation,

Talking Fall and Winter Allergies with U of M

(continued from page 16)

Regular cleaning, like vacuuming and using air filters — especially if you’re allergic to dust mites or pets — can be beneficial.

There are medications available, many of which you can get over the counter. For example, antihistamines, nasal steroids and eye drops can provide relief. For a more long-term solution, there’s allergy immunotherapy — like allergy shots — which work on the root of the problem rather than just easing the symptoms.

The collaborative effort among specialists, general practitioners and internal medicine providers is truly valuable. Being able to update them on any unexpected findings or changes in a patient’s condition helps ensure smooth ongoing care. It can be quite challenging when you’re not within the same system, but having a messaging system that allows timely responses has been highly beneficial and rewarding.

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The Origins of Halloween

By Cheri Roshon

With Halloween on the horizon, you may be thinking about what kind of a costume will you wear for trick or treating, or for that Halloween Party you are invited to. Or you may be out shopping for candy to give to the trick or treaters coming to your door. But do you ever wonder where the holiday actually originated? Why would people dress up and go out asking for candy, and what does "Trick or Treat" mean when the children all chime in when you answer your door? First of all, if you refuse to give a treat, the kids in the costume will trick you in some way, encouraging you to just give them a treat. I don't know if anyone actually does these tricks, but that's what Trick or Treat means today.

But what is the origin of this bizarre tradition, and why is it held every year on October 31st? Well, you are about to find out! The Halloween tradition was a Celtic tradition, signifying the end of the year's harvest. It was held at a religious celebration called Samhain (SAH-win) where the people of the villages would dress up as goblins, ghouls and other scary things to ward off the ghosts during the harvest.

In the 8th century, Pope Gregory III named Nov. 1 as a time to honor the saints. Soon after, All Saints Day came to incorporate some of the traditions of Samhain. The

evening before All Saints Day was known as All Hallows Eve, and later Halloween.

But where do today's traditional Halloween activities come from?

The traditions of carving pumpkins into Jack O' Lanterns originated in Ireland, using turnips instead of pumpkins. As the story goes, it all started with a man called Stingy Jack. Jack was said to have trapped the Devil several times, and would only let him go after the Devil promised not to take him to Hell when he died. But when Jack died, he found that Heaven didn't want his soul either, so he was forced to wander the Earth for all eternity as a ghost. The devil gave Jack a burning lump of coal inside a carved out turnip to light his way. The locals started carving scary faces into their own turnips to scare the evil spirits away.

The festival of Samhain marked the transition from the end of the year (harvest) to the beginning of winter. The Celts believed this was when spirits walked the Earth. Later on, Christian missionaries introduced All Saints Day on Nov 2nd, which started the idea that the living would come into contact with the dead around the same time of the year. In order to keep the evil spirits from terrorizing the Celtic people, they came up with the idea of wearing disguises so the evil spirits wouldn't bother them.

There are several versions of why people dress up and go door to door, but the most popular one says that during the time when the evil spirits came to Earth, people began to put food outside their doors to appease the bad spirits, and the spirits would leave them alone. This evolved into folks dressing up as



scary entities and asking for a treat at every home in return for not playing tricks on the household.

Black cats are another symbol of Halloween. Back in the Middle ages, dark felines were considered a symbol of the Devil. It didn't help that, centuries later, accused witches were often found to have cats, black ones in particular. People began to believe that cats were a "witches familiar", supernatural entities that would assist in the practice of dark magic, and the cats and spells have been linked ever since.

The black and orange colors associated with the holiday also trace back to Samhain. Black symbolized the "death" of summer, and orange symbolized the autumn harvest season because of the fall colors.

The game of bobbing for apples has long been associated with Halloween parties, but the origin is actually more rooted in love and romance. The game goes back to a courting ritual that was part of a Roman festival honoring Pomona, the Goddess of agriculture and abundance. The gist was that young men and women would be able to predict their future relationship based on the game, but I haven't been able to find the rules to the game. When the Romans conquered the British Isles, the Pomona Festival blended

with Samhain, and that's why we bob for apples in this day and age!

Lighting candles and bonfires was done to light the way for souls seeking the afterlife, and now most people just burn candles instead of bonfires.

Bats were likely present at the earliest prototype of Halloween celebrations, because large fires were built to keep the bad spirits from interrupting the harvest celebration. Fires attract insects, which in turn attract bats, so seeing bats became a part of the festival. Medieval folklore expanded on the eeriness of bats with a number of superstitions built around the belief that bats were the harbinger of death. Well, at least for the insects!!

Well, there are more things associated with Halloween, but these are the most common. Now that you have acquired all this new knowledge, be sure to go out and celebrate the end of summer, gardens, and swimming pools, and be prepared for the mittens, boots and coats. There are several Trunk or Treat options for safe trick or treating, and one of them is in Oronoco on October 28th from 11 am to 1 pm. It will be held at the Presbyterian Church at 20 3rd Street SW. There will be a photo booth, a craft/bake sale and lunch available. Be sure to dress up and have some fun, and be safe! Happy Halloween!!

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Anhydrous Safety Should be Top Concern After Harvest

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3

Many farmers and custom applicators will soon apply anhydrous ammonia (NH3) after harvest. Even with a rush against time and the weather, safety should never be compromised. Accidents involving NH3 have proven how dangerous and deadly the fertilizer can be when not handled properly.

The Minnesota Department of Agriculture (MDA) offers the following tips to farmers, fertilizer dealers, and custom applicators to safely field apply NH3.

Always wear NH3-rated goggles and gloves. Never wear contact lenses.

Be sure to have a clean and accessible emer-

gency water supply of at least 5 gallons available.

Exercise caution when making connections and disconnections of transfer lines, treating them as if they always contain NH3.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining NH3 equipment, operating NH3 storage facilities, and transporting NH3.

Never assume NH3 lines are empty.

Always wear the required protective safety equipment.

Have access to safety water (NH3 storage facilities must have a minimum of one open top container holding 150 gallons of clean, accessible water or an accessible emergency shower with a plumbed eyewash. A 5-gallon container of clean, accessible water must accompany NH3 nurse tanks).

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehi-

cle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, seek medical care if needed, immediately call 911, and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website.

As a reminder, fall application of NH3 should happen after average soil tempera-

tures reach 50 degrees F or cooler to help prevent nitrogen loss and ensure more nitrogen will be available for next season's crop.

View the MDA's interactive map to find the current 6-inch soil temperature and the past week's history.

Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable groundwater areas of Minnesota due to environmental concerns or risks. View a map of the vulnerable regions of the state.

MDA Seeks Applications for Crop Research Grants

\$1.2 million in funding available for applied research projects

The Minnesota Department of Agriculture (MDA) is now seeking applications for the Agricultural Growth, Research, and Innovation (AGRI) Crop Research Grant Program. Grant funding is intended to generate applied crop research that will improve agricultural product quality, quantity, or value within Minnesota's \$13.5 billion crop industry.

Any Minnesota organization, research entity, individual, or business with agricultural research capabilities is eligible to apply and receive funding. Applied crop research projects must have near-term benefits (three to seven years) for Minnesota's farmers and the state's economy, and applications must include an outreach plan describing how results will be made available to the public.

Special consideration will be given to research on crops with limited access to other research funds, as well projects with an outreach plan describing how activities or outcomes meaningfully involve, inform, or benefit underserved agricultural producers.

The MDA will award roughly \$1.2 million through this round of funding, with a maximum grant amount of \$250,000 per proposal. Applications must be submitted by 4 p.m. on Thursday, November 30, 2023.

Funding for the Crop Research Grant was established through the AGRI Program, which provides grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

To access full program details and the online application, visit the AGRI Crop Research Grant webpage.

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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.



“ASK A TROOPER”

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I noticed several freshly killed deer on the side of the highway yesterday. What are the traffic related requirements when someone collides with a deer, and what are the game related requirements with killing a deer? Is it legal to take the deer home?



Answer: If you are involved in a vehicle vs. deer/large animal crash, call 911 to report if there are occupant injuries, your vehicle is disabled, your vehicle or the animal is in the lane of traffic or if the animal has been injured and is unable to run away. Law enforcement will be dispatched to your location to assist. It is important to stay in your vehicle so you do not put yourself in danger of getting struck by a passing vehicle.

The Minnesota State Patrol issues permits for road-kill deer generally at the time of the crash or soon after. Any Minnesota resident may claim a road-killed animal by contacting a law enforcement officer. An authorization permit can be issued, allowing the individual to lawfully possess the animal.

Here are some tips to avoid deer crashes:

- Drive at safe speeds.
- Be especially cautious from 6 to 9 p.m., when deer are most active.
- Use high beams when possible at night, especially in deer-active areas.
- Do not swerve to avoid a deer. Swerving can cause motorists to lose control and travel off the road or into oncoming traffic.
- Watch for the reflection of eyes and silhouettes on the shoulder of the road. If anything looks suspicious, slow down.
- Reduce speeds in areas known to have a large deer population — such as areas where roads divide agricultural fields from forest land and whenever in forested areas between dusk and dawn.
- Deer are unpredictable — they may stop in the middle of the road and change direction when crossing or move toward an approaching vehicle. Blow horn to urge deer to leave the road.
- If a deer is struck but not killed, keep your distance as deer may recover and move on.
- Avoid all distractions while driving.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson – Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)



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Nerstrand City Council Meeting September 12, 2023 7:00 PM

PRESENT: Mayor Todd Evavold, Council Members John Harris, Dan Pflieger, Monica Gernandt, Kevin O'Brien

ALSO PRESENT: Public Works Steve McDowell, Sandy Borders, Interim City Clerk
CITY HALL ROOF REPAIR:

The City received quotes for the repair of the roof on City Hall that was damaged by the hail storm. Quote was received from Barga Incorporated for the cleaning, prepping for the repair, coating of plastic cement, fiberglass roofing membrane for the repair. The quote has been approved by the League of Minnesota Cities, the city of Nerstrand's

insurance carrier, in the amount of \$3,750.00.
MOTION: Motion to approve the quote for the roof repair as presented from Barga Incorporated.

Motion made by Council Member Pflieger, second by Council Member O'Brien

Ayes: Harris, Evavold, Pflieger, Gernandt, O'Brien
Nays: None

2024 Budget Discussion

There was further discussion regarding the 2024 Annual budget. The position for the City Clerk would have a wage of between \$23-\$27 per hour for 20 hours per week. Other discussion included having \$4,000 in both the water and sewer budgets for the clerk wages.

Council member Gernandt discussed the cost of LP gas. She mentioned the possibility of changing the LP gas companies and she will do a cost comparison between companies.

Motion Adjourn:

MOTION: Motion by Council Member Harris, second by Council Member Gernandt to adjourn.

Ayes: Harris, Evavold, Pflieger, Gernandt, O'Brien
Nays: No

Todd Evavold
Mayor Todd Evavold
Sandra Borders, Interim City Clerk

Nerstrand Council Budget Meeting September 12, 2023 7:00 PM

PRESENT: Mayor Todd Evavold, Council Members Dan Pflieger, Monica Gernandt, Kevin O'Brien

ABSENT: Council Member John Harris
ALSO PRESENT: Public Works Steve McDowell, Sandy Borders, Interim City Clerk

APPROVAL OF AGENDA:

MOTION: Motion to approve the agenda as presented.

Motion made by Council Member O'Brien, second by Council Member Gernandt

Ayes: Evavold, Pflieger, Gernandt, O'Brien
Nays: None

CONSENT AGENDA:

A. Regular Meeting Minutes of August 9, 2023

B. Budget Meeting Work Session Minutes of August 22, 2023

C. Regular Meeting Minutes of May 10, 2023

D. Regular Meeting Minutes of July 19, 2023

E. Payment of Claims dated:

1. September 12, 2023

Council Member Gernandt requested that all of the bill that were automatically paid be listed on the payment of claims.

MOTION: Motion to approve the Consent Agenda as presented.

Motion made by Council Member O'Brien, second by Council Member Gernandt

Ayes: Evavold, Pflieger, Gernandt, O'Brien
Nays: None

Resolution 2023-09: 2024 Proposed Preliminary Property Tax Levy

Council discussed the proposed resolution for the 2024 Property Tax Levy. The levy will remain the same as the 2023 tax levy. The levy allows for \$132,500.00 for the General Fund and \$17,500 for the bonded debt fund. The Fire Department, Sewer and Water departments are independent of the General

Fund and therefore are not included in the General Fund tax levy. The Levy resolution will be filed with Rice County and property owners will receive notice of the property taxes for 2024. The final levy will be voted on in December 2023.

MOTION: Motion to approve Resolution 2023-09 Proposed 2024 Property Tax Levy as presented.

Motion made by Council Member Gernandt, second by Council Member O'Brien

Ayes: Evavold, Pflieger, Gernandt, O'Brien
Nays: None

Agreement with Rice County regarding Voting Operations, Technology & Election Resources

Rice County send an agreement to the City regarding the voting operations, technology, and election resources account. The County received from the State \$13,775.25 annually for the voting operations.. The money was allocated to the cities based on the number of registered voters. The city of Nerstrand was allocated \$15.85 which will be retained by the county for qualifying expenditures.

MOTION: Motion to approve the agreement with Rice County regarding Voting operations resources, technology agreement as presented.

Motion made by Council Member Gernandt, second by Council Member O'Brien

Ayes: Evavold, Pflieger, Gernandt, O'Brien
Nays: None

Discussion Regarding Antennae on Water Tower – Midco

Midco representative was present to discuss with the council the possibility of putting antennas on the water tower. Midco is an internet provider. Discussion included the height of the tower, costs for installation. Council inquired as to what the city could receive as payment for them using the tower. There will be further discussion at a future meeting

LP Gas Pricing – Council Member Gernandt

Council Member Gernandt has inquired with LP Gas companies as to the cost of the LP gas for the coming season. The city at the present is getting the LP gas from Community Co-op in Fairbault. The cost for the gas will be \$1.49 per pound, and they will provide the city gas at that cost as a prepaid customer. The city will prepaid \$5,000 for the gas.

6. Old Business

A. Roofing/Shingle bids for City Properties – Mayor Evavold

7. Reports of Officers

A. Public Works Director – Steve McDowell

B. Mayor

C. Fire Department – Joe Johnson

8. Other Business

Next City Council Meeting is scheduled for October 10, 2023 at Nerstrand City Hall
Motion Adjourn:

MOTION: Motion by Council Member Harris, second by Council Member Gernandt to adjourn.

Ayes: Harris, Evavold, Pflieger, Gernandt, O'Brien
Nays: No

Todd Evavold

Mayor Todd Evavold

Sandra Borders, Interim City Clerk

Warsaw Township Board Meeting Minutes September 11, 2023

CALL MEETING TO ORDER Chair Maher called the meeting to order at 6:00 pm and the Pledge of Allegiance was recited.

Members Present: Duwain Eglund, Larry Madsen, Emery Maher, Diane McCorkell and Darla Frandrup

Others Present: Bob Flom, Tou Vang, Chue Vang, Mick McCorkell, Todd Greseth and Gary Sauer

APPROVE MEETING MINUTES

Motion made by Larry to approve the minutes as read; Emery seconded. All voted in favor; motion carried.

NEW BUSINESS

Building Permits

● Tou Vang approached the Board with a building permit request to build three greenhouses on his property. It was determined that the greenhouse structures will be temporary and do not need a permit.

● Gary Sauer approached the Board with a building permit request for a driveway approach. Bob and Emery met with Gary onsite and inspected the proposed road approach and talked about culvert placement. Supervisor Eglund moved to approve the driveway permit as submitted; Supervisor Madsen seconded. All voted in favor; motion carried.

● Emery Maher approached the Board with a building permit request to build a 60x120 machine shed on his property located at 37000 35th Ave Way. Supervisor Eglund moved to approve the building permit as submitted; Supervisor Madsen seconded. All voted in favor; motion carried.

Todd Greseth, Goodhue County Commissioner, attended the meeting to answer questions and share updates from the county. The county has set a preliminary budget resulting in a 4% increase and are still working to decrease that amount. The county is almost back to normal with staffing numbers. The Lake Bylsbee project is almost complete with 90% covered by state and federal grants.

The October Warsaw Township meeting is moved to Monday, October 2nd, a week earlier to avoid meeting on Columbus Day.

The Township's current Master Joint Powers Agreement (JPA) is expiring. This will require executing a new JPA (which is good for five years). Also, our current Court Amendment expires with the current JPA, so a new Court Amendment will need to be executed as well. This allows townships to receive fine revenue for offenses that happen within the township boundaries. The County does not know if we have ever received any monies from this agreement, but have been looking into it. Supervisor Maher moved to sign the JPA; Supervisor Madsen seconded. All voted in favor; motion carried.

MDA is now accepting applications for noxious weed and invasive plant grants. Applications for this new round of invasive plant grants can be reviewed and downloaded on the MDA website. Funding will be allocated through a competitive process with review by the MDA Noxious Weed Program and the Noxious Weed Advisor Committee. Selected grantees will be announced in early 2024. Darla will begin the process of setting up an account and Emery and Bob will work on the budget.

The Minnesota Department of Transportation announced a Local Road Improvement Program (LRIP) for road funding assistance. A total of \$102.967 million in LRIP funds are available for funding with 6 million going directly to Townships to assist with construction, reconstruction, or reconditioning projects. The maximum award amount available is \$1.5 million for each project. Darla joined the webinar to learn more about this program. If we would like to pursue this we would need to start with the County as we need a County Sponsor to apply for the funds. Engineering costs are not covered if we would need this. Applications open on Sept 12 and the deadline to apply is December 8th. Emery will talk with the County to see if they are interested in working with us to replace a culvert on County Line.

Supervisor Eglund moved to transfer \$40,000 from the Road and Bridge account to the Revenue account; Supervisor Madsen seconded. All voted in favor; motion carried.

The empty filing cabinets will be moved out to the road to be given away.

Nerstrand Fire Department will expand their coverage beginning November 1, 2023 to cover the Northfield Fire areas. If it is decided to move some of the Cannon Falls sections to Nerstrand FD this will be reflected in the spring 2024 contract on a prorated basis.

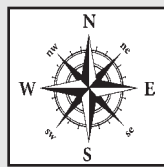
ADJOURN

Motion made by Supervisor Eglund to adjourn the meeting; Supervisor Maher seconded. All in favor; motion carried. Approved on October 2nd, 2023

Emery Maher, Chairman

Darla Frandrup, Clerk

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 cudgled 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.



My great grandfather Norman with his four hitch team of horses

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 plastic 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.



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