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JUNE 26, 2024

Volume 18 • Issue 6

## Storm Related Property Damage

Rice County residents and business owners with questions about the recent storms and storm-related property damage totals to should email [RCEM@ricecountymn.gov](mailto:RCEM@ricecountymn.gov). Include your name, address, contact information, a brief description of damage incurred, damage estimate(s) and whether losses are covered by flood insurance. This information will be used to assist in obtaining disaster relief.



## Dundas joins new Northfield Ice Arena consortium

*Courtesy of KYMN Radio*

The Dundas City Council approved a resolution of support that would solidify a partnership with the City of Northfield, the Northfield Area School District and the Northfield Hockey Association to build a new ice arena for the Northfield area.

Dundas City Administrator Jenelle Teppen said all four parties have settled on one basic design option for the new arena.

“There are options, which I’m sure that you’ve heard about. What I could talk about is the middle option. It’s one sheet of ice and maybe some lesser amenities. And I think

everybody in this little partnership has determined that that \$20.9 million ice arena is where we’re all landing.”

The vote had been expected. Dundas Mayor Glenn Sweitzer had addressed the Northfield City Council at a meeting in May offering the city’s support, and saying he expected the Dundas Council to approve the resolution. Northfield City Administrator Ben Martig said the plan is for Dundas residents to pay the same proportionate costs as Northfield residents would.

Earlier in May, the Northfield School Board approved a letter to the City of Northfield,



*photo courtesy of KYMN Radio*

stating the school district would commit to a 20-year lease on the arena at up to \$250,000 each year.

*(continued on page 9)*

## Announcements

- The 2023 Drinking Water Report is available at [CityofDundas.org](http://CityofDundas.org). Paper copies are available at Dundas City Hall.
- The Watering Restrictions went into effect on June 1st. The exceptions to the restrictions are newly seeded/sod areas and new trees/shrubs which can be watered every day.
- Memorial Park Pavilion is now open for reservations by calling City Hall at (507)645-2852. Half day reservations \$80, full day reservations \$135.
- Save the date for Dundas Oktoberfest: Saturday September 21st, 2024.
- City Hall will be closed July 4th for Independence Day.

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

## Heavy Rains Plague Community



*photo courtesy of Dundas Dukes*

The Dundas Dukes infield after the flood waters. *(additional pictures on page 11)*

## 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.

*(continued on page 7)*



**Joe Johnson**

**WE WILL BE CLOSED  
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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 darkness 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 fellow-

ship 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 can 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. 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.

(continued on page 2)

## 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.*

#### CANVAS CHURCH

404 Schilling Drive, Dundas

Lead Pastor: **Jed McGuire** • [www.canvaschurchmn.com](http://www.canvaschurchmn.com)

Sunday service: 10:00am Wednesday youth grades 6-12: please check website for dates/times

**LITTLE PRAIRIE UNITED METHODIST** 2980 130th St. E.

Pastor **Penny Bonsell** • [pastor@littleprairieumc.org](mailto:pastor@littleprairieumc.org)

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

9:30 a.m. Sunday Worship; Sunday School & Nursery; Adult Group 8a.m.

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

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

**LIFE21 CHURCH** 2100 Jefferson Road (just north of Target)

Pastor **Brent Bielenberg** • 645-7730 [life21church.com](http://life21church.com)

10:00a.m. Worship Experience

**NORTHFIELD EVANGELICAL FREE CHURCH** 5600 East 110th Street

Pastor **Dan Runke** • 663-0133 • [northfieldefc.org](http://northfieldefc.org)

9:30 a.m. Worship; 11:00 a.m. Christian Life Classes

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

Pastor **Dean Swenson** • 507-664-9007 • [www.hosannalc.org](http://www.hosannalc.org)

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Wednesday: Middle School Ministry - doors open at 5:30; programming 6-7:15;

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## 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 pri-

ority. 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.



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dundasoktoberfest.com

September 21<sup>st</sup>

Downtown Dundas  
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Rain or Shine  
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## Walk In the Light

*(continued from page 2)*

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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## Rice County Students Compete at State Envirothon

By Rice SWCD

Around 100 students representing high schools from all over the state of Minnesota gathered at the Wolf Ridge Environmental Learning Center in Finland, Minnesota to test their knowledge of conservation and the environment during the 2024 State Envirothon competition.

The Envirothon is an outdoor, hands-on learning competition for high school and middle school students. It centers on five different learning stations, including soils, wildlife, water resources, forestry, and a current environmental issue. Each station consists of a short presentation about the topic by a resource professional, followed by a test taken by the students. Across Minnesota, around 1,000 students participate in the Envirothon every year.

Two high school teams from Northfield High School represented Rice County at the state competition this year. The teams finished in 8th and 12th place out of twenty-four teams at the competition.

The teams earned a chance to compete at state after finishing in first and third place at the Area VII competition, which was held in early May at the Byron Sportsmen & Conservation Club near Byron.

During the Envirothon competition, students answered “hands-on” test questions which required them to identify trees, determine soil



Left to right: Liam O’Neill, Zach Hosterman, Jennifer Salinas, Ellie Capatina, Rae Musicant, Mackenzie Perkins, Gabriel Fisher Navarro, Bella Rushing, Grace Vanvoorst, Savannah Mellies, and Advisor Mark Auge

texture, and analyze resource maps. High school teams also prepared an oral presentation about a current environmental topic and answered questions from a panel of judges.

For over thirty years, the Minnesota Association of Soil and Water Conservation Districts (MASWCD) has held the Envirothon competitions across Minnesota, with the exception of 2020, when the event was canceled due to Covid-19. In 2021, the event was held virtually.

The Rice SWCD congratulates all the students from Rice County who took the time and effort to compete in the 2024 Envirothon.

The District also thanks teacher Mark Auge who organized this year’s team from the Northfield High School.

## 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!



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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 pre-

sentations 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.



**June Dairy Month**

*We recognize our area's devoted dairy producers for playing an important role in keeping our economy and our bodies healthy and strong.*




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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 lay-

ing 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!

## 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)

#### 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.



## Thank You, Dairy Producers!

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

(continued from page 1)

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.

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.”

## 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 Rice County:

### 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 Underrepresented 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 ArtTour 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](http://semac.org) or contact the office at 507-281-4848.



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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 started 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 dis-



eases.

- 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.

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



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## 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](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://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.

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## Dundas joins new Northfield Ice Arena consortium

(continued from page 1)

Currently the school district pays rent of \$50,000 each year, so the \$5 million commitment over 20 years is a substantial increase.

The Northfield Hockey Association has committed to raising \$2 million in private funds to put toward the construction, and should they raise more than that, the additional funds would go toward enhancements in the design, such as pre-cast concrete bleachers and a dry-land facility.

What remains, then regarding the ice arena question, is for the Northfield City Council to approve the plan. However, there is no guarantee of that.

When the Northfield Council discussed the project earlier this month, as has been the case in previous discussions, several councilors were reluctant to offer full support. Councilor Davin Sokup has concerns about the property tax increases the arena would bring, and the impact that would have on housing. Councilor Jessica Peterson White, whose 4th Ward includes Downtown North-

field, expressed concern over the tax increase that would be levied upon the commercial property owners she represents. Councilor Kathleen Holmes questioned the allocation of extra funds from the Hockey Association, and asked why those dollars could not be put toward the original design and construction, thereby easing some of the tax concerns. Only Councilor Brad Ness has given the project his full-throated support.

Mayor Rhonda Pownell acknowledged the difficulties with building a new arena, but she also said this situation must be put to bed.

"It's a difficult decision to make, but at some point, the community needs to move forward. This may be our last option. We either need to move this forward or get out of the ice business. It is so important for our community and that building is in such rough shape."

The Council will once again discuss the matter during their regular meeting next Tuesday. It is possible they could make a decision at that time.

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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](http://smifoundation.org/smalltowngrant). We are grateful to Paul Johnson's 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](mailto:timp@smifoundation.org) or 507-455-3215.



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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 be-

fore 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.

*Question: Are smoked tail lights illegal in Minnesota?*

Answer: Minnesota law states that "tail lamps shall be plainly visible from a distance of 100 feet to the rear during normal sunlight and at night." The same goes for turn signals and headlights. Smoking, tinting, covering or placing any material over tail lights, brake lights, headlights or turn signals would be il-

legal and unsafe as they would not be plainly visible. It is illegal in all 50 states, because it is a major safety concern.

I recommend getting into the habit of checking and keeping your rear lights clear of any snow, mud, dirt, dust or anything that can obstruct your lights.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, 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 Trp. 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.



**Share Your Good News!**

**Submit your engagement,  
wedding or  
birth announcement.**

Email:

[hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## FREELANCE WRITERS WANTED

**Duties include covering feature and human interest stories and upcoming events in the Messenger coverage area.**

**Will also work with content production for on-line distribution.**

**Pay negotiable and based on experience.**

*Qualified applicants will possess:*

- Ability to work with deadlines
- Great people skills
- Knowledge of/access to a computer
- Enjoy small town atmosphere
- The ability to work some night hours as needed for editorial

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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](http://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](http://www.cannonvalleyfair.org)

8:30 Midnight FREE STAGE

**HARNES HORSE RACING**  
**THURSDAY, JULY 4 - 2 PM**

**Bryan Anderson**  
8:30 PM – Midnight

**Fireworks**  
July 4 – Dusk

FREE ADMISSION & FREE PROGRAMS

## U.S. Senators Amy Klobuchar, Tina Smith, Minnesota Fire Chiefs Celebrate Passage of the Fire Grants and Safety Act

WASHINGTON, DC – U.S. Senators Amy Klobuchar (D-MN) and Tina Smith (D-MN) issued the below statements after the Senate passed the Fire Grants and Safety Act, bipartisan legislation to continue providing federal funding for the Assistance to Firefighters Grant (AFG) and the Staffing for Adequate Fire and Emergency Response (SAFER) Grant programs. This bill now goes to the President's desk to be signed into law. The Assistance to Firefighters Grant program helps firefighters and other first responders obtain critically needed equipment, protective gear, emergency vehicles, training and other resources. The SAFER Grants program provides direct funding to fire departments and volunteer firefighter organizations to increase or maintain the number of trained "front line" firefighters and enhance their capacity to comply with staffing, response, and opera-

tional standards. Since 2015, fire departments across Minnesota have received over \$33 million in SAFER grants and \$59 million in AFG grants.

"Firefighters put their lives on the line every day to save lives. We need to invest in our local fire departments and ensure that they have the funding they need to hire and train firefighters and purchase life-saving equipment," said Senator Klobuchar. "That's why I worked to pass the bipartisan Fire Grants and Safety Act which will support fire departments in Minnesota and across the country."

"Firefighters do one of the most difficult jobs possible, often at the risk of immense personal injury, to keep our families and loved ones safe. This funding is our way of giving them the support they need to do their jobs as safely and effectively as possible," said Senator Smith. "This bill means better equipment to protect firefighters on the job, increased funding for departments to hire additional firefighters, and ensures departments get the staff and resources they need to be ready to go in case of an emergency. I am proud to support this legislation."

"The AFG FIRE and SAFER grant programs are vital for providing federal assistance to Fire Departments across the State of Minnesota as they struggle to provide funding for modern, safe, equipment and adequate levels of staffing to keep their communities safe," said Eric Bullen, President of the Minnesota State Fire Chiefs Association.

"These programs are vital to us. Fire Grants and Safety Act programs give our cities and fire departments the funding we need to provide firefighters with equipment and staffing to keep people safe. It's crucial to us that it is

in effect and fully funded," said Thomas Thornberg, 5th District Vice President of the International Association of Fire Fighters.

"Small volunteer and paid on-call fire departments rely heavily on AFG dollars to replace critical equipment and apparatus. These items are crucial to firefighter safety," said Ely Fire Chief Dave Marshall. "Without a doubt, AFG funding allows community fire departments to fulfill their commitment in saving lives and property."

"The AFG Program is paramount to the future of the fire service. As costs for fire departments are constantly increasing, we definitely need this type of assistance," said

Virginia Fire Chief Scott Fredrickson.

"This is a great program that really helps out fire departments, especially those in the rural parts of Minnesota," said Steve Shykes, Fire Chief for Fayal Township.

The Assistance to Firefighters Grant has been a critical component in helping fire departments purchase apparatus, protective gear & life-saving equipment, to ensure we can continue to meet the emergency response needs of our communities," said Jesse Buhs, Fire Chief of the Cloquet Area Fire District. "The continuation of this program will be very impactful to the long-term sustainability of fire departments across the US."

## 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.electshawn-tweten.com](http://www.electshawn-tweten.com).



Shawn Tweten, PhD

## BRAD FINSTAD

Proudly Serving the 1st District of Minnesota

### Reps. Finstad, Fischbach, Emmer, and Stauber Send Letter to Governor Walz Urging Request for Federal Disaster Declaration

WASHINGTON D.C. – Congressman Brad Finstad (MN-01), Congresswoman Michelle Fischbach (MN-07), Majority Whip Tom Emmer (MN-06), and Congressman Pete Stauber (MN-08) sent a letter urging Governor Tim Walz to issue a Major Disaster Declaration Request for the areas across Minnesota that have been affected by recent flooding.

"I have been traveling around southern Minnesota to meet with local officials and assess the damage caused by the recent catastrophic flooding. As I talk with community members across the First District, it is clear that the extent of the damage is severe and has significantly affected the lives and livelihoods of thousands across southern Minnesota," said Rep. Finstad. "My Republican colleagues and I are urging Governor Walz to act swiftly and request a Federal Disaster Declaration, which will provide our communities with the resources they need to recover and rebuild."

In part, the letter reads:

"The damage from this flooding has impacted many Minnesotan families. Homes, businesses, community buildings, and public areas are under water. We ask that you immediately request a Major Disaster Declaration to help unlock federal resources for these people," the letter reads. "Once your request is submitted, we will also call on President Biden and the Federal Emergency Management Agency (FEMA) to act swiftly to approve your request and get these resources to our state."

If you have been impacted by the flooding, contact Congressman Finstad's office for assistance by visiting [Finstad.house.gov](http://Finstad.house.gov) or by calling (507) 577-6140.

## Do You Have a Story Idea?

Contact Rebecca at:  
[Rebecca.Niebur@gmail.com](mailto:Rebecca.Niebur@gmail.com)  
 or [homeownmessenger@gmail.com](mailto:homeownmessenger@gmail.com)

Dundas Messenger







## 9/11 VETERAN SERVICE BONUS DEADLINE APPROACHING

Friends and neighbors,

The deadline is rapidly approaching for Minnesota's veterans of the Post-9/11 era to apply for the service bonus they have rightfully earned. If you or someone you know is one of the brave Minnesotans who served during these difficult years, please do not let this opportunity to receive your well-deserved recognition – and pay – pass you by. Applications must be received by June 30. Apply at [MinnesotaVeteran.org/ServiceBonus](http://MinnesotaVeteran.org/ServiceBonus)

Over the last two-plus decades, Minnesota veterans have bravely raised their hands to de-

fend our nation around the globe. You stared down grave dangers most of us will never be able to comprehend. You endured scorching desert heat, brutal mountains, and worst of all - the constant threat of violence from a brutal enemy. Deployment after deployment, you returned to the unforgiving battlefields of Afghanistan, Iraq, and across the Middle East, leaving loved ones behind.

Too many of our Minnesota heroes never came home, paying the ultimate price. They died upholding the American values of freedom, democracy, and human rights that we champion every day, and their selflessness in the face of mortal danger will live on.

To those who did return, you bear a lot of wounds – both physical and psychological. We know how hard, if not impossible, it is to erase the images of the horror of war.

The debt we owe you is one that can never be truly repaid.

But this service bonus is a small gesture by which we aim to express the eternal gratitude of every Minnesotan. By applying, you allow us to honor your patriotism, courage under fire, and commitment to duty.

I urge all eligible Post-9/11 veterans to apply immediately at [MinnesotaVeteran.org/ServiceBonus](http://MinnesotaVeteran.org/ServiceBonus) before the June 30th deadline. Let this bonus serve as a symbol of our profound respect and admiration. Thank you for your service.

## VIETNAM VETERANS: SHARE YOUR STORY

I hope all Vietnam War veterans across our state will take the opportunity to share their stories as part of the ongoing Vietnam War Commemoration Oral History Project.

For too long, the sacrifices of the Vietnam generation went unacknowledged and underappreciated. We all know the awful reception that Vietnam veterans received when they returned home. It contributed to the severe alienation and mental health struggles many veterans experienced, exacerbating conditions like PTSD and making it difficult for them to reintegrate into civilian life. One small way we can make amends is to ensure their voices and experiences are preserved for future generations.

Every veteran's story helps paint a complete picture of what it meant to answer the call during those turbulent years – the combat, support roles, separations, injuries, challenges coming home. These firsthand stories can provide a unique, clear window into this chapter of our history. They represent profound acts of courage, sacrifice, and patriotism.

Veterans who wish to participate by being interviewed will record a video of their story, which will be archived and preserved as part of the project. It will provide an opportunity for future generations to hear directly from our Veterans and better understand what they saw, did, and felt during their service to our country. Family members can also participate in interviews to help give a clearer picture of the effect that service had on loved ones back home.

Anyone interested in learning more about the interview process or signing up to be interviewed for the Vietnam War Commemoration Oral History Project can contact Bess Ellenson at [bellenson@tunheim.com](mailto:bellenson@tunheim.com).

Minnesota's Vietnam veterans answered the call at a pivotal moment. Now I hope they will answer the call once more and allow their important stories to be captured for future generations.

Sincerely,  
Bill Lieske  
Minnesota State Senator  
District 58

## Friends and neighbors,

We received two blistering reports on fraud of taxpayer programs that has occurred under the Walz administration. These reports reveal a disturbing pattern of mismanagement, lack of oversight, and failure to protect public funds against exploitation. As your state senator, I am outraged by these findings and committed to holding the administration accountable.

The first report exposes widespread fraud in the Feeding Our Future program, administered by the Minnesota Department of Education (MDE). Hundreds of millions of dollars intended for providing meals to needy children were instead stolen through a massive fraud scheme. The second report uncovers systemic issues in the Frontline Worker Pay Program, where payments were distributed to numerous ineligible individuals due to lax verification processes.

## Feeding Our Future Fraud Audit Key Findings:

- MDE's inadequate oversight allowed the exploitation of federally funded nutrition programs, enabling the theft of over \$250 million.
- MDE ignored numerous red flags and failed to act on serious concerns raised over several years about Feeding Our Future's operations.
- MDE repeatedly approved the organization's applications without proper verification, even after finding them non-compliant in previous reviews.
- MDE failed to thoroughly investigate complaints and inappropriately tasked Feeding Our Future with investigating itself.
- Despite finding Feeding Our Future seriously deficient on two occasions, MDE did not ensure corrective actions, allowing the fraud to continue.

## Frontline Worker Fraud Report Key Findings:

- 40% of payments were made to either ineligible applicants or to applicants whose eligibility could not be verified.
- DLI primarily relied on self-attestation from applicants, failing to verify critical eligibility criteria like in-person work hours.
- Clear fraud indicators, such as high-risk bank routing numbers and disposable email domains, were ignored by DLI.
- DOR did not verify the adjusted gross income for over 27,000 applicants, likely resulting in payments to ineligible individuals.
- Critical data, including identity verification information, was not consistently retained, hindering the ability to verify applicant eligibility.

These reports highlight the Walz administration's utter disregard for taxpayer dollars and a failure to uphold basic standards of oversight and accountability.

You deserve far better -- your hard-earned tax dollars should never be treated with such carelessness. We must demand transparency, implement stronger safeguards, and ensure that those responsible for allowing this fraud to happen face appropriate consequences.

If you have any questions, please do not hesitate to ask.  
Sincerely,  
Bill Lieske  
Minnesota Senate, District 58

## DUNDAS CITY COUNCIL REGULAR MEETING MINUTES

Monday, May 13 2024

7:00 p.m. City Hall

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

Absent: Luke Swartwood

Staff: City Engineer Dustin Tipp, City Administrator/Clerk Jenelle Teppen

### CALL TO ORDER

Mayor Switzer called the meeting to order at 7 PM.

### APPROVAL OF AGENDA

Motion by Modory, second by LaCroix, to approve the agenda. Motion Carried Unanimously (MCU)

### CONSENT AGENDA

- Regular Minutes of April 22, 2024
- Consider Appointing Part-Time Seasonal Public Works Laborers
- Consider Accepting First Quarter Financial Report
- Disbursements - \$167,019.52

Motion by LaCroix, second by Gallagher, to approve the consent agenda. MCU

### REGULAR AGENDA

• Resolution 2024-16 Awarding the Sale of General Obligation Street Reconstruction Bonds, Series 2024A, in the Original Aggregate Principal Amount of \$550,000; Fixing Their Form and Specification; Directing Their Execution and Delivery; and Providing for Their Payment

Motion by LaCroix, second by Gallagher to approve Resolution 2024-16. MCU

- Consider Quote and Award of Contract for Dog Park Parking Lot

City Engineer Dustin Tipp reviewed the quote package for the Dog Park Parking Lot and reported that Timm's Trucking, Inc., Morristown, MN had the lowest quote of \$115,396.05. The Engineer's estimate was \$132,055.

Motion by Modory, second by LaCroix to award the quote for the Dog Park Parking Lot to Timm's Trucking, Inc. MCU

- Consider Approving Encroachment Agreement Between the City and Property Owners at 1510 Bluff Street

Motion by Gallagher, second by LaCroix to approve the Encroachment Agreement between the City and Property Owners at 1510 Bluff St. MCU

- Consider Concept Plan Review – Hosanna Northfield

Staff provided the City Council with a brief recap of the Concept Plan that was reviewed by the Planning Commission at their meeting on April 18. Council members had no further comments on the proposed plan for the applicant who was in attendance.

### REPORTS OF OFFICERS, BOARDS AND COMMITTEES

#### City Engineer – Dustin Tipp

City Engineer Tipp reported that he is drafting the required Memo of Responsibilities between the City and Rice County for the TH 3/Cty Rd 1 project. Rice County will act as the fiscal agent for the project since the City falls under the required population threshold.

- Work Session – Review and Discuss Draft Joint Road Policy between the City and Bridgewater Township

Staff presented the draft Joint Road Policy that was drafted by the City Attorney with input from the Bridgewater Township Attorney and Supervisor Castore, Chair Ebling, Mayor Switzer and Administrator Teppen.

The intent is to hold a joint meeting and adopt the policy.

### ADJOURN

Motion by Modory, second by LaCroix, to adjourn the meeting at 8:21 PM. MCU  
Minutes prepared by Jenelle Teppen, City Administrator/City Clerk

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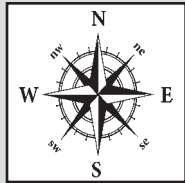
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## Changes in Latitudes, Changes in Attitudes Invasion of the Zombie Cicadas



By Terry Campbell

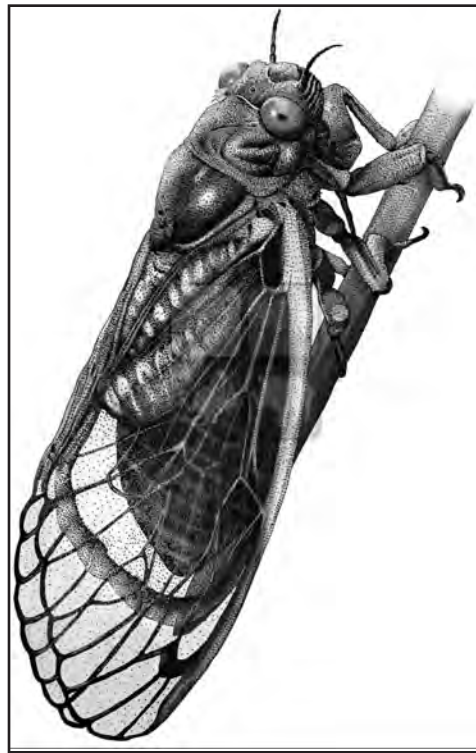
This column is written by Messenger editor and Minnesota native Terry Campbell.

Terry now splits his time between Minnesota when it's 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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#### 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.



### CROSSWORD

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  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 Rice County Dairy Princesses

From left, dairy maid Ava Kelm, dairy maid Rae Duhme, dairy princess Karlie Degrood, 2023 Princess Kay of the Milky Way Emma Kuball, dairy princess Jacy Saemrow, dairy maid Molly Albers and dairy maid Macy Albers at the Rice County Dairy Banquet. *Photo courtesy of Emma Kuball*

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