Jundas lessenger ** **DECEMBER 18, 2024**

Postal Customer ECRWSS

Volume 18 • Issue 12

There's Still Time to Receive Your Flu Vaccination



Rice County Public Health reminds residents that there is still time for those 6 months and older to receive their flu vaccination and ensure they're

protected in the upcoming winter months. If you haven't already received your flu vaccination, it's not too late!

Influenza (flu) is a contagious respiratory illness that can be serious or even lifethreatening. Flu vaccination is recommended annually for everyone 6 months of age and older. Vaccination is particularly important for those who are at higher risk of developing serious flu complications including young children, pregnant women, people with chronic health conditions and those 65 years and older.

The best time to get vaccinated is before flu has begun spreading widely in your community.

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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.

Do you have an announcement? Email:

hometownmessenger@gmail.com

Memories of Christmas Past

citizens and relate their tales of Christmases long ago. Here are four stories from years in the past.

Judy remembers celebrating the same Christmas traditions each year with her family. There was a bustle of cooking going on in the kitchen and her mother would suggest the kids go decorate the tree as a way to keep them distracted and out of the kitchen.

They always had a short needle evergreen tree and all the kids would help to put the decorations, old fashioned light bulbs and icicles on the tree.

They celebrated with their extended family

Each year we visit with some of our senior of thirty plus people. They would eat supper consisting of turkey with all the fixin's including rice pudding for dessert, starting at 6pm and afterward do the dishes before singing carols and opening gifts. The fun lasted until bedtime around ten pm. Judy would play the piano while the family sang Christmas carols. Her cousin even wrote a poem about the family event. She usually received clothes but one year she recalls that she and her sister both got the same kind of doll. The kids would play games like canasta, cards, puzzles and board games.

Elaine was the oldest of three and they were the only grandchildren of her mother's par-



ents so they were doted on by the grandparents. Her parents were very Lutheran so she remembers being very involved in the Christmas program and church service.

(continued on page 3)

Hollingers Named 2024 Outstanding Conservationists for Rice County



By Rice Soil and Water **Conservation District**

The Rice Soil and Water Conservation District has selected Joe and Sue Hollinger as the 2024 Outstanding Conservationist for Rice County. The Hollingers were honored at the Minnesota Association of Soil and Water Conservation Districts Annual Convention this December, along with other Outstanding Conservationist award winners from across (continued on page 4)

Pictured to the left: Joe and Sue Hollinger are the 2024 Outstanding Conservationists for Rice County. They were recognized at the Minnesota Association of Soil & Water Conservation District's Annual Convention in Bloomington, Minnesota on December 4, 2024.

SERVING OUR HOMETOWNS

We want to Thank You for your continued support of the Dundas Messenger this past year!

In an era of online everything, your monthly local newspaper continues with an unwavering

goal to bring hometown news to you. Thanks to local advertisers and your voluntary subscriptions, we are in your mail box

each month. Without this support, we would not be here. We hope you continue to see value in the Messenger. While there are plenty of social media sources and on line sites out there, most don't deliver the hometown news and message like we try to do here.

(continued on page 5)





Pastors Corner

By Pastor Larry Grove, Hauge Lutheran Church, Kenyon

"Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the

This quote is from Bil Keene, the famous cartoonist who created 'Family Circus'.

The reality of this quote has become so salient in my life as the days and weeks go by. I used to plan the 15 things I wanted to get done during the day and many times I struggle to get to number three or four before evening comes and my strength begins to wane. So, I am relegated to working smarter. That doesn't always pan out positively as smarter is often even slower. But when I consider the fact that each day I have been given is a gift from God, it puts things into a proper perspective for me.

Theophrastus, a Greek philosopher had a very compelling quote. He said,"Time is the most valuable thing a man can spend." This statement has caused me to reflect on how I allocate this precious resource that I have at my disposal. What do I involve myself in that has an impact on the landscape around me? I often find myself frivolously squandering this perk and later realize that once spent, this prized possession is impossible to recapture.

James chapter 4 verse 14 states,"What is your life? You are a mist that appears for a little while and then vanishes."

When I was younger this verse did not make sense to me. But now, as the hair that I have left has turned gray, I understand it more fully. I think back to my teen years and they seem like yesterday. So much has happened in my life and yet it has gone by so quickly.

When I was about 35 years old, a precious lady who was in her 70's explained this concept to me and I found her description to be so insightful. She said,"When I was 10, one year was one tenth of my life. Now that I am 70, one year is one seventieth of my life. It is now such a small piece of my existence."

Northfield Library

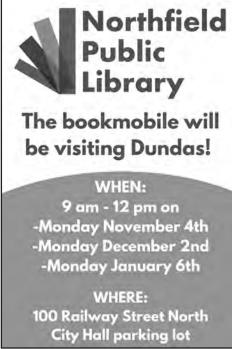
In Psalm 90 verse 12, the Psalmist asks God to help us with this. It says, "Teach us to number our days, that we may gain a heart of wisdom.'

As I go around and visit with the elderly, I am amazed at the wisdom they have gleaned over the years. More than ever, at this point in life, our focus needs to be on the gift that we are given each morning that we open our eyes to a new day.

A portion of scripture I would like to leave you all with is taken from

II Corinthians 4:16-18. The Apostle Paul writes,"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.'

Let us look at each day, each minute, each hour as a divine gift from our Heavenly Father. May we always purpose to make the most of this endowment, fixing our eyes on Jesus, and never miss an opportunity to be a blessing to those God puts in our path.





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The Joy That Comes From Christmas

Scripture: Psalm 51:12

Restore to me the joy of Your salvation, And uphold me by Your generous

A young run-away girl collapsed on the streets of a large city at the beginning of the Christmas season. She was rushed to a hospital, placed in intensive care and finally made it to a room where she made slow progress in regaining her

One evening a group of carolers stopped by her room and sang the beautiful songs that describe the birth of Jesus. After they sang, a young lady approached her bed and asked if she knew the Baby that they sang about.

Quietly, barely above a whisper she said, "I heard about Him when I went to Sunday school. But don't remember too much about Him.'

The young lady reminded her of the story and meaning of the birth of Jesus and the plan of salvation. She accepted the Lord as her Savior. Finally, it was time for her to leave and a nurse said, "Well, now that you're better, it's time for you to

Happily she said, "Yes, but I'm not leaving alone. I'm taking Jesus with me. Do you know Jesus?

"Oh, yes," replied the nurse, in a grumpy voice.
"Well, then," she asked, "why aren't you filled with joy like I am now? If you truly know Jesus, you'll be happy all the time."
David said, "Restore the joy of my salvation!"

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

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

> Fellowship time with refreshments between services. Wednesday: Middle School Ministry - doors open at 5:30; programming 6-7:15; High School Ministry - doors open at 7pm; programming 7:30-9pm

MAIN STREET MORAVIAN CHURCH 713 Division St., Northfield Tel: 507-645-7566 • Worship Services at 10:30a.m.

GOSPEL OF LIFE FAMILY CHURCH "PREACHING JESUS CHRIST AND HIM CRUCIFIED" 2010 Jefferson Road, Suite A, Heritage Square on Hwy. 3, Northfield $admin@\,gospeloflifechurch.org$

www.gospeloflifechurch.org Sunday 10:30a.m.; Wednesday 6:00p.m. Community

Memories of Christmas Past

(continued from page 1)

One Christmas eve she played piano and organ for the church program.

Her dad worked for a butcher and also had his own smokehouse where he made sausage and smoked hams for the holiday meals. There was always a big delicious ham for Christmas dinner. In their house they had lots of cookies and her siblings helped make the cookies, decorate the cookies and best of all help eat the cookies. One year her mother was able to get them a piano for a Christmas gift and their pastors wife gave them all music lessons. The other memorable gift she recalls was when her grandmother gave her a new watch.

Rosie was one of six children in her family. They lived on a farm in Iowa but her dad was a preacher. Her grandma and grandpa always spent Christmas with their family. They would decorate the tree three days before Christmas. When her mother wanted to get the kids out from under her feet, she would tell them to go in and decorate the tree.

She still has memories of the wonderful smells of holiday cooking coming from the kitchen. The menu was the same each year. It included turkey, a roast, rolls and pudding.

She can remember Christmas programs at school and church full of music and Christ-

mas plays with kids acting out Mary, Joseph and baby Jesus. Her parents didn't have lots of money but they each received a gift. A couple years it was a puppy, and she has done the same for her own children. Some years they all received a new outfit of clothes to wear for the Christmas program. Her siblings and cousins would play outside whenever possible and enjoyed board games like Monopoly when they couldn't go out.

Don grew up on a farm with his sister. He recalls when he was a young boy and they would be bad, that someone would dress up in a Santa mask and pound on the side of the house to get the kids attention. Then they would shake their finger at them as if warning them to behave. It always worked and they would be good until after the New Year. One Christmas when he was about six years old the kids were outside making snow angels when a Santa came around the house yelling Ho Ho Ho. He was so scared he ran for the basement.

During the winter of 1968-69 there was so much snow drifted around the house that he helped put up the Christmas lights without using a ladder. One winter when he was about ten years old, he heard sleigh bells and Santa showed up by his house and asked if

E-mail your engagement, marriage or birth announcement to the Dundas Messenger hometownmessenger@gmail.com he had been good.

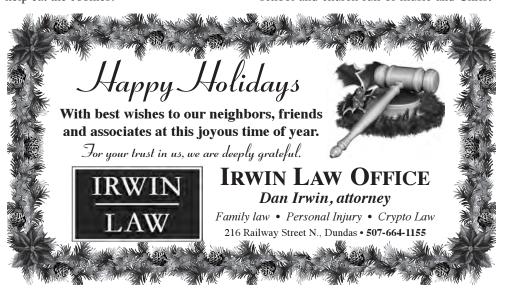
His father said, "yes he had". That year he received a bicycle.

The family always put up a Christmas Tree around the first of December where it remained until after New Years Day. His mother would tell them where to put the decorations, tinsel and the bulbs. They would just throw the tinsel on, but his mother was very orderly and would make sure it was perfect. They didn't have a fireplace so the hung their stockings on the window on either side of the tree. He would hang a large wool work sock while his sister hung a small dress sock. Don figures she must have been a better child because her sock was always over flowing with stuff, while his had only a few things.

His dad managed the coop and his mom worked nights at the hospital. A high school girl would come and baby sit for him and his younger sister. On Christmas Eve the baby sitter and her boyfriend would join them and his parents to celebrate the holiday with a meal of chicken. The boyfriend also drove bulk truck for his dad.

On Christmas Day all the extended family would gather for a meal of turkey and home cured ham with mashed potatoes. His sister played the organ and the accordion while they sang Christmas carols.

Beside Christmas memories, Don recalls farming with a tractor and a team of Clydesdales. His dad would plow with the tractor and a two bottom 14" plow. Don drove the work horses and a one bottom sulky plow. It was so much quieter behind the team than the tractor.



Season's Greetings

Best wishes from our entire team this holiday season.

It's a pleasure serving this community, and we look forward to seeing you in the new year.

Thanks for your trust and support!



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Hollingers Named 2024 Outstanding Conservationists for Rice County

(continued from page 1)

The Outstanding Conservationist Award recognizes individuals, conservation organizations, or others for outstanding

accomplishments in implementing conservation practices and improving Minnesota's natural resources.

Joe and Sue Hollinger have been farming for forty years, and conservation has become the cornerstone of their operation. From their roots in dairy farming near Dundas to their current farm south of Dundas, the Hollingers have evolved their practices to improve the health of their soil and protect water resources, gaining recognition for their dedication to sustainable agriculture.

Starting out on Joe's family dairy farm, the Hollingers spent two decades in dairy before facing new regulatory challenges around 2005. With more restrictive feedlot rules



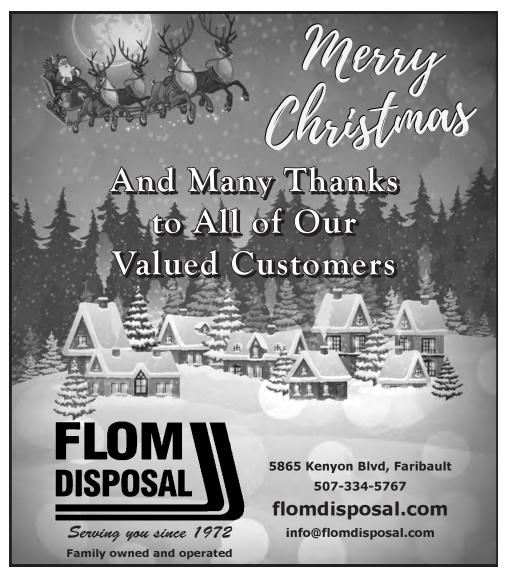
No-till planting and cover crops produce high residue which protects the soil on the Hollinger farm from erosion. (June, 27, 2024 after historic rainfall.)



 $\label{lem:continuous} A \ grassed \ waterway \ protects \ the \ soil \ from \ ephemeral \ gully \ erosion \ on \ the \ Hollinger \ farm \ near \ Dundas, \ Minnesota.$

coming into effect, they sold the farm and moved a few miles south of Dundas. Their new land had its own challenges, including failing grassed waterways and soil erosion in several areas. In response, they installed two water and sediment control basins and began experimenting with different tillage and crop rotation strategies.





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Discover Your Lands Possibilities with the Web Soil Survey



By Emmie Scheffler, District Technician Rice Soil and Water Conservation District



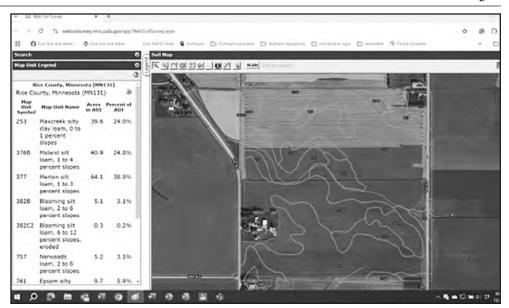
A piece of land may have endless possibilities. Without going and trying different options on the land and possibly failing, there is a way to see what limits there may be: soils.

Minnesota is home to a wide variety of soils and one acre could be very different to the one next to it. The reason for these differences is soil is made out of different properties. Texture, the particle size in the soil, is made up of sand, silt, and clay. Most soils are a different combination of these three. Structure is how the soil particles are arranged and indicates different land uses by how well the soil may hold water or be able to compact. Color of the soil can indicate water drainage or different mineral contents, which is useful when trying to determine if a certain vegetation is wanted on the site.

Luckily for us, there was a nationwide soil survey completed that maps out these differences. Back in the 1930's after the Dust Bowl, the Soil Conservation Service (currently known as Natural Resources Conservation Service) began surveying the nation's soils. In 1995, Rice County's soil survey was updated and digitized making the maps more accessible and easier to integrate into land management software programs.

Today, soil survey information is available to everyone online through the use of the tool Web Soil Survey, https://websoilsurvey.nrcs.usda.gov/app/.

Once entering into the tool, anyone can draw boundaries for where they would like to look at the soils. After that, you can see the different soil types in that area under the soils map tab. The soil data explorer tab is where the more use-specific information can be



A soil map created online with the Web Soil Survey tool

found. Examples in our office are we use data in here to see how erosive the soil may be when designing erosion structures and how buildable the material may hold for these same structures.

There are a variety of ways different landowners may use this data. Farmers have access to crop productivity index for areas of their choosing, different water management for their fields, chemical properties for nutrient application, and many more. Other landowners can find out suitability for building different structures on the site, allowability for well and septic with the soil types, soil properties to help with landscaping, and

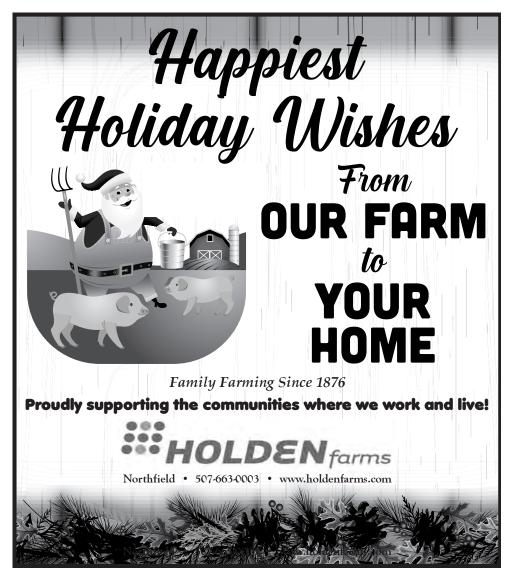
more.

SERVING OUR HOMETOWNS

(continued from page 1)

Every year, many local newspapers are forced out of business. We have watched this happen many times in recent years in small rural communities.

With our small staff of 2.5, we understand this challenge first hand here at the Messenger, which is why we publish the Messenger in its monthly format.





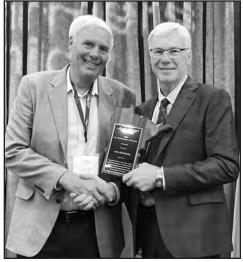
Farmers Union honors Rice County Ag Leaders

Minnesota Farmers Union (MFU) honored Rice County Farmers Union President Tessa Sadae Parks with a Rising Star award and KDHL Farm Director Jerry Groskreutz as Agriculture Communicator of the Year during a Nov. 23 awards program.

Parks actively advocates for beginning farmers and land access at the state and federal level. She is a first-generation, half Japanese Filipino farmer who co-owns and operates a beef and certified organic hay operation with their spouse Wyatt on 100 percent rented ground in the Northfield area.

"I'm honored to be receiving this award," Parks said. "Previous recipients of this award have been my role models since joining Minnesota Farmers Union. And it is through the knowledge sharing happening among members as well as their presence, participation and resilience that has helped me grow and be able to do this work."

Groskreutz has been the voice of farm programming on KDHL Radio for nearly three decades. He is a trusted resource for the agricultural community and a teacher for people in the greater community. Each year, he visits elementary students in Faribault to talk about the many products made from commodities



MFU President Gary Wertish and KDHL Farm Director Jerry Groskreutz

grown in southern Minnesota.

"It was an honor to receive the award," Groskreutz said. "It is always so much fun to attend the convention and see and talk to MFU members I have known for years."

"I am honored to recognize Tessa and Jerry," said MFU President Gary Wertish. "Tessa is a Rising Star in Farmers Union. She not only leads the Rice County organization; she also has testified in front of the Senate Agriculture Committee and leads our state policy committee. Jerry is an asset for all of agriculture in southern Minnesota. He shares information in an unbiased way and always has a story to tell to put people at ease. Congratulations and thank you Jerry and Tessa."

The 83rd annual Minnesota Farmers Union State Convention was Nov. 22-24 at the Delta

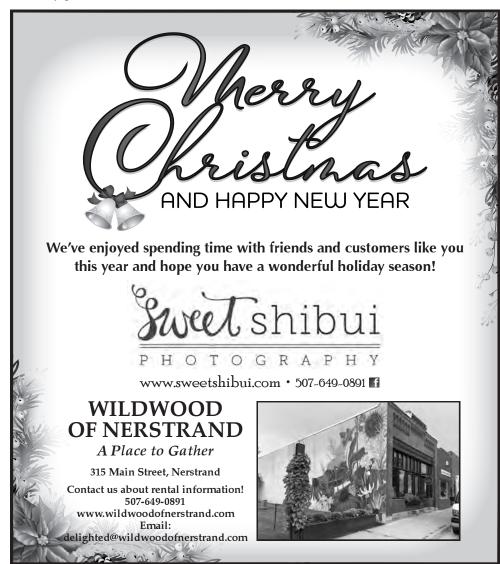


Rice County Farmers Union President Tessa Parks and MFU President Gary Wertish

Hotels by Marriott Minneapolis Northeast, rural communities. MFU is a nonprofit membership is

About Minnesota Farmers Union
Minnesota Farmers Union works to protect
and enhance the economic interests and quality of life of family farmers and ranchers and

rural communities. MFU is a nonprofit membership-based organization. Membership is open to everyone. Learn more and join at www.mfu.org and follow MFU on Facebook, X and Instagram.





Changes in Latitudes, Changes in Attitudes

My Best Christmas Ever



By Terry Campbell

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



I always liked Christmas, it was a fun season. I remember going to town and walking the snowy cold streets from store to store and listening to Christmas music playing on the outside speakers. I remember high school girls signing Christmas carols on the bus during the ride home. It seemed like such a happy time. And then there was the anticipation of gifts. I would page through the Montgomery Wards, Sears & Roebuck and J C Penney catalogues and make lists in hope my parents would buy me that special thing I wanted.

My parents on the other hand were frugal. We were a farm family in the 1960's. There was not a lot of extra money floating around and they didn't feel like gifts were as necessary as a young kid did. So, I learned that many of those dreams were only going to come true if I took care of them myself.

What I really wanted was a snowmobile. So, I read snowmobile magazines and collected snowmobile literature from every dealer we visited. I tried to convince my dad that a snowmobile was a necessity out here on the farm. I couldn't ride my horse in the winter, so there was only one way left to get around in the snow. But I might as well have wanted a space craft, because it just seemed that far out of reach.

My dad was very logical. I couldn't argue with him and win. He said I would need to be big enough to start a snowmobile myself. He proved it by taking me to the dealership and letting me pull on the recoil cord. An eleven year old boy was just not strong enough. He intended to make me self reliant. A good lesson for a kid, but wait until you

are older was a hard pill to swallow. So, I hoped and dreamed as I watched snowmobiles ride by the farm in the ditch and just did my chores every night after school.

One cold snowy December evening I was in the farrowing barn cleaning, bedding and feeding the sows. I made my spending money caring for the hogs. Kind of a little prodigal son analogy there that might have been the reason my dad assigned me those chores. I heard a strange sound outside and went out to investi-

gate. Some times a neighbor would swing by on a snowmobile and I was always ready to run out and see it. But this time it wasn't a neighbor, it was my dad. And he was driving a snowmobile.

It was a brand new Ski Doo Olympic 12/3. It was beautiful. I wasn't sure of the circumstances but it was looking good, very good. My dad explained to me that the 12 stood for the horsepower and the 3 indicated that it was a third lighter than the other models. That way I could wrestle it out of a snowbank when it got stuck. And it had a decompressor button, so a young kid like me could start it. Suddenly, I was the king of the world. He ex-



plained that I would have to pay for it if I wanted it and we went to the First National Bank in West Concord the following evening and I signed a loan for \$600.

When you are a kid with a tough, rugged old farmer for a dad, you don't really expect much for a show of affection from him. But he found the snowmobile that would work for me and made it possible for me to have it. When I didn't imagine it would ever happen. He had been looking out for me the whole time. What a parent does for their child means more than words. It was the best Christmas ever.

A Minnesotan: Oh Christmas Tree



By RosaLin Alcoser

Once again Christmas is rolling around for the year. Christmas is my father's favorite holiday. He loves the presents and the food, but the thing he gets most into with it is the Christmas tree. He's not into decorating it though, he's into going to pick out the Christmas tree.

Some families pick out a tree from a tree farm or lot all together. In my family my father goes to pick out the tree by himself. There was a brief period in time when the local Boy Scout troop would just set aside a tree for us, but for the most part my father has always been the one to pick the tree.

Every year the tree would either go one of three ways. It would fit perfectly, which was normal in the years the Boy Scouts set aside the tree. It would be way too big, taking up most of the room and occasionally having to be cropped to fit. Or it would be what my mother calls a Charlie Brown Tree.

A Charlie Brown Tree is when you bring home the smallest and most scraggly tree that you can find. The one that most people would never bring home, but you decided to bring home and try to decorate anyway. Because once you do it will look so much better. In reality it won't but that's what you tell yourself while buying it.

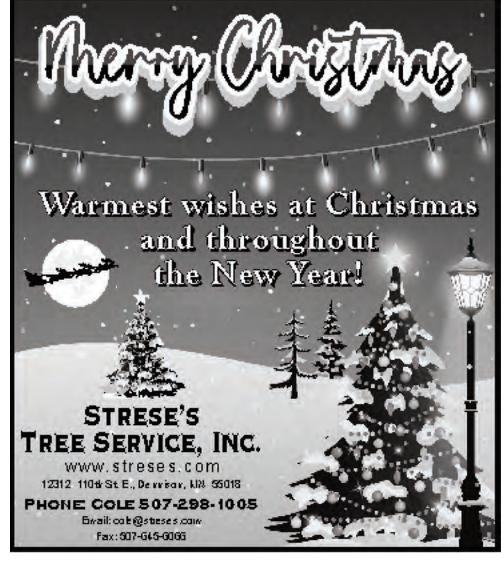
The house I grew up had a big living room with tall 9 foot ceiling. Which was perfect for my father's overly zealous Christmas tree selection. The last Christmas we spent in that house was the year he went the most over the top with the tree. It was bigger than any tree he had brought home before. It was also way too big to fit in my parent's tree stand.

Being too big for the tree, the tree, which at this point only had lights and some glass balls on it, of course fell over in the middle of the night. Glass and sap covered everything in the room and my mom spent the days leading up to Christmas trying to get it off of the floor. After that the tree stand was replaced with a bigger one to accommodate the overly zealous trees.

Which worked most years, except the first Christmas that my older sister came home with her husband. That year my dad brought home a Charlie Brown Tree. That he cut down himself. This tree not only had holes in it, but also was way too small for the tree stand. Causing it to fall down, thankfully undecorated, for the opposite reason of the overly zealous tree for a few years before.

That year the tree ended up being tied to the bannister in multiple places at its base and lashed into the stand. Then to keep the tree from leaning it had to be tried again higher up on its trunk, also to the bannister, with a piece of ribbon.

Since then the tree's he's come home with have been nice and reasonable. However, I'm sure there's another overly zealous and Charlie Brown trees to come down the road.



Q&A With Santa

Submitted by Robert Duncan

Hello Messenger readers:

I'm Robert (Bob) Duncan, (scribed@aol.com), new to Minnesota from Indiana to be closer to family because of my advanced age.

On December 18, 2011. I thought it timely to bring Santa's story into the 21st. century augmenting Clement C. Moore's brillant 1823 A VISIT FROM ST. NICHOLAS "TWAS THE NIGHT BEFORE CHRISTMAS...". Below is my offer for consideration.

Q&A with Santa By Bob Duncan

WKKG Trutv moderator: Welcome to all who have come out on this rainy first day of April to participate in TRUTV'S final Q&A episode of KNOWING OUR LEGENDS.

From the git-go this series was specifically formatted to provide the public with in-depth and factual information about the legends permeating our cultures and societies throughout time. We've been extremely fortunate to bring to our stage eleven, now twelve, of those legends from around the globe. All graciously accepted questions from the audience, some answers startling.

Many revelations came forth. One being that wet hair does not cause colds as vociferously pointed out by Mother Nature. The Boogie Man, Ralph Edward Boogman, stunned everyone when he disclosed that he suffers from Phengophobia, a fear of daylight and open spaces. That's why he hides under beds and in closets. And how can we ever forget Father Time showing up at the wrong time because he forgot to change the sand in his hour glass to daylight savings time?

Not all of our episodes were upbeat. Lady Godiva remarked that because of that one-time wardrobe malfunction she is forever banned from participating in children's activities. The Tooth Fairy had to file for bankruptcy and Humpty Dumpty, because of his injuries could not have children, thusly, never married. He lives a sedentary life on a sunny Kansas farm with his aunt Rebecca Brooke.

It's time to quit talking, wave the starting flag and bring in the big guy himself. Please welcome......Santa Claus!

Applause, more applause, more applause. Santa: Thank you, thank you, thank you so very, very much. Please, please...every one...please...sit down. Thanks also to you viewers out there for tuning in. I am honored to be the one chosen to close out the series. I'm touched...truly I am. Now, let's get going! Who's first? You...yes you in the checkered jacket.

Covert reporter from ABC news: Do you still have my letters?

Santa: Of course, Carl. Next?

Richard Freeze from the St. Louis Gazette: When were you born?

Santa: I was firstly known as St. Nicholas of Myra, a Greek Christian Bishop in the fourth century AD.

Laurence Fish, city attorney: Then why do



people call you Santa?

Santa: It's analogous to someone calling Philip Phil.

Edna Rappaport from Foods Galore magazine: Have you always been fat?

Santa: No. Well.....yes and no, I guess.

Britney England: rest stop manager exit 253: Do you always wear red?

Santa: What?

Britney again: Do you always wear red?

Santa: Oh.

Phil Weaver, efficiency plant manager from Pittsburgh: How many toys can your elves turn out per shift?

Santa: What elves?

Helen Gleez from Saskatchewan: Your elves. You know...your elves.

(continued on page 9)





Q&A

(continued from page 8)

Santa: What in the world are you talking about? Elves? I don't have any elves! There's no such things as elves!

James Whitmoor of Atlanta: What is your favorite game?

Santa: Find the Needle in the Hay Stack! My best time is just under four weeks.

Kenneth Orlando from Florida: Hi Santa. I'm Kenny Orlando. Santa: I know. Tell Grandma Junita I said

"hey" Kenneth again: If there are no elves to help you, how can you make all those toys by

yourself? Santa: I don't make any toys.

Wilma Louise Logan from the upper east side of Boston: If you don't make the toys, where do they come from?

Santa: From you all.

Wilma again: I don't understand.

Santa: They come from you, moms and dads, grandparents, aunts, friends. You put them under the trees. Do you actually believe anyone could visit 3.7 billion people in one night? What ARE you people smoking?

Student Janice Meltor: Ohhhhhhh...I get

Covert Carl from ABC news again: Get

Janice again: Duh!

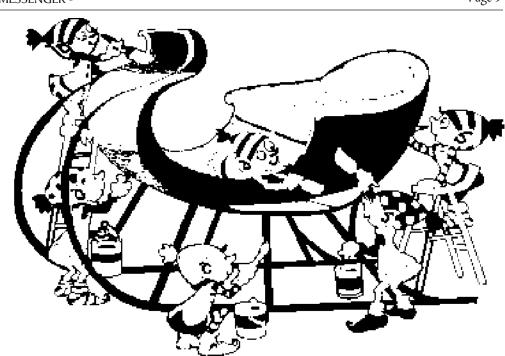
Henry Maniken from Denver: So that means we're your elves?

Santa: Elves, elves, elves. What is it with you people and elves?

Jesus Rodrigues from El Salvador: How tall are you?

Santa: Five-one.

Jesus: ME TOO MAN!



Elsa Stern: Do reindeer really fly? Santa: Not that I know of. Why?

Elsa again: Well....who pulls your sleigh? Santa: Six huskies and Shorty, my lead dog. But it's a sled not a sleigh.

Kevin Skinner from Texarkana: Do you have any hobbies?

Santa: Yes.

William P. Morgan hedge fund manager: Do you like cookies and milk?

Santa: I like milk but it doesn't like me. I'm lactose intolerant. Cookies? No...not

Heloise Turnbough, seamstress from Mississippi: Do you keep a naughty and nice list?

Santa: Oh Goodness, no, no, no. My Lilly does all the paperwork. I suck at it.

LeRoy produce manager at 7-11: We'd like to meet her. Did she come with you?

Santa: No. She couldn't get out of her hair and nails appointment. They charge for no-shows.

Thomas Find from New York City: What do you think about Rudolph's red nose?

Santa: I don't know. Maybe he should see a dermatologist.

Adrian Whitsel from Topeka: Santa, are you real or a figment of our imaginations? Santa: "Yes".





The Savvy Senior

What You'll Pay for Medicare in 2025



By Jim Miller

I know there will be a small 2.5 percent cost-of-living increase in Social Security benefits next year, but what about Medicare? What will the Medicare Part B monthly premiums be in 2025, and when do the surcharges kick in for higher income beneficiaries?

--Medicare Beneficiary

Dear Beneficiary,

The Centers for Medicare and Medicaid Services recently announced their cost adjustments for 2025 and the increases for premiums and out-of-pocket costs for most beneficiaries will be moderate. But if you're a high earner, you'll pay significantly more. Here's what you can expect to pay in 2025.

Part B Premium

While Medicare Part A, which pays for hospital care, is premium-free for most beneficiaries, Part B, which covers doctor visits and outpatient services does have a monthly premium.

Starting in January, the standard monthly Part B premium will be \$185, up from \$174.70 in 2024. That \$10.30 bump represents a 5.9 percent increase, which is more than double the most recent Social Security cost-of-living adjustment which was 2.5 percent.

But if you're a high earning beneficiary, which makes up about 8 percent of all Medicare recipients, you'll have to pay more. Medicare surcharges for high earners, known as the income-related monthly adjustment amount (or IRMAA), are based on adjusted gross income (AGI) from two years earlier, which means that your 2025 Part B premi-

ums are determined by your 2023 AGI, which is on line 11 of the IRS tax form 1040.

Here's how it breaks down. If your 2023 income was above \$106,000 up to \$133,000 (\$212,000 up to \$266,000 for married couples filing jointly), your 2025 Part B monthly premium will be \$259.

Monthly Part B premiums for singles with an income between \$133,000 and \$167,000 (\$266,000 and \$334,000 for joint filers) will rise to \$370.

Individuals earning above \$167,000 up to \$200,000 (\$334,000 to \$400,000 for joint filers) will see their monthly Part B premium increase to \$480.90.

Those with incomes above \$200,000 up to \$500,000 (\$400,000 to \$750,000 for joint filers), will pay \$591.90 per month in 2025. And single filers with income of \$500,000 or more (\$750,000 or more for joint filers) will pay \$628.90 per month.

Part D Premium

If you have a stand-alone Medicare (Part D) prescription drug plan, the average premium in 2025 will be \$46.50 per month for most beneficiaries, down from \$53.95 in 2024. But again, for high earners with annual incomes above \$106,000 (\$212,000 for joint filers) you'll pay a monthly surcharge of \$13.70 to \$85.80 (based on your income level) on top of your regular Part D premiums.

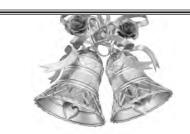
How to Contest Income

Beneficiaries that fall into any of the highincome categories and have experienced certain life-changing events that have reduced their income since 2023, such as retirement, divorce or the death of a spouse, can contest the surcharge. For more information on how to do this, see "Medicare Premiums: Rules for Higher-Income Beneficiaries" at SSA.gov/benefits/medicare/medicare-premiums.html.

Other Medicare Increases

In addition to the Part B and Part D premium increases, there are other cost increases you should be aware of. For example, the annual deductible for Medicare Part B will be \$257 in 2025, which is \$17 more than the 2024 deductible of \$240. And the deductible for Medicare Part A, which covers hospital services, will increase to \$1,676 in 2025. That's \$44 more than the 2024 deductible of \$1,632. There are no surcharges on Medicare deductibles for high earners.

For more information on all the Medicare costs for 2025 visit Medicare.gov/basics/costs or call 800-633-4227.



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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). Scholar-



ships 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

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 Rural Health with U of M



Dr. Kirby Clark University of Minnesota

In the next 10 years, one in three Greater Minnesota residents is projected to be 65+ years old — increasing the demand for healthcare services for older adults. At the same time, one in three rural physicians plan to leave the workforce in the next five years, according to the Minnesota Department of Health. These compounding issues raise important questions about the future of rural healthcare.

Kirby Clark, MD, with the University of Minnesota Medical School and M Health Fairview, talks about issues facing rural communities, the shortage of rural physicians and how this growing problem can be addressed.

Q: What are some of the biggest health issues facing rural communities today?

Dr. Clark: Rural communities face several pressing health issues, including a shortage of physicians and other healthcare providers, limited access to specialty care, inadequate access to comprehensive primary care and an increasing load of chronic diseases like diabetes, hypertension, mental health disorders, addiction and health issues related to aging. Rural areas have disparities in health outcomes for a variety of reasons, including ge-

ographic isolation, poverty, economic instability and reduced access to social services. In addition to the healthcare system, employment opportunities, educational opportunities and access to healthy food are key to a community's health. Addressing these issues requires expanding access to care, improving prevention and supporting community-based health initiatives.

Q: Why is there a shortage of physicians in Greater Minnesota? What can be done to address this shortage?

Dr. Clark: The shortage of physicians in Greater Minnesota stems from a combination of factors, but the main issue is the challenging and sometimes obscure path for rural youth to become rural physicians.

Additional factors include the challenge of practicing medicine in a rural community, which requires an impressive skill set and depends on colleagues and organizational support.

The programs that prepare physicians for comprehensive, full-scope primary care, including obstetrical care, do not always get the recognition and promotion in the public eye that might make it a more attractive path for trainees and young people, either. Trainees may also prefer the amenities of larger cities.

To address this shortage, we should make the path clear for rural youth to become physicians in their communities, promote rural primary care as a career path and invest in rural-focused medical education programs. Supporting our current rural physicians to give them the time and resources to connect with and inspire the next generation is also a key part of the puzzle.

Q: What are the benefits of training medical students in rural areas?

Dr. Clark: Training medical students in rural areas has benefits for both the students and rural communities. By training in rural communities, students gain first-hand experience providing patient care to rural people, mentored by rural doctors who are experts in rural medical care. The students learn to be adaptable, flexible, and creative — the skills necessary to treat diverse patient populations and a breadth of medical conditions with limited resources. When students are able to have a long, immersive training experience in a rural community during this formative time in their lives, they can see the joy in rural practice and living in a rural community, and can aspire to become a rural doctor one day. Not only do the rural communities get a chance to recruit their next doctor, the students also bring fresh ideas and knowledge to rural medical practices and rural communities.

Q: What's a common misconception about rural health?

Dr. Clark: One common misconception about rural physicians is that they are not as highly trained or skilled compared to physicians in urban areas. Rural physicians quite often have a broader skill set and manage a wider variety of conditions. Many of the most incredible and skilled physicians I know practice in our rural communities. Not only do I see them providing up-to-date, comprehensive care in their communities, but I see these rural doctors at medical conferences pursuing additional training and leading discussions throughout their careers. Rural doctors understand their communities and their health needs, so they seek out the training to provide what their patients need.



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Weight **Training for** Health



By Shauna Burshem, D.C.

Resistance weight training is a highly effective exercise method that offers numerous health benefits, particularly for those conscious of maintaining their vitality and youthfulness. One of the most impressive advantages is its anti-aging effects. Engaging in regular weight training helps maintain muscle mass and strength as we age, combating the natural decline that occurs over time. This preservation of muscle is crucial not only for physical appearance but also for maintaining functional independence as we grow older. By incorporating resistance training into your fitness regime, you can slow down the aging process and promote a healthier, more youthful body.

In addition to its anti-aging benefits, resistance weight training plays a vital role in promoting bone health. It stimulates bone growth and increases bone density, reducing the risk of osteoporosis and fractures, which are common concerns for aging populations. The stress that weight training exerts on bones encourages them to adapt and strengthen, making it an essential exercise for maintaining a robust skeletal framework. This benefit is particularly important for women, who are at a higher risk of developing osteoporosis as they age. By prioritizing weight training, individuals can ensure that their bones remain strong and resilient throughout their lives.

Beyond its impact on aging and bone health, resistance weight training significantly enhances muscle tone and metabolism. Regular lifting results in more defined muscles, contributing to an improved physique and increased self-confidence. Furthermore, the increase in lean muscle mass from resistance training elevates your resting metabolic rate, allowing your body to burn more calories even when at rest. This effect can aid in weight management and fat loss, making it an invaluable tool for those looking to improve their overall body composition. By integrating resistance weight training into your routine, you can enjoy these metabolic benefits while achieving a toned and healthy body.

Scientific evidence shows autism isn't just a neurological condition, according to the authors of a scientific review published on

Preprints.org. Science researchers Brian Hooker, Ph.D, Jeet Varia PhD., and Martha Herbert, M.D, Ph.D, a pediatric neurologist and neuroscientist, co-authored the report, which is undergoing peer review with Development and Psychopathology, a Cambridge University Press journal.

The authors examined the findings of 519 studies to illustrate how autism spectrum disorder (ASD) affects multiple body systems, including the immune, digestive and central nervous systems.

Herbert, an autism researcher since 1995, told reporters the science of autism has become "enormously richer" and ASD "can no longer be considered just a 'psychological' problem — it's a whole-system problem ... involving many systems that influence each other." She and her co-authors also contend that the latest scientific evidence suggests ASD is largely driven by environmental factors. These include exposure to toxins in food, the environment, medicine or personal care products.

COVID-19 vaccines pose a 112,000% greater risk of brain clots and strokes than flu vaccines and a 20,700% greater risk of those symptoms than all other vaccines combined, according to a peer-reviewed study that calls for a global moratorium on the vaccines. The study, published last week in the International Journal of Innovative Research in Medical Science, found reports of 5,137 cases of cerebral thromboembolism after COVID-19 shots over 36 months. This compares to 52 reported cases following flu vaccination and 282 cases



vaccines over the past 34 years. According to the study, this represents an "alarming breach in the safety signal threshold concerning cerebral thrombosis adverse events" following COVID-19 vaccination. The research data was collected from the U.S. government's Vaccine Adverse Event Reporting System (VAERS), for their analysis. This data is published on the CDC website and is collected from doctors and hospitals filing reports on adverse events from the COVID-19 vaccine as well as other vaccinations such as the flu shot. The data also indicated 9,821 reports of atrial fibrillation — an irregular heart rhythm that is "the most common identifiable cause of cerebral arterial thromboembolism"

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



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That's the Latest Christmas Past



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987.
You can view past columns at his website RoadFarming.com.
You can email him at emery@roadfarming.com.

This time of year probably stirs up more family memories than any other time of year. Families gather during this holiday season to share meals together, share gifts, and maybe watch a movie or football game together but mostly to make new memories, especially for the youngest and newest members of a family. My friend and former publicist, Mychal Wilmes, wrote in a recent article in his 'Farmboy Memories' column that he writes

for the Post-Bulletin, about how on the farm, holiday gatherings were an escape from the bitter cold. They were anyway, until it was chore time again.

We 'older' folks will remember that it was snowier and colder back in the day. At least that's what we tell the younger generations. And our parents always told us that in their youth, there was even more snow and cold than what my generation experienced as a kid. If you take the time to look at the weather records, there were certainly years that would say this was true. The late 1880's had some of the worst winter weather on record in the Midwest. It was made worse by the lack of good heating and hot or cold running water that we've grown accustomed to in the recent decades. Back then, and well into the 20th century, you had to, during wintertime, put layers of clothes on to use the bathroom, which for many was the little wooden building behind the house. Bathroom is a misnomer because no one took a bath in there unless you fell in. It was the out-

1936 is another year that brings back weather memories. First, it was the decade of the dust bowl era in the U.S. My dad, who grew up in Kanabec County about halfway between Cambridge and Mora, always told me about the winter of 1936, where on the farm near Brunswick, it never got above zero for 6 straight weeks. And to add insult to injury, the summer of '36' was one of the hottest on record. Mychal wrote that his dad,

who farmed in LeSueur County, remembered 1936 for the very same reason.

I remember some major winter storms too, but in my day we had more modern conveniences, like indoor plumbing and reliable furnaces. And it was a lot easier to have woodburning stoves and fireplaces. With the advent of chainsaws and wood splitters, harvesting firewood was made easier over the latter half of the 20th century. My dad always told me that if they had chainsaws back in his day, there wouldn't have been any trees left up north. Not sure that's true but it was harder to harvest firewood and have it cured and dry enough to burn.

Hopefully, our memories of Christmas 2024 will not be related to weather issues. My earliest memories of Christmas time on the farm had to deal with food and Santa Claus. My mom was a big lefse maker and it seemed everyone in my family except me couldn't wait to gorge themselves on the Norwegian potato tortilla. That turned out to be a blessing for my mom. Had I liked the lefse, she would have had to make a lot more to have enough for the holidays. I would just look at that lefse and shiver to think people actually liked it. And what really sealed the

deal, was to see my dad make a Norwegian burrito by filling a huge lefse with lutefisk. It would be over a foot long with melted butter dripping out the one end while my dad would be taking huge bites off the other end. I have no pictures of this, which I'm not sure is fortunate or unfortunate, but I can picture it in my mind and that conjures up some weird holiday memories. Today, I can tolerate a little lutefisk but the lefse, I still pass on that.

As far as the Santa memories, my parents told me that since we did not have a chimney for Santa to climb down, he would probably just stop by the front door and leave something for me. I found it strange on one the first years I can remember; Santa brought me a new winter coat and underwear. I thought Santa needed to step up his game here. Eventually he did, but then he forgot about me around the age of ten, but yet he remembered my younger sister Maureen. I thought, even then, that Santa ought to see a doctor about his failing memory. But it's all good, I have many heartfelt and happy Christmas memories and I hope you and yours make more good memories this Christmas.

Do You Have An Announcement? Email:

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Public Safety

Parents, **Guardians Responsible for Kids' Safety Around Cold** Water

By Minnesota Department of Natural Resources

Rapidly falling air temperatures, dangerously cold water, and the likelihood of skim ice on some ponds across Minnesota means it's imperative for parents and guardians to talk with their kids about the importance of safety ahead of the Thanksgiving break.

Whether through thin ice or into open water, falls into the water this time of year can turn tragic quickly, and an unexpected fall can incapacitate even the strongest swimmers in short order. It's up to parents and guardians to teach their kids about the dangers of cold water, and ensure they're properly supervised anytime they're around it.

"Many kids have an innate curiosity about the water, but they likely don't understand the dangers," said Capt. Adam Block, boating law administrator for the Minnesota Department of Natural Resources. "All water this time of year is dangerous, from the small neighborhood pond to the state's biggest lakes and rivers.

The best way to stay safe around cold water,

life jacket. Foam life jackets are better than inflatable life jackets this time of year, since cold water means the latter might not fully inflate. In addition, Block recommends people carry a phone in case they need to call for help, let others know where they're going and when they plan to return, and plan for how they'll deal with an unforeseen incident.

Did you know?

New ice is usually stronger than old ice. Four inches of clear, newly-formed ice may support one person on foot, while a foot or more of old, partially-thawed ice may not.

Ice seldom freezes uniformly. It may be a foot thick in one location and only an inch or two just a few feet away.

Ice formed over flowing water and currents

or survive an unexpected fall in, is to wear a is often dangerous. This is especially true near streams, bridges and culverts. Also, the ice on outside river bends is usually weaker due to the undermining effects of the faster

> The insulating effect of snow slows down the freezing process. The extra weight also reduces how much weight the ice sheet can support. Also, ice near shore can be weaker than ice that is farther out.

Booming and cracking ice isn't necessarily dangerous. It only means that the ice is expanding and contracting as the temperature

Schools of fish or flocks of waterfowl can also adversely affect the relative safety of ice. The movement of fish can bring warm water up from the bottom of the lake. In the past,

this has opened holes in the ice causing snowmobiles and cars to break through.

For more information on ice safety contact the MN DNR and ask for our free ice safety publications, which include the brochures, Danger, Thin Ice" and "Cold Water Kills" and the wallet-sized reference card and 11X14 posters titled, "Minimum Recommended Ice Thicknesses." Metro (651) 296-6157 or toll free outside the metro area 1-888-646-6367 or email the Information Center at info.dnr@state.mn.us opens in a new browser tab.

For more information about surviving a fall into cold water, see the cold water dangers page of the DNR website.



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Ask **A Trooper** By Sgt. Troy Christianson, **Minnesota State Patrol**



Question: Winter is here. Can talk about tire safety and how a person can tell if their tires are still good?

Answer: Winter season is a good time to remind motorists about the importance of installing and maintaining good tires. Tires must be able to carry your vehicle's weight and grip the surface of the road properly. Inspect tires regularly for cuts, cracks, uneven wear, bald spots, bulges, and punctures. Carry a good spare tire and check its pressure often. Tires do not have as much traction on gravel or dirt roads as they do on concrete or asphalt roads. Tires have been known to lose up to 1 psi (pounds per square inch) every month. Check your tire pressure often and never drive with under-inflated tires.

- The vehicle's recommended tire pressure is located on a sticker inside the driver's door of your vehicle or in the owner's manual.
- Check your tires before you've driven or at least three hours after you've driven your ve-
- Insert a pressure gauge into the valve stem on your tire. The gauge will show a measured psi.
- Compare the measured psi to the psi found

on the sticker inside the driver's door or in the owner's manual. DO NOT compare to the psi on your tire's sidewall.

- If the measured psi is above the number, let air out until it matches. If below, add air until it reaches the proper number.
- · Check your tires often for wear and damage problems. A tire is illegal if the tread is less than one-sixteenth of an inch deep. An easy way to check for wear is by using the
- Take a penny and hold Abraham Lincoln's body between your thumb and forefinger.
- Select a point on your tire where the tread appears the lowest and place Lincoln's head into one of the grooves.
- If any part of Lincoln's head is covered by the tread, you're driving with the legal and safe amount of tread. If your tread gets below that, your vehicle's ability to grip the road in adverse conditions is greatly reduced.

Question: Hello, I am looking at getting my kids an e-scooter for Christmas. I was just curious before making the purchase what are the laws and rules for these things.

Answer: Motorized foot scooters (also termed "electric scooters" or "e-scooters") have seen a marked increase in use recently, primarily due to their introduction in fleets of shared rental offerings in cities throughout the country. A motorized foot scooter is defined in state statute as a device that:

- has handlebars:
- can be stood or sat on by the operator (so that a seat or saddle is optional);
- is powered by an internal combustion engine or an electric motor;
- has up to two wheels that are no more than 12 inches in diameter; and
- uses a motor capable of a maximum speed of not more than 15 miles per hour on a flat

Minnesota law largely treats motorized foot

scooters like bicycles, so that operators have the same rights as bicyclists and must generally follow the same laws. However, there are some regulatory differences.

Registration. The owner of a motorized foot scooter does not need to register it or pay registration taxes, and a certificate of title is not necessary.

Operator licensing. A driver's license or permit is not required for operation. The minimum operator age is 12 years old.

Insurance. The device does not need to be insured.

Use. A motorized foot scooter may not be operated on a sidewalk, except to cross it. The device can be operated on a bicycle path, bicycle trail, bicycle lane, or bikeway unless (1) the pathway is reserved for nonmotorized use, or (2) operation is restricted by local government.

Motorized foot scooter operators must follow the same traffic laws as bicyclists, except that when making a left turn, the rider must dismount and cross the roadway on foot (and the person is then subject to any restrictions applicable to a pedestrian). Operators must ride as close as is practical to the right-hand side of the road.

No passengers besides the operator can be carried.

Safety equipment. Any person under age 18



must wear a helmet. The device can be operated when it is dark out, but under current Department of Public Safety regulations it must meet the same lighting requirements that apply to a bicycle: a headlight that is visible at least 500 feet ahead and a red reflector that can be seen from 600 feet behind when in the path of a motor vehicle's headlight.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson - Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us) Twitter: MSPPIO_SOUTH





ENDANGERED MISSING PERSON

Nicole "Nikki" Anderson

- 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.



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

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FOR COMMUNITY RELEASE

Connecting, Asking for Help Were Key to Treatment Court Grad's Success

By Rice County



Graduating from treatment court is a long and often difficult journey.

The program, which accepts non-violent offenders who have either committed a drug-related crime or

whose crime is related to substance abuse, takes 18-24 months; more depending on an individual's progress.

The route wasn't a straight line for Josh Heine, who graduated from Rice County Treatment Court late last month. But Judge Jeffrey M. Johnson knew Heine would succeed the moment Heine reported thinking about repeating past behaviors.

Identifying and sharing those thoughts were critical to maintaining his sobriety, said Johnson, who with Judge Karie M. Anderson oversees the county Treatment Court.

"You're there to help other people, support other people and give to other people," said Johnson. "That speaks to who you are as a human being and a father."

Since his admission to Treatment Court, Heine has regained the trust of his family and the community. He's gotten his driver's license back, found real friends and become a peer recovery specialist.

"I'm so, so proud of you. I'm so glad you got sober so we can have our family back," said Beverly Haugen, Heine's grandmother, who he calls his biggest supporter. "I'm so grateful for all the help he's gotten and I'm so grateful, Josh, you responded to everyone trying to help. I love you so much. I knew



Josh Heine, second from left, holds his Certificate of Commencement during his Treatment Court graduation Nov. 21. Also pictured are, from left, Judge Karie M. Anderson, Heine's grandmother Beverly Haugen and Judge Jeffrey M. Johnson. *Rice County photo*

There's Still Time to Receive Your Flu Vaccination

(continued from page 1)

It takes about two weeks for the body to respond to the vaccine so getting the vaccination now means a person should reach full immunity before the typical peak of the flu season, between December and February.

Rice County Public Health has flu vaccine available at its weekly immunization clinics held every Tuesday between 1-4 p.m. at the

Rice County Government Services Building, 320 Third St. NW, Faribault. No appointment is needed. Both trivalent and high-dose flu vaccine are available.

Vaccine is also available for anyone who is uninsured.

For more information or to schedule a vaccination at a different time, call Angie Nagel at 507-384-6450.

you'd make it."

Heine told those gathered for his graduation that he feels "very lucky."

"I just want to say thank you to everyone.

It was a rough start in the beginning. You just have to have that connection and ask for help."

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Notice of Public Hearing: Proposed modifications to the 10-year Transportation Capital Improvement Plan



The Rice County Board of Commissioners holds a PUBLIC HEARING at 9 a.m. Tuesday, Jan. 14, 2025 in the Commissioners Room of the Government Services Building at 320 Third Street NW, Faribault.

The purpose of the public hearing is to receive and consider comments by the general public and governing bodies of cities and towns within the county, all in regard to the Rice County Board of Commissioners' proposed

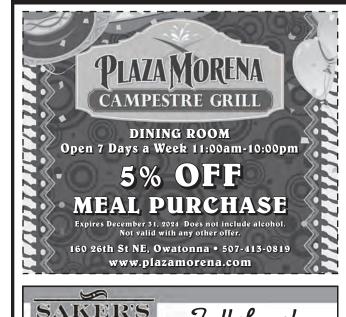
modifications to the 10-year Transportation Capital Improvement Plan.

Residents interested in commenting may also do so remotely during the public hearing, which will be livestreamed on Zoom at https://us02web.zoom.us/j/3421170614. Participant Meeting ID: 342 117 0614 Passcode: 1234.

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December 18, 2024 Page 21



Minnesota is heading for a financial disaster

By SENATOR BILL LIESKE

Minnesota is heading for a financial disaster. The numbers don't lie: according to a new report from Minnesota's budget office, in just a few years, we're looking at a gigantic \$5.1 billion deficit. That's not a small hiccup — it's a massive problem that will affect every family in our state.

And it didn't have to happen.

How did we get here? Recklessness. In 2023, Minnesota had a historic \$19 billion surplus. That money was a golden opportunity to provide relief to struggling taxpayers, strengthen our state's finances, and steel ourselves for the future. Instead, Democrats spent it all – and then some. They raised taxes by \$10 billion, ballooned state spending by 40%, and left us hurtling toward this massive deficit.

This wasn't just poor planning; it was loyalty to an extreme agenda. Thanks to the Democrat trifecta of the last two years, the state's

budget has now grown from \$39 billion in 2014 to \$71 billion today. Meanwhile, Minnesotans are dealing with rising grocery bills, record housing costs, and stagnant paychecks. Most families haven't seen their budgets double in the last decade, but over the last two years Democrats acted like they had a blank check from every taxpayer's

Under Democrat leadership, fraud, waste, and abuse of taxpayer dollars in Minnesota have reached stunning levels. It's not just one or two isolated incidents. it's a frustrating pattern of carelessness, poor oversight, and a lack of accountability. From the Feeding Our Future scandal to the \$500 million frontline worker pay program, and the ongoing Medicaid and autism fraud allegations that have ballooned under the Walz administration, you see a culture that seems uninterested in protecting your tax dollars. Instead, it treats taxpayer dollars like Monopoly

The projected \$5.1 billion deficit is the direct result of irresponsible governing. Minnesotans deserve better.

Republicans proposed a different path one focused on moderation and caution. We wanted to use the surplus to provide tax relief for families and small businesses, fund our shared priorities, and secure Minnesota's future. It's not flashy, but it's responsible. Unfortunately, our ideas - and really, any dissenting voices - were ignored. Democrats ilies first. We can't afford more of the same chose to spend and tax like there was no to-

The contrast couldn't be clearer - Republicans wanted to protect Minnesota's financial future, but Democrats prioritized reckless spending. And now, we're left with one of the highest tax burdens in the nation, a government that's grown far faster than our economy, and a looming deficit that will hurt families for years to come. And you are paying the price for all of it.

Minnesota's constitution requires a balanced budget, so hard decisions will have to be made when we reconvene in 2025. I'll be

fighting to protect your checking account and make sure that Minnesota's budget puts famrunaway spending, higher taxes, and careless financial decisions of the last two years.

It's time for a reality check. We need to rein in government growth, eliminate waste, and focus on what really matters - affordable healthcare, great schools, roads, and public

Minnesotans deserve a government that respects their hard work and uses their tax dollars wisely. It's common sense. It's what you deserve. And it's the only way to stop this train before it goes off the rails.









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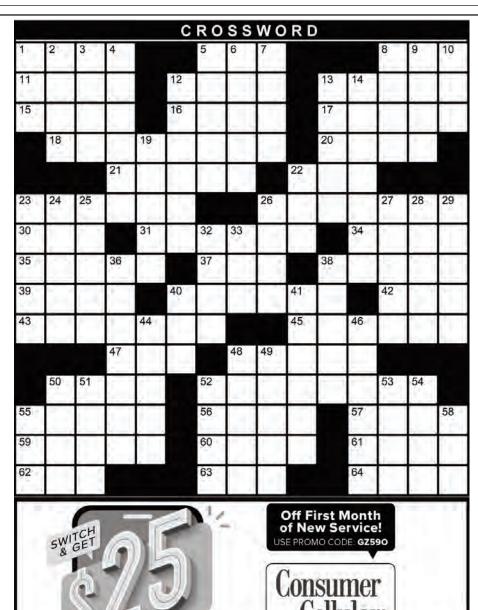
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- 1. Combat vehicle
- 5. Semi
- 8. *Biathlon gear, sing.
- 11. Keiko of "Free Willy"
- 12. *Ashi Waza and jugodi sport
- 13. Audienceís approval
- 15. Tandoori bread
- 16. Ned Stark's daughter, "Game of Thrones"
- 17. R^{ntgen beams}
- 18. *Warning track sport 20. Monetary "thank you," pl.
- 21. Indigo dye shrubs
- 22. "Arabian Nights" bird
- 23. Destroyer
- 26. Danced to certain Polish music
- 30. Crematorium container 31. One without magic powers in Harry Potter stories
- 34. Largest volcano in Europe
- 35. Do nothing (2 words)
- 37. Singer Yoko 38. Be at the helm
- 39. Tropical tuber
- 40. *Player who delivers in a crucial sports moment 42. Recipe qtv.
- 43. Display proudly (2 words)
- 45. Smells
- 47. Lake, in France
- 48. Clean a spill (2 words)
- 50. #8 Across, pl.
- 52. *Cornerback and direct snap sport
- 55. Russian pancake
- 56. Pasta option
- 57. Go cold turkey
- 59. *Reward for multiple sports championships, pl.
- 60. "Breaking Bad" victim
- 61. The Beehive State
- 62. King Kong, e.g.
- 63. Type of lightbulb, acr.
- 64. Spooky

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- 5. Not urban
- 6. Short poems of pastoral life
- *Hockey score
- 8. *Powerful shot in hockey
- 9. 11th letter of Roman alphabet, pl.
- _ Now or Never"
- 12. White and black stork
- 13. Glorify
- 14. *Gully and deep mid wicket sport
- 19. Foe
- 22. Fish eggs
- 23. Corrodes
- 24. Heep of "David Copperfield"
- 25. Preface
- 26. Scheme
- 27. Mr. T's TV show "The
- 28. Olden days constipation treatment
- 29. *Bag of nails and baby ton sport
- 32. *Eagle and mulligan sport
- 33. African migrator
- 36. *Turkey and split sport
- 38. Woody perennial
- 40. Chlorofluorocarbon, abbr.
- 41. He gets a flag?
- 44. Reprieve in a desert
- 46. Not light-transmitting
- 48. Dots and dashes code
- 49. Did like goo
- 50. Women's underskirt 51. Plural of cow. arch.
- 52. *Sports transgression 53. Plucked string instrument
- 54. Pinocchio, e.g.
- 55. Type of undergarment
- 58. Olden day "your"

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