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MARCH 26, 2025

Volume 22 • Issue 3

Announcements

2025 Lent at Dennison Lutheran and Vang

Soup suppers begin at 6:00, and worship is at 7:00.

All soup suppers and worships are at Dennison Lutheran.

• **Mark your calendars!** The annual Kenyon Area Internship Committee fundraiser will be on Sunday, April 6 from 11:30 - 1:30. This lunchtime event features a delicious soup from each of the eight congregations in the KAIC. Attendees can choose to sample as many of the soups as they like, and then vote on their favorite. The soup with the most votes wins the prestigious Golden Crockpot award.

There will also be an auction following lunch for baked goods with many delicious pies, cookies and bars to bid on. This is always a fun event, and it is the only fundraiser for the KAIC intern program.

• **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.

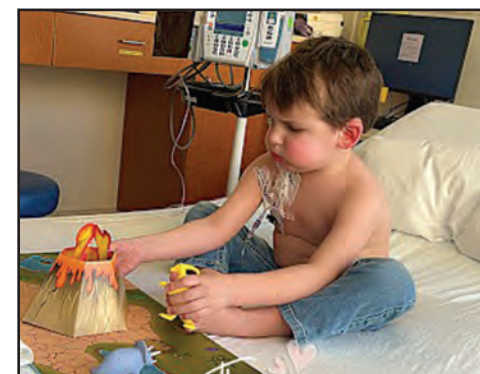
Benefit Fundraiser for Dax Eggert

On Saturday, April 26th there will be a Benefit Fundraiser for Dax Laddie Eggert, a 3 year old resident of Kenyon. Dax is the son

of Tyler and Nicole Eggert. He was diagnosed with B-cell Acute Lymphoblastic Leukemia (Blood cancer) on Nov. 5th. 2024. He has been treated at Children's Hospital in Minneapolis since his diagnosis. His treatment has been intense with weekly chemotherapy, daily steroids, multiple hospital stays, 24/7 infusion immunotherapy and currently an escalating chemo regimen. He is also taking medication for short term side effects, and is only 1/3 of the way through his intense portion of the treatment plan.

After the first leg of his treatment, he is scheduled for 2 years of daily chemo treatment and monthly lab checks. The long term effects of this aggressive treatment are still unknown.

Many of you know this family, and it is our hope that you will be able to help them in any



number of ways. Tyler graduated from K/W High School in 2008, and was very active in the wrestling community. He is currently a volunteer firefighter in Kenyon. Nicole provided in-home daycare to the community, but due to Dax's treatment schedule, she had to close her doors.

(continued on page 8)

625 Planning Spring Ride

The 625 Bar & Grill will hold their Spring Ride Saturday, April 5th.

Be a part of the fun leaving Dennison around 11:00 a.m. Check their Facebook page for more details.



Town #1.... Aspelund

By Cheri Roshon

So, town #1 on my list of interesting places in Goodhue County is Aspelund. A town consisting of only 3 homes, I feel blessed to know two men who have lived there all of their lives! But first, the history.

Aspelund was settled by mostly Norwegian immigrants in the 1850's.

(continued on page 4)

Nerstrand Elementary School is the Place to Be



Our students have been busy making memories with more activities planned in the next few months before summer comes.

Our 5th grade students headed to Eagle Bluff for three days in March. They were excited for their team bonding and overnight adventures.

(continued on page 3)

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Your Destiny Will Be Fulfilled!



By Jon Dudek, co-founder of Isaiah Ministries, bringing Biblical teaching to help overcome life's everyday challenges.
www.isaiahministries.cc

Many of us may wonder if the Lord still speaks to us today besides through the Bible. I truly believe He does and still does to this

day. John 10:27-28 says, "My sheep hear my voice, and I know them, and they follow me." Throughout Scripture we see so many ways the Lord speaks—through dreams, visions, people, nature, and much more.

I would encourage each one of you to spend time with the Lord in a quiet place. Take a few deep breaths to try to remove the chatter that could be in your mind due to busy schedules or life circumstances. Find a calm area, which could be on a nature walk, in your living room, or even your car. Some of us with kids running around might have to do this when the children have gone to bed. It is important for all of us to spend quality time with the Lord. I believe when you take the time to be with Jesus, He will speak to you! If you are not sure of the Lord's voice, know whatever He says will be backed up with the Word of God (the Bible) and the fruit of the Spirit. His voice will be that of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (see Galatians 5:22-23).

The Lord reminded me of a word He gave me years ago to share corporately. I really felt in my spirit to share this for the month of March. I hope this prophetic declaration ignites the fire that is in you to fulfill your calling.

"You are My beloved in whom I am well pleased. Have I not commanded you? Be of good courage. You will soar like an eagle over the nations. You will soar in the Spirit. The enemy won't touch you or your family. You have already slain the giant. You will minister and touch others. You will speak life to the brokenhearted. You will speak life in dead situations, and flowers will start blooming.

You will tread on serpents. You will release the power of the Holy Spirit that lives in you to the blind, weak, paralyzed, homeless, hopeless, and hungry. It is time to set sail. It is time to open up the sails because the Breath of life is upon you. Have I not commanded you? Be of good courage. I will never leave you nor forsake you. Every step you take, I

will be next to you. If you fall, I will be there to lift you up. This won't be easy, but I will give you the tools to defeat the enemy. It is time. The gates are being opened. The pearly gates are being opened. The angels are being released on your behalf. They are being released to make a way for your destiny."

After reading this declaration I hope it has encouraged you to stand bold in your faith, share the gospel, and walk your everyday life for our Lord Jesus Christ. I would like to close with this. First Timothy 6:12 says, "Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses."

The following verses, to the best of my knowledge, are what helped birth this prophetic declaration: Joshua 1:6, Isaiah 40:31, Luke 10:19, Hebrews 13:5, and Revelation 21:21. I would encourage you to highlight these verses in your Bible so you have a quick reference to them in the future.

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Ann Traxler
Attorney

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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

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"There will be no more death or mourning or crying or pain, for the old order of things has passed away." ... "I am making everything new!"
— Revelation 21:4-5

Jesus has removed the barrier to reconciliation with God, so we can enjoy fellowship with God and abundant life in his kingdom even now. And yet there's much more to come! When a believer in Christ dies, we grieve their loss. But we know they are in the Lord's presence in a greater way than we experience now. So while death brings sadness, it has become, through Christ, a bridge into God's presence.

And there's still more! When Jesus comes again, all believers—those who have died and those who are still alive—will be transformed physically and spiritually, with glorious, imperishable bodies (1 Corinthians 15:50-55).

God will bring his "New Jerusalem" to a renewed earth, where he will live with his people forever. There will be no more death, mourning, crying, or pain, because the Lord will make everything new.

What about Judgment Day? Yes, it's coming (Revelation 20:11-15), but "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). So it's crucially important that we surrender ourselves to Christ and accept his free gift of salvation.

Then we can serve him with our whole lives, urging everyone to turn to God in repentance and faith so that they too may have eternal life. In the Lord we can live in hope and anticipation and without fear.

Lord Jesus, transform us so that we may live fully for you, sharing your love and good news everywhere. Amen.

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Nerstrand United Methodist
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Worship 9:00a.m.

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

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

OBITUARY

Charles Edward "Chuck" Kylo



Charles Edward "Chuck" Kylo, 77, passed away on Saturday, March 8, 2025, surrounded by family in Mcallen Texas. Chuck was born in Wanamingo Township to Elmer and Eleanor Kylo on October 5, 1947. He was the youngest of 15 children. He graduated from Wanamingo High School in 1965. He farmed with his mother until he was drafted into the service in 1967. He was stationed in Vietnam with the 34th engineering battalion until 1969.

He married Donna Andersen on January 16, 1969, in Honolulu Hawaii. From this marriage he was blessed with 2 average sons, and one beautiful and talented daughter.

He started his career with John Deere in Wanamingo, MN, followed by a move to cresco Iowa, finishing up in Owatonna, MN. He then changed to driving semi truck for American Freight Systems for many years and retired from driving from ABF Freight in 2009. He did have a brief stint with Schwan's Company in Owatonna. This career was cut short after a "small incident" involving a "bring your kids to work day" with all 3 of his children. He also enjoyed his time with the Steele County Sheriff's Posse for many years.

Upon his retirement, Donna and Chuck enjoyed countless times singing karaoke together, whether it was at a local watering hole, or on the deck of your camper. They have been seasonal campers at Shades of Sherwood Campgrounds since the early 1990's, continuing to this day. He also enjoyed spending time with family and friends, and his daily stops at the Kernel Restaurant in Owatonna, MN. At retirement a motorhome was quickly sold after one too many "god dammit Donna's" and a permanent home at a park was taken. They spent 15 years as winter Texans and summers in Zumbrota at Shades of Sherwood.

Chuck is survived by his wife of 56 years, Donna; sons Sean (Marie) Kylo of Nerstrand, MN; Eric (Lisa) Kylo of Blooming Prairie, MN; and daughter Stephanie (Randy) Delzer of Northfield, MN. Eleven grandchildren and 4 great grandchildren, with one due in May of 2025. Sister-in-law, Rhonda (Tom) Eichinger; sisters Marlene (Jim) Haller, Stella Morton, Susan Johnson and Eunice Roberts.

He is preceded in death by his parents; great grandson Soren Christofferson; brothers Maurice "Bud" Kylo; Marvin "Pete" Kylo; Palmer Kylo; Walton Kylo and Orion Kylo. Sisters Avis Erlanson, Florence Howie, Shirley Schmitz, Mary Jane Schmitz and infant sister, Marna Kylo.

Celebration of Life will take place on April 12, 2025 from 11:00am-2:00pm at The Event Center at 37612 Goodhue Avenue, Dennison, MN (Main Street) with military honors at 2:00pm.

Nerstrand Elementary School is the Place to Be

(continued from page 1)

On Friday, April 4, our PTO is sponsoring a family Carnival from 6:00-8:00pm. This is a fun-filled night of games and community fellowship.

We will be hosting our annual Community Celebration Concert on Friday, May 2nd honoring elder Bob Flom. Our students always look forward to performing for their

family and friends.

We will host our annual All School Field Day and Color Run in May. We are excited for the final few months of school.

As we wrap-up this school year, we are thinking about next year. We still have a few openings. If you know of anyone looking for a place to send their child, specifically their kindergartener, please encourage them to look at our school. We offer private tours and a great education.

We can be reached at 507-333-6850.

Holden Community Park Now Accepting Reservations



The Holden Community Park is now accepting reservations. This is a gathering place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

The park building is equipped with AC, refrigerator, stove, microwave and indoor bathrooms. Folding tables and chairs which are available for use within the facility. Picnic tables, playground equipment and a fire pit are also located just outside the back entrance. A prayer path also winds through the woods.

Please contact Peggy Kroenbach if you would like to reserve the building. (p_kronbach@yahoo.com, # 507/227-4992)

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2025 National Agriculture Week



Town #1.... Aspelund

(continued from page 1)

As more people migrated to the area, a group of men founded the Aspelund Society in 1859, more for religious reasons than anything else, but they made decisions and brought some organization to the growing settlement. In 1862, it was decided to lay the foundation for the Emmanuel Lutheran Church, which to this day has a viable congregation, and is used for many occasions and events.

On February 6th, 1872 the Aspelund Post Office was born, holding the title of the 4th post office in Wanamingo Township. Christian Hveem (1835-1908) was a veterinarian who became the first postmaster. It is believed that he had the postal service in his clinic. He later practiced medicine in Hader.

In 1875, 40 farmers organized a mercantile and built the Aspelund Store. The post office moved into the mercantile, and Osmund J Wing took his place as the 2nd postmaster on April 28th, 1875. The current Aspelund Society eventually dissolved, and in 1882, Peter A. Henning replaced Wing as postmaster on June 12th, 1882, and remained at his post until January 4th, 1894.

Martin P. Heltne, who was operating the Aspelund Store, succeeded Henning as postmaster at that time. In 1897, Heltne auctioned off the store, and moved to Hayfield.

Henning again took over the store. He was reinstated as postmaster on October 19, 1897, and remained in that post until his death in 1931. In 1932, Hans Hjermsstad bought the store through Henning's daughter for a tidy sum of \$500.00. Hans and his wife and son lived above the mercantile for a number of years, during which Hans built a house next

to the store for his family to reside in. Unfortunately, a huge tornado in 1952 hit the mercantile, and rendered it too dangerous to occupy. It sat empty for 10 years before being completely torn down. However, the home that Hans built is still in use today, and is one of the 3 homes left in Aspelund. It was purchased from Harlan Hjermsstad, Hans' son, by Bob Flikke who now resides there with his son Andre Wrolstad.

After 15 years, Hjermsstad sold the store to Lyle Hogstad in 1946. Lyle had it for a short time, and sold to C.C. Mattison. Mattison was the owner when the big tornado caused its demise.

Before we move on in our historical journey, I want to share an interesting fact about the store. P.A. Henning proved to be an excellent marketer while he owned and operated the mercantile. One of his ideas that I consider brilliant is "Due Bills". If someone came in with eggs to sell to Mr. Henning to sell at his store, and he owed her \$1 for the eggs, and she needed 80 cents worth of flour, instead of giving her the 20 cents in change back, he would give her a 20 cent Due Bill. That way, she had a store credit, because the coins could only be spent in his store! Kind of like Menards rebates!

As the town grew, and more businesses were required, Henry Sands started a blacksmith shop on what is still property of the Sands family. Ray Sands, Henry's grandson, lives on the property now and told me he was born there and never moved out! Not many people can say they have lived in the home that they were born in all their life! Ray began his favorite chore of milking the family's cows by hand at age 5. He grew up there, got married, and raised his family in that home. At 93 years young, you will still find him doing the upkeep, and sharing stories of Aspelund, and also about his more than 70 years of entertaining folks with his well known band the Polka Dots. Ray played the accordion and sang in his band, but that's another story!



Hjermsstad home



1882 also saw N. Norby open a flour and feed mill. Two years later, Nils Roland was operating the feed store and opened a second blacksmith shop just east of where the mercantile was located. B.O. Norby eventually bought the 1st blacksmith shop from Henry Sands.

In 1888, the Crescent Creamery Company was started and had a brief operation in Aspelund. The feed mill was in use until 1896.

As time marched on, the Rural Free Delivery, or RFD came into being, and most of the small post offices closed, including Aspelund. The post office officially closed on January 14, 1905. As will happen, many of the local businesses closed their doors, but a few remained.

Henry Sands went back to farming over 200 acres. One day, Henry was plowing his fields with a team of 4 horses. He had a colt tied to the wagon as well. He saw about 6

men riding toward him on his property. They were wearing white dusters and riding fine horses. They stopped when they came up to Henry, and one of them jokingly asked Henry why he didn't hook up the young colt and make him work for his food. Henry just looked at him, said "Shut up", and continued with his plowing. Those men were later found to be Jesse James and the Younger brothers, on their way to rob the bank in Northfield!

I learned of many remarkable stories while gathering information for this article. I want to thank my new friends Harlan and Dorothy Hjermsstad and Ray Sands for giving me a lot of insight into the town of Aspelund, MN. Don't worry, there will be more stories from that neck of the woods in the future! I hope some of you recognize your relatives in the names in my story. Until the next town story, be well!



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That's the Latest Radio



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.

I've mentioned how I got interested in radio when I had to do a report in Mr. Bob Doyle's Social Studies class in 9th grade. The assignment was to write a paper on some occupation. We were allowed to choose any occupation. I told my classmate Louie Loosbrock during a study hall session that I had no idea what I was going to write about. Louie thought for a second and he goes: 'How 'bout disc jockey?' I go yes, that's what I'll write about. And that's where the spark started the fire. Little did I know that assignment led me to a career in radio. I followed up after high school by going to radio school,

Brown Institute, in Minneapolis.

Over the years, I met several people in radio or former radio people who also got their start at Brown. When I lived and worked in Nebraska, I would interview U.S. Senator Chuck Hagel, who later was Secretary of Defense. We got talking and it turned out that he also was a graduate of Brown Institute. Hagel had a great voice and could have been another Tom Brokaw but he took a government job. That was a good choice on his part. Later when I was in Washington D.C. with the Nebraska Corn Growers Association, we were doing some Capitol Hill visits and Hagel's office was one of our stops. Chuck saw me and remembered our connection of being 'Brownies' and when I asked if we could do a short interview he took me into a side room where we probably did a 10 to 12 minute interview.

Then he walked out and met with the corn growers who had been waiting in his office for him to show up. I stood in the back of the room while they talked to him about their concerns and then he had to leave. Some of the corn growers asked if I was going to get an interview with him. I told them I already did an interview, that's why he was late to your meeting. Well that cost me the first round of beers later that night.

I never thought that a farm kid from Minnesota would be able to meet and talk with so many influential people. Leaders from the agriculture sector to the government sector from townships all the way to the White House. I also got to meet and interview some in the entertainment sector with most of those in the country music industry. There was



This picture from USDA headquarters was taken in 2003. Front row l to r: Homeland Security Secretary Tom Ridge, Ag Secretary Ann Veneman, Farm Broadcaster Ron Hayes. Back row l to r: Emery Kleven, Tom Brand, Jeff Nalley



This picture from 1994 at the Woodbury County, Iowa County Fair is Emery Kleven interviewing Country singer LeRoy Van Dyke

Alan Jackson, Lee Greenwood, LeRoy Van Dyke and Kenny Rogers, just to drop a few names.

One of the pictures with this column shows a couple of government leaders that I got to know and interview. Ann Veneman was Secretary of Agriculture during my 3 years as a national officer in the National Association of Farm Broadcasting (NAFB). Tom Ridge, former Governor of Pennsylvania, was the nation's first Secretary of Homeland Security during this time. One of the real highlights which I've written about before was to be one of the few farm broadcasters back in 2000 to be invited to the White House to take part in an East Room meeting about trade relations with China. In the receiving line after the meeting, I got to meet and shake hands with 3 Presidents, Bill Clinton, Jimmy Carter and Gerald Ford. Here was this nerdy farm kid from little old West Concord, meeting Presidents in the White House. Talk about a fish out of water...that was me!

4 years later, I invited Gerald Ford's son Steve to come and speak at our NAFB annual meeting in Kansas City. We stayed in touch for a few years after that. Steve, in his younger days, was a professional horse trainer and he was tutored in rodeo bronc riding by Casey Tibbs. Tibbs, if you are not familiar, was from Fort Pierre, South Dakota, and was a 9 time World Champion. The Casey Tibbs Museum, which I've been to, is in Fort Pierre. Tibbs was also an actor appearing in a few movies.

I was a good friend with fellow farm broadcaster Cliff Mitchell from Albany, Minnesota. Cliff, along with his radio work, was an auctioneer and with a rodeo guy when he was young. His claim to fame was that one time in a rodeo competition; he defeated Casey Tibbs, which almost never happened.

So kids, if you're reading this, do your Social Studies homework, you never know what it might lead to. I know I didn't.

ARE YOU READY TO GET THAT SXS OUT?

Let's take it out for a spin on April 5th!



We just want to do a ride! It's been a long winter.

We are thinking of just going to some of the local watering holes!

We will leave around 11:00.

When we get back we will have
LIVE MUSIC at 7:00 PM, PLUS DRINK SPECIALS!
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The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child



By Samuel Smith
Overnight and Marketing Director
at Camp Victory

Signing up for summer camp for the first time is an exciting opportunity for children to develop new skills, make friends, and enjoy outdoor adventures. However, parents often face the difficult decision between sending their child to a day camp or an overnight camp. Each option offers unique benefits and caters to different needs, preferences, and comfort levels. Understanding the differences

between these two types of camps can help parents make an informed decision that best suits their child.

Day Camp: A Fun and Flexible Option

Day camps are structured programs that run during the daytime and allow children to return home in the evening. These camps are typically designed for younger children, first-time campers, or those who prefer staying close to home. Day camps can last anywhere from a few days to a full week. They usually offer a variety of activities, such as arts and crafts, sports, nature exploration, and educational programs.

Benefits of Day Camp:

- **Easier Transition for First-Time Campers:** Day camp provides an excellent introduction to the camp experience without the commitment of staying overnight. Children can enjoy structured activities while maintaining the comfort of returning home at the end of the day.
- **Lower Cost:** Compared to overnight camps, day camps are generally more affordable since they do not include lodging and meal expenses. This makes them a budget-friendly option for families.
- **Family Routine and Stability:** Since children return home each evening, they can continue with family routines and responsibilities while still enjoying the excitement of camp activities.
- **Opportunities for Socialization and Skill Development:** Day camps offer children the chance to interact with peers, learn teamwork, and develop new skills without

the challenge of adjusting to an extended stay away from home.

• **Local Convenience:** Many day camps are located within or near communities, making transportation easier for parents and reducing the need for extensive travel planning.

Overnight Camp:

A Deeper Immersive Experience

Overnight camps, also known as sleepaway camps, involve children staying at the camp facility for a set period, typically ranging from a few days to several weeks. These camps provide a more immersive experience, fostering independence and personal growth. They typically offer similar activities to Day camp programs, but will have special evening programs like night games, campfires, talent contests, or lip-sync battles. The longer periods of time at camp also allow for skills campers choose to be explored to more depth.

Benefits of Overnight Camp:

- **Fosters Independence and Responsibility:** Being away from home encourages children to develop self-reliance, manage their daily routines, and take responsibility for their belongings and decisions.
- **Strong Sense of Community and Friendship:** Living together for an extended period allows campers to form deep friendships and build strong bonds with their peers and counselors, often leading to lifelong connections.
- **Broader Activity Options:** Since overnight camps operate around the clock, they offer a wider range of activities, includ-

ing nighttime programs, extended outdoor adventures, and team-building exercises that wouldn't be possible in a day camp setting.

• **Encourages Personal Growth and Confidence:** Stepping out of their comfort zone helps children gain confidence, resilience, and problem-solving skills that will benefit them in school and future endeavors.

• **A Break from Technology:** Many overnight camps have limited or no access to electronic devices, allowing children to disconnect from screens and immerse themselves in outdoor play, creativity, and social interaction.

Choosing the Right Camp for Your Child

When deciding between day camp and overnight camp, consider your camper's personality, age, and comfort level while being away from home. Younger campers or those who have never attended camp before may find day camp a great introduction, while older or more independent campers might thrive in an overnight setting. Your camper may feel ready for an overnight experience after gaining some confidence after experiencing a week of Day camp.

Additionally, consider the goals you have for your child's camp experience. If you seek an enriching program that allows for flexibility and continued family time, day camp may be the best fit. However, if you want your camper to develop independence, confidence, and long-lasting friendships, overnight camp may provide the ideal experience.

(continued on page 7)

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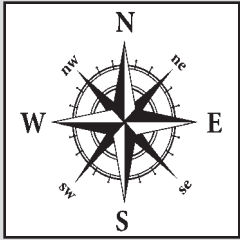
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Changes in Latitudes, Changes in Attitudes When the Levee Breaks



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.

Tennessee is a state with lots of lakes and rivers. It also gets lots of rain at times. Six inches of rain overnight is not an unusual occurrence. And it has to go somewhere, and there is always downstream. Because much of the state is quite hilly to kind of mountainous, the rain can runoff very rapidly.

Brings to mind the old song written about the 1927 flood of the Mississippi River. That year the water was fifty-six feet about flood level on the Cumberland River at Nashville. One hundred and forty-five levees were washed out by the flood waters and the re-

sulting damage flooded 27,000 square miles and displaced 700,000 people from their homes. 14% of Arkansas was under water and the Mississippi was 80 miles wide at Memphis. On Good Friday, 1927 New Orleans received 15 inches of rain. The Mighty Mississippi can be an uncontrollable monster at times.

Herbert Hoover was the Secretary of Commerce under Calvin Coolidge, and his leadership in resolving the issues from this devastating flood was instrumental in him being elected President of the United States in 1928.

Memphis Minnie and Kansas Joe McCoy penned the blues song about the experience in 1929 and named it "When the Levee Breaks." It was about a man who lost his home and family when the levee broke. You may not remember that version, but Led Zeppelin recorded the song in 1971 on their fourth album.

Since I have been living in Tennessee I have witnessed a number of flood events. The first was the flood in Waverly, Tennessee. Waverly was about twenty-five miles east of us. We had a friend who lived there so we were a little familiar with the area. They received 17 inches of rain after midnight and by 10am the levee washed out and sent a tsunami like wave into town flooding it out within five minutes. Nineteen people lost their lives in the disaster.

Clarksville, just twenty-five miles north-east of us has had two floods in the last six months when the Cumberland River overflowed its banks from seven inches of rain overnight. I watched news reports as the Buffalo Trace Distillery office in Kentucky slid into the river as the bank washed away in the flood.

This last month the city of Rives, a town of



300 just seventy miles west of us on the Obion River, was obliterated when the levee broke after seven inches of rain over night. All 105 homes were flooded and everyone was evacuated just before the levee was breached for fear that they would be washed away.

Of course, everyone in the country watched as Johnson City, Tennessee was washed away from the once in a thousand-year flood from Hurricane Helene last fall.

I drove across the Cumberland River last month during the weekend of the heavy rains and saw that the boat launch was completely under water. The dock was forty feet from the bank, with the approach completely submerged. People couldn't get to the marina where their boats were berthed because of the high water. Our neighbors who live on the Tennessee River watched as their dock floated up so high it came off the bolsters and floated out into the bay. We live on Kentucky Lake and are upstream from the Kentucky Dam, which was completed in 1944 and is the largest east of the Mississippi. It is 8,422 feet wide and creates Kentucky Lake which is one of the largest artificial lakes in the United States, encompassing 160,000 acres and

stretching for 184 miles. It is a hydroelectric plant which uses 1 million gallons per second and increased the discharge to over 2 million gallons per second during the February floods.

All this makes the Led Zeppelin song seem more sinister than it did when I listened to it as a kid. But the natives simply take it in stride and deal with it. I am just glad we live on high ground.

The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child

(continued from page 8)

Ultimately, both day camps and overnight camps offer valuable opportunities for campers to grow, learn, and create lasting memories. By carefully evaluating the benefits of each type, parents can select the camp experience that will best support their child's needs and interests, ensuring a fun and fulfilling summer adventure.

A Minnesotan: False Spring



By RosaLin Alcoser

False spring happens nearly every year. Whether it be in February or mid March we always have one week out of the winter here in Minnesota that warms up and lets you think that Spring just might be here. Before BAM! It snows again.

While this did not happen last year as the entirety of last winter was False Spring. If you can even call how warm it was last winter in Minnesota. It left more like the winters I experienced while I was living in the heart of the Ozarks.

When the coldest it gets it is in the mid to upper 30s and it rarely ever snows. I can recall winter days in the upper 40s. The

kind of weather where Minnesotans would be walking around in a T shirt and I would watch everyone else still huddling in their coats saying it was cold. I would not be in a T shirt, but I would be in a jacket instead of a coat.

Yes, sometimes it would snow or worse it would ice. Trust me when I say ice is the worst. Take it from someone who's lived through many proper Minnesota winters and southern ice storms. I will take Minnesota winter over an ice storm every single time.

This year has been more like winter than last year. Even though we have still lacked snow from winter's past. However, it has been cold this year. Very, brutally cold. I think that I have spent most of this winter huddled in my parka just trying to stay warm. So for now at least I will welcome this false spring while it lasts and hope that we're at else done with the sub zero weather.

My guess, as I write on an unseasonably warm February day in the low 50s, is that it will be followed by snow. Or at least the part of me that cares about the water levels and the grouse wants to think that it'll snow more after this false spring. Either that or I'm completely wrong and this isn't a False Spring. It's simply the start of Spring.



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Benefit Fundraiser for Dax Eggert

(continued from page 1)

Being members of this community, you know how when a crisis strikes, we all come together to share the burdens, and celebrate the victories of each others' lives. Well, there is a caring group of people doing benefit related activities for the family, and we hope we can count on your thoughts, prayers and donations for one of the scheduled events, or just a donation to the family to help offset the medical expenses.

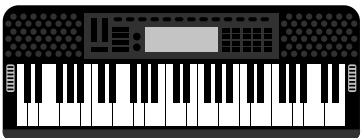
The fundraiser will be held on April 26th from 4 to 8 pm at the Kenyon Firehall at 620 Centennial Drive. It is a free will donation, and the meal being served is pulled pork sandwiches, cole slaw, chips and a drink. Live music will be from 5 to 8 pm, and a silent auction from 4 to 7pm. There will be bouncy houses on site for some good ol' fashioned fun! For questions about the event, or to make

a donation, contact Abby Dahlgren at 507-351-1452. You may make donations via venmo to Dax, or send a check to Security State Bank in Kenyon at 601 Second Street, Kenyon Mn 55946. Also needed are donations of items, experiences or services for the silent auction. If you are interested in donating, you may also contact Emily Amundson, and she can arrange to pick up your donation. All donors/supporters will be acknowledged at the event. You may also call Emily at 507-384-8911 for additional questions about the donations.

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Are Germs the Absolute Cause of Illness?



By Shauna Burshem, D.C.

Have you ever wondered why some family members fall ill while others remain perfectly healthy? If “germs” truly controlled our health outcomes, shouldn’t we all get sick when exposed to the same pathogen? That’s the crux of the debate around **Germ Theory Limitations**—and it’s a conversation worth having, particularly when considering the powerful role of the **immune system** and approaches like chiropractic care.

Now, don’t misunderstand—the germ theory forms a significant part of our understanding of health and disease. But claiming it paints the complete picture is akin to calling a single page the entire book. Let’s unravel why, with a focus on the immune system’s role in health, the limitations of germ theory, and the impact chiropractic care has on enhancing your body’s natural defenses.

The Limitations of Germ Theory

The germ theory suggests that microorganisms like bacteria and viruses cause disease. Louis Pasteur, its pioneer, fundamentally shifted the way humanity perceived illness. However, understanding the presence of germs is only half the story—it doesn’t account for **why we don’t all get sick despite**

being surrounded by billions of germs daily.

Take, for example, that common scenario when someone in your household catches a cold. Sometimes, the sniffles seem to spread to everyone. Other times, one or two family members remain untouched. This variation raises a critical point germ theory ignores: the state of the **host’s immune system** plays a massive role in deciding whether someone will fall ill—or stay well.

It’s not the presence of germs alone but rather the terrain of the body—your immune health, stress levels, and nutritional habits—that determines whether you’ll get sick. We live in a germ-filled world, yet not every germ we encounter wreaks havoc. Health is complex, and it goes beyond the simple idea of bad bugs “invading” our systems.

The Immune System’s Crucial Role in Health

The immune system is your body’s ultimate gatekeeper. Think of it as a diligent security team that monitors threats, evaluates risks, and takes action to keep your body in balance. While germs may spark a reaction, it’s your immune system’s strength and response that truly determine the outcome.

Strengthening the immune system to combat potential illness is far more empowering than living in fear of germs. This is where chiropractic care comes into play as it works with your body, not just against pathogens.

Chiropractic adjustments, particularly in the **thoracic spine and upper cervical areas**, have shown incredible benefits in supporting the immune system:

- **Thoracic Spine Adjustments:** Did you know adjustments in the thoracic spine can lead to an **immediate increase in white blood cell production**? These cells are key players in fighting off infections, making this adjustment a powerful boost to your immune defenses. More white blood cells mean your body is better equipped to respond to harmful microbes.

- **Upper Cervical Adjustments and T Cells:** Research shows that upper cervical spinal adjustments positively **influence T cell production**. T cells are like the generals of your body’s immune army—leading the charge, coordinating attacks, and adapting to new threats. Increased T cell production means bolstered immunity and faster recovery when an illness strikes.

It’s fascinating to think that your spine—

your body’s central communication hub—can have such a profound influence on your immune health. By addressing misalignments in the spine caused by everyday stresses, chiropractors help your nervous system function better, ultimately strengthening the immune system.

Can Chiropractic Care Improve DNA Repair Rates?

Here’s another fascinating aspect of how chiropractic care supports your body from the inside out. Studies suggest that chiropractic treatments can influence the **rate at which your DNA repairs itself**. DNA repair is a critical immune system marker that speaks to how efficiently your body can heal and recover. Regular chiropractic adjustments promote an environment in which your body can naturally thrive and repair itself faster.

Essentially, chiropractic care isn’t about “fixing” you or fighting germs—it’s about freeing your body of interference so it can repair and defend itself as it was designed to do. These holistic benefits redefine health and sickness, showing us that a proactive approach trumps waiting to “respond” to germs after the fact.

Chiropractic and the Broader Health Picture

Chiropractic care is often associated with alleviating back pain, but its potential impact stretches far beyond that. It supports a proactive lifestyle by optimizing nervous system function, boosting immune resilience, and even improving overall well-being.

Instead of focusing on external threats (the germs), chiropractic care takes an **inside-out approach to health**, empowering the host—the individual—and the immune system to maintain balance amidst a world filled with microbial challenges. Everyone encounters germs. The question is whether those germs can thrive in your body, and chiropractic care helps ensure they don’t.

The Body’s Innate Ability to Heal

Chiropractic care acknowledges that the body has an innate ability to heal itself. All the tools for optimal health are already within us; we just need to keep them functioning at their best. Proper nutrition, getting enough rest, stress reduction and regular exercise along with chiropractic care and other natural modalities such as acupuncture and massage allow the body’s natural healing

abilities to take over and repair any damage or imbalances.

As a society, we’ve become too reliant on external fixes for our health issues. Natural health care offers a refreshing perspective by focusing on supporting internal processes rather than relying on outside interventions. This approach aligns with our bodies’ inherent wisdom and natural healing capabilities.

Conclusion

By focusing on the spine’s alignment, chiropractors target critical points in the spine that affect neural impulses that regulate immune responses. Enhanced white blood cell and T cell production, coupled with improved DNA repair, are powerful testaments to the body’s innate healing potential. With a little help, your immune system can handle much more than you might think.

Take Charge of Your Health

The **limitations of germ theory** remind us that health is about more than just managing exposure to bacteria and viruses. It’s really about building a strong foundation—through lifestyle choices, nutrition, stress management, and, yes, chiropractic care.

If you’re someone who’s trying to level up your health and wellness—or if chiropractic care is already an integral part of your health routine—know that there are tools and paths available that don’t simply treat illness but enhance your body’s natural potential.


Want to learn more about how chiropractic care can strengthen your immune system and help you thrive? Schedule a consultation with a trusted **chiropractor** today and take a proactive step toward your health. Because at the end of the day, it’s about empowering your body to work at its best, not just reacting to what life throws your way.

Key Takeaways:

- Germ theory explains only part of the picture—your immune system largely determines whether you stay healthy.
- Chiropractic adjustments improve nervous system function, boost white blood cells and T cells, and even promote faster DNA repair.
- A holistic approach to health—like chiropractic care—helps build resilience, making it easier for your body to adapt and thrive.

When it comes to **health and germs**, think beyond avoidance. Think strength. Think chiropractic care.

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



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Substitutes



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Substitute – we frequently use the term to describe an individual who is taking the place of the original starter or the full-time employee typically assigned to the role. A substitute is essential to help keep the process going until the original plan can be restored. There are times when a substitute may prove to be helpful enough to become part of the permanent plan, but in the case of employment, the substitute will need to update credentials or sign a new contract to become part of the new plan.

In terms of how your body works, what is part of the “original plan” and what is a substitute? The original plan is the body chemistry that works day in and day out to keep everything in balance and functioning well. Your body requires protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water in specific quantities each day to func-

tion well. These are the team members of the “original plan.” Anything else should be recognized as a substitute.

In our modern food culture, there are many items found in the grocery store that are presented as food but are really “substitutes” that seem to fill a space on our dietary plan but do not keep up well with your body requirements. You can read the ingredient labels on many of these items and recognize quickly that this item is not a member of the “original plan.” You might even try to read the ingredient label and not be able to pronounce half of the words on the list, which is a good test to evaluate whether it a true food or not. What items would you identify as substitutes in the American food culture?

Soda pop contains no fat, vitamins, or minerals. Typically this “food” is described as empty calories because there is no nutrient value provided at all. This is a substitute for drinking water. Drinking soda pop excites our tongue and may help some indigestion but also corrodes the teeth and weakens the bones. The ingredient list may include high fructose corn syrup, caramel coloring, and phosphoric acid. Diet pop may include aspartame, which has been identified as a possible cancer-causing chemical by the International Agency for Research on Cancer.

Artificial Sweeteners have been promoted as a substitute for sugar but your body will process these chemicals differently and the result can be harmful. NutraSweet and Equal are well known substitutes with the primary ingredient being aspartame. Aspartame is 200 times sweeter than regular sugar and provides none of the important support that sugar

can provide. In addition to the cancer risk, evidence has been presented that aspartame and sucralose increase heart disease. Sugar alcohols like erythritol and sorbitol have been popular substitutes for sugar, but these also have been connected to increased heart disease and cancer risk. The World Health Organization has recommended removing artificial sweeteners from regular food intake.

Low-fat foods have been promoted as a healthy substitute for regular whole fat foods but after 50 years of low-fat options on the grocery shelves America has greater health issues than ever before. In order for a low-fat food to taste good and to sell well more sugar needs to be added to the product. When you remove the fat that naturally exists, you also remove vitamins such as Vitamin D and Vitamin A. Whole fat foods deliver greater vitamin content and aid the body in slowing the absorption of sugar to reduce sugar spikes. Research from the 1930s identified whole fat food sources as the key food items that helped cultures around the world to thrive. Dr. Weston Price provided published records in “Nutrition and Physical Degeneration” noting how a culture that moved away from whole fat foods declined in health.

Plant based meats have been promoted as a climate-friendly and healthy substitute for your daily protein needs. While plants can provide some protein and are useful in our daily consumption, the products presented as meat substitutes do not qualify as a healthy alternative. These products do not contain the full protein spectrum found in real meat and often are missing some of the vitamins as well. Some meat substitutes will use plant

oils that are high in Omega-6 fatty acids, an ingredient that Americans already consume too much of. If you want to enjoy a plant-based meal containing protein then beans or portabella mushrooms are a good direction to go.

The original plan for your healthy body includes protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water. When your health is declining you should check to see which of these “players” in the original plan may need reinforcement. Your body is asking for more nutrients. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan.

Join me on Saturday, May 10, 2025 for the Northfield Holistic Health Summit. The theme this year is “Healthy Nerves, Healthy Brain.” Our keynote speaker will be Dr. Jeff Kotulski presenting “Mind Games” – addressing cognitive health as we age. Nine additional speakers and multiple vendors will be part of the day. Tickets are \$45, which includes a healthy lunch catered by Café Shawn. More information is available at <https://www.nutritionproportion.net/health-summit2025>

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

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The Savvy Senior How Long to Keep Tax Records and Other Documents



By Jim Miller

Dear Savvy Senior,

Is there a rule of thumb on how long someone should keep their old financial paperwork? I have file cabinets full of old receipts, bank and brokerage statements, tax returns and more that I would like to toss.

—Recently Retired

Dear Recently,

It's a great question. As we get older and our

financial life gets more complicated, it's difficult to know how long to keep old financial records and paperwork and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life and others for just a month or so. Here's a checklist I've created that can help you determine what to save and what you can throw away.

Keep One Month

ATM receipts and bank-deposit slips, as soon as you match them up with your monthly statement.

Credit card receipts after you get your statement, unless you might return the item or need proof of purchase for a warranty.

Credit card statements that do not have a tax-related expense on them.

Utility bills when the following month's bill arrives showing that your prior payment was received. If you wish to track utility usage over time, you may want to keep them for a year, or if you deduct a home office on your taxes keep them for seven years.

To avoid identity theft, be sure you shred anything you throw away that contains your personal or financial information.

Keep One Year

Paycheck stubs until you get your W-2 in January to check its accuracy.

Bank statements (savings and checking account) to confirm your 1099s.

Brokerage, 401(k), IRA and other investment statements until you get your annual summary (keep longer for tax purposes if they show a gain or loss).

Receipts for health care bills in case you qualify for a medical deduction.

Keep Seven Years

Supporting documents for your taxes, including W-2s, 1099s, and receipts or canceled checks that substantiate deductions. The IRS usually has up to three years after you file to audit you but may look back up to six years if it suspects you substantially underreported income or committed fraud.

Keep Indefinitely

Tax returns with proof of filing and payment. You should keep these for at least seven years, but many people keep them forever because they provide a record of your financial history.

IRS forms that you filed when making nondeductible contributions to a traditional IRA or a Roth conversion.

Retirement and brokerage account annual statements as long as you hold those investments.

Defined-benefit pension plan documents.

Savings bonds until redeemed.

Loan documents until the loan is paid off.

Vehicle titles and registration information as long as you own the car, boat, truck, or other vehicle.

Insurance policies as long as you have them.

Warranties or receipts for big-ticket purchases for as long as you own the item, to support warranty and insurance claims.

Keep Forever

Personal and family records like birth certificates, marriage license, divorce papers, Social Security cards, military discharge papers and estate-planning documents including a power of attorney, will, trust and advanced directive. Keep these in a fireproof



safe or safe-deposit box.

Reduce Your Paper

To reduce your paper clutter, consider digitizing your documents by scanning them and converting them into PDF files so you can store them on your computer and back them up onto a cloud like Microsoft OneDrive, Apple iCloud or iDrive.

You can also reduce your future paper load by switching to electronic statements and records whenever possible.

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SHIP Grant, Expertise Helps Enhance County's Lactation Rooms

By Rice County

Rice County's lactation rooms met all legal requirements. They were private, not part of a restroom and provided access to an electrical outlet. But they were bland. Four white walls and no windows didn't provide a welcoming atmosphere for the moms using them.

A committee that includes county staff and two commissioners recently stepped in, and with guidance and some financial assistance from the Statewide Health Improvement Partnership, amped up the cozy.

Rice County is a breastfeeding friendly workplace, an initiative championed by its Public Health Department.

As such, it promotes breastfeeding, provides information and education about the benefits of breastfeeding – to both moms and their babies – and encourages public entities to provide space for lactating moms to pump

in private.

A strategy of the Minnesota Department of Health, SHIP, as it's commonly known, supports community-driven solutions to expand opportunities for active living, healthy eating, and commercial tobacco-free living through education, partnerships and grants to help fund projects that help prevent chronic diseases before they start.

According to Rice County Public Health Director Deb Purfeerst, "Breastfeeding is great for babies, moms and families!"

Supporting lactating mothers contributes to a more engaged, productive workforce and is welcoming and supportive to families who are visiting the Rice County Government Services building. We are pleased to be able to use SHIP funds to help support healthy moms and babies!"

Each of the three rooms – two for staff and one for visitors' use -- were partially outfitted, making the changes mostly cosmetic. One wall in each room was painted a dark blue-grey, and decorative acoustic panels were added in the two employee rooms to soften the sound. Mirrors and side tables were placed in each of the rooms as were bulletin boards for Public Health staff to post information pertinent to parents.

While a refrigerator was already located just outside the staff rooms, a set of six lockers in which to store a breast pump or other necessities from the now-closed jail annex completed the space.

Purchased for the public space located on the first floor of the Government Services Building in Faribault was a new chair and ottoman, and a pair of child-sized chairs and table for siblings who may be present.

New signage in English, Spanish and So-



With a bit of paint, a new chair and space for young siblings, the lactation room for visitors to Rice County government buildings in downtown Faribault is much more welcoming. (Rice County photo)

mali is also being added to direct visitors to the appropriate lactation room.

Have a project that SHIP might be interested in helping fund? Contact Rice County Public Health at 507-332-6111.

BEST FOR BABY

- Breast milk has everything a baby needs to grow and be healthy.
- Breast milk is easy to digest, making a baby's stools soft and easy to pass.
- Breast milk protects babies from ear in-

fections, colds, allergies, diarrhea and constipation. A breastfed baby will be sick less and have fewer doctor visits.

- Breastfeeding helps a baby's eyes and brain develop.
- Breastfed children are less likely to have diabetes or be overweight or obese in later years.
- Breastfeeding is great for mother-baby bonding.

Source: Minnesota Department of Health

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**In Senate
Testimony,
County
Supervisor
Supports
Alternative to
Guardianship**

By Rice County



\$2.6 million – that’s how much Rice County spent on guardianship-associated costs between 2022-24.

In just the last six months, Rice County Adult Services Manager Megan Thomas told a Minnesota Senate committee Wednesday, the county, through its Supported Decision-Making unit, has diverted three people from court-ordered guardianship and moved one resident, who had been homeless for five years, into assisted living and helped get his medical needs met. In addition, it’s received 35 referrals for assistance.

By allowing residents able to manage their lives without the constraints of guardianship retain their ability to make important life decisions, individuals not only maintain their dignity and control of their lives, but counties

reduce staff costs and attorneys’ fees and eliminate an unnecessary burden on the courts, Thomas said of her support of a bill extending funding for supported decision-making programs.

“The more we can divert people out of our system, the more we can save our taxpayers,” she said.

Rice County launched its supportive decision-making unit in late 2024 with help from a \$291,500 state grant. The funds helped it employ, educate and train staff who serve individuals who need or want an advocate to guide them through a decision-making process.

Thomas, who oversaw group homes for people with disabilities for 20 years before coming to work for Rice County, understands there are individuals who need guardianship. But, she says, one size does not fit all.

Supported Decision-Making staff are social workers, but unlike guardians, they don’t make decisions for clients, which Thomas says causes tension and animosity toward people trying to help. Instead, Supported Decision-Making connects clients with experts and/or services, ensuring they have accurate information on which to base their decisions.

“We need to do better in Minnesota, recognizing the rights and responsibilities that people have when it comes to making their own decisions and being able to live out their life in a way they choose,” she said, adding that supported decision-making programs allow just that.

The bill (SF 2310), authored by state Sen. Jordan Rasmusson and supported by a number of statewide organizations serving the disabled and elderly, would allow unspent



Megan Thomas, Rice County Adult Services Manager, testifies before the Minnesota Senate Human Services Committee Wednesday, endorsing a bill that would ensure unspent funds intended to help launch supported decision-making programs across the state can be used for that purpose in 2026. (YouTube screenshot)

grant dollars from 2023 that were intended to help launch supported decision-making programs across the state to be available in 2026. It also amends the deadline for the Human Services commissioner to deliver a final report on the impact and outcomes of the grants.

“As a less restrictive alternative to guardianship, Supported Decision-Making of Rice County is having an immeasurable pos-

itive impact and benefit to individuals, their families and the community,” said Rick Gieseke, Rice County Deputy Administrator Community Services. “We look forward to its continued success.”

LEARN MORE: Find information about Supported Decision-Making of Rice County at https://bit.ly/RiceCo_SupportedDecision-Making.

Notice of 2025 Rice County Spring Load Restrictions

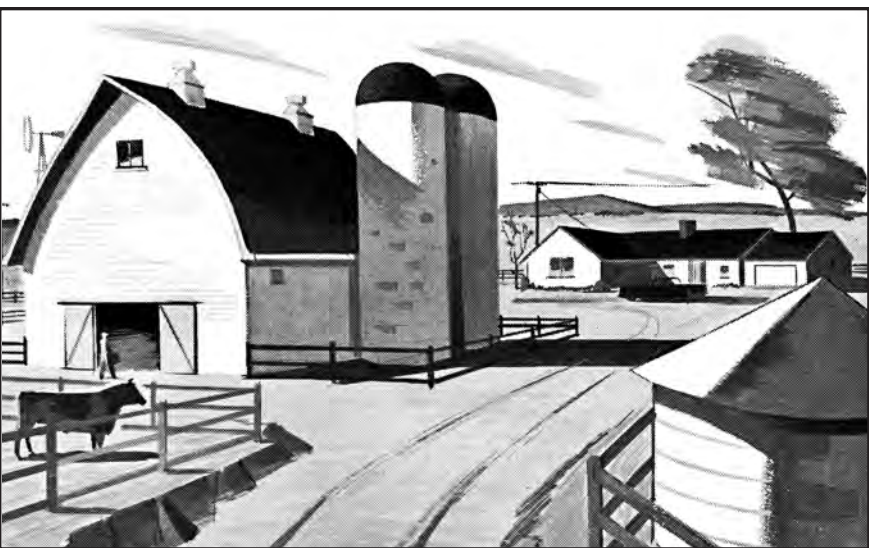


Spring load restrictions on Rice County State Aid Highways and county roadways went into effect at 12:01 a.m., Monday, March 3, 2025.

The Minnesota Department of Transportation has issued a notice that Spring Load Restrictions on the state highway system in the south, southeast and metro frost zones also went into effect on Monday, March 3, 2025.

End dates for spring load restrictions are variable and based on how the weather is affecting roadway strength.

The spring load restrictions map is posted on the Highway Department page of the Rice County website, www.ricecountymn.gov/613/Spring-load-restrictions.



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SEMCAC Announces Recent Individual Artist Grant Awards

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts and cultural heritage fund.

On March 11, 2025, the SEMAC Board of Directors awarded \$127,335 in arts programming grants to individual artists throughout Southeastern Minnesota. This includes one Opportunity Grant, nineteen Advancing Artist Grants, and eleven Emerging Artist Grants.

SEMAC, a non-profit arts agency, is designated by the State of Minnesota Arts Board as the regional arts council for eleven southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona.

Grants awarded to the artists include: Goodhue County

Kate Bauman received a \$5,000 Advancing

Artist grant for
Surfaces for
Sculptural Clay
Forms.

Brian Johnson received a \$3,000 Emerging Artist grant for Suite for 3 VCRs and Guitar.

Dawn Mikkelsen received a \$5,000 Advancing Artist grant for Becoming Lake City (working title).

Rice County

Paul Dice received a \$5,000 Advancing Artist grant for Mixed Asian and West Composition.

Martha Larson received a \$5,000 Advancing Artist grant for Percussive Techniques for the Cello.

Kent McInnis received a \$5,000 Advancing Artist grant for What Lights Our Way.

Scott Roberts received a \$5,000 Advancing Artist grant for Lost Heroes of the Imagination.

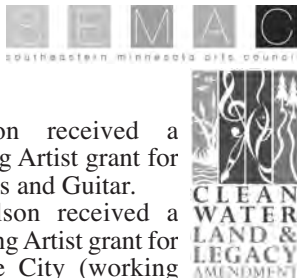
JC Sanford received a \$5,000 Advancing Artist grant for Second Annual Northfield Jazz Festival.

Shari Setchell received a \$5,000 Advancing Artist grant for You do not have to be good.

Nat Wilson received a \$3,000 Emerging Artist grant for Folklore through Shadow Puppet Theatre.

SEMAC congratulates the award winners and looks forward to celebrating the creative work these grants will support throughout southeastern Minnesota.

For more information about SEMAC's grant programs, visit semac.org or contact the office at 507-281-4848.



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**Nerstrand Fire and Rescue Members
Attend Training on Electric Vehicles
and Emergency Response**



Courtesy of Nerstrand Fire and Rescue

In February, we welcomed Safety and Security Consultation Specialists, LLC, to conduct a training on Electric Vehicles and emergency response. We appreciate Harry Brown's for providing a new EV Chevrolet Equinox for our review. Safety and Security Consultation Specialists, LLC. Harry Brown's.

**Reminder to Ensure Your
Controlled Burn is Fully Extinguished**



Courtesy of Nerstrand Fire and Rescue

An important reminder to ensure your controlled burn is fully extinguished. In March, our Dennison and Nerstrand stations responded to a grass fire in Dennison. Strong winds rekindled a controlled burn, causing it to spread into the yard. It's essential to remember that a spark can easily start a wildfire.



**In Memory of Rachel Nesseth
On her 21st Birthday**



Food and Blanket Drive


3rd Annual

Saturday, April 26, 2025
10:00am – 2:00pm

Trailhead Building
(across from the Zumbrota Library)

We would like to invite you to go for a walk in the park in Zumbrota in memory of Rachel's birthday. We will be collecting new blankets and food items to be donated to local food shelves and shelters. Items can be dropped off at the Trailhead Bldg. near City Hall, across from the Zumbrota Library.

Contact: laura.RNfoundation@gmail.com




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Geri Geiken (Cell: 651-353-4676)

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: In your last article you wrote about suspended drivers licenses. I know a person who had theirs revoked. Can you explain how this happens?

Answer: Your driver's license may be revoked if you:

- Refuse to take a test to determine whether you are under the influence of alcohol or a controlled substance, or if you fail the test.
- Are convicted of manslaughter or any other criminal action while driving a motor vehicle.
- Are convicted of driving a motor vehicle while under the influence of drugs or alcohol.
- Are convicted of a felony in which you used a motor vehicle.
- Are convicted of driving in excess of 100 mph.
- Are convicted of fleeing a police officer.
- Are convicted of failing to stop, identify yourself and render aid when involved in a

motor vehicle crash, especially one that involves death or personal injury to others.

- Are convicted of lying under oath, signing any legal document that contains false information about legal ownership or operation of a motor vehicle, or making a false statement to DPS about that information.
- Plead guilty or forfeit bail for three violations in a single year of any Minnesota traffic law or ordinance that requires a jail sentence upon conviction.
- Are convicted of an offense in another state that would be grounds for revoking your license if you were convicted in Minnesota.
- Are convicted of a misdemeanor for driving a motor vehicle with prior knowledge that the owner of the vehicle did not have no-fault vehicle insurance.
- Own a vehicle without no-fault insurance and are found to have driven it or allowed others to drive it, with full knowledge that the vehicle was not insured.
- Are convicted of a gross misdemeanor for failing to stop for a school bus with its stop arm extended and its red lights flashing.
- Are convicted of selling or possessing a controlled substance while operating a motor vehicle.

After the period of revocation has ended, your driving privileges may be reinstated if all the reinstatement requirements on your withdrawal notice are met. You must show proper identification when you take the written test or road test. You must apply for a new license after all your testing requirements are

met.

Question: I've read your last couple of "Ask A Trooper" articles and with all this talk about driver's license suspensions and revocation, can you talk about people needing or getting a work permit for driving?

Answer: Minnesota does have what is called a "limited license." Under some circumstances, a limited license may be issued to a person whose driving privileges are revoked or suspended. Before a limited license is issued, you must meet certain requirements, including completing any mandatory waiting periods. If you are issued a limited license, you are restricted to:

- Travel to and from your place of employment.
- Travel to and from chemical dependency treatment or counseling.
- Providing transportation for dependent children and other dependents living in your household for medical, educational, or nutritional needs.
- Travel to and from a post-secondary institution where you are enrolled.

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)

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City of Dennison Meeting Minutes February 6th, 2025

The February Dennison City Council meeting was called to order by Mayor Flaten on Thursday, February 6th, 2025 at 7:00 pm. Present were Councilors Nichole Schloesser, Caleb Voight, and Heidi Cooke and clerk Jessica Page. Councilor Diane Ruddle was unable to attend.

Councilor Cooke moved to approve the Meeting Minutes from the January City Council meeting. Councilor Schloesser second. Motion passed 4:0.

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

Goodhue County Sheriff: Deputy Trevor Sullivan It was noted from various Council members that a lot of citizens are feeling targeted for being in the bar. Council members noted that people are asking if its retaliation for lowering the contract. Deputy is aware of this in Dennison and as well as other small communities. Deputy wanted to make it very clear that it is not retaliatory for the contract. There are a lot of new deputies on duty (upwards of 17 new deputies throughout the County). They are very eager to do their job. All of the city is being patrolled as multiple cities have asked them to cover the entire city instead of concentrating in one area. Traffic stop numbers are higher, he stated they have done the statistics on this. New Deputies can be more eager to do their job. Council members noted that multiple folks have stated they were pulled over for 'no good reason'. If the people feel they have been targeted, they need to contact the sheriff's office. Bars have noted that Sheriff's cars are parked right on main street for hours. Sheriff will work to not have cars sitting in front of establishments for

long periods of time. Deputy noted that there are fine lines between keeping people safe and the public feeling too much presence.

Todd Greseth: Todd has heard from 4 towns in his district regarding the issues with law enforcement. Starting meetings where they look at what they want to do for the future. Cannabis is moving ahead. LMC IT attorney was going to look at crafting a sample City Cannabis Ordinance. County gets lots of funding from state and fed levels, not sure what is going to happen with everything that is going on at the Federal level.

Old Business/Committee Reports/Building Permits:

David Koester had brought in the paperwork to request to split a parcel he owns. He brought in the survey, and application for it. The City will hold the Public Hearing for input on this land split on Thursday March 6th at 6:45

Administrative Issues:

1. Street projects for 2025. Previous council meeting, city council accepted proposals from Deutsch Excavating (\$37,270) and Dohmen Concrete Enterprises (\$35,500). Seykora Asphalt provided a proposal to do the asphalt street patching for \$30,950.45. Mayor provided a map with all of areas to be fixed and also met with the owner, Brad, to drive around town and discuss everything in person. Seykora also submitted a proposal for the concrete fixes, but the mayor didn't request a proposal for concrete from them. Construction would start after Dennison Days. City can wait until summer to look at selling bonds. Councilor Schloesser move to accept the bid from Seykora. Mayor Flaten second. Motion passed 4:0.

2. Rice County Emergency Services Director, and Nerstrand Fire Department Chief Joe Johnson, has asked the City to

consider passing a resolution to endorse federal legislation to reimburse body armor costs for all emergency responders.

Over the past 6 months, Rice County has been working with federal, state and local officials in attempt to change reimbursement rules for body armor to include Fire and EMS personnel, not just law enforcement. Councilor Schloesser move to pass Resolution 2-2025-01 for the Board of Action. Mayor Flaten second. Motion passed 4:0.

3. Update regarding City providing dental benefits for Jessica and Nate. With the paperwork that they would set up, the City can add folks and they will set us up to be able to have all the standard types of insurance.

4. Update regarding the metal fence posts on the right hand side of the road as you head up the hill towards Prairie View Drive. Letter sent to the Clutchmen's Car Club and the metal posts were removed from the ROW.

5. On January 6th, it was reported to the mayor that the fire hydrant on the corner of 2nd Avenue and 376th Street was having issues. It was observed that water was coming up from the ground and spilling onto the street. This had been occurring for at least a day, more than likely. The City was able to turn the top nut closed, stopping the water flow. Upon further examination of the inside of the hydrant revealed ice had formed. Nate purchased materials like heat tape and a heated blanket to work on thawing out the

hydrant. A garbage can was placed over the hydrant to help with thawing. Need to figure out how to pay Bill Zimmerman for letting the City use electricity from his house. It was on for 7 days, \$3-5 per day. Councilor Schloesser move to pay Bill \$35 for using his electricity to thaw the fire hydrant. Councilor Voight second. Motion passed 4:0.

6. LMC training for newly elected officials? The Alexandria cohort registration ends on February 9th. Cost is \$350. Conference is February 28th-March 1st. Councilor Voight is unable to attend during those dates.

7. Pay Equity report: Clerk received notice that the report as it was submitted, puts us out of compliance. We have until March 11th to remedy the situation. Clerk thinks the way the report was interpreted due to the differences between the hourly wage of the one employee and the salary of the other employee, that the report can be reworked and would result in it being in compliance.

Citizens Issues:

Mayors Issues:

Utilities:

1. Update from Nate. Nate was unable to attend.

2. Progress on the DO meter?

3. MRWA Spring Conference March 4-6th. Two or Three nights of hotel accommodations? Cost of the conference is \$350. Nate is checking with Travis to make sure that he reserved a hotel room for him. If no hotel room, there is always a Pond School in

(continued on page 21)

Rice County Local Boards of Appeal & Equalization and Alternative Meetings 2025

Property owners recently received a Notice of Valuation and Classification for Taxes Payable for 2026. This form is to notify you of the market value and classification of your property for assessment year 2025. The property taxes that you pay in 2026 will be based on this classification.

Listed are the dates and times of the Local Board of Appeal and Equalization and Alternative Meeting for 2025. If you believe that your valuation and classification are correct, it is not necessary to contact your assessor and/or attend any of the listed meetings.

If the property information is not correct, if you disagree with the value/classification or if you have questions about your notice, please contact your assessor first at 507-332-6102 to discuss any questions or concerns.

All property owners can attend the Open Book Meeting in Faribault to have a one-on-one discussion with the assessor. Often your issues can be resolved at this level. The assessor will advise you of your further appeal rights, if needed.

Please read your notice carefully for all your appeal options. If you live in a jurisdiction with a Local Board of Appeal and Equalization meeting, then your appeal must start with your Local Board before advancing to the County Board of Appeal and Equalization.

2025 local Boards of Appeal & Equalization and alternate meetings: Open Book Meeting

• Monday, April 7, 2025 – 10- a.m.-6 p.m. – Rice County Government Services Building, 320 Third St. NW, Faribault

Local Board of Appeal and Equalization

• Tuesday, April 8, 2025 -- 9 a.m. – Forest Township Hall, 3625 Millersburg Boulevard, Faribault

• Wednesday, April 9, 2025 – 9 a.m. – Shieldsville Township Hall, 7250 154th St. W, Faribault

• Thursday, April 10, 2025 – 9 a.m. – Wells Township Hall, 18400 Roberds Lake Boulevard, Faribault

Rice County Board of Appeal and Equalization

• Wednesday, June 18, 2025 – 6:30 p.m. – Rice County Government Services Building, Commissioners Room, 320 Third St. NW, Faribault

Farm Safety Lunch-N-Learn

Wednesday, April 2 | 10 am - 2 pm

Faribault Fire Department

122 2nd St NW, Faribault, MN 55021



Growers and Producers: You're invited to our Farm Safety Lunch-N-Learn focused on chemical safety. Participants will have the opportunity to walk away with a fire extinguisher, chemical burn kit, PPE along with valuable knowledge that may save a life!

Topics:

- Safe handling of agronomy, livestock and yard chemicals
- Proper storage and disposal / recycling
- What to do in an emergency

Guest presenters from:

- Faribault Fire Department
- University of Minnesota Extension
- Ag Partners Coop
- Rice County Solid Waste Facility



****PLEASE RSVP for a lunch count! kellew@fbocoop.com or call/text 507-412-0155****



City of Dennison

Meeting minutes

February 6, 2025

(continued from page 20)

the fall that Nate could go to. Councilor Schloesser move to cover the cost of the conference and up to 3 nights lodging. Councilor Cooke second. Motion passed 4:0.

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

Mayor Flaten moved to adjourn the meeting. Councilor Schloesser second. Motion was adjourned at 7:55.

Next meeting: Regular meeting is Thursday March 6th, 2025 at 7:00. Public Hearing to be held before the meeting at 6:45 pm to hear input on the split of a parcel owned by Davis Koester.

City of Nerstrand

City Council Meeting Minutes

February 11, 2025

7:00 P.M.

221 Main Street, Nerstrand, MN

COUNCIL PRESENT: Mayor Todd Evavold, Council Members John Harris, Karla Ingersoll, Betty Voge, Pam Caron

ABSENT:

STAFF PRESENT: Clerk Frances Boehning, Public Works Steve McDowell

GUESTS: Bollig Representatives; Zack Bubany and Bryan Caffin. City residents – Monica Gernandt, Annette Evavold, Luanne Kuntz, Amy Harris, Jill and Richard Swenson, Don Quistoff.

APPROVAL OF AGENDA:

Council member John Harris made a motion to approve the agenda, second by Council member Betty Voge. All approved.

CONSENT AGENDA:

A. Payment of Claims dated February 11, 2025.

B. Minutes from January 14, 2024

MOTION:

Motion to approve the Consent Agenda. Motion made by Council Member John Harris, second by Council Member Karla Ingersoll. All approved.

CLERK’S REPORT:

•The Clerk reviewed a recent recommenda-

tion for elevator repairs totaling \$383.07. Council Member Karla Ingersoll made a motion to approve the repairs, Council Member Harris seconded, all approved.

NEW BUSINESS:

•**Bollig SCDP public hearing**

•**Proposed infrastructure project and the submission of an application to DEED’s SCDP program and to the Rural Development program.”**

• **Council Member Harris made a motion to open the public hearing at 7:04 pm,** Council Member Ingersoll seconded, all approved.

• **Zack Bubany reviewed the program that Bollig is pursuing to obtain funding for improved City water infrastructure.** A preliminary grant request has been submitted. The possible improvements and funding sources were discussed. Bubany reviewed how the program determines the grant versus loan funding and reiterated that all final decisions are made by the City Council. It was noted that the USDA Rural project has two types; water environmental program and Mn DEED small cities grant program. The City Council members were given a Conflict-of-Interest Disclosure statement to sign in preparation of further funding submissions.

• **The motion to close the public hearing at 7:45 p was made by Mayor Todd Evavold, and seconded by Council Member Harris.**

• **Public Hearing regarding variance for 302 3rd St. N**

• **Council Member Harris made a motion to open the public hearing at 7:49 pm, seconded by Council Member Voge.**

• **Don Quistorff reviewed the discussion at the Planning Commission meeting held on February 11th.** The information from the City attorney was reviewed. Commissioner Quistorff stated that the Planning Commission recommends approval of the variance as the pre-existing garage structure limits the placement of the house.

• Council Member Harris made a motion to approve the variance, Council Member Voge seconded the motion, the Council started discussion.

• Council Member Ingersoll asked if there was a minimum distance needed between the garage and house for safety reasons. Mayor Evavold replied that 3 feet was the minimum distance without adding additional fire prevention siding.

• Council Member Ingersoll reviewed the current state statutes and how and why variances can be approved.

• Council Member Harris made a motion to approve resolution 2025-08 approving the variance with the side yard setback of 12 feet from the eastern side property line, Council Member Voge seconded the motion, all approved.

• **Council Member Harris made a motion to close the public hearing, Council Member Ingersoll seconded the motion, all approved.**

• **Rice County Commissioner Jim Purfeerst – Update from Rice County**

• Commissioner Purfeerst reviewed the current issues in Rice County, upcoming changes in transportation, and 911 service changes. A short discussion was held regarding tobacco and cannabis sales.

• **Resolution 2025-06: Endorsing federal**

legislation to reimburse body armor costs for all emergency responders.

• Council Member Karla Ingersoll made a motion to approve resolution 2025-06, Council Member John Harris seconded the motion, all approved.

• **Resolution 2025-07: Resolution accepting resignation of City Clerk**

• Council Member John Harris made a motion to approve resolution 2025-07, Council Member Karla Ingersoll seconded the motion, all approved.

• **Council Member John Harris made a motion to hire Jeanette Baalson for 180 days as interim City Clerk,** Council Member Karla Ingersoll seconded the motion, all approved.

• Council Member Karla Ingersoll made a motion to request the interim Clerk to post the permanent Clerk position, Council Member John Harris seconded, all approved.

• Council Member Karla Ingersoll will reach out to Jeanette Baalson regarding the position.

Old Business

• **Update regarding cannabis ordinance –** Council Member Harris recommends following Rice County regarding a cannabis ordinance. He does not want to restrict farmers from growing cannabis. Council Member Karla Ingersoll requested that the Kenyon cannabis ordinance be reviewed at the March meeting.

• **Farm Street Update–** The final legal and survey costs of \$16,661.06 were reviewed. The project will move forward with paving in the spring. Council Member John Harris made a motion to send an invoice to John Meyers for half of the total legal and survey costs, Council Member Pam Caron seconded the motion, all approved.

Reports of Officers

• **Public Works Director –**

• Steve McDowell said that he had received a promotion at work and will no longer be able to cover Nerstrand on his own. He is actively looking for an employee that could assist in the day-to-day water/sewer activities that need to be covered. Council Member John Harris suggested that the position be posted. Steve will assist in writing the posting and job description for the March meeting. Steve McDowell stated that he would be willing to continue to oversee the public works paperwork and the paving of Farm Street.

• Steve McDowell reviewed tree trimming along city streets that will take place later this winter.

• The heat tape behind City Hall failed and will be reviewed for replacement.

• **Fire Department –** Update provided by the Fire Chief.

• **Council Members -** Council Member Harris requested that the City look at bringing back summer get togethers for City residents.

MOTION ADJOURN:

MOTION: Motion by Council Member John Harris second by Council Member Karla Ingersoll to adjourn. All Approved.

Todd Evavold, Mayor

Frances Boehning, City Clerk

Next City Council Meeting is scheduled for March 11th, 2025, at Nerstrand City Hall

Turnout Up in Some Townships, Erin Voters Nix Appointing Board Members

By Rice County

While it was a busy day at the polls for several townships with contested supervisors’ races, perhaps the most watched outcome was the question on Erin Township voters’ ballots about whether to appoint rather than elect the town’s clerk and treasurer.

Voters defeated the question by four votes (24-28).

Forest is the only Rice County township to appoint its treasurer though four townships appoint their clerk.

Unofficial results from township elections are below. Results are unofficial until canvassed by the township’s canvassing board.

Bridgewater

Treasurer: Debbie Salaba -- 57

Supervisor Seat B: Andrew Ebling -- 56

Cannon City

Treasurer: Brandi Sprung -- 45

Supervisor:

Karl R. Francis Jr. – 12

Bob Blume -- 31

Erin

Treasurer: Elgin Trcka -- 43

Supervisor: David Ceplecha – 47

Question to appoint rather than elect the

township clerk and treasurer:

Yes – 24 (46%)

No – 28 (54%)

Forest

Appoints its treasurer

Supervisor:

Ronald Gernandt -- 147

Bob Jacobson -- 9

Morristown (not yet reported)

Treasurer: Vicky Timm

Supervisor: Wayne Saemrow

Clerk: No affidavits for candidacy were filed

Northfield (Precincts 1 and 2)

Treasurer (all write-in votes):

Melissa Estrem – 3

Josh Malecha – 2

Jessica Hubers – 1

Joe Berg -- 1

Supervisor:

Josh Malecha -- 39

Cole Lindenfelser -- 64

Richland

Treasurer: Alan Meyer -- 13

Supervisor: James Donkers -- 13

Shieldsville

Treasurer: Kimberly Pesta -- 32

Supervisor: Dale Kuchinka -- 32

Walcott

Treasurer: Carrie Heiderscheidt -- 35

Supervisor:

Paul Wunderlich -- 11

Donald Novak -- 26

Warsaw

Treasurer: Ron Kuball -- 16

Supervisor: Ryan Witte -- 16

Webster

Treasurer:

Robert Michel – 122

Juan Ramierz (write-in) – 1

Jody Doyle (write-in) – 2

Supervisor:

Brian L. McFadden -- 91

Daniel Rogers – 56

Sean Habel (write-in) – 2

Wells (not yet reported)

Treasurer: Flavia Berg

Supervisor: Richard G. Cap

Wheatland

Treasurer: Sara Chlan -- 58

Supervisor:

Brian Pieper – 58

Tina Chlan (write-in) -- 5

Wheeling

Treasurer: Marilyn Danks -- 96

Supervisor:

Duane Bailey – 53

Mark Olsen -- 44



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- ACROSS
- Giant Himalayan
 - *M in MAC
 - Bathtub libation
 - Joie de vivre
 - Do like fly fisherman
 - East side of Jersey
 - Tucked in
 - Diva's solo
 - Length of a forearm
 - *_____ Sunday
 - Osiris' wife
 - Freshwater fish
 - Stir fry pan
 - Victorian era overcoat
 - Smallest
 - *Like attending band at the NCAA Tournament
 - Kaa of "The Jungle Book"
 - Great Lake
 - Prep mushrooms for steak, e.g.
 - Cooking fat
 - Bible song
 - Second to last word in some fairytales
 - False
 - Dip oreo into milk, e.g.
 - Tiresome
 - Hoariest
 - NBC's sketch comedy show
 - Misrepresent
 - South American monkey
 - *2025 NCAA Championship game venue
 - Renaissance fiddle
 - "To _____ and to hold"
 - ____-friendly
 - Founding Father Thomas _____
 - Damien's prediction
 - Reunion group
 - Bancroft to Hoffman in "The Graduate"
 - Agreement word
 - Ages and ages

- DOWN
- Nay opposers
 - River in Bohemia
 - 1.3 ounces, in Asia
 - Owes money (2 words)
 - Angelina Jolie's 2024 singing role
 - "Kick the bucket," e.g.
 - *_____ Smith, coach of 2 champs and 11 Final Four teams
 - Mongolian desert
 - Fleur-de-lis
 - *Cut down at end of last game
 - Like rheumy eyes
 - Descendant
 - *2024 winners
 - Thin pancake
 - *_____ and move on
 - *Cinderella's victory
 - Furlough
 - Spew, past tense
 - Cough syrup balsam
 - Use other end of pencil?
 - Farm structures
 - Dangle a carrot
 - *_____ up or evenly matched game
 - Step on it
 - *2024 Most Outstanding Player Newton
 - Paralyzing disease, for short
 - Afghan monetary unit
 - Neolithic tomb
 - "Riunite _____, that's nice"
 - Figure out
 - Scapegoat's due
 - Roof overhang
 - Salty drop
 - Avian wader
 - Sailor call
 - Capital of Norway
 - Statistics calculation
 - Sea eagles
 - Dashboard acronym

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