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JULY 31, 2024

Volume 18 • Issue 7

## Early Voting for Primary Election Through August 12

Rice County voters can vote early in the Primary Election now through August 12 at Northfield City Hall, 801 Washington Street in the second-floor training room.

*(continued on page 17)*

## Clutchmen Car Club Truck & Tractor Pull and Car Show August 3rd

After being cancelled during Den-nison Days in June due to the rain and weather that plagued many events earlier this year, the Clutchmen Car Club will hold their annual Truck and Tractor Pull and Classic Car Show in Dennison Saturday, August 3rd. *(continued on page 8)*



2023 Car Show

## The 49th annual Rice County Steam and Gas Tractor Show will take place August 30, 31 & September 1

Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas

Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, August 30, 31 & Sept 1. This year the event features Min-



2023 Show

neapolis Moline Tractors and Equipment. *(continued on page 12)*

## Dundas Looks Into the Next Five Years

*Courtesy of KYMN Radio*

Last Monday night, the Dundas City Council approved the latest edition of the Dundas Capital Improvement plan, focusing on 2025 – 2030.

A capital improvement plan generally consists of one or more capital improvement projects, which are permanent structural



changes to a property to prolong its life, increase its value, or enhance its capabilities.

*(continued on page 14)*

## Northfield Hospital Adding More Resources to the Very Successful Birth Center

*Courtesy of KYMN Radio*

Northfield Hospital + Clinics announced earlier this week that board-certified lactation consultant Nicole Martens has been hired to become a member of the NH+C Birth Center staff. *(continued on page 14)*



## Search Continues for Missing Randolph Woman

*Editors Note: As of press time, this is the latest news release and information from the Dakota County Sheriffs Department. You can get updates from the Sheriff's web-site and Facebook page.*

The Dakota County Sheriff's Office continues to investigate the disappearance of 56-year-old Nicole Anderson who left on foot from her Randolph Township home on July 6th at approximately 10 a.m. and did not return.



*Courtesy of Minnesota Bureau of Criminal Apprehension*

*(continued on page 3)*

## Announcements

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

## Rice County Advises on Federal Disaster Loan Help

*Courtesy of KYMN Radio*

A statement issued by Rice County last week said the Small Business Administration has two separate programs that are making low-interest, disaster relief loans to several types of businesses and organizations in the wake of the flooding last month throughout Rice County, and Greater Minnesota.

*(continued on page 6)*





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## This World Is Not Our Home

This mindset is what the Apostle Paul was telling the believers in Phillipians that they needed to have in the situations they were facing. All through the book of Phillipians he is exhorting them to always try to see the best in every circumstance and trial they encountered. In spite of the difficulties they faced, Paul encouraged them to meditate on the positive and not dwell on negative thoughts. This same mindset is significant for us as Christians today as well. There is so much around us that can cause us to lose heart, to become anxious or critical. We are God's avenue to bring hope to this world and it won't happen if we, as believers in Christ, cannot articulate that hope in a winsome fashion. Albert Brumley was born in 1905 and he grew up in Oklahoma and helped pick cotton as a youngster. He never complained but realized he wanted more than the life of a cotton picker. So he started writing music. He wrote a song in 1919 called "This World Is Not My Home". This song tells of his desire to look past the cares of this world and look to the promises we have in Christ. Albert had grown up in poverty, and would witness 2 world wars and the Great Depression. Life would never be "easy", but Albert would learn life is easier when you allow Jesus to walk beside you. 2 themes seem to pop up in Albert's songs over and over again; Heaven and Jesus. Having a personal relationship with Jesus brings a little bit of Heaven here to earth. This is the first verse in the song he wrote.

This world is not my home I'm just a-passing through

My treasures are laid up Somewhere beyond the blue

The angels beckon me From heaven's open

door,

And I can't feel at home In this world anymore.

Paul is attempting to convey this same type of mindset to the Christians in Phillipipi. It is my longing to see the body of Christ perpetuate that perspective in our daily walk as well. Setbacks and suffering have a debilitating effect on us when we are in a vulnerable state. This can cause us to look to various vices to help alleviate the pain or stress. Reliance on these vices can lead to addictive behavior and loss of control. To help people dealing with any type of addictions, Hauge Lutheran Church has welcomed the Life Recovery Ministry. This is what Dave L. would like people to know about this endeavor. He sends out these words. "I have jotted some notes about the program 'Steps to Freedom', which Hauge Lutheran so graciously supports, both in facility and in prayer. Hauge people as a whole are non-judgmental and have a genuine compassion for those who suffer. This is an open meeting and seeks to help people recover from addiction.

It is a design for living that is based on attraction rather than promotion. We feel that each person's religious views, if any, are their own affair. There are no dues or fees. The only requirement to attend is a HONEST desire to stop living in addiction. We use the 12 steps of Alcoholics Anonymous to guide us and we study the AA Big Book, keeping in mind that the words alcohol and alcoholic can be changed to any addiction obsession. There

is a vast amount of fun and laughs in our group. Some people might be shocked at our seemingly worldliness, but underneath it all lies a deadly earnestness and a full realization that the most important thing is our addiction problem, no matter what that addiction may be. We seek physical, mental, and spiritual recovery. Love and tolerance is our code. We meet on Monday evenings from 7 to 8 pm in the church basement. 302 Bullis Street. Kenyon. If anyone is wrestling with addiction of any kind, please come and find support and freedom with the group at Hauge. Feel free to contact Dave L., a trusted servant

of the group with any questions you might have at 612-968-3314. We all need to be at the top of our game in the days that we are in. By having a positive attitude and always being willing to look for things that can build people up instead of tearing them down, it will go a long way in our attempts to win as many as possible to Christ. May God show us favor as we desire this mindset for His glory. Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

## Area Church Directory

### Sleep of Exhaustion

*He lay down under the bush and fell asleep. — 1 Kings 19:5*

Yesterday I mowed our overgrown lawn, cleaned our cluttered garage, and washed some of the filmy windows on our house. Physically exhausted at the end of the day, I fell asleep as soon as my head hit the pillow.

In our reading for today, Elijah is exhausted and falls asleep under a bush in the wilderness. But Elijah isn't exhausted from doing chores. He has just had a dramatic confrontation with the priests of Baal (see 1 Kings 18:16-46), and now he is fleeing for his life from King Ahab and Queen Jezebel. Totally shattered—physically, emotionally, and spiritually—Elijah asks God to take his life.

Yet God doesn't answer his plea. Instead, through an angel, God provides Elijah with sustenance for the road ahead. Then, after some more restful, restorative sleep and more food and drink from the angel, Elijah sets out on the journey ahead of him.

What can this extraordinary story teach us? We are reminded of our basic need for sleep and its restorative benefits. Even more importantly, we see that God tenderly cares for us, feeds us, and watches over us—even in our deepest, darkest moments. Though our own story may not be as dramatic as Elijah's, God will provide what we need so that we too can take up the journey ahead of us. In fact, God has already provided for us through his Son, Jesus, who invites us to come and rest in him (Matthew 11:28-30).

*Lord, our only hope for true rest is in you. As you reach out to us, help us to come to you. 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)

Sunday: 9am & 10:45am Worship with Hosanna Kids Church ages 3-5th grade and Child Care for ages 6wks-3years at both services

Fellowship time with refreshments between services.

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

High School Ministry - doors open at 7pm; programming 7:30-9pm

MAIN STREET MORAVIAN CHURCH 713 Division St., Northfield

Tel: 507-645-7566 • Worship Services at 10:30a.m.

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2010 Jefferson Road, Suite A, Heritage Square on Hwy. 3, Northfield

[admin@gospeloflifechurch.org](mailto:admin@gospeloflifechurch.org)

[www.gospeloflifechurch.org](http://www.gospeloflifechurch.org)

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[dundasoktoberfest.com](http://dundasoktoberfest.com)

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## OBITUARY

### Barbara Jean (Anderson) McKeever



Barbara Jean (Anderson) McKeever, age 82, passed away peacefully in her sleep surrounded by her family on Monday, July 15 at the Reflections of Three Links Campus in Northfield. Barb was born on September 24, 1941, in Northfield, the daughter of Elvin and Celia (Moravec) Anderson. She grew up in the Northfield area with her 3 siblings where she attended the Northfield schools. Barb went on to cosmetology school located in the Twin Cities, where she met the love of her life, Donald. Barb and Don were united in marriage on April 4, 1964.

Barb and Don raised their 5 children in the Dundas area where Barb held multiple lead custodial positions throughout those years, most notably for St. Olaf College as well as the Three Links Campus. She also enjoyed her time working as the Dundas City Clerk. Barb loved spending time with her family and was a big fan of hitting the casino when she could, to play the slot machines. She also loved to flex her artistic abilities with her woodworking, ceramics, and anything else she could craft.

Barb is survived by her children, Milissa (Darrin Dorhmann) Kruse of Faribault, Chris Jongbloedt (Ross Karaba) of WI, Donnie (Brenda) McKeever of Dundas, and Cathy (Rich) Cap of Faribault; thirteen grandchildren; seventeen great-grandchildren; siblings, Deloris Boudreau, Diane Andersen, and Dennis (Brenda) Anderson; as well as her nieces, nephews, other extended family and friends.

Barb was preceded in death by her parents; husband Donald in 2001; son, Timothy McKeever in 2018; and brother-in-law, Robert Boudreau.

Mass of Christian Burial for Barb will be held at 11:00 AM on Saturday, August 3, at the Church of St. Dominic in Northfield. Visitation will be held from 4:00 to 7:00 PM on Friday, August 2 at the Bierman, Benson and Langehough Funeral Home of Northfield as well as one hour prior to Mass on Saturday at church. Interment will be held at Calvary Cemetery in Northfield.

## Search Continues for Missing Randolph Woman

(continued from page 1)

Family reported her missing the afternoon of Monday, July 8th. That afternoon, investigators conducted an extensive search of the home, property, and surrounding area on foot and by air, utilizing canines, drones, and helicopters. Ms. Anderson was not found.

On Wednesday, July 10th, investigators executed a search warrant in the City of Randolph at a residence of Ms. Anderson's boyfriend, 42-year-old Matthew Suttles. Suttles had an active, felony body-only arrest warrant out of Le Sueur County for a probation violation.

Suttles was a person of interest, and the property was one that Ms. Anderson frequented. Suttles was not present at the time deputies executed the search warrant, however he turned himself in to deputies on scene shortly thereafter. Investigators searched the property and did not locate Ms. Anderson. Suttles was arrested on his warrant and questioned on his knowledge regarding Ms. Anderson's disappearance. He is currently held in the Dakota County jail and will be released to Le Sueur County on his warrant. Suttles is not being held on criminal charges related to Ms. Anderson's disappearance.

We continue our exhaustive efforts to locate Ms. Anderson. This remains an active investigation and no further information will be released at this time. Follow our social media for updates.

Tip information can be shared via phone by calling 651-438-TIPS, via email at



Courtesy of Minnesota Bureau of Criminal Apprehension

crimeandwarranttips@co.dakota.mn.us  
or online at  
<https://www.cognitofirms.com/DakotaCountyMN/ReportATip>

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**Grants Available to Improve Safety on Minnesota Farms**  
*MDA program reimburses up to \$2,400 per year per farm*

Minnesota farmers looking to add safety equipment to their on-farm grain storage facilities can now apply for the Minnesota Department of Agriculture's (MDA) Grain

Storage Facility Safety Grant program. The program reimburses up to 75% of the cost to purchase and install eligible safety equipment for on-farm grain bins or silos. Applicants are eligible to receive up to \$400 per bin or silo, with a limit of \$2,400 per farm per year. Grant funding comes from a legislative appropriation of \$75,000 for both the Grain Storage Facility Safety Grant and the Rollover Protective Structure (ROPS) Rebate programs.

"Handling grain comes with a high level of risk, and workers should take every precaution possible to prevent potential tragedies," said MDA Commissioner Thom Petersen. "I encourage farmers to make use of this grant opportunity to help themselves, their fami-

lies, and their employees stay safe around their silos and bins."

Examples of eligible safety equipment include, but are not limited to:

- Fall protection systems,
- Engineering controls that prevent contact with an auger or other moving parts,
- Dust collection systems that minimize explosion hazards,
- Personal protective equipment that increases the likelihood of surviving a grain-bin-related emergency,

Grain silo air quality monitoring equipment, and

Other grain storage facility safety equipment with prior approval from the MDA.

The MDA is accepting grant applications through May 15, 2025, or until all funds are exhausted. Funds will be awarded on a first-come, first-served basis.

For more information and to apply, visit the MDA's Grain Storage Facility Safety Grant webpage.

## Passport to Ag – Fun for the whole family! August 8



**Join local farmers for a free agricultural adventure!**  
**Passport to Agriculture - 3-8 p.m. Thursday, Aug. 8**  
**at the Rice County Fairgrounds**  
**Enter from 20th Street NW/Hiawatha Pioneer Trail**

Activities for all ages: attendees will have the opportunity to walk through different educational destinations like Dairyville, Cropstown, Safety Street, Conservation Meadows and more -- all hosted by local farmers and farmers organizations.

Each location has stamps that participants can earn to unlock agricultural experiences. Experiences include visiting with famers, milking demonstrations, bottle feeding a calf, climbing in a tractor cab and taking a ride, and more!

Be sure to grab some dinner while you're there. The free meal consists of beef, turkey or pork, sweet corn, ice cream and more.

### Learn About Conservation Grazing at Upcoming Field Day

The Minnesota Grazing Lands Conservation Association is holding a field day on the Coughlin Stock Farm near Lonsdale on August 10th. Learn about grazing/pasture management, enjoy a free meal, and network with other experienced farmers. Please register so organizers can plan the meal by contacting Star Nelson at (507)-838-0569 or star.nelson@mnglca.org. *(see below)*

### Share Your Good News!

Submit your engagement, wedding or birth announcement.

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### MN GRAZING LANDS CONSERVATION ASSOCIATION FIELD DAY



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## Down on the Farm/ Up at the Cabin Construction Projects - Another Adventure in Learning

By Monica & Claudia Vanderborght

Both Monica and Claudia were more adept at construction projects than the average suburban gal. Our father was an architect and engineer – always working on some building or mechanical project when we were growing up. Our mother was a seamstress by trade and taught us both to sew when we were young. So construction came quite naturally to us and Monica frequently said, “The only difference between working with wood and fabric is that sewing requires a 1/8” seam allowance.”

Well, the tools and the materials are somewhat different too. But for both sewing and construction you need a plan (patterns vs. blueprints), materials (fabric vs. 2x4s), fasteners (thread vs. nails), and tools (scissors and sewing machines vs. circular saws and nail guns). We grew up watching father study and revise the blueprints on his drafting table and watching mother design and sew all of our dresses and coats. But to put it simply, both are: measure, cut, attach.

The chicken coop was the first farm construction project. Good friends Norm and Dawn promised to help Monica build the shed; in return, Monica would help them build

a similar one on the far end of her property as their personal hunting blind. Perfect! Material lists were made; everything was ordered and delivered. Monica decided that the best location was between the pasture’s water hydrant and the pole barn – not too close to the house, not too far. Feed could be kept in the barn and a hose could easily be run from the hydrant.

Sections were laid out and air-nailed together in the pole barn – electricity and the air compressor were close at hand, and the barn kept everything (and us) protected from the March weather. An air framing nailer can be a bit intimidating at first, but it’s so fast! Monica (a bit impatient and an efficiency lover) quickly became quite adept at using it. Everyone – including the grandkids – helped carry the framed sections out to the location and secure them together. The younger kids helped nail the plywood siding to the frame; Monica’s college-aged grandson helped with the roofing.

By the time the exterior was finished, Monica felt completely competent (she’s a very good seamstress). Racks for the laying boxes were measured, cut, and assembled. Doors were constructed and hung. (Hinges are tricky – there is no sewing equivalent to hinges.) Used dog kennel panels made a lovely, protected run for the chickens.

By this time, Monica had added bottle-baby goats to her farm; soon they would need grass and hay, and the cattle feeders were just too big for the goats. And by winter the goats would need an enclosure in the barn, separate from the cattle. Monica had learned a lot building the chicken coop with Norm, but



this was different. These things didn’t come with set patterns – they had to be designed from scratch – which she thought was half the fun.

And it was fun! Well, except that when you are designing and building, your initial plans don’t always work out. Monica quickly learned that removing nails that had been put in with compressed air was not at all fun ... nearly impossible. So the air nailer was abandoned and torx-head screws (and her faithful Ryobi impact driver) were embraced. Easy in and easy out! Coming home from the next trip to Menards, Monica had six different varieties of screws and a second battery for the impact driver. She was ready!

The first goat feeder (designed to be part of the goat enclosure – very efficient) was perfect. Until the goats started climbing on it. And in it. Well-fed baby goats get bigger, and heavier, and love climbing up and over anything – hay feeders, hay bales, even cows eating hay. The goat feeder / enclosure was going to have to be redesigned (more than once over the years). Thank goodness for the screws.

Chickens grow too. They can easily hop onto the workbench in the pole barn – knocking and moving anything that was left loose (particularly screws which roll off the counter onto the dirt floor and threaten to puncture vehicle tires). Back to Home Depot for holding containers and magnets and more screws. And more 2x4s and plywood, of course. But all that wood takes up an inordinate amount of floor space and the next thing Monica built was a rack to hold all the new and scrap wood that was waiting for the next project idea.

Claudia didn’t really enjoy construction projects (she doesn’t like tools and doesn’t care much for sewing either). But she was great at finding lost screws with magnets



(well, most of them), and reorganizing the work benches when they became piled with stuff (screws and discarded pieces of 2x4s and tools ... “Hey Claudia! Have you seen the T-square? I can’t remember where I put it.”). And usually by the time construction was over for the day, Monica was done-done. To the rescue came Claudia – cleaning up all the scraps and putting the tools away. For Monica it was like having a fairy-godmother with a magic wand.

The sisters became quite a team! Claudia would hold the end of the tape measure while Monica designed the new screen room / firewood shelter on the deck. Or Monica would cut the plywood with the circular saw while Claudia steadied the 4’x8’ sheet. And Claudia would stand on the ladder, holding one end of the 2x4, while Monica attached it. Measure, cut, and fasten. Construction and sewing are very similar – except for that 1/8” seam allowance.





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## The View From the Back Part 1

By Ted Gamble

*Ted Gamble is an avid runner and friend of The Messenger. This is the first of a 3 part series on his recent adventures that we will run in the Messenger in July, August and September. We hope you enjoy it.*

I'm thinking about this on Sunday morning, the day after the race.

Everything is sore, and I have feet on my blisters. My toes hurt.

A working title of this story could be "Zumbro will Zumbro!", a phrase from the race director's email referencing the notoriously bad weather and muddy conditions at the race. This year it actually got HOT!

Or "Why the \_\_\_\_\_ do you want to do that!?"--the question my father usually asked me when I told him about my next running adventure.

Or what about "The view from the back"? This one makes the most sense, so I think I'll go with that—you'll know why after you read my story....

This year I was going to attempt to run the Zumbro 100 in the Zumbro River bottoms near Theilman, MN. In previous years I've done the 50, 34, and 17 mile distances. It's a looped course and the 100 mile course is six 17 mile loops with 34k feet in total elevation change and a 34 hour time limit. This will be my first attempt at the 100 mile distance.

I made a mental commitment to sign up in late August and training began immediately in early September. That's early for an April

race, but I wanted to give myself some extra time. A friend of mine who was also running the race; Derrick, gave me the plan. It was a 24 week plan that he followed about a year ago for his first 100 miler.

Early September to mid-April is longer than 24 weeks, but the extra time cushion would be nice because the holidays and our wedding anniversary were in that time frame. I decided that I would just re-do the prior week's plan if any long runs were missed, or there were any pauses in the training. You cannot plan for everything and you never know what else might come up.

By that, I mean the weather. It can get very, very cold and snowy here in Minnesota. So I think I had about four extra weeks built into the training plan. In the end it turned out very well as we had a very mild winter. The weather only forced me inside two or maybe three times between September and April. So, training went better than planned. With the mild winter and dry weather, the trails were in excellent condition. Things seemed to be lining up for a good race!

I took Thursday off to prepare for the Friday/Saturday race and drove to the Zumbro bottoms where the race was held. There I met up with Chad and Derrick and Derrick's wife, Chris. After putting up my tent and just hanging out for a while I went to my motel in Lake City about ten miles away.

Our campsite wasn't a very high end or luxurious motel. I only wanted a warm, dry, and cheap place to stay because it's assumed that it would be cold in early April. The outside was being remodeled, and that was OK.

The inside was clean though it was kind of chilly at night. The heat didn't work properly so it took a while to warm up. As I waited for the room to heat up, I thought that a shower would warm me up and help me relax. I was already starting to get a little anxious.

There was no hot water.

After an hour or so, the room warmed up,



Andy and I crossing the Zumbro on the first lap.

but because it was radiator heat, it kept getting warmer. Eventually I figured out how to open the window and that helped. Long story short, I did not sleep well at all that night, and the 5:30am alarm came too soon. When I got up I noticed Linda couldn't sleep either—she sent me a text about 3am, saying that she was praying for me. I appreciated that as it was certainly needed!

I left the motel at 6AM. I was hungry and needed something with a lot of calories to get me going. Nothing was open that early so I picked up a few items at a local Kwik Trip. The evening meal the night before was from Burger King. That may have had an effect on how things went early on, but who knows?

I arrived at the campground and got together with Derrick and Chad and a few others showed up to see us off.

After months of training, the big event finally started. It was a beautiful day! Running at Zumbro usually means rain, snow, sleet, cold and overall bad weather. And mud, copious amounts of mud, soul-sucking, sticky and slippery at the same time. But not this year—if anything the forecast called for conditions to be almost too warm with 70's on Friday, and close to 80 on Saturday. I don't typically do well in the heat, but we'll talk more about that later. The trails were in the best condition I've ever seen them and not a drop of mud anywhere—in other words, they were perfect!

The first of the six laps took about four hours and 15 minutes which was equal to what Derrick and I had done about a month earlier on a practice run at Zumbro. I thought that was a little fast, but there's plenty of time to slow down since we now had some time "in the bank". I had calculated that I would



Despite the beautiful scenery, I was really struggling here.

need a 5.5 hour/lap average in order to meet the 34 hour cutoff time. There were no illusions of being fast, I did not care if I finished last, I simply wanted to finish.

On the second lap it started to get warm out. I must not have been eating or drinking enough because I began to feel really awful after only a few miles. I got to the final aid station about 3 1/2 miles from the finish and mentioned it wasn't going as well as I wanted it to. One of the workers told me I should drink more water and get some more food. Easier said that done! I tried to eat a Cliff bar earlier, and ended up tossing it in the woods—it made me retch a little.

(continued on page 7)



Our campsite

## Rice County Advises on Federal Disaster Loan Help

(continued from page 1)

President Biden's Declaration of a Major Disaster on July 11th activated authority for the SBA to provide disaster assistance and loan assistance to private nonprofit facilities which provide non-critical services of a governmental nature.

These facilities must first apply for and exhaust disaster assistance from the SBA or be declined by the SBA before they can seek assistance for permanent repairs and/or replacements from FEMA.

Non-critical services are defined as Museums, Educational Facilities, Zoos, Custodial care facilities, Libraries, Alcohol & Drug rehabilitation, Community Centers, Battered Spouse Programs, Homeless Shelters, Low-income housing, Shelter Workshops, Food Programs for the needy, Senior citizen centers, and Daycare centers for special needs.

Under the SBA's Physical Disaster Business Loan program, low-interest, long-term loans can be made to businesses of all sizes, small agricultural cooperatives and most private, nonprofit organizations in order to repair or replace disaster-damaged property, including real estate, inventory, supplies, machinery and equipment.

Meanwhile, the SBA's Economic Injury Disaster Loan (EIDL) program provides working capital loans to help the same types of organizations meet ordinary and necessary financial obligations that cannot be met as a direct result of the disaster.

These loans are intended to assist through the disaster recovery period. EIDL assistance is available only to entities and their owners who cannot provide for their own recovery from non-government sources, as determined by the SBA.

To apply for assistance, go to MySBA Loan Portal or contact the SBA at 1-833-572-0502.

Physical Loan Application Deadline: 08/27/2024 Economic Injury (EIDL) Loan Application Deadline: 03/28/2025

For a full listing of what constitutes a non-critical service of a governmental nature, and for application information, visit the news section of the Rice County website at rice-countymn.gov.



## The View From the Back

(continued from page 6)

I didn't want food, so he suggested some pickle juice to help settle my stomach. I also grabbed some candy and decided to walk it back to the finish line.

Why was I suffering so much? It's only the second lap? There are still four more to go! I started to feel sorry for myself--the last week or so has been very discombobulated with a lot of things in my personal life going on with a death in the family, and various work and family responsibilities all seeming to hit at once.

It was also hot, and I never do well in the heat ( I recalled a conversation with Derrick back in July, "Hey, let's do Zumbro—at least we won't have to worry about overheating!" he said), maybe I hadn't trained as hard as I thought? Maybe I could've done more? But, during training I ate better, I lost some weight, gave up beer (I gave up beer for this?!?), I was sleeping really good, so everything was in line. I should've been doing better! Why was this happening?

All they way back I was having an internal

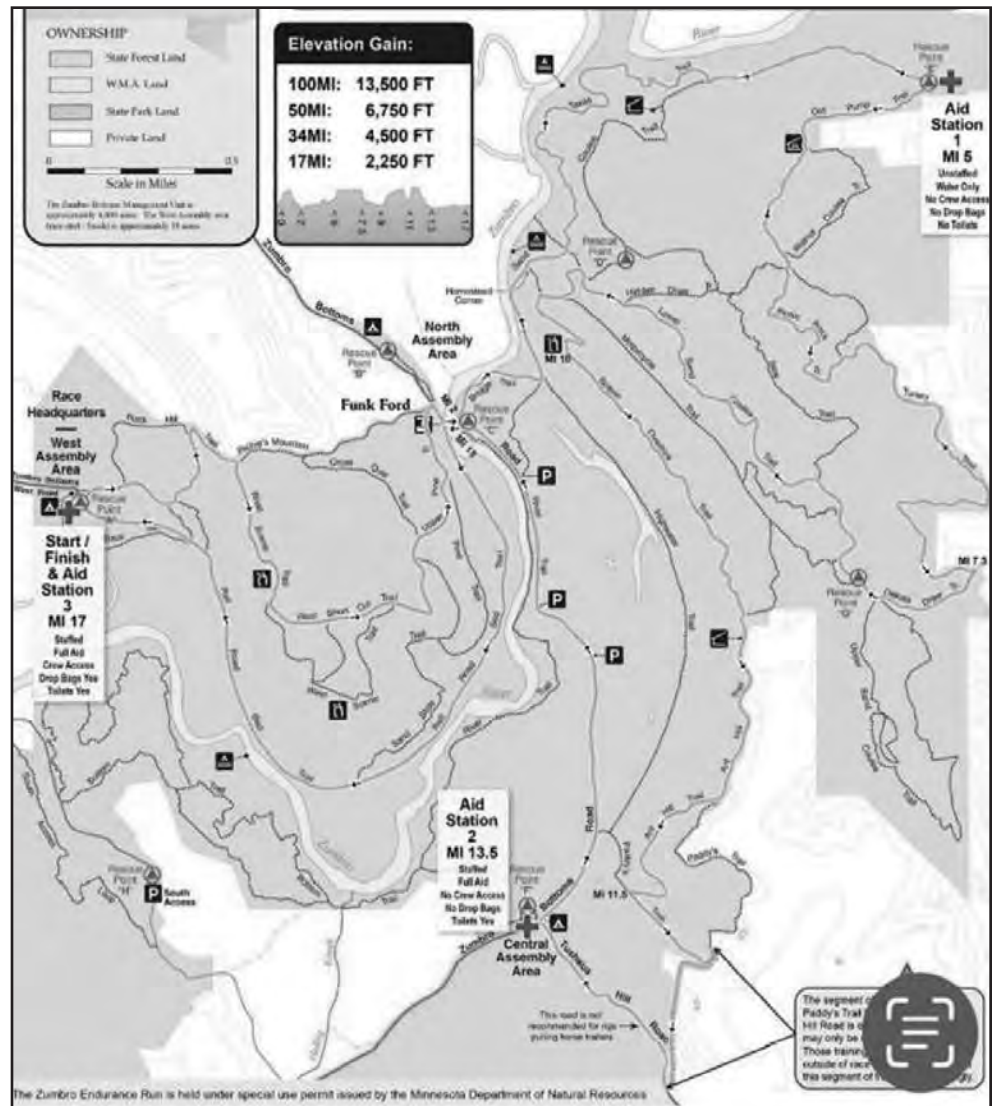


“Where am I? Who am I? What’s going on...”

debate—should I quit? Should I tough it out? Once the “quit” word sneaks into the brain, it’s really hard to ignore as the doubts kept percolating.

When I finally arrived at our camp, just short of the finish line, I collapsed into a chair and put my head in my hands.

(continued on page 8)



Zumbro!

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**THE MESSENGER**



## The View From the Back

(continued from page 7)

I was really discouraged about what was going on, especially after training so hard for so long. What a waste of time, and training!

As I was sitting there Chad and Chris told me a story about Derrick. It seems his legs cramped up really bad and he had fallen down on the trail. His eye fell out and landed in the dirt.

He has a glass eye from an old BB gun injury. I couldn't help not laughing. Or feeling bad for laughing.

No matter what happens today, I will not lose an eye!

I could see the disappointment in Chad's eyes as he tried to encourage me to keep going. Chris was also there trying to convince me not to drop. But, I was done, it just isn't going to happen today. Maybe I could call this a really good training run for FANS? Chris gave me a cup of soup and a banana. It was then that another thought crept into my head...there is still 24 hours to go before cut off, and there are only four laps to go—that's six hours per lap, slower than my current pace. Those thoughts gradually began to replace the "quit" that was stuck in my brain. Maybe.....

But no! I was done. I took off my hydration vest and walked to the lap counters in the start/finish area. But something happened on that short walk, I realized that I felt OK, and I was mostly just feeling sorry for myself. I think maybe I can do this?

When I arrived I was asked for my bib number.

"Number 16, but I left it back by my tent. I was going to quit, but I changed my mind. Do I need to go get it, and come through again?"

"No, you can just get back on the trail—good luck!"

I went back to the tent to grab my stuff and told Chad and Chris (and an old friend, Nick

was there too now) that I was still in it. I wanted to walk an entire lap and evaluate again when I come back. Nick handed me a red solo cup full of the noodle soup to drink as I walked. My water bottles were refilled, and as I walked I started feeling better and better. My stomach settled down (pickle juice?), and my attitude rebounded. The noodle soup and banana was the "magic elixir" that kept me going.

I started the third lap about 6 o'clock. It was going to be a walking lap, and I was assured that at least half of it would be in the dark, so I brought my headlamp with. As always I was a little concerned about what it's going to be like in the dark, in the woods, all by myself. Well, I could always rely on the Dog Men to keep me company. I hear they are native to the area. Seriously.

In the end, it wasn't bad at all. Actually, I kind of enjoyed it. It was peaceful. It was quiet, I was by myself and probably bringing up the rear by a long way, and I was OK with that. I was just walking, but I kept reminding myself that my goal here today is to simply finish. There was no chance of winning, or even placing now. My plan was to run the first lap and then see what happens. I only needed a 5.5 hour average lap, and I would be good. The first lap was done in 4:15, which I thought was a bit fast and the second lap didn't go so well, but if I could finish this third lap before midnight, I would still be on the original plan. If my fourth lap started at the same time as the fifty milers, or maybe a little bit earlier it would be good just to have the company of more people. Then I wanted to be separated enough from the 34 and 17 milers when they started the following morning so they wouldn't be in my way. Or, so I wouldn't be in their way.

Anyway, I'm on my own and I'm in the dark. I brought my phone with because I knew that I would be in this situation and I thought it would be a good opportunity to listen to some music or some podcasts to keep my mind occupied. I started with some podcasts, got through three of them; long ones that had overlapping and intersecting topics that were very interesting to me. Don't ask me what they were about; I cannot remember—only that they were really absorbing at the time. And then I switched to music, probably the best music I had ever heard. I was starting to feel a lot better. The idea to walk

a lap was working.

Should I eat jerky at night, what if some animal smells it, and comes looking for it? I don't know what lives out here....

When I arrived back at camp about 11:45pm, Nick said I looked like a new man. And he was right; I felt it too as I was in a much better place both mentally and physically. My confidence was back and I was going to finish this thing! I was even joking when Chad came out to pace me on the fourth lap (pacers are allowed only after three laps are complete) that I had just completed the Bon Jovi lap, because we're "halfway there"! Get it? I had a lot of alone time to think...

So Chad and I took off a few minutes before the Midnight 50 race started. I told him I didn't want to talk, just let me listen.

"Tell me your life story, Chad. Let's start at the beginning—what was your favorite color when you were born?"

But I was feeling so much better by then so it was nice to talk/converse as we went about our business of completing the fourth lap.

He reminded me that I told him a few weeks back that "If I could be on my fourth lap when the 50 milers start, that would be great!" I was right where I wanted to be.

We had about a one mile head start and we were already on the top of Rock Hill when they started.

We could see a line of headlights snaking

through the woods as they followed us up which was a really cool sight to see. As we started to head down the other side of the hill and the runners started to catch and pass us, several of the runners saw my name and number on my bib so there were lots of compliments – "way to go hundo runner" and phrases like that. That gave me a mental boost.

Also heard a lot of "Hey, you're Ted Gamble, we follow one another on Strava!" I heard that maybe a dozen or two times and it really surprised me. I wish I could remember everybody I saw that said that because it was kind of cool to attach a real person to what was only a name on a screen.

We were also passed by a younger runner, Ian, (he was in his late 20's) who was in my church camp group at Eagle Bluff in Lanesboro several years ago. He was probably in junior high at the time, and I was one of his camp counselors. Over the years, he had grown about a foot, his hair included. He was rocking a Forrest Gump meets a Grizzly Adams look. We talked for a little bit and agreed to catch up after the race. I found out later that he dropped after his first lap, so we were unable to meet as he was long gone by the time I was done.

We finished the fourth lap in less than 6 hours so we were still on pace.

(continued on page 9)

## Clutchmen Car Club Truck & Tractor Pull and Car Show August 3rd

(continued from page 1)



2023 Car Show

"People missed the event not taking place in June, so the club had a make up day available to reschedule", according to club members. The club will also host its annual car show on mainstreet across from Fireside Lounge that morning as well. Saturday evening, Russ Franek and The Biscuits will be playing Live at the 625 Bar & Grill. The 2025 event is planned to take place during Dennison Days which is scheduled for June 21, 2025.

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## The View From the Back

*(continued from page 8)*

Chad decided to stay with me and we began lap number five.

But before I tell you about that (this is where it gets really interesting, and a little weird!), let's take a short interlude and review the course.

The entire race is on trails. There are some horse trails, there is some single track, a few logging roads, and a little bit of gravel road. Plenty of variety, but no pavement.

The trail heads out of the campground/horse-park and runs along a corn field before heading up Rock Hill, an appropriate name as the trail is strewn with rocks. It rises about 300 feet above the campground, but this one is not that bad compared to what comes later. It's a little bit lengthy but from the top, you get a really pretty view of the campground with the Zumbro River in the background--you will see a lot of photos of this area online.

From here we head through the woods, and kind of curl down an old logging road. Reminds me of my father-in-law who was a logger--that spot was being logged out a few years ago during the race and in the morning when it's typically cold, all of the mud was frozen so it was an easy spot to get through but as the day wore on and the mud melted, it became a muddy quagmire.

*(Watch for part 2 in the next issue of The Messenger)*

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Saturday, August 31: Marv Gohman 10:00am-Noon  
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Sunday, September 1:

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INFORMATION ON OUR WEBSITE AND FACEBOOK: [ricecountysteamandgas.com](http://ricecountysteamandgas.com)



## The 49th annual Rice County Steam and Gas Tractor Show will take place August 30, 31 & September 1

(continued from page 1)

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn shelling, thrashing, blacksmithing, and more. The annual flea market will take place on the grounds and additional exhibits are many, including antique tractors, classic cars and trucks along with draft horses. Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day.

Breakfast is served daily on the grounds as well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM. Minneapolis Moline tractors and implements are the feature of this year's show, and one is being raffled off for their annual fundraising raffle. The kids' play area includes



a merry go round, swings, sandboxes and more.

A petting zoo will also be available for visitors, presented this year courtesy of Windy Willow Farm Adventures.

There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.

General admission is just \$10 for the entire weekend and all events are free for ages 12 and under.

The all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year. The newest acquisition for the club was the former Waterford, MN schoolhouse and township building, which was moved to the grounds last year from its original location in Waterford (Just North of Northfield). The move south down Highway #3 was delayed several times last year due to weather and other factors. Photos of the historic move are available on the Rice County Steam and Gas Facebook page.

Complete information and event listings are available on the group's Facebook page and website at [ricecountysteamandgas.com](http://ricecountysteamandgas.com)



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## Dundas Looks Into the Next Five Years

(continued from page 1)

A CIP can also include assets like heavy equipment that require maintenance or replacement. Typically projects and equipment are financed through the city's capital budget. CIPs are seen as important tools for local governments, allowing them to plan strategically for community growth and transformation.

Dundas City Administrator Jenelle Teppen said the plan over the next five years isn't focused as much on equipment as it is necessary improvements to the city infrastructure. "It includes things like sidewalk repair and installation trail extensions. We had a neigh-

borhood meeting in Tower Park a couple of weeks ago, talking about what kind of playground equipment that neighborhood would like to see up there, so that's included as well."

Teppen also noted that a sanitary sewer line beneath Schilling Drive is in need of reconstruction. The City had planned to stretch the work out over two years, but the final decision was made on Monday night to do all of the work in 2025.

Street projects, such as the one currently underway on Forrest and Depot Streets, she said

are taken into consideration in the CIP, but the city has also adopted a pavement management plan which handles the major details for those improvements.

Teppen said, while the Council passed the overall plan, each individual project within will still need to come back for Council discussion and passage.

"Every single project, every single expenditure that's listed on there has to come back before the City Council for individual approval as time goes on."

The plan was passed by the Council unanimously.

## Rice County United Way Announces \$400,000 in Grants

Courtesy of KYMN Radio

The Rice County Area United Way announced last Tuesday that 23 area Rice County human services non-profit organizations have been awarded grants over the next two years, totaling approximately \$400,000.

The list of Grantees includes Community Action Center, HealthFinders Collaborative, Healthy Community Initiative, The Hope Center of Rice County, Northfield Union of Youth, River Bend Nature Center, Rice County Neighbors United, and Ruth's House of Hope, just to name a few. The recipients all provide evidence-based solutions to address needs throughout the county.

The two-year cycle is a new initiative for the Rice County United Way. Executive Director Elizabeth Child explained in a statement issued by the organization that, by offering funding over the next two years it gives many non-profits more stability than

they have had in the past.

However, the statement made it clear that the Rice County Area United Way will continue to be a resource for immediate needs as well. Crediting Rebound Partners for a generous donation, the statement said \$10,000 has been allocated for microgrants over the next twelve months.

Additionally, more than \$50,000 has been raised to support literacy for some 1700 Rice County preschool children. Through the Dolly Parton Imagination Library program, each of those kids will receive a new book every month, with the Rice County Area United Way serving as the local administrative body.

The United Way grant cycle begins now and continues through June 30, 2026. A new, two-year grant option will begin again after that.

## Northfield Hospital Adding More Resources to the Very Successful Birth Center

(continued from page 1)

A statement issued by NH+ C said Martens will care for newborns and new mothers in the Birth Center. After the babies go home, she will offer one-on-one meetings in a comfortable private office at the Birth Center. All women are welcome no-matter where the baby was born.

The statement said Martens has more than 20 years of experience as a lactation specialist. She is also a pediatric nurse practitioner, with graduate degrees from St. Catherine University in St. Paul.

Martens said in the statement that she would like to help people meet their goals for breastfeeding and better understand that each baby feeds differently.

"Whether this is their first baby, second baby or more," she said in the statement, "each baby is different, and therefore each

breastfeeding experience is different."

Martens will specialize in Newborns, Nutrition, Parenting, and Preventive Care.

Lactation services at NH+C include breastfeeding lessons, advice and strategies on how to breastfeed at work or school, Problems with low milk supply, pumping and storage of breast milk, how to ween a baby from breastfeeding and much more. There is also a lactation consultation to help with post-partum breast care for women who choose not to breastfeed.

Lactation services are often covered by insurance; check with your insurance carrier about your coverage by calling the number on your insurance card.

Appointments may be scheduled at 507-646-1216. Those who had a baby outside of the Northfield Birth Center will need a referral from their provider.



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## Sitting Too Long Harms Kid's Livers



By Shauna Burshem, D.C.

Loneliness can have a serious impact on the life span of seniors. When older adults feel isolated or alone, it can lead to both physical and mental health problems. Studies have shown that lonely individuals often live shorter lives compared to those who have strong social connections. Loneliness can increase the risk of conditions like heart disease, high blood pressure, and weakened immune systems, making it harder for seniors to stay healthy. In addition to physical health, loneliness also affects mental well-being. Seniors who are lonely are more likely to experience depression and anxiety, which can further reduce their quality of life. Being socially active and maintaining relationships can help seniors stay healthier and live longer. Making an effort to connect with family, friends, or community groups can make a big difference in improving both health and happiness.

Sitting for more than six hours a day can be harmful to kids' health, especially their livers. When children spend too much time sitting, either in school or at home playing video games, they are at risk of developing fatty liver disease. This condition occurs when fat

builds up in the liver, which can lead to serious problems like liver cirrhosis, where the liver becomes severely scarred and damaged. It's important to understand that our bodies are not designed to sit for long periods, and doing so can have lasting negative effects. However, there is a simple solution to reduce these risks: light physical activity. Activities such as playing outside, walking, or biking can dramatically improve liver health and overall well-being. Encouraging children to move around more often can help prevent the buildup of fat in their livers and protect them from severe liver diseases. So, whether it's a short walk during breaks or a fun game of tag, getting kids moving is crucial for their health.

Biotech giant Bayer signed an exclusive licensing agreement with Pairwise, a genetic-based food startup, to develop and market its genetically engineered mustard greens, modified to be less bitter. Critics say the products haven't been evaluated for health or environmental risks and could contain toxins or allergens. One critic says this, "And why anyone would want to genetically modify mustard greens to make them less, well, mustardy, is a complete mystery to me. The whole point of eating mustard greens is their pungent and bitter taste, and the compounds that make them pungent and bitter also happen to provide health benefits. People who want their mustard greens to taste like lettuce can eat lettuce".

Chiropractic care can be very helpful for people with shoulder problems, like athletes or anyone dealing with shoulder pain. Chiropractors are experts who use hands-on techniques to adjust the spine and joints. By doing these adjustments, they can help reduce pain in your shoulder and improve your range of motion. This means you can move your shoulder more freely and with less discomfort. Whether you're dealing with shoulder strains, sprains, or even issues like an ac separation or rotator cuff problems, chiropractic care can offer relief and help you get back to your normal activities.

Chiropractors also provide rehab exercises tailored to strengthen the muscles around the shoulder and improve overall function. These exercises are an integral part of the recovery process, helping to promote healing and prevent future injuries. Additionally, chiropractors often work in conjunction with physical therapists to offer a comprehensive treatment plan. This collaborative approach ensures that all aspects of shoulder health are addressed, from mobility and strength to pain management and functional recovery. Both chiropractic care and physical therapy aim to restore optimal shoulder function and enhance the quality of life for individuals dealing with shoulder issues.

In addition to lessening pain and improv-

ing movement, chiropractic care focuses on the root cause of your shoulder problems. For example, if your shoulder is fixed in a particular position and won't move easily, a chiropractor can work to adjust it and restore proper alignment. This can make it easier for the muscles and tendons to heal naturally. Athletes, in particular, can benefit from this type of care because it helps keep their bodies in top condition, allowing them to perform better and recover faster from injuries. Overall, chiropractic care offers a natural and effective way to manage shoulder pain and improve overall shoulder function.

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

## Missing Pieces



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Are you familiar with the game – JENGA? This game challenges you to see how many pieces you can carefully remove before the entire tower collapses. It is amazing how many pieces can be removed from a wooden tower before it falls to the ground. The human body is even more amazing with the ability to sustain life and keep going even when essential nutrients are lacking. But at some point, the human body will collapse just like the JENGA tower if the right nutrients are not provided.

When you notice symptoms of illness starting, do you think about what your body needs – more medication or more nutrients? The runny nose and itchy eyes are because you need more Zyrtec? The excessive high blood sugar means you need more insulin? Or the extra weight gain means you are lacking Ozempic? Of course not. Yet these medications are well known for the symptom relief they provide and because medical doctors will recommend these medications before talking about the essential building blocks your body needs.

Your body will begin to show symptoms when it is missing essential nutrients because these nutrients are the original building blocks used to make your body. While medication may lessen a symptom for a season, the only true way to eliminate that symptom is to identify the necessary ingredients your body is signaling to receive.

Headaches – a common symptom for many people. What is a headache trying to tell you? First, consider drinking pure water. Water is 75% of the human body

and a headache can signal you are dehydrated. Second, consider your stress. Taking some magnesium can help to relax muscles and quiet nerves. Additionally, increased stress will use up B vitamins quickly, so a B-complex supplement, a whole egg, or some spinach will increase the necessary B vitamins.

Diabetes – we are seeing an alarming rise in people struggling with high blood sugar.

What does high blood sugar measures mean? First, pure water intake should be considered. The kidneys will help to remove excess sugar from the body with proper water intake. Clients with diabetes are consistently missing magnesium and B vitamins, which are important nutrients to properly handle sugar. Vitamin D is another common nutrient that is low in clients with diabetes. Along with these nutrients an increase in healthy protein sources and a decrease in processed sugar is very helpful.

High Blood Pressure – a common symptom related to weight gain and stress. What does high blood pressure mean? The body is having difficulty relaxing partly because of a lack of nutrients that will help the body to relax. Magnesium and potassium are two essential minerals the body will use to relax. There are four B vitamins commonly deficient in clients with high blood pressure, as well as Vitamin D and Vitamin C. Healthy food choices will provide these vitamins and help the body to move to a healthy weight which will result in lower blood pressure. In addition to good nutrition, a quality exercise routine can improve blood pressure.

As a society we have become well trained to look to medications to reduce our symptoms of illness, and we have become ignorant of the true building blocks that sustain our life. Illness is a result of missing pieces that need to be supplied in order to maintain life and move forward. Another day is passing by. Will you continue to live life as you have and remove another link, or will you replace some of the missing pieces and give your body what it needs to thrive?

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

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

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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** I own a 1987 Toyota based RV. The dashboard instrument cluster is pretty minimal. No tachometer, etc. I have found a cluster from another Toyota truck that I'd like to install. My problem is that my RV has about 112,000 miles on the odometer while the "new" odometer shows a bit over 210,000 miles. Is it legal to unwind the "new to me" odometer to match the actual miles on the RV and is there a person/place where I can get this done?

**Answer:** Minnesota State Statute 325E.14 Subd.6 says about replacing odometers, "Repair or replacement restriction. Nothing in this

section shall prevent the service, repair, or replacement of an odometer, provided the mileage indicated thereon remains the same as before the service, repair, or replacement. Where the odometer is incapable of registering the same mileage as before such service, repair, or replacement, the odometer shall be adjusted to read zero and a written notice shall be attached to the left door frame of the vehicle by the owner or an agent specifying the mileage prior to repair or replacement of the odometer and the date on which it was repaired or replaced. No person shall remove or alter such a notice so affixed."

Example of odometer notice:

Here's what this means for your situation where your odometer is being replaced with a "used" odometer and unable to reflect the vehicle's actual mileage. You would need to adjust this "new to you/used" odometer to reflect zero. The written notice shall be attached to the vehicle's left door frame. I would advise keeping all documents and receipts on file of the work you had done and equipment purchased for this repair. It would probably be a wise idea to keep another set of the copied documents in your vehicle.

**Question:** Hello, I have a new driver and they are having a difficult time knowing what type of road they are driving on,

*whether it is an interstate, state highway or county road. I am trying to teach them so if they need help they can give the proper location. Can you help explain so if anyone else is wondering they will know? Thank you.*

**Answer:** One way a person can tell what type of roadway they are on is by the design of the road sign. Here are some examples that show what interstates, U.S. highways, state highways and county road signs look like.

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) Twitter: MSPPIO\_SOUTH



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## Minnesota's New Delivery Tax: A Burden on Working Families

By: SENATOR BILL LIESKE

As of July 1, Minnesotans must pay a new 50-cent fee on retail deliveries over \$100. This tax applies to virtually any qualifying purchase that requires a delivery, from places like Amazon or Walmart to your local lumberyard. Whether the purchase is made online, in person, or over the phone makes no difference. If a single large order is split into multiple deliveries, each one incurs the fee.

This delivery fee will disproportionately impact rural Minnesotans, the elderly, and those

with disabilities who rely on deliveries for essential goods. It adds complexity for small businesses already struggling with rising costs and regulations. And it sends a clear message that Minnesota is hostile to consumers and businesses – especially as deliveries become more of a demanded expectation. The short-sightedness is truly astounding.

The justification for this tax – that it will fund road improvements – is just a marketing ploy. The projected revenue is minimal compared to our infrastructure needs, and delivery vehicles already pay gas taxes, registration fees, and other charges that go toward road maintenance. There are other, better ways to fund roads and bridges, like fully dedicating the revenue from the existing state's auto parts sales tax.

This new retail delivery tax is part of the

\$10 billion in tax increases passed by Minnesota Democrats in 2023. At the time, Minnesota had a \$19 billion budget surplus. Democrats chose to use that money for a spending spree to satisfy their activist base instead of giving the surplus back to taxpayers like they promised. They ran out of money, so to make the budget work they had to raise your taxes even more.

They broke their word. They ignored the financial stress that many Minnesotans are facing. And they prioritized their base over your family.

The timing couldn't be worse. Inflation has already put intense pressure on family budgets. I talk to people every single day who tell me how hard it is to afford the basics like food, fuel, housing, and energy.

For the typical Minnesota family, this retail delivery tax is more than just an annoyance. It is a symptom of a much larger problem –

that Democrats in government view Minnesotans as an endless source of revenue rather than as hardworking individuals just trying to make ends meet for their family.

Minnesota already has one of the highest tax burdens in the nation. We rank 7th in the country for state and local tax burden as a percentage of income, according to the Tax Foundation. WalletHub places us 5th for overall tax burden.

The constant reach into taxpayers' pockets must stop.

I've heard from a lot of you about this new delivery tax already. Rest assured, I share your anger and frustration. When the new legislative session begins in January, I will introduce a bill to repeal this unnecessary and burdensome tax.

It shouldn't be so difficult to get by. It is time to put the pocketbooks of hardworking Minnesota families first.

## Early Voting for Primary Election Through August 12

(continued from page 1)

Voting hours are:

Monday, Wednesday, Thursday:

7:30 a.m. to 4:30 p.m.

Tuesday: 7:30 a.m. to 6:00 p.m.

Friday 7:30 a.m. to noon.

Additionally, Northfield City Hall is open Saturday, August 10 from 9 a.m. to 3 p.m. and Monday, August 12 from 7:30 a.m. to 5 p.m. for voting. Arrive at least 15 minutes before closing time to complete the required paperwork and vote.

Voters also have the option to vote by mail. New this year, voters can select the permanent absentee option if they want to receive their ballot by mail for every election.

Eligible voters must be registered to vote at their current address. Eligible voters can register by July 23 or on election day. The Primary Election is on Tuesday, August 13. Polling places are open from 7 a.m. to 8 p.m.

### Voto anticipado en las elecciones primarias 28 de junio al 12 de agosto

Los votantes del condado de Rice pueden votar anticipadamente en las Elecciones Primarias desde ahora hasta el 12 de agosto en el Ayuntamiento, 801 Washington Street, en la sala de formación del segundo piso.

El horario de votación es el siguiente:  
lunes, miércoles y jueves, de 7:30 a.m. a 4:30 p.m.  
martes de 7:30 a.m. a 6:00 p.m.  
viernes de 7:30 a.m. a mediodía.

Además, el Ayuntamiento estará abierto para votar el sábado 10 de agosto de 9 a.m. a 3 p.m. y el lunes 12 de agosto de 7:30 a.m. a 5 p.m. Los carteles del Ayuntamiento dirigirán a los votantes al lugar de votación. Llegue al menos 15 minutos antes de la hora de cierre para cumplimentar la documentación requerida y votar.

Los votantes también tienen la opción de votar por correo. Como novedad este año, los votantes pueden seleccionar la opción de voto por correo permanente si desean recibir su papeleta por correo en todas las elecciones.

Los votantes elegibles deben estar registrados para votar en su dirección actual. Los votantes elegibles pueden registrarse antes del 23 de julio o el día de las elecciones. Las elecciones primarias son el martes 13 de agosto. Los colegios electorales están abiertos de 7 de la mañana a 8 de la tarde.

## DUNDAS CITY COUNCIL REGULAR MEETING MINUTES

Monday, July 8, 2024

7:00 p.m. City Hall

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

Staff: City Administrator/Clerk Jenelle Teppen

### CALL TO ORDER

Mayor Switzer called the meeting to order at 7:02 PM.

### APPROVAL OF AGENDA

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

### CONSENT AGENDA

- Regular Minutes of June 24, 2024

- Disbursements - \$136,322.48

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

### REGULAR AGENDA

- Consider Approving Resolution 2024-18 Approving the 2025 NAFRS Operating Budget

Fire Chief Tom Nelson presented both the proposed 2025 Operating and Capital Expenditure Budgets.

Motion by Swartwood, second by LaCroix, to approve Resolution 2024-18 Approving the 2025 NAFRS Operating Budget. MCU

- Consider Resolution 2024-19 Approving the 2025 NAFRS Capital Expenditure Budget

Motion by Gallagher, second by Modory, to approve Resolution 2024-19 NAFRS 2025 Capital Expenditure Budget. MCU

- Consider Resolution 2024-20 Approving the Northfield Area Fire Relief Association Request for Fire Relief Pension Benefits and Corresponding Bylaw Change

Motion by Modory, second by Swartwood, to approve Resolution 2024-20 Northfield Area Fire Relief Association Request for Fire Relief Pension Benefits and Corresponding Bylaws Change. MCU

- Consider Approving Generator Maintenance Agreement with Cummins, Inc

Motion by Swartwood, second by Gallagher, to approve a three-year Generator Maintenance Agreement with Cummins, Inc. MCU

- Consider Resolution 2024-21 Restricting Vehicles Over 10,000 GVW from Specific Local Streets

Motion by LaCroix, second by Swartwood, to approve Resolution 2024-21 Restricting Vehicles Over 10,000 GVW from Specific Local Streets. MCU

- Consider Approving Third Amendment to the West Avenue Apartment Development Agreement

Motion by Swartwood, second by LaCroix, to approve Third Amendment to the West Avenue Apartment Development. MCU

### REPORTS OF OFFICERS, BOARDS AND COMMITTEES

#### City Engineer – Dustin Tipp

The street light installation project is planned to get underway towards the end of July/beginning of August.

The dog park parking lot installation is projected to be completed by the first week in August, depending on the weather.

The final lift of pavement is expected to be installed in the third week in July.

### ADJOURN

Motion by Swartwood, second by Gallagher, to adjourn the meeting at 7:43 PM. MCU Minutes prepared by Jenelle Teppen, City Administrator/City Clerk

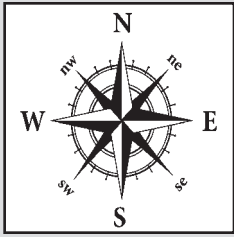
## Do You Have a Story Idea?

Contact Rebecca at:  
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or hometownmessenger@gmail.com





## Changes in Latitudes, Changes in Attitudes



By Terry Campbell

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

I grew up with an active imagination and some of that would be my dad's fault. My dad was a farmer, but he always thought up more adventurous things to do. That can happen when you spend hours in a field on a tractor. I just assumed it was life as usual. I recall being sent to talk to the guidance counselor when I was in Second grade. I guess my stories sounded too far-fetched. I couldn't understand why they questioned me. It started out with a Cat D-2. My dad owned

a bulldozer. It was the early 60's. A six-year old boy talks about such things at school. But it got much worse. My dad also owned a Cessna 172. That is an airplane. A four-seater airplane. My dad, mom and two of us kids would fly in it. He kept it on the farm and had a landing strip across the road in a hayfield that ran east and west. I recall a friend of his stopped by one cold winter day when I was five. Actually, the friend landed his plane on Highway 57 and taxied right up to the house. After talking for hours after lunch the friend went to leave and the plane was too cold to start. I recall my dad with the Knipco heater on the tractor loader warming up the engine of the plane so it would start.

The poor school counselor couldn't tell if I was making up tales or not. I think they liked kids to stay in that little lane they had planned out for them, just another brick in the wall. My sister told of the same problem. It seems her teacher started to describe the White House in Washington D.C. during a class and my sister told her she has been there. The teacher didn't believe it and told my mom she was making up tales. My mom said we had been there. My dad took us on a vacation each winter and we had seen every site in DC.

My dad belonged to the Flying Farmers. It was a group of farmers with planes and



airstrips on their farms. One family lived next to my aunt and uncle's farm. We could fly down there for the day and fly back home. I recall one summer evening we took off to return to our farm and ran into a thunderstorm on the way home. It was very turbulent and dark with intermittent lightning all around us. Sitting in the back seat I realized my picnic dinner was not staying put. My mom turned around in her seat and held the air sickness bag while I threw up. I believe I was too young to be scared. I figured my dad was invincible and the plane would never crash. I never remember any apprehension at getting a chance to go in the air

with him. I can still recall the smell of the cockpit and the sound of the air from the propeller through the aluminum skin of the plane.

Not content with a fixed wing aircraft, my dad took lessons to get his helicopter pilot's license. He flew for a construction company and my greatest thrill as a kid was to take the day off school and spend it with him flying from job site locations to check on the dirt work. This all happened by the time I was seven years old. I believe his helicopter was a Bell 300A, a two-seater with a Plexiglas bubble for a cockpit. Similar to the ones you see spraying crops.

## A Minnesotan: Bikes



By RosaLin Alcoser

Once again Minnesotans have reached the time of the year where we all go outside. All of us. As much as we possibly can. After all, we only have a short period of time where we can be outside before it gets cold again. Then only the cold weather people go outside.

One of the favorite outside activities of Minnesotans of course is biking. Of all

kinds. Road, mountain, sidewalk, snow. You name it and there's a Minnesotan who does that kind of biking.

Now when I was a kid in rural Minnesota my sister and I had mountain bikes so that we could ride on dirt or gravel. So I never learned how to ride on pavement until I went to college. Of course I had to teach myself a whole new version of riding a bike.

Of course as a small child I had learned to ride on the sidewalk before we moved to the rural area. Which of course we did while I was still too little to ride anything except my sidewalk bike. Six-year-old me did not take being left out of bike riding well and declared that when I was grown I was moving to St. Paul where there were sidewalks to ride my bike on.

I will admit that I was off about which part of the cities I would grow up to move to but I was right about there being sidewalks to ride my bike on. Except now that I am an adult riding a road bike instead of a sidewalk bike my young declaration was not fully needed.

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Once again the net proceeds from this years Minnesota Country Salute CD will go to the Minnesota Military Family Foundation and Minnesota Wheels of Honor. Starting Veteran's Day you'll be able buy your copy at any one of these locations and make sure the service men and women and first responders of Minnesota have the support they need.  
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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.

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- THEME: FAMOUS FIRSTS
- ACROSS
1. Croat or Moravian, e.g.
  5. Paid player
  8. Not Miss or Ms.
  11. First-rate
  12. Mattress with memory?
  13. Be of use
  15. "It's time!" signal
  16. \_\_\_-de-camp
  17. Like an unhealthy dog
  18. \*First one to circumnavigate globe, almost
  20. March Madness org.
  21. Bring upon
  22. Orange Lavaburst drink
  23. \*Rita \_\_\_\_, first Latina to win Academy Award
  26. Winter rides, in Russia
  30. Brewery order
  31. Unties or unbuttons
  34. Nearly
  35. One born to Japanese immigrants
  37. Good times
  38. Rheumy
  39. Tel \_\_\_\_, Israel
  40. Bequeath
  42. Once known as
  43. West African country
  45. \*Chuck \_\_\_\_, first to break speed of sound
  47. Genetic info carrier, acr.
  48. City near D, sseldorf
  50. Short for Dorothea
  52. \*First artificial satellite (2 words)
  55. Clay and silt deposit
  56. Marine eagle
  57. Mercantile establishment
  59. Singer Piaf
  60. Concert series
  61. Indian nursemaid
  62. Craggy peak
  63. Little troublemaker
  64. Solitary
- DOWN
1. Give in to gravity
  2. Weaver's apparatus
  3. The "I" in "The King and I"
  4. Carrots or peas, slangily
  5. French soldier in WWI
  6. Speed gun
  7. \*First horror film about Damien Thorn, with The
  8. Supernatural life force
  9. Capital of Latvia
  10. Canny
  12. Han Solo's "Millennium \_\_\_\_"
  13. Prenatal test, for short
  14. \*The first one helped combat smallpox
  19. Tedium
  22. 120 mins.
  23. #8 Down, pl.
  24. Martini garnish
  25. Pine product
  26. Midterm, e.g.
  27. a.k.a. Tibetan wild ass
  28. Feel the same
  29. Timider
  32. Deadly challenge
  33. Military moves
  36. \*Mount first conquered by Hillary and Norgay
  38. 10 to 12-year-old
  40. Ewe's cry
  41. Half-shell delicacy
  44. Grind with teeth
  46. Fauna member
  48. Erasable programmable read only memory
  49. Break of day
  50. List of chores
  51. Prince of Wales to King
  52. Searching for E.T. org.
  53. Boxer's last blow
  54. Azerbaijan's southern neighbor
  55. "\_\_\_ the wild rumpus begin!"
  58. "\_\_\_ one and only"

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