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NOVEMBER 20, 2024

Volume 21 • Issue 11

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.



(continued on page 6)

Annual Turkey Bingo in Dennison



The Dennison Lions Club will host its annual Turkey Bingo on Saturday, November 23, 2024 at Dennison City Hall, 7 PM.

All are welcome to come join this annual event. Those attending are encouraged to

please bring a non perishable food item or two and help support the Kenyon Area Food Shelf during this holiday season. This is one of several annual events hosted by the Lions Club to help support the clubs charitable giving.

Community Thanksgiving Service

There will be a community Thanksgiving service on Tuesday, November 26 at First Lutheran at 7:00 PM. Pastor Dustin Haider from Holden/Dale will be preaching, and Pastor DJ Chatelaine (who was recently ordained at First Lutheran) will lead worship.

Santa to Visit Nerstrand and Dennison

Santa will be visiting Nerstrand and Dennison this holiday season.

He will be in Nerstrand Saturday, December 7th at the Nerstrand Fire Hall from 3 PM -4 PM. He will also be visiting Dennison on Saturday, December 14th from 9 AM to 11 AM at Heritage Bank in Dennison. Come enjoy treats and get the kids photos taken with Santa this holiday season.

Announcements

• **Wednesday Wear, Nerstrand United Methodist Church** hours are Wednesdays 1 - 5 and Saturdays 9 - 12. Women's, men's and children's clothing, shoes, accessories, linens, toys and books. All things are free with donations accepted. Come and see what we have!

• **Dennison City Council** meetings are held the first Thursday of every month at 7:00 p.m.

• **The Nerstrand City Council** meets the second Tuesday of every month at 7p.m. at the Nerstrand City Hall. Office hours are: Monday 8:30-11:00; Tuesday by appointment; Wednesday 8:30-11:00; Thursday 5:00-7:00; Friday by appointment. 507-332-8000.

• **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.

• **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

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




Rural Emergency Response Departments Receive \$731K from Compeer Financial Grant Program

*Awards Benefit Departments in
Illinois, Minnesota and Wisconsin*

Emergency response departments serving rural communities in Illinois, Minnesota and Wisconsin were awarded \$731,000 for equipment needs and program enhancements through Compeer Financial's Fund for Rural America.

(continued on page 16)

Pictured to the left:
Left to right - Firefighters: Jeff Bryczek, Chief Joe Johnson, Derek Estrem, Mitch Kuntz, Compeer Financial: Clarice DeGrood, Rachael Johnson




Happy Thanksgiving
From All of Us at Dennison Depot!

THANKSGIVING DAY HOURS:
7:00am-11:00am
24 Hr. Pay at the Pump

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STORE HOURS: M-F 6am-8pm; Sat-Sun 7am-8pm
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**Join Us for a
Traditional Thanksgiving Dinner**
Thursday, November 28 • Serving 10:30 a.m.-3:00 p.m.

(Final seating 3:00 p.m. • Bar open until 4:30 p.m.)
**Serving Turkey or Ham, Mashed Potatoes, Stuffing,
Cranberries, Vegetable, and Choice of Salad & Dessert**
~ Appetizers Available ~

\$24.99 per person • Kids 12 & under \$9.99, Kids 4 & under Free

RESERVATIONS STRONGLY SUGGESTED: CALL 507-645-9992

The Fireside
37540 Goodhue Avenue, Dennison, MN
Hours: Wed. & Thurs. 11:00AM-8:30PM; Fri. & Sat. 11:00AM-9:30PM; Sun. 9:00AM-8:00PM
Bar Open Later

www.firesidelounge.net




Pastors Corner

By Pastor Larry Grove,
Hauge Lutheran Church, Kenyon

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 Bever. 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!

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Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com
Pastor Paul A. Graham

Gol Lutheran Joe Jorgensen, Pastor
507-838-2100
Sunday Worship 8:30 a.m. September-December

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

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

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

Moland Lutheran
507-456-4242
Sunday Worship 10:00 a.m.

First Ev. Lutheran, Kenyon
David J. Chatelaine, Pastor
Sunday 9:00 a.m. worship

Wangen Prairie Lutheran Church LCMC
Shannon Bauer, Pastor
24289 Cty. 24 Blvd., Cannon Falls
Sunday Worship at 9:00a.m. followed by fellowship.
Thursday Bible Study at 9:00a.m.

AREA CHURCH DIRECTORY
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.

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

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

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Gary Liker, Pastor • 507-330-0025
www.stjohnsunitedchurchofchrist.info
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NEW LIFE CHURCH
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10:00a.m. Worship Service
7:00p.m. Small Group Bible Studies - Sun.

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

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

Dr. Melvin Friedrich Kirchoff, DVM

Dr. Melvin Friedrich Kirchoff, DVM, of Kenyon, died peacefully on October 22, 2024 at The Pillars of Lakeville in Lakeville, Minnesota.



Melvin was born April 21, 1933, on the family dairy farm in Gibbon, Minnesota. He was the son of Fred A. and Bertha Emma (Bethke) Kirchoff. His early grade school education was at the nearby Moltke Parochial Lutheran School.

Melvin and his identical twin brother Marvin often liked to switch the names on their desks to confuse their teacher. Melvin's sense of humor remained unchanged ever since.

Melvin graduated from the University of Minnesota with a BS Degree in 1955 and a Doctor of Veterinary Medicine Degree in 1957. Following graduation, Melvin was employed by the Animal Research Service of the Federal Government and stationed in Moberly, SD. This job involved monitoring livestock sales barns and working with local veterinarians to help eradicate disease in the beef industry. Much of this work covered five counties on the Standing Rock Indian Reservation. Melvin was a member of the American Veterinary Medical Association, the Minnesota Veterinary Medical Association,

and charter member of the Academy of Veterinary Practice.

In 1957, Melvin married Esther (Kayo) Mattila at Christ Church Lutheran in Minneapolis. Melvin and Kayo moved to Kenyon in 1958 when Melvin joined the Kenyon Veterinary Clinic. After 33 years of working with large and small animals, Melvin retired from the Veterinary Clinic in 1991. During retirement, for many years, Melvin especially enjoyed working on the Kevin Hildebrandt farm during spring planting and fall harvesting.

Throughout his life, Melvin enjoyed time at the family cabin on Ten-Mile Lake, near Hackensack, traveling and golfing with friends and family. Annual Canada fishing trips were highlights with his Kenyon fishing buddies. Inspired by a trip to Door County, Wisconsin in 1985, Melvin had a love for wood carving. Starting first with Loons and then Santa's. For the next twenty-two years, Melvin would carve and hand paint 20-30 Santa's each year for family and friends.

He is survived by his wife of 67 years, Kayo; three sons, Mark (Beth) Kirchoff of Apple Valley, Michael (Terry) Kirchoff of Sartell and Tom (Sarah) Kirchoff of Wau-paca, WI. Grandchildren; Meg Kirchoff Singh (Sid), Nell Kirchoff (Tres Barbatelli), Andrew Kirchoff and Matthew Kirchoff.

Besides his parents, Mel was preceded in death by an older sister, Esther Grischkowsky, an older brother, Edwin Kirchoff and his twin brother, Marvin Kirchoff.

A Celebration of Life Service will be held Friday, November 22nd, at 11 am, at First Evangelical Lutheran Church, 309 Forest Street, Kenyon, 55946. A luncheon will be served after the service in the church basement, where all are welcome to continue to visit and share stories of Mel's life.

In lieu of flowers, family requests memorials to the church or to a charity of your choice.

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Dennison Lutheran and Vang Church Updates

- **Meatball Dinner and Advent Vespers with Holden:** Evening Prayer at the Dennison and Vang Community night on Wednesday, December 4. There will be a Norwegian meatball supper at 6:00 PM. A free will offering will go the Christmas Sharing program. At 7:00 PM there will be an Advent Vespers service featuring Kenyon/Wannamingo schools band leader Claire Larson and KW band students leading Holden Evening Prayer.
- **Christmas at Dennison and Vang:** Christmas Eve candle light services will be at 5:00 PM at Dennison and 8:00 PM at Vang.

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

December 7th, 2024

Live Auction!!!

Silent Auction!!!

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.

**Saturday December 7, 2024 from 1 - 5pm at
The Northfield Ballroom - 1055 MN -3, Northfield, MN 55057
Sandwiches and dessert provided - Cash bar available**

Please contact Camille for donations, silent auction or live auction items
at 507-210-5056

Holly Thyme Craft Show

Saturdays: November 30, December 7, 14
Sundays: December 1, 8, 15
Hours: 10:00a.m. to 5:00p.m.

Call 507-649-1009 to set up other dates and times to shop in our cabin.

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by hars -10

That's the Latest My Friend Jerry



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. He's a 1971 graduate of West Concord High School. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.

was raised on a dairy farm near Kenyon. It's a fascinating read or re-read in this case.

I got to know Jerry as I did a lot of broadcast work in South Dakota over the years. Jerry grew up on a farm near Volga, South Dakota which his great-grandfather homesteaded in the 1880's. Jerry and I have known each other since about 2003. Jerry was a dairy farmer who had a near death experience several years ago in a manure pit when he was overcome with hydrogen sulfide. Six weeks in the hospital including a month in ICU gave Jerry a new look at life. So what do you do after that? Well in Jerry's case, he became a writer. His stories are mostly about rural life and his obscure look at the simple things on and off the farm. I've told him that many times I think he and I are twin cousins separated at birth. Our stories from the farm are very similar. Only his were in Volga and mine in West Concord.

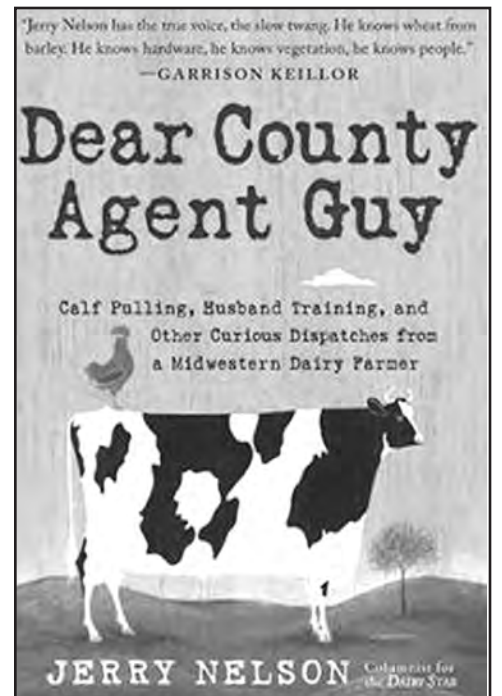
You may recall that 1996 there was extreme flooding in eastern South Dakota. It was similar in 2024. Jerry called his county agent to ask how he can keep jet skis out of his corn field holding out hope he could still get some kind of crop. Later in life, Jerry started writing a dairy column which in turn led to him writing a book. From his experience trying to figure out how to keep the jet skiers out of his fields, the book was titled 'Dear County Agent Guy'. I still have the manuscript that I got to read prior to it being published.

Not only do Jerry and I share a similar background, we also have that same warped sense of humor. His book covers the jet ski experience along with how on their wedding night, his wife Julie, declined to help him chase cows back into the barn while still in her wedding dress. There's also the story how Jerry offered the delivery room doctor the use of his calf puller during the birth of his first son. They have two boys who he taught to vaporize bugs on an electric fence. It only gets better from there.

In spite of some things he's gone through and going through a tough time now, Jerry keeps finding the lighter side of things. Jerry was recently diagnosed with tonsil cancer. His oncologist recommended chemotherapy combined with radiation treatments. His chemotherapy drug of choice contains platinum, which Jerry noted, means he was probably worth considerably more after each infusion. Without going into all the detail, Jerry described some of his many medications that come with a long list of possible side effects. He thought some of them in theory, should cancel each other out. For instance, one drug had possible side effects of both constipation and diarrhea. He found out the hard way that they do not cancel each other out.

His treatments are behind him now so it's a matter of waiting and testing to see how effective all the treatments were. He was told that his type of cancer has an 85% cure rate.

In our similarities in many things, I found out he likes to quote song lyrics like what I have done many times as well. At the end of his telling the story of what he's gone



Jerry's book, "Dear County Agent Guy" can be found at www.workman.com and in bookstores nationwide.

through, he quoted from the song; I Can See Clearly Now by Johnny Nash. In part, it goes like this:

"I can see clearly now the rain is gone. I can see all obstacles in my way.

Gone are the dark clouds that had me blind. It's gonna be a bright, bright sunshiny day."

Jerry added that's how he feels now. 'Because look all around, there's nothing but blue skies. Look straight ahead, nothing but blue skies!'

Here Comes Santa Claus!

SANTA IS COMING TO NERSTRAND!

Saturday, December 7
3:00-4:00 PM

Nerstrand Fire Hall

The Nerstrand Women's Club invites you to come and meet Santa, have some treats and fun!

MOM & DAD
BRING CAMERA!

Grace Lutheran Church
Nerstrand

Paint The Parish Hall Fundraiser

December 14 from 9:00am-2:00pm
in Parish Hall

Candies and cookies will be available in a build your own box by the dozen.
\$10 per dozen.

Soups will be available in quart or pint containers ready to freeze or heat.

Chicken Wild Rice, Beer Cheese, Chili and more to choose from!

Soup quart \$10, pint \$5

Pick up time Saturday, December 14
9:00am-2:00pm
at Grace Church, Nerstrand

Soup pre-orders will be available.
Contact:
Skip Voge 507-414-2140
Diane Glende 507-339-6719
Sandy Ahrens 612-501-8891

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

(continued from page 1)



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 envelope (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 Ceremony 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.

Questions? Comments? Suggestions?



photos courtesy of Dakota City Heritage Village

Please call our office at (651) 460-8050. Please leave a message if you get our voice-mail. We are probably out in the village,

preparing for the event! You can email us also at info@dakotacity.org Check us out on Facebook!

So many reasons to be thankful

We would like to thank our customers for your business. We appreciate your trust in us and wish you the best this season.

Happy Thanksgiving!



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The Christmas in the Village Event

DECEMBER 7, 8, 14 AND 15

FROM 3-8 PM
at Dakota City Heritage Village on the Dakota County Fairgrounds in Farmington

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Down on the Farm/ Up at the Cabin Spring Migrations

By
Monica & Claudia Vanderborght

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 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



Retrieving cattle with cars

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 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!



PICTURES WITH
SANTA



The Dennison Lions
and Heritage Bank Invites You to
**Come Take Pictures
With Santa!**
Saturday, December 14
9:00am-11:00am
at
Heritage Bank



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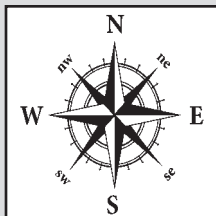
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Transistor Radios



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 clean-

ing 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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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.*



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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.*

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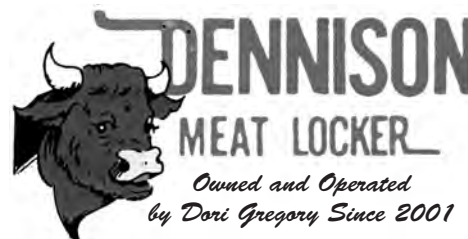
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Northfielders' Donation Helps Fill HOPE Center Library

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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HOPE Coalition receives grant from Open Your Heart to the Hungry and Homeless

Red Wing, Minnesota – At a time when individuals and households throughout Minnesota are experiencing hardships in numbers never seen before, the Open Your Heart to the Hungry and Homeless Foundation is working hard to ensure its funding reaches those in need in every corner of the state.

In its most recent Fall funding cycle, Open Your Heart to the Hungry and Homeless has granted HOPE Coalition with \$7000 funding toward motel vouchers for unhoused families and individuals in Goodhue and Wabasha Counties. Through this funding HOPE Coalition can provide around 105 nights in a safe shelter while assisting people work toward their housing goals.

HOPE Coalition opened in 1990 as the Red Wing Area Coalition for Transitional Housing. In 1995 it opened its domestic violence shelter, Haven of Hope, (originally called The Women's Center), which helps individuals and families experiencing domestic violence find safety and rebuild their lives. The following year it launched Kids Count, its program focused solely on children experiencing or witnessing violence and abuse. In 2006, it took over management of the Community Care Fund (CCF) which provides a general fund for people seeking help with basic needs. In 2023, it expanded its CCF program to include a mobile outreach unit (in which it partners with six food shelves throughout Wabasha County) that helps residents in its communities reduce transportation barriers. In addition to the above services it also provide advocacy to survivors of sexual assault in both Wabasha and Goodhue Counties.

Since 1986, the Open Your Heart Foundation has ensured that emergency shelters, food shelves and domestic violence shelters throughout Minnesota have the tools, equipment, and infrastructure necessary to best serve those in need.

Open Your Heart awards funds every three months and provides emergency support within days during a crisis. It supports programs in communities where many traditional funders do not reach – food shelves, domestic violence shelters, and homeless programs in small communities and sparsely served remote corners of the state. Through this direct support, Open Your Heart helps these organizations provide safe and dignified environments for people experiencing food and housing insecurity across Minnesota.

For more information about Open Your Heart, grantees or the grant application process visit www.oyh.org. To learn more about HOPE Coalition, visit www.hope-coalition.org.



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

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.

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.



photo by Rice Co.

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

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

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

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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 frost-

bite 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 comfort and safety.

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

Rural Emergency Response Departments Receive \$731K from Compeer Financial Grant Program Awards Benefit Departments in Illinois, Minnesota and Wisconsin

(continued from page 1)

A total of 173 grants were extended by the Farm Credit cooperative's giving program, including 13 collaboration grants for equipment shared across multiple departments.

The Emergency Response Equipment Grant program is designed to financially support equipment essential for emergency response departments serving rural communities. It was enhanced three years ago when the Fund for Rural America added the Emergency Response Equipment Collaboration Grant, underscoring the importance of teamwork among volunteer fire, rescue and ambulance departments in rural areas.

"We recognize rural departments frequently share resources and essential life-saving equipment," said Karen Schieler, manager corporate giving at Compeer Financial. "The spirit of collaboration is robust among emergency departments within Compeer's territory, and we are committed to positively impacting more lives. First responders tirelessly dedicate themselves when people are in distress, and these tools and re-

sources will be indispensable in critical situations."

The Fund for Rural America has awarded more than \$4 million in grants supporting rural first responders since 2018. Compeer intends to offer these grants again in August 2025.

About the Fund for Rural America

The Compeer Financial Fund for Rural America is the corporate giving program of Compeer Financial, structured to support Compeer Financial's mission to enrich agriculture and rural America. Compeer Financial's Board of Directors has dedicated one percent of annual adjusted net earnings to support the Fund's focus areas of agricultural advocacy and development, agriculture education, cooperative initiatives, rural development and community enrichment; and youth engagement. The Fund is managed by a Board of Trustees, made up of team members from Illinois, Minnesota and Wisconsin and members of the Compeer Financial Board of Directors. More information about opportunities available through the Fund can be found at Compeer.com/giving-back.

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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 stops 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 un-



loading 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 affects 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.

Warm Wishes at Thanksgiving



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Teen Driver Safety

Teens are at great risk on the road due to factors such as inexperience, risk-taking behind the wheel, speeding and distracted driving.

Parents and caregivers play a vital role in developing safe teen drivers. When learning to drive, teens need to know the Rules of the Road and gain experience in a variety of road types and environments. The teaching shouldn't stop when they get their license to drive. The greatest crash risk occurs during the first months of independent driving. Laws regulating cell phone use and the number of passengers allowed to ride with a teen driver have helped reduce teen traffic deaths and injuries. Parents and caregivers can talk with their teens about dangerous and deadly driving behaviors with these tips on how to influence positive behaviors.

Start the conversation and set the rules before they hit the road with the National Highway Traffic Safety Administration's Five Rules to Drive.

- No Cell Phones.
- No Extra Passengers.
- No Speeding.
- No Alcohol.
- Always buckle up!

The bottom line is that we have more influence on teen drivers than we may think. Be a role model, get involved in their driving habits from the beginning – and stay involved! Together, we can drive Minnesota toward zero deaths.



City of Dennison Meeting Minutes October 3rd, 2024

The October Dennison City Council meeting was called to order by Mayor Flaten on Thursday,

October 3rd, 2024 at 7:00 pm. Present were Councilors Diane Ruddle, Heidi Cooke, Nichole Schloesser, and clerk Jessica Page. Councilor Nygaard was unable to attend.

Councilor Ruddle moved to approve the Meeting Minutes from both the August and September City Council meetings. Councilor Cooke second. Motion passed 4:0.

Councilor Schloesser moved to approve the Treasurer's report. Councilor Cooke second. Motion passed 4:0.

Old Business/Committee Reports/Building Permits:

Question on a building site from Dean Larson. There is a 5 acre parcel located on 10th Ave. of bare land which looks to be a buildable site. Dean explained where he would like to build a shed with living quarters. To build where he would like to, the parcel would need to be changed. Clerk sent email to the County to ask what that process would be to do that, but they hadn't responded by the time of the meeting. Council was of the opinion that it was a buildable site, but a new survey would need to be done and they would need to know how Goodhue County would treat a change in the parcel before any formal approvals could be made.

Administrative Issues:

1. Brian Edwards, Nerstrand Fire Department came to speak on parking issues in Dennison by the Fire station. He asked if the City could bump out the yellow area on the curb so the Firemen would have more space to park when responding to a call. They can get one vehicle in the driveway already, but really need two more spots. Council isn't opposed to expanding the parking area in front of the building. Maybe ask Joe about helping expand the driveway as he directly benefits from not taking more parking spots off the street. Maybe Fire Dept could move the parking sign? Will look at possibilities and costs for this.

Deputy Goodall from the Goodhue County Sheriff's Dept stopped by. He noted that thefts are still pretty high with the warmer weather. Otherwise nothing new. Council didn't have any new issues to address.

2. Bryan Caffin was in attendance to answer questions relating to the Small Cities Development Program Income Survey. Unfortunately, there have been some changes in the City of Dennison's Low to Moderate Income percentage. With these newly reflected numbers, Bollig can no longer in good faith recommend that our city proceed with the SCDP Income Study. Bollig is recommending the City vote to rescind the task order. They were previously using the 2015 data, but then switched to the 2021 data, which moved the City's higher, which meant that even if the Income Survey was completed, the City would most likely not qualify any longer. Councilor Ruddle moved to rescind the vote to do the income study. Councilor Schloesser second. Motion passed 4:0.

Neal Wilson has asked to extend city water to his property (west of Dennison Meats). Bollig can help with that. Bryan asked if they City wanted to include that in the project scope to have it designed and funded? Or is it needed right away so there is no funding? There is no curb stop for the gas station.

Maybe find a locator to find the copper pipe. Contact Rural water to see if we can find the line. Probably look at doing it as part of the infrastructure improvements. (Bryan was estimating the cost at around \$30 per foot based on other projects they are working with.)

Regarding the notice that the City received regarding slightly elevated Radium levels from the water system. Bryan said they will work on amending the PER to include this information on the higher side, so if the results of testing are still high, we will have it in the report. There are another 2 quarterly tests that will be used and the average of 4 sets of tests is what will be used to determine if the City needs to do anything in regards to those levels. Clerk to send the notices to Bryan.

Bryan had spoken with Jess Greenwood. The County doesn't think there is a need for a safer crossing. They want proof that people are actually crossing the street, as well as where do they naturally cross as when nothing is marked, people will cross where they feel it is safest. The County would need 8 different 72 hour time slots to see what the crossing rates are. Bollig encourages the City to do the legwork as it would be very expensive. Public health studies can reach out to the bussing companies, as well as parents of children. County would need letters to support that the community does actually want the crossings. So basically the City needs to prove the need for, and the local support for the crossing project. It was suggested that the City could to Steve Mathre about cameras, and does it catch people crossing? Mayer Flaten will do so. Councilor Cooke will talk to the bank.

Clerk asked Bryan how does the City update the lead water line report as there were a couple of lines that were marked unknown, but are actually known. Bryan will touch base with the clerk later in the week? It was also confirmed that the customer owns the service line from the curb stop to the building.

3. Todd Greseth, Goodhue County Commissioner had joined in the discussion regarding the intersection on Co Rd 9. When thinking about signage or lights to slow down traffic, you don't want something going over the road with the tall farm equipment that goes through. He was wondering where would flashing lights go on the side of the road? On the building? Mayor Flaten asked about other Cities having the County be responsible for the Cannabis licensing. Todd said there were lots of cities that were going to have the County do the Cannabis regulation.

4. Mayor Flaten requested \$5000 from the Glen Taylor Foundation for small town grant to help with the costs of the emergency discharges this summer. He is still pursuing FEMA funds for the emergency discharges also. Mayor sent a letter in support of the Nerstrand Fire Department in their request for funds for a new rescue truck and extraction equipment from the same small town grant program.

5. Emails forwarded to the council from the city attorney regarding the Cannabis Delegation Agreement with Goodhue County. City Attorney reviewed the Consent Agreement with Goodhue County and would recommend the City sign it. Councilor Cooke move to accept the Goodhue County

Cannabis Delegation Agreement. Councilor Schloesser second. Motion passed 4:0.

City attorney suggested the City may also want to adopt a new ordinance that can place additional restrictions on the use and sale of cannabis within the City. She provided a model ordinance from the Office of Cannabis Management (State of Minnesota). She would be willing to assist the City in drafting this new ordinance, otherwise we could put together a draft on our own and she could review it. Diane will look at Brittany's ordinance that she sent and make it work for Dennison. Hopefully will be ready by the November meeting.

6. The city website: City Attorney reviewed the Catalis contract for our city website. She stated: "The Agreement that you signed doesn't allow for automatic renewal, but you agreed to an initial term of three years. So it won't be until 180 days before February 28th, 2027, that you can terminate the contract without being in breach." So the City will continue to use the current website until the three years of the contract is up. Mayor Flaten will try to get some photos on to update it a little.

7. Tree work proposal submitted to the City from Toby Kayser. 1.) Remove 2 Ash trees next to the Fireside for \$1,000 - \$1,200. 2.) Remove 3 Spruce trees East of the Fireside for \$1,000 - \$1,200 (Arvid Larsons house).

City received a verbal estimate from John Miner to cut down and remove 6 Ash trees in town for \$250 each. The two Ash trees by the Fireside, the Ash south of the well house and two Ash trees in the city boulevard East of the horseshoe pits and one Ash inside the city park (horseshoe pits).

Councilor Schloesser move to have John Miner cut down the 6 ash trees. Councilor Ruddle second. Motion passed 4:0. (City has budgeted \$3,000 to remove trees.)

8. Adding street lights on 373rd Street, between 1st Avenue Court and 2nd Avenue. Email sent to the council from Xcel Energy about the proposed work. 2- 30' fiberglass poles with Cobra LED lights on the Standard Service Rate, which is roughly \$21 per month. Wood poles would cost the same as fiberglass poles. Work could begin this fall. Would have to sign off on a contract before proceeding with the project. Total cost would be \$3342. Councilor Schloesser move to accept the bid for adding the lights, contingent that it stays this price for next year. Councilor Cooke second. Motion passed 4:0.

9. Paul's Plumbing was at City Hall to install the new water heater on 10/1/24. Need to have the electrician hook up the heater to the circuit panel yet.

10. Dan Storlie and the mayor poured the concrete for the new feedback sign foundation on Rice County 31. Will work to install the pole and pedestal this month.

11. The mayor is requesting that Nate remove his snow thrower and trailer parked on the west side of the city shop in the next month. The weed inspector has noticed tall grass in that area. Should be weed whipped. Diane move to have Nate move the trailer in the front asap for the fire dept., then move the stuff in the back out also. Snowblower can be moved inside. Needs to be done within 30 days. Jeff second. Motion passed 4:0. Heidi will tell him the items that need to be moved.

12. Mayor painted City curbs on Main Street this week.

13. Well inspection was done on the 30th by McCarthy Well.

14. Pete Lee Building update. Mayor contacted the city attorney to update her of the situation. No further communication to the City from Pete Lee regarding the sale of the building. No action has taken place to replace/fix the roof since our last meeting.

15. Warsaw Township is taking over for Northfield Township on Goodhue Ave. North. Will work with Warsaw Township to finalize exactly what they will be doing.

16. Lions Club requesting to use City Hall for Turkey Bingo. Councilor Schloesser move to approve the Lions to use City Hall for their Turkey Bingo on November 23rd. Councilor Cooke second. Motion passed 3:0. Councilor Ruddle abstained from voting.

Citizens Issues:

Mayors Issues:

Utilities:

Update from Nate

Discussion on extending water service to Neal's property. The approximate cost to the City? Does the council want to move this forward? Talked about earlier.

DO calibration paperwork will be available for the council to review before the meeting. Nate didn't have ready for this meeting. Will have ready for next month.

Councilor Schloesser move to approve the bills. Councilor Cooke second. Motion passed 4:0.

Mayor Flaten move to adjourn the meeting. Councilor Cooke second. Meeting adjourned at 8:47 pm.

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

Commissioner Corner

Greetings,

I still find it hard to believe that I am in the last 2 months of my first term. Thank you all for voting me back in, even though there was no one else running.

We have come real close to our final numbers for the 2025 budget. As it looks now we will have a 3.77 % levy increase for 2025.

I really do enjoy this time of the year, it is the year of firsts for my family since my Dad passed away this summer. Thanksgiving and Christmas will sure be different. I truly do have a lot to be thankful for, grandchildren and the rest of my family I have a job and a home to go home to.

Remember all those less fortunate than we are and be generous with your time and donations.

As always let me know if you have any questions or concerns.

God Bless

Todd



Todd Greseth
Goodhue County
Commissioner
District 3

**City of Nerstrand
City Council Meeting Minutes
October 8, 2024
221 Main Street, Nerstrand, MN
7:00 P.M.**

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

ABSENT:

STAFF PRESENT: Clerk Frances Boehning

GUESTS: City residents –Karla Ingersoll, Hazel Schwanke, Resident

APPROVAL OF AGENDA:

Council member Monica Gernandt made a motion to approve the agenda, second by Council member Kevin O'Brien. All approved.

CONSENT AGENDA:

A. Payment of Claims dated October 8th, 2024.

B. Minutes from September 10th and 23rd, 2024

MOTION:

Motion to approve the Consent Agenda. Motion made by Council Member Monica Gernandt, second by Council Member Kevin O'Brien. All approved.

CLERK'S REPORT:

• **The Clerk reviewed that City ordinances are currently only available in printed form.** As the ordinances were originally organized by Kennedy and Graven, the Clerk will contact them for access to a Word version. If that is not successful, she will use Adobe to transfer into Word then proof.

• **The Clerk reviewed upcoming training opportunities and received permission from the Council to attend LMC training**

sessions and join MCFOA.

• **The City Council reviewed the list of election judges for the upcoming General Election.** Council member Monica Gernandt made a motion to accept as election judges: Jeanette Baalson, Luanne Kuntz, Riann Bonde, Jeff Flaten, and Julene Stordahl. Council member John Harris seconded the motion, all approved.

NEW BUSINESS:

• **Bank CDs** – Mayor Todd Evavold reviewed the current interest rate on Bank CDs and requested that the City consider placing some money into CDs in order to earn higher interest. Council member Monica Gernandt stated that she would like to hear from Steve McDowell regarding how much we should have on hand for needed utility expenses. Council member John Harris made a motion to table the item until next month, Council Member Monica Gernandt seconded, all approved.

• **Discussion regarding alley ordinance.** – Council member Monica Gernandt made a motion to table the item until next month, Council Member John Harris seconded, all approved.

• **Money for street asphalt.** – Mayor Todd Evavold reviewed that the City has two bank accounts that could be used for asphalt next year. These accounts were originally set aside as security for outstanding loans. Council member Monica Gernandt would like to see documentation regarding the use of these funds and any possible remaining loan restrictions.

• **Discussion regarding painting interior of City Hall.** – Mayor Todd Evavold requested the City Council to consider paint-

ing the interior of City Hall. Council member Kevin O'Brien noted that the tuck pointing has not been completed on City Hall and that needs to be a priority over painting, Council member John Harris agreed.

• **Schiels Building rental agreement/contract** – Mayor Todd Evavold reviewed the current rental agreement with Dettling Bros. Trucking. He requested that the Council consider raising the rent from the current \$150 per month to \$200 per month as the building is heated. Mr. Dettling made a request to place change the tenant from Martin Dettling to Dettling Bros. Trucking LLC. A request was also made to move the terms of the lease to annual versus every six months. Council member Monica Gernandt made a motion to approve a one-year lease with Dettling Bros Trucking LLC at \$200 per month for the Schiels building, Council member John Harris seconded, all approved.

• **Discuss possibility of a paved trail from Nerstrand to Big Woods State Park** – Council member John Harris reviewed past work done to create a paved trail from Nerstrand to Big Woods State Park. Council member Kevin O'Brien stated that a trail to the intersection would be helpful until a trail all the way to the park could be completed. The subject will be added to the November agenda.

• **Estimate for trimming tree branches next roads** – Council member Monica Gernandt made a motion to approve the estimate of \$2,775 to trim the trees along city streets, Council member John Harris seconded the motion, all approved. Karla Ingersoll suggested notifying city residents of this project via Facebook, emails, and posters. If the residents have any questions or concerns, they are to contact City Hall.

OLD BUSINESS

• **Bollig income survey:** Current completion rate is only around 21%. The City Council members reviewed the list of homes not responding and stated that they will be visiting each of the homes to encourage residents to respond.

9. Reports of Officers

• **Public Works Director** – Steve McDowell was not present for the meeting, but did provide a written statement.

• **Mayor** – Mayor Evavold noted that the lights on the path to the park would need to be retrenched and electrical wiring updated. Council member Kevin O'Brien made a motion to approve asking Howard Quamme to trench between the poles and engage an electrician to complete the wiring work needed, Council member Monica Gernandt seconded, all approved.

• **Fire Department** – Joe Johnson provided a written review that was provided to Council.

• **Council Members** – Council member John Harris requested that a committee be created to focus on expanding bike paths. A request will be made to have Gary Duden provide expertise to the committee. Council member Monica Gernandt made a motion to add \$500 annually to USDA loan principle to pay off the loan sooner, Council member John Harris seconded the motion, all approved.

MOTION ADJOURN:

MOTION: Motion by Council Member Monica Gernandt second by Council Member Kevin O'Brien to adjourn. All Approved.

Todd Evavold, Mayor

Frances Boehning, City Clerk

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BREAKFAST, LUNCH, DINNER

BURGERS, ESPRESSO
HOTDISH, PIZZA
ICE CREAM

TRY OUR DAILY SPECIALS!

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Hours:
Tues.- Sat. 7am to 8pm; Sunday 8am to 1pm
Closed Mondays
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15% OFF Wednesday, Thursday with ad
10% OFF Friday, Saturday, Sunday with ad

MENU OR BUFFET
Cannot be used with other offers.

Hours: Monday: 11am-10pm; Tuesday: Closed; Wed.-Sun.: 11am-10pm
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1015W. Frontage Rd., Suite 103, Owatonna • South of Lowe's • Dine In Only • Expires November 30, 2024.

Center Restaurant
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Dodge Center, MN 55927

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CROSSWORD

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63						62			64

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THEME: FAMOUS BUILDINGS

- ACROSS**
- Performer's time to shine
 - Selfie, e.g.
 - One of five Ws
 - TrEs _____, or very stylish
 - Mandolin's cousin
 - Knitter's unit
 - Aren't, colloquially
 - Mimicked
 - *Like House with Oval Office
 - *The Hunchback's home (2 words)
 - Listening devices
 - Flirtatious stares
 - Salt, in Spanish
 - *_____ State Building
 - TV shows, e.g.
 - Will Ferrell's "Funny or _____"
 - Steve McQueen's "The Great _____" (1963)
 - Toss a coin
 - _____ & Young financial services company
 - Kimono tie
 - Sweating room
 - Short skirt
 - Batter (2 words)
 - Lake, in French
 - Anise seed (1 word)
 - *_____ of Versailles or Buckingham _____
 - _____ of war
 - Sinbad the Sailor's home
 - Not good
 - *St. Basil's in Moscow or St. Paul's in London
 - *The Parthenon in Athens is made of this
 - Capital of Norway
 - Aeneas' lover
 - More slippery
 - Animal protein
 - Independent chieftain
 - High degree
 - TV program interruptions
 - Retired, abbr.

- DOWN**
- CAT or PET, e.g.
 - *Key Tower, tallest building in this Buckeye state
 - Laundry room fire hazard
 - Type of local tax
 - Pupa, pl.
 - Things
 - Give up a state
 - Dam-like structure
 - Not misses
 - Football's extra point
 - Soup scoopers
 - Make a solemn promise
 - *Burj _____, tallest building in the world
 - Wading bird
 - "Monkey _____, monkey do"
 - Bodily swelling
 - Rice wine
 - 1/100th of Finnish markka
 - Rotisserie skewer
 - Spurious wing
 - Cancer-treating machine, acr.
 - *_____ Needle, Seattle
 - For boys and girls
 - Lawyers' org.
 - *_____ Chapel, Vatican City
 - Flat replacement
 - "_____, borrow or steal"
 - Eventual outcome
 - Leonhard _____, Swiss mathematician (1707-1783)
 - Portable stairs
 - Headquartered
 - Road-tripping guide
 - Carve in stone
 - Emptiness
 - Vegetative state
 - Ice crystals
 - Passage in a coal mine
 - Voldemort's title
 - Small amount of drink

3	6	9	8	2	7	1	5	4
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SUDOKU ANSWERS

P	H	D	R	E	T	S	A	D	S	R	E	T	D	
L	I	C	H	E	R	M	E	A	T	M	E	M	I	R
S	T	O	N	E	S	L	O	S	L	O	D	I	D	O
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News, Photos, Events...

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9			7			8		
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	3							8
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	1		5					
			8	2				

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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