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JUNE 19, 2024

Volume 21 • Issue 6

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.

American Red Cross



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

Meet Rice County's new Director of Emergency Services, Joe Johnson

Courtesy of Rice County Skywarn

At the tender age of 12, Joe Johnson decided on a career in emergency services. The circumstances were far from ideal for Rice County's new Director of Emergency Services.

While firefighters and paramedics were tending to what he calls a "fairly serious head wound" sustained in a car crash, his attention turned to the care and compassion he was being shown. It was enough for the kid from central Wisconsin to decide his life's work

would be to help others as he'd been helped.

Following high school graduation, Johnson joined the local fire department and ambulance service and received his associate's in Paramedic Technology from Century College.

After a few years as a paramedic, he went back to school to obtain a bachelor's in Fire and Emergency Management from the University of Wisconsin Oshkosh.



Joe Johnson

(continued on page 4)

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



The Dennison Lions Club, organizers of the annual Dennison Days town festival announced late last year that the

date for the 2024 festival will move from the first weekend of August to June 21 & 22, 2024.

(continued on page 5)



photos courtesy of Nerstrand Fire & Rescue

Nerstrand Fire & Rescue Participates in Full-Scale Exercise

Courtesy of Nerstrand Fire & Rescue

In May, Nerstrand Fire & Rescue participated in a full-scale exercise in partnership with the MN DNR, Rice-Steele 911 Center, and Rice County Sheriff's Office Drone/K-9/Emergency Management Teams.

(continued on page 5)

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Walk In the Light



By Colin Rueter

We continue our journey through 1 John in the section that many Bibles title: "Walking in the Light." John wants to ensure that his readers will know the connection between compete joy and walking in Christ, that is, living in His righteousness and not sin. This is the message that John is sharing, that God is light and we must, therefore, walk in the light if we say we have fellowship with Him. We begin our understanding of God here with this message. John declares this on the simple understanding that God Himself is light; and light has no darkness at all in it; for there to be darkness, there must be an absence of light. A good definition of God is: God is the only infinite, eternal, and unchangeable spirit, the Perfect Being in whom all things begin, and continue, and end (Romans 11:36). Another way of saying that God is perfect is to say that God is light. One commentator stated, "LIGHT is the purest, the most subtle, the most useful, and the most diffusive of all God's creatures; it is, therefore, a very proper emblem of the purity, perfection, and goodness of the Divine nature." Therefore, if there is a problem with our fellowship with God, it is our fault, our sin is darkness. It is not the fault of God because there is no sin or dark-

ness in Him at all. Any approach to relationship with God that assumes, or even implies, that God might be wrong, and perhaps must be forgiven by us, is at its root blasphemous and directly contradicts what John clearly states here.

John first deals with a false claim to fellowship. Based on this, we understand that it is possible for some to claim a relationship with God that they do not have. We can also say that it is possible for someone to think they have a relationship with God that they do not have. Many Christians are not aware of their true condition apart from God. They know they are saved, and have experienced conversion and have repented at some time in their life. Yet they do not live in true fellowship with God. Walking in the light, or darkness, is meant to say there is a pattern of living to be seen. The issue here is fellowship, not salvation. The Christian who temporarily walks in darkness is still saved, but not in fellowship with God. John sees things much more clearly than our sophisticated age does, which doesn't want to see anything in black or white, but everything in a pale shade of gray, flexible based on the individual.

The modern world often thinks in terms of "my truth" in an individualistic sense. John is focused on the reality of God's truth, ultimate truth, absolute truth. The Christian life is described as walking, which implies activity. Christian life feeds upon mediation, but is displayed in action. "Walking" implies action, continuity, and progress. Since God is active and walking, if you have fellowship with Him, you will also be active and walking, washed clean by the blood of Jesus (vs 7).

Charles Spurgeon is helpful here, saying, "Does my walking in the light take away my sins? Not at all. I am as much a sinner in the light as in the darkness, if it were possible for

me to be in the light without being washed in the blood. Well, but we have fellowship with God, and does not having fellowship with God take away sin? Beloved, do not misunderstand me – no man can have fellowship with God unless sin be taken away; but his fellowship with God, and his walking in light, does not take away his sin – not at all. The whole process of the removal of sin is here, 'And the blood of Jesus Christ his Son cleanseth us from all sin.' John has introduced the ideas of walking in the light and being cleansed from sin. But he did not for a moment believe that a Christian can become sinlessly perfect.

Therefore, John speaks about confession of sin because Christians will still sin and we must be reminded that since our sins have been forgiven in our repentance, therefore we have fellowship with God Almighty as we confess those sins, knowing they've been paid for and we can be set free from them. When we confess our sin, we are willing to say (and believe) the same thing about our sin

that God says about it. Jesus' story about the religious man and the sinner who prayed before God illustrated this; the Pharisee bragged about how righteous he was, while the sinner just said God be merciful to me a sinner (Luke 18:10-14). The one who confessed his sin was the one who agreed with God about how bad he was. So, then confessing sin and walking in the light increases our fellowship with God and with other believers, knowing that we walk with clarity as we keep his commandments (2:3-6).

So What?

John means to help the follower of Jesus to walk with clarity, joy, and grace which has been given through Jesus. We all go through ups and downs in our Christian faith. Whatever the struggle, whether external or internal, we often feel ourselves on changing ground of emotion or circumstance. Yet God calls us to lives of increasing consistency, stability, with the evidence of our inner transformation becoming more and more apparent as time passes. *(continued on page 3)*



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Phone/Text 507-649-3327
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Published in cooperation with
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10:00a.m. Coffee Time 10:30a.m. Worship Service

Hegre Lutheran
Pastor Chris Brekke
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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
Sunday Worship at 9:00a.m. followed by fellowship.
Thursday Bible Study at 9:00a.m.

AREA CHURCH DIRECTORY

Keep Up the Good Work!

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. — Galatians 6:9

It can be hard not to grow weary of doing good. Physically tired, emotionally and spiritually drained, we might be ready to give up.

The brokenness in our world knows no end. There is always another hungry person to be fed. No sooner is a hospital bed open, and another person fills it. Someone who is healthy today will be sick tomorrow. In a sinful and broken world, there will always be hungry, sick, lonely, imprisoned, or impoverished people. Wars and rumors of wars will always produce refugees. The world's problems will last until Jesus returns. In the meantime, though, we are encouraged, "Do not grow weary of doing good!" And only in God's strength can we continue. We may certainly resign from a committee, leave a specific ministry of mercy, and stop volunteering at a soup kitchen. But we must not grow weary of doing good! If we change ministries, we can still continue to minister in other ways. In the end, as we become people who must be fed, clothed, and visited, our ministry may be reduced to a smile, an encouraging word, or a prayer. And that may be our most effective ministry of all. By God's grace, may we all rejoice to hear the words "Well done, good and faithful servant!"

Dear Jesus, sometimes we grow weary and discouraged. Help us, in the power of your Spirit, to press on. Thank you for giving us eternal life and for welcoming us into your kingdom. Amen.

METHODIST

Nerstrand United Methodist
Gary Liker, Pastor
507-330-0025
Worship 9:00a.m.

Stanton United Methodist
Rev. Tom Countryman
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www.holdenlutheranchurch.org
Holden/Dale Facebook

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

Dennis J. Woods

Dennis J. Woods, age 74, of Nerstrand, MN, passed away May 30, 2024, at his home following an extended illness.

Dennis John was born on April 26, 1950, in Faribault, MN, the son of Francis and Belva (Kenow) Woods. He graduated from Faribault High School. Dennis was married to Cynthia Ludwig on July 3, 1982, at the St. Lawrence Catholic Church in Faribault. Dennis proudly served in the U.S.



National Guard for six years. After his military service, he dedicated 28 years working at the Faribault Woolen Mills, and another 12 years at St. Olaf College. He was an avid outdoorsman, enjoyed trips to Hawaii, gardening, and later in life going to auctions, estate sales, and casino trips. Dennis was known for his funny and witty personality and enjoyed teasing everyone.

He is survived by his wife, Cynthia Woods; daughters, Jamie Thompson (spouse, Jordan), and Molly Woods (spouse, Aaron Ray); five grandchildren, Josie, Jack, and Jedd Thompson, and Bernard and Fox Ray, sisters, Terri Murari (spouse Vivek), and Nancy Andersen (spouse, Phillip); and many other relatives and friends.

He was preceded in death by his parents,

Francis and Belva; and brother and sister-in-law, Randy and Eva Woods.

Private family services were held. Interment was at the Valley Grove Cemetery in Wheeling Township, Rice County.

Nathan J. Thomas

Nathan J. Thomas, age 30 of Dundas, MN passed away on Saturday, June 1, 2024 due to injuries sustained in an automobile accident.



Nathan, the son of John (Judy) Thomas and Marcia Thompson, was born on July 3, 1993 in Northfield, MN. Nathan grew up in

Dundas and attended Northfield High School, graduating in 2011. Following graduation, he attended North Dakota State University for two years. Realizing college wasn't for him, he returned to Dundas and began working at College City Beverage as a Delivery Helper and most recently was a Salesperson. His talent in sales started at a young age when he was selling sweet corn with his grandfather, Rodney. His love of Ag. Sales continued when he became a Channel Seed sales rep. Nathan also took on a larger role on the Family Farm. He met his fiancé, Jessica Tietz while working at Kwik Trip during high school. They reunited several years later and fell back in love and have two beautiful sons, Jaxon and Zane and share a daughter, Aria. When Nathan wasn't working at College City

Beverage, he was heavily involved in the Family Farm. Spending time with his family and friends was his main priority. Nathan's other interests included sports of all kinds, cooking/grilling, golfing, playing cornhole, hunting, fishing, heading up north to the camper, fantasy football, and recently wine tasting. Nathan was a member of the Knights of Columbus and the Sons of the American Legion Post 149.

Nathan is survived by his parents, John (Judy) Thomas and Marcia Thompson; fiancé, Jessica Tietz; children, Jaxon Thomas, Zane Thomas, and Aria Wunderlich; brothers, Travis (Amy) Thomas, Maynard Hurst, and J.W. (Marcheta) Hurst; sisters, Elizabeth (Joshua) Koch and Phyllis (Brian) Hovey; grandmothers, Mary Ann Thomas and Carol Ann Thompson; mother-in-law, Bobbie Tietz; brother-in-law, Tyler (Kayla) Tietz; nieces, nephews, aunts, uncles, cousins, and friends.

He was preceded in death by his grandfathers, Martin Thomas and Rodney Thompson; and father-in-law, Duane Tietz.

Mass of Christian Burial was held on Wednesday, June 19, 2024 at 11:00 A.M. at the Church of St. Dominic, Northfield.

Visitation was held from 4:00 to 7:00 P.M. on Tuesday June 18, 2024 at the Parker Kohl Funeral Home & Crematory, Faribault and continued for one hour prior to Mass at church.

In lieu of flowers, memorials are preferred to a Trust has been started at Reliance Bank for Jaxon and Zane.

Walk In the Light

(continued from page 2)

This occurs when we place complete trust in the work and grace of God, believing that He will certainly conform us to the image of His Son, Jesus. So often, people think Jesus is off in some faraway place and that He doesn't really concern Himself with our daily struggles, issues, and concerns. But John is telling us that Jesus is right here with us in both the simple, mundane parts of our lives and in the complex, soul-wrenching parts. John testifies as a witness of his personal experiences that God became flesh and lived among men to save, redeem, and be worshipped by us. That means Christ came here to live with us and He still lives with us. As He walked the earth alongside John, so does He walk every day with us. We need to apply this truth, this reality, to our lives and live as if Jesus were standing right next to us every second of the day. If we put this truth into practice, Christ will add holiness to our lives, making us more and more like Him and bring Him the glory due His name.

Next month we will walk through Chapter 2, verses 7-14. Until then, brothers and sisters, walk in the grace of Jesus Christ as He has called you to be light to the world! As always, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com

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Meet Rice County's new Director of Emergency Services, Joe Johnson

(continued from page 1)

That, he says, made him the first in his family to have a college degree while allowing him to develop leadership skills in his chosen field.

Johnson began working as a paramedic for Northfield Hospital + Clinics Emergency Medical Services in 2007, but didn't move to Rice County for another eight years.

After 17 years with the ambulance service, the then-assistant chief was ready for a new challenge.

He joined Rice County in April and has jumped in with both feet. "I knew these positions (directors of emergency management) in the county you live in don't come open often," he said of his decision to apply, adding

that while many of his current responsibilities are similar to those he had as Northfield EMS assistant chief, his new role allows him an opportunity to help all county residents.

Though he's been on the job just a few weeks, Johnson has already participated in some full-function exercises, including a mock search for a missing person with the Department of Natural Resources, reviewed emergency response plans with several outside agencies, met with county department heads and public safety partners to assist to determine their emergency preparedness, and is updating relevant policies. It is always nice when a local person with the skill set Joe has applies for an open position. It is even better when that individual rises to the top and accepts the offer. Joe brought a fresh set of eyes, a positive energy and the eagerness to succeed," said Sheriff Jesse Thomas. "He was involved with the May 25 rescue on the Cannon River, took over incident command and immediately started documenting resources to make sure we knew where every person was. It will be exciting to see where Joe takes Rice County Emergency Management."

But what does Johnson believe residents must do to be ready for an emergency? Have a plan and resources readily available, he says. "Have enough food and water for three days. Ensure you have a plan to self-sustain if needed."

June FUNdraiser: The Speaskeasy!

Saturday, June 29, 2024 – 7:00 pm – 10:00 pm
at Stone Orchard Events, 3050 197th St E, Faribault

Calling all Rum Runners, Flappers, Bootleggers, and Moonshiners! Come out and support your local history with a night of dancing, drinks, fun, and more as we step back into the 1920s. When Prohibition closed bars and made alcohol illegal, illicit bars called Speakeasies popped up all across America. These bars were secret and kept the American people flowing in liquor and spirits.

Join us as we relive this bit of history, we will have swing and jazz music, drinks, a raffle and more. If you are want, come dressed to impress for our 1920s costume contest and be sure to remember the password: "Blind Pig"!

Tickets are on sale at the RCHS museum, so be sure to call in at 507-332-2121 or stop down to get yours today. Tickets are \$25 a person. We will be requiring ID for this event so be sure to bring it with you. Help support local history and have fun doing it! As one of our biggest fundraisers of the year, this event helps ensure we can continue our mission to Discover, Collect, Preserve, and Share the History of Rice County!



VACATION BIBLE SCHOOL!

Welcoming Good Earth Village!

June 24th-June 27th

9 am- 3 pm

Address

Holden Park
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Registration

<https://goodearthvillage.org/daycampkenyon2024>
due May 31st

Food

Lunch, snack, and beverages provided!

Activities

Songs, crafts, games, Bible studies, and meaningful worship experiences!

VBS kickoff
Sunday June 23rd
10:30 am
Holden park

To register visit: <https://goodearthvillage.org/daycampkenyon2024>



Pastor Paul A. Graham

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. If 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

Outdoor Worship Service June 23rd VBS KICKOFF PARTY, and potluck at Holden Park 10:30 AM Holden Park (rain or shine).

Enjoy special music and inspirational worship leadership of special guests Pastor Dick Jorgensen, Caryl Jorgensen, Cora Cromer, and Holden-Dale friends Emma, Terra, and Kristen!

This is our annual Holden and Dale fun and casual service.

Also, we welcome Good Earth Village staff who will be conducting our VBS this June 23-27 at Holden Park.

Come for fellowship, yummy picnic fare, and an uplifting message. Bring a lawn chair, dish to pass, bug spray, sunscreen. Also, bring a friend, neighbor, or relative—the more the merrier!

Red Cross Blood Drive coming to Vang

There will be a blood drive at Vang Lutheran on July 24 from 12:00 – 6:00 PM. Sign up to donate blood at church or at redcrossblood.org and enter: dennisonmn to schedule an appointment.

Summer Worship Schedule

During the summer months, there is one combined service on Sundays. The summer schedule is below.

- 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

Nerstrand Fire & Rescue Participates in Full-Scale Exercise

(continued from page 1)

The scenario: a hiker is off trail, falls down a ravine and is injured. This scenario had multiple objectives: implement unified command and then transfer command; practice radio use; provide training for a new dispatcher; utilizing multiple methods to search for a victim in the park; and practice low angle rescue. Overall the training was a success and enjoyed by all involved.



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

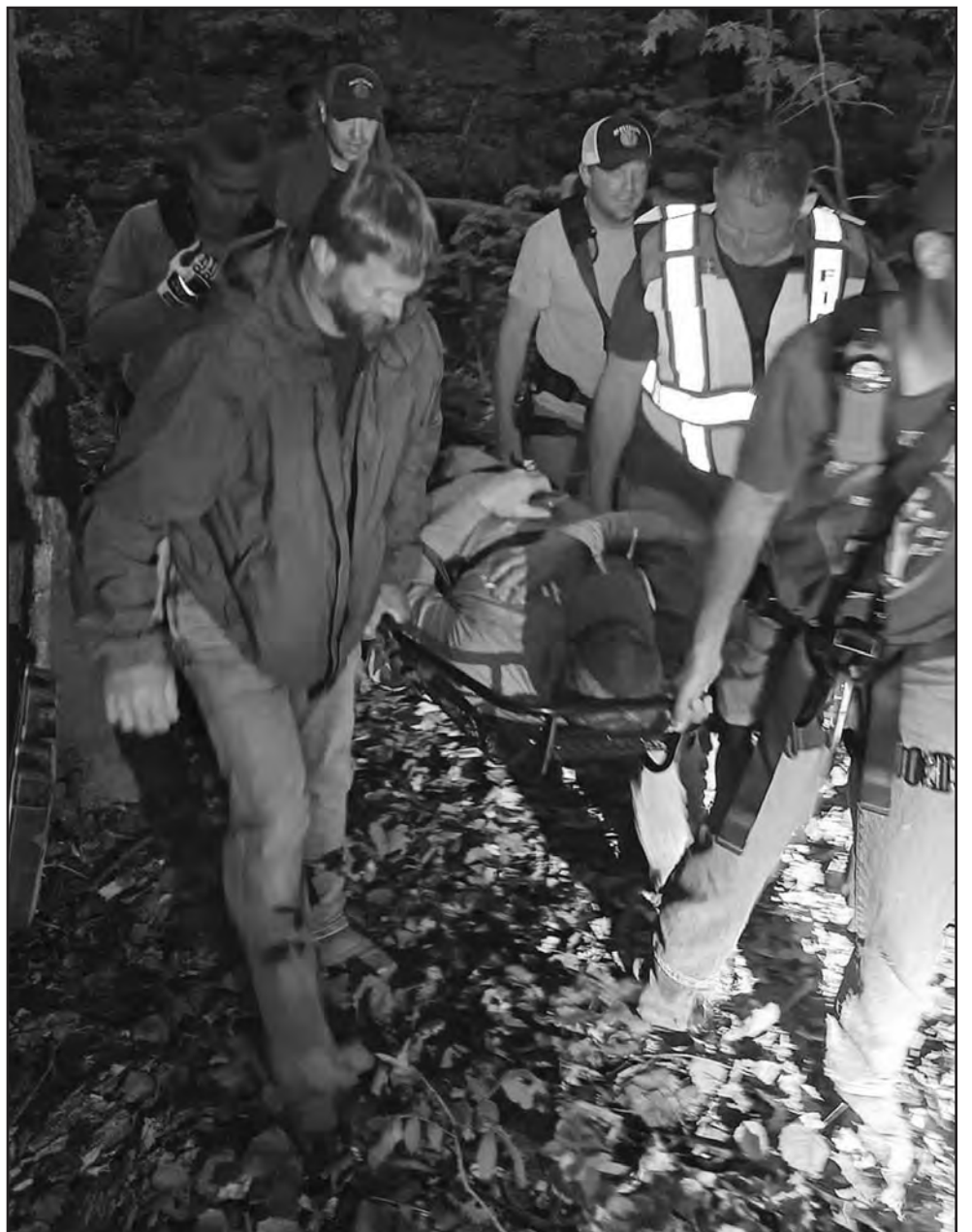
(continued from page 1)

Event organizers stated the reason for the change is the fact that there are so many more events competing with the August date than there used to be. Minnesota artist Shane Martin will perform Saturday June 22nd. including his Alabama "Songs of The South" Tribute as part of the evening performance. More information can be found here at www.shanemartin.com. Watch www.dennison-days.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.





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Hauge Old Stone Church History

By Cheri Roshon

The Kenyon/Wanamingo area has such a lot of history surrounding it that I have decided to bring some of it to you, my readers. I hope you will enjoy some of the topics I choose to bring to light! One of my readers told me last week that she knows more about the people and businesses in Wanamingo than she ever knew in all her lifetime of living here since I began writing over a year ago, and that made me happy!

Today's story is the history of Hauge Old Stone Church, located just a few miles out of Kenyon on Monkey Valley Road. I bet there's a good story about how the road got that name, too!

My story begins with Hans Nielson Hauge (1771 to 1824), an itinerant Evangelist who travelled around Norway and brought about a revival in the country. He stressed a personal relationship with Jesus Christ, and encouraged lay persons to be involved in the ministry of the gospel. This included giving sermons in the churches, and exhorting folks to live a Christian lifestyle. Because of the state run churches in Norway, Hauge was met with much resistance, and most of the revival meetings took place in the homes of the congregants. As the Norwegian immigrants arrived in America, many gravitated to this area, where they started churches with a Haugean influence. from different synods. If you look around this area, not only will you find Hauge in Kenyon, but other churches started around the same time. Immigrants also established Holden, Dale, Emmanuel, St. Rose, and others that have been around for a long time. So, let's go back in time.....

On March 20th, 1871, the members of Hauge church decided to purchase land and build a church to attend, instead of meeting in people's homes. Monies began being raised through collections from the offerings during the services, donations, and knowing Norwegians, they probably held bake sales as well, but that is my own conjecture. About 1875, they were ready to begin the task of building the church. There was a nearby limestone quarry that they were able to procure the stones from, and over the years, the church building was completed, but the steeple was never built, due to lack of funding. In 1888, the structure was completed, and services were held there. The decorative painting on the ceiling of the church was signed on October 30th, 1894. Services continued to be held in the Old Stone Church until 1902, when the congregants had a new church built in Kenyon, and discontinued use of the old church.

In 1947, the old church was shingled to protect it, and in the 1950's, Pastor Knudson wanted to keep the old building from being forgotten, and organized volunteers to begin

restoring the building and the cemetery. Some families of those buried in the cemetery began mowing paths to the family member's graves. The church was cleaned up and restored for the 100th anniversary of the congregation. The foundation had to be repaired so small animals could no longer live under the building. The walls were stabilized, as well as the balcony, using cables that can still be seen today. The cemetery was restored, broken windows replaced, and once again, an annual service would be held at the church in the warmth of the summer months, since the old building had neither electricity nor a heat source. This special service was given in Norwegian.

In June of 1976 the Old Stone Church was dedicated as a historical landmark, and evergreens were planted around the cemetery. In 1978, summer services were held in English, but the Norwegian National Anthem was still sung in Norwegian!

In 1998, the roof was re-shingled. From 2004 to 2006 the entire exterior was re-grouted. In 2007, the interior was re-plastered. In 2009, the gravestones were re-set. In 2010, electricity was brought to the entrance, but not within the church. 2015 brought new shutters to all the windows, giving it a homey look. In 2022 a new roof was installed, which included rafters, sheathing and metal "cedar" shingles. 2023 brought about re-siding the entrance, and all the windows were replaced.

A lot of love and elbow grease was given to restoring the old building, and now funds for the maintenance are from the offerings during the summer services, memorials, donations, and the sales of cemetery lots. Members and friends of Hauge Lutheran Church clean it up before the summer services and perform the tasks needed to keep it in good shape. There is a 4 member committee responsible for coordinating the maintenance, managing the finances, and scheduling and approving the use of the church.

In the summer months, you will find Pastor Larry Grove leading the services on the 4th Sunday of each month, June through September, and weather permitting, maybe one service in October. After each service, a picnic lunch including grilled hot dogs and Pastor Larry's baked beans are served. All are welcome to stay and eat while they visit. I asked Pastor Larry what brought about serving a meal after church, and he replied, "My wife Joan's mother came up with the idea, because many of the parishioners were widows and widowers, and it was sad that after the church service, they would have to go home to eat alone, so why not all eat together?" I asked what Joan's title was in the church, and he laughed and said Social Coordinator!

I then wanted to know what brought Pastor Larry to the ministry. He said Pastor Eric Westlake from Our Saviour's church in Zumbrota once said "God equips those He calls". I have trusted and learned that, so I may serve the congregation". So 2 1/2 years ago, he went with his faith and took classes, and went before a board of about 12 clergy members to answer questions, and he qualified to be the pastor of Hauge Church. He now serves as Pastor with Pastor Loren Bauer as Assistant Pastor, and they write articles on faith in each issue of the Messenger. True to the work of Hans Hauge, they ask parishioners of the church to be involved in the service each



Sunday by reading scripture lessons.

The Kenyon church has confirmation classes for 7th and 8th grade members on Wednesday evenings, and confirms the 8th graders upon completion of the course.

The members love the traditional services that have continued over the years, and are starting to incorporate more praise and worship into the traditional service with songs to lift the spirits of those present without compromising the word of God.

Pastor Larry wants to invite you all to join in their Sunday worship, whether it be in the Kenyon church, or on the special Sundays at the Old Stone Church. Hauge is alive and well! If you are unable to get to the service, he wants to say that the sermon itself will be broadcast on KDHL radio at 920 AM on your dial. Tune in for a 15 minute message at 6:45 every Sunday evening.

And now you know the history of the Old Stone Church!

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Down on the Farm/ Up at the Cabin

*After-hour Adventures
(There are no
after-hours on a farm)*

By Monica & Claudia Vanderborght

Monica can be a very sound sleeper. There have been many nights when Claudia climbed the stairs from her living space (basement) to Monica's (first floor):

Knock, knock, knock. "Monica, wake up! Someone has been mooing for 20 minutes." Indigo had delivered her first calf at 2:00 A.M. and she wanted to show it off.

Knock, knock, knock. "Monica, wake up! The chickens are screaming!" A fox had broken into the coop.

Knock, knock, knock. "Monica, wake up! The cows are making a racket." Half the herd had broken out of the pasture into the neighbor's cornfield and the other half complained LOUDLY that it wasn't fair.

Knock, knock, knock. "Monica, wake up! There's a critter under my bed."

Now, Monica is one tough cookie. Runny spring cow manure and mud leaking into her worn-out muck boots doesn't bother her.

Goat afterbirth smeared all over her shirt and arms doesn't faze her. Trying to tuck a chicken's prolapsed uterus back into place doesn't make her blink twice.

But snakes and rodents just give her the creepy crawlies.

Technically, opossums aren't rodents. They are marsupials – like kangaroos. But they sure look more like large rats than kangaroos.

We knew there were opossums on the farm. Rarely we would see one scamper along the tree line. Occasionally, we'd find evidence of their thievery (empty broken eggshells) in the laying boxes. Once, Monica even got to pet an opossum when she reached into a laying box for an egg and felt fur instead of feathers. Did you know that possums hiss when they are upset? The neighbors (two miles away) probably heard that scream!

Monica was awake. "What do you mean, there is a critter under your bed?"

"I think an opossum came through the cat door and ate all the cat food. Then – looking for more – wandered all the way through the downstairs and couldn't figure out how to get back outside."

Getting out of bed, Monica said, "Okay. Let me get the .22."

Claudia returned downstairs – how to get the critter outside? No way would we move it from the bedroom to the hallway, past the laundry room and the kitchen, through the



living room and screened porch, onto the lawn. We had no problems moving 20 cows where we wanted them (goats were a bit trickier). But a single opossum in the middle of the night would be a challenge.

By the time Monica clomped down the stairs in her knee-high muck boots (the good ones), Claudia was ready. The other back door (thankfully just beyond Claudia's bedroom) was propped open. All downstairs doors were tightly shut. The halls were blocked off. And Claudia was armed with the longest broom she could find.

Monica stationed herself outside the back door, 0.22 in hand, thigh-length nightshirt flapping in the breeze (picture Elmer Fudd). Claudia returned to the bedroom – also in muck boots and nightshirt – broom at the ready (picture Lucille Ball).

Poke, prod, poke under the bed. Hiss, hiss was the answer.

Poke, prod, poke. Hiss, hiss.

Claudia was going to have to get on her hands and knees and actually look under the bed to deliver more accurate blows.

Ew!!

With the opossum in sight, Claudia was able to poke and prod more effectively. (Don't come this way! Please, don't come this way!!)

Finally, the opossum waddled out of the bedroom, down to the back door, and out onto the lawn. Monica dispatched him before he could scurry away.

Needless to say, getting back to sleep after all that was a challenge, but we had another great farm story to share with all of our suburbanite friends!

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Five Years of Data Reveal Higher Profitability for Ag Water Quality Certified Farms

Farmers also saw other improved financial metrics compared to non-certified farms

Farmers enrolled in the Minnesota Agricultural Water Quality Certification Program (MAWQCP) have higher profits than non-certified farms, according to five years of data from the Minnesota State Agricultural Centers of Excellence.

The “Influence of Intensified Environmental Practices on Farm Profitability” study examines financial and crop and livestock production information from farmers enrolled in the Minnesota State Farm Business Management education program. The 126 MAWQCP farms in the study saw more gross cash farm income and net farm income in 2023 than non-certified farms. Looking at five-year average data, the average net cash income for MAWQCP farms was over \$213,600 compared to nearly \$163,000 for non-MAWQCP farms. Other key financial metrics are also better for those enrolled in

the MAWQCP, such as debt-to-asset ratios and operating expense ratios.

The five years of data serve as an indicator of a positive return on investment for whole-farm conservation management that farmers implement to become certified.

“We now have continuous data that shows the Minnesota Ag Water Quality Certification Program provides better economic outcomes on top of the benefits to our water and soil resources,” said Agriculture Commissioner Thom Petersen. “With so many advantages to the MAWQCP, I encourage all farmers and landowners to look into certifying their land and contact their local Soil and Water Conservation District for more information.”

“The MAWQCP producers participating in Farm Business Management can enhance farm profitability by benchmarking various aspects of their farm operations,” said Keith Olander, Executive Director of AgCentric, and Agricultural Partnerships. “This study shows that these producers operate with a higher level of efficiency compared to their peers.”

To find details on the economic study, visit: <https://www.agcentric.org/farm-business-management/annual-fbm-reports/>.

The MAWQCP puts farmers in touch with local conservation district experts to identify and mitigate any risks their farms pose to water quality on a field-by-field basis. Producers going through the certification process have priority access to financial assistance. After being certified, each farm is deemed in compliance with new water quality laws and regulations for 10 years.

Since the program’s statewide launch in 2016, the 1,500 Minnesota Agricultural Water Quality certified farms have added

more than 2,915 new conservation practices that protect Minnesota’s waters. Those new practices have kept over 48,250 tons of sediment out of Minnesota rivers while saving 144,125 tons of soil and nearly 60,375 pounds of phosphorous on farms each year. The conservation practices have also reduced nitro-

gen loss up to 49% and cut greenhouse gas emissions by over 58,250 tons per year.

Farmers and landowners interested in becoming water quality certified can contact their local Soil and Water Conservation District or visit MyLandMyLegacy.com.

Top MN Dairy Farms Recognized for Superior Cow Care

MDA honors 90 herds with lowest somatic cell count

Minnesota Agriculture Commissioner Thom Petersen today released the annual list of top Minnesota dairy herds with low somatic cell counts (SCC). Somatic cell count is a key indicator of milk quality – a lower SCC count is better for cheese production and a longer shelf life for bottled milk.

In honor of National Dairy Month, 90 Minnesota dairy farms are being recognized for their superior herd management skills by achieving an average SCC of under 100,000.

“We applaud these farmers’ efforts to maintain high milk quality standards, especially in the face of new and ongoing challenges,” Petersen said. “Their success is a testament to these farms’ resilience, and a major accomplishment.”

Although somatic cells occur naturally and are not a food safety concern, dairy farmers monitor them because they can be used as a measure of the health of their cows. Processors also pay a premium for milk with low counts. A farmer whose herd has a very low count can receive a higher price per hundredweight compared to a farmer whose herd average is high.

Minnesota Department of Agriculture and University of Minnesota dairy experts have worked with the state’s dairy farmers for 20 years to lower somatic cell counts. When the initiative began in 2003, the herds honored that year included those with SCC averages as high as 144,000, compared to the current goal of obtaining a SCC under 100,000.

Minnesota Dairy Herds with Low Somatic Cell Counts (SCC)

Goodhue County

Robert Hinsch, Jeff Beckman

Rice County

Randy H. and Kathleen J. Bauer; Tatge Dairy LLC; Randal and LouAnn Wagner

Visit our website to see the SCC list of Minnesota dairy farms. Producers on the list were nominated by their dairy plants.

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Goodhue County Dairy Princesses Natalie Clementson and Evelyn Scheffler

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Pocket of Prairie Program Expands

By Rice SWCD

This past May, staff from the Rice Soil & Water Conservation District (SWCD) visited third-grade classrooms in Faribault to teach the students about the value of micro prairies in urban landscapes. The District partnered

with the Faribault Rotary Club, and the Tri-Lakes Sportsmen's Club to fund the project.

The Pocket of Prairie Project started in 2023 with the idea beginning with Rotarian Dr. Richard Huston. A former Rice SWCD Supervisor, Dr. Huston organized the project and brought the partners together. He received a copy of the children's book "Plant a Pocket of Prairie" from a friend, which planted the "seed" for his idea.

During the classroom visit, District staff read the book to the third-grade students. They also showed pictures of a local native garden in Faribault and videos of pollinators visiting the plants. Every third-grade student received a native prairie plant that they could take home to plant. The Tri-Lakes Sportsmen's Club and the Rice SWCD donated the native plants.



Rice SWCD District Technician Kourtney Spitzack teaches third-grade students about native plants and pollinators at Lincoln Elementary in Faribault.

This year the Pocket of Prairie Program expanded. Students from the Surad Academy and Minnesota State Academy for the Blind participated in the program. The Faribault Rotary Club purchased copies of the book and donated them to the third-grade classrooms and each school's library.

With the help of the Wild Ones Southeast Minnesota Prairie Partners, the program also expanded into Northfield. Organized by Barb Bolan, volunteers from the group made presentations to students at Greenvale Elementary, Spring Creek Elementary, Bridgewater Elementary, St. Dominics Catholic School, and Prairie Creek Community School. The Northfield Rotary Club donated money to purchase the Pocket of Prairie book for each

classroom in Northfield.

Between Faribault, Northfield, and Nerstrand, just over 600 third-grade students across Rice County participated in the program.

"We are thrilled to reach so many students this year through the Pocket of Prairie Program," said Teresa DeMars with the Rice Soil and Water Conservation District. "Their enthusiasm for pollinators and gardening is contagious. It's been a great way to spread awareness about the need for pollinator habitat in Rice County."

The District hopes to further expand the program into Lonsdale and Morristown in 2025.

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Talking Mental Health and Brain Development with U of M



Damien Fair,
PA-C, PhD,



Kathryn Cullen,
MD

Early brain development has important implications for mental health outcomes. At the University of Minnesota, the Masonic Institute for the Developing Brain (MIDB) is working to advance knowledge around brain health to help children grow and thrive.

Damien Fair, PA-C, PhD, and Kathryn Cullen, MD, talk about the connection between brain development and mental health, supporting early brain development and their research.

Q: How do brain health and mental health intersect?

Dr. Fair: As a neuroscientist, I am pressed to say that the brain is the most important organ of your body. It serves as the control center for all bodily functions and processes. Its complex network of over 100 billion neurons and 100 trillion connections enables it to control and integrate all aspects of human experience, including all aspects of our quality of life. Not surprisingly, optimizing brain health and its ability to function effectively for cognitive tasks, memory, physical activities and so on, is extremely important.

Mental health often pertains to emotional, psychological and social well-being, which can be influenced by brain health. Promoting brain health through proper nutrition, physical exercise, reading and other forms of mental stimulation supports mental health. Likewise, managing mental health through therapy, stress reduction and social interactions can influence and even enhance brain health.

Q: How does early brain development affect mental health later in childhood and adolescence?

Dr. Cullen: This is an active area of research. The teenage years represent an important time for brain development, as well as vulnerability to mental health problems. On average, most mental health disorders emerge during the adolescent period. We know these disorders have neurodevelopmental origins, but exactly how this works is still unknown. Research is now beginning to chart the developmental trajectories associated with typical and atypical neurodevelopment to better understand how to promote healthy development.

Q: How does the external environment influence the brain?

Dr. Fair: The environment is highly influential in brain development. The brain is highly “plastic” — meaning it is designed to be malleable and will work to develop optimally under all sorts of conditions. It matures maximally in supportive environments and can be resilient to many adverse conditions, but not all. Positive early childhood experiences, such as nurturing care and educational activities, stimulate healthy brain growth, while neglect or adverse experiences such as chronic stress or trauma exposure can impede development.

Proper nutrition, especially during prenatal and early childhood (e.g., the first 1000 days), is vital for brain health. Physical activity is another environmental factor that boosts and promotes growth essential for brain health. Access to education and diverse learning opportunities fosters brain and cognitive development. In other words, a stimulating, nurturing environment is crucial for optimal brain development.

Q: What can be done early in a child’s life to support a healthy mind and brain?

Dr. Cullen: Supporting brain development and mental health early in a child’s life really comes down to the basics. Children need safety and protection from harm. They need love and support. They need to get enough sleep. They need healthy nutrition, and they need opportunities to learn and play. Ensuring these basic needs can allow the brain to develop and allow children to become their best selves.

Q: What are you doing to advance research in this area?

Dr. Fair: The University of Minnesota is running all sorts of studies around youth brain health. We lead two national studies on brain development during the two critical periods of development: childhood and adolescence. The HEALTHY Brain and Child Development study is following about 7,500 infants and children from the second trimester through early childhood for the next 10 years. It aims to understand how environmental factors, like nutrition, family bonding

and substance use exposures, affect early brain health. The Adolescent Brain Cognitive Development (ABCD) study, follows about 12,000 kids ages 9-10 through adolescence where brain health around puberty, social interactions, social media and screens, sleep, state policies, and all sorts of other environmental exposures can be examined. At MIDB, we are also doing many studies on therapeutics for mental health disorders such as adolescent depression and applied science work to help educators and policymakers to improve the classroom and legislation that benefits all of youth.

Dr. Cullen: My lab is currently studying brain developmental trajectories associated with depression, self-injury and suicide risk in adolescents. Some of our work uses the data from the ABCD study that Dr. Fair has been co-leading. Our work also involves in-depth mental health assessments of adolescents who are at risk and exploring different kinds of interventions aimed at promoting healthy developmental trajectories in these youth. Most recently, we have been examining creativity in youth and exploring creative arts interventions as a way to improve mental health and well-being in young people.

Damien Fair, PA-C, PhD, is co-director of the Masonic Institute of the Developing Brain and a professor at the U of M Medical School and Institute of Child Development. His research focuses on mechanisms and principles that underlie the developing brain. The majority of this work uses functional MRI and resting state functional connectivity MRI to assess typical and atypical populations.

Kathryn Cullen, MD, is a professor and the head of the child and adolescent mental health division at the University of Minnesota Medical School, as well as a psychiatrist at M Health Fairview. Dr. Cullen leads an NIH-funded research team examining the neurodevelopmental underpinnings of depression, self-injury and suicide risk in adolescents and young adults and investigating interventions aimed at promoting healthy trajectories in youth.

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CANNON VALLEY FAIR ★ JULY 3-6, 2024

Cannon Falls, Minnesota

2024 SCHEDULE

June 29th

9 am 4H, FFA & WSCA Open Horse Show – Horse Arena

July 2nd – ENTRY DAY

2-7 pm – Open Class Exhibit Building Entry
2-7 pm – 4 H Building Exhibit Entry and Judging

July 3 – KIDS DAY

9 am – 5 pm – Livestock Entry
10 am – Goodhue County Commissioners Meeting – PAVILION
11:30 am – Mandana Balloon Artistry – FREE STAGE
12:30 pm – Kids Pedal Pull Registration – Near Grandstand
1 pm – Kids Pedal Pull – Near Grandstand
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
2 pm – 5 pm – Mandana Balloon Twisting – PAVILION
2 pm – 5 pm – Cannon Valley Youth Jackpot Beef Check-In & Weigh-In – ARENA
3 pm – Just for Kix Performance – FREE STAGE
5 pm – 4H and FFA Beef Show followed by Open Class Beef Show – ARENA
6 pm – Cannon Valley Youth Jackpot Beef Show – ARENA
7 pm – Rice Rodeo Company – Bull Riding, Barrel Racing & Bronc Riding – GRANDSTAND
8:30 – Midnight – CHICKEN RANCH DUO – FREE STAGE

July 4th – VETERAN & SENIOR CITIZEN DAY – FREE GROUNDS ADMISSION DAY!

11 am – Grande Day Parade Starts
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
2 pm – Harness Horse Racing – GRANDSTAND – FREE Admission
2 pm – 5 pm – DAVE CARPENTER BAND – FREE STAGE
3 pm – 4H Dog Project Demonstration – ARENA
8:30 – Midnight – LIVE MUSIC – FREE STAGE
Dusk—Fireworks Show

July 5th

9 AM – 4H & FFA Rabbit Show followed by 4H & FFA Poultry
11 am – Auto Cross Pit Gate Opens
Noon – 4H & FFA Sheep Show Followed by Open Class Sheep Show
Noon – 3 pm MN RadZoo – FREE STAGE
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
3 pm Auto Cross Starts – GRANDSTAND – Ticket gate open at 1:30 pm
3 pm – 5 pm – Cannon Valley Youth Jackpot Market Lamb Check-in & Weigh-in – SHEEP & GOAT ARENA
4 pm – 7 pm – 4-H Demonstrations
6 pm – Cannon Valley Youth Jackpot Market Lamb Show
8:30 – Midnight – THE CHUBS – FREE STAGE

July 6th

9:30 am – 4H & FFA Dairy Show – ARENA
10:30 am – 11:30 am – Dr. Street Magician – Strolling the Grounds
11:00 am – 4H & FFA Goat Show – GOAT ARENA
Noon – Dr. Street Magician Show – FREE STAGE
Noon – District VI Holstein Show – ARENA
1 pm Demo Derby Pit Gate Opens
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
1:30 pm – 2:30 pm – Dr. Street Magician – Strolling the Grounds
3 pm – Dr. Street Magician Show – FREE STAGE
5 pm – Demo Derby – Ticket Gates open at 3:00 pm – GRANDSTAND
6 – 8 pm – Livestock Released & Building Exhibits Released
8:30 – Midnight – BLYND EYE – FREE STAGE

Admission to the fairgrounds is \$5.00 per person daily (5 and under Free) or Season Pass available for \$12.00.

PARKING IS FREE!

Bull Riding, Barrel Racing & Bronc Riding grandstand admission is \$20.00 per person and 5 and under are FREE. Demo Derby & Auto Cross grandstand admission per event is \$15.00 per person or \$5.00 for those under 12 years and under. Pit Pass is available for \$25.00.

Harness Racing GRANDSTAND Admission is FREE.

RODEO
WEDNESDAY, JULY 3 - 7 PM
Admission \$20 - UNDER 5 FREE

CHICKEN RANCH
8:30 - Midnight FREE STAGE

AUTO CROSS
FRIDAY, JULY 5 - 3 PM
Pit gate open at 11:00
Grandstand Ticket Gates Open 1:30 P.M.

- Compact Car 4 cyl
- Compact Car 4 cyl AWD
- Mid Size Car 6 cyl
- Mid Size Car 6 cyl Powder Puff
- Mini Vans
- Full Size Car
- Full Size Car Front Wheel Drive
- Full Size Car Rear Wheel Drive
- Compact Truck/SUV No V8
- Compact Truck/SUV V8
- Full Size Truck 2x4
- Full Size Truck 4x4

ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

8:30 - Midnight FREE STAGE

DEMOLITION DERBY
SATURDAY, JULY 6 - 5 PM
Pit gate open at 2:00 P.M.
Grandstand Ticket Gates Open 3:00 P.M.

- Mega Stock Mid Size Car (Youth)
- Mega Stock Mid Size Car (Adult)
- Mega Stock Mini's
- Mega Stock 80's & Newer
- Mega Stock Full Size Truck
- Limited Weld Mid Size Car
- Limited Weld Mini's
- Limited Weld Full Size Car
- Limited Weld Full Size Truck

Pre Registration Online

ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

8:30 - Midnight FREE STAGE

HARNESS HORSE RACING
THURSDAY, JULY 4 - 2 PM

FREE STAGE

Fireworks
July 4 – Dusk

Bryan Anderson
8:30 PM – Midnight

FREE ADMISSION & FREE PROGRAMS

DENNISON DAYS



RAIN OR SHINE

SATURDAY FOOD STANDS OPEN AT 11AM!

June 21 & 22, 2024



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

FRIDAY, JUNE 21 KICK OFF

Gopher State Garden Tractor Pull
6:00 PM

LIVE MUSIC
8:30 PM-Midnight

Russ Franek & The Biscuits

SATURDAY, JUNE 22

LIVE MUSIC
7:30 PM-Midnight
Main Street

Shane Martin
www.shanemartin.com

Anywhere

Saturday Schedule of Events

- 8-11a.m. **All You Can Eat Pancake Breakfast** Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk. Under Mainstreet tent.
- 8a.m. **Farmers Market Downtown • Citywide Garage Sales**
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.
- 8:30a.m. **Euchure at Fireside Lounge** For information, contact Jen Eggum 507-649-0602
Sign Up for Clutchmen Truck & Tractor Pull at Pull Site
Truck Pull Mike Beebe 651-341-2424 • Tractor Pull Thad Sonsdahl 507-330-0180
- 10a.m. **Truck & Tractor Pull Begins on the Hill**, sign up begins at 8:30a.m.
Cow Milking Contest Main Street, hosted by David Flom Dairy
- 11a.m. **Food Stands Open**
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.
- 1-3p.m. **Kids Carnival**
- 1:30p.m. **Parade Downtown - A Kiddie Parade Leads Off Main Parade** (Ages 12 & Under)
\$100.00 Prize for Best Parade Entry! Sign up at 12:00 p.m. South Mainstreet. Call 507-645-9992
- 2p.m. **625 Bar & Grill Bags Tournament** Sign up at 625 or call 507-782-9061
Live Music at 625 Bar & Grill
Kids Bingo Under the tent. Presented by Dennison Lions. Ages 3-11.
- 4:00p.m. **Purse & Gift Card Bingo** Presented by Dennison Lions & Fireside Lounge
- 5:30p.m. **Game Show TBD**
- 7:30-11:30p.m. **Live Music from "SHANE MARTIN" Alabama Tribute on Mainstreet** 18+ event. No Cover Charge. 21 to drink. Presented by Capitol Construction and Fireside Lounge & Supper Club

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

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For updated info. go to www.dennisondays.org

Dairy



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

June is national dairy month. So it is appropriate to consider this amazing food source, it's health benefits, and the controversies and misunderstandings surrounding this food.

Milk is a unique food source produced by the female of some species for the initial food of the newborn. This liquid food contains protein, fats, minerals and vitamins specific to the species and specific to the age of the baby. This liquid also contains active enzymes and immune support to help the newborn baby become an active participant of life.

These unique features of milk have been used by man for centuries to sustain the human population and provide a consistent food source in diverse environments. Dairy was a primary focus of farmers across the Midwest as the nation grew with many creameries located across each county collecting the daily contributions from the local

herds. Wisconsin and California lead the nation in milk production. In the United States, more than 72 million gallons of milk are produced each day. From this source, all the additional products of butter, ice cream, cheese, yogurt, Kiefer, and various treats are produced. No wonder we celebrate dairy as it is involved in so many significant food items we enjoy.

Some individuals are not able to enjoy dairy because of severe reactions caused by a lack of digestive enzymes or caused by an allergic reaction. Lactase is the specific enzyme required in your intestines to break down the lactose sugar in milk. If a person does not make this enzyme, an uncomfortable reaction typically results in diarrhea. A person who experiences this reaction can simply avoid drinking milk, or they can obtain lactase enzyme as a supplement to consume with the milk. Some products like Lactaid are available to help aid digestion of milk products. An allergic reaction to milk will not be eliminated by using lactase enzyme. An allergic reaction is an immune response to the protein in milk in whatever form of milk product may be. Typically, an allergic reaction to a milk product may be avoided by selecting a different source of milk like goat, sheep, or donkey. There are also many non-dairy sourced products that have become available in recent years.

A primary controversy regarding milk production has been the availability of raw milk to the general consumer. Raw milk contains all the active enzymes and is the most easily digested form of the food. Raw milk has been the primary way man has consumed milk for centuries, and in recent history the

Mayo hospital had a raw milk therapy that was used successfully for clients having digestive challenges. This all changed with the promotion of pasteurized milk.

The history of pasteurized milk provides an important observation on the influence of business over health. In the 1950s, most milk was delivered in glass bottles, and you could observe a layer of cream at the top of the bottle. Some competition developed as the consumer could see how much cream was available in each bottle. Creameries tried to "fix" this challenge with the process of homogenization, which forces the milk through a fine mesh to break up the fat molecules into pieces that are so small the fat stays suspended in the fluid and does not rise to the top. Unfortunately, once milk is homogenized the live enzymes in the raw milk activate a reaction that causes the milk to spoil within 24 hours. The solution to this problem was pasteurization. Pasteurization kills the enzyme activity improving the shelf life of the homogenized milk.

Pasteurization has progressed over the years to the level of ultra pasteurization (UHT). Ultra pasteurized milk has been additionally heated to the point that the milk can sit on the shelf without refrigeration for long periods of time. However, you cannot make your own yogurt or cheese from this milk. The healthy bacteria used to make yogurt, cheese, or Kiefer is not able to use UHT milk. This milk has been cooked too much and is undigestible to natural fermentation processes. This makes you wonder if the UHT milk has any health benefit to mankind as well.

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 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. Quality dairy options include raw milk, whole fat milk, and naturally fermented products like yogurt, fresh cheese, and Kiefer. Adding quality fat sources can be one of those little changes that can make a big difference in your health. 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.*

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PLEASE... Eat Your Veggies!



By Shauna Burshem, D.C.

Eat your veggies! I heard that a lot during childhood. As a kid, I was never a big fan. My favorite vegetable was corn. And corn isn't even a vegetable, it's a grain. Forget peas, carrots, string beans etc. Disgusting! I don't know about you, I am in my early 40's, when I was a small child, most vegetables eaten were served from cans. Gradually, as I became older, the focus on vegetables moved from canned to fresh. And I am guessing, that helped a lot with the taste. I soon starting liking vegetables and as a young adult in my 20's vegetables became a mainstay in my diet.

Vegetables are the body's main source for vitamins, minerals and fiber. The nutrients

that allow us to live a healthy life. Over the years we have been told to eat a certain amount of vegetables a day for optimal health. The latest scientific research reports that eating a higher amount of fruits and vegetables is associated with a lower risk of dying in men and women. A recent study of over 2 million people worldwide found that the optimal amount and combination of fruits and vegetables for longevity are 2 fruits and 3 vegetables a day.

Diets rich in fruits and vegetables help reduce risk for numerous chronic health conditions that are leading causes of death, including cardiovascular disease and cancer. Yet, only about one in 10 adults eat enough fruits or vegetables, according to the U.S. Centers for Disease Control and Prevention.

The take away from the study revealed:

- Intake of about five servings of fruits and vegetables daily was associated with the lowest risk of death. Eating more than five servings was not associated with additional benefit.

- Eating about two servings daily of fruits and three servings daily of vegetables was associated with the greatest longevity.

- Compared to those who consumed two servings of fruit and vegetables per day, participants who consumed five servings a day of fruits and vegetable had a 13% lower risk of death from all causes; a 12% lower risk of death from cardiovascular disease, including heart disease and stroke; a 10% lower risk of death from cancer; and a 35% lower risk of death from respiratory disease, such as chronic obstructive pulmonary disease (COPD).



- Not all foods that one might consider to be fruits and vegetables offered the same benefits. For example: Starchy vegetables, such as peas and corn, fruit juices and potatoes were not associated with reduced risk of death from all causes or specific chronic diseases.

- On the other hand, green leafy vegetables,

including spinach, lettuce and kale, and fruit and vegetables rich in beta carotene and vitamin C, such as citrus fruits, berries and carrots, showed benefits.

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Supporting Small Towns for Thriving Communities



Tim Penny
So. MN Initiative Foundation

I grew up in the town of Kiester which, according to the latest U.S. Census, has a population of 488. I know firsthand that small towns often face unique challenges, including limited access to financial resources and a reduced tax base. I also know that the nature of living in a small town makes it easy for people to work together and enhance the vitality of the place they call home. At Southern Minnesota Initiative Foundation (SMIF) we know that supporting the small towns in our 20-county region is crucial for fostering equitable development and ensuring that all our communities have the same chance to thrive.

SMIF's Small Town Grant, which opens soon, can help bridge the gap in financial resources by providing the necessary funds for projects that ultimately enhance the quality of life for residents. I'd like to highlight some of the projects that communities have implemented recently with the support of this grant.

In Caledonia (population 2,831), the city used a Small Town Grant to organize a Holiday Pop Up Shop to allow community members with business ideas to temporarily trial their business concept in a brick and mortar setting downtown. This allowed entrepreneurs to introduce new product lines, test new markets and generate awareness of their product. This program generated huge results, as three of the home-based businesses that participated in the program have continued their businesses in a brick-and-mortar setting.

In Elkton (population 133), the grant was used, in part, for sound boards to muffle noise in the community center. More people are renting this space now that the sound is more manageable. This has enhanced the quality of the space as it can be more easily used for town hall meetings and private events without sound issues.

In Dundas, (population 1,744), the grant was used to support a new annual event: Oktoberfest. Dundas residents and businesses benefited from having a new community-wide event that they could call their own. According to one of the organizers, there was even one family who moved to the area from the Twin Cities after attending Oktoberfest. The group is already planning for this year's event which will be held on September 21.

SMIF's Small Town Grant opens on July 15, 2024. More information can be found at smifoundation.org/smalltowngrant. We are grateful to Paul Johnsons' children, Amy De Jong, Paula Rehder and Scott Johnson, for continuing their father's legacy by supporting this program.

Another way that SMIF supports small towns is through our Community Foundation program. There are 32 Community Foundations under SMIF's umbrella. These volunteer-led, place-based foundations are able to quickly meet the needs of their communities. While SMIF provides both administrative and financial support on an annual basis, these foundations recently received an extra boost thanks to an anonymous matching donor. Thanks to this donor, SMIF was able to award \$90,000 in grants to our Community Foundations over the past couple of months.

In Mapleton (population 1,675), the Mapleton Area Foundation is putting the matching funds to good use on a wide variety of projects. They are hiring a firm to provide architectural plans for a daycare, a critical investment in any small town. They are also upgrading some of their community marketing materials including a billboard and a park sign in order to market Mapleton as a place to visit, shop and live. They even received a grant to replace their apple press for a fall festival, which kids look forward to using every year to make apple juice.

In Plainview (population 3,515) the Plainview Elgin Millville Foundation will be implementing an exciting new summer program. They will use the funds to purchase



pool passes for youth in the community to make the city pool more accessible for all.

It is so empowering to see what small towns are able to accomplish with increased financial resources. By investing in small

towns, we help build resilient, vibrant communities.

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

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SEMCAC Announces Recent Organizational Grant Awards

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts and cultural heritage fund.

On May 21, 2024, the Board of Directors of

the Southeastern Minnesota Arts Council awarded grants to 59 organizations representing eleven counties for a total of \$387,630 in funding. This includes 35 Legacy grants for \$276,250, thirteen Programming grants for \$61,450, ten Small Towns/Rural Areas grants for \$48,930, and one \$500 Opportunity Grant.

SEMAC, a non-profit arts agency, is designated by the State of Minnesota Arts Board as the regional arts council for eleven southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona.

Grants for were awarded to the following organizations in Goodhue & Rice Counties:

Goodhue County

- Anderson Center at Tower View received

a \$10,000 Legacy grant for Minnesota Children's Book Festival.

- Cannon Arts Board received a \$3,270 Programming grant for Cannon Arts Board Programs.

- Minnesota State Fiddlers Association received a \$5,000 Programming grant for Fiddle Showcase.

- Pine Area People for the Arts received a \$5,000 Small Towns/Rural Areas grant for Gooseberry Jam.

- Zumbrota Area Arts Council received a \$5,000 Small Towns/Rural Areas grant for 2024 Summer Music in Zumbrota East Park.

Rice County

- Ameriikan Poijat Finnish Brass Band received a \$8,940 Legacy grant for Touring Towns with Finnish Heritage.

- Faribault Community Education received a \$5,000 Legacy grant for Our Youth, Our Future.

- Faribault Parks & Recreation received a \$5,000 Legacy grant for Faribault Concerts in the Park Series.

- FiftyNorth received a \$4,810 Legacy grant for Music Programming for Older Adults.

- I Cantanti Chamber Choirs received a \$5,000 Programming grant for Underrepre-



sented Composer Commission.

- Northfield Public Library received a \$5,000 Legacy grant for Summer Concert Series.

- Northfield Public Schools received a \$5,000 Legacy grant for ArtVentures.

- Northfield Union of Youth received a \$5,000 Legacy grant for ArTRUST - Building trust through art.

- Paradise Center for the Arts received a \$500 Opportunity grant for Access Specialist.

- South Central Minnesota Studio Artour received a \$5,000 Programming grant for Studio ARTour 2024.

SEMAC congratulates the award winners and looks forward to celebrating the creative programs these grants will bring to southeastern Minnesota.

For more information about SEMAC's grant programs, visit semac.org or contact the office at 507-281-4848.





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Opinions expressed in Letters to the Editor are not necessarily those of The Messenger.

**To the Editor:
Truth in Love and Justice Parenting
By Sarah Aldrich**

Sitting in the second pew on a Sunday morning brought new ponderings to the little girl of how to avoid another discipline session. A few weeks ago, she had been taken out the side aisle to the orange carpeted room to receive punishment for whatever stressed her mother out during church. The reason was never explained, and restoration between mother, daughter and God never occurred.

The chasm of misunderstanding grew in the little girl's heart. She secretly started asking thin air in her quiet play time,

"There has to be something better, or someone more helpful for my life.?"

On this particular Sunday, her prayer was to finally be answered. Normally, listening to the sermon did not phase her. The talk seemed to be long and full of words and ideas she couldn't fully comprehend anyway. Tuning out and working on a coloring page kept her mother from being disturbed again. The motto for life seemed to be "Be good or else!"

Years later the girl would be introduced to the Apostle Paul's wonderful words in Philippians 2:12

"Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling."

Today the little girl finally heard words like this, "God is full of genuine love and His love extends to you beyond anything you can imagine."

How she hungered to hear the words "I Love You" in the correct and genuine context that only God could give. She went up to the altar and personally told God's Son Jesus that she wanted to meet him and be His child from this day forward.

Many people have mixed up views on who God is as a Heavenly Father because of the distortions received as children.

God in Heaven has multifaceted characteristics, and we know that each person's parents often only have a good understanding of a few of those pieces of His image. For the little girl, she had a good view of discipline, but she didn't know that after the punishment, love was supposed to come in and help repair and restore her heart to Jesus. She had some wonderful opportunities to learn that in later life encounters. In the first seven years of life though, God's compassionate side seemed very distant.

God hates sin. He wants each of us to repent from any of the missing puzzle pieces in our lives. Perhaps the girl did need the heavy lessons of discipline in her younger years. It possibly kept her from being pulled down when tempted by evil. Because of her strict background she was able to more thoughtfully flee from the lies that greatly hurt our world.

"Train up a child in the way he should go and when he is old, he will not depart from it." Proverbs 22:6

This Bible verse is often tossed around in church circles, but often we need to go back and look at Proverbs 22:1-5. There are some rich characteristics that God wants to trust

people with who are created for the purpose of training children. You can finish the phrases as you look them up in the Bible. "A good name... Humble... Seeking the Lord... Guarding his soul..., seeing danger and taking refuge..."

These are just a few of the amazing attributes that should be growing in the people who God wants to use to be caregivers to children. Raising children is not easy and so parents need to grow up spiritually in every way God shows them. Allow your children to see more aspects of God's character.

I have learned many things from the parents I have observed. Some are right on target with how God reveals His truth. However, some have such distorted views that I have actually prayed for the children to be able to get into more healthy environments. Their hearts need to heal, so that sinful cycles of past generations are not repeated. Yet cycles repeat sometimes and it's devastating to watch when the pain is revealed all over again in the younger generations.

When I became a parent, God graciously changed me to be even more balanced in knowing how to help my children than with the tools my parents had. Truth in love and justice do work together. Change wasn't easy and God had to remove a lot of unhelpful ideas, but He alone did it.

Many people say they don't want to be like their parents. Yet how many really pray about how to be different? What are the characteristics that need to be more like your Heavenly Father and less like your earthly father? Are people truly willing to allow God to change them?

The thing that I often thank God for is how He helped me live out the truth before my children that we are to fear God, but never be fearful of him.

Our family often sang this chorus and here is the second part of it.

"He's big enough to rule the mighty universe, yet small enough to live within my heart." --Ray Price

I'm sure a more qualified theologian could explain this concept better, but for the needs of toddlers, it made complete sense. It teaches them that He makes the universe obey his commands. And we can also ask for His kindness to sit with us and dry our tears.

Parenting tips are tricky in our world, so many are doing things "their" way. However, I can hope and pray that more people will begin to raise children with Jesus constantly in their thoughts and actions. Surrendering to His will creates a peace in each individual heart that surpasses all understanding. Philippians 4:7

Living for Jesus is not easy. In fact, it is the hardest life you will live in this earthly world. Misunderstandings and sufferings are abundant, but the reward of having God restore our lives into more of His image is worth it. The promise of Heaven is real for those who decide to listen to the words of the sermon about genuine love. It's important to get out of the church pew and meet the only one who can give eternal life.

**To the Editor:
An Economy of Scale
KW Public Schools
Dr. James Russell Lehman
Kenyon, MN**

As I reflect on what has happened in the Kenyon-Wanamingo School District since consolidation took place in the early 90s, I could not help but think that the current roof problem at the Wanamingo site is symptomatic of a greater concern. No longer meeting the expectations that we once hoped for, KW has now become a metaphor for what is not working. For one reason or another, it has lost its standing in the educational community. Something is amiss.

According to the literature, there are reasons for not remodeling and, thus, abandoning a facility is worth consideration. While this may vary from one school district to the next, in the case of the Wanamingo site, permit me to list the following reasons for making a change. They are as follows:

- The existing roof has been ruled unsafe for insurance purposes. This is at least the third time we have had to pay for problems with this roof.

- The cost for replacing the roof will be \$1,200,000. Moreover, there will be additional considerations (See Kenyon Leader) if we are going to make this site safe for our students.

- The building under consideration is no longer needed under the current circumstances. There is room for a PreK-12 program at the Kenyon site.

- The cost to operate a single site is more cost efficient than a two site model. This is the primary reason that Hayfield, Medford, Rushford-Peterson, and Triton went to a single site. It is called an Economy of Scale and it saved the Triton School District \$750,000 in the first two years of its operation.

In looking back 30 years, one of the greatest oversights the KW voters made took

place in the fall of 1995. With an opportunity to create a single site near Bombay, the respective communities were given a chance to vote on a building that would not only house their enrollment of 1089 students, but the plan was to accommodate at least 1300 students with room for growth. Sadly, that is where it all ended.

Once the votes were counted, 54% of Kenyon voters said yes and 84% of Wanamingo voters said no. As a longtime educator from Wanamingo said after the votes had been counted, "The only thing in common between Kenyon and Wanamingo is Highway 60." You see, Wanamingo's first choice was Zumbrota-Mazeppa. How do I know? Because I was the middle school principal at ZM when they came looking for our help. Now, and for the sake of our students, we need to put an end to any division that may still exist between the two communities. We need to get it right this time.

Ladies and gentlemen, as we look to the future of our school district, we need to start with a given: our current student body enrollment is the lowest in the area (656); our student achievement scores are oftentimes below standard, and our school taxes never seem to stop increasing. Based on discussions with parents from KW, I know of "honor" graduates who were not ready for higher education. As a matter of fact, it was not long ago that only 17.5% of our students were deemed to be college ready. Incidentally, the drop in student enrollment and the low achievement scores are not something new. At a time of increased challenges for our students, we "must" get better at what we are doing.

In closing, I would like to suggest that a single site model is long overdue. In addition to the Economy of Scale savings, I believe we have the opportunity to become a "draw" for families that would find it easier to bring their children to one location. If done under the right kind of commitment/leadership, I would expect numbers to increase and student achievement to improve across the board. It's time!

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Can a truck with collector plates on it be used in a snow plow business? Is it legal to use collector plates on a vehicle driven on a daily basis?

Answer: Driving a vehicle for general transportation with collector plates on is illegal. It is also illegal to use collector plates for business purposes.

There are several different requirements for "collector" license plates.

- The vehicle needs to be at least 20-years-old, or older.
- The owner shall also prove that they also

have one or more vehicles with regular license plates.

- The vehicle is owned and operated solely as a collector's item, and not for general transportation purposes.

What are general transportation purposes? To law enforcement, it means the vehicle can be driven to show it but you cannot use it to go to work, school, shopping, and other everyday activities. It is going to be a judgment call on the part of the officer, but the intent of the law is to only use it for fairs, shows, etc., and not as another vehicle for your family.

An owner is responsible for maintaining the proper registration on the vehicle. Violations include:

- "Improper use of registration" – a misdemeanor (90 days and/or \$1,000 fine).
- "Intent to escape tax" – a gross misdemeanor (up to one year and/or \$3,000 fine) depending on the situation.

Those using the vehicle for other purposes should purchase the standard Minnesota plates for it.

Below is a list of some of the other common special plates that can be applied for:

Pioneer plates for vehicles made before 1936.

Classic plates for vehicles made from 1925

to 1948.

Collector plates at least 20 years old and made after 1935.

Street rod plates for vehicles made before 1949 or made to look like a vehicle from before 1949.

Classic motorcycle plates for motorcycles that are 20 years old or older.

Original Minnesota plates for any collector vehicle OR vehicle 20 years old or older.

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)

Motorcycle Safety: Grass Clippings

Yard work season is here, and with it, grass clippings. Remember, grass clippings blown into the roadway can be extremely dangerous for motorcyclists.

Even when dry, grass clippings are 85% water and can cause a loss of traction, similar to ice. Wet clippings are even more hazardous.

How to prevent blowing grass clippings into the roadway is easy.

Make your last row of mowing the one closest to the street.

Position your mower to blow the clippings back onto your lawn. They'll provide much-needed moisture and nutrients as they decompose, resulting in a healthier lawn.

While people may not intend to create a dangerous situation, it's important to be aware of how your actions can impact others. Together, we can move Minnesota toward zero deaths.



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City of Dennison Meeting minutes May 2nd, 2024

The May Dennison City Council meeting was called to order by Mayor Mayor Flaten Flaten on Thursday, May 2nd, 2024 at 7:00 pm. Present were Councilors Councilor Ruddle Ruddle, Councilor Schloesser Schloesser, Councilor Cooke Cooke, and clerk Jessica Page. Councilor Nygaard was unable to be present.

The March meeting minutes were now completed for review. Councilor Schloesser move to approve the March meeting Minutes. Councilor Cooke second. Motion passed 3:0, Councilor Ruddle abstained as she was not present for that meeting. Councilor Schloesser moved to approve the April meeting minutes. Councilor Ruddle second. Motion passed 4:0. Councilor Schloesser moved to approve the Treasurer's report. Councilor Cooke second. Motion passed 4:0.

Old Business/Committee Reports/Building Permits: None.

Sheriff's Dept, Deputy Eddie Matul was at the meeting asking if there were any concerns. He noted that Dennison has been pretty quiet lately. He said the department has 3 more folks starting in June after graduation. Once they are trained in, the department should be in pretty good shape.

Administrative Issues:

1. Update on the VSF (Vehicle Speed Feedback) sign. Is separate pole needed? New Feedback sign is different than the one that we got from Goodhue County. Much bigger than the Goodhue County one. Rice County willing to donate the pole, and we have to cement it in. Need to have it sited a little further in the ditch as it's bigger. Councilor Ruddle move to buy the cement for the installation of the sign. Councilor Cooke second. Motion passed 4:0.

2. City website. Continue to keep eyes open for other options. Councilor Cooke found an option. Email forwarded to Council members. Ionos was the name. Several different types of subscriptions. Councilor Cooke will try it

out to see what it's like.

3. Chloride application for gravel. Northfield Township sent out the information. Cost has gone up quite a bit. From \$512.50 to \$630.00 for the same coverage. 600 feet by 12 feet. We could go with a 9 foot swath and the cost would go to \$474.00. Councilor Schloesser move to go with the 9 foot swath. Councilor Cooke second. Motion passed 4:0.

4. SIU agreement between the City and Dennison Meats. SIU agreement was reviewed by Dori with minor corrections to hours, days, spelling. Dori has signed. City will sign and send it up to MPCA.

5. Opus and contract. Continue to work towards switch over for June 1. Opus is wanting to go with a billing date of the 7th and payments due at the end of the month.

6. Received a notice that the City of Dennison is out of compliance on our pay equity reporting, and potentially pay equity. Clerk will begin process to figure that all out and bring up to date. There is a process that has to be followed and approved by Council. Email from State forwarded to Council members.

7. Spring Clean up day will be June 1st 9-11.

8. Lions Club made a \$2000.00 donation to the City. The donation was requested to go towards playing for the resurfacing of the basketball court for \$1200. The second priority was for a new water heater for the City Hall. (Idea was brought up to transfer it to the Maintenance Shed/Fire Dept. as there is no hot water in there.) Rest to go to Park needs. Need to get a regular one. Maintenance shed has one in it already, but it was never hooked up. Mayor Flaten will look at pricing, etc.

9. Mayor Flaten submitted an application with the Southern Minnesota Initiative Foundation for a grant opportunity to help the community in updating our comprehensive use plan, zoning maps and ordinances on 4-12-24. The grant request is for \$16, 500. Probably will be notified July if we are awarded any kind of grant money.

10. Dennison Pedestrian Analysis Results and Next Steps. Email sent out to the council regarding the pedestrian study. No cost to the community for the study work. Lisa Bender from Alta Group, sent an email to MnDOT District 6 Aaron Breyfogle and Kurt Wanyne and Mitchell Kiecker from MnDOT's central office regarding the study. Discussions are continuing with the Goodhue County Engineer. A temporary demonstration project could be installed with MDH support any time through the end of June.

11. Reconsider the estimate from Brians's Heating and Mechanical to replace the south tube heater in the city shop/fire station. For one Reznor UDX60 60K BTU Propane heater it was \$3,147.00. Estimate is good until 6-1-24. The south tube heater is on it's last leg. Dropping soot on the cement floor. Safety issue, exhaust was plugged up, and if it hadn't been caught it would have burned down the building. Turn fuel off to it, and replace it. No to the estimate as we don't have the money. But will plan to replace before the next heating season. Unplug the south heater so it isn't running, but leave the north one on.

12. Complaints:
Pete Lee Building. Discussions taking place between Pete and potential new owner.

No formal agreement/contract has been agreed to yet. Have the Lawyer send a letter. That establishes a timeline for a concrete answer. 30 days for an answer as to what will happen, then 90 days to complete the task. Certified mail, etc.

Citizens Issues: Road grading. A resident didn't feel that Duetsch Excavating can do the grading adequately. Resident stated that grading was done in the rain. Middle was hard, then the edges were soft, and felt it cre-ated unsafe conditions. Councilor Cooke talked to him and he said he would come back to fix it. Maybe ask Northfield Township if they would grade 5th Ave Way? Hold on to current check until it gets fixed. Mayor Flaten is going to talk to him. Clerk talk to Brian Peterson about if Northfield would be willing

Mayors Issues: Utilities:

1) Update from Nate. Ready to do first discharge soon. Lots of stuff being flushed. Lots of grease (chunks/coagulated). It was suggested to put pictures on Facebook so the community sees what their actions may result in. Can talk about cost of replacing the pump if they are wrecked due to toweling, grease, etc.

(continued on page 21)

Shawn Tweten Announces candidacy for U.S. House of Representatives

NORTH MANKATO, Minn. — Shawn Tweten, PhD, a licensed marriage and family therapist, has announced his candidacy for U.S. House of Representatives. Dr. Shawn will be a Republican primary challenger against the first Congressional District incumbent, Brand Findstad, in the August 13th state primary.

Dr. Shawn's slogan is "Washington needs a therapist" and his motto is "love your neighbor."

Dr. Shawn says he is "running because there is so much division and fear at the capital. I want to be the member that promotes conflict resolution. When a couple or family or couple are in conflict, they might see a therapist. Now the country is in conflict, it needs a therapist."

Marriage and family therapists are professionals who trained in helping systems work through conflict and mental health issues. Sometimes that system is a couple considering divorce. Sometimes that system is a family experiencing a mental health crisis. Dr. Shawn states, "Now the system is a congress in chaos." The U.S. congress is to the point where members are challenging others to physical fights (Sen. Markwayne Mullin) and hurling insults at each other (Reps. Jasmine Crockett and Marjorie Taylor Greene). Dr. Shawn quotes Abraham Lincoln (who was quoting Matthew 12:25), "'A house divided against itself, cannot stand.' People in congress are supposed to be on the same team serving for the betterment of the country, not fighting amongst themselves."

Dr. Shawn continues, "So much political advertising is focused on fear. As a Christian, I do not believe in fear-based politics. The Bible says that 'God hath not given us the spirit of fear; but of power, and of love, and of a sound mind' (First Timothy 1:7). As a mental health therapist, I believe living in a constant state of fear is emotional unhealthy. I want to help change the political narrative. As a therapist, I believe change can start with any part of a system. Congress is a system and I want to insert myself within the system to promote healthy change."

Dr. Shawn has lived in the greater Mankato area for 15 years. He has four children. Shawn's full-time job is working with Minnesota jails to provide mental health care and officer wellness. He has also done work as a substitute teacher in the New Ulm and Mankato school districts.

He earned his Bachelor of Arts degree at Oak Hills Christian College in Bemidji, Minnesota; his Master of Science degree at Minnesota State University, Mankato; and his Doctor of Philosophy in marriage and family therapy at National University.

Dr. Shawn knows the importance of farming and manufacturing in Minnesota as this family members have jobs in both areas. Shawn also knows the importance of taking care of veterans and providing adequate mental health services to veterans and their families. Please vote for Dr. Shawn on the August 13th Republican primary ballot and again in the general election on November 5th. Please read more on Dr. Shawn at www.electshawntweten.com.



Shawn Tweten, PhD

BRAD FINSTAD

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Finstad Announces 2024 Congressional App Challenge

WASHINGTON, D.C. — Congressman Brad Finstad (MN-01) today invited middle and high school students from Minnesota's First Congressional District to participate in the 2024 Congressional App Challenge.

Launched in 2015, the competition is a nationwide event intended to engage students' creativity and encourage their participation in science, technology, engineering, and mathematics (STEM) fields.

"Southern Minnesota is home to some of the brightest minds who have paved the way for innovation across many industries," said Rep. Finstad. "I am proud to invite students to participate in this year's Congressional App Challenge, which serves as a great way for young people to complete a meaningful project while inspiring them to pursue a career in STEM. I am excited to see the incredible work submitted by students from Minnesota's First District, and I look forward to this year's competition."

The Congressional App Challenge is an annual competition that encourages students to create and exhibit their software application (also known as an "app") for web, PC, tablet, mobile, or other platform of their choice. Students may compete as individuals or in teams of up to four, as long as two of the teammates attend schools within the First District.

The deadline to submit an app is October 24, 2024 at 11:00 am CST. Registration, competition rules, and student resources can be found here. Additional questions can be directed to Congressman Finstad's Rochester office at (507) 577-6140.

Dennison City Council Meeting

(continued from page 20)

Silt build up that needs to be moved and also a possible beaver dam. Nate asked Dan to talk to Bobby Flom to get those taken care of.

13.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.
3) Request by Bollig Engineering to submit a cover letter to Minnesota Department of Health to put the City in the FY 2025 Drinking Water Revolving Fund Project Priority List. Deadline submission was May 1st.

4) Monday morning to calibrate lift pumps Pumpworks.

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

Mayor Flaten moved to adjourn the meeting. Councilor Schloesser second. Meeting was adjourned at 8:19.

Next meeting: Regular meeting is Thursday, June 6th at 7:00. Council will meet at 6:30 for performance review. Everyone going to fill out review form, combine everything, then Councilor Schloesser will meet with Nate and go over with him.

Nerstrand City Council Meeting Minutes May 14, 2024

7:00 P.M.

COUNCIL PRESENT: Mayor Todd Evavold, Council Members Dan Pflieger,

Monica Gernandt, John Harris

ABSENT: Kevin O'Brien

STAFF PRESENT: Public Works Steve McDowell, Clerk Frances Boehning

GUESTS: Don Quistorff, Annette Evavold, Harvey Anderson, John Bonde

APPROVAL OF AGENDA:

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

CONSENT AGENDA:

A. Payment of Claims dated May 14, 2024.

B. Minutes from April

MOTION:

Motion to approve the Consent Agenda with removal of MPLC check. Motion made by Council Member Monica Gernandt, second by Council Member John Harris.

All approved.

UPDATE FROM BOLLIG REGARDING LEAD SERVICE LINE INVENTORY:

Bryan Caffin reviewed the status of the paperwork and will provide a final report to the Council before submitting the grant application. The federal government is requiring a lead service line inventory by mid-October. The state will provide grant money to accomplish this. Bollig will assist with obtaining grant money to complete the inventory.

AUDIT PRESENTATION FROM ABDO:

Tyler See reviewed the final audit presentation as completed by Abdo.

NEW BUSINESS:

• 2024 Fee Schedule discussion – Council

member Monica Gernandt questioned the need for multiple levels of service on water and sewer. Steve McDowell clarified that this was a state requirement. Steve McDowell requested that the Community Garden be added to the fee schedule. Mr. Anderson questioned the minimum charge for sewer and water and commented that his location was being charged the minimum, but he was not using any of the services. The Council explained that if he wished, he could cap the lines to terminate the services. Council member Monica Gernandt made a motion to approve the fee schedule with the addition of the Community Garden, Council member Dan Pflieger seconded the motion, all approved.

• Move posting box to front of City Hall from current location on side of Schiels Bldg.: As the City Hall is on the historical register, the posting box cannot be moved.

• Set budget dates: The City Council will meet to discuss the budget on August 6th and 14th. The August City Council meeting will take place on August 20th. Council member Monica Gernandt made a motion to approve the clerk extended hours for June up to 125 hours to review and finalize numbers in CTAS, Council member Dan Pflieger seconded, all approved.

• Rotary Bike Tour to use City Park on September 7, 2024.: Council member Monica Gernandt made a motion to approve the use of the park by Rotary with the fee waived, Council member John Harris seconded the motion, all approved.

• City Clean Up: The Council decided not to proceed with a citywide clean-up day as there has not been enough interest shown. This will be reviewed again next year.

OLD BUSINESS

• Update information for Pickle Ball Court: Mayor Todd Evavold reached out to a couple of cement contractors, but they were not interested in submitting a bid. A bid was received from Dohmen for \$13,000. Options were discussed. Council member John Harris made a motion to table the discussion until the June meeting, Council member Monica Gernandt seconded, all approved.

• Scheel Building Gutters: The gutters have been installed.

• Pump house block rebuild: Bids for the work have been received. Council member Monica Gernandt suggested that the tuck pointing on City Hall should be completed first. Mayor Evavold responded that the

other buildings were in poor condition. Following a short discussion on the quotes received, Mayor Evavold made a motion to accept the quote from O'Leary without the sealant on the Scheels building for a total project quote of \$24,500, Council member Dan Pflieger seconded, all approved.

• City Hall re-roof and front light globes – work on this project will begin in June.

9. Reports of Officers

• Public Works Director – Steve McDowell: Rice Cty sent out a notice regarding noxious weeds – Steve McDowell will work to address any noxious weeds concerns in the City. Updates were provided on the state of the roads and the status of the Farm Street project (still waiting on information from the law firm). Steve McDowell noted that the Community Garden has 18 plots and 7 have been committed to date. He will be attending the MPCA meeting at the end of this month. The federal requirement regarding the lead pipe inventory is on his radar and he will with the Health Department to ensure it is done on time. There is some concern regarding some sewer parts that are showing wear and will need to be replaced. He will work with Bollig to source funds to complete repairs.

• Mayor – Insurance Update Regarding Roof Repair – work will commence in June

• Fire Department – John Bonde – A check is needed to move the money received from State Aid to the Fire Relief Association. Council member Monica Gernandt made a motion to approve adding this to the May checks, Council member Dan Pflieger seconded the motion, all approved. John Bonde explained that PERA is offering a fire pension fund and that the state would provide up to \$37,000 if the fire service would sign up. The fire department would like to conduct a cost analysis. Council member Monica Gernandt made a motion to approve the cost analysis, Council member John Harris seconded the motion, all approved.

• Council Members: Council member Dan Pflieger commented that he will be moving in the next few months.

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 June 11th, 2024 at Nerstrand City Hall

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Commissioner Corner

Greetings to District 3,

I want to start with a big Thank you to all our Veterans and active military. Giving your life for your country is the ultimate sacrifice and I am so appreciative of all the soldiers that have died for our freedom. Memorial day has passed but we need to remember that our freedom is always with us and we can never forget it. Staffing is at the top of our list at the county, we have had a few retirements and now is the time to reevaluate jobs and staffing concerns. I want to thank all the staff for their hard work and dedication to Goodhue County. Remember all the celebrations that our communities put on during the summer, and hopefully you can attend some of these. I want to thank all the people that work really hard to promote their communities. I hope you all enjoy the start of summer and be safe in your travels.

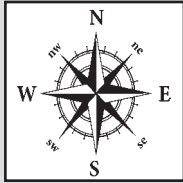
Thank you

Commissioner Greseth



Todd Greseth
Goodhue County
Commissioner
District 3

Changes in Latitudes, Changes in Attitudes Invasion of the Zombie Cicadas



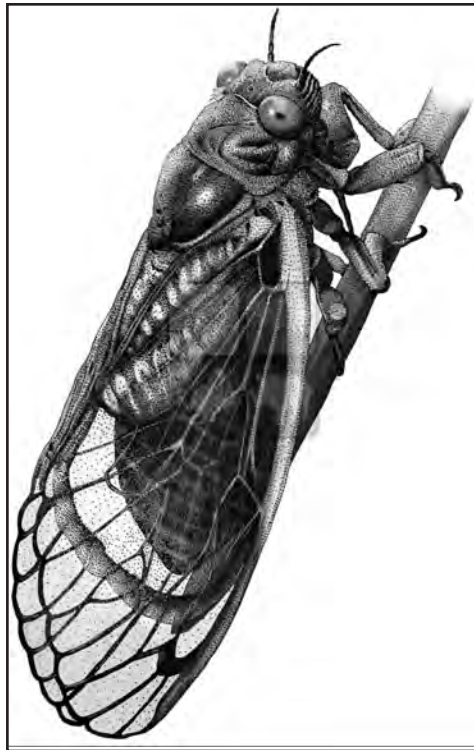
By Terry Campbell

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.

Cicadas come out in the summer. It happens every year in Tennessee. They are best known by the high pitched buzz created by the male vibrating their abdomen over 120 times per second. This sound can reach 100 decibels. They make a lot of noise and start flying around looking for a mate. You can see the evidence of Cicadas since they shed their exoskeleton a couple times while growing. You will see the empty shell attached to the bark of a tree. Every thirteen or seventeen years a brood of cicadas, which have lived under the soil near a tree, will emerge and finish their life process by mating and dying. This year, the first time since 1803, the broods will co-emerge in the same year and populate in the trillions. If that is not enough, a fungus has infected the cicada, turning them into zombies.

The Massospora cicadina fungus attacks the bugs and takes over their body and behavior. The Cicada emerges from the soil with the goal of procreating, but the fungus makes them unable to achieve this objective. This fungus grows as a spore in the abdomen of a Cicada and causes them to swell up and burst releasing a white chalky substance. In the process their genitals fall off. The fungus causes them to become hyper sexualized yet unable to produce.

If that hasn't got your attention yet, the fungus also has a hallucinatory effect on birds which eat them. Baby Copperheads congregate around trees and feed on the Cicadas because it is an easy and plentiful food supply. They haven't figured out what the effect is

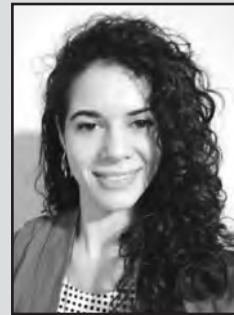


on snakes yet. On top of that the Cicada holds the title of king of the animal kingdom peeing contest. The Cicada has muscle that pushes waste through a tiny hole, like a jet. The flow rate is triple that of humans and elephants, reaching ten feet per second. If you thought it was raining on a clear day, you were just getting soaked in Cicada urine.

So you have trillions of frustrated Cicadas flying and trying to mate with other Cicadas while peeing from trees, stoned birds zooming around under the influence of the zombie fungus, a whole brood of vipers growing up on hallucinatory fungal spores and a constant high pitched whine in your ears day and night. The greatest hatch of Cicadas seems to be located between northern Tennessee and southern Illinois. Even if the fungus doesn't affect the Copperheads, a bumper crop of the serpents is anticipated for 2024 from the plentiful food source, which will increase the number of snakes hatching young next spring.

They call it Cicada-geddon and some folks complain that it is too noisy to stay outside. A chef in New York City has offered Cicada cuisine in his restaurant featuring various types of insects. An entomologist has recommended that people skip the Cicada dish until the threat of the infected bugs has gone. For the rest of the world it just looks a little like the plagues have returned.

A Minnesotan: Working Dogs



By RosaLin Alcoser

Over the course of my life my parents have always had a dog. And all of those dogs have had some sort of job that was either taught to them or they just naturally did.

The dog we had when I was little's job was to keep things out of bushes and watch children. Both of which she naturally did on her own. There was never anything in the bushes and she kept us away from anything that she deemed as a treat to human children.

The next dog my mom trained to stay by her side or if she wasn't home to stay by my side. Which he did very well and it was his job. His main occupation was making sure everyone was safe which he did rather well as he was a giant dog that strangers didn't want to tangle with and

was a coward. This dog once trapped me in a bathroom with him because the tornado sirens were going off. He was very good at his job.

This same job was then taught to the next dog as well. With the expectation, he patrolled the perimeter of the house for mice and other rodents. The house and garage were mouse and rodent free for his entire life.

It is my parents' current job that is different though. This dog is mainly a dog of leisure. That isn't to say she doesn't have a job, it's just not an overly productive job. Much like Ken's job in Barbie Land is just beach, her job is just lake. She doesn't even swim in the lake; she just stands on the edge of it.

I believe this dog has swam exactly three times in her life. Twice when she fell off of the dock. The first time of which she blames me for as she feels I pushed her. When in reality she walked off the side of the dock and started swimming; while I was prepared to jump in and grab her since she was still rather young but didn't since she was swimming.

The third time was the one and only time she ran and jumped off the dock like the other dogs and even I do. Just to see if this was something she really didn't like or if the falling was the problem. She did not care for it and has not done it since.

Instead she keeps to her strengths and keeps doing her job of just being a lake. Not swimmer or lake jumper. Just lake.

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Volume 10

About the Minnesota Country Salute CD Project:
A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations. By creating a compilation CD to sell across Minnesota, he nailed it. With the help of many sponsors and listeners who went out and purchased these CDs over the years, BOB FM has donated over \$235,000 to the Minnesota Military Family Foundation, Minnesota Wheels of Honor, and Tribute to the Troops. If you or your business would like to help further this mission, or help distribute the CD, please contact Neil Freeman, neil@mybobcountry.com.

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- ACROSS
1. Ice cream treat, pl.
 6. Albanian money
 9. Desertlike
 13. Like Bananas Foster
 14. Paleozoic ____
 15. O. Henry's specialty
 16. Printer brand
 17. Always, to a poet
 18. Extended family member
 19. "Breaking Bad" father
 21. "The Lion King" father
 23. Unit of length of yarn
 24. "____ Me Maybe"
 25. *____ Anderson, he knew best?
 28. The Supremes, e.g.
 30. Subject matter, pl.
 35. Same as ayah
 37. Plural of #14 Across
 39. Like less processed grain
 40. Kind of shark
 41. U.S. Airline
 43. Short for "and elsewhere"
 44. Opposite of digest
 46. Flabbergast
 47. Like Gulf Stream
 48. Most achy
 50. Not much (2 words)
 52. Reggae's cousin
 53. Rapunzel's abundance
 55. Maintenance closet staple
 57. *____ Rock of "Everybody Hates Chris"
 60. "Finding Nemo" father
 63. Golfer's sun protection
 64. Aloha prop
 66. Only daughter of Michael Jackson
 68. Not active
 69. Emergency Medical Services
 70. In the cooler (2 words)
 71. "Opie's father
 72. Egyptian boy king, for short
 73. Button on electrical outlet

- DOWN
1. Nth degree
 2. Not many
 3. Turkish money
 4. Online troublemaker
 5. Mike Brady's children, e.g.
 6. Malicious look
 7. Before, in the olden days
 8. Culture Club 1983 hit "____ Chameleon"
 9. Solo at LaScala
 10. Fish eggs, pl.
 11. Cuzco valley empire
 12. Yellow #5, e.g.
 15. Stream of revenue
 20. Dog-____ pages
 22. Final, abbr.
 24. Medicated shampoo ingredient (2 words)
 25. *____ Evans Sr. of "Good Times"
 26. Idealized image
 27. "Prepare to meet your ____!"
 29. Wraths
 31. Exclamation in a stinky room
 32. Smidgins
 33. "National Lampoon" father
 34. 1965 march site
 36. Garden staple
 38. Half a ticket
 42. Carl Jung's inner self
 45. Casual top
 49. T, in Greek
 51. Lethargy
 54. Speck in the ocean
 56. Heathrow craft
 57. Same as genie
 58. Pre-owned
 59. Type of parrot
 60. Atomizer output
 61. Van Gogh's famous flower
 62. On Santa's gift list
 63. Roman road
 65. Down Under runner
 67. Group of dishes

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2024 Goodhue County Dairy Princesses
 Natalie Clemenson & Evelyn Scheffler



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 (left to right) Troy Clemenson, Hannah Gutknecht, Leetta O'Reilly, & Jennah O'Reilly

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