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NOVEMBER, 2023

Volume 18 • Issue 9

Rice County Receives Justice Department Grants to Help Probationers, Treatment Court Participants

Courtesy of KYMN Radio

Rice County announced that it has received a pair of federal grants from the Justice Department totaling approximately \$1.2 million, designed to enhance services to county probationers and participants in the county Treatment Court program.



(continued on page 4)

Firehouse Liquor Celebrates 40 years on Hwy 3

November marks the fortieth anniversary of Firehouse Liquor in their current location. Jerry and Karleene bought the on/off sale business back in 1972, when it was located in the old bank building on Railway Street where Dawn's Corner Bar is now. In 1983 they moved the off sale to a 4,200 square foot location on Hwy 3 where Aldi's is now located.

In 2000 Sean bought the business from his parents and moved to the present building, which had formerly housed the C.T. Farm Supply. This new 10,000 square foot building has allowed them to grow. "We have expanded over the years and our inventory is now twenty-fold what it was when we purchased it in 2000", Sean commented. "There are always new items."

Firehouse liquor is open everyday except for Thanksgiving, Christmas and Easter.



Announcements

• The City of Dundas is looking for Parks Board Commissioners. The application is on our city website under Parks and Recreation tab, please call City Hall with any questions.

• City Hall will be closed November 23rd-24th, as well as December 25th for the holidays.

• 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. Even if there is not snow on the ground the ordinance is still in effect!

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

2024 Dennison Lions Flake Out Festival Planned for February 3rd



The Dennison Lions Club is planning the 2023 Flake Out Festival & Winter Parade for Saturday, February 3rd.

The club is holding a raffle in conjunction with the days events to raise funds to support Lions Clubs activities and help support other area non-profit entities and those in need that the club donates to and supports throughout the year. A \$500 1st Prize, plus other cash prizes will be given away.

Watch for a full schedule of events coming in December.



Dennison Days 2024 Date Change

The Dennison Lions Club, organizers of the annual Dennison Days town festival has announced that the date for the 2024 festival will be moved from the first weekend of August to June 21 & 22, 2024.

Event organizers stated the reason for the change is the fact that there are so many more events competing with the August date than there used to be.

Further information will be in future issues of the Messenger and on the Lions Club Facebook page.

Anyone with questions or suggestions for events for the 2024 festival should contact Lions Club President Diane Ruddle.

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www.firesidelounge.net



Count Your Blessings

What are you thankful for? Family, friends, job, home, heat, gas, food, clothes, freedom, Being thankful is a guaranteed way to cure envy and jealousy. When we are grateful for what we have and who we are and the people in our lives- we aren't envious of others. We learn as Paul taught us that we can be 'content in every situation.'

Sometimes we need to give ourselves a good talking-to. Psalm 103 is a prayer by David in which he talks to his own soul and reminds himself to "bless the Lord" and "forget not all his benefits." Most of us are better at criticism than at praise. We've all had people in our lives that seem to be quicker to criticize than to encourage us. We may even find ourselves being overly critical of others and falling into this same trap. The sad part is that it takes only one hurtful, critical thing to destroy many, many good things in our spirits. It is much easier to break somebody's spirit that it is to build them up.

I wonder how many of us could give God a "one-minute praising" for all his blessings. We're sure good at telling the Lord what we want him to do for us. We need a good dose of Psalm 103 to wash out that complaining spirit and replace it with a heart of gratitude to the Lord. "all my inmost being praise his holy name." "Forget not all his benefits." We must think before we can thank. We must ponder before we can praise. We must remember before we can rejoice.

Here are five blessings of the Lord that we must not forget.

- **Forgiveness:** "He forgives all your sin." God will forgive our past sins and all those that we bring to Him now and into the future. 1 John 1:9 reminds us, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." We are thankful for God blessing of forgiveness.

- **Healing:** "Who heals all your diseases." After doctors and nurses have done all, they can do, and after we have used all the latest technology and taken the newest drugs, healing must come from the Lord. That's why we pray for the sick. They may be healed by medicine or by surgery or by some other course of treatment or they may find healing through prayer or by a miracle from the Lord. All those things are possible, and they are not mutually exclusive.

- If you were sick and are now healthy, give thanks to the Lord.

- If your cancer is in remission, give thanks to the Lord.

- If you nearly died after an accident but somehow survived, give thanks to the Lord.

I've had people ask; "Do you believe in divine healing?" Truly that is the only kind there is. Give thanks to the Lord for every bit of healing you experience. Good medicine and good prayer go together.

- **Deliverance:** "Who redeems your life

from the pit." To redeem means to rescue from danger in the time of trouble. The "pit" refers to death itself.

We'll all die someday, and when the moment comes, we have the assurance of His grace to take us home if we have placed our trust in Him. It is never too late to accept Jesus Salvation for us.

There are so many things in this world that can happen- we can see God's protection and provision every day when we get up and when we arrive home. Think of all the things that that didn't happen: No one robbed you. No one shot you. You weren't fired. Your arthritis didn't flare up—or if it did, you made it through the day. A truck didn't hit you. You weren't rear-ended. No one scammed you on the Internet (though some people tried). Your identity wasn't stolen (as far as you know). Your wife still loves you. Your husband is still happy to see you. You don't have cancer—or if you do, you're not dead yet. You've got your health (what there is of it), your friends (most of them, anyway), your money (maybe not as much as a three months ago but you're not broke), your job (if you don't get let go tomorrow), and on and on it goes. Think of all the bad things that could have happened to you today that didn't. The fact that you think nothing happened today means that God has been doing his job! Thank-you God for redemption.

- **Coronation:** "Who crowns you with love and compassion." It's the loyal, unending, unchanging love of God toward us. He heaps up his blessings—and then he pours them out on us.

He hears your prayer, and He answers- As He has compassion on us and his mercy is given- our thanks for those blessings must be uppermost in our hearts and minds. He loves us, not because we deserve it, but because He does! We are His creation, and He is not willing that any should perish but all have the chance to receive and to know Him. Our thanks to God whose love and compassion is new every morning!

- **Satisfaction:** "To be satisfied means to be so full that you need nothing else. It's what happens at the end of Thanksgiving dinner when you simply cannot eat anything

else. You have had two helpings of everything and even though there is more food on the table, you cannot eat any of it. If you are hungry, to be full like that is a wonderful sensation. But that satisfaction eventually wears off and you must eat again. To be satisfied means to be so full that you need nothing else.

Jesus said, "I have come that they may have life, and have it to the full." Jesus desires that we have a 'full life' abundant and overflowing with His blessings! He says, "I

want to satisfy you—not with gold but with good." Not with those things which glitter today and are gone tomorrow

Clovis Chappell says that on the west coast of England there is the grave of a man who was much loved by all who knew him. When he died, these words were inscribed on his headstone. "Here lies a man who was satisfied with Jesus." Chappell then adds this benediction: "If that can be said of us, we have sufficient to make all of time and eternity one great Thanksgiving Day."

Area Church Directory

Ark of the Church

In [the ark] only a few people, eight in all, were saved through water, and this water symbolizes baptism that now saves you also. . . . — 1 Peter 3:20-21

In our reading for today, the apostle Peter mentions Noah and the ark, which we discussed on October 4 (Genesis 8). Do you remember another story this month that also pointed to the ark? In Exodus 2 (Oct. 5), as you may recall, Moses' mother places him as a baby in a "basket," and the Hebrew word for that can also mean "ark." Moses' mother did this, in faith, hoping that her little boy would escape the murderous reach of Pharaoh, the king of Egypt (see Exodus 1:22).

In the New Testament, the apostle and fisherman Peter states that just as God rescued Noah and his family "through water" while other people were swept away in judgment, Christians are rescued from judgment by Christ's death and resurrection, which is symbolized in baptism. If believers in Christ are symbolically rescued (like Noah and his family) "through water" (baptism), then what is the "ark"? What is the vessel of God's rescue for us and indeed for the whole creation? It seems that this would be the church, the community of faith. Remember, baptism places us in the nurturing community of the people of God with its worship, prayers, sacraments, and fellowship. In this "ark" we are on the way to the resurrection and full life in God's renewed world.

Lord, we praise you for the church, which, though it can be rocked by powerful winds and waves, is nonetheless piloted by you and is the place of your grace and salvation. Amen.

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www.canvaschurchmn.com

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Wednesday youth grades 6-12: 6:30pm

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Pastor Penny Bonsell • pastor@littleprairieumc.org

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

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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

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William (Bill) Bealles

William (Bill) Bealles, age 60 of Dundas, passed away surrounded by the love of his family on Tuesday morning, October 31, 2023, at Abbott Northwestern Hospital in Minneapolis following an extended illness.

William John Bealles III was born June 11, 1963, in Steubenville, Ohio, to William J. and Maryann R. (Steiner) Bealles. While growing up, Bill's love for traveling began since his family moved often for his

dad's work. They lived in Pittsburgh, Steubenville, Chicago, Toledo, Kennedy, Texas, Lodi, California, and back to the Chicago area. In 1981 Bill graduated from Victor J. Andrew High School in Tinley Park, Illinois. His athletic talents lead him to the football program at Northern Illinois University in DeKalb. After completing his freshman year at Northern Illinois he transferred to the University of Northern Iowa (UNI) in Cedar Falls to play football for the late football legend, Darrel Mudra and his offensive line coach, Coach Klinker. In 1986, he graduated with a bachelor's degree in Political Science. After a short stint in the NFL, playing with the Saints and Dolphins, he returned to UNI where he worked on his master's de-

gree and coached with the UNI football team.

In the summer of 1990, Bill met his future wife Janet Lee Rabb. They met at a fundraiser golf outing for UNI football. They were paired together to sell raffle tickets and after that evening, Janet called home and told her parents that she just met the man that she was going to marry. In 1991, after completing school at UNI, both Janet and Bill moved to Colorado where Bill coached football for Ft. Lewis College in Durango. A year later they moved to Plymouth, Minnesota, where Bill took a job with General Mills and began his career in food production. On July 24, 1993, Bill and Janet married in Sioux City, Iowa. After marriage they made their home in St. Paul. Bill worked in various cities over the years, including Cedar Rapids, Iowa, Toledo, Ohio, Mansfield, Ohio, and Battle Creek, Michigan. In 2004, Bill started working with Malt-O-Meal and in 2006 the family moved to Northfield. Over the last years, as his health declined, he worked various jobs - most recently with the City of Northfield.

Bill enjoyed fishing, old movies, road trips, his dog Lilly, college football and following the University of Northern Iowa Panthers football. Above all he loved and cherished his wife and sons. Bill was funny, generous, intelligent and a good friend. Everyone felt that Bill missed his true calling and should have been a writer. His regular phone calls and text groups with his friends and family will be

missed and created cherished, legendary memories especially the many that resulted in uncontrollable laughter. Bill went to extraordinary measures in maintaining relationships with friends that spanned grade school, high school, college, career years and beyond. He will be missed by many dear friends from all over the country.

Survivors include his wife of 30 years Janet; his sons Alex of Northfield, Andrew of Bemidji; his mother Maryann of Royal Palm Beach, Florida. He is also survived by three siblings, being especially close with his sister Marianne Bealles of West Palm Beach, FL, his brother, Jeffrey Bealles of Royal Palm Beach, FL, and countless aunts, uncles, niece and nephew, cousins and friends. He was preceded in death by his father, Willam J Bealles, II.

A celebration of Bill's life will be held on Saturday, December 9th from 4 to 7 at the Reunion, in Northfield, Minnesota. In remembrance of Bill Bealles' life, the family asks that donations be made to the Panther Legacy Club to support Bill's beloved UNI Panther football.

<https://pantherlegacyclub.com/>
Panther Legacy Club
PO Box 1224
Cedar Falls, IA 50613
Arrangements are with the Bierman, Benson & Langehough Funeral Home.
www.northfieldfuneral.com



Save the Date!



DENNISON DAYS

JUNE 21-22, 2024

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Funds Available to Enhance Habitat on Conservation Easements

By: Jarett Spitzack

Do you have an old conservation easement that is permanently protected? Sometimes the habitat on these old easements lacks the diversity needed to attract a wide variety of wildlife species. Due to a lack of management, undesirable tree species can move in over time, while native prairie wildflowers and grasses fail to germinate. The habitat that results is rather “blah.” It lacks the colorful and bursting blooms of a healthy upland prairie or wet meadow.

Pheasants Forever has received a grant through LCCMR (Legislative-Citizen Commission on Minnesota Resources) to enhance permanent habitat cover in Minnesota. They have set a goal of enhancing 850-acres through their new Easement Enhancement Program. Any land that is permanently protected can be eligible to apply. This includes RIM/CREP easements, WRP easements, USFWS Easements, property owned by the Minnesota Land Trust, County and City owned land, and other easements or programs that permanently protect the lands natural resources.

Eligible expenses can include site preparation such as tillage, herbicide applications, and prescribed burning. Tree removal is also eligible as long as it is required to prepare a proper seedbed. Both the native seed and seeding are also eligible, as well as follow up mowing to reduce weed pressure. The

landowner has the option to do the work themselves, hire it out to contractors, or have Pheasants Forever carry out everything.

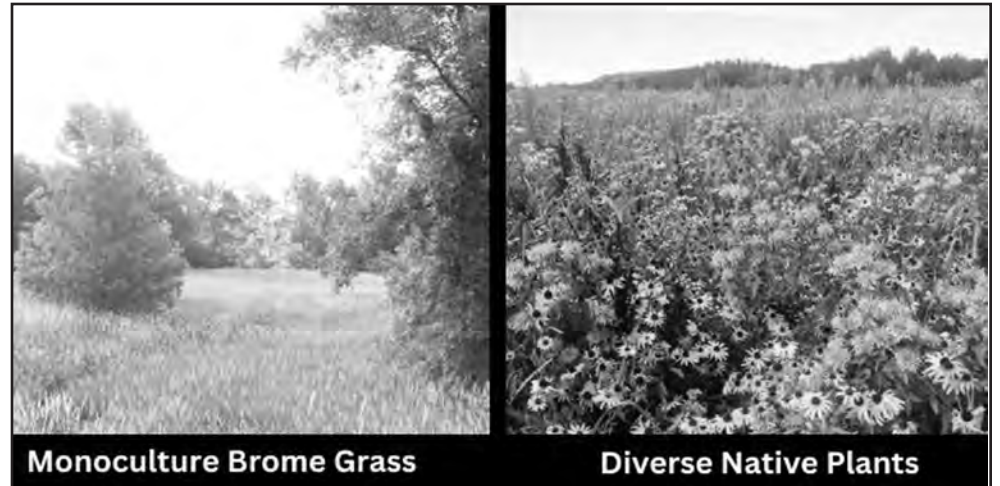
Pheasants Forever is also partnering with the University of Minnesota to study the effects of habitat improvement on local bee and butterfly health. Lands enrolled in this program will be part of the study. Upland habitat with diverse plant species also attracts many insects, which are an important food source to pheasant chicks after they hatch.

All projects will be ranked (out of a possible score of 100). Ranking is dependent on enhanced area size, proximity to additional permanently protected lands, what the project currently has for vegetation (non-native vs low diversity native cover), and if the landowner will provide a cash or in-kind match of 10% of the total project cost. In addition to the score sheet, an application will also need to be filled out with landowner information and information about the area to be enhanced. A project narrative and a project cost estimate also need to be included with the application.

The landowner is responsible for management after the first-year establishment is complete. Enhancement must take place in 2024 or 2025. The first batching period is open from now until December 15th. There may be additional batching periods if funds remain after the first period closes.

The Easement Enhancement program is a great opportunity to improve the habitat and wildlife diversity on your conservation easement. Anyone interested in enhancing their permanent habitat can reach out to the Rice SWCD at 507-332-5408 or email Jarett.spitzack@riceswcd.org. We have staff available to help with determining eligibility, scoring, and can answer your questions about the program.

Link to share this article from our blog: [https://www.riceswcd.org/funds-available-to-enhance-habitat-on-conservation-](https://www.riceswcd.org/funds-available-to-enhance-habitat-on-conservation-easements/)



An old conservation easement (at left) which consists of a monoculture of brome grass provides poor quality habitat. A diverse cover of vegetation (at right) provides healthy habitat for pollinators and other insects, which in turn provide food for many other birds and mammals on a conservation easement in Rice County.

easements/

The Rice Soil and Water Conservation District is a subdivision of state government. It is overseen by a five member board of supervisors elected countywide to represent the soil and water conservation needs of the county. The board of supervisors make policy decisions, approve cost-share contracts, and pro-

mote soil and water conservation. The mission of the Rice Soil and Water Conservation District is: "To assist land users in the management and conservation of our soil and water resources by means of educational, financial, and technical assistance." Learn more about the District at our website: www.riceswcd.org.

Rice County Receives Justice Department Grants to Help Probationers, Treatment Court Participants

(continued from page 1)

The Community Corrections Department grant will focus on equitable access to services, staff training, resources and opportunities. Officials expect underserved communities will be impacted at a higher rate given their disproportionate representation in Rice County's overall unemployment and poverty rates.

While Rice County and Community Corrections' probation demographics are similar, the probation population is grossly overrepresented in the unemployment rate, particularly for people of color.

According to Community Corrections Manager Angela Brewer, funds from the grants will help those on probation to be better prepared when they exit the criminal justice system and will have a lower likelihood of returning.

Transportation is frequently a significant challenge for County probation clients, many of whom do not have access to safe or reliable transportation, and quite often don't even have a driver's license. This leads to an inability to find and maintain employment, and

to attend required programming.

Finding and paying for reliable childcare is another frequent problem.

These funds will help mitigate some of those issues. They will also be used toward costs associated with acquiring a General Equivalency Diploma (GED) and required IDs.

Meanwhile, the four-year nearly \$800,000 grant to enhance Treatment Court services will assist participants in maintaining their recovery beyond the program by increasing community connections, support and sustainability. The program for chemically dependent justice-involved individuals lasts upward of 24 months, and coordinators have noted that the end of readily available support and oversight has challenged a number of participants.

A statement issued by Rice County said the funds will also expand access to community resources and connections, provide access to culturally responsive peer support specialists, and establish a rental assistance program.

Rice County Community Based Coordinator Program is Working

Courtesy of KYMN Radio

Earlier this month, a man identified by police as 41-year-old Kyle Everett Cranston, of Northfield, was charged with 1st degree aggravated robbery, 1st degree Damage to Property, 3rd degree Burglary, and Theft after he allegedly broke into the Chuck & Don's pet store and stole a bag of dog food, set a fire in the parking lot of Big O Tire, and threatened an employee of Kwik Trip with an axe after stealing a carton of cigarettes, a small case of beer and a newspaper. Northfield Chief of Police Mark Elliott said Cranston was peacefully taken into custody a little while after the incidents.

While no evidence of mental health problems or substance addiction issues has been produced with regard to Mr. Cranston, Elliott said it would not be unusual for a person in a situation such as this to be suffering from either or even both conditions.

"We frequently see, not only issues with substance use disorders, but also with mental health. And a lot of times we have co-occurring conditions in these folks where they have both mental health and substance use."

Situations like these are among the reasons Rice County has embedded Community Based Coordinators with the Northfield and Faribault Police Departments and the Rice County Sheriff's Office. The trained social workers can co-respond to an incident with law enforcement or follow up afterward, offering services that may include assistance with mental and/or chemical health issues, housing and food insecurity. Officers can also refer residents about whom they are concerned to the coordinators who can then build relationships with the people who are struggling and get them the support they need before they experience a crisis or commit a crime.

Rice County Commissioner Galen Malecha said the Community Coordinator program which has been in place for roughly 18 months, has been a positive development for many people who struggle with mental illness.

"By being able to work with those individuals, we can kind of help steer them in the right direction and get them help before they have any more contact or even worse end up having to go to jail, because jails and hospital emergency rooms are no place to put somebody with mental health issues."

Malecha said every person who is incarcerated in Rice County undergoes mental health and substance dependency screening, and the county will offer people help depending on those results.

Share Your Good News!
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Coffee: Pros and Cons



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the concept that food can be used as medicine. I presented some ideas for managing acid reflux. In that article, I mentioned that coffee can be a trigger for acid reflux. So how does coffee relate to nutrition? What are the positive aspects of coffee and what are the negative considerations? Can a person use coffee as medicine?

First, a little history. As reported by Tori Avey in "The Caffeinated History of Coffee," the first reports of coffee originate around Ethiopia and Yemen. The ripe coffee fruit is red, and the coffee bean is the seed of the fruit. Roasted coffee beans were first produced by Arabs and the Arab community had control of the coffee market until the Dutch were able to acquire some seed and start plantations

around the world. In 1773, when Americans were revolting against the tax on tea, coffee became the acceptable, patriotic choice.

According to the National Coffee Association, more than 65% of Americans drink coffee each day. The average American consumes just less than 3 cups of coffee per day. The United States is the top coffee consuming country in the world with coffee being the first-choice beverage over tea, soft drinks, and juice. Berkeley, California wins the prize for the most coffee shops according to ApartmentGuide.

So, with all this coffee consumption what are the PROS or CONS of coffee consumption?

PROS –

- Moderate coffee consumption (1 – 4 cups per day) is linked to longer life
- Decreased risk of liver cancer
- Decreased risk of Parkinson's disease
- Improved clarity in thinking
- Improved regularity of bowel movements

CONS –

- Inflammation (measured as CRP) can increase with more than 1 cup of coffee per day
- Heart and neurological challenges among infants of mothers who regularly consumed coffee during pregnancy
- Anxiety increased with excessive consumption of coffee
- Difficulty sleeping associated with coffee consumption
- Trigger for diarrhea episodes
- Can promote fatigue through caffeine addiction

Coffee can be a powerful medicine. Caffeine is one of the active ingredients, but there are additional compounds that demonstrate antioxidant and stimulant activity. An important note to understand is that coffee does not produce energy. A black cup of coffee has almost no calories at all. The energy boost from coffee comes from the body response to caffeine, which stimulates the adrenal glands to produce epinephrine. The release of epinephrine causes the body to release more energy from its storage areas, in the same way a whip will cause an animal to move that was not moving before. For an individual who is extremely tired in the morning and "needs" the cup of coffee to get started for the day, this individual is battling a fatigue that is only increased by the regular consumption of coffee.

Coffee can be a good aid for digestion. A small cup of black coffee with a meal will stimulate the digestive process and increase the acidic mixture in the stomach. Between meals only water should be consumed to allow the digestive system to rest. There is no need to stimulate digestion by drinking coffee between meals.

An additional use of coffee by health practitioners throughout the centuries has been the use of coffee as an enema. A properly prepared coffee solution carefully introduced into the rectum has been an effective way to remove constipation and blockages in the colon. Reportedly, this enema was effectively used during World War 1 in the military hospitals when nurses used the coffee enema to aid the recovery of recovering wounded in the military hospitals.



Overall, pay attention to how your body responds when you consume a cup of coffee. Consider what other ingredients such as cream, sugar, or other flavors are being added. What happens if you stop drinking coffee for a day or two? You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

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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Flu Prevention Strategies and Flu Vaccine Dangers



By Shauna Burshem, D.C.

The flu vaccine is recommended for pregnant women even though there exists evidence that the vaccine could place their pregnancy at risk. Research funded by the Center for Disease Control (CDC) found a link between being vaccinated for the flu during pregnancy and increasing the risk of miscarriage (8 fold). In general, data from the federal Vaccine Injury Compensation Program shows that the flu vaccine is now the most compensated claim filed. Between January 1, 2006 and December 31, 2019 five thousand four hundred and seven injury claims were filed for the flu vaccine. In addition, CDC data demonstrates that the flu vaccine is less effective for senior citizens. According to the CDC data, the influenza A and B vaccine had an effectiveness rating of 12% for those over the age of 65. Statistically, the CDC includes death from second-

ary infections (like pneumonia, sepsis and other respiratory infections) in the total mortality rate from the flu. These secondary infections account for the majority of deaths attributed to the flu each year.

Boosting your immune systems capabilities have been shown to be way more effective than the flu vaccine for preventing the flu or increasing the likelihood for a mild case and or quicker flu illness recovery. Vitamin D3 taken with vitamin K has been shown to lower your risk of flu illness. Vitamin D is the sunshine vitamin. Sun exposure naturally produces vitamin D in the body. This is why flu season is in the fall and winter months. People have lower levels of vitamin D when not able to be out in the sunshine with safe sun exposure. Taking a vitamin D supplement throughout the fall and winter (and even summer if you do not have adequate sun exposure) will boost your immune system function. Functional medicine and nutritional experts have found that the proper dose of vi-

tamin D in the winter season is 30 units per pound of bodyweight. This means if you weigh 150lbs your D supplementation should be 4,500 units per day. People whose levels are below the normal range are at risk for becoming sick with illness and if exposed to covid-19 they are also at a higher risk for hospitalization and death.

In addition to vitamin D (and K), your flu prevention medicine chest should contain elderberry extract and vitamin C (1000mg capsules). If you start to feel the signs of illness coming on begin taking elderberry extract 3 x per day. Elderberry boosts immune function but also has a high amount of antiviral properties and works really well with respiratory infections. Also, increase your vitamin C consumption to 3000 mg and take your C 3-4 times per day, every 3 to 4 hours. Do this until you feel better.

Lastly, chiropractic spinal adjustments have a positive effect on increasing immune system function. Mid back adjustments to the thoracic spine have an immediate effect on white blood cell production. White blood cells are your infection fighting cells. Research has also shown that chiropractic spinal adjustments increase the rate at which your body's DNA repairs itself. DNA repair is an important marker for immune system function. Additional research has also shown that people who receive regular chiropractic care (at least 1 adjustment per month, every month) have higher resistance enzyme levels than people who do not receive chiropractic care.

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The Law of Vibration: Unveiling the Hidden Harmony



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

In the vast tapestry of the universe, there exists a symphony of vibrations that weave through the fabric of reality. This intricate dance is governed by the second universal law, the Law of Vibration. As we explore this cosmic principle, we delve into the profound concept that everything is in a constant state of motion, emitting its unique vibrational frequency.

At its core, the Law of Vibration posits that all matter is in a perpetual state of motion, oscillating at a specific frequency. This concept has ancient roots, echoing through various philosophical and spiritual traditions. In essence, it suggests that nothing rests; every-

thing moves, and each entity carries its own vibrational signature.

One of the key tenets of the Law of Vibration is the interconnectedness of all things. Every particle, every atom, every living being resonates with a distinctive vibrational frequency. This interconnected web of vibrations forms the basis of the intricate dance of existence. It implies that there is a hidden harmony that unites all elements in the cosmos.

Moreover, the Law of Vibration extends beyond the physical realm into the realm of thoughts and emotions. It suggests that our thoughts and feelings also emit vibrational frequencies, influencing the overall vibrational tapestry of our personal reality. This principle underscores the importance of mindfulness and the impact of positive or negative energy we contribute to the collective vibration.

The ancient wisdom of the Law of Vibration finds resonance in modern science, particularly in quantum physics. Scientists have discovered that at the subatomic level, particles are not static entities but exist in a state of constant motion and vibration. This scientific revelation aligns with the age-old spiritual understanding that everything is energy in motion.

Understanding and harnessing the Law of Vibration can empower individuals to navigate their lives with greater awareness. By cultivating positive thoughts, emotions, and actions, one can elevate their vibrational frequency and attract corresponding positive experiences. Conversely, dwelling in negativity can lower one's vibrational state, leading to

a magnetism for less desirable outcomes.

In essence, the Law of Vibration invites us to become conscious co-creators of our reality. By aligning our thoughts, emotions, and actions with higher vibrational frequencies, we can harmonize with the cosmic dance of existence and unlock the latent potential within ourselves. It's a reminder that, in the grand orchestra of the universe, each of us plays a unique note, contributing to the symphony of life.

Integrating the Law of Vibration into daily life involves adopting mindful practices and cultivating awareness of the vibrational energy one emits. Here are several practical steps to help individuals align with this universal law:

- Mindful Awareness:
 - Begin each day with a few moments of mindfulness. Reflect on your thoughts, emotions, and the energy you carry into the day.
 - Throughout the day, periodically check in with yourself. Notice the quality of your thoughts and feelings. Are they positive or negative? What kind of vibrational energy are you emitting?
- Positive Thinking:
 - Practice positive affirmations. Consciously choose thoughts that uplift and inspire. Affirmations can help shift your vibrational frequency towards positivity.
 - Avoid dwelling on negative thoughts. When negativity arises, acknowledge it, but then consciously choose to redirect your focus to more positive and constructive thoughts.
- Gratitude Practice:
 - Cultivate a habit of gratitude. Regularly

express appreciation for the positive aspects of your life. Gratitude carries a high vibrational frequency and can attract more positive experiences.

- Keep a gratitude journal and write down things you are thankful for each day.
- Conscious Communication:
 - Be mindful of the words you use. Words carry energy, and their vibrations can impact both you and those around you.
 - Strive to communicate with kindness and positivity. Choose words that uplift and inspire rather than words that convey negativity or criticism.
- Emotional Regulation:
 - Develop emotional intelligence. Understand and accept your emotions but strive to respond to challenging situations with calm and centeredness.
 - Practice techniques such as deep breathing or meditation to maintain emotional balance.
- Energetic Environment:
 - Surround yourself with positive influences. Be conscious of the people, environments, and media you expose yourself to.
 - Create a positive and harmonious living and working space. Decluttering and organizing your physical space can also have a positive impact on your energy.
- Self-Care:
 - Take care of your physical well-being. Exercise, proper nutrition, and adequate rest contribute to a higher vibrational state.
 - Engage in activities that bring you joy and fulfillment. The energy associated with activities you love can enhance your overall vibration.

(continued on page 12)

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HAPPY THANKSGIVING!



The Law of Vibration: Unveiling the Hidden Harmony

(continued from page 10)

- Visualization and Meditation:
- Incorporate visualization and meditation into your daily routine. Envision the positive outcomes you desire and feel the corresponding emotions.
- Meditation can help quiet the mind, allowing you to connect with your inner self and the higher vibrational frequencies of the universe.

Remember that integrating the Law of Vi-

bration is a continuous practice. It involves a conscious and intentional approach to thoughts, emotions, and actions. By making these practices a part of your daily life, you can elevate your vibrational frequency and align more harmoniously with the cosmic dance of existence.

Life coaching serves as a guiding light on the journey to integrate the profound principles of the Law of Vibration into one's daily life. A skilled life coach provides the support and tools needed to navigate the intricacies of mindful living, helping individuals to cultivate positive habits and align with higher vibrational frequencies. Through personalized guidance, a life coach empowers individuals to overcome challenges, break through limiting beliefs, and foster a deeper understanding of themselves. This transformative process not only enhances personal well-being but also ripples outward, positively influencing

relationships, career, and overall life satisfaction. Life coaching becomes a catalyst for self-discovery and empowerment, offering a roadmap to unlock the immense potential

within, and inviting individuals to dance in harmony with the universal rhythms of existence.



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Giving a Voice to Rural Entrepreneurs



Tim Penny
So. MN Initiative Foundation

As a fifth generation southern Minnesotan, I like to say that I “bleed rural.” Not only have I lived here my entire life, but I have had the great fortune of serving rural Minnesota throughout my career – first during my time in the U.S. Congress, and now as president and CEO of Southern Minnesota Initiative Foundation (SMIF).

Living in rural Minnesota comes with many benefits that have tied me to this place for so long. Even in the relatively larger cities of our region, like Owatonna where I live, there is a neighborly feel – I like that I can stop by the grocery store or the local brewery and run into people I know. We’re surrounded by natural beauty – from bluffs to lakes – and the cost of living is much lower than in larger cities.

In fact, a 2020 report from the Center for Rural Policy and Development found that wages in rural Minnesota can go further in meeting the cost of living compared to the seven-county metro area.

Despite the many benefits of living here, there are challenges, too, and it can feel like the “rural voice” is diminished or misunderstood. The Rural Voice, a statewide series supported by SMIF, three other Minnesota Initiative Foundations, Compeer Financial and Otto Bremer Trust, was created to act as a town hall style forum for community members to discuss and be heard about topics that are top of mind to those living in Greater Minnesota: workforce, health care, mental health, social isolation and business development. Hosted by Kari Miller from Minnesota Public



Radio, the most recent Rural Voice event was held at Schell’s Brewery in New Ulm about what it takes to build a business in rural Minnesota.

One of the things that we heard in this meeting is that rural entrepreneurs need mentors, financial resources, education and networks to support growth. Fortunately, SMIF, in addition to our partners at the Small Business Administration, SCORE and the Small Business Development Centers, Region Nine Development Commission and local chambers of commerce (to name a few) are well-positioned to help entrepreneurs in all of those areas, either through our own programming or as a connector to our partners. At SMIF, we offer lending and equity opportunities, technical assistance and peer networks, supporting nearly 1,000 entrepreneurs annually.

Another thing that stood out to me during this session was the number of young people who either decided to stay in rural Minnesota or moved here. For some, work from home opportunities have allowed them to live where they want to live instead of where their work is located. For others, like Tristan Blue,

owner of Big Hitter Games in Lafayette, rural living has drawn them to the region to start businesses. Tristan shared that his desire to be closer to his family brought him from Minneapolis and Milwaukee to the Mankato area in 2014.

When the pandemic began, he began reevaluating his career (he had been working in the service and construction industries while also performing as a musician). Tristan used the time as an opportunity to explore his childhood dream of creating video games which eventually turned into a business. Due to the online accessibility of partnerships for indie game developers, Tristan found rural Minnesota an easy place to locate his business. When he and his wife had their first child in 2021, they were ready to buy a home and were motivated to move to Lafayette due to the affordability, proximity to his wife’s job in St. Peter, the geography and history of the area, and the small town experience for raising a family. This is one example of many entrepreneurs moving to the region that I have heard in recent years.

I was also struck by the number of newer businesses that draw tourists to rural Min-

nesota – breweries, distilleries, wineries. Those types of businesses, combined with the natural beauty of our region, and our charming downtowns, can culminate in an economic boost for small towns. According to Explore Minnesota Tourism’s Leisure and Hospitality Industry report, our 20-county southern Minnesota region generated \$2.7 billion in gross sales and \$93 million in state sales tax in 2021, supporting 28,000 private sector jobs. At SMIF, we have seen the success of tourism businesses through many of our loan clients – from Pleasant Grove Pizza Farm in Waseca to Black Frost Distilling in New Ulm. I’m convinced that the more people who visit here, the more people who will want to move here.

Whether you move here to start a business, or are an entrepreneur already living in southern Minnesota, SMIF is here to play a supporting role. Entrepreneurs are going to keep our corner of the state vibrant – they will create the jobs of the future. Personally, there is no place I would rather be than in rural Minnesota.

You can listen to a recording of the Rural Voice event at mprnews.org.

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Power of Rural: Empowering Healthier Communities in Rural Minnesota



By Colleen Landkamer,
USDA Rural Development
Minnesota State Director

People, no matter where they live, should have access to high-quality healthcare services and healthy food options to put on the table.

In Minnesota, we work hard to empower rural people and organizations with the information they need to take full advantage of the USDA Rural Development programs that are specifically designed to support healthy rural communities.

As we celebrate National Rural Health Day this year, we are reminded that a strong community is rooted in its people. The theme

"Power of Rural," reminds us that rural communities are fueling an innovative rural health infrastructure.

As I've traveled across Minnesota, I've seen and heard firsthand the unique challenges people in rural communities and remote parts of the state have in accessing modern healthcare resources they need and deserve. I was fortunate enough to have visited the new state-of-the-art Astera Health facility in Wadena several times throughout the construction process and was honored to help celebrate the grand opening. Throughout my multiple visits, I heard from many people about how some of the services now provided in this location will help reduce multi-hour drive times for folks in the surrounding areas. The improvement in quality of life in this region of the state, thanks to this new facility and the health care services it provides, will be invaluable to this area's well-being and growth.

Finding local, modern health care is especially true for people living in our nation's Tribal communities who have been underserved for far too long. I am extremely proud of the relationships that our staff have with Minnesota's tribal communities and their efforts to help address the unique needs of these areas. We look forward to continued opportunities to better serve these communities.

Working with our partners like the National Rural Health Association (NRHA) is important for ensuring people in rural areas have access to the care they need. For instance, USDA is partnering with NRHA to provide

technical assistance to rural hospitals across the nation.

At USDA Rural Development, we are committed to making sure that everyone in rural America has access to high-quality and reliable healthcare services like urgent care, primary care, dental care, and more.

Through the Emergency Rural Health Care Grant (ERHC) Program, Rural Development helped rural healthcare organizations across the state purchase supplies, deliver food assistance, renovate healthcare facilities, and provide people with reliable medical testing and treatment. For example, a \$62,000 ERHC grant allowed the Red Lake Falls Volunteer Ambulance Association to replace a 25-year-old vehicle with several mechanical issues. Through this investment, first responders can continue providing safe and reliable care to area residents.

We've also supported communities through the Community Facilities Programs, Distance Learning and Telemedicine Grants Program, and Water and Environmental Programs. For example, a \$6 million Rural Development grant through the Water & Waste Disposal Loan and Grant Program helped address health and sanitation concerns in Mazeppa. Due to deteriorating water distribution lines, the city no longer met regulatory limits. With the help of this investment, the community is able to replace the aging infrastructure by constructing a new wastewater treatment facility and improving water distribution and sewer collection systems.

We also recognize that people in our state's most rural and remote locations lack access to healthy foods. Recent supply chain disruptions have made access even more challenging and have shown just how critical it is to invest in the agricultural supply chain here at home.

That's why we remain committed to creating local and regional food systems that benefit all Americans, from farmers and ranchers to small businesses and families, who currently need to travel far from home to find fresh, nutritious food.

Through programs like the Meat and Poultry Processing Expansion Program, the Meat and Poultry Intermediary Relending Pro-

gram, and the Food Supply Chain Guaranteed Loan Program, USDA works to create stronger food supply chains that benefit American producers, meat and poultry processors, and consumers.

For example, a Food Supply Chain loan guarantee of \$9.3 million helped promote the expansion of Manea's Meats, a second-generation and family-owned meat market in Benton County. With the help of the loan, Manea's Meats significantly expanded the square footage of their meat processing facility, creating 17 new jobs.

In Minnesota, we at Rural Development know that partnerships are crucial to the success of ALL investments and community development. Recently, a partner that we work with quite regularly to bring affordable financing options for economic development, housing, and more was named USDA's North Central Regional Food Business Center. Administered through USDA's Ag Marketing Service, Region Five Development Commission will focus on expanding small and mid-sized agricultural value chains in Minnesota, North Dakota, and South Dakota, with the goal of transforming a region that primarily focuses on commodity and large-scale agriculture into an area that also supports smaller, more resilient farm and food practices, specifically focusing on the development of critical infrastructure for small and mid-size livestock processing, fruit and vegetable processing, and warehouse space and storage operations. This is a great example of USDA's dedication to partnerships and improving health through safe food options in rural areas.

Throughout November, USDA Rural Development is celebrating National Rural Health Day by sharing success stories and the resources we have available to champion communities working tirelessly to support rural health across the country.

USDA Rural Development is a partner that invests in keeping rural people healthy. You can learn more about our programs by visiting www.rd.usda.gov/mn, following @RD_Minnesota on X (formerly known as Twitter), or by calling 651-602-7800.

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Down on the Farm/ Up at the Cabin Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

By Claudia Vanderborght

For years, friends and acquaintances had encouraged Monica to write down the saga of starting a farm from scratch – with no experience or knowledge – just a love of learning and adventure. Well, here it goes.

Monica taught elementary school in Apple Valley for 28 years. Additionally, she worked as a Navy Reserve Analyst for 21 years – nearly five of those years deployed to Tampa, Norfolk, and Qatar. In 1999, after purchasing a Jeep Wrangler, Monica joined a 4WD club and – under their tutelage – explored off-road trails in several states (once disemboweling a shock on some rocks). She also owned several motorcycles and, taking advantage of the school summer vacations, explored 49 states on motorcycle (all but Alaska). Once, she even jumped out of a perfectly good airplane (once was enough). It was time to delve into an entirely new adventure.

Claudia, Monica's sister, moved from Minnesota to Vermont, to Massachusetts, to northern New York, back to Minnesota, and finally now to Wisconsin. She has worked as a high school science / math teacher, a secretary, an analyst for pharmaceuticals, delivered newspapers, wrote articles for kids magazines, started a tutoring service, and – semi-retired – substitute taught at local middle and high schools. Claudia was up for a new adventure at any time.

Monica was a bit envious of her teacher colleagues who would go to the cabin on weekends. But maintaining a second residence several hours away from her Farmington home just didn't appeal to her. What Monica really wanted was a "cabin" that she could live in full-time while continuing to work in Apple Valley. But what to do?

The options were endless! Monica motorcycled around that summer asking God, "Now what? Travel? Join a club? Come up with a new hobby?"

"Stay home and dork around..." was the only answer she got.

Yes, God talks to Monica in the vernacular, so she started thinking about what "staying at home and dorking around" might mean. Having several years before she could retire, to move and to commute was a issue.

There were a few things that were immediate, important considerations: a 45-minute commute to Apple Valley, a location east of 35W (Monica – a mosquito magnet – heard that the limestone geography east of 35W inhibited mosquito breeding), two miles off asphalt (keeps the riff-raff away), a four-bedroom split-entry house with a two-car attached garage. 20 acres (probably beyond the budget) with some open pastureland and some woods would be nice; interesting topography (not flat, but not crazy-steep either). And some kind of outbuilding. Quite the wish list to say the least!

Hunting for the perfect farm was an adventure in and of itself ... a story for another day.

But there it was: 20 acres with a house and a 40' x 90' pole building, pasture and woods, in Wanamingo township. Once a hog farm, now completely overgrown. But the house and pole building had "good bones" and it was just within the budget. A year later, Claudia came to help on the farm. Quickly, we all learned some important lessons:

It is not a hobby farm. It is a small farm. (You cannot take tax write-offs for capital improvements if you call it a hobby farm.)

Goats are naughty. They will always find their way out of the fence and into the neighbor's cornfield. Or your sister's garden. Always.

Fence posts must be pounded in all going the same direction. Stringing the electric fencing will be so much easier that way.

Be prepared for numerous donations from the family cats: dead (or not) voles, mice, chipmunks, gophers, birds, an occasional rat, and (too frequently) vomit.

Even small Dexter cattle can hurt you if they all want to go through the same opening at the same time and you don't jump out of the way fast enough.

Convincing the county that you are – indeed – going to farm the property (to pay \$40 instead of \$500 for a building permit) may require some convincing.

The disgusting smell from the corner of the barn is not a skunk. The chickens are hiding their eggs again.

Cheap, suburban cell phone service does not work well down on the farm. It would be



far more convenient researching goat bloat in the dry, cozy barn than sitting on an ATV at the top of the hill in the rain.

Dirt is a color. No matter what color your car is, by the time you get home after the car wash it will be the color of dirt.

If you are going to have livestock, you need to accept the fact that you will have dead stock.

You don't know what you don't know. And

we didn't know much about anything.

But farmer neighbors are great – answering innumerable questions, herding livestock home with the ATV, winching the skid loader out of the spring mud, or simply sharing a cup of coffee and a piece of pie at their kitchen table. Thank you, my friends.

Next time: Buying a farm is a bit different than buying a suburban home in Farmington.



2019 Scooby babysitting goats

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New paid leave tax much larger than advertised

By: Senator Bill Lieske

Republicans strongly support expanding access to paid family leave benefits. Giving workers paid time off to bond with a new baby or care for a loved one is a crucial step towards ensuring families can support each other during important life events without adding additional financial stress.

However, the two parties have very different approaches to this issue, and unfortunately we are now getting a sense of why the state-managed approach that Democrats took this year will do more harm than good.

An independent study commissioned by Minnesota's Department of Employment and Economic Development (DEED) found that it will cost taxpayers \$628 million more than Democrats suggested. The tax increase needed to pay for the program will be 31% higher in the second year. The total cost of the program for the first three years is more than \$4 BILLION.

In other words, it will be dramatically more expensive than advertised.

This is what I wrote about the Democrats' paid leave proposal back in May. Note the last sentence:

Their bill burdens businesses with an expensive new mandate that will be especially hard on small businesses. Their bill spends hundreds of millions of dollars to create a massive new government bureaucracy. Their bill levies a new payroll tax that will take over a billion dollars out of the pockets of Minnesota employers and employees every year. Their bill will require the state to hire more than 400 additional FTEs. And if their predictions turn out to be off, taxpayers will likely be forced to make up the additional costs to keep the program solvent.

The nonpartisan think tank Center of the American Experiment has written extensively about this as well, noting just before passage: "Minnesota is about to enact a major piece of legislation which will transform the state's economy without any real notion of what it will cost. We are flying blind."

In other words, this situation is exactly what many of us warned of when the bill was

being discussed last session. The math simply did not add up. We were sold a false bill of goods, and only now are we getting a clearer picture of how much it's going to cost taxpayers.

This is why I supported an alternative proposal that would have expanded access to paid leave without crushing workers and small businesses.

Our plan is a free-market approach to the issue of paid leave. Instead of establishing a large government bureaucracy, we propose creating an insurance product specifically designed for paid family leave. A private sector paid family leave program can start right away and, most importantly, be tailored to fit the specific requirements of each business and its employees – a sharp contrast to a one-size-fits-all government-run program.

That is important because many companies already offer generous paid leave for their

employees. The nature of the Democrats' paid leave program mandate is many employees will lose access to benefits they already enjoy, even if those benefits are better than what the government program offers.

Like you, I'm all for giving people better access to paid family and medical leave. But the Democrats' approach to this issue misses the mark. We have a responsibility to do this more smartly, so workers can benefit without the harm to employees and small businesses. It is not necessary to establish a bulky new government bureaucracy or enforce stringent regulations on businesses, and it is certainly not necessary to raise taxes.

There is a far better way to expand the net of paid leave without putting too much pressure on our workforce who pay the taxes. That is what the Republican alternative would have accomplished.

**DUNDAS CITY COUNCIL
REGULAR MEETING MINUTES
Monday, October 23, 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, Finance Director Jessi Sturtz, City Planner Nate Sparks, City Administrator/Clerk Jenelle Teppen,

CALL TO ORDER

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

APPROVAL OF AGENDA

Motion by LaCroix, second by Gallagher, 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 October 9, 2023
- Pay Voucher No 1 RAW Construction
- Disbursements - \$141,778.85

REGULAR AGENDA

- Consider Approving Schilling Drive Sidewalk Project

Motion by Switzer, second by Swartwood, to approve preparation of plans and specifications for the section of sidewalk across the right-of-way of 708 Schilling Drive N. MCU

Motion by Switzer, second by LaCroix, to authorize staff to engage with the property owner for an easement across 500 Schilling Drive N to accommodate a sidewalk. MCU

- Consider Approving 2023 Compensation Adjustment for City Administrator

Administrator Teppen stated the City Council conducted her annual performance review on October 9, 2023 and all expectations were met. Traditionally, the City Council has discussed any compensation adjustment at the following meeting. The Council discussed placing Teppen at Step 10 of Grade 13 of the 2023 Compensation Plan effective October 24, 2023.

Motion by Modory, second by LaCroix, to approve Administrator Teppen compensation at Step 10, Grade 13 of the 2023 Compensation Plan effective October 24, 2023. MCU

Reports of Officers, Boards and Committees

City Engineer Dustin Tipp reported that the City received notice from MnDOT that the \$370,000 in funding through capital investment bills approved by the State Legislature in the 2022/2023 Legislative Session have been appropriated. Staff is scheduling a kick-off meeting with MnDOT and County staff.

Tipp also reported that the drone flew over Forest and Depot Streets last week gathering data in preparation for reconstruction projects on those streets in 2024.

Tipp also reported the WSB has received a response from the MPCA regarding the Preliminary Effluent Review and he will present the findings/response at a City Council Work Session on November 13.

Work Session

Finance Director Jessi Sturtz presented the proposed 2024 Enterprise Fund budgets. She reviewed the Utility Rate Study that was completed in 2021 and projected cash flows of the water and sewer funds through December 31, 2026. Increases proposed for 2024 are 3% in water and sewer, and 5% for refuse. The 5% increase in refuse rates is due to the contracted increase with DSI for 2024.

Adjourn

Motion by LaCroix, second by Swartwood, to adjourn the meeting at 7:54 p.m.

Minutes prepared by Jenelle Teppen, City Administrator/City Clerk

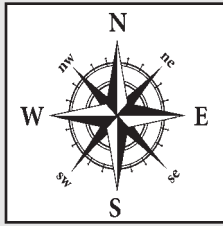
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Changes in Latitudes, Changes in Attitudes My Grandfather, Otis.



By Terry Campbell

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

I never knew my grandfather, Otis Campbell. He passed away the year I was born. But my grandmother and father told me many stories about him that just piqued my interest in him. I always enjoyed the character by his name in the Andy Griffith show, but unlike the Mayberry Otis Campbell, my grandfather was stone sober.

Most people remembered him for his dry wit. The only tangible evidence I had of that was the story my dad relayed about the day my grandpa almost ran over Elvis. It was written in pencil on the granary wall and mostly faded from sight by the time I was a kid. Turns out Elvis was the family dog, but it made a great story.

Harold Avery was a friend of Otis, and they were members of the Concord Church. When a new preacher was hired, Harold volunteered to take his livestock truck out to the western part of the state to move the new minister back, and Otis rode along to help. As the two filled the box of the truck with the new parson's household belongings, they constantly harped on each other over how to load each item. Once loaded the new pastor climbed in the truck cab between the two bickering furniture movers and had to endure the constant insults they plied each other with. His concern was that they may stop the truck and come to blows from the endless feuding. He was starting to reconsider the wisdom of coming to a church where two of the good members seemed to dislike each other so much. He later learned that they each loved to rib each other mercilessly and were in fact best friends.



The church had an old coal furnace in the basement and one cold winter day it broke down. A couple of the men took turns laying on their backs inside the firebox and hammering with a cold chisel to remove the broken part. Dean Loquai told me years ago about the day in question, how the minister came over to see how they were coming along. Dean told him to head back to the parsonage as they were some words coming out of the furnace he might not want to hear.

My grandfather's hired man was Perry Bartholomew and one evening Otis stopped by their house on the farm to visit. Perry's wife loved the suspense theater on the radio and was sitting on a kitchen chair listening to the radio show with rapt attention. At the precise time, Otis reached out and put his hand on her shoulder. Her reaction was more than he expected as she jumped, sending the chair backwards, where the rear leg caught in a knot hole in the wood floor and she nearly fell onto the floor. She was not as amused as the two men were.

One evening Otis and a younger hired man had walked down to the country schoolhouse for a community meeting. As they walked back along the dark and deserted gravel road in the dark, a sound came from the cornfield to their right. It was the sound of cornstalks being broken and knocked down by a large and rapidly approaching object. The hired man in his terror took off running for the farm, leaving his older boss in his dust. Otis simply stopped and waited as a large buck deer burst out of the corn rows and raced across the road in front of him. My grandfather thought the whole event was too funny to be mad at the poor kid.

A Minnesotan: Thanksgiving Traditions



By RosaLin Alcoser

Across the country every family has their own Thanksgiving Day traditions. Holiday traditions are a great way to bring families closer together on the holiday as everyone has something to look forward to knowing that no matter what that one thing will take place on that day. It can even be a good way to feel connected to your family on the holidays if you are far away from them during the holidays. As you can at least do that one thing knowing that your loved ones are also doing it at the same time.

Some families cook the same meal every year, or watch football, others go outside to play football, while others do Turkey

Trots or volunteer at soup kitchens. My family does none of these things.

Over the years we've done a number of things on Thanksgiving Day over the years. There have been years when we had venison or ham instead of turkey. There have been years that it was warm enough for us to go for a walk after dinner or where we had gone back south and could do that. While there have been other years where we talked about how if it wasn't snowing we could go for a walk. Mostly though we have no strong traditions that we have to do on Thanksgiving Day no matter what.

Except for one. Every single year we all watch the Macy's Thanksgiving Day Parade no matter where we are. There isn't a single year in my entire life that I can recall not watching that parade on Thanksgiving Day. Even though we can't all be together on Thanksgiving Day every year, which is most of it these days, we all make sure that we are up and watching the parade at the same time.

For my family at least, watching the parade has given us all something in common about the holiday while apart for over a decade now. Which means at the end of the holiday we all have at least one shared experience to talk about no matter what else happened allowing for that feeling of togetherness that traditions create.

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