Lainstreet Lainst

Postal Customer ECRWSS

Volume 21 • Issue 5

Dennison Farmers Market

By Cheri Roshon

Wednesday, May 29th is the kickoff date for Dennison Farmers Market! From 5 to 7 pm, you will find not only the vendors you have become accustomed to, but a few new members will be there, vending their wares this year! Located south of Fireside on Main Street, you will find delectable delights to tickle your taste buds, as well as handmade crafts for your home, or to give as unique gifts.

(continued on page 8)

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 fes-

tival 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.

(continued on page 2)



Commissioners Postpone Quarry Vote

A Planned May 14th vote by Rice County Commissioners for the Milestone-Mathy pit mine was postponed until June. A movement by concerned individuals opposing the permit caused the planned vote to be rescheduled. According to information received from the county, the quarry in question, also referred to as the Milestone-Mathy Pit Mine, located in the rural Dennison/Nerstrand area was permitted in 2011 and again in 2016. A permit was applied for in 2021, but withdrawn after questions about access to Hwy 246, and a subsequent traffic study, was requested. The request was a permit for a wider driveway onto the state highway.

(continued on page 29)

que sub The

Dennison
City Wide

Clean Up Day Saturday, June 1 9:00 AM-11:00 AM

(see ad on page 6)

Announcements

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

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

Rice County Steam & Gas Annual Flea Market & Swap Meet May 25th & 26th

The Rice County Steam & Gas Show has announced their annual Swap Meet and Flea Market for May 25th & 26th. A full line up of events are included.

New flea market vendors are welcome. check out their website and facebook page for more information. www.ricecountysteamandgas.com

Nerstrand Nite Out a Success



(additional pictures on pages 4 & 5)

Red Cross Blood Drive coming to Vang

Save the Date!

There will be a blood drive at Vang Lutheran on July 24 from 12:00 – 6:00 PM.

The goal is collect 38 pints of blood.



HAVE A SAFE MEMORIAL DAY WEEKEND

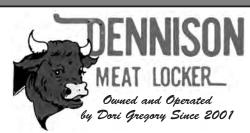
- Open Regular Hours Friday -Closed Saturday, May 25th & Sunday, May 26th for Staff Maintenance



37540 Goodhue Ave., Dennison, MN Hours: Wednesday & Thursday 11:00 AM-8:30 PM Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM Ban Open Jaten

507-645-9992 • www.firesidelounge.net





Dennison Meat Locker
Provides Quality Custom
Meat Processing Services
to the Community

WE ALSO OFFER RETAIL SAUSAGE, STEAKS, HAMBURGER AND OTHER MEAT PRODUCTS

Pork · Beef · Poultry · Lamb · VenisonWhole Roasted Hogs · Elk · Homemade Smoked Sausage

109 Farm Road, Dennison, MN • Monday-Friday 8a.m.-5p.m.; Saturday 8a.m.-2p.m. www.dennisonmeatlocker.com • dennisonmeats@gmail.com • 507-645-8734

Page 2 - MAINSTREET MESSENGER - May 22, 2024

The Gift of Exhortation

By Pastor Larry Grove Hauge Free Lutheran Church, Kenyon

There are two types of people in the world today. Energy givers and energy takers. Have you ever been at a gathering and everyone is having a great time and someone comes into the room and they suck the air right out of the atmosphere? Or, maybe you have been at a party that seemed more like a funeral crowd and the door opens and in walks a person that brings life and joy to the mix. It changes everything! In Acts chapter 11 the believers were distressed over the stoning of Stephen. Barnabas encouraged them and exhorted them to remain strong. "Now those who were scat-

Dennison Days

(continued from page 1)

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. 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.



Mainstreet Publishing P.O. Box 125 Dennison, MN 55018 **Phone/Text** 507-649-3327 **Fax** 507-645-9878

www.dennisonmn.com www.nerstrandmn.com

Published in cooperation with Mainstreet Publishing Minnesota, Inc. © 2024, Mainstreet Messenger. All rights reserved.

For advertising information email:

hometownmessenger@gmail.com or call 507-649-3327



tered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem. and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord." Acts 11:19-24 RSV You can see in those words the importance of Barnabas admonishing the believers to not lose heart. This is vitally relevant for us today as well. As we see the unraveling of morality in our country, it is so easy to become riddled with anguish or even vexed and angry at times. In Matthew 5:43-45 Jesus gives us a remedy for our frustration. He says, "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." If we pray for those that are making our life difficult, our anger and frustration dissipates. This is a difficult task but worth trying. I had a fellow that I worked side by side with who was bent on making my life miserable. I tried everything to find common ground with this man but it

DO YOU HAVE AN ANNOUNCEMENT FOR THE MESSENGER?

Email: hometownmessenger@gmail.com

was to no avail. So I began to pray for him and I also asked God to reveal to me some common ground. I found out he had a number of aquariums. Fancy, beautiful tanks that had exotic fish and sea creatures in them. I did not know much about this hobby but I thoroughly enjoyed watching fish when I came across a well kept marine museum. I went to him and said, "I hear that you have some wonderful aquariums. Can you tell me about them?" At once the walls were down and he opened up to me and shared interesting facts about his favorite pastime. We never became the closest of friends but his vendetta against me was thwarted and life became so much better for me in the workplace. If we committed to praying for those that are troubling us, God changes our relationship towards them and calms our heart. He changes the atmosphere and opens doors for reconciliation and maybe even restoration. Ephesians 4:29 gives us another challenge from the Word.

It says,"Do not let any unwholesome talk come out of your mouths, but only what is

helpful for building others up according to their needs, that it may benefit those who listen." If our desire was to always look for the best in a person and build them up, encourage them, and exhort them to be the best that they could be, the world would be a much better place. Conflicts would end, tensions would cease, and people would strive to do even more to encourage and build up those around them. As Christians we need to be the salt and light to all we come into contact with. We may not have the gift of exhortation, but Paul gives us an exhortation in I Corinthians 14:1. He says,"earnestly desire all the spiritual gifts." We can all encourage someone. And as we practice the gift of exhortation we will become better at it and see the benefits that it brings. Be an energy giver. Our world is in dire need of that type of individual. As we build people up, folks will be drawn to us and the Gospel can fall on receptive ears. Just as with Barnabas, a large company may be added to the Lord! May God bless you as you endeavor to be an exhorter for His glory.

Make a plan for SEVERE WEATHER

Being prepared for severe weather and its aftermath is the best way to protect lives and property from the unpredictable.

Don't get stuck with an expensive liability claim after a severe storm. Speak with your local agent to learn how to be prepared.



"Trust in Tomorrow," and the "A Grinnell Mutual Member" mark are property of Grinnell Mutual Reinsurance Company, @Grinnell Mutual Reinsurance Company, 2020.



KELLER INSURANCE AGENCY

Your FarMutual Agent 305 Main Street, Nerstrand, MN 55053 507-334-6550

LUTHERAN

Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN • 507-645-6042
Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com
Pastor Paul A. Graham

Gol Lutheran Joe Jorgensen, Pastor 507-838-2100 Sunday Worship 10:30 a.m. April-June

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

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

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

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

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

Wangen Prairie Lutheran Church LCMC Shannon Bauer, Pastor 24289 Cty. 24 Blvd., Cannon Falls

24289 Cty. 24 Blvd., Cannon Falls Sunday Worship at 9:00a.m. followed by fellowship. Thursday Bible Study at 9:00a.m.

AREA CHURCH DIRECTORY Work:

Serving God With Excellence

Whatever you do, work at it with all your heart, as working for the Lord.... — Colossians 3:23

Work is not merely a means of earning a living; it is an opportunity to serve God with excellence. Whether it's in our job or career, our studies, or our daily chores and tasks, we can bring glory to God by working with diligence and wholeheartedness.

Our attitude toward work reflects our devotion to Christ. When we view our labor as an offering to the Lord, even mundane tasks take on significance.

Every effort made with love and dedication is an act of worship.

God calls us to work for him and not for human approval. We find our ultimate reward in him.

Knowing that God sees and values our efforts

Knowing that God sees and values our efforts, we serve with joy and a sense of purpose.

May our work ethic be characterized by

May our work ethic be characterized by integrity and humility. Whether we are enjoying success or facing challenges, we can keep our eyes fixed on the One we serve, knowing that our labor is not in vain.

And as we go about our work each day as working for the Lord, we become a reflection of God's love and a light in this world.

Lord, I offer my work and all I do as worship to you. Help me to serve diligently and with integrity. May my labor bring you glory and reflect your love to others. In Jesus' name, Amen,

<u>METHO</u>DIST

Nerstrand United Methodist
Gary Liker, Pastor

507-330-0025 Worship 9:00a.m.

Stanton United Methodist

Rev. Tom Countryman Worship 10:15a.m. Church Phone 507-321-3598

ST. JOHNS UNITED CHURCH OF CHRIST

(Wheeling Township) 19086 Jacobs Ave., Faribault Gary Liker, Pastor • 507-330-0025 www.stjohnsunitedchurchofchrist.info Sunday School 9:30a.m.; Worship 10:30a.m.

NEW LIFE CHURCH

525 Beverly St., Wanamingo 9:00a.m. Sunday School for all ages; 10:00a.m. Worship Service 7:00p.m. Small Group Bible Studies - Sun.

HOLDEN-DALE PARISH

Pastor Dustin Haider • 507-789-6677
Email: holdensecretary@gmail.com
Worship schedule found at:
www.holdenlutheranchurch.org
Holden/Dale Facebook

Email your church announcements, schedule, etc. to the Mainstreet Messenger at: hometownmessenger@gmail.com

May 22, 2024 Dennison-Vang Lutheran Parish seeks to be a loving presence in the community in Christ's name. We are a community of faith that makes a difference through worship and serving outside our walls. f you are looking for something more in your life, come check us out! 37514 3rd Avenue, Dennison, MN 55018 Website: www.dennisonvang.org E-MAIL ADDRESS: dennisonvangoffice@gmail.com <u>Summer Worship Schedule</u> During the summer months, there is one combined service on Sundays. The summer schedule is below. Sunday, May 26 (Memorial Day weekend) Vang – 9:00 AM Sunday, June 2 (Graduate Recognition and Celebration)

Vang – 9:00 AM Sunday, June 9: Vang – 9:00 AM Sunday, June 16: Vang - 9:00 AM Sunday, June 23

(Community Outdoor Service and VBS Kickoff at Holden Park)

Holden Park, Kenyon – 10:30 AM
Sunday, June 30: Vang – 9:00 AM
Sunday, July 2: Dennison – 9:00 AM
Sunday, July 7 (ELCA Youth Gathering Blessing and Sending)

Dennison – 9:00 AM
Sunday, July 14: Dennison – 9:00 AM

Sunday, July 21 (outdoor service): Dennison – 9:00 AM Sunday, July 28: Dennison – 9:00 AM Sunday, Aug. 4: Vang – 9:00 AM Sunday, Aug 11: Vang – 9:00 AM

Sunday, Aug 18: Vang – 9:00 AM **Sunday, Aug 25**: Vang – 9:00 AM

Sunday, Sept. 1 (Labor Day Weekend): Vang – 9:00 AM

Elaine Hope

Elaine Hope, age 94 of Northfield, passed



away peacefully at home on Monday morning, May 13, 2024.

Survivors include her children Nancy (Kevin) Shannon of Dennison, Peggy McKinnon of Faribault, Julie Ward of Lantzville, British Columbia, Susan

(Ronald) Erickson of Minneapolis, Eric Hope of Nerstrand; six grandchildren Joseph (Ann) Shannon, Elliott (Carly) Klassen, Martha (T.J.) Muhl, Hanna Ward, Bryan Erickson and Leah Erickson; three great-grandchildren

Silas, Micah and Rowan; other relatives and friends. She was preceded in death by first husband Norman, her second husband Thomas, her sons-in-law Michael Klassen and Gary Ward, her sister Hazel Houglum and her parents.

A celebration of Elaine's life is being planned for late June 2024.

Arrangements are with the Bierman, Benson & Langehough Funeral Home. www.northfieldfuneral.com

Keeping your name in front of your potential customers is an essential part of marketing your business in todays competitive market.

Call Terry at 507-951-7417 or email: hometownmessenger@gmail.com to place your ad in the next Messenger

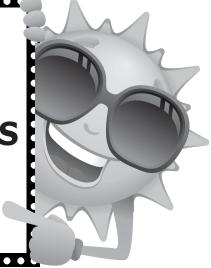




DENNISON DAYS JUNE 21-22, 2024

Be Part of the 2024 Celebration! Contact The Dennison Lions Club

Watch for updates at www.dennisondays.org



The Best Is Yet To Come

Best wishes to all of this year's outstanding graduates!

We hope your big day is wonderful in every way.

Our Services Include: -

Personal Banking: Ag Lending, Personal Checking, Ready Reserve, Personal Savings, iHelp Student Loans, Safe Deposit Boxes, Personal Loans, Mortgages, Construction Loans

Business Banking: Business Checking, Business Savings, Business Financing, Night Deposit, Teleserv (24 Hr. Phone Banking), Internet Banking, Direct Deposit, ACH Processing

WE'RE HERE FOR <u>YOU!</u>

We're local, qualified and ready to help you achieve your dreams!

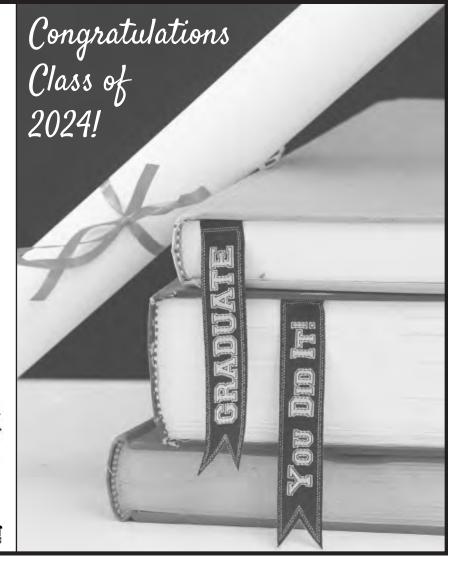


www.lccbank.com

Nerstrand Lobby Hours: 9am-2pm M-F 313 Main Street • (507) 333-2500

- ATM AVAILABLE AT PARKSIDE -





Page 4 - MAINSTREET MESSENGER -May 22, 2024





photos by Doug Jones Check in



The organizers



Fire Captain John Bonde in front of big crowd



Nerstrand Meat's pulled pork and all the fixings



Checking ID's on the old timers

May 22, 2024 - MAINSTREET MESSENGER - Page 5



The big raffle



Barb Grote (Grote Beef) and Mary Jones



photo submitted by Dana Jans



Carmen and John Bonde



Working gear



photo submitted by Dana Jans

New Nerstrand City Clerk



Frances Boehning took the position as Nerstrand City Clerk last month. Dana has taken a position at Nerstrand Charter School.

City Wide CLEANUP DAY

CITY OF DENNISON

Saturday, June 1 9:00 to 11:00 AM

In the empty lot located on Goodhue County 9

Clean up day for residents of the City of Dennison is scheduled for Saturday, June 1st, 2024 from 9:00 a.m. to11:00 a.m. in the empty lot located on Goodhue County 9.

Most items will be accepted with some exceptions.



NO household garbage, yard waste, hazardous waste, or tires.

This is for the benefit of citizens within city limits only. Items such as TV's or other electronics, mattresses, etc. can be brought in, but a fee will need to be paid to do so.

Reservations Accepted at Holden Community Park



The Holden Community Park is now accepting reservations. This is a gathering place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

The park building is equipped with AC, refrigerator, stove, microwave and indoor bathrooms. Folding tables and chairs which are available for use within the facility. Picnic tables, playground equipment and a fire pit are also located just outside the back entrance. A prayer path also winds through the woods.

Please contact Peggy Kroenbach if you would like to reserve the building. (p_kronbach@yahoo.com, # 507/227-4992).



Friday & Saturday
JULY 12 & 13
2024

Friday, July 12

















For More Information & to Order Tickets Go To WWW.ICONICIEST.COM

















Community

Nerstrand Park **Pavilion**

This last year was one of the busiest years for our Nerstrand community renting and enjoying the city park pavilion.

We are thankful to have this great facility for our residents' enjoyment, with its bandshell stage, covered eating patio that includes a kitchen area with buffet counters, basketball court area, kids large playground set, movable soccer nets, and beautiful front flower garden along the sidewalk welcoming guests. This flower display is taken care of by the Nerstrand Women's Club.

This Nerstrand City Park and Pavilion recently needed maintenance and restoration. This was done by towns people volunteering their time and skills to help.

Jerry Kuntz helped with the bandshell front trim work high above the stage. Plus Jerry and Harold Glende moved the pavilion building back to original position after it had shifted. Joshua Chojnacki restored the failing, cracking concrete around the stage perimeter. Parkside General Store Assistant Manager Matt Gamble and his dad Ted Gamble painted



the bandshell with the Mayor Todd Evavold. Todd also restored the bandshell steps. Harold Glende and his wife Diane painted the kitchen exterior.

The many women of the Nerstrand Women's Club labored in the flower garden. This year the Big Woods 4-H club put in the main street and barrel flower displays.

Come discover our city pavilion and park. The City of Nerstrand wishes you were a great summer!

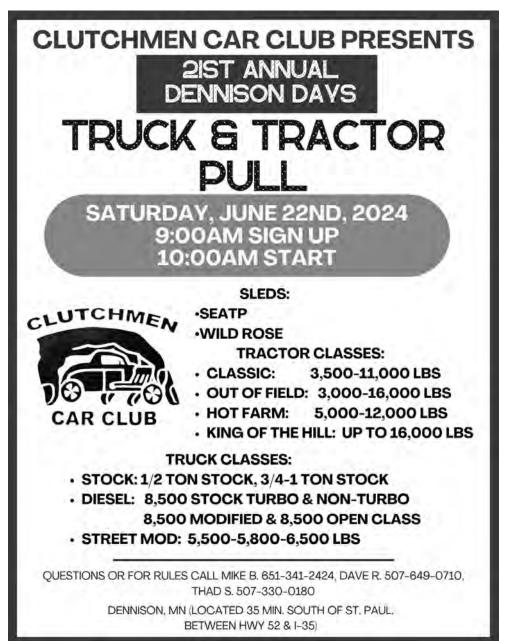














Community

Spring is in Full Swing

By Natalie Jacobson

Kenyon Country Club, a beautiful sixty-four acre hidden gem.

Founded in 1926, the grounds and clubhouse have continued to be revisited. It is

alive more than ever, as the upcoming spring season started early due to the sunshine, in April of this year. Inside the clubhouse, is what feels cozy and nostalgic, having a friendly welcome/ environment where anyone is there to accommodate your needs. I spoke with Dawn Berquam, manager of the clubhouse, who has been there for twelve years.

Dawn mentioned the thing she enjoys the most is the interactions with her customers and having a great staff by her side, including her husband James, who is in charge of the

Dennison Farmers Market

(continued from page 1)

As the summer progresses, there will be lots of produce to choose from, too.

Some of our current vendors are Jacque Meyer from Jac's Home Baked Goods with her delicious home made breads and treats, Deb Fischbach will be selling her delectable hot fudge sauce, bourbon caramel sauce, rolls, cookies, sweet breads and pies. She will also have bags, pillow cases, pot holders and dish towels. Cheri Roshon is back with her freeze dried candy, and handmade kitchen essentials. Pamela Davis will have cakes, cookies and treats. Donna Vestedahl will be furnishing fresh eggs now, and produce as the summer goes on. Patty Casper will have vegetable starts, flowers and crafts. There will be two new vendors this year, so come on down and see who they are, and what they will have for you!

The Farmer's Market was started many years ago, and the founders had their last season in 2022. Heidi Cooke was kind enough to start anew last year, and has been posting pictures and information on the Dennison Farmer's Market webpage, letting you know weekly what is for sale. The market is hoping to expand some more this year with a bigger variety, so if you or someone you know has something that fits in with our market, please contact Heidi at dennisonfarmersmarket@gmail.com to let her know, or to ask questions. The market remains free to vend, so let your friends and family know when we will be there.

Spread the word! Buying local is the best way to help boost our economy. When you buy at a farmer's market, not only are you supporting your friends and neighbors, but you know where your food comes from, and that brings peace of mind as well!

ground

She says, "People come from all over. Of course, Kenyon but those from Rochester and the metro area. Everywhere! It's nice to see!"

Many host events as well including weddings, baby showers and class reunions. She further explains that, depending on the event, the starting rate is only \$150.00

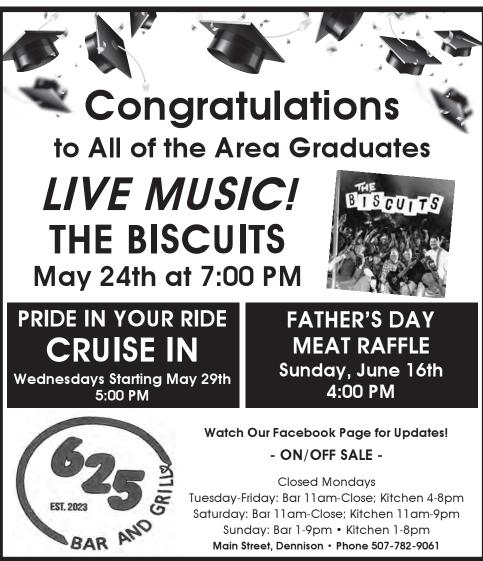
Not a member? Come visit for the day, you won't regret it, the green hills, old trees, and birds chirping could change your mind. Call ahead for tee times and any questions for you or your group. Single memberships start at

\$300 and family memberships at \$500, this means access to all the grounds, inside the clubhouse to enjoy a cool drink and a cart to cruise around, enjoying the captivating scenery until the season ends in October.

All seven board members, husband, wife and team, have made sure to make anyone feel welcome, making it the place to relax and get to know others . Any other information is on their website or Facebook page. They are located on Highway 56 on the northeast side of Kenyon.

You can call at 507-789-6307.





Neighbors

Aspelund Peony Gardens

By Cheri Roshon

One of the things I like to do is take drives around the land surrounding Wanamingo, and not only take in the beauty of the landscapes, but learn things about the people who live here. On one of my day trips, I saw a sign that said Aspelund Winery, and being a woman who enjoys her wine, I pulled in the driveway. The land was so beautiful, with the fruit trees, and landscaping using all kinds of interesting plants, but nobody was home. I looked around for a moment, just enjoying the peaceful setting, and went on my way.

Come to find out, the winery was no longer operating, but the farm was still operational.... with prize winning peonies! Located at 9204 425th street outside of Kenyon, it is a site to behold!

Bruce and Dawn Rohl moved to this idyllic farm in 1992, and literally cleared the land for what was to become their home. They bought the land in 1992, and lived in a mobile home until they built their house in 1996, all the while tearing down old buildings, and making room for flowers and trees! One interesting point I learned while visiting the farm is that their home was the last one built in Goodhue County using trees taken from their own

land!

One of Bruce's interests is peonies, so the couple planned and cultivated space to start growing them. As they were getting settled into their home, in 1996 they purchased 13 root bundles of different peonies from Tischler Gardens in Faribault, and that was to be the beginning of Aspelund Peony Gardens.

With their children, Ben and Samantha, they began the process of dividing the plants and making new beds until they ended up with over 2,000 plants with several species, including some very rare ones. As we chatted about the history of the enterprise, I learned so much about the curation of the flowers, and the specialization of hybrids, and cultivating the new varieties. It takes years to come up with new varieties, and you can learn more about this process at the talks they occasionally give, or on some of the websites dedicated to the craft. Or pop in for a visit, and ask away!

Ben worked on the farm and raised the flowers for a 4H project, and entered his flowers in the County Fair. His project was to raise them from seed, and as I learned, there is a lot to doing so. As the gardens grew, people started wanting peonies for their own enjoyment, so in 2007, they decided to sell root stock.

So, here's how it works.... The first 3 weekends in June, you will come out to the farm between 10 am and 5 pm to walk the beds and write down which varieties you are drawn to. Once you have made that difficult decision from 140 varieties currently in the beds, you purchase the root stock which will be ready in the fall. Fall is the best time to

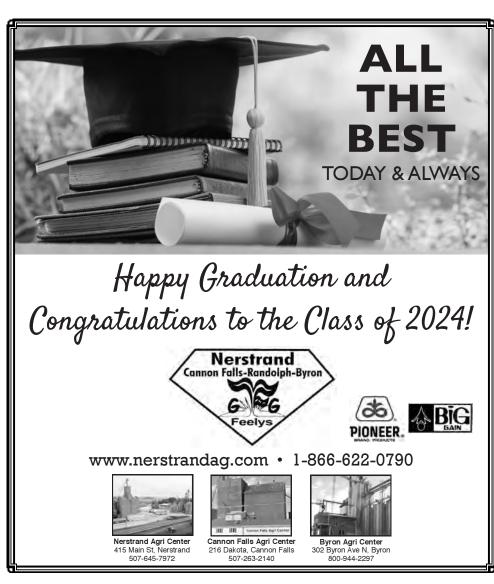


transplant, so you pick them up, take them home, and pop them in a hole. You will water well to get the air pockets out, and let them hibernate for the winter. In the spring, they will come up as one of the first periennials, and your garden has begun! About ¾ of them will bloom the first year. However, the different species bloom in a succession, so you may want to come out more than just one weekend! When you come back to pick up your plants, you will be shown how to plant, and given an instruction sheet on what you need to know to be successful in growing your own. To schedule a group tour, or a specific time to come out, call (507) 824-2935.

The flowers will bloom from around Memorial Day until Father's Day, with slight variations due to the weather that year. I saw some blooming on May 6th! All the varieties on the farm stay standing up, not falling over

during bloom time like many that you see. The one question I had to ask was "Why do the ants have to open the petals?". Bruce laughed and said that was a frequently asked question. Dawn answered that the ants do not open the petals, but are harvesting the nectar from the buds. There you have it! Another wives tale dispelled!

So, I encourage you to make a day plan to come out to the garden and enjoy nature's beauty. Talk to Bruce and Dawn, and learn something new. Take pictures with your family, and relax in the beauty the Rohl's have created. For more information on the flowers themselves, you can go to Americanpeonysociety.org, or Mnpeony.org. You can also visit Facebook and go to Aspelund Peony Gardens for more info on the farm. Happy Spring to you all!





Down on the Farm/ Up at the Cabin

Farm Living is the Life for Me

By Monica & Claudia Vanderborght

Two weeks before teachers were scheduled to return to school, Monica became the proud owner of her "new" 20 acre farm in Wanamingo township.

Moving In:

Friends came to help -- parishioners from her new church, neighbors from her previous homes, colleagues from her school. Many hands make short work -- the Pack Rat shipping container was quickly emptied, and (priority number one) the bed was assembled. (No more sleeping on an air mattress!!! YAY!)

And Now I Need:

A bigger lawn mower. The push mower from the suburbs was not going to work on a five-acre yard.

A chainsaw. Monica had been told that the electricity bills could run as high as \$700 a month in the winter. But downstairs was a fireplace with an insert and a blower. Claudia (Monica's sister) had, for decades, heated her homes exclusively with wood. After researching the many makes, models, and sizes, Monica bought an Echo with 16" blade. It wasn't too long, it wasn't too heavy -- it was just right. (Her guy-friends were gladly willing to fell the big stuff with their chainsaws that didn't get much use in suburbia.)

An ATV and trailer to haul the wood that was cut.

A hydraulic wood splitter to size the pieces for handling, stacking, and fitting into the fireplace.

A farm truck. Dean (4WD Club and motorhead friend) found a 13-year-old F250 that would surely fit her farm needs and budget ... but Monica had to buy it THAT DAY or it would be gone. Stop working on lesson plans. Stop assembling the dining room table. Drive up to Elk River to see the truck. Yup, it's a truck.

Yup, it seems to drive okay. (Monica's experience with vehicles – at this point – was limited to sedans, minivans, Jeep Wranglers, and Goldwing motorcycles). Yup, I'll take it ... but I will have to pick it up next week.

Plow blade. Silly to have someone else plow the long driveway when you own an F250. Another new skill to learn. (It can't be that difficult, can it?)

Farm clothes. Slacks, blouses, and pretty

sandals are great for teaching, but are obviously impractical for farm chores. Muck boots, overalls, heavy winter jackets, and gloves that can get dirty while still keeping you warm. Monica was never shy of shopping at thrift stores; there was plenty to be found there and at a reasonable price.

Winterizing the Home

The pretty stuff was going to have to wait (replacing the rust-stained robin's egg blue tub and commode was just not important, repainting the dingy living room walls could be done later, the bare concrete floors in the basement could wait another year - or two, the harvest gold range would cook food just like any other color of stove).

But the attic insulation was thin. (When Monica accompanied the building inspector, he mentioned adding insulation would decrease that dreaded electricity bill. He also assured Monica there were no monsters lurking up there.) YouTube can teach you anything! So Monica and her grandson braved the attic heat in October and blew in cellulose.

Insulating the 1970s single-pane windows with plastic was a multi-day task: thirteen 48" windows downstairs, seven 48" windows upstairs, plus one enormous 108" picture window (a challenge!)

Adding a deck and sliding glass door off the kitchen. Most people would not consider this a winterizing project, but Monica grilled most evenings (yes, even in January and February). Cutting, Hauling, Splitting, Stacking

the Firewood

They say that heating with wood heats you more than once. Maybe five times. Six?

Cutting: Dead-fall was plentiful, so felling live trees and waiting for them to dry was not an issue.

Cutting and Hauling: The woods were overgrown and nearly impassable – ATV-sized trails needed to be made so wood could be hauled out.

More Hauling: Claudia suggested a LOT of kindling. You just needed to bend down, pick up a dry stick, and toss it into the trailer.

Stacking: An old, dilapidated shed near the house needed only a few racks to turn it into an airy, usable woodshed.

More Stacking: Throughout the winter, the firewood supply in the house needs to be replenished.

Definitely six times. Maybe seven. Enjoying the Farm

Watching the corn and soybeans that surrounded the farm turn from lush green to crisp brown. Seeing and hearing the huge combines harvest the crops and smelling the rich, black dirt left behind.

Listening to the geese fly overhead, head-





ing south for the winter.

Noticing the sun rise and set just a little farther south every day.

Deciding where to put the chicken coop in the spring. Considering what livestock to put

in the pastures and pole barn.

Sitting on the new deck on a sunny October afternoon, adult beverage at hand, and celebrating the amazing differences between a suburban home and a rural farm.

ANNUAL SWAP MEET & FLEA MARKET

Saturday, May 25th & Sunday, May 26th 8am to 5pm • FREE!

Rice County Steam & Gas Showgrounds 11988 Faribault Blvd, Dundas

Swap Meet & Flea Market Vendors Setup Friday, May 24th • 8am — 8pm

Flea Market Questions? Contact Sandy Bouillez 507-581-6223

Consignment Auction Saturday, May 26th • 9am

Bring your items to sell
Afternoon Thursday, May 23rd
All day Friday, May 24th
To consign, contact Larry Valek

612-978-6901 • valekauctions.com

Food Stands • Miniature Railroad Train Rides SEATP Tractor Pull • Sunday, May 26th • 9am

RiceCountySteamAndGas.com

ш

Rural Routes

* Congrats to * All Area Graduates

Especially Our Favorite Grad Noah Heil



We wish you all the best as you embark on the exciting journey ahead.

Let the adventure begin!







90 Main Street, Nerstrand, MN **507-663-8936**

www.nerstrandcustomcabinets.com

UMN Extension to offer Tractor and Farm Safety Training for Youth this summer



University of Minnesota Extension will be offering Youth Tractor and Farm Safety Training at four locations across the state this summer. The youth tractor and farm safety certification program provides youth 14 years and older the opportunity to learn about safe equipment operation and general farm safety. Students who complete the program are eligible to receive a U.S. Department of Labor certificate of training. This certificate is required for 14- and 15-year-olds who wish to work on farms as employees. This training is also a great opportunity for youth planning to work on their family's farm.

This hybrid training includes an online course on the National Safe Tractor and Machinery Operation Program learning objectives and two days of in-person training that include tractor operation instruction in a safe learning environment. The online course takes 8 to 10 hours to complete and can be done at the participant's own pace. After completing the online course, participants attend a two-day in-person training with hands-on instruction. All sections of the online course must be completed prior to attending an inperson session.

In-person training days are scheduled at:
Goodhue County July 10-11
Goodhue Co. Fairgrounds, Zumbrota
Local Contact: Aly Kloeckner - schw1348@umn.edu, 651-385-3100

From start to finish, we do the entire project.



Kitchens • Living Rooms Fireplaces • Floors Closets • Bathrooms

New Projects • Remodels

Barns • Roofs

Siding • Garages
Pole Sheds



Wood Doc Construction

Emery and John Maher **507-271-4200**

www.wooddocconstruction.com

Dennison, MN Lic. #BC628191





Austin Martin Avery



Dillon Matthew Bartel



Sydney Taylor Belcher



Logan William Carroll



Jonathan Cortes



Ezrehn Barrett Degen-Septer



Addison Nicole Flom



Josephine Amanda Flom



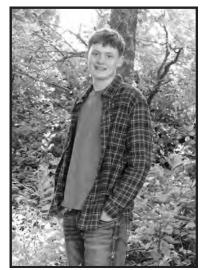
Trent Andrew Foss



Louis Nicolas Gillot



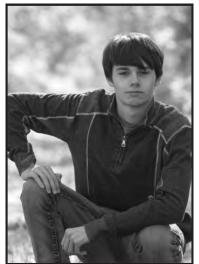
Koby Adam Glende Keppers



Reid James Hodgman



Riley Scott Huschle



Cooper Collins Johnson



Gavin John Johnson

Celebrating the Bright Future Ahead of You

Today's graduates are tomorrow's leaders, and we're filled with hope and pride as the Class of 2024 celebrates this milestone achievement and takes the next step.





KELLER INSURANCE AGENCY

Your FarMutual Agent

305 Main Street, Nerstrand, MN 55053 507-334-6550





Connor Vincent Keeran



Soren Scott Kyllo



Matea Lynne Lee



Bailey Dianne Leininger



Hayley Jean Lentsch



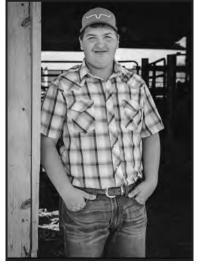
Aidan Joseph Lindell



Siri Janae Loken



Zachary Paul Mason



Connor Steven McGowan



Ivette Marie Mendoza



Mason Brio Mensing



Blake Tyler Miller



MacKenzie Jean Moore



Jessie Itzel Munoz



Lilly Mae Nesseth



We wish you much happiness, and great success in all of your future endeavors.





12989 Dennison Blvd. S, Dennison • 507-645-2890 STORE HOURS: M-F 6am-8pm; Sat-Sun 7am-8pm 24 Hour Pay at Pump







Mckayla Marie Nokes



Kiefer Thomas Olson



Brody James Parks



Norah Ann Rechtzigel



Rachel Therese Ryan



Jocelyn Elaine Sandberg



Kya May Schmitt



Joseph Craig Sevareid



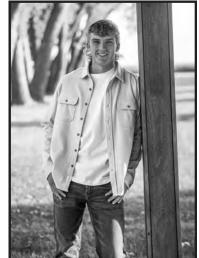
Benjamin Gabriel Short



Jay Irvin-Phillip Smith



Thomson Marlang Sprute



Colton David Steberg



Madison Rose Stenbakken



Anna Joyce Syverson



Dakota Jade Temple



We can make banners, signage and many other items for the graduate!

D&S Banner, Sign & Print

113 Forest Street, Kenyon, MN 55946 507-789-4611 dandsbannersignandprint.com We wish you all the best as you begin the next chapter and work toward your future goals.

CONGRATULATIONS!
TATGE JEWELRY

625 2nd Street, Kenyon, MN 55946 • (507) 789-6522 or I-800-58-TATGE



Mason Aaron Torgeson



Bethany Marie Trelstad



Landon David Trump



William James Van Epps



Emmitt Cal Veal



Madrox James Wagner



Samuel Max Walker



Not Pictured: Gennielyn Yehoshua Morales-Delgado





Kenyon-Wanamingo Class of 2024 Commencement

Sunday, June 2, 2024

1:00 P.M. Kenyon-Wanamingo Middle/High School Gymnasium

CLASS MOTTO:
"Nothing lasts forever but at least
we have these memories."
- J. Cole

CLASS FLOWER: White Rose

CLASS COLORS: Purple

CLASS SONG: "Good Old Days" by Macklemore

GOWN COLOR: Black

TASSEL COLOR: Black, Red, and Silver

2024







Community



We wish you a very bright future.

Congratulations!

Family Farming Since 1876



Northfield • 507-663-0003 www.holdenfarms.com



STRESE'S TREE SERVICE, INC.

www.streses.com

12312 110th St. E., Dennison, MN 55018

PHONE: COLE 507-298-1005

Email: cole@streses.com

Fax: 507-645-6066

Gold Star
Amusements
on the
midway!
Rides will run from
1:00pm-10:00pm

The Ford Time!

JULY 4th
GRANDE DAY PARADE
1 1:00am
FIREWORKS
SHOW!
Dusk

CANNON VALLEY FAIR * JULY 3-6, 2024

Cannon Falls, Minnesota

FFA KIDDIE BARNYARD * CHALK THE WALL * VIDEO GAME TRAILER * ALFY'S WORLD OF ROBOTIC PUPPETS

KIDS PEDAL PULL * BULL RIDING, BARREL RACING & BRONC RIDING * HARNESS HORSE RACING

MN RADZOO * AUTO CROSS * DR. STREET MAGICIAN * DEMOLITION DERBY



JULY 3rd: CHICKEN RANCH DUO 8:30 PM

JULY 5th: THE CHUBS 8:30 PM

JULY 4th: DAVE CARPENTER BAND 2:00-5:00 PM JULY 6th: BLYND EYE 8:30 PM

BRYAN ANDERSON 8:30 PM

WWW.CANNONVALLEYFAIR.ORG



RAIN OR SHINE

SATURDAY **FOOD STANDS OPEN AT 11AM!**

ne 21 & 22, 20

RIDAY, JUNE 21 KICK OFF FRIDAY, JUNE 21 KICK OFF

.........

Gopher State Garden Tractor Pull 6:00 PM

LIVE MUSIC 8:30 PM-Midnight



Russ Franck & The Biscuits

SATURDAY. JUNE 22

LIVE MUSIC 7:30 PM-Midnight Main Street

Shane Martin www.shanemartin.com



Saturday Schedule of Events

All You Can Eat Pancake Breakfast Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church 8-11a.m. \$12 for adults. \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk. Under Mainstreet tent

Farmers Market Downtown • Citywide Garage Sales 8a.m.

5K Run Begins at Paul's Plumbing Building, North of Dennison Depot

For more information text Ted at 507-301-4314 or e-mail: dennisonvangoffice@gmail.com

Classic Car Show on Mainstreet Presented by Clutchmen Car Club. Trophies at Noon. Contact Eric Swanson 612-282-6562.

Euchure at Fireside Lounge For information, contact Jen Eggum 507-649-0602 8:30a.m.

Sign Up for Clutchmen Truck & Tractor Pull at Pull Site

Truck Pull Mike Beebe 651-341-2424 • Tractor Pull Thad Sonsdahl 507-330-0180

Truck & Tractor Pull Begins on the Hill, sign up begins at 8:30a.m. 10a.m.

Cow Milking Contest Main Street, hosted by David Flom Dairy

Food Stands Open 11a.m.

Joel Stenhaug & Jim Tracy Memorial Horseshoe Tournament in City Park Presented by the Dennison Lions

Kids Pedal Tractor Pull on Mainstreet (At Mainstreet intersection) Sign up begins at 10:30a.m.

Kids Carnival 1-3p.m.

Parade Downtown - A Kiddie Parade Leads Off Main Parade (Ages 12 & Under) 1:30p.m.

\$100.00 Prize for Best Parade Entry! Sign up at 12:00 p.m. South Mainstreet. Call 507-645-9992

625 Bar & Grill Bags Tournament Sign up at 625 or call 507-782-9061 2p.m.

Live Music at 625 Bar & Grill

Kids Bingo Under the tent. Presented by Dennison Lions. Ages 3-11.

Purse & Gift Card Bingo Presented by Dennison Lions & Fireside Lounge 4:00p.m.

5:30p.m. **Game Show TBD**

Live Music from "SHANE MARTIN" Alabama Tribute on Mainstreet 18+ event. No Cover Charge. 21 to drink. 7:30-11:30p.m.

Presented by Capitol Construction and Fireside Lounge & Supper Club

All You Can Eat PANCAKE BREAKFAST

Includes Pancakes, Eggs, Sausage & Beverages

SATURDAY, JUNE 22 8:00 AM to 11:00 AM



SATURDAY, JUNE 22 CLASSIC CAR SHOW 8:00 AM

Trophies at NOON

TRUCK & TRACTOR PULL 10:00 AM

> SATURDAY, JUNE 22 KIDS PEDAL TRACTOR PULL 11:00 AM

BE IN THE PARADE

SATURDAY at 1:30 PM!

A Kiddie Parade Leads Off Main Parade (Ages 12 & under)

Sign up at 12:00 p.m. South Main Street

\$100.00 Prize for Best Parade Entry!

Call 507-645-9992

Dennison Lions Club DENNISON DAYS RAFFLE

1st Prize: \$500 Cash

2nd Prize: \$200 Cash 3rd Prize: \$100 Cash 4th Prize: \$50 Cash

Drawing held at 9:00p.m. at the **Fireside Lounge**

Need not be present to win.
Winner is responsible for any taxes or fees.
SPONSORED BY DENNISON LIONS CLUB
CHARITABLE GAMBLING PERMIT #2762

We Thank All Of Our Sponsors & Supporters

625 Bar & Grill Ag Partners an D. King Construction skers Service Bakers Service Big R Service Center Brekken Farms and Trucking Bryan Eggum Dekalb CannonBelles nnon Falls Reacon annon Falls Beacon annon Falls Trailer Sales annon Tackle Supply

Capital Construction Castle Rock Bank CFS City of Dennison Clutchmen Car C en Car Club College City Beverage - Budw Community Resource Bank Cub Foods D & S Sign Dennison Comm Dennison Depot mity Church

Dennison Meat Locker Dennison Tire & Rep Dohman Concrete Er ncrete Enterprises Firehouse Liquor Fireside Lounge & Supper Club Flom Dairy Flom Disposal Flom Septic

Geno Peterson GVF Herefords - Dennison Held Bus Held Bus
Heritage Bank
Holden Farms
How-Flat Farms, Tim Howie
IMS Contracting
Interstate Lumber - Cannon Falls
Kenyon Ace Hardware
Kenyon Ag Service
Kenyon Veterinary Clinic

Kenyon VFW KYMN 95,1 KYMN 95.1 Lake Country Bank Mainstreet Messenger Merchants Bank Midwest Machinery Co. - John Deere Milo Peterson Ford Nerstrand Agri Center Nerstrand Fire Dept. Nerstrand Meats

Northfield Lines Northfield Retirement Center Parkside General Store - Nerstrand R Bar River Country Coop River Road Repair Security State Bank Kenyon Severe Appraisal Specialized Floor Coverings Streitz Heating & Cooling

Strese Tree Service Sviggum Insurance Sweet Shibui Photography Sweet Shibui Photography
Syngenta
Tatge Jewelry
Taylor Truck Lines
Three Links Care Center
Traxler Power & Equipment
Wood Doc Construction - Emery Maher
Was missed your name, plasse accept our If we missed your name, please accept apology. Your support is appreciated

For updated info. go to www.dennisondays.org

Page 18 May 22, 2024

New Breakfast Cereals -**Loaded with Chemicals**



By Shauna Burshem, D.C.

General Mills has launched a new cereal line called "LOADED." GM is filling their cereal squares with vanilla cream. But tests are revealing alarming levels of heavy metals in the filling. Loaded contains more than double the amount of the EPA's allowable levels for lead, 400% higher levels of cadmium and up to 1650% higher aluminum levels compared to the EPA's standards for drinking water. The weed killer Glyphosate and eight other pesticides were also detected.

Daily walking is one of the most effective ways to stay fit and active. Regular walking has been shown to reduce the risk of chronic age-related diseases like heart disease, high

blood pressure, type 2 diabetes and cancer. The largest health gains came from walking up to 7000 or 8000 steps per day, continuing to about 12,000 steps per day as being ideal.

Excited about 5G wireless? Don't be. Studies reveal that 5G wireless has the potential to induce neurological damage, psychiatric problems and due to its effect on brain development, increasing the risk of conditions like dementia. Also, a December 2023 study showed that 5G wireless had an effect on sperm count and motility.

Pregnancy and vaccines do not go hand and hand despite what medical doctors will tell you. Studies show that pregnant women given the swine flu vaccine had a statistical number of increased miscarriages. In addition, when combined with the flu vaccine it was reported that women were more likely to miscarriage within 28 days following the vaccination. Sadly, the American Academy of Physicians (AAP) recommends that all newborns should receive a hepatitis B vaccine within 24 hrs of birth despite hepatitis B

Share Your Good News!

Submit your engagement,

wedding or

birth announcement.

Email: hometownmessenger@gmail.com

from IV drug use or promiscuous sexual activity. Speaking of vaccinations, young people who received the COVID-19 vaccine were significantly more likely to die than those who did not receive the shot. According to data from the United Kingdom's Office of National Statistics those who received four covid vaccine had a 318% higher mortality rate then the unvaccinated group. As far as childhood vaccinations in general, another study found that vaccinated children had higher rates of asthma, allergies, eczema, respiratory infections, behavioral issues and other health conditions. Back to the covid vaccine, a separate study found that for every life saved there were nearly 14 times more deaths caused by the covid vaccine. The pharmaceutical and medical devices

being a disease that is primarily contracted

industries paid physicians more than \$12 billion over 10 years, according to a study published last month in JAMA. The analysis found the industries made 85,087,744 payments totaling \$12.13 billion to 826,313 physicians — 57.1% of practicing physicians across 39 specialties. Orthopedic surgeons, neurologists and psychiatrists, and cardiologists received the most money. Trauma surgeons and pediatric surgeons received the least. "Money given to doctors has a purpose: it is for marketing," cardiologist Dr. John Mandrola and co-author of the study wrote on his Substack. "If these direct payments to doctors did not work, industry would not spend billions.'

*Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.



Tim McNiff Weekday Mornings www.kymnradio.net

Traxler Law **PLLC** traxlerlaw.com Ann Traxler Attorney PRACTICE AREAS • Wills, Trusts, & Estates • Farm and Business Transition Planning • General Practice • Probate 4359 Cty. 11 Blvd. Kenyon, MN 55945 507-405-0420



4WD, super crew, 5.5' box, 36,688 miles, agate black metallic, 3.5L V-6

2020 **FORD** F-150 LARIAT



AWD, 25,400 miles, star white metallic, ecoboost 2.0L turbocharged



#231891



2022

FORD

4 door, advanced 4x4, 18,527 miles, cactus gray, 2.7L V-6 ecoboost #23121U



§51.950

2021

FORD

BRONCO



ann@traxlerlaw.com

AWD, 10,923 miles, carbonized gray, metallic, ecoboost 2.0L turbocharged



28,999



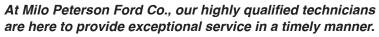
Magnetic metallic, 2.3L ecoboost, 76,312 miles #24005U



4WD, crew cab, 6.75' box, rapid red metallic,50,103 miles, power stroke 6.7L V-8 turbo diesel #24031U

2022 **FORD SUPER DUTY** F-350 SRW **LARIAT**





From oil changes to transmission replacements, we are dedicated to maintaining top tier customer service, for both new and pre-owned car buyers! Allow our staff to demonstrate our commitment to excellence.

Call our service department to schedule your maintenance needs. Open Monday thru Friday 7:30am to 5pm.



3020 457th Street Way, Kenyon · 507-789-6113 · SALES HOURS: M-T-Th 7:30a.m.-8p.m.; W-F 7:30a.m.-6p.m.; Sat. 8a.m.-4p.m.

May 22, 2024 - MAINSTREET MESSENGER -Page 19

Healthy Fats



By Noel Aldrich, PhD, CNS Licensed Nutritionist

As I mentioned last month, we live in a world where what is considered normal is not healthy. It is normal to see a variety of "low fat" and "fat free" products at the grocery store. We have been told these products will support our health, but since the introduction of this concept in the 1970s there has been a significant increase in chronic illnesses, increased weight, and mental illness. While these "low fat" products may be normal today, they are not the food our grandparents grew up on and they are not promoting better health for us today.

Fat from healthy sources will promote health in the human body. Grass fed beef, pastured free-range chickens, and dairy cows that can graze on fresh pasture provide quality fat in the meat, eggs, and dairy. These sources of fat were essential to the pioneers that established the states that make up this country. The human body uses this fat for fuel and for developing the hormones necessary to keep the body healthy and the brain active. All the nerve cells of the human body are made of fat, which helps to insulate the signal pathways so clear communication can pass from cell to cell. The heart prefers fat for fuel, and reproduction is dependent on quality fat to sustain the significant activity of supporting new life in the womb. Quality fat sustains life.

Another significant factor associated with quality fat is the fat-soluble vitamins. Vitamin D, Vitamin A, Vitamin K, and Vitamin E are absorbed with fat into the body to activate cellular activity, strengthen bones, and defend cells from harmful chemicals. Most Americans are deficient in these four vitamins because they do not choose the food sources that contain these important vitamins. Here are some of the top food sources for these fat-soluble vitamins:

salmon, goat cheese, butter, eggs, cream cheese, whole milk, and cod liver oil. Vegetables like sweet potato, kale, and carrots contain beta-carotene which the body can transform into active vitamin A, but requires a longer process compared to the active vitamin A from the animal sources.

Vitamin D – Top sources include salmon, halibut, sardines, canned tuna, egg yolks, and cod liver oil. Your own body can make Vitamin D but this requires regular exposure to the sun, which is impossible to do in the northern states for half of the year.

Vitamin E – Top sources include sunflower seeds, almonds, peanuts, peanuts, goose, and rainbow trout. Wheat germ was the source where vitamin E was first discovered and is an important reason to consider eating whole grain products.

Vitamin K – Top sources include collard greens, spinach, kale, chicken breast, sauerkraut, kefir, gouda, blue cheese, and egg

These quality fat sources will provide essential nutrients your body can thrive on. Circle the food items you already use regularly and underline those food items you are willing to try. Combining these food items together into a savory dish will provide you with a satisfying, nutritious meal.

More than 100 years ago, Dr. Weston Price researched the effects of the modern food preparations that were beginning to advance through the western culture of Europe and

Vitamin A - Top sources include liver, the United States. He documented his research in the book, "Nutrition and Physical Degeneration." In cultures all around the world, he discovered the importance of quality fat to sustain a society. When the culture moved toward more processed foods, more "low fat" foods, and more convenient foods, the result was increased cavities, increased need for braces on teeth, and decreased fertility. These are all the symptoms we see in today's modern living. You can find out more about Dr. Price's work and the thriving community that is applying the principles he discovered at https://www.westonaprice.org/

> 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. Adding quality fat 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.

> *Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.





Page 20 - MAINSTREET MESSENGER- May 22, 2024

Talking Loneliness with U of M



Carrie Henning-Smith Associate Professor

Photo by University of Minnesota

The U.S. Surgeon General recently declared loneliness an epidemic and a threat to public health, and estimates note about half of the U.S. population is experiencing loneliness. Associate Professor Carrie Henning-Smith from the University of Minnesota School of Public Health answers questions about loneliness and steps people can take if they're experiencing it.

Q: Why is loneliness a public health issue? Prof. Henning-Smith: Social connectedness is foundational to health — our friendships, families and other interactions greatly impact

us. Humans are social creatures, meant to be in relationship with one another. If our social needs are not being met, especially over prolonged periods, our mental and physical health suffers. Loneliness is associated with a range of negative health outcomes, including cardiovascular disease, dementia, stroke and depression.

Q: What factors drive increased loneliness? Prof. Henning-Smith: This is a complicated question without an easy answer. On one hand, loneliness has always been part of the human condition. It's been a recurrent theme in music, literature and other art forms for as long as humans have created them. On the other hand, there are unique circumstances in our current world that heighten the risk for loneliness — the most pressing is technology. While technology has the potential to help us make connections, it can be used to limit our in-person interactions with each other, which divides and distracts us from meaningful connections.

Q: How can people experiencing loneliness address it?

Prof. Henning-Smith: It's important to know that loneliness is common — nearly everyone will feel lonely at some point. Acknowledging how common loneliness is is an important first step in breaking down stigma and opening up meaningful conversations to address this epidemic. Reach out to others — perhaps reconnecting with someone you haven't spoken with in a while. Research shows seeking out a new hobby or volunteering in your local community is also help-

ful. But — and this is really important to be clear about — it's not just up to individuals to solve the problem of loneliness. We need to address structural barriers to social connection.

Q: Are there actions policymakers can take to break down barriers?

Prof. Henning-Smith: Yes! To address loneliness on a societal level, we need meaningful investment and policy change. This might include improvements to the built environment so spaces are safe, welcoming and accessible. It might also include ensuring everyone has access to a living wage and paid time off so they have time to socialize and be with loved ones. Policymakers could take other concrete steps, such as expanding transportation infrastructure so people can gather more easily, especially people who cannot drive or do not have access to a private vehicle.

Q: Are there differences in loneliness between rural and urban areas?

Prof. Henning-Smith: Research is somewhat mixed. There is good evidence that rural areas have stronger social cohesion than urban areas — rural residents are more likely to know, trust and count on one another than urban residents. However, rural residents face challenges to social connection, including more limited transportation options, lower incomes and poorer underlying health. In our research at the U of M's



Rural Health Research Center, we found rural older adults reported larger social networks — more close friends and family — but also higher rates of loneliness. This indicates we need to address structural barriers to connection for rural residents.

Carrie Henning-Smith is deputy director of the University of Minnesota Rural Health Research Center and an associate professor in the U of M School of Public Health. Her research seeks to advance health equity with a focus on illuminating structural and political barriers to health and well-being. She has conducted research on the impact of loneliness on health and well-being, including how social isolation affects various groups of people such as older adults and people who live in rural communities.







Health & Wellness

Tick Season and **Lyme Disease**



Benjamin Clarke, PhD, with the University of Minnesota Medical School, Duluth Campus

Minnesotans can expect to see ticks outdoors as the warmer months approach. Tick bites can transmit diseases - like Lyme disease — to people and animals.

Benjamin Clarke, PhD, with the University of Minnesota Medical School, Duluth Campus, speaks about tick season, Lyme disease symptoms and how to prevent tick bites while

"Lyme disease is a systemic inflammatory response to a bacteria called Borrelia burgdorferi, which is transmitted through the bite of a blacklegged tick, also known as a deer tick. Often, a bull's-eye rash will appear near the bite site. Lyme disease will start with flu-like symptoms of fever, head and muscle

aches, and mild brain fog which progresses to fatigue, poor appetite, swollen glands and arthritic pain in the joints. If left untreated, the disease may progress to cause neurological problems like Bell's palsy and inflammation in the brain and spinal cord."

"It's crucial to thoroughly inspect your body for ticks after a walk in the woods. The blacklegged tick is small — young deer ticks are about the size of a poppy seed and difficult to spot. As a preventative measure, avoid high brush and grass where ticks are found. Be sure to wear insect repellent when walking in the woods. Wearing light-colored clothing provides contrast for easier tick inspection, and tucking pants into socks prevents tick contact with the skin."

"If a tick is attached to your skin, remove it carefully with tweezers and ensure the tick's head isn't still embedded in the skin, which can lead to other infections. The chances of getting an infection increase the longer the tick is attached. If you find a tick on your body, go to a clinic as soon as possible for appropriate treatment. If possible, bring the tick along for proper identification to confirm it is a blacklegged tick."

Dr. Benjamin Clarke is a professor at the U of M Medical School, Duluth Campus. His research interests include Lyme disease, immunology and endocrinology, and the development of active learning tools to teach biomedical concepts.

About the University of Minnesota Medical School

The University of Minnesota Medical School is at the forefront of learning and discovery, transforming medical care and educating the next generation of physicians. Our

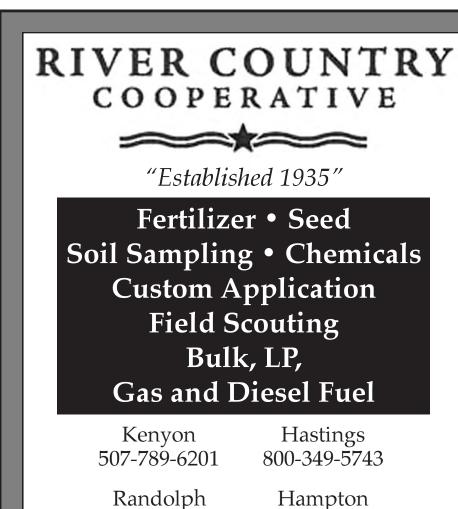
graduates and faculty produce high-impact biomedical research and advance the practice of medicine. We acknowledge that the U of M Medical School is located on traditional, ancestral and contemporary lands of the Dakota and the Ojibwe, and scores of other Indigenous people, and we affirm our commitment to tribal communities and their sovereignty as we seek to improve and strengthen our relations with tribal nations. For more information about the U of M Medical School, please visit med.umn.edu.



Page 21



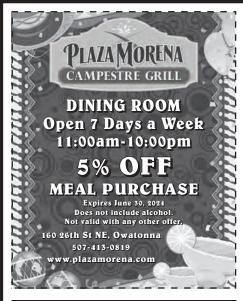




800-225-4316

800-657-3285











House Smoked BBQ Food, **Cold Drinks** and LIVE MUSIC!



Watch our Facebook Page Daily Specials & Weekend Entertainment!

Check Out Our Website! **RBAR-RANDOLPH.BIZ** Great Way to Keep Up on All Our Live Events!



4354 292nd St E, Randolph 507-646-0107

rbar.randolph@gmail.com Monday 3:00pm-9:00pm Tuesday-Thursday 11:00am-11:00pm Friday & Saturday | 1:00am-1:00ar Sunday 11:00am-9:00pm





Sat. 7am to 2pm; Closed Sundays

125 Main Street, Wanamingo, MN 507-824-2969



f

MENU

OR

BUFFET



AREA DINING & ENTERTAINMENT





BOOK YOUR SUMMER EVENTS

Banquet Hall, Seating Up to 300 Full Bar • Full Restroom Facilities • Complete Catering Services 208 North Cedar, Owatonna 507-455-9260

East Wind

15% **OFF**

Wednesday, Thursday

10% OFF

Hours: Monday: 11am-10pm Tuesday: Closed Wed.-Sun.: 11am-10pm Friday, Saturday, Sunday with ad

507-451-9666

1015 W. Frontage Rd., Suite 103, Owatonna • South of Lowe's Dine In Only • Expires June 30, 2024 _ _ _ _ _ _ _ _ _ _ _ _

LAMMY'S **DRINKS • APPETIZERS SANDWICHES • BURGERS SALADS • WRAPS • DESSERTS** sed Mon.; Tues-Thur 11am-9pm; Fri-Sat 11am-10pm un 11am-8pm 111 West Main Street, Kasson, MN 507-634-3133





Give the Gift of Farmland to Benefit Rural Minnesota



Tim Penny So. MN Initiative Foundation

Late last year, a gift of incredible magnitude was made to benefit the future of rural communities across southern Minnesota and northern Iowa. Glen Taylor, one of Minnesota's most well-known entrepreneurs, decided to donate significant parcels of farmland to a newly created foundation – the Taylor Family Farm Foundation. The income generated by the farmland will be distributed ,in part, to three well-established partner foundations, including Southern Minnesota Initiative Foundation (SMIF). Going forward, these funds will support various programming and grantmaking in our rural

region.

It is a dream of mine that other landowners in our region follow Mr. Taylor's example and donate farmland, no matter how small, to benefit the communities of southern Minnesota. At SMIF, we have a program that can help you do just that. It is called Acres for Good.

SMIF's Acres for Good program allows farm families to donate their land as a charitable gift. What makes this model unique is that rather than liquidate the asset as most charities do, SMIF will retain the land and keep it in production by a rental arrangement. This allows retiring farmers the peace of mind that their land will continue to be farmed, especially if they do not have an heir to transfer the land to when the time comes.

What does it mean to give farmland as a gift? There are three options. You can give a gift during your lifetime, and you would get a charitable deduction on income tax. You can wait and give it in your will, and it would be released to SMIF upon your passing. Or you can opt for a retained life estate where you keep the right to farm the land until you pass and then it automatically becomes a charitable gift. If you are not ready to donate all of your tillable farmland, you can also select a portion of your property to donate.

The Acres for Good program is also a way to do good things for your community. Like Mr. Taylor's example, the net income stream from the land can be used to support southern Minnesota communities well into the future. Farmers can choose how they want to allocate their gift of land through this program. There are several options.



For example, the benefit can go toward one of SMIF's 32 Community Foundations which invest in their communities through grants and programs. From Harmony and Byron to Ellendale and St. James, SMIF has community foundations in every corner of its region.

Or, for a region-wide reach, farmers can allocate their gift toward SMIF's general endowment, or SMIF's specific funds which support youth and entrepreneurs in the region.

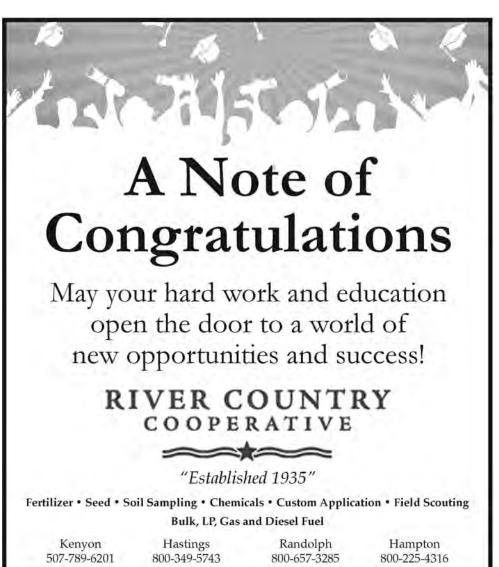
Another option is to set up a Donor Advised Fund to allocate resources to the donor's specific interests such as a place of worship, an alma mater or a local charity. Whichever avenue, these are all ways to leave a legacy that will make a huge difference in the future of southern Minnesota – and doing it all without having your family

farm sold.

I was elated and impressed that Mr. Taylor would think of donating farmland to reinvest in the region where he grew up, raised his family and built businesses. In doing so, he is leaving a legacy that will last far into the future. SMIF is here to help you create your own ongoing legacy. Even a gift of a few acres can make a big difference for the future of your community or a cause that is dear to your heart.

To learn more about the Acres for Good program visit smifoundation.org/acresforgood or contact Alissa Oeltjenbruns, Vice President of Community Vitality, at 507-214-7023 or alissao@smifoundation.org.

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





Look Forward to a Safe Summer by Watching **Your Speed**

Extra speed enforcement on Minnesota roads May 1-Sept. 2

ST. PAUL — Minnesotans will increasingly drive the streets, roads and interstates for outdoor fun as summer approaches. To keep it a safe time as people travel, law enforcement is participating in a statewide extra speed enforcement and awareness campaign from May 1 through Sept. 2.

A driver speeding past you on the interstate is scary enough, but many speeding-related fatalities occur on other roads that are designed for lower speeds and have intersections, oncoming traffic and pedestrians. The National Highway Traffic Safety Administration (NHTSA) reported that 87 percent of all speeding-related traffic deaths across the U.S. occurred on non-interstate roads in 2022.

Officers, deputies and troopers will be looking for speeders endangering their own lives and the lives of others. The Minnesota Department of Public Safety Office of Traffic Safety (OTS) is coordinating the campaign with NHTSA funding and additional money approved by state legislators. The campaign includes extra patrols and advertising in support of the Toward Zero Deaths traffic safety

"We've all been there while driving. You're

running late to an activity, or stressed about a work project, or annoyed at the seemingly clueless driver ahead of you," said OTS Director Mike Hanson. "Take a breath and don't take out life's frustrations on the road through speeding and aggressive driving. Traffic deaths are well ahead of last year at this time. We have to work together to stay safe as we look forward to Memorial Day and summertime fun."

Speeding leads to tragedy

As of April 30, 100 people have died on Minnesota roads due to speeding, impairment and other dangerous driving choices compared to 69 last year at this time. While getting a ticket may be a primary concern when speeding, drivers should worry about far more dangerous consequences:

In 2023, 115 motorists died in speed-related crashes (preliminary).

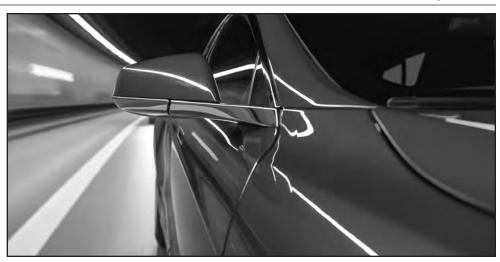
During the 100 deadliest days (Memorial Day to Labor Day) in the past five years, preliminary numbers show that 246 people lost their lives in speed-related crashes (2019-

Speed contributed to an average of 92 deaths per year from 2014-2018, but an average of 123 deaths per year from 2019-2023.

Through April 21, preliminary numbers show speed-related deaths for this year are comparable with the past two years, but even one death is one too many

Speed-related traffic fatalities, Jan. 1-April 21

26 in 2024 22 in 2023 29 in 2022



43 in 2021

22 in 2020

18 in 2019

35 in 2018

Reduce your speed. Reduce your chance of a crash.

Watching your speed and driving to road

Gives you more vehicle control.

Allows you to respond more quickly to changing conditions, such as bad weather, road construction, or in an area at night that isn't well lit.

Decreases the severity of the impact during a crash.

Give yourself room to react

Drivers should keep a three-second following distance to allow for safe stopping and reaction to other vehicles.

It takes more than the length of a football field to stop when traveling at 60 miles per

Visit DriveSmartMN.org to learn more about staying safe on the road.

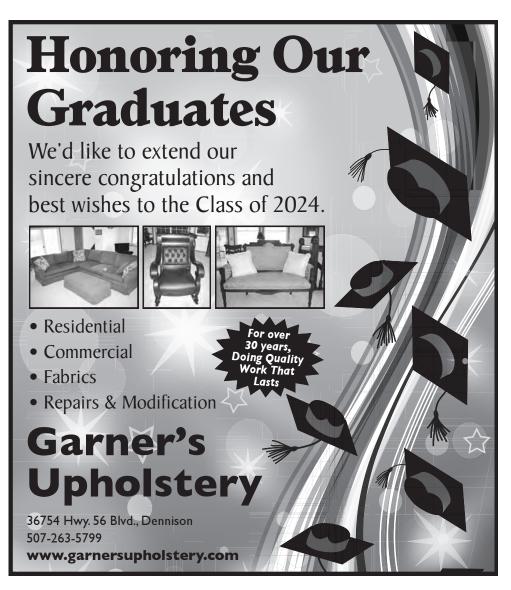
About the Minnesota Department Public Safety

The Minnesota Department of Public Safety (DPS) comprises 10 divisions where 2,100 employees operate programs in the areas of law enforcement, crime victim assistance, traffic safety, alcohol and gambling, emergency communica-tions, fire safety, pipeline safety, driver licensing, vehicle registration and emergency management. DPS activity is anchored by three core principles:

education, enforcement and prevention.

About the Office of Traffic Safety

The Minnesota Department of Public Safety Office of Traffic Safety (OTS) designs, implements and coordinates federally funded traffic safety enforcement and education programs to improve driver behaviors and reduce the deaths and serious injuries that occur on Minnesota roads. These efforts form a strong foundation for the statewide Toward Zero Deaths traffic safety program. OTS also administers state funds for the motorcycle safety program, child seats for needy families program and school bus stop arm camera project.





Ask **A Trooper**

By Sgt. Troy Christianson, **Minnesota State Patrol**



Question: While traveling I see a lot of vehicles pulled over on the side of the road with either steam or smoke coming from the vehicle. Can you talk about what a person should do in these

Answer: When dealing with a vehicle that is

overheating, most vehicles have dashboard gauges or lights that indicate the engine temperature. Activities such as driving in stopand-go traffic on a hot day, driving on steep inclines, and towing a trailer can cause your engine to run hotter than normal. When your engine becomes hot, turn off any unnecessary vehicle equipment, such as air conditioning. If the temperature is still too high, turning on the heater will help draw hot air away from the engine. If these techniques do not work and engine temperature suddenly increases or steam rises from the engine, pull over to the side of the road, stop the vehicle, and turn off the ignition immediately.

If you notice smoke rising from beneath the hood of your vehicle, pull off the road, turn off the ignition, and exit the vehicle immediately. Do not use water to put out the fire this will actually spread the blaze.

In both situations, be careful when exiting your vehicle and get to a place of safety so you are not hit by other traffic. Call 911 and provide the information the dispatcher re-

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds,

pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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

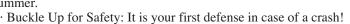
Golf Cart Safety

Summer is here, and it's time to hit the greens, but remember, safety first when using golf carts!

Golf cart ordinances can vary widely depending on the location, but here are some common rules and guidelines often found in local or dinances:

- · Age Restrictions: Drivers must typically be at least 16 years old and hold a valid driver's license.
- · Registration: Golf carts may need to be registered with the local municipality or relevant authority.
- · Insurance: Some areas require golf carts to be insured, similar to motor vehicles.

Following these tips can help you and others safe on the roads this summer.



- · Stay Alert: Keep your full attention on the path ahead. Avoid using phones or other distractions while operating the cart.
- Obey Speed Limits: Stick to designated paths and respect posted speed limits. Slow down around corners and near pedestrians.
- No Overloading: Don't exceed the passenger or weight limits of your golf cart. Extra weight can affect handling and braking.
- Drive Sober: Never operate a golf cart under the influence of alcohol or drugs. Safe driving requires a clear mind.
- Check Your Cart: Before each use, ensure your golf cart is in good working condition. Check the brakes, tires, and battery.

Whether you're on the golf course, in your community, or on designated paths, safety should always come first. Together, we can drive Minnesota toward zero deaths.



Homesmoked Bologna, Wieners, Jerky, Homemade Beef Sticks, etc.

231 Main Street, Nerstrand, MN

507-334-5396

www.nerstrandmeats.com

e-mail us at: goodfood@nerstrandmeats.com,





Goodhue Co.

Minnesota Health Commissioner visits Goodhue County Health and Human Services



Pictured (left to right): Ruth Greenslade – Goodhue County Healthy Communities Supervisor, Commissioner Brad Anderson- HHS Board Chair, Wendy Underwood- Deputy Commissioner of Health, Nina Arneson- Goodhue County Health and Human Services Director, Dr. Brooke Cunningham- Minnesota Health Commissioner, Commissioner Susan Betcher, Kris Johnson- Goodhue County Health and Human Services Deputy Director, Mike Zorn- Goodhue County Health and Human Services Deputy Director, Mary Nelson-Goodhue County Family Health Supervisor, Jessica Seide- Goodhue County Community Health Specialist

Goodhue County Health and Human Services (GCHHS) had the honor of hosting, Dr. Brooke Cunningham, Minnesota Health Commissioner and Deputy Commissioner Wendy Underwood on Wednesday, May 1, 2024. This was an opportunity for Commissioner Dr. Cunningham to listen, learn and connect with GCHHS staff. It also gave GCHHS the opportunity to share our work and get to know her and her team.





- · Machinery Storage
- · Commercial
- Livestock BuildingsGarages

38241 County 6 Blvd, Goodhue 651-923-4441 Lodermeiers.net



Flat Water Futures, LLC Grain and Livestock Hedging

> Todd Ryan 651-764-5590

tryan@flatwaterfutures.cor Goodhue, MN Branch Office DODGE, GOODHUE, WABASHA, AND RICE COUNTY AREA FARMERS



Losing soybean yield to White Mold and Sudden Death Syndrome? We can help!

Call Colin at 1-306-716-4964 www.headsupST.com



Randolph • Wanamingo • West Concord • Zumbro Falls •





May 22, 2024

Best Fertilizer for Land is 🌶 of the Owner



www.drsquarefoot.com **651-246-4146**

Let's talk fence



Alpacas, Apples, Beef Cattle, Deer, Dairy Cattle, Elk, Emus, Gardens, Goats, Grapes, Gorillas, Horses, Lions, Llamas, Ostriches, Ponies, Raccoons, Sheep, Trout, Tigers, Yak



62411 386th Ave., Zumbro Falls, MN Phone 507-753-2943 • www.kfence.com

Free Estimates • Free Catalogs

KAHN Tile Supply u



Bruce Freerksen (507) 273-9110

cewithschaefferoil@gmail.co West Concord, MN



Tatge Jewelry

Awards By TatgeSince 1975

625 2nd Street, Kenyon, MN (507) 789-6522



SIFT (SAVE IT FROM TRASH) THRIFT STORE

26 RED WING AVE Kenyon, MN



Hours: Thur & Fri 12 to 8pm, Saturday 9am to 5pm

DOUG AND MARY KLATT www.sift4you.com

Call us today! 507.259.2386

PLACE YOUR AD ON THIS PAGE

Call Terry at 507-951-7417 or Email: hometownmessenger@gmail.com

City of Nerstrand Council Meeting Minutes 7:00 P.M. April 9, 2024 221 Main Street Nerstrand, MN

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

ARSENT

STAFF PRESENT: Public Works Steve McDowell, Clerk Frances Boehning

GUESTS: Don Quistorff, Tony Vezzoli, Annette Evavold, Darin Grant, Karla Ingersol, and Amy Harris

APPROVAL OF AGENDA:

Council member John Harris made a motion to approve the agenda with additions, second by Council member Monica Gernandt. All approved.

CONSENT AGENDA:

A. Payment of Claims dated April 9, 2024. B. Minutes from February and March MOTION:

Motion to approve the Consent Agenda. Motion made by Council Member John Harris, second by Council Member Monica Gernandt.

All approved.

Clerk's Report

- The Clerk noted current issues with the audit and steps being taken to resolve differences between the bank and CTAS.
- Due to an upcoming ARPA report due, continuing work on the audit and office organization, the clerk requested that additional

hours be approved for April and May. Council member Monica Gernandt made a motion to approve up to 125 hours per month for April and May, Council member Harris seconded, all approved.

- Council member Monica Gernandt made a motion to approve switching from Libra to Microsoft Office on the office computer for \$8.25 per month, Council member Harris seconded, all approved.
- The clerk will pursue obtaining a new chair for the office as the current one is too short. She will also obtain a new answering machine for the office as the current one is worn out.
- The Council approved the clerk attending the LMC annual meeting in Rochester.
- Council member John Harris made a motion to approve bringing payroll in-house and ending payroll services with Abdo, Council member Kevin O'Brien seconded, all approved.
- Council member Monica Gernandt made a motion to discontinue invoice services with Invoicehome.com, John Harris seconded, all approved.
- Council member Monica Gernandt made a motion to suspend the phone number 507-332-2509 through MetroNet along with ID deluxe and voicemail, John Harris seconded, all approved.
- A discussion was held regarding the Zoning Commission meeting schedule and minutes

NEW BUSINESS

• MS Bike Ride use of park as rest stop - Council member John Harris noted that other

bike rides have used the park as a rest stop in the past. Council member John Harris made a motion to allow the MS Bike Ride to use the park as a rest stop with the fee waived, Council member Monica Gernandt seconded, all approved.

- Resolution 2024-10 Resolution accepting donation to cemetery fund Council member Kevin O'Brien made a motion to approve resolution 2024-10 accepting a donation to the cemetery fund, Council member John Harris seconded, all approved.
- Resolution 2024-12 Resolution regarding new election law dealing with write-in vote counting. Council member John Harris made a motion to approve resolution 2024-12 regarding the new election law dealing with write-in vote counting, Kevin O'Brien seconded, Council members Evavold and Pfleger approved, Council member Monica Gernandt abstained.
- Resolution 2024-13 Resolution to allow clerk access to banking information. Council member John Harris made a motion to approve resolution 2024-13 to allow the clerk access to the banking information with edits, Council member Kevin O'Brien seconded, all approved.
- Clerk hourly wages Mayor Evavold made a motion to approve moving the clerk's pay from the training rate of \$25/hr to the full \$27/hr, Council member John Harris seconded, all approved.
- Scheel Building Gutters Mayor Evavold reviewed the concerns regarding the degradation of the concrete wall due to water coming off the roof. A request was made to extend gutters around the entire roof. Steve McDowell suggested that gutters route the water to the south of the building so as to avoid ice on the front sidewalk. Council member Monica Gernandt made a motion to approve the addition of gutters to the Sheel's building, Council member John Harris seconded, all approved.
- Pump house block rebuild (stucco) Mayor Evavold reviewed the current condition of the building. A discussion was held regarding the bid for repairs received from Owen Masonry for \$15,920. The possibility of combining the work with tuck pointing on the City Hall was discussed. Council member John Harris made a motion to table the discussion in order to allow Steve McDowell to obtain a 2nd opinion, Dan Pfleger seconded, all approved.
- 2024 Fee Schedule discussion (public meeting and resolution to occur at May meeting) A discussion was held regarding adding a water/sewer access charge and a variance/CUP/IUP charge to the fee schedule. The proposed changes will be discussed and a public meeting will be held in May.
- Hwy 246 informational meeting Council member Monica Gernandt reviewed a recent open house for repairs to Hwy 246. Discussion was held regarding the possible turnback of Hwy 246 and repairs that will be completed in 2025.

OLD BUSINESS

• Update information for Pickle Ball Court - Council member Kevin O'Brien reviewed the costs to install a pickle ball court; Asphalt - 10-12K, Groundwork - 5K, and Paint - 5K.

The costs do not include nets or equipment. The area needed would be 20x44 ft of play area with a total area of 30x60 ft. The proposed location would be on the north side of the park. A discussion was held regarding possible cost savings including the use of concrete instead of asphalt, completing the asphalt work in conjunction with other projects, and potential fundraising efforts. Council member John Harris made a motion to continue discussions and plans at the May council meeting, Council member Dan Pfleger seconded, all approved.

- Tony Vezzoli variance Don Quistorff reviewed the variance application details and noted that the garage is proposed to be in line with the neighbors structures. The garage will be 13 feet from the lot line, 33 feet from the edge of the road, and 10 feet from the alley. Steve McDowell stated that there are no issues from a public works standpoint. He did not have any concerns regarding the variance or proposed structure. Council member John Harris made a motion to approve the variance, Dan Pfleger seconded, all approved.
- Ordinance Don Quistorff noted that he had reviewed the ordinances regarding fences. He will bring proposed changes to the May meeting with a possible public hearing at the June meeting.
- Library Council member Monica Gernandt noted that she will have the librarian contact the city clerk.

REPORTS OF OFFICERS PUBLIC WORKS DIRECTOR - STEVE

McDOWELL: Steve McDowell reviewed that the road grader is out and working on the alleyways. The excess rock will be brushed back into the roadway. There are a few spots that will need some additional rock added this year. The Farm Street project is moving forward.

Friday, April 12, the city hydrants will be flushed. A notice will be placed on Facebook.

A meeting with the MPCA regarding the chloride variance will be held in May. Mayor Evavold and Steve McDowell will be in attendance.

The compost sign will be back up soon. Stump grinding behind the Scheels building will occur as soon as the area is cleared.

MAYOR - INSURANCE UPDATE REGARDING ROOF REPAIR: The re-roof work will begin as soon as it fits in the contractor's schedule. New globes will be ordered for the front of City Hall to replace those that are broken.

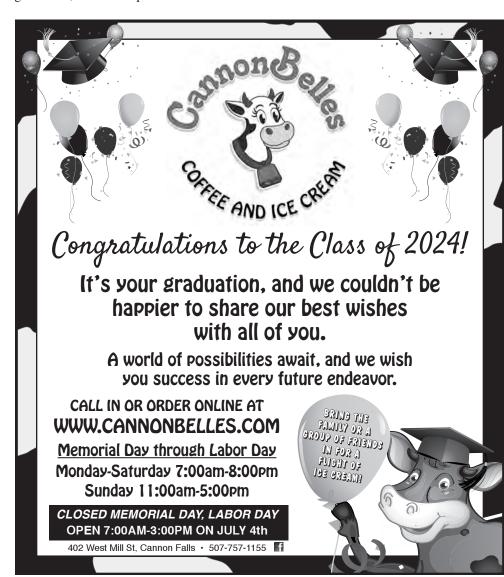
FIRE DEPARTMENT - JOE JOHN-SON:none

COUNCIL MEMBERS:none **MOTION ADJOURN:**

MOTION: Motion by Council Member John Harris second by Mayor Todd Evavold to adjourn. All Approved.

Todd Evavold, Mayor

Frances Boehning, City Clerk
Next City Council Meeting is scheduled for
May 14th, 2024 at Nerstrand City Hall



City of Dennison Meeting minutes March 7, 2024

Page 28

The March Dennison City Council meeting was called to order by Mayor Jeff Flaten on Thursday, March 7th, 2024 at 7:00 pm. Present were Councilors Heidi Cooke, Nichole Schloesser, Kaylyn Nygaard and clerk Jessica Page. Councilor Ruddle was unable to attend.

Councilor Cooke move to approve the meeting minute notes as presented for the regular December meeting. Clerk will update into meeting minute form, but content will not change. Councilor Schloesser second. Motion passed 4:0. Councilor Schloesser move to approve the Treasurer's report. Councilor Nygaard second. Motion passed 4:0.

Old Business/Committee Reports/Building Permits: None.

Administrative Issues:

1. Terry Haugen is requesting some clarification on "compliance" of his parcel, and how it affects the ability for him to sell his house. He states the house is "non compliant" so he can't sell it.

Mayor Flaten explained that the annexation was completed, as was a small section parceled off to square off property lines.

Terry stated that no notice was given for Ordinance 69 back in the 90's to the Haugens. Councilor Cooke reviewed past meeting minutes and noted that Councilor Anders had referred to the property as "non-conforming", not "non-compliant". It just means that the parcel doesn't conform to the new Ordinance, but was grandfathered in. So there is not an issue with selling the property. As to the questions about building on the property, each individual request will be reviewed as is normal practice, but there can't be a blanket, yes, you can build a new shed, etc answer that the homeowner is seeking.

- 2. Update on Notice of Violations from the MPCA. No updates at this time.
- 3. With the SIU agreement, the City did submit the preliminary SIU agreement with the Dennison Meat Locker. It was noted that the TSS and BOD costs were set many years ago, and should maybe be looked at again. Also, with the addition of the phosphorus reduction equipment, should the City look at charging for additional phosphorus discharge from the locker plant? A baseline would need to be established (ie, what is an average discharge from a household and charge for the overage.)

Can costs be compared to other cities? Are the phosphorus levels the same? Ask Travis for any thoughts before asking Bollig. Do we need to look at bars going over certain levels? Nate noted that phosphorus is likely more due to infiltration issues.

Needs to be finalized and submitted in early May.

- 4. Lawyer review of contract for the new billing system. Contract has been sent to her. Need to review list of items for Opus. Her recommendations were sent out to Council earlier today. Contract doesn't say anything about renewal prices. Heidi will talk to Opus about the requested contract changes. Looking at a starting date in June for the service instead of April.
- 5. For the City Park, are we going to look at getting a handicap accessible portable toilet? \$250 monthly for handicap unit, \$150 monthly for standard unit. Adequate space? Close to the sidewalk? Where to put so it

meets accessability standards. Ask Floms if they have an idea what would be a good place to put it. If a good spot, put in the handicap one. Maybe do less months. 3 months? Maybe June to August due to the higher cost.

- 6. Property Complaints: Pete Lee Building, no updates available. Pete going to meet with potential buyer within next 2 weeks. Not sure what they are going to do.
- 7. Website Renewal. Three year subscription term. Year 1, \$1,060; Year 2, \$1,123; Year 3, \$1,190. Looking at a possibility of a different website as costs have risen dramatically. Website would be done on Feb. 29th, with a March 1 renewal due date. Office.gov isn't able to reduce the cost of the year's charge, but they did send back a one year non-renewable contract instead of the three year contract. Another site that the City was looking at is Municipal Impact. They have an annual subscription fee of \$665 with one time set up fee of \$449. A third company, SM Tech Solutions, was contacted and return email forwarded to Council with costs. Local individual. Francis Boehning is willing to set up the new website for the City to add to her portfolio.

Councilor Nygaard move to continue with the one year contract with Office.gov, and continue to look for alternate website options. Councilor Schloesser second. Motion passed 4:0.

- 8. Presidential Primary Elections went ok. 23 voters for Dennison. The City does get reimbursed for expenses related to the PNP.
- 9. Just an FYI, the MS Ride Across MN will be using the City Park as a rest stop for the bike ride. (It's a 5 day fund-raising bike ride.) Date is Tuesday July 23rd.
- 10. Scrub trees are growing in the riprap at the bottom of the waterway by the water tower, as well as the three rocks by the water tower. Should be looked at and removed as needed.

Pile of firewood on city property. If still there needs to be moved.

- 11. Spring Clean up day. (Dates have been requested from Flom Disposal.)
- 12. Crack sealing issues, pictures sent to council. Mayor Flaten sent pictures to Sequoya. From the pictures, it appears that there are sections missing, but maybe not big chunks. Was it leftover from what they pulled off from before? Mayor Flaten and Dan S. will take a closer look at the streets to see what they can figure out.

Citizens Issues: None.

Mayors Issues: None.

Utilities: Nate attended the annual MRWA Training in St. Cloud. He felt the Training was good. Very informative, and Travis introduced him to several new contacts.

- 1) Update from Nate.
- 2) LMI fluoride pump has arrived. Nate completed quarterly samples before the conference.
- 3) Need pricing on the DO meter.
- 4) Water meters:

Malecha's outside reader is working, but it needs to be re-attached to the house? Nate will address. Larson's outside reader isn't working? They contacted Nate as they have recently returned from vacation. Thompsons house had been scheduled, but an unexpected issued arose with the Plumber, so it is still pending. Neal Wilson's outside reader

has been moved to the NE corner of his house. Nate will work on it this weekend.

Pond storage good until a substantial rain. Ask Ben Schrader from UC if they would want a DO meter? Is it saleable?

5) Work on a standard review form for Nate's review for next month. Send out form for an April review. Mayor Flaten move to use a standard performance review form for Nate's next review. Councilor Schloesser second. Motion passed 4:0.

Councilor Schloesser move to pay the bills. Councilor Cooke second. Motion passed 4:0. Mayor Flaten moved to adjourn the meet-

ing. Councilor Schloesser second. Meeting was adjourned.

Next meeting: Regular meeting is Thursday, April 4th at 7:00.

City of Dennison Meeting minutes April 4th, 2024

- MAINSTREET MESSENGER -

The April Dennison City Council meeting was called to order by Acting Mayor Heidi Cooke on Thursday, April 4th, 2024 at 7:00 pm. Present were Councilors Diane Ruddle, Nichole Schloesser, Kaylyn Nygaard and clerk Jessica Page.

The March Meeting Minutes were not completed for review. Councilor Schloesser move to approve the Treasurer's report. Councilor Nygaard second. Motion passed 4:0.

Old Business/Committee Reports/Building Permits: None.

W1.0

Tfrh Administrative Issues:

- 1. Update on the VSF (Vehicle Speed Feedback) sign. Last fall, while assembling the sign, the directions required the sign to be mounted on a 4 inch pole. The city has already been granted a permit from Rice County to install the sign on the west side of town. Mayor contacted Rice County Engineer, Dennis Luebbe, about the pole and permission to move forward. He was going look at prices for a pole and get back to Jeff. Rice County said they would donate the required pole, but the city would need to dig the hole and do the cement for the foundation. Mayor is willing to donate his time but will ask to be reimbursed for the cement costs. County engineer will provide specifications for cement depth. Will determine the location in May. Mayor will ask Tony Cornell from Safety Signs to help assist in the project. Will have a better idea the amount of cement needed by the May meeting. Councilor Ruddle thought that there was a pole already in place for the other one that we were supposed to move back and forth, so did another pole need to be installed?
- 2. Update on replacing the missing vehicle noise signs. Mayor sent permit application to Goodhue County and city ordinance to comply with engineer's requirements. Mayor contacted Tony Cornell from Safety Signs to install. Safety Signs would provide the vehicle sign and posts. Goodhue County is requiring the City to pay an annual registration fee to work in the ROW. Vote to approve fee of \$40. Goal is to get installed between April 1st and May 15th. Councilor Nygaard move to pay the \$40. Councilor Nygaard second. Motion passed 4:0.
- 3. City website. Contract with GovOffice/Catalis has been signed. Even though city requested the contract didn't auto-renew,

under the Subscription Term, Termination And Expiration part, it says: "The term of this Agreement shall automatically renew for the same period as the Initial Term unless either party give the other Party not less than one-hundred and eighty (180) days prior to the conclusion of the then current term of Agreement of its decision to not allow the Agreement to renew." So, If the council wants to find another website provider, and we want to sever ties with GovOffice, it looks like we need to do it before the 180 days, I believe. Ask the city attorney for an opinion? Council will start looking for other websites that could be used.

May 22, 2024

- 4. Domain Renewal: 1 year \$55, 2 years \$90. Due the middle of April. This is from Mayor. This should not be the case as we renewed for 5 years last year.
- 5. Safety improvements at the intersection of County Road 9, Goodhue Avenue and 1st Avenue Court. Mayor met with Collin Harris, Alta Group, Planning and Design; Jess Greenwood, Goodhue County Engineer; Josh Ramaker, Rice County; and Sarah Dawson, Goodhue County in town on March 14th. Discussed with the engineer about doing a demonstration project. It included curb extensions with painted interiors, traffic tape and flex posts. There would be sources of money available through Rice and Goodhue Counties for these improvements. The idea was to do the demonstration project before moving forward with the flashing beacons signs or new cement sidewalk next to the bank. The County engineer was going to run the proposal through MNDOT for their approval first. Collin Harris from Alta, showed in MNDOT material, that a temporary demonstration project, 5 years or less, is acceptable even though the existing facilities aren't ADA compliant. On 3-25, received word from the county engineer that the demonstration project didn't get the blessing from MNDOT. Jess is still requesting a feasibility study be done first. Notified Bollig Engineering and Collin Harris from Alta Group.
- 6. Email sent out to the council regarding State Highway 246. Appears the project is moving forward by the City of Northfield to redesign the state highway and turn it back to the County/City. Northfield Transportation Advisory Committee is meeting on April 17th to vote to possibly recommend moving the project to the full council.
- 7. Performance Review for Nate. On the form presented to the council last month, the last page has a section for two evaluators. Mayor recommends the city council appoint two members to do Nate's evaluation either before the regular council meeting in April or during the month of April. Mayor will provide notes/goals for the evaluation. Council wants to have everyone on council be involved with it. Meet at 6:30 before the May meeting.
- 8. Email sent out to the council regarding Xcel Energy rebuilding the transmission lines, starting in mid to late May. The work will occur in the existing utility easements in the city. Any power outages, Xcel Energy would notify citizens.
- 9. SIU agreement between the City and Dennison Meats. City Clerk and Mayor refined the final agreement and presented to the council to review on February 20th.

(continued on page 29)

May 22, 2024 - MAINSTREET MESSENGER - Page 29

Dennison City Council

(continued from page 28)

Last council meeting, discussion took place regarding updating the limits for BOD and TSS, possibly adding phosphorus. Currently, the City bills the locker for BOD and TSS at levels over 300 mg/l. City does not bill for phosphorus. Nate was going to talk to Travis and ask about updating the limits. The goal is to get the final SIU agreement to Dori after the April meeting to let her review and sign the document. Mayor would review and sign document early May. Deadline to have the SIU agreement sent to the state is May 14th. Updating limits Travis didn't have any suggestions as they don't have those issues. Talk to Kenyon/Wanamingo as to what they charge for TSS and CBOD.

10. Opus and contract. City lawyer reviewed and suggested adding language. Vote to accept revised contract? Timelines for the new billing system? Discuss and approve items needed to get the billing system operational. Those include deciding if the City is going to turn off water for non payment of utility bills, and if we want to make it formal to return to the 23rd of each month for the due date. Are we billing the \$3 per bill directly on the bills, or taking it out of each of the revenue funds (equal thirds from each.) Ap contract as is. In MN, most cities don't do a turn off, they follow the same procedures that the City is currently following. Continue to do following procedure that we are doing. Have the fee added in on the bill as a separate line item. Read by the 10th. Keep the 23rd as due date. Send out bills the first part of the month.

11. For the city park, council agreed to get a handicap accessible toilet, June-August time frame. Must decide on a location. Will the Lions help defray the cost of the toilet? Email sent to Kirk Flom regarding placement with no response. Keep it in the same basic spot.

12. Sheriff's Deputy stopped in. Handicap parking being blocked.

13. Follow-up regarding crack sealing issues. Mayor contacted Brad from Seykora Asphalt about the rubber pieces laving in the street curbs/gutters and grass. He was in town on 3-8 to look at the crack sealing work. Brad said it was probably extra rubber at the end of flat surfaces near the edge of the road. He didn't see anything pulled up, sections/spots on the road. Mayor also looked at the roads areas with the rubber pieces laying around and couldn't see any sections pulled up, either. Conversations with Seykora lead Mayor to believe this isn't a warranty situation. Unless the council wants to vote to send a letter to them and ask them to redo some of their work, then Mayor doesn't think the City has any other recourse. No further issues

14. Spring Clean up day. Tentatively later in May. Vote to set a date. Haven't heard back from Flom's yet. 11th or 18th of May work for Council members. Email Floms and say 11th or 18th?

15. Approve street sweeping. Quote for \$925 from Terpstra Companies. Councilor Schloessere move to approve Terpstra Companies to do the street sweeping for \$925. Councilor Nygaard second. Motion passed 4:0.

16. Bill Deutsch plans on grading Farm Road and 5th Way Avenue for wash boarding some time during April.

17. Complaints:

Pete Lee Building. Discussions taking place between Pete and potential new owner. No formal agreement/contract has been agreed to yet. Pete is no longer responding to the interested party. Can City send out a letter to tell him we need a timeline as to how he is going to proceed. Certified letter. Someone is going to get hurt. Need a resolution plan in 30 days, and full resolution in 90 days. If full correction action is not completed withing the 90 days, further action will be taken. Look at the previous Doug letter.

Dog complaint: Recorded instances of barking, digging, etc for an entire month. Curb stop digging is an issue.

Complaintant needs to call the sheriff at 3 am and the sheriff can deal with it.

Send a letter that there is a complaint filed about the barking (early morning, late at night) also address the digging at the curb stop as that can be an issue with possible damage to the curb stop.

18. Fire extinguishers checked/inspected (annual inspection) by Fire Safety USA on 3-28

19. If anyone would like to be an election judge for the upcoming two years, please let clerk know if you haven't already. Please let folks know that this is an option for them if they would like to serve. Put notice on the Dennison FB page and website.

20. Lead service line inspections. Sounded like Bob was able to get the majority of buildings taken care of when he was in town on March 19th. Haven't heard anything else regarding the issue. He said there were a few buildings where folks did not give him permission to complete the inspection.

21. There was a question on how exactly to process the money to go to the Nerstrand Fire Department. After contacting Joe Johnson,

Quote for . Councilor to move forward on this was for the Nerstrand Fire Dept to purchase equipment for the Dennison Fire Station, then bill the City of Dennison for the items. So that bill will be coming in the future.

Citizens Issues: none Mayors Issues: none Utilities:

1)Update from Nate. Travis will come help install the pump. Water samples done. Pond storage good. May be doing a discharge in a couple of weeks.

22.LMI fluoride pump has arrived. Has it been installed? ? Need pictures taken of the new pump in place so the city can submit paper work to be reimbursed by the state (MN Dept of Health grant).

2) Need pricing on the DO meter. Travis had suggested one, but it's not available anymore. Will borrow one from Travis to use for next discharge.

3)Water meters: Thompson house the outside reader was relocated to the NE corner of the house on 3-21. Malecha outside reader fixed. Larson outside reader fixed.

4) Joe Savoie expressed interest in working for the city part-time, picking up a few hours a month. He's a wastewater and water operator for the City of Cannon Falls. He already has his C water license and testing for his C wastewater license this month. Plans on attending our May meeting.

Councilor Nygaard moved to pay the bills. Councilor Ruddle second. Motion passed 4:0.

Councilor Ruddle moved to adjourn the meeting. Councilor Nygaard second. Meeting was adjourned at 8:03.

Next meeting: Regular meeting is Thursday, May 2nd at 7:00.

Commissioners Postpone Quarry Vote



 $(continued\ from\ page\ 1)$

The Minnesota DOT and Department of Natural Resources each responded with no negative comment of the permit application.. The planning commission then recommended moving forward with the permit.

There are now multiple additional questions, as well as social media posts and communications relating to the future use of the pit and its potential impact on the area circulating. These issues and concerns were unable to be verified at press time. Those with questions or concerns should reach out to their elected officials regarding the issue ahead of the pending vote on the permit.





Changes in Latitudes, Changes in Attitudes

The Eclipse



By Terry Campbell

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

I have always been intrigued by the solar system. Growing up in the country the night sky seems so vast and captivating. The Big Dipper was one of the first constellations I was able to identify. If you follow the two stars that make up the front of the dipper you can find the North Star and the Little Dipper. Over sixty years on that tidbit of information. Years ago, I recall watching the northern lights in the winter sky. They seemed more common back years ago.

When I was a young kid, I read about Haley's Comet. My grandmother told about seeing it in the western sky about sunset back in 1910. Sometime in the late 1960's a comet visited earth and I got up a couple nights around 2am to look at it in the south-eastern sky. My fascination with traveling heavenly objects was anticipating the return of Haley's Comet. I was so excited that I would be able to see in 1986 but unfortunately it was barely visible at all to the naked eye.

Solar eclipses were interesting as well. My dad let us look at one through the welding helmet when we were growing up. I was amazed that the event could be tracked and predicted with such accuracy as to alert us to just when it would happen again. So, enters 2024 with the April 8th total solar eclipse and the fact that I would be living right on the edge of the band of totality. A 116 mile-wide

zone where the moon would fully cover the sun at mid-day. What luck, it just clips the north-western edge of Tennessee and our Kentucky Lake home is on the north-western edge of Tennessee.

The hysteria was building for the event. Some thought it was a cosmic sign ushering in a cataclysmic event. Down here they were giving away solar sunglasses everywhere. City hall had them, the Ranger station at Ft. Donelson Park had them, the gas stations sold them and they were at the checkout in the grocery stores. I picked a pair up and was warned not to drive with them on. I didn't know I looked that stupid. Some people asked about getting them for their pets. I have had dogs all my life and never knew them to look at the sun. One lady said she was going to keep her curtains drawn all day Monday so as not to burn her eyeballs. I am not sure how these people live their life every other day of the year without staring into the sun. I think that one of the first things my mom told me was, "don't look at the sun."

So, I was pumped. I knew it wasn't a total eclipse down here but they said it was 97.9% coverage. That seems pretty close to 100 for me. At 1:15 I went outside and put on my shades. First thing I learned is you shouldn't walk down the porch steps with eclipse glasses on. At least I felt like the cardboard sunglasses I had nothing invested in would likely protect my eyesight. Sure enough about a third of the sun was covered by a black moon. I checked a few more times leading up to the 2:01pm maximum coverage point. But I noticed it was still about a bright as any other afternoon would be. I thought it would be getting darker, maybe no shadows. So, at 2:01 I dutifully donned my eye wear and looked upward. Quite spectacular, just a sliver of sun peaking around that big black moon blot. But it was still bright as day outside. There were shadows from trees and the house and my pickup.

Just 2% of the sun can still brighten up the world. Quite impressive how powerful a little sunlight is.

ILLINOIS INDIANA' Philadelphia Kansas City Washington, MISSOURI VIRGINIA KENTUCKY Virginia Beach TENNESSEE **NORTH** MA CAROLINA Memphis **ARKANSAS** SOUTH CAROLINA Atlanta ALABAMA **GEORGIA** LOUISIANA Houston lacksonville

A Minnesotan: Different in a Small Town



By RosaLin Alcoser

One of the main differences between living in the cities, town, or a small town is the amount of time you can take to chat with people when you're out and about. When you're in the city you might have enough time to exchange pleasantries with someone checking you out at a store.

While in town you might be able to build up some sort of rapport with people at places that you regularly frequent. But in a small town you will often be able to hold full conversions with these same people which is my father's favorite thing to do. Recently my father was doing this very thing while my mother was picking out new glasses. At some point during this my parents had mentioned that my father used to be a chaplain for the Federal Prison System for 26 years when they got out Federal employee health insurance that they have as part of my father's retirement. Which is always important to be mentioned when he meets new people because his favorite joke is that he did 26 years in the federal big house. Which we'll add on to that he got let out every night for good behavior

This is a joke that only goes off well if the people that he's talking to pay attention to the fact that he was the chaplain at the prison. Which the people at the glasses store apparently did not pay attention to. So they proceed to tease up and say things about how everyone deserves a second chance protecting my mother to have to reexplain that he was retired from being the chaplain, not from being an inmate.

As I was not there to witness this event in person I am assuming that this explanation of the joke resolved the whole thing. Nevertheless the interaction was amusing and was a much higher level of interaction than those of us in the cities get with most people we meet while out on errands.

Share Your Good News with the Community! Submit your engagement, wedding or birth announcement

Email: hometownmessenger@gmail.com



Residential & Multi-Family Contractor Roofing | Siding | Gutters | Windows



Free Inspections 952.222.4004

www.CapitalMN.com









THEME: FICTIONAL MOTHERS

ACROSS

6. Escape or flee

9. Green gemstone or Heather Graham in "The Hangover"
13. Turning point
14. 34th U.S. Pres

15. Actress Sophia

16. Each and all

17. Lake, in France 18. Roof overhangs

19. *Lovable mother of seven in "Harry Potter" Mrs.

. *Mother in "The Terminator," Sarah _

23. Not safe, in baseball

24. "Hold on!"

25. Uno ____, in Mexico 28 Iranian monarch

30. Be a go-between 35. Kind of cuckoos

37. Passing mention 39. Dwelled

40. TV show "____ 91 41. *"Beloved" mother 43. Like a tennis skirt 9111

44. Scottish kinship groups

46. Spare in car 47. Email folder

48. Vertical dimension

50. Turf alternative 52. Morse Code dash

53. Hippocratic

55. Three, to Caesar
57. *Margaret White's telekinetic daughter
60. *Elizabeth Zott of "_____ in Chemistry"

64. Vernacular 65. R&R hot spot

67. Capital of Vietnam 68. Yours is as good as mine? 69. Tennis retry

70. Cause anxiety (2 words)

71. Bookie's quote

72. Well-kept secret, for some 73. Teatime treat

DOWN

1. Do like volcano

2. Honey home

3. Iris holder

4. Human trunk

5. iPad "pen" 6. *Matriarch,

Munster of "The Mun-

_, a.k.a. Marmee

7. *Nadezhda of "The Americans," ____ Eliza-

beth Jennings, acr.
8. Muhammad's birthplace

9. Melissa Rivers' mom

No. Australian slang for afteroon
 Widely hunted ruminant

12. Follow ems

15. A particular legume

20. Not pathos 22. Second O in EVOO 24. Kinda white 25. *Mrs. ____, a.k.a. M

26. Anoint 27. Red Sea peninsula

29. Drive a getaway car, e.g.

31. Goals

32. Like a Harvard building? 33. Plant-based laxative

Bunker, mom to Gloria in "All in the Family"

36. Dance partner

38. Drive-____, for short 42. Like a haunted house

45. Daisy dukes, e.g. 49. ____ chi 51. Casts a line

54. Popular electric car 56. Newton's first name

57. Foul substance

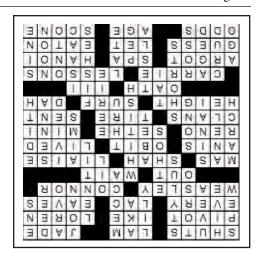
58. Matured
59. Bob of "The Joy of Painting" fame

60. Better than never?

62. "High" time 63. Cosine's counterpart

64. In the past

66. *"Married... with Children" mom

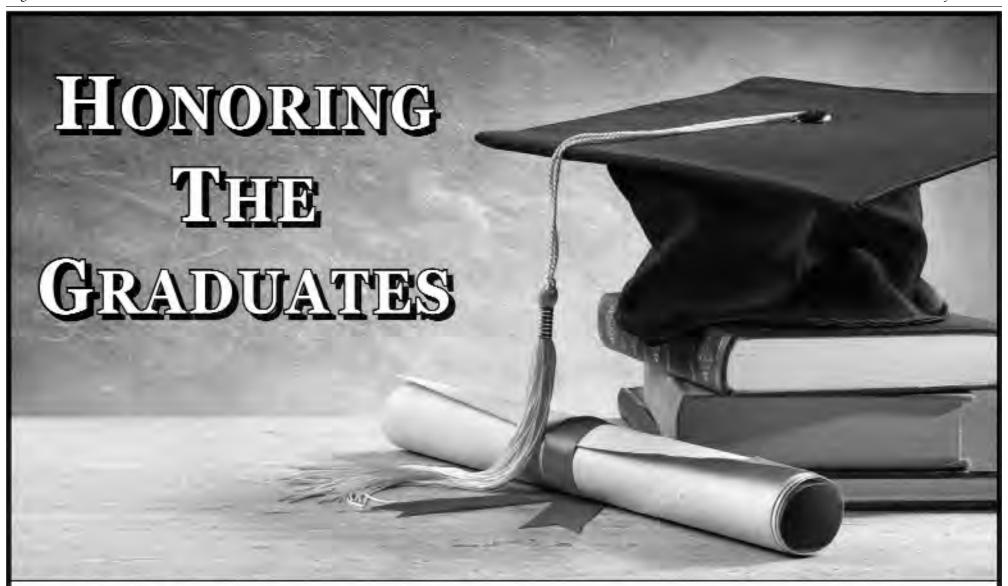


Got News? Help Us Get the Word Out! News, Photos, Events...

Email your news to: hometownmessenger@gmail.com



Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



We'd like to extend our sincere congratulations and best wishes to the Class of 2024.

As you celebrate this milestone achievement, please know you have made your community, and your loved ones proud!



HERITAGE

www.heritagebankmn.com

DENNISON: 37470 1st Ave. Ct. 507-645-5929

NORTHFIELD: 1520 Clinton Lane 507-645-6736 WEST CONCORD: 181 Main Street 507-527-2236



