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NOVEMBER 20, 2024

Volume 18 • Issue 11

County Solicits Input on Its Future Transportation Needs



photo by Rice Co.

Residents have an opportunity to provide input into two transportation planning projects, one impacting the entire county, the other a continuation of previous Interstate 35/ CR 9 interchange planning, during a Tuesday, Dec. 3 open house.

(continued on page 17)

Dakota City Christmas in the Village December 7, 8, 14, 15, 2024



All ages will enjoy the many displays and buildings that reflect the sights, sounds, and scents of the season! The buildings are heated and horse-drawn trolleys will be available to take visitors throughout the village. Hot chocolate, apple cider, hot soups and ice cream are available in the Drug Store. Cookies, apple cider donuts and popcorn will also be available. Cozy firepits and benches will be set up outside the fire barn.

Parents may choose to bring their children's letter to St. Nicholas in a self-addressed en-

velope (not sealed) to the event. After the event, children will receive a letter in the mail from St. Nicholas. Saint Nicholas will be visiting with children in the Depot. The popular model engine train display (scale G) will be back this year again in the library.

Choir groups and musicians will be sharing music in the Church. Sing along Christmas Carols will also be available there. Some of our choir groups enjoy caroling outside and walking through the village as they sing! Demonstrations will take place in the Carpenter shop, Harris House, McMenomy House and the Blacksmith Shop.

Be sure to check out the Tree Lighting Cer-



Courtesy of Dakota City Heritage Village

emony on Saturday, December 7 at 6 pm at the Bandstand. Farmington's High School's New Dimension choir will share their holiday music and Saint Nicholas will lead the tree lighting count down.

Admission price is \$5 with children under 5 free.

Tickets are available online at dakotacity.org or at the gate.

Please enter the Dakota County Fairgrounds on Second Street off of Ash Street/Hwy 50.

(continued on page 6)

Announcements

• **Winter Parking Ban:** The winter parking ban is in effect from October 31st through April 15th between the hours of 2am and 6:30am. There is no parking allowed on any city street. Vehicles in violation will be ticketed. Ordinance §71.06.

• **A friendly reminder about leaves and snow:** No person shall place, leave, or allow to accumulate any snow, grass or yard waste on any public sidewalk, street, or other public property. Ordinance §152.05.

• **City Hall will be closed November 28th and 29th!**

Do you have an announcement?

Email: hometownmessenger@gmail.com

Hwy. 19/I-35 Interchange Roundabout Project Wrapping Up

Submitted by Rice County

As the 2024 construction season winds to a close, contractors are putting the finishing touches on the new roundabout at the Hwy. 19/I-35 interchange.

Some minor punch list items are all that remain, according to Rice County Design/Construction Engineer Bill Zidon. That includes seeding and striping, which are expected to be complete by the end of the month.

No future closures are anticipated.

With some areas adjacent to driving lanes still needing to be addressed, county officials urge motorists to continue to use extra caution in the area as contractors wrap up the project.

(continued on page 17)



photo Rice County

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Pastors Corner

By Pastor Larry Grove,
Hauge Lutheran Church

November is finally here and that means an end to the flood of text messages and campaign ads that have inundated us for the past six months. Why is it that time flies by so quickly until an election is taking place, and then it seems to hit a snail's pace.

Regardless of the outcome, it is my prayer that our country could refrain from the divisive rhetoric and we could find common ground and work toward the restoration of the republic.

Many people are perplexed over the fractured state of our government and the constant vitriol that permeates the dialogue of our leaders instead of coming together to find answers. I have fallen into the camp of bewilderment myself. I want so desperately to see our nation unified and striving for the excellence that has always our benchmark.

This past week I listened to a conversation between Eric Metaxas and John Bevere. Upon hearing this exchange it became clear to me that the difficulty we are experiencing as a nation is due to the fact that we have lost the

'fear of God'. Isaiah 33:6 says, "He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure."

The fear that is referenced here is not terror or trepidation. It is a holy reverence and awe that we should have. The fear of God will keep us from wrongdoing and a desire to strive for holiness.

Paul exhorts the believers in Philippi as he writes in Philippians 2 verse 12, "Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling."

Intimacy with God requires work on our part. Hebrews 12 verses 1 and 2 tell us that the world entangles us with sin and hinders us from having intimacy with God. We are told to throw off that sin and run the race set before us fixing our eyes on Jesus. It is not a sprint. It is a marathon and we must run with perseverance. The fear of God (awe and reverence) can secure that intimacy.

Psalm 25:14 speaks about the rewards for those that fear the Lord.

"The friendship of the Lord is for those who fear him, and he makes known to them his covenant."

Paul penned these words in 2 Corinthians

6:16-7:1. "What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." Therefore, "Come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." And, "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."

"Therefore, since we have these promises, dear friends, let us purify ourselves from

everything that contaminates body and spirit, perfecting holiness out of reverence for God."

God had His hand in the foundation of this country and it has stood on Godly principles for centuries. May we, as a nation, repent of our pride and arrogance and, once again, fear God with a holy reverence and awe.

Finally, I ask you all to pray for our new leaders. Pray that unity and cooperation could once again be the desire of the people as we fix our eyes on Jesus.

May God richly bless the United States of America!

Area Church Directory

Singing Our Gratitude to God

Be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord. . . . — Ephesians 5:18-19

When we are filled with the Holy Spirit, we begin to notice the fruit of the Spirit in ourselves. One of the Spirit's fruits is joy—a deep sense of contentment and gratitude in all things, even when life's circumstances are difficult. The early church had a rich practice of rejoicing through song: Paul indicates that they sang psalms, hymns, and spiritual songs to the Lord with all their hearts.

What kinds of songs do you sing in your congregation? Psalms? Hymns? Songs from the Spirit? Why do you do this? And how does it affect your faith and life?

In singing, we express our gratitude to God for his great deeds, and we receive God's grace and edification in return. We bring God an offering of praise, but at the same time we hear him speaking to us and encouraging us. One could even say that singing praises to God can function similarly to prayer. Like prayer, singing can both support our individual faith formation as well as our corporate worship and fellowship with one another. When we sing together about the goodness and grace of our triune God, we grow in connection as a body of believers.

How does singing help you to express your gratitude to God? What psalm, hymn, or spiritual song has been particularly formative in your faith?

Holy Spirit, fill me with joy, that I may sing songs of praise today. Let everything that has breath join me in praising the Lord! Amen.

CANVAS CHURCH

404 Schilling Drive, Dundas

Lead Pastor: **Jed McGuire** • www.canvaschurchmn.com

Sunday service 9:00a.m. and 10:45a.m.

YTH Wednesdays at 6:30p.m. Canvas Recovery Group meets Thursdays at 6:30p.m.

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E.

Pastor **Penny Bonsell** • pastor@littleprairieumc.org

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

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

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

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

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor **Brent Bielenberg** • 645-7730 life21church.com

10:00a.m. Worship Experience

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor **Dan Runke** • 663-0133 • northfieldefc.org

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

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

Pastor **Dean Swenson** • 507-664-9007 • www.hosannalc.org

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

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

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-Monday January 6th

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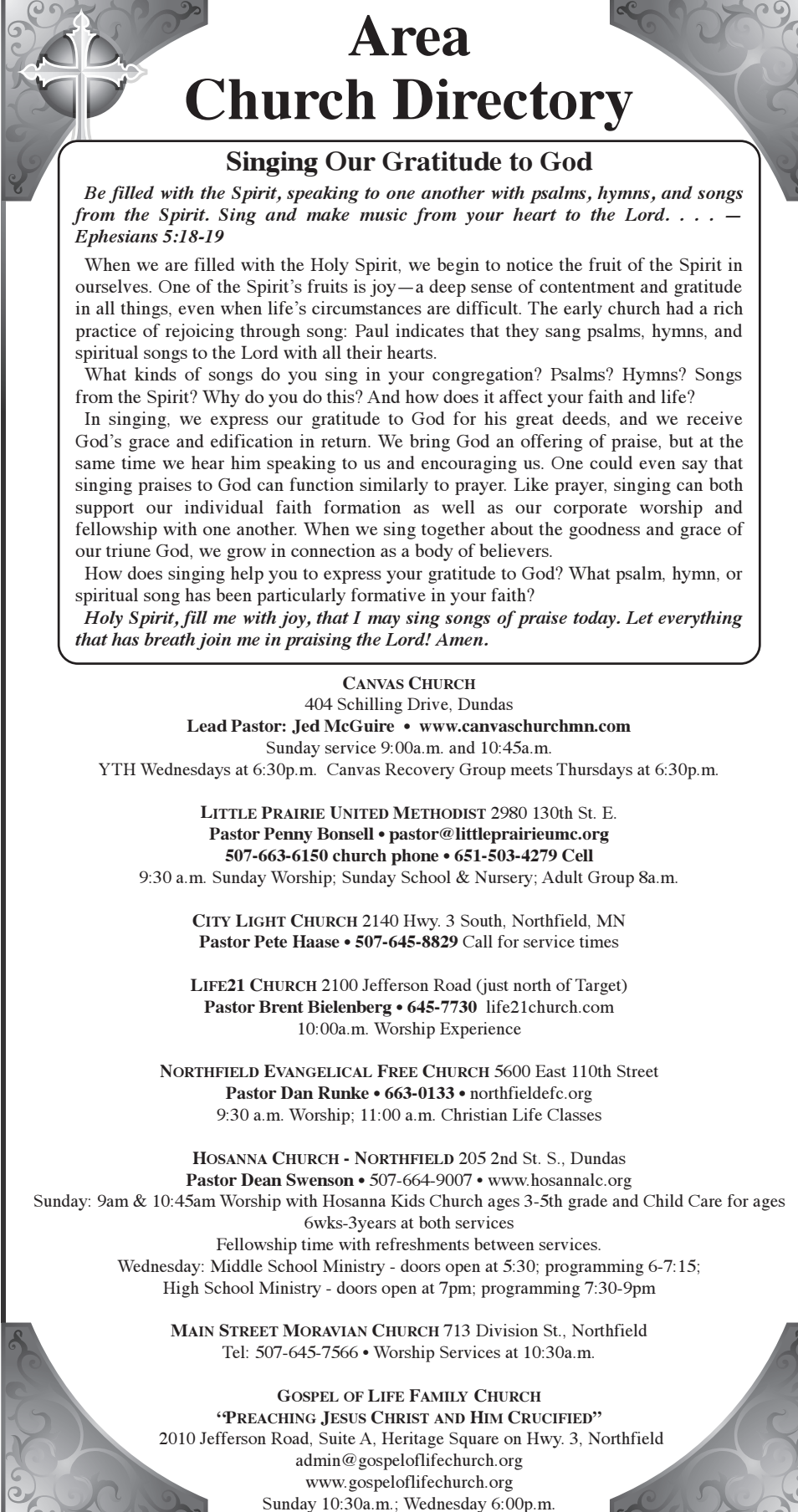
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A SHERLOCK CAROL
by Mark Shanahan

**Nov 22 -
Dec 8**
Fri, Sat 7:30
Sun 2

Directed by
Bill Schnell

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mystery!**
*“A Sherlock Carol” runs
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Mantorville
Opera House*

Moriarty, Sherlock Holmes’ nemesis, is dead to begin with. Depressed, Holmes has lost his purpose—his motivation for sleuthing. But “ding dong merrily,” along comes Dr. Timothy Cratchit—that’s right, a grown-up, “God bless us, every one” Tiny Tim! Dr. Cratchit asks Sherlock Holmes to investigate the murder of his dear friend and benefactor—formerly Mr. “Bah, humbug!”—

Ebenezer Scrooge. Now the once-despondent Sherlock Holmes is intrigued and inspired: “The game’s afoot!”

This heartwarming production by the Mantorville Theatre Company promises festive cheer and mystery—a perfect holiday treat!

Under the expert direction of Bill Schnell, a talented cast of six brings beloved characters from Arthur Conan Doyle and Charles Dickens to life. Jerry Casper plays Sherlock Holmes and Nick Mezacapa is Ebenezer Scrooge. Greg Miller portrays Dr. Timothy Cratchit and other characters. Becca Messick plays Emma Wiggins and additional roles. Ryan Frank is Dr. Watson and more. Lindsay Herr plays Martha Cratchit, Abigail Fezziwig and others. Cheryl Frarck portrays various characters.

“A Sherlock Carol” is written by Mark Shanahan and was originally produced by Raymond Bokhour and Drew McVety.

Secure your seats now at mantorvilletheatrecompany.com or leave a message at 507-635-5420. The play runs Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m., Nov. 22-Dec.8. Send any inquires to mantorvilletheatre@gmail.com.

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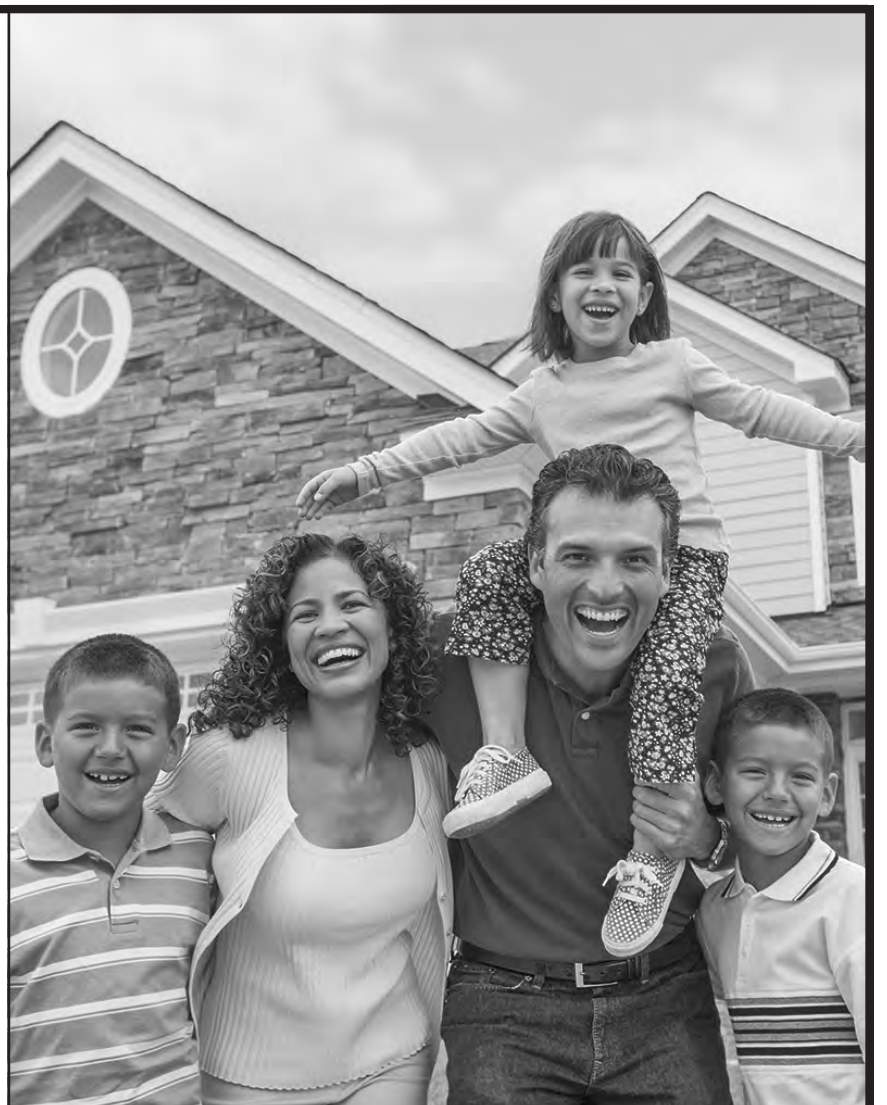
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Northfielders' Donation Helps Fill HOPE Center Library

By Rice County

Books. They can educate, serve as an escape and take you to far away places, around the corner and back again.

That's what they do for HOPE Center Executive Director Erica Staab-Absher, and she expects several dozen new volumes in the center's library will do the same for her clients.

HOPE Center, located in Faribault, is a 501(c)(3) that offers direct support, and legal and personal advocacy as well as emergency shelter to Rice County victims of domestic and sexual violence. It also provides collaborative support to other organizations that serve victims and educational support to the entire community.

Last year, HOPE Center provided services to more than 1,200 Rice County residents. HOPE Center's clients know no age limit and include children who've been victimized or are the children of victims.

The books, purchased from Northfield bookstore Content with funds donated by Northfielders Stephen Hochheiser and Joe Fierst,

both who had long careers in the academic publishing industry, will be available to check out and may be given to clients.

"Joe and I are pleased to support the critical work of HOPE Center, recognizing how valuable the organization's services are. We know that this library of books purchased from Content will directly benefit so many clients and their children," said Hochheiser.

I'm extremely grateful for this generous donation and know that these books will be of great value to our clients, many who have little disposable income with which to purchase books of their own, and who need the support, guidance and escapism they will provide," said Staab-Absher.

Staab-Absher selected the books, with the help of Content owner Jessica Peterson-White, with an eye on finding those that will most benefit HOPE Center's specific clientele.

Hochheiser, vice chair of the HOPE Center Board, and Fierst, who grew up in Faribault, believe independent bookstores in general, and Content specifically, are important resources for their communities. Hochheiser managed a group of independent general bookstores in the Philadelphia area and Fierst was a bookstore manager at St. John's University and the College St. Benedict.

Learn more about HOPE Center at www.hopecentermn.org.

If you or someone you know is the victim of domestic and/or sexual violence, contact HOPE Center at 507-332- 0882 or its 24-Hour SafeLine at 1-800-607-2330. All services are free and confidential.



photo by Rice County

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Down on the Farm/ Up at the Cabin Spring Migrations

By
Monica & Claudia Vanderborcht

Claudia and her husband joined Monica on the farm late in the summer of 2016. There was plenty of room in the house (it had 4 bedrooms, two bathrooms and even two kitchens). And more than enough room outside to keep everyone busy and out of each

others' way.

Prior to their move, Claudia and her husband lived in a log cabin in upstate New York. (WAY upstate. 30 miles from the Canadian border upstate.) They often bought meat from a farmer who raised bison. The farmer would tell stories of the buffalos' biannual migration: every spring and every autumn, the bison would walk around and around their pasture for days. Seasonal migration ran deep in their DNA.

Dexter cattle were bred by the Irish 500 years earlier. Dexters are one of the 28 breeds of short-statured cattle. Rarely taller than 40 inches at the shoulder and weighing 700-900 pounds, they were a good breed for two middle-aged newbie women farmers to raise.

Intelligent and gentle, with tasty flesh and rich milk, the urge to migrate has been bred out of Dexter DNA for a long, long time.

Dexter cattle do not migrate.

But it had been a very long winter. And although most of the snow had melted, the pastures were not green. The few green shoots of grass were quickly devoured by the livestock. Hay had become incredibly boring and everyone was ready for the lush, green, succulent grass.

You know – the good stuff.

Oops! Someone accidentally left the pasture gate open. The herd found it. And so the Dexter spring migration began. Down the long driveway they trotted. Monica ran for the ATV; Claudia ran to the barn for buckets of treats.

Right from the start, Monica had bucket-trained her cattle. Scooby, the bull, would do



Retrieving cattle with cars

just about anything for a Scooby snack (an alfalfa cube or horse treat). Ameila, the herd queen, knew exactly where the chicken corn was kept and knew how to pry the metal cover off the container. The cattle understood what rattling buckets meant.

But today, the herd only wanted fresh, green grass.

A bucket of corn in her hand, Monica raced through the muddy cornfield on the ATV, parallel to the driveway, hoping to divert the herd. The cattle took a right at the mailbox and trotted down the dirt road. Claudia, a bucket of Scooby snacks in her hand, jogged up the driveway. She could see that the cattle had no intention of returning to their brown pasture. They were looking for green grass.

Down the road they trotted – Scooby and Amelia leading the way. Monica phoned Rae, the neighboring farmer. The cattle were headed her way and maybe she could turn them with her truck or ATV. Slowly, so slowly, Rae drove up the road toward the cattle. Monica flanked them on the right. Claudia waited at the mailbox.

The Dexters could not wade through the ditches, still full with snow, to escape the vehicles: their legs were simply too short. Resigned, the herd turned back up the hill and headed for home.

Though this would not be their last walk-about, an important lesson was learned: double check the gates!

TURKEY BINGO

EVERYONE'S INVITED!
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7:00 PM

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or call 507-649-1009

by Hans '10

Dakota City Christmas in the Village December 7, 8, 14, 15, 2024

(continued from page 1)

Questions? Comments? Suggestions? Please call our office at (651) 460-8050. Please leave a message if you get our voicemail. We are probably out in the village, preparing for the event! You can email us also at info@dakotacity.org

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A Great Day Farm to participate in 16th Annual Give to the Max Day on November 21

Give to the Max Day is a catalyst for good, raising more than \$330 million for local Minnesota organizations since 2009

NORTHFIELD — A Great Day Farm (www.agreatdayfarm.org) is thrilled to participate in the annual Give to the Max Day on Thursday, Nov. 21. Give to the Max Day, a statewide grassroots giving event organized by GiveMN, has raised more than \$330 million for more than 10,000 organizations since its inaugural year in 2009.

A Great Day Farm's mission is to provide free, accessible recreation and community-building opportunities for people with disabilities, especially those with more significant support needs. Established as a 501(c)(3) private operating foundation in 2015, the farm has since welcomed thousands of visitors from a 60+ mile radius to its spaces, which include an indoor recreation center and a 3 acre fenced-in outdoor adventure playground. It is open most days for visits from 9 am – 5 pm with pre-registration available at www.agreatdayfarm.org. A Great Day Farm's Give to the Max campaign this

year is "Open New Doors" with funds going towards building a new, more accessible front entrance to the recreation center.

"As a free recreational facility, campaigns like Give to the Max are critical to helping us raise visibility & funds so that we can fully deliver on our mission of providing free inclusive opportunities for Minnesotans with disabilities," said Greg Closser, co-founder of A Great Day Farm. "We are so grateful to the donors who come together on Give to the Max to lift up organizations across the state."

"In 2023, tens of thousands of Minnesotans and supporters from around the world came together to raise a phenomenal \$34.2 million for 6,615 nonprofits and schools across our state," said Jake Blumberg, executive director of GiveMN, the nonprofit behind Give to the Max. "Donor support continues to be a powerful force for good. Every dollar donated fuels the essential work of local nonprofits to improve lives and strengthen our neighborhoods."


To participate, visit GiveMN.org and search for the causes you care about most using keywords, your location, or by organization name. Give to the Max's Early Giving period begins Nov. 1 and the campaign culminates on Give to the Max Day, Thursday, Nov. 21.

Each donation through GiveMN.org qualifies A Great Day Farm for additional grants from the Give to the Max Day prize pool, thanks to the continued generosity of the Bush Foundation. On Nov. 21, Give to the Max Day, [GiveMN](http://GiveMN.org) will award:

- \$500 Early Giving Golden Tickets daily on Nov. 1-20
- \$500 Golden Ticket prizes every 15 minutes on Nov. 21
- \$1,000 Hourly Golden Ticket prizes hourly on Nov. 21
- \$6,000 Power Hour Prizes, shared among the top three organizations based on the amount raised between 10:00–10:59 a.m. and 10:00–10:59 p.m.
- The grand prize of Give to the Max Day, a \$10,000 Super-Sized Golden Ticket, drawn

from all gifts made Nov. 1-21. Additionally, dozens of regional prizes will be awarded to organizations across much of Greater Minnesota, thanks to the support of the Initiative Foundation, Southwest Initiative Foundation, Southern Minnesota Initiative Foundation, Northwest Minnesota Foundation, and West Central Initiative.

To follow along with Give to the Max and make a gift to your favorite cause, visit GiveMN.org beginning Nov. 1, and use #GTMD24 to join in the conversation online.



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Please join us in a Benefit for Baby James Haugen "JJ"

December 7th, 2024

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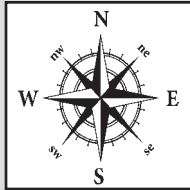
Monetary donations can be made at Heritage bank Northfield or Dennison branches OR The State Bank of Faribault at both Faribault or Prior Lake branches to the James Jacob Haugen benefit fund

Nick and Danielle (Kawell) recently found out that their unborn baby boy, James Jacob, who will join us via c-section at the end of December has a rare genetic condition called XSCIDs (X Linked Severe Combined Immunodeficiency) and will be born without an immune system. Baby James will under go a bone marrow transplant to give him a new immune system. JJ will have a long road ahead of him, spending the first half of his life in a hospital setting and in and out of appointments. During this time both Nick and Dani will be out of work to avoid the possibility of bringing any sickness into their home to keep baby James as safe as possible.

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Changes in Latitudes, Changes in Attitudes **Transistor Radios**



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.

One of the earlier favorite memories I had as a kid was the radio. I enjoyed listening to the radio. But I had no control over the stations when I was real young. The radio in the barn was on KDHL. Polka music, weather and farm market reports was all it played. There was a radio in the milking barn and one in the hog barn. My dad said it calmed the livestock to hear music all day. It sure helped beat the monotony when I was cleaning and feeding the animals.

In the car it wasn't much different. My dad controlled the dial and it was usually WCCO

and the Minnesota Twins with Herb Carneal and Halsey Hall. About the only music they played was the Hamm's beer commercial. All we knew existed back then was AM (amplitude modulation) and I had no idea what that meant. Just that it got fuzzy when it stormed and clicked in time to the electric fence around the farm.

My dad had an old red transistor radio that operated off D cell batteries. I would take it out with me when I did farm work like cleaning calf pens and listen to KYMN in Northfield. Its range was quite limited and that was all I could find in my musical tastes.

Somewhere around 1971 I purchased my own transistor AM radio. I believe I bought it at the Gambles Hardware store. It was a futuristic style in the form of a round yellow globe with a silver chain and ring attached to it. It was a Panasonic Panapet designed to commemorate the World Expo in Osaka, Japan. It had two chrome dials for volume and tuning and the AM display inset on the surface of the ball.

This was great, now I could listen to my favorite radio station, 1270 KWEB Rochester. I kept it in the headboard of my bed and listened to it before I went to sleep and the first thing when I woke up. C.J Stevens was one of the deejays at KWEB and I remember he was killed in a tractor rollover accident on his dad's farm in the early 1970's. This radio used the small 9-volt batteries which lasted much longer than the big old D cells.

Our tractors didn't have radios. They didn't even have cabs. I bought a fender radio at Farm and Home and put on the John Deere 4020. It was only an AM radio but it kept me

from falling asleep in the field.

The radio is a great marker of time for me. Often when I hear a song I will be transported back in my mind to the time and place when I first heard it. Some of these are a trip of almost sixty-years into the past.

I developed a habit of having a radio in each farm building. They are always on. That way I do not miss a song as I go from one building to another doing chores. They are all tuned to KRPR, 89.9. That is the classic rock station in Rochester. Classic rock without the talk, twenty-four hours a day. On five radios in five farm buildings all simultaneously cranking out the music. I do wear out radios every year, but the one in the shop is a Radio Shack boom box I have had since the mid 1980's. It just keeps on running.

In Tennessee I listen to WTPR 101.7. The greatest hits of all time in Paris, Tennessee. They have the Swap Shop every morning six days week at 9am. It is like a hillbilly Facebook marketplace. But the best is a couple



weeks before Christmas, they switch to all Christmas music, all the time, during the holiday season. Music is timeless and a very enjoyable part of life.

A Minnesotan: Holiday Fires



By RosaLin Alcoser

That year I cooked a semi traditional Thanksgiving meal. We had turkey, a vegetable and a pumpkin cake. I know pie would have been more traditional but we had cake and it was excellent. After that my sister declared that all the work I put into making that meal was too much bother for just the two of us.

However, I think the real reason she decided that I would come to her and we would go out was due to my dishwasher catching on fire after dinner. At the time I still lived in student housing and the dishwasher in my apartment was probably from the late 1990s or early 2000s.

Right was we were getting ready to head out to go for a walk; which you can do on Thanksgiving in the south. When my sister looked over and saw smoke rising out of the turned off dishwasher. She threw open the door to see that the bottom coil was on fire. While she threw baking soda onto the fire I threw the breaker to the dishwasher to keep the fire from restarting.

Thankfully nothing was damaged and did not restart on fire after its power was cut. The dishwasher did get replaced by a different and less flammable old dishwasher. Making that Thanksgiving the one and only time that my sister has ever come to my apartment for a holiday. Even though I now have a much more reliable dishwasher.

Other than watching the Macy's Thanksgiving Day Parade on the television my family does not have any other Thanksgiving Day traditions. There was a short time when I was in college back in Southern Missouri where my sister and I did have one.

For two years it was the Alcoser sister's transition to go out for dim sum on Thanksgiving Day. It was a fun tradition that involved me driving across the state to visit her and going out on Thanksgiving; after we watched the parade of course. Prior to this she had come to my place exactly once.

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The Savvy Senior Devices To Get Rid of This Winter That can Add Hundreds to Your Electricity Bill



By Jim Miller

Winter is right around the corner, and cooler days mean an increased need to turn on the heat. Unfortunately, this can also translate into higher electricity bills.

Fortunately, we got some experts to share several tips on which devices you can get rid of to lower your electricity bill.

Electric Clothes Dryers can consume up to 5 kWh of electricity during a single cycle. In some states, this can cost over a dollar per cycle.

According to Liam Hunt, director at Gold IRA Guide, a more energy-conscious solution is to wring your clothes out with a high spin cycle before hanging them up to dry using either an outside clothesline or a foldable indoor drying rack.

Hunt also noted that switching to energy-efficient lighting can save you money.

“Did you know LED bulbs use at least 75% less energy and last 25 times longer than incandescent lights,” he said. “Swapping out your incandescent bulbs for LED bulbs can save a ton of energy and money over time. LEDs also emit very little heat, so they can help keep your home cooler in the warmer months.”

One device that can add hundreds to your electricity bill is a space heater. Whether an electric fire replica or fiery-looking orb, space heaters consume a lot of electricity and can quickly increase your heating costs, according to Scott Lieberman, founder of Touchdown Money.

“Instead, choose a more energy-efficient heating system for your home, like a programmable thermostat or central heating,”

Lieberman said. “If you must use a space heater, choose an energy-efficient model and use it sparingly, turning it off when you’re not in the room and directing it at you to warm up quickly and then turn off.”

You can’t just get rid of your water heater, but you can make an adjustment to save money. Check the temperature of your water heater and lower it to 120°F.

“This helps conserve energy and reduces the risk of scalding,” Hunt said.

Kate Colarulli, head of strategic insights at CleanChoice Energy, suggested investing in a smart thermostat.

“By allowing you to adjust the temperature from your smartphone and automatically self-adjusting based on the current weather, smart thermostats can help keep you comfortable when you’re home and save energy when you’re not.”

Just because you turned the device off, doesn’t necessarily mean it stops using electricity. Some electronic devices that are off but remain plugged into a power source will continue to draw electricity. These devices are called “energy vampires,” according to Cisco DeVries, a former aide to the U.S. Secretary of Energy during former President Bill

Clinton’s administration and executive vice president of Renew Home.

Devices such as cable boxes/DVRs and game consoles, microwaves, coffee makers, space heaters, phone chargers and even powered toothbrushes can account for 20% of your monthly electricity bill, DeVries said.

For instance, cable boxes/DVRs can use around 35 watts — about \$96 annually. And, if left on standby mode, it could be tacking on an extra \$130-\$180 per year, he noted.

In addition, heaters in your coffee machine typically consume up to \$8 extra in energy costs per month, wasting up to \$96/year. Newer, single-serve coffee makers tend to keep water hot all day long, sucking another \$5 of energy per month, totaling \$156/year.

“To overcome these energy vampires, use smart plugs or smart power strips. These smart devices will detect when you’re no longer using a device and turn off the power supply,” said DeVries, adding that this could amount to an average of \$432 in savings.

In that same vein, Colarulli said that in the home office, computers can drain 15-20 watts when idle — so turning off the computer/laptop and printer when not in use can save another \$20 a year.

Fifteen Fascinating CVEC Courses for Seniors this Winter

Registration starts November 25 for Cannon Valley Elder Collegium (CVEC) Winter Term courses, for participants age 50 and older. Courses focus on arts, social and physical sciences, and humanities. Instructors include college professors and community experts. CVEC participants enjoy learning and meeting new friends.

CVEC’s Winter Term starts January 6, and ends February 28. Most CVEC courses meet once a week, and run for eight sessions - for the low tuition fee of \$50 (a fee which hasn’t changed in over 25 years). Scholarships are available. In-person classes meet at Northfield MN locations. Go to www.cvec.org for complete course information, and to register online.

In-person Classes:

- Light Fantastic - light and sight, decoded by our eyes and brain
- The Protestant Reformation - the progress of church reform
- Middlemarch - classic Victorian novel
- Civil Liberties and the Constitution - examining America’s Bill of Rights
- Jazz Appreciation - developing jazz listening skills
- Short Story Masters/George Saunders and the Russians - reading alertly, with pleasure
- The US Intelligence Community - how intelligence serves the government
- American Architecture: Arts & Crafts to Prairie School and Beyond - including MN examples
- Coral, Oceans, and People: Exploring the Astounding, Mostly Hidden World of Coral Reefs
- Get Your Brain Dancing - safe, accessible, brain-healthy movement
- Aging is Hard: Can Philosophy Help? - how philosophers have viewed aging

Online/Zoom Classes:

- New York Cinematic Stories - New York in the movies
- The American Film Musical - explore this distinctive genre
- From Colonialism to Independence: Caribbean Writers Tell Their Stories - Caribbean culture

Hybrid Class - both in-person and online via Zoom

- Philosophers Reflect on Friendship - what it means to live well together

For over 25 years, Cannon Valley Elder Collegium (CVEC) has offered noncredit, entry-college-level courses for those age 50 and older. CVEC participants come from throughout Minnesota’s Cannon River valley region, and beyond. Classes are offered in person (typically in Northfield MN), and online via Zoom. For more information or to register, go to www.cvec.org.



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Talking Sleep Health with U of M



Akinbolaji Akingbola, MD,
University of Minnesota Medical School and M Health Fairview

The end of daylight saving time brings a welcome extra hour of sleep and raises awareness of the importance of sleep health year-round.

Akinbolaji Akingbola, MD, with the University of Minnesota Medical School and M Health Fairview, talks about the health impact of seasonal time changes on our natural rhythms and tips to ease the transition.

Q: How does the end of daylight saving time affect our sleep patterns?

Dr. Akingbola: Switching to standard time is actually better for our sleep. Sunlight or bright light plays a very important role in the

regulation of our circadian rhythm. With standard time, we have more morning sunlight and less evening sunlight, which should reinforce our natural circadian rhythms and homeostatic sleep drive. However, our bodies do adjust to daylight saving time and the sudden change back to standard time can lead to some difficulties with falling asleep.

Q: What are your tips for adjusting to the time change?

Dr. Akingbola: Changing from daylight saving time to standard time should be an easier adjustment to make. Unfortunately, with daylight saving time, we tend to stay up later than our bodies' natural inclination to do so with prolonged evening light exposure, especially in the summer. Heading into the colder months, it's important to get adequate amounts of daylight exposure in the morning and afternoon. If we are unable to obtain adequate amounts of ambient sunlight throughout the day, then bright light therapy in the morning to supplement our light exposure could be very helpful.

Q: How important is a consistent sleep routine for overall health?

Dr. Akingbola: A consistent sleep and wake routine is very important and can help improve sleep quality. Obtaining a sufficient amount of high-quality sleep is very important for our overall health and can impact neurologic, psychiatric, cardiovascular, pulmonary and metabolic conditions.

Q: What strategies do you recommend to help develop a consistent sleep schedule?

Dr. Akingbola: I would begin by setting and keeping a consistent wake-up time. As much as possible, this should include keeping the



same wake-up time on the weekend to help reinforce the same schedule seven days a week. From the moment we wake up, our circadian rhythm and homeostatic sleep drive are changing to promote alertness throughout the day and eventually sleeping at night. By establishing a consistent wake-up time, we can help these processes reinforce a natural and consistent bedtime.

Q: How does your research at the U of M impact clinical care?

Dr. Akingbola: The U of M is involved in a large multicenter national research via the North American Prodromal Synucleinopathy Consortium on the link between selective serotonin reuptake inhibitors, REM Sleep Behavior Disorder and a neurological condition known as synucleinopathies such as

Parkinson's disease. This work has the potential to be a landmark study and pivotal in our understanding of how our sleep may be related to the onset, progression, diagnosis and management of Parkinson's and related diseases. The Consortium is supported by the National Institutes of Health, National Institute of Neurological Disorders and Stroke, and National Institute on Aging.

Akinbolaji Akingbola, MD, MS, is an assistant professor of medicine at the University of Minnesota Medical School and sleep medicine physician at M Health Fairview. His research interests include cardiopulmonary physiology and sleep-related breathing disorders, sleep and athletic performance and the intersection of sleep medicine and hospital medicine..

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Walking for Health and Concussion Care



By Shauna Burshem, D.C.

Walking is a simple yet powerful way to improve your health. When you walk regularly, you can strengthen your heart and lungs, which is great for your cardiovascular system. Walking gets your blood pumping, which helps your heart stay healthy and reduces the risk of heart disease. It's an easy exercise that almost anyone can do, and it doesn't require any special equipment.

Another benefit of walking is that it helps build and tone muscles. Every time you take a step, you use muscles in your legs, hips, and even your core. This can make your muscles stronger over time. Plus, walking can help with balance and coordination, which are important for staying active and preventing falls as you get older.

Walking is also great for your metabolism and body weight. When you walk, your body burns calories, which can help you maintain a healthy weight or even lose weight if that's your goal. Walking regularly can boost your metabolism, making it easier for your body to use energy efficiently. It's a fun and easy way to keep your body in shape!

For those with joint issues, walking is an ideal low-impact exercise. Unlike high-intensity workouts or running, walking gently engages the joints without putting them under excessive strain. This makes it a favorable option for individuals with arthritis or other joint-related concerns, as it helps to maintain mobility and flexibility while minimizing discomfort. Moreover, the consistent movement during walking can aid in lubricating the joints, potentially alleviating stiffness and promoting overall joint health. Whether you're looking to stay active without aggravating joint pain or seeking to improve joint function, walking presents a suitable and effective solution.

Walking is not only beneficial for physical health but also plays a crucial role in enhancing mental well-being. Engaging in regular walks can significantly reduce symptoms of anxiety and depression. The rhythmic nature of walking has a calming effect, allowing individuals to clear their minds and reduce stress levels. Moreover, walking increases the release of endorphins, natural mood lifters, which contribute to a more positive outlook. Whether you choose a leisurely stroll in a park or a brisk walk along the beach, walking provides time for reflection, problem-solving, and generating creative ideas, all of which support a healthy, resilient mind.

A new analysis of over 200,000 U.S. children's health records suggests that mRNA

COVID-19 vaccination increases children's risk of asthma, Alex Berenson, a former New York Times reporter, revealed communications with Taiwanese researchers showing they found "striking evidence" that the shots themselves may cause asthma, which leads to lung damage. Asthma is a chronic disease affecting nearly 5 million U.S. children, according to the Centers for Disease Control and Prevention (CDC). While usually not fatal, severe asthma attacks can be life-threatening in children, according to the Mayo Clinic. The study authors looked at TriNetX's health data from over 200,000 U.S. kids ages 5 to 18 between Jan. 1, 2021, and Dec. 31, 2022.

According to Berenson, they found that children who received a COVID-19 mRNA shot and who had not had a natural COVID-19 infection had a 13% higher risk of receiving a new asthma diagnosis in the year after their vaccination when compared to a matched group of children who did not get a COVID-19 shot or infection. Because the study is not a randomized prospective trial it does not prove that the mRNA COVID-19 shots caused the extra asthma cases. "But the researchers closely matched two very large groups," Berenson wrote, "and the association they found is almost certainly not due to chance."

Microplastics have been found in male testes and female ovaries, affecting sperm and follicle health. They've also been found in human placentas, raising concerns about potential impacts on fetal development and pregnancy outcomes. The challenge of disposing of plastics is a growing concern today. Our overreliance on this manmade material is causing major environmental problems. When disposed of improperly, plastic breaks down and makes its way into our own bodies in the form of microplastics. A 2022 report published in Environment International noted that microplastics had been detected in human blood for the first time. By April 2022, it was discovered "lodged deep in the lungs of living people. Now, research highlights more places where microplastics accumulate within our bodies — the reproductive organs, and this may be contributing to the decline of fertility rates. According to the Institute for Health Metrics and Evaluation, 76% of countries and territories around the world will have unsustainable fertility rates by 2050. This means that populations will shrink.

Chiropractic care can be very important for treating concussions, especially for young athletes. A concussion is a type of head injury that can happen during sports when the brain gets shaken inside the skull. Chiropractors help by checking the cervical spine, which is the part of the spine in your neck. The neck connects your head to your body, and if it's not aligned right, it can make concussion symptoms worse. By adjusting the cervical spine, chiropractors can help reduce pain and improve neck movement, which can help with healing after a concussion.

Besides the neck, chiropractors also look at the cranial bones, which are the bones that make up the skull. Just like the neck, if these bones are not in their right place, it can cause more problems for someone with a concussion. Chiropractors use gentle techniques to help the bones move back to where they

should be. This can make a big difference in reducing headaches and other symptoms that come from concussions. Overall, chiropractic care can play an important role in helping

young athletes recover from head injuries safely and effectively.

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

Cholesterol Truths



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

What do you know about cholesterol? Is it good to have cholesterol, or is it bad? Is it possible to have too much of a good thing? What is the big deal about cholesterol? It is one of the most frequently mentioned topics at the physical exam in the doctor's office, so what is the big deal? Let's identify some truths about cholesterol.

First, "25 percent of the total amount of cholesterol found in the human body is localized in the brain," according to Dr. Kelly Brogan, MD. All of your nerve tissue is dependent on cholesterol to provide a protective layer around the nerve strands so the electrical signals move to the right destination. Think of cholesterol as the insulation around an electrical wire. If the insulation is missing, charges can misfire, and injury can happen. Dr. Brogan states, "the brain is the most cholesterol-rich organ in the body." Sounds like a pretty important nutrient.

Second, your body makes cholesterol every day from the food that you consume. According to the Encyclopedia of Human Nutrition, between 600 – 800 mg of cholesterol are made throughout your body each day to be used in a variety of chemical reactions to support your health. This amount your body makes is more than twice the amount of cholesterol any person will typically eat in a day. So, challenges with high cholesterol are not due to eating too much cholesterol.

Third, your body needs cholesterol to survive. Not only is your brain dependent on cholesterol but every cell of your body requires cholesterol to construct the cell membrane that makes a functional cell. Cholesterol is an important structural piece of the cell membrane helping to hold together the microscopic layers that make up the cell membrane. Without cholesterol the cell membrane falls apart and cellular function is lost.

Fourth, cholesterol is an important chemical for a number of essential activities in your body. Your body uses cholesterol to build all the hormones that direct your body activities. Bile acids that help you digest food are based on the cholesterol structure. Vitamin D, one of the only vitamins your

body can make on its own, is made from cholesterol that is energized and transformed by ultra-violet light from the sun. When you get a suntan during the summer months, you are also getting a boost of Vitamin D as the sunlight converts cholesterol into this essential vitamin.

Fifth, cholesterol is shuttled throughout the body in different packages. The Low Density Lipoprotein (LDL) delivers cholesterol to the various cells of the body. Many times the quantity of LDL begins to get high, and some of these LDL can get oxidized, which means inflammation can start and blood vessels can get damaged. This damage is where build up in arteries can begin to take place. The High Density Lipoprotein (HDL) picks up cholesterol from the cells of the body and returns the cholesterol to the liver. A healthy liver controls distribution of cholesterol and the recycling of cholesterol. Higher levels of HDL are important because this indicates your body is recycling cholesterol well. Therefore, you want to see a healthy ratio of LDL to HDL when you have cholesterol blood test completed. A healthy ratio is about 2 to 1 for LDL to HDL.

Finally, statin medications for reducing cholesterol levels are not as helpful as you may believe. Dr. David Diamond and Dr. Uffe Ravnskov published a research paper in 2015 in the journal Expert Review of Clinical Pharmacology, showing an overall improvement of only 1% when statin medication is used. In addition, statin medication can also turn off the natural process of the body to make Coenzyme Q 10, which is an important molecule for you to generate energy. Additionally, a 2012 paper in the Archives of Internal Medicine described a study completed at a Mayo clinic that found older women in menopause were 48% more likely to develop diabetes when taking a statin medication. The drug interventions for cholesterol modification are not producing the healthful effects that are promoted.

The cholesterol debate has many complicated pieces, but the facts listed above provide some basic truths for you to begin to process. There are healthy food combinations that can help you manage cholesterol without the intervention of drugs and most of the drugs will not be as effective as you would like anyway. As you review your health goals for the coming year, consider what changes you are willing to make to be less dependent upon the local pharmacy and more knowledgeable about the foods that will promote your health.

Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. 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.*

Infant Safe Sleep Week in Minnesota is Nov. 17-23

By Rice County



Unsafe sleep environments and practices can put infants at increased risk for sleep related unintentional injury or death.

Annually, approximately 50 otherwise healthy Minnesota babies die of sleep related injuries while sleeping in unsafe conditions such as in an adult bed or a sofa with parents or older children.

Parents and caregivers should know the ABCs of safe sleep:

ALONE: Infants should always sleep or nap alone.

BACK: Always put a baby on their back to sleep or nap.

CRIB: Babies should always sleep or nap in their own safety-approved crib or play yard without blankets or pillows.

Rice County Public Health would like to share this message with caregivers of infants and young children. "All caregivers should know and practice the ABCs of Safe Sleep: A baby should sleep alone, on his or her back, in a safe crib," says Fae Schumacher, Rice County Family Child Health Supervisor. "Crib mattresses should be firm, sheets should fit tightly and there shouldn't be anything else in the crib, including pillows, blankets, crib bumpers, or toys." Infants also should not be placed to sleep on a couch, in a car seat, or in the caregiver's bed.

According to the American Academy of Pediatrics, research continues to show that bed-sharing raises the risk of a baby's injury or death. Risks of sleep-related death increase 5-10 times when sleeping on the same surface with someone else when an infant is under 4 months of age. The risk goes up when the co-sleeper is impaired by fatigue, alcohol, or drug use.

Additionally, couch sleeping is very risky. The risks of sleep-related infant deaths are up to 67 times higher when an infant is sleeping with someone on a couch, soft armchair or cushion. While bed-sharing should be avoided, having the infant sleep in the same room as parents in their own crib for at least the first six months is recommended.

Rice County Public Health staff are available to conduct a home safety visit for caregivers of young children. In partnership with

"Cradle of Hope," staff can also provide a portable crib if needed, to ensure that every baby has a safe place to sleep.

For more information, contact Fae Schumacher, Rice County Public Health Family Child Health Supervisor at 507-321-4978.

More information on infant safe sleep, can be found at the Minnesota Department of Health website www.health.state.mn.us/people/womeninfants/infantmort/safesleep.html



County Solicits Input on Its Future Transportation Needs *(continued from page 1)*

Officials from Rice County and the city of Faribault continue to work toward a proposed interchange at I-35 and County Road 9, a connection designed to serve the northern edges of the city, particularly nearby industries including Daikin, MetCon and Trystar, as well as 300 acres in Bridgewater Township zone rural industrial.

While an analysis of options for a future interchange is complete, and an official map -- identifying land needed for development of the interchange -- has been adopted, the continuation of this study will go into greater detail.

A jurisdictional study launched in October will explore options to integrate County Road 9 into Minnesota's Trunk Highway System in support of the proposed interchange at I-35 and CR 9. This will include potential design alternatives to connect Highways 3 and 21/99

into a more continuous corridor. It will also identify segments that should be transferred between Minnesota Department of Transportation and Rice County to support the new connection.

Find more information about the proposed project at https://bit.ly/RiceCo_InterstateInterchange.

The 2045 Transportation Plan will update the county's 2025 plan, published in 2006.

The updated plan will cover the entire county, including all its municipalities and townships as well as assess Rice County's transportation needs, establish goals for the transportation system and identify improvements to improve safe and efficient movement around the county.

The open house is set from 5-7 p.m. Tuesday, Dec. 3 at Buckham West senior center, 19 Division St. W, Faribault.

Hwy. 19/I-35 Interchange Roundabout Project Wrapping Up

(continued from page 1)

The \$4.77 million six-legged roundabout, funded largely through grants, was led by Rice County Highway Department staff and brings together Hwy. 19, I-35 exit and entrance ramps and County roads 46 and 59.

The roundabout was designed to improve safety on the east side of the interchange. Traffic volumes at the interchange have increased in recent years, particularly following

the opening of the Flying J Travel Center.

Roundabouts not only lower speeds and calm traffic, they greatly reduce the likelihood of side-impact crashes when compared to a controlled or signalized intersection. Side-impact crashes are considered the deadliest.

According to the Federal Highway Administration, over 10,000 roundabouts have been installed across the U.S.

Kathy Cooper, Safe Roads Coordinator, Honored for Decades of Advocacy

Submitted by Rice County

Kathy Cooper, who took heartbreak and turned it into a passion for traffic safety, was honored this week for her work in making Minnesota roads safer.

Cooper, who has served as Rice County's Safe Roads Coalition coordinator since 2007, received the Kathy Swanson Outstanding Service Award from Toward Zero Deaths, a program of the state Department of Public Safety.

According to the TZD website, the award "recognizes an individual who has shown exceptional leadership in efforts to improve traffic safety in Minnesota, build partnerships, and mentor others in the field. This individual will also have demonstrated a long-term passion, dedication and commitment to reducing the number of deaths and injuries resulting from crashes on Minnesota roads." Cooper's dedication to traffic safety stems from the death of her 15-year-old daughter, Meghan, who was an unbelted passenger killed in an impaired-driver crash on June 9, 1999. Cooper was a pivotal force in Minnesota's battle to reduce unbelted fatalities, spending countless hours working side-by-side with researchers, traffic safety professionals and law enforcement, and meeting with legislators at the capitol, advocating for and assisting with efforts to institute the primary seat belt law -- which took effect June 9, 2009, the 10-year anniversary of Meghan's death. Her passion comes in large part from her daughter's story, but she also cares deeply about the community and its residents. She helped establish the county's Safe Roads Coalition as well as Rice County's JOYRIDE sober cab program which runs annual during Northfield's Defeat of Jesse James Days. She also assists with coordinating mock crashes, impact speakers, and safety fairs at area high schools and has partnered with law enforcement to coordinate and host traffic safety education efforts at the Rice County Fair.

"Kathy is a tireless advocate for traffic safety. She is passionate about traffic safety, extremely dedicated, well respected in the community, and is always encouraging us forward to consider what we need to do to help move toward the goal of ZERO deaths," said Deb Purfeerst, Rice County Safe Roads Coalition member and Public Health Director.

"She's our motivator and biggest supporter, always reminding us that our work as law enforcement and as a coalition -- telling drivers to buckle up, drive the speed limit and put away distractions -- makes a real difference in people's lives," said Rice County Sheriff Jesse Thomas. "For that, we're all very grateful."



Kathy Cooper

Important property tax homestead notice



This will affect your 2025 property taxes and eligibility for Property Tax Refund.

Have you purchased or moved into a property in the past year?

Contact your county assessor to file a homestead application if you or a qualifying relative occupy the property as a homestead on or before Dec. 31, 2024.

What is a qualifying relative?

For occupied agricultural or residential property, a qualifying relative includes parents, stepparent, child, stepchild, grandparent, grandchild, brother, sister, uncle, aunt, nephew, or niece of the owner by blood or marriage.

For unoccupied agricultural property, a qualifying relative includes a child, grandchild, sibling, parent or spouse of the owner. This relationship may be by blood or marriage.

When do I apply?

You must apply on or before Dec. 31, 2024.

Once homestead is granted, annual applications are not necessary unless they are requested by the county assessor.

Contact the assessor by Dec. 31, 2024, if the use of the property you own or occupy as a qualifying relative has changed during the past year.

If you sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status.

The Rice County Assessor's Office is on the second floor of the Rice County Government Services Building, 320 Third St. NW, Faribault. It can be reached at 507-332-6102 or via email at RCAssessors@ricecountymn.gov.

Winter Hazardous Awareness Week November 18-22



By Joe Johnson
Rice County Sheriff's Office -
Emergency Management

As winter approaches, it's critical to prepare for extreme cold, snow, and icy conditions. These storms can last a few hours or several days and cut off heat, power, and communication.

Winter storms create a higher risk of car crashes, hypothermia, frostbite, carbon monoxide poisoning, residential fires, and heart attacks from overexertion.

To ensure that you and your loved ones are prepared follows these steps:

Create an Emergency Kit: it should have essential items like food, water, blankets, winter clothing sand or cat litter, phone charger, and flashlights. Be sure to have one in your home, car, and at work.

Stay fire safe: keep combustibles away from wood stoves and space heaters. Have fireplace and wood burning stove chimneys inspected and cleaned prior to use, extinguish candles before leaving room. Stay in the kitchen when cooking.

Be alert for CO: Carbon monoxide is an odorless, tasteless, and invisible byproduct of fuel and wood burning appliances and vehicles. Install CO alarms on every level of your home and in each sleeping area. Consider adding a CO alarm in your ice fishing shelter as well. Signs of CO poisoning includes headaches, nausea, fatigue, vomiting, and disorientation.

Give snowplows room to work: check road conditions on 511mn.org before heading out. be patient and stay five car lengths behind the plow. Slow down to a speed that's safe for current conditions and give yourself plenty of time to get to your destination. Buckle up and ensure your young passengers are in the proper seat for their age and stage of development. Avoid unnecessary travel if road conditions are poor.

Enjoy the outdoors safely: There is no such thing as 100% safe ice; carry ice picks and know how to self-rescue if you fall through. Wear layers of loose-fitting warm clothing, hat, and mittens. Be alert for frostbite and hypothermia. Protect your back and




listen to your body when shoveling. If something doesn't feel right or you are tired take a break and reevaluate how you feel before shoveling again.

Prepare early to ensure your family's com-

fort and safety.

For more tips, visit www.ricecountymn.gov/623/WinterHazard-Awareness

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FOR COMMUNITY RELEASE

Dakota County Sheriff's Office
Joe Leko, Sheriff

Bulletin #24-4
10/01/2024

REWARD OFFERED


ENDANGERED MISSING PERSON

Nicole "Nikki" Anderson

- 5' 10"
- 135 lbs
- Last seen wearing a long grey sweater and camouflage pants.

Nicole Anderson was last seen in Randolph Township in Dakota County the morning of Saturday, July 6, 2024.

She was on foot and does not have her cell phone, wallet, or medications.



Last known image of Anderson ^ on 7/6/2024 at 08:54 hours.

The Dakota County Sheriff's Office is offering a reward of \$5,000 for information regarding Nicole Anderson's whereabouts or the prosecution of those involved in her disappearance. Private parties have pledged an additional \$40,000 reward to be distributed independently of the Sheriff's Office. Only tips received through the Dakota County Sheriff's Office or Crime Stoppers that lead to the location of Nicole Anderson or the prosecution of those involved in her disappearance are eligible for the reward.

CRIME STOPPERS of Minnesota Anyone wishing to provide a **completely anonymous** tip may contact Crime Stoppers at, 1-800-222-TIPS, or www.CrimeStoppersMN.org

Reference DCSO Case # 24-000819

1-800-222-8477

Dakota County Sheriff's Office | 1580 Highway 55, Hastings, Minnesota 55033
651-438-TIPS(8477)

FOR COMMUNITY RELEASE

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Hello, we read your column every week. I've noticed more often lately on numerous occasions that when a school bus is stopped and dropping-off or picking-up kids, they do NOT have their red lights flashing or their STOP arm extended. The bus will only have the yellow lights flashing. When searching the internet for school bus rules/regulations I can only find information related to how other drivers are required to respond, rather I'm interested in what the bus driver is required to do. I was unaware that there are potential scenarios where the bus driver is not required to force traffic to stop.

My question: What are the rules/regulations with respect to a school bus that is stopping to drop-off or pick-up kids, when are they required to activate the red flashing lights and extend the STOP arm, rather than

just activating the yellow flashing lights?

Answer: Thank you for the question and I am glad to hear that you read the articles. When transporting children to and from school in most scenarios they are to use the red lights and stop arms. Here is a list according to state law, when school bus drivers shall not activate the prewarning flashing amber signals or flashing red signals and shall not use the stop arm signal:

- in special school bus loading areas where the bus is entirely off the traveled portion of the roadway and where no other motor vehicle traffic is moving or is likely to be moving within 20 feet of the bus;
- when directed not to do so, in writing, by the local school board;
- when a school bus is being used on a street or highway for purposes other than the actual transportation of school children to or from school or a school-approved activity, except for regularly scheduled recreational or educational activity;
- at railroad grade crossings;
- when operating the bus under a "special event;" and
- when loading and unloading people at designated school bus stops where people are not required to cross the street or highway, while the bus is completely off the traveled portion of a roadway that has adequate shoulders. The driver shall drive the bus completely off the traveled portion of this roadway before loading or unloading people. A school bus stop is designated under this clause if the transportation director of the school district in which the bus stop is located, in consultation with the road authority, certifies the integrity of the shoulder and the safety of the location for loading and unloading people. Each designated school bus stop must be documented and approved by the school board.

Question: I was driving through town the other day and a driver opened their car door



as I passed by. I had to swerve to avoid hitting their car door. Obviously, it was a safety issue but isn't there a law about this? I'd appreciate any info you can share. Thank you.

Answer: Correct, there is a Minnesota state law about this issue. When you are stopped or parked on the side of a road, do not open any doors until you have checked to make sure it is safe and will not interfere with other traffic. Look for vehicles, motorcycles, bicyclists, and pedestrians that may be approaching your vehicle. Do not leave any door on the side closest to moving traffic open longer than necessary to load or unload passengers.

Question: I have a medical condition that causes me to lose consciousness on occasion. I am hoping to get a driver's license. Is there anything I need to do?

Answer: When applying for an instruction permit or driver's license, you will be asked questions about medical conditions. Providing false information on the application could result in losing your driving privileges.

If you have a medical condition, you may need to provide a statement from a physician indicating whether or not the condition af-

fects your ability to drive safely. If you already have a permit or license and are diagnosed with epilepsy or a condition that could cause loss of consciousness, you must submit a physician's statement within 30 days of the diagnosis. The statement must indicate whether or not the condition interferes with your ability to drive safely.

Send medical statements to:
Driver and Vehicle Services
Driver Evaluation Unit
445 Minnesota Street, Suite 170
St. Paul, Minnesota 55101-5170

For more information, contact the Driver Evaluation Unit at 651-296-2025.

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.

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Hours: 8 a.m.-4:30 p.m. Monday-Friday • Closed legal holidays



Election results: A return to bipartisanship, finally

By: SENATOR BILL LIESKE

The dust has finally settled on the 2024 elections, and I'm sure you're as relieved as I am not to see ads popping up on every screen and corner. There has been a lot of ink spilled about the presidential election, so let's dive into what happened in our legislative elections and why it matters.

In the Senate, Democrats held on to their narrow 34-33 majority by winning a special election for Kelly Morrison's seat after the Minnetonka-area Democrat left to run for Congress. But the real shift happened in the House. Republicans picked up three seats, turning a 70-64 Democratic majority into a rare and surprising 67-67 tie.

This 67-67 split marks the first House tie in Minnesota since 1979. Now, Democratic leader Melissa Hortman and Republican leader Lisa Demuth, and their leadership teams, must forge a power-sharing agreement that respects this new balance. Every com-

mittee will split evenly between the two parties, so both sides need to work together to get anything done. True bipartisan cooperation will be required.

And that is really the biggest takeaway from the election, at least for Minnesota politics. The Democratic "trifecta" – the two years of extreme single-party control across the House, Senate, and Governor's office – is over.

Why does this matter? For those two years, Democrats shut out Republican voices – and the voices of nearly half of Minnesota residents. They pushed a radical agenda without bipartisan support, ignoring minority input at every turn. The Democrats focused on the demands of their most extreme base, leaving half of Minnesota snubbed and unheard.

The 2024 session exposed just how far they took this disregard for cooperation. In a jaw-dropping move, Democrats rammed a 1,432-page omnibus bill through at the last minute – throwing out every illusion of transparency, cutting off debate, and giving lawmakers – not to mention the public – no time to review it. This rushed approach didn't just bend Senate rules; it flagrantly broke them. Democrats used their majority to bulldoze nearly half the state.

That embarrassing and insulting behavior is over.

When leaders ignore the basic principles of

transparency, open debate, and respect, they don't just undermine good governance – they destroy public trust. Minnesotans deserve leaders who honor our institutions and place the public's interests above their own political agendas.

With a tied House we have an opportunity to change course. We can bring back bipartisanship and make sure we consider a wide range of ideas and perspectives. Let's get back to the way Minnesota's legislature was meant to operate – with cooperation, respect, and a commitment to serve everyone in the state.

This isn't just an opportunity; it's our responsibility. Every Minnesotan deserves to be heard.

Contact me

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

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

It is a privilege to serve you!
Bill

SENIORS: Check your health coverage during open enrollment

Friends and neighbors,

There is a serious issue affecting thousands of Minnesota seniors right now. Recently, several major healthcare providers in our state – including Avera Health, Essentia

Health, North Memorial Health, and Sanford Health – announced they will no longer be part of certain Medicare Advantage (MA) networks. This decision means nearly 60,000 seniors could face the difficult choice of either changing their insurance plan or finding new doctors.

Many seniors choose Medicare Advantage plans for the added benefits like gym memberships or dental coverage. But what's often not talked about is how these insurers are cutting back on the medical care they cover. Denials for medical services under these plans have increased by 50% in the past year alone. This is leaving seniors in a tough spot, often having to jump through hoops just to get the care they need.

What's even more concerning is that most people aren't aware of these changes. About 70% of seniors never shop around for better plans. Half don't even check their annual coverage changes. This has to change.

Here's what you can do:

Review your coverage during open enrollment (Open now!). Do this every single year.

Make sure you understand your options. Call the Senior LinkAge Line at 800-333-2433 for free help comparing plans

Check if your doctors and hospitals will still be in your network next year

Consider all your costs, not just the monthly premium

I'm fighting to fix these issues at the state level, but I need to hear from you too. Please, share your stories with me. What challenges are you facing? What is your experience?

Sincerely,
Senator Bill Lieske

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DUNDAS CITY COUNCIL REGULAR MEETING MINUTES Monday, October 28, 2024 7:00 p.m. City Hall

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

Staff: City Engineer Dustin Tipp, Finance Director Jessi Sturtz, City Administrator/Clerk Jenelle Teppen

CALL TO ORDER

Mayor Switzer called the meeting to order at 7:00 PM.

APPROVAL OF AGENDA

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

CONSENT AGENDA

• Regular Minutes of October 28, 2024

• Disbursements - \$141,696.30

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

REGULAR AGENDA

• Consider Approving Compensation Adjustment for the City Administrator
Following the City Administrators annual performance review at the meeting on October 14, 2024 the City Council considered approving a 4% COLA adjustment for the City Administrator commensurate with the other non-union employees of the City.

Motion by Modory second by LaCroix, to approve a 4% COLA compensation adjustment for the City Administrator for 2024 MCU

REPORTS OF OFFICERS, BOARDS AND COMMITTEES

City Engineer – Dustin Tipp

City Engineer Dustin Tipp reported that the Public Works staff will remove a portion of the sidewalk along Railway St to accommodate the new decorative light poles. The additional sidewalk identified for removal will be removed in the Spring of 2025. All of the public improvements at the West Ave Apartment development have been completed.

Work Session

2025 Proposed Enterprise Fund Budgets. Consulting Finance Director Jessi Sturtz gave an overview of the proposed 2025 Enterprise Fund Budgets. The City Council will consider approving the 2025 budgets at their meeting on December 9,

ADJOURN

Motion by LaCroix, second by Gallagher, to adjourn the meeting at 7:20 PM. MCU
Minutes prepared by Jenelle Teppen, City Administrator/City Clerk



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 5. Selfie, e.g.
 8. One of five Ws
 11. TrÉs _____, or very stylish
 12. Mandolin's cousin
 13. Knitter's unit
 15. Aren't, colloquially
 16. Mimicked
 17. *Like House with Oval Office
 18. *The Hunchback's home (2 words)
 20. Listening devices
 21. Flirtatious stares
 22. Salt, in Spanish
 23. *_____ State Building
 26. TV shows, e.g.
 30. Will Ferrell's "Funny or _____"
 31. Steve McQueen's "The Great _____" (1963)
 34. Toss a coin
 35. _____ & Young financial services company
 37. Kimono tie
 38. Sweating room
 39. Short skirt
 40. Batter (2 words)
 42. Lake, in French
 43. Anise seed (1 word)
 45. *_____ of Versailles or Buckingham _____
 47. _____ of war
 48. Sinbad the Sailor's home
 50. Not good
 52. *St. Basil's in Moscow or St. Paul's in London
 56. *The Parthenon in Athens is made of this
 57. Capital of Norway
 58. Aeneas' lover
 59. More slippery
 60. Animal protein
 61. Independent chieftain
 62. High degree
 63. TV program interruptions
 64. Retired, abbr.
- DOWN**
1. CAT or PET, e.g.
 2. *Key Tower, tallest building in this Buckeye state
 3. Laundry room fire hazard
 4. Type of local tax
 5. Pupa, pl.
 6. Things
 7. Give up a state
 8. Dam-like structure
 9. Not misses
 10. Football's extra point
 12. Soup scoopers
 13. Make a solemn promise
 14. *Burj _____, tallest building in the world
 19. Wading bird
 22. "Monkey _____, monkey do"
 23. Bodily swelling
 24. Rice wine
 25. 1/100th of Finnish markka
 26. Rotisserie skewer
 27. Spurious wing
 28. Cancer-treating machine, acr.
 29. *_____ Needle, Seattle
 32. For boys and girls
 33. Lawyers' org.
 36. *_____ Chapel, Vatican City
 38. Flat replacement
 40. "_____, borrow or steal"
 41. Eventual outcome
 44. Leonhard _____, Swiss mathematician (1707-1783)
 46. Portable stairs
 48. Headquartered
 49. Road-tripping guide
 50. Carve in stone
 51. Emptiness
 52. Vegetative state
 53. Ice crystals
 54. Passage in a coal mine
 55. Voldemort's title
 56. Small amount of drink

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

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