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FEBRUARY 28, 2024

Volume 18 • Issue 2

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Announcements

• **Join the Dundas Parks and Recreation Board in the 2024 Easter Egg Hunt Saturday, March 30th at 10a.m.**

The hunt will be held at Memorial Park, 214 1st Street S. Bring your own basket! Donation request: \$1.00 per child. Help us "be green" by turning in the eggs following the hunt.

• **The Presidential Nomination Primary is on March 5th, polls will be open 7 am to 8 pm at City Hall.** There is more information and information about absentee voting at cityofdundas.org

• **Winter Parking Ban:** The winter parking ban is in effect from October 31st through April 15th between the hours of 2am and 6:30am. There is no parking allowed on any city street. Vehicles in violation will be ticketed. Dundas ordinance §71.06. Even if there is not snow on the ground the ordinance is still in effect!

Do you have an announcement?

Email:

hometownmessenger@gmail.com

Rice County Making Information About Highway 19 Project Readily Available

Courtesy of KYMN Radio

With about two months until construction is set to begin on the six-legged roundabout at the Highway 19 and I-35 interchange, Rice County has announced an informational open house for March 19th.

A statement released by the county said there will not be any formal presentations made at the meeting. Instead, attendees will

be encouraged to look over the project and ask questions. As this is an open house format, attendees will be free to arrive or to leave at any time.

In October, the Board of Commissioners unanimously approved construction of the roundabout on the east side of Highway 19 at I-35.

(continued on page 3)



Courtesy of KYMN Radio



Union Pacific Opens Bridgewater Township to Industry

By Doug Jones

Supervisor Glen Castore announced that Union Pacific is offering to build a long siding north of County 9 for direct service to industry.

(continued on page 12)

NH+C to end Ophthalmology Services

NH+C has made the difficult decision to discontinue Ophthalmology services, as reimbursement from Medicare does not cover the cost of providing the care that NH+C has offered.

Eye surgeon Michelle Muench, MD will begin seeing patients at Richie Eye Clinic and LASIK Center in Northfield, MN starting April 2, 2024.

Richie Eye Clinic and LASIK Center
710 Division Street South
Northfield, MN 55057
507-645-2261

(continued on page 6)



Former Benson & Langehough Funeral Home Holds Significant Memories for Many

Courtesy of
KYMN Radio

With the consolidation of the Bierman, Benson & Langehough Funeral Home operation into one building on the south end of Division Street, the former Benson & Langehough facility has been closed and sold.



Andy Langehough

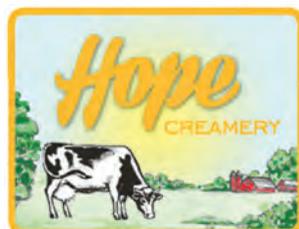
(continued on page 4)

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Faith



By Colin Rueter

How's your faith? It does not matter if you are an atheist, theist, new age mystic. Doesn't matter if you're religious, a church-going person, or a Christian; yes, there's a difference. You have placed faith in something or someone. You may say, "Well, I don't have faith, I have my self-reasoning and confidence in where I place my trust and hope." This would make for a longer conversation, but since this is an article, might I ask, "How can you trust your reasoning?" I would also say that the word confidence comes from the Latin words, *con fide...* 'with faith'. So, friends, we all have faith, the question is whether it is set upon solid ground or shifting sands.

First, let's define "faith." The Oxford dictionary defines faith as "complete trust or confidence in someone or something." I would add details needed for those who claim to be Christian that our faith is complete trust in the Son of God, Jesus Christ, for our salvation, adoption, and future hope. Simply put, the biblical definition of faith is "trusting in something you cannot explicitly prove" (Hebrews 11:1). This definition of faith contains two aspects: intellectual assent and trust. Intellectual assent is believing something to be true. Trust is relying on the fact that the something is true. A chair is often used to help illustrate this. Intellectual assent is recognizing that a chair is a chair and agreeing that it is designed to support a person who sits on it. Trust is sitting in the chair. Understanding these two aspects of faith is crucial. Many people believe certain facts and intellectually agree with biblical facts about Jesus Christ. But knowing those facts to be true is not what the Bible means by "faith." The biblical definition of faith requires intellectual assent to the facts and trust in the facts. Honestly, we can believe certain things to be true, yet they are not, no matter how hard we believe in them. Hence, the truth of those facts and acting on that truth is crucial. Simply believing the facts that Jesus is God incarnate who died on the cross to pay the penalty for our sins and was resurrected is not enough to be saved. We must personally and fully rely on the death of Christ as the atoning sacrifice for our sins. The faith God asks of us for salvation is belief in what the Bible says about who Jesus is and what He accomplished and fully trusting in Jesus for that salvation (Acts 16:31). Biblical faith is always accompanied by repentance, a turning away from your sin towards Jesus (Matthew 21:32; Mark 1:15). In addition, we are to believe what the Bible says, and we are to obey it. We are to agree with the truth of God's Word, all of it, and we are to seek transfor-

mation by it (Romans 12:2). Without faith, it is impossible to please God (Hebrews 11:6). Without faith, we cannot be saved (John 3:16). Without faith, life cannot be what God intends it to be, abundant and full of joy (John 10).

I will simply say here that if your faith is grounded in anything or any person other than Jesus Christ for your hope, happiness, significance, or security, you are in trouble deep, both today and into eternity. Placing your faith, complete trust, in Jesus is the only solid ground to be assured of your needed salvation, but also to navigate through life in this broken world and into heaven (Matthew 7:24-27).

So What?

Faith matters. The question is: Does it matter to you and where is it placed? We live in an age where faith has a place, for it does in the life of every human on earth. Yet, how you answer the question above indicates whether your faith is built on something solid or whether it teeters on the wavering sands of self, culture, or ever-changing worldly ideologies, which are as secure as Jell-o hammered to the wall.

Friends, place your faith in the one place where it will make a difference, Jesus Christ as He has been revealed in scripture, and you will have life. Do not adjust Jesus to fit your life, but transform your life to follow Jesus. Just as the first disciples dropped everything, counted the cost, and followed Him, so must you consider and decide. God has revealed enough about Himself through His creation (Romans 1:18-21), through His written Word, the Bible (2 Timothy 3:16-17; 2 Peter 1:16-21), and through His Son (John 14:9), that we can enter into a meaningful and saving relationship with Him. Once you have placed your faith in Jesus, you are saved (John 10:7-16; Acts 4:12; Romans 10:5-13). Once saved, you live your life to the glory of the God who saved you (1 Cor. 10:31). This means attending and becoming a member of a Bible preaching/believing church, setting your love upon God's people in word, deed, and prayer, and sharing the gospel (good news of Jesus) with others around you. Lastly, this means that you live your life, with all the trials, temptations, joys, and hope, looking to Jesus who is the author and perfecter of your faith (Hebrews 12:2). It is good to "examine yourselves to see whether you are in the faith; test yourselves" (2 Corinthians 13:5). If you question whether you are a Christian, then self-examination is in order. Doubts about our salvation can be troubling, but false assurances are worse. You are not saved by church

attendance, being baptized, being 'good', or 'being one with nature.' Thankfully, we have Scripture as our guide. There are specific things we can look for when determining the validity of our profession of faith: trust in Christ, obedience to His Word, love for God's people, and continued spiritual growth. We don't need to live in doubt about tomorrow. We can navigate our life with living hope (1 Peter 1:3-9), even as we endure wounds from those who might call themselves Christians, navigate rejection by family and friends when we proclaim that Jesus

is the only way to be saved from God's wrath (John 14:6), and when your hopes for this life fall short. When you trust Jesus by faith and live to please and honor Him, you can know beyond a doubt that you are a Christian and that you have a glorious future in the life to come (John 14:15-17; Revelation 21:22-27, 22:1-5).

As always, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com

Area Church Directory

Greeting

John, to the seven churches in the province of Asia: Grace and peace to you from him who is, and who was, and who is to come, and from the seven spirits before his throne, and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. — Revelation 1:4-5

John is writing a letter, so he begins here with a greeting. Though he is writing to seven churches in the Roman province of Asia (present-day Turkey), this letter is not limited to those seven churches. Written under the guidance of the Holy Spirit of God, this letter is meant for the entire church of Jesus Christ. The church is made aware of God's grace in Christ to strengthen its faith in times of challenge and hardship, including physical persecution that will come its way. God has provided Jesus as the Savior, "the ruler of the kings of the earth." Knowing this helps us to put all things into perspective as history unfolds. John greets his readers with grace and peace from the God who is, was, and always will be—in the name of Jesus, the Christ (Messiah). Jesus is the faithful witness to all that God provides for the church. Jesus alone is the "firstborn from the dead," and he is the exalted King over all kings (see also Colossians 1:15-20; Psalm 89:27), whether they be emperors, monarchs, presidents, prime ministers, CEOs, or chairs of the board. To Jesus, "who loves us and has freed us from our sins by his blood," belong all glory, power, and praise forever!

Lord and God, thank you for helping us know you as our Savior and King. May we rest in you alone and honor you each day. Amen.

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404 Schilling Drive, Dundas
Lead Pastor: Jed McGuire
www.canvaschurchmn.com
 Sunday service: 9:00am and 10:30am
 Wednesday youth grades 6-12: 6:30pm

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E.

Pastor Penny Bonsell • pastor@littleprairieumc.org
507-663-6150 church phone • 651-503-4279 Cell
 9:30 a.m. Sunday Worship; Sunday School & Nursery; Adult Group 8a.m.

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

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

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor Brent Bielenberg • 645-7730 life21church.com
 10:00a.m. Worship Experience

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor Dan Runke • 663-0133 • northfieldefc.org
 9:30 a.m. Worship; 11:00 a.m. Christian Life Classes

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

Pastor Dean Swenson • 507-664-9007 • www.hosannalc.org
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 Fellowship time with refreshments between services.
 Wednesday: Middle School Ministry - doors open at 5:30; programming 6-7:15;
 High School Ministry - doors open at 7pm; programming 7:30-9pm

MAIN STREET MORAVIAN CHURCH 713 Division St., Northfield

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Chuck DeMann's Housing Development Nears the Finish Line



By Doug Jones

Chuck DeMann, a famous World War II veteran who served through the Iwo Jima and Chichi Jima campaign, started his last project after he turned 90.

On the 120-acre DeMann farm inherited from Jake DeMann, Chuck borrowed against his life insurance to put in utilities under River View Lane, off Railroad Street.

Chuck died January 8, 2022, age 96 1/2. He persevered to obtain permits, finally found a great developer/builder. And the last lots remain for one more season of construction.

His widow, Audry, is in her nineties and has moved to Mill Stream Commons, watched over by her sons Doug, Chris, and Gary. Chris recently retired at 60 from a full career in sheet metal work, the last 17 years at Associated Mechanical. The DeManns had a very long family history at Dundas's Holy Cross Episcopalian Church

Rice County Making Information About Highway 19 Project Readily Available

(continued from page 1)

The project will connect the northbound I-35 on and off ramps with the highway. County Roads 46 and 59 will connect on either side of the highway as well.

Work is set to start in late April and is expected to be complete by fall 2024.

A temporary road is planned underneath I-35 during the construction.

The county has no intention of closing Highway 19 during the project, however County Roads 46 and 59 will be closed, and the northbound I-35 ramp will be closed at times.

A project page has been set up on the Rice County website. Throughout construction, motorists will be encouraged to visit the page frequently for updates.

While roundabouts can be unpopular with

many people, as more have been built on state roadways, an understanding and acceptance of their usefulness has become more common.

According to County Engineer Dennis Luebbe, roundabouts help maintain good traffic flow, and diminish the likelihood of side-impact collisions. In fact, MnDot estimates that roundabouts bring an 86% decrease in fatal crashes, an 83% decrease in life-altering injury crashes and a 42% overall decrease in the injury crash rate at an intersection.

The open house will run from 4-6pm on March 19th at the Rice County Highway Building in Faribault. There will also be a virtual option for those unable to attend in person. (Use Meeting ID 342 117 0614 and 1234 as the passcode.)

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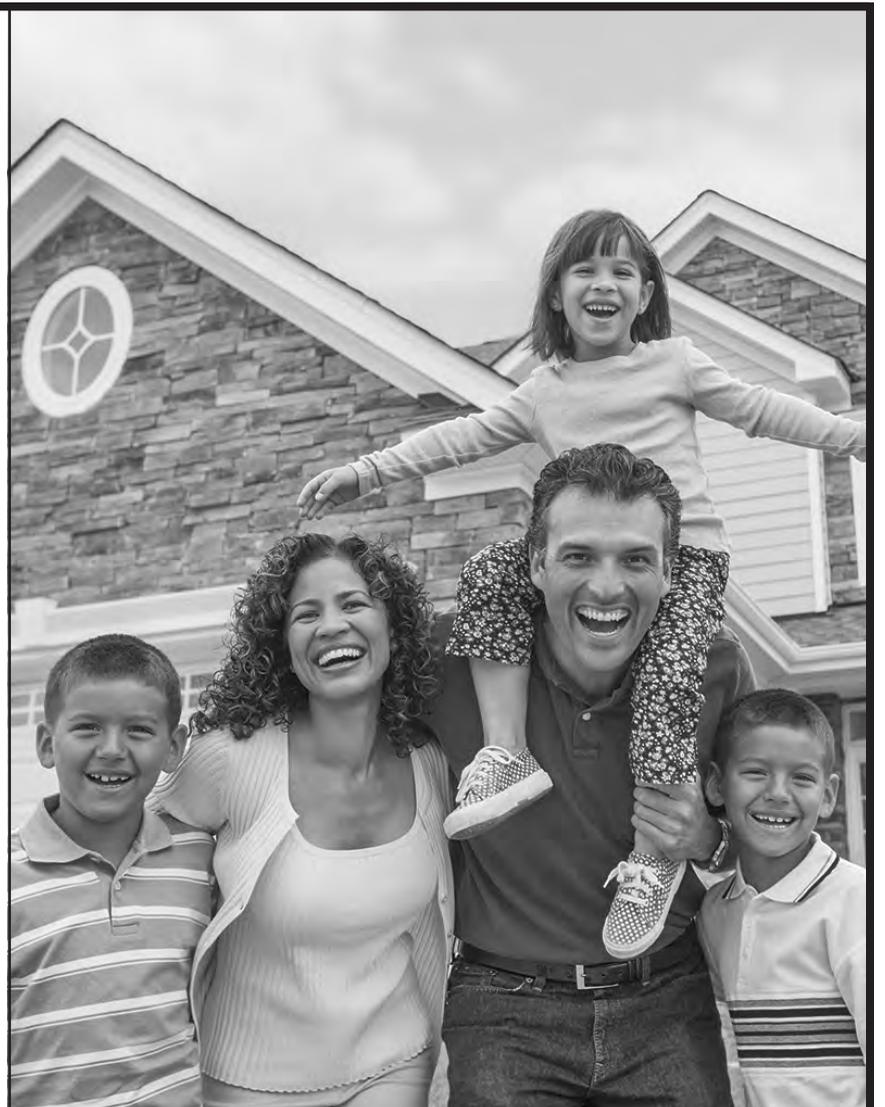
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Healthy Oils



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Last month, I presented the idea of some healthy sugar sources to replace the nutrient deficient white sugar. The next category to review is healthy oils. Oils and fats are an important nutrient for our bodies. The nerve tissue conducting information throughout our body is made up mostly of fats. Your heart prefers fatty acids as a fuel supply and a

proper balance of fat reserves is necessary for the ability to produce healthy children. So quality oils and fats are needed for healthy nerve communication, a healthy heart, and healthy children.

The early 1900s saw a significant increase in the understanding of chemistry and how different chemicals interact. During this time, most of the vitamins were discovered and the structure and importance of each vitamin was learned. Fats and oils were also carefully analyzed, and we learned how these important molecules are used in the body.

Some of this chemistry worked on how to extract oils from seeds. All seeds have some oil in them because oil is important for starting new plant growth. Some of the primary types of oil in seeds are called Omega-3 and Omega-6 fatty acids. Our body uses both of these types of fatty acids to manage important functions in the body.

Over the years, this extraction process has been perfected to maximize oil production and provide a product to the consumer. Businesses and health services have marketed

these oils as healthy, plant based, unsaturated fats. The marketing has worked very well, but the health results have not been positive.

The current Omega 6 to Omega 3 intake ratio among average Americans is at least 12 to 1 with some sources stating the ratio is more like 20 to 1. A healthy balance should be about 2 to 1 of Omega 6 to Omega 3. This imbalance is due to the high consumption of corn oil, soybean oil, and vegetable oil, which are high Omega 6 sources. These oils are the primary oils used in fried foods at restaurants and homes because they are the least expensive oils on the market. When consumption of Omega 6 is high and the consumption of sugar is high, the end result is inflammation, excess weight, and diabetes.

The current intake needs a significant shift to more Omega 3 for improved health and well-being.

So, what are the healthy oil options? What changes can be made in the home to improve health? The first step is to remove corn oil, soybean oil, and vegetable oil from the cupboard and commit to using healthy fats for any heating on the stove or oven. These healthy fats include coconut oil, ghee, butter, lard, and tallow. These were common fats used in the early 1900s before chemistry made the other oils available. These healthy fats do not change their chemistry when heated and do not produce chemicals that can promote inflammation. These saturated fats have been used for centuries to support generations of healthy populations.

Second, add healthy oils at the table for increased intake of healthy Omega-3. These oils include Extra Virgin Olive Oil, Flaxseed

oil, Hemp seed oil, and Walnut oil. These oils should not be heated, but generously used at the table on your food. An increased intake of Omega-3 oils over your vegetables, salads and bread will help to decrease inflammation and improve the balance between Omega-6 and Omega-3. A favorite way to use these oils is to make your own vinaigrette dressing, mixing olive oil and vinegar together with some additional spices. Homemade vinaigrette has excellent flavor, and you can create a variety of dressings using apple cider vinegar, various balsamic vinegars, red wine vinegar, or lemon juice. A recommendation of at least 3 tablespoons each day of these healthy Omega 3 oils will help to reduce inflammation and improve health.

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. Changing your oil sources can be one of those little changes. If you would like to pursue a healthy lifestyle and increase longevity, I can help you start a plan.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.

DO YOU HAVE AN ANNOUNCEMENT?

Email: hometownmessenger@gmail.com

Former Benson & Langehough Funeral Home Holds Significant Memories for Many

(continued from page 1)

This is a common procedure in virtually every business, but perhaps a more sensitive one for a building that holds so many emotional memories for so many people in the Northfield community.

As a recognition of the building's significance, something likened to a visitation will be held for the building on March 14th.

St. John's Lutheran Church Associate Pastor Jonathan Davis said after conversations with people who became quite emotional when discussing the closing, it was suggested that a formal recognition of the building's significance was in order.

"In the church world, if a church closes or changes purposes, we talk about decommissioning the church. And so, we wanted to do something similar. I'm mindful that not everyone in our community is maybe a person of faith or a churchgoer, but this place still holds lots of meaning for the people of Northfield."

Built in 1955 by the Anderson family who operated the Anderson Funeral Home, it was purchased by Duane Benson in 1971, and became the Benson & Langehough Funeral

Home in 2001, when the business was purchased by Andy and Suzanne Langehough. In 2015, Langehough partnered with Jim Bierman and the Bierman funeral home. Both Duane Benson and Jim Bierman passed away in 2022. While Langehough continues his work as a full-time funeral director, Bryce Beckstrand has now purchased a controlling interest in the business, and the decision has been made to operate out of one facility.

Langehough said he will miss the building. Not for the bricks and mortar, but for the memories.

"For me, it's not so much the representation of the building. It's the sharing that went on in that building at the time. The sharing of the grief and the love and the happiness and the things that I was privileged to see, which are really represented by the physical structure of that building."

The Celebration of Thanksgiving will be held on March 14th from 4:30-6pm at the former Benson & Langehough Funeral home at the intersection of 4th and Washington Streets. Langehough said there will be a brief ceremony at 5pm. All members of the community will be welcome.

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Avoid baby carrots. Ice baths, cold showers for health!



By Shauna Burslem, D.C.

One of the most popular events surrounding the annual New Year's celebration is the Polar Bear Plunge. Thousands of people

brave the icy cold water for the thrill and celebration of the new year. As crazy as this seems to people observing on television from the warmth of their living room, science confirms there are many benefits to a daily ice bath or taking a cold shower. Athletes around the world use ice baths for muscle recovery and professional sports leagues all utilize the ice bath (NFL, NBA, NHL, MLB). One of the major non-sports related benefits has to do with mental and emotional health. Ice baths release neurotransmitters (hormones such as serotonin, cortisol, dopamine, norepinephrine and B-endorphin). These chemicals play a crucial role in emotion regulation, stress regulation and reward processing (which helps in the engagement of goal directed behavior). Ice baths will increase the dopamine concentration levels in the body. Dopamine is the happiness hormone. Studies show that 30 days of cold showers will equip your body to better handle stress, leading to an increase in resilience. Ice baths and cold showers may help reduce anxiety symptoms over time.

Raw carrots are a popular, sweet and healthy snack that is easy to prepare. They not only go great with dips and sauces, but are enjoyable as is. Carrots are low in calories, nutrient dense and have a significant

amount of fiber. Most people choose a bag of baby carrots for their convenience, unfortunately baby carrots are bathed in chlorine before sale which increases your risk of chemical byproduct exposure. The best carrots to enjoy are organic whole carrots. Science shows that the act of actually cutting the carrots with your kitchen knife increases the release of healthy antioxidants in the vegetable.

On the topic of healthy snacks, sweet cherries are high in potassium which is important in maintaining healthy blood pressure levels. Cherries also contain a number of strong anticancer nutrients. Tart cherries help with inflammation and can help prevent arthritis and relieve symptoms of gout. To avoid harmful pesticides, purchase organic cherries. Or better yet, plant your own cherry tree.

One of the more common conditions that presents in our chiropractic office, is plantar fasciitis. Plantar fasciitis is foot pain that occurs on the bottom of the foot. This condition develops in runners and people who walk a lot or stand on their feet all day. The fascia is a soft tissue covering of the bottom of the foot. Plantar fasciitis is inflammation or microtears in the fascia. Fasciitis can also be caused by stress fractures in the foot, a tight Achilles tendon and a decrease in the arch support of your feet. Typically, the onset of symptoms is gradual and noticeable on your first few steps getting out of bed in the morning. The condition can worsen to the point that every step is a sharp, constant pain.

Treatment for plantar fasciitis is based around stretches, ice massage or wearing a splint that prevents foot flexion. In our chiropractic office we treat fasciitis with adjust-

ments of the bones in the foot that make up the arch (metatarsals). Ice massage performed at home involves freezing a plastic water bottle or a golf ball and rolling your foot over top.

Pregnancy Prenatal Chiropractic Care Info: People may use the terms "unmedicated" or "natural" birth to refer to a vaginal birth without an epidural or other pain medication. An epidural involves a healthcare professional placing a catheter in between the vertebra in the space below the spinal cord to administer doses of anesthetic. The anesthetic blocks pain signals from the spine to the brain, preventing the person from feeling pain in the lower body during labor and delivery. The pros of epidural injection include: Fast, effective pain relief. Pain relief is adjustable.

An epidural with a preplanned cesarean delivery may be less stressful than a vaginal birth or emergency cesarean delivery. An epidural may help a person have a less stressful, traumatic, and exhausting birth experience. The cons of a pregnancy epidural injection include: Inability to walk around, risk of low blood pressure (which may affect the baby's heartbeat), headaches, backaches, nausea, risk of higher risk of medical intervention and assisted birth, difficult to push during the final stages of a vaginal birth, risk of nerve damage, puncture of the spinal cord dura mater, temporary loss of bladder control, difficulty urinating, fever, itchy skin, very low risk of convulsions, difficulty breathing, and death. Published research papers show that regular prenatal chiropractic pregnancy care can shorten labor and lessen the need for medication, including the risk of side effects mentioned above from epidural injections.

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IN THE 2024

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Shane Martin Band to Perform at Dennison Days June 21 & 22



The Dennison Lions Club, organizers of the annual Dennison Days town festival announced late last year that the date for the 2024 festival will move 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. Minnesota artist Shane Martin will perform Saturday June 22nd, including his Alabama "Songs of The South" Tribute as part of the evening performance. More information can be found here at www.shanemartin.com. Additional events as well as the Friday night line up of events and live music will be announced soon. Watch www.dennisondays.org for updates to the schedule.

Other events making a return this year are the Classic Car Show, Truck & Tractor Pull, Bingo, Pancake Breakfast and more.

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



NH+C to end Ophthalmology Services

(continued from page 1)

NH+C's Ophthalmology services will stop on March 21, 2024. NH+C will continue to refer surgical and consultative patients to Dr. Muench at her new location.

"Dr. Muench is an excellent surgeon, and we have appreciated her long partnership with us," says NH+C President & CEO Steve Underdahl. "Dr. Muench's commitment to her patients and the community are a hallmark of her practice."

"I am grateful for my 15-year partnership with NH+C and Dr. Nathan Heilman at River Valley Eye Professionals," Dr. Muench says. "While NH+C is no longer able to directly provide Ophthalmology services, I look forward to the opportunity and their support to continue to provide care for my patients in our community."

Dr. Heilman says, "After 12 years of working together under one roof to serve our community's visual needs, I am deeply saddened to see our direct relationship with Dr. Muench come to an end. She is not only a wonderful surgeon, but also a genuine person who I share many values with. Although we will not be working in the same building, I look forward to continuing our collaboration with Dr. Muench and opening new doors of collaboration with Richie Eye Clinic and LASIK Center."

Save the Date!

DENNISON DAYS

JUNE 21-22, 2024

Be Part of the 2024 Celebration!
Contact The Dennison Lions Club
Meetings Held The Third Tuesday of The Month

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ANNUAL SPRING BREAKFAST

Sunday, March 24, 2024
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Dennison Community Church activities*

Grants Available to Support Minnesota Specialty Crops

The Minnesota Department of Agriculture (MDA) has opened applications for grant funding to help increase the competitiveness of Minnesota-grown specialty crops in domestic and foreign markets.

The Specialty Crop Block Grant Program (SCBGP) funds projects focused on marketing and promotion, research and development, expanding availability and access, and addressing challenges confronting producers of specialty crops. The MDA anticipates awarding approximately \$1.25 million in this round of grants using a competitive review process, with a maximum award of \$125,000 and a minimum award of \$20,000.

Nonprofits, producer organizations, government agencies, tribal organizations, universities, and other organizations involved in

Minnesota agriculture are encouraged to apply for grant funding. Individual producers, for-profit businesses, and commercial entities are also eligible to apply as long as projects provide a sector-wide impact.

Grant funding for the SCBGP is provided annually by a United States Department of Agriculture (USDA) Block Grant under the legislative authority of the Farm Bill. USDA defines specialty crops as fruits and vegetables, tree nuts, dried fruits, horticulture and

nursery crops, floriculture, and processed products that have 50% or more specialty crop content by weight, exclusive of added water.

Applications for 2024 SCBGP funds must be submitted by 4 p.m. Central Time on Thursday, March 21, 2024. Full program details and application materials, as well as information on previously funded projects, can be found on the MDA's Specialty Crop Block Grant Program web page.

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Minnesota Farmers Encouraged to Take Part in Annual Survey

Survey focuses on best management practices for corn and soybean farmers

The Minnesota Department of Agriculture (MDA) is encouraging farmers to take part in its annual pesticide and fertilizer survey. This year the survey will focus on best management practices (BMPs) for corn and soybean farmers. The data being collected helps the MDA track the awareness, adoption, and use of nitrogen and pesticide BMPs and provides guidance to education and research programs.

The mailed survey is being sent to the 7,600 Minnesota farmers selected for this project. Farmers that have not returned their questionnaire by mail will be contacted by phone after March 15.

The survey is conducted for the MDA by the USDA National Agriculture Statistics Service out of their regional offices.

Minnesota farmers may be getting calls from multiple agencies and companies conducting a variety of surveys this time of year, but the information gathered from this survey is critical for research and educational purposes.

If you have questions about the MDA's annual survey, or if you wish to view results of previous surveys, visit the MDA website at www.mda.state.mn.us/pesticidefertilizersurveys. Producers can also call the Minnesota Department of Agriculture at 651-955-4066 from 7 a.m. – 9 p.m., Monday – Saturday.

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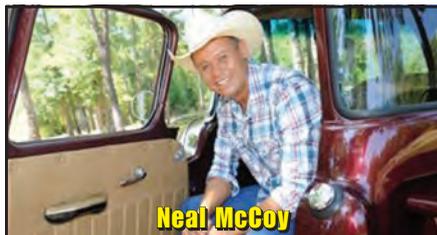
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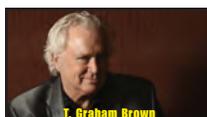


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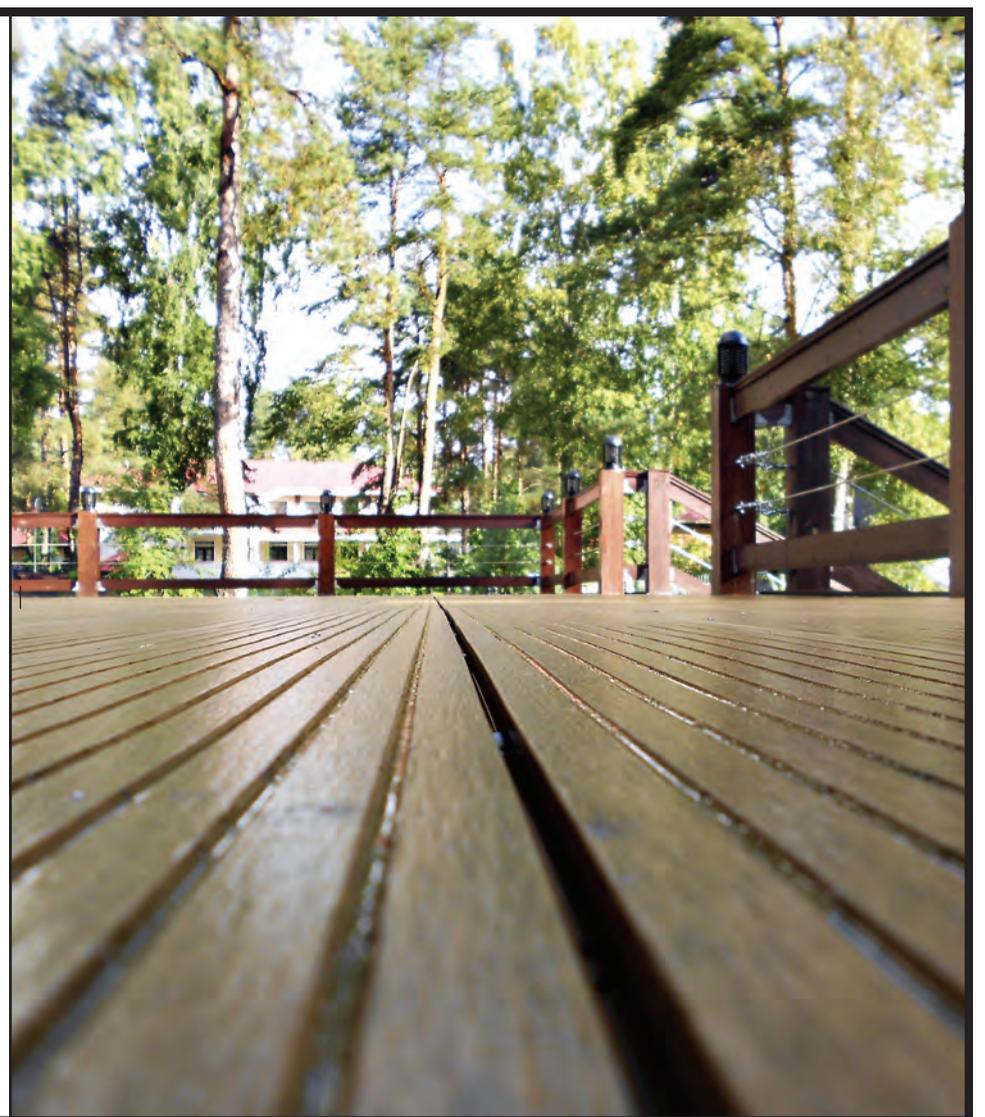
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Down on the Farm/ Up at the Cabin Tippie the Bathtub Cat

By Claudia Vanderborght

When Monica moved to SkyMar Ranch, she understood that farm pets would be helpful. Mocha, a lab/shepard mix, could hardly believe her good fortune being able to roam the farm without a leash or tether. Four kittens – each named by a different grandchild – were slowly given greater outdoor freedom as they grew.

It was very sad when the siblings, Shelley and Oliver, died from feline leukemia (passed on by their mother). Their funerals were well attended.

Cuddles and Tippie – also siblings – were healthy and happy, lively and curious. Mice were fun to chase. Goats would chase cats (not so fun). Chickens would peck at you if you got too close. Gopher holes could fascinate for hours. And in the house there was always a warm, sunny cushion to have a

thorough wash and a comfy nap.

Before long, Tippie (named for her blond tippie toes and her blond tippie tail) demonstrated a complete understanding of her job. Headless mice began decorating the driveway. A well-placed gall bladder squished wetly under a bare human foot. Dried vomit marked Monica's favorite chair. But those especially active critters – the birds, chipmunks, once even a bunny – deserved special treatment.

Monica's shower curtain was always kept closed (due to the circa 1972 bathtub – robin's egg blue). Tippie discovered that rodents could not escape the slippery tub walls; birds could not fly through the closed shower curtain. Tippie could play with her new friends for hours until their poor little hearts finally gave out.

Claudia's heart was subjected to Tippie's attacks once or twice. Tippie liked to hide in the tub and when Claudia walked by, Tippie would launch herself at the curtain scaring the bejesus out of Claudia. When Claudia explained her near heart attack to Monica, Monica just replied, "Oh yeah. She does that."

Good to know.

Now Monica is one tough cookie. She will scoot under a tractor in the mud to connect the PTO shaft. She will take apart the side panel of a full, gloppy manure spreader to reattach the drive belt. She will reach elbow-deep into a heifer's birth canal to help deliver a calf.

But she doesn't like snakes and she doesn't like rodents.

Monica got pretty used to the bathtub presents left by Tippie. She'd simply pluck the tail feathers or tiny rodent pieces from the tub before stepping in. Not a big deal. However one day, Mocha was sniffing and snuffling at the shower curtain. Expecting the usual, Monica casually slid back the curtain ...

Monica's ear-piercing shriek brought Claudia running to the bathroom, passing Mocha scampering the other way. What on earth???? There Monica stood at the bathtub, still clutching the shower curtain. Both ladies stared, dumbstruck, at the eight-inch long roof rat laying dead on the tub floor. Beady black eyes staring lifelessly.

For weeks, Monica carefully entered the



bathroom and pulled the curtain back ever-so-slowly. Fortunately, Tippie returned to hunting more reasonably-sized prey.



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An Important Tool for Economic Development



Tim Penny
So. MN Initiative Foundation

Imagine that your community needs funding to build a trail system which will draw tourism to the area. Or perhaps your town needs better broadband access, or a housing plan. Whatever economic development initiative your city or county is working on, there is a good chance you will need to use an important tool, called the Comprehensive Economic Development Strategy (CEDS), to achieve your goal. Southern Minnesota Initiative Foundation (SMIF) recently worked with numerous regional partners to develop a new CEDS plan for southeastern Minnesota. The CEDS is a strategic economic plan de-

veloped for a region. Not only does it provide a roadmap for local economic growth, but it helps communities determine ways to mitigate risk that can result from economic shocks or natural disasters. Having a CEDS is a nation-wide requirement for communities to qualify and apply for federal economic aid through the U.S. Economic Development Administration (EDA). Having a CEDS is also a prerequisite for designation by the EDA as an Economic Development District.

In rural Minnesota these plans are typically developed by regional development commissions. In the southwestern portion of SMIF's 20-county service area, Region Nine Development Commission (RNDC) holds the CEDS document. In the southeastern part of SMIF's region, there are 11 counties that are not represented by a regional development commission. On behalf of those 11 counties, SMIF has helped draft the CEDS plan for the past fifteen years.

One of the benefits from creating a CEDS, which needs updating every five years, is the collaboration that it entails. During our most recent update, SMIF leveraged the talents of many community leaders and helped lead a robust two-year strategic planning process. This allowed stakeholders to do a deep dive on economic priorities for the region, creating a blueprint for future growth.

The CEDS can be used in many ways, by many different entities. On February 5 in Rochester, one of the key partners on the CEDS Strategy Committee, SE MN Together, will be holding a meeting for economic and community leaders to learn more about using the CEDS document. At this event, Nicole Griensewic, executive director



of RNDC, will highlight how Region Nine has successfully leveraged their CEDS. Additional panelists will share practical applications, resources and funding ideas to assist each entity in accomplishing its goals.

The efforts of many community leaders went into the development of this important tool. I encourage you to take a look and see

how the CEDS can benefit your town. The CEDS document for our 11-county southeastern region can be downloaded at smifoundation.org/ceds. The CEDS document for Region 9 can be found at rndc.org.

As always, I welcome your comments and questions. You can reach me at timp@smifoundation.org or 507-455-3215.

Union Pacific Opens Bridgewater Township to Industry

(continued from page 1)

Possibly breaking ground this spring for a huge frozen food warehouse, it may add 50 permanent jobs.

To make it happen, a new water well and community septic system will be built.

Still to be decided if Xcel, SWEC co-op will put in three phase service, backed up by three substations, for ultra dependable power service.

The township will pay up to \$2 million to repave 140th street west to baseline. And Bridgewater is applying to MNDOT for funding of 140th street paving.

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Burgeoning industrial developments may require cooperation with Faribault on water, sewage treatment, and tax sharing.

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Friends and neighbors,

Last year, Minnesota Democrats had a \$19 billion budget surplus and the opportunity to help families struggling with inflation. Instead, they spent the entire surplus, increased government spending by 40%, raised taxes by \$10 billion, and broke their promises to provide Minnesotans with tax relief. Now Minnesota faces a budget deficit from their reckless overspending.

So how do we repair Minnesota after all this? With bipartisan common sense. That is what I will advocate in 2024.

This year's bonding bill: In this bonding year, infrastructure investments should focus on broadly-supported needs – things like clean water and safe transportation infrastructure. I will not support maxing out the taxpayers' credit card for wishlist projects or unproven nonprofits, but there are serious urgent needs that must be addressed. Democrats will write the bill, but I will urge them to work across the aisle with Republicans to pass a reasonable, bipartisan bonding bill.

No tax increases: We can't go back to overburdened families and ask them to pay more,

especially after what happened last session. So we must agree: no new taxes or fees, and we should repeal Democrat proposals to tax gas and home deliveries before they start. These ideas will just inflict more pain on Minnesota families. Runaway spending must be reined in through bipartisan fiscal responsibility.

Sanctuary State proposal: We must also oppose the proposal to make Minnesota a sanctuary state. America is in the midst of a full-blown crisis on the border, and there has been a surge of migrants to Minnesota. This bill would further overwhelm our already-strained services and hinder efforts to fight violent crime and fraud.

Education funding: For several years of divided government, Republicans and Democrats worked together to approve historic investments in education funding. Last year, unfortunately, Democrats paired funding increases with massive mandates that have virtually cancelled the new money that schools received. Now school districts across the state are facing budget crunches, with many weighing the possibility of property tax in-

creases or further painful cuts to make up the difference. I support repealing last session's expensive mandates so schools can make their own decisions on what is best for their students and staff.

School Resource Officers: School resource officers play an invaluable role in our schools. We are grateful for all they do, and I will keep advocating to repeal last year's poorly-written SRO law so we can get SROs across the state back into schools right away. There is too much at risk to wait any longer.

The new flag: Democrats empowered an unelected panel to select a new flag, with few options for Minnesotans to have their voices heard, and left no avenue for the legislature to approve or appeal the choices. The process was flawed through and through. Polls show 70% of Minnesotans oppose the new flag, and the feedback I have received has been just as overwhelming. I will continue to fight

to make sure you are able to have your voice heard and, hopefully, stop the new flag.

Local charities: A shortsighted change Democrats made to e-pulltabs last year threatens the very survival of local charities across Minnesota. These are youth sports groups, VFWs, American Legions, and other hospitality businesses. We need bipartisan efforts to reverse last year's change and protect our local charities.

Contact me:

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

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

It is a privilege to serve you!

Bill

**DUNDAS CITY COUNCIL
REGULAR MEETING MINUTES
Monday, January 22, 2024
7:00 p.m. City Hall**

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

Staff: City Engineer Dustin Tipp, 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 Swartwood, second by LaCroix, to approve the agenda. Motion Carried Unanimously (MCU)

CONSENT AGENDA

- Regular Minutes of January 8, 2024
- Disbursements - \$96,353.12

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

REGULAR AGENDA

- Consider Resolution 2024-02 Authorizing Conveyance of Property for Economic Development Purposes

Motion by Modory, second by LaCroix to approve Resolution 2024-02 Authorizing Conveyance of Property for Economic Development Purposes. MCU

- Consider Recommendation from Planning Commission to Approve the Comprehensive Plans Transportation Plan

Motion by Modory, second by Swartwood to Approve Transportation Plan. MCU

- Consider Approving Quote for City Council Chambers Microphone System

Motion by Modory, second by Swartwood to approve Quote from Downtown Sound – including all necessary electrical work. MCU

- Consider Approving Amendment to Personnel Policy Changing the Good Friday Holiday to a Floating Holiday

Motion by Gallagher, second by LaCroix to Approve Amendment to Personnel Policy. MCU

REPORTS OF OFFICERS, BOARDS AND COMMITTEES

City Engineer – Dustin Tipp

Tipp reported that an Open House for residents along Forest Ave and Depot St is scheduled for Thursday, January 25 to go over the project timeline and answer questions. Tipp also reported that the kick-off meeting for the Decker Ave Study is scheduled for 1 PM on the 25th.

ADJOURN

Motion by LaCroix, second by Gallagher, to adjourn the meeting at 7:22 PM. MCU

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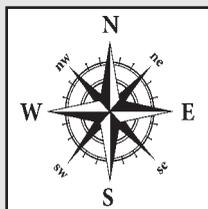


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Changes in Latitudes, Changes in Attitudes Power Outages and Why



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.

Power outages can be frequent in Western Tennessee. Virtually everyone has a generator. I had a generator at the construction site because I built for the first year without service to the address. I just always keep it fueled up and plenty of gas in reserve. Windstorms or tornadoes seem to happen about 12 months out of the year down here.

We have had a number of close calls with windstorms but they always just missed us. One night about five years ago, we had just arrived at our cabin in Big Sandy to do some maintenance. I hadn't even got the tools out of the truck when the rain struck. It usually rains with a vengeance, and wind. We retreated to the house and shortly after the power went out. When the storm passed, we headed back home, only to find a big tree over the road, blocking our path.

In 2020 we went to Nashville on March 2nd to see Collective Soul at the Ryman. After the concert we discussed stopping at one of the restaurants on Broadway for dessert but decided to head home. On the drive home I could see an angry lightning storm behind us. When we turned on the news at home, we saw that a tornado had struck about two blocks from the concert venue we attended.

Three years ago, while we still lived on the Cumberland River and had just started building our new house on the Tennessee River, a big storm came through. The tornado passed within a mile of our home under construction, jumped the river and tore up a path heading east, destroying homes within in a couple miles of where we lived twenty miles away. We were in Minnesota at the time and

were quite surprised at the devastation when we returned. I recall driving down Cypress Road and observing the trees flattened out across the landscape, thinking I was going to be cleaning up debris instead of building a house.

Last winter we were in the yard putting chairs away because wind gusts were forecast within the hour. We stood and watched as one tree toppled over in the woods across the road. Then we heard a crash about a quarter mile down the road. We could see the power line on the ground and knew what the outcome would be. I pulled the generator up from the garage and plugged it in and fired it up.

So, this December when I arrived, I had to reset all the digital clocks in the house. It is just a fact of life. I had only been home one day, when the following evening the lights flickered and went off. After lighting a couple candles, I decided to go to bed rather than start the generator. I woke up a couple hours later and the power was back on. The next day I was talking to my neighbor Harry, who lives about a mile down the road. Since there was no wind that night, we supposed it was one of the local boys with too much beer and too little common sense behind the wheel of his pickup who had run into a power pole somewhere.

A couple days later I was walking my dog and I stopped to visit with my neighbor, the mayor. Before he retired, he was the mayor in Pulaski, Tennessee, so everyone calls him the mayor. He asked me if I saw what caused the electrical outage. He had the pictures on his phone. He was coming home that Friday evening and a guy had just hit a power pole in the ditch. It sheared off the pole and he continued down the ditch a hundred yards before crashing into a house and the vehicle was lodged in the living room. All that was visible was the rear end of the car framed by the red bricks of the house. Was a Friday

night so I guess one could expect it. The funny part of all these intoxicated mishaps is

that after living in Stewart County for five years I learned it was a dry county.

A Minnesotan: -10 Degrees or Colder



By RosaLin Alcoser

As Minnesotans we are prepared for the cold and those harsh bitter sub zero days. To the point where for some seeing who can go the longest without switching to jeans and a coat is a thing of pride. We all know at least one of those people who is fine in shorts and a sweatshirt until it is nearly -10 degrees F outside and wonder how in the world they do that while the rest of us are pulling out our heaviest winter parkas.

Whether you are taking pride in not wearing a parka or are safely bundled up in one we are all prepared to face those sub

zero days. Or at least we are when we go outdoors.

The first of the super cold days we had this January were the wind chill and the temperature dropped well below zero. I like many donned my parka and made my way into what should have been the warmth of the office.

My desk is currently right next to the window which is less than ideal in the winter. However, it is also right under a heating vent. So naturally I was expecting to spend the bitterly cold day nice and warm under that vent.

Instead it was spent freezing as the heat in my section of the building was not operating at full capacity. Which made our little corner of the office really, really cold.

I spent half the morning half nestled in my parka to keep from shivering while I worked until I finally couldn't take it anymore and temporarily took over a coworker's desk, who was away for the rest of the day.

The next day Mathanice informed us that not only was our heating vent out but there is also a leak in the window letting in a draft. So those of us who are right next to the window had been sitting in 9 degrees F while inside of the building.

Thankfully now the window has been patched and the vent has been fixed. All in time for things to be a little bit warmer for at least a couple of days.

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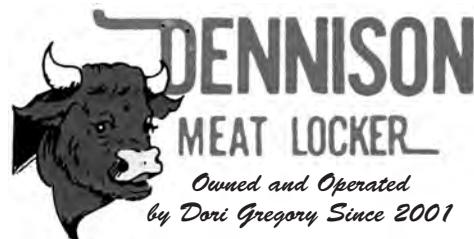
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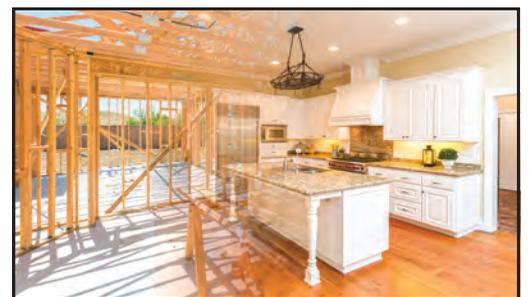
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