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JUNE 11, 2025

Volume 22 • Issue 6

Dennison Farmers Market Returns Wednesdays

Staff Reports

June 4th was the kickoff date for the 2025 Dennison Farmers Market!

(continued on page 4)

Announcements

Nerstrand Fireman's Dance Saturday July 12

Save the date for the Nerstrand Fireman's Annual Dinner and Dance Saturday July 12, 2025 Watch their Facebook Page for complete information on the days event!

- 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
- 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.

Goodhue County Dairy Princess is Finalist for State Pageant

One of Goodhue County's dairy princesses this year has been selected as a finalist in the

DENNISON RESIDENTS PLEASE READ!

The City of Dennison has a couple of issues that need your input and/or assistance. **Emergency Siren:**

The City Council is looking for public input regarding our emergency siren.

Minnesota State Princess Kay of the Milky Way program. One of these ten young ladies will be chosen to represent the dairy industry for the next year, later this summer.

Natalie Clemenson is the daughter of Brian and Tiffany Clemenson, and the older sister to Troy and Grant Clemenson. She grew up on her family's dairy farm just outside of Zumbrota, MN. Natalie graduated from Zumbrota-Mazeppa High School in 2023 and will be a Junior this fall at the University of Wisconsin-River Falls, majoring in Dairy (continued on page 20) Science with Minors in Ag Business and

BISCUITS



Natalie Clemenson

On her family's farm she helps with many things including feeding calves and youngstock, milking, monitoring health, treatments, and making breeding decisions.

(continued on page 5)

Russ Franck and The Biscuits to Headline Dennison Days



Summer festival season kicks off soon as area communities plan their summer events and festivals. Dennison Days takes place this year Friday and Saturday, June 20

& 21, 2025.

The Gopher State Garden Tractor Pullers will return to Main Street Friday evening in Dennison, hosted by 625 Bar & Grill.

More information available www.gsgtp.com.

Following the Pull, 625 will host live music from Andy Tackett.

A full schedule of events will take place Saturday. Kicking off the days will be the annual pancake breakfast, hosted by the Nerstrand Fire Department and Dennison Church. (continued on page 5)

O'Reilly family to host Breakfast on the Farm

The O'Reilly family of Goodhue welcomes everyone to Green Acres Organic Dairy for "Breakfast on the Farm" on June 20th



from 7:00 a.m.-11:00 a.m. at 17839 360th Str. Goodhue, MN 55027.

(continued on page 15)

Treat Dad This Father's Day

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Religion

The Good News



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

My focus in this article will be on the gospel, the good news of Jesus Christ—something very important for the body of Christ to understand.

The gospel literally means "good news." What is this good news? It's that Jesus is the

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Savior. Savior from what? Savior from darkness, turmoil, and hopelessness. Most importantly, He is the Savior from sin. We all are sinful people. Sin is lawlessness (1 John 3:4). Some of those sins would be breaking the Ten Commandments. When we sin, it separates us from God because nothing unholy can be in His presence (Revelation 21:27). Therefore, if you die in separation, you die apart from Him, meaning you do not have access to heaven.

The good news, though, is there is a way to not be separated from God, a way to be forgiven of your sin. Since the penalty of sin is death, Christ came to this earth to be the perfect lamb (John 1:29, 36) and took on death. He died for us on the cross and then resurrected three days later (1 Corinthians 15:4).

When we accept this, it bridges the gap between God and us. We can then be in God's presence because we are forgiven of sin. This is a free gift, and it is for anyone who believes the things previously mentioned, repents from sin, and confesses that Jesus is Lord

(Romans 6:23b).

Here are some additional verses to guard our hearts and minds with truth.

- John 14:6 says, "I am the way, the truth, and the life. No one comes to the Father except through Me."
- John 3:16 says, "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."
- Romans 10:9–10 says, "That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation."
- Ephesians 2:8–9 says, "For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast."
- Matthew 10:33 says, "But whoever denies Me before men, him I will also deny before My Father who is in heaven."

We need to get back to preaching and teaching the gospel. We know Christ loves everyone, but He hates sin. Christ wants us to repent (meaning to turn away) from our sinful ways and accept Him as our Lord and Savior. Let's not forget that we are all called to walk out the Great Commission (Matthew 28:18–20). I would like to close with 1 Corinthians 15:58 (NKJV), "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."

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Email: dennisonvangoffice@gmail.com

Small: dennisonvangornice@gmail.com July Worship Schedule Sunday, July 6: Dennison - 9:00 AM (Outdoor Service at Dennison Park) Sunday, July 13: Dennison - 9:00 AM Sunday, July 20: Dennison - 9:00 AM Sunday, July 27: Dennison - 9:00 AM

Gol Lutheran Joe Jorgensen, Pastor 507-838-2100 Sunday Worship 10:30 a.m.

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

I Am God's Chosen Possession

He chose us in him before the creation of the world to be holy and blameless in his sight.

The Bible explains that believers have been freely and generously chosen by God. This choosing is not based on our appearance, intelligence, personality, status, or anything else. It's not something we earn or deserve. Instead, it's a purely gracious act.

God, in his great love, initiates the process of salvation. By his sovereign will and good pleasure, God has decided to save us, making rescue and redemption possible for all who have been made in his image (Genesis 1:26-27). Even though we were ensnared in sin, Jesus died to deliver us from the curse of sin and death to make us holy in God's sight.

Being chosen by God is an overwhelming blessing that fills us with humility and helps us see that there is no room for pride or boasting. It also instills in us a sense of security and confidence, recognizing that our salvation is not based on our religious performance. Instead, as God's chosen possession, we belong to him. Body and soul—in life and in death—we are his, and nothing can snatch us from his hand (John 10:28-30).

What an exhilarating honor—to be chosen, wanted, and valued by the most significant being in the universe!

Gracious God, thank you for choosing us. Thank you for being the author, perfecter, and finisher of our faith. May we live with the assurance that you will complete the good work you have begun in us. For Jesus' sake, Amen.

METHODIST

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

Stanton United Methodist

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

ST. JOHNS UNITED CHURCH OF CHRIST

(Wheeling Township) 19086 Jacobs Ave., Faribault Gary Liker, Pastor • 507-330-0025 www.stjohnsunitedchurchofchrist.info Sunday School 9:30a.m.; Worship 10:30a.m.

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525 Beverly St., Wanamingo 9:00a.m. Sunday School for all ages; 10:00a.m. Worship Service 7:00p.m. Small Group Bible Studies - Sun.

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Joan Ruth (Petersmeyer) Quiggle

Joan Ruth (Petersmeyer) Quiggle passed



away at the age of 84 on June 4, 2025, on the 65th anniversary of her and Bill's wedding.

She was born on July 20, 1940 to Harold and Ruth Petersmeyer. Joan was baptized, confirmed, and married in the Nerstrand Methodist

Church. She graduated from Faribault High School and from the University of Minnesota, earning her associate degree in nursing. She married William Quiggle in 1960, and they were blessed with four children, Debra, Douglas, Linda, and Michael. They farmed in Rice County and Goodhue County for 48 years. Joan worked at District 1 Hospital in Faribault, did home care for many years, and volunteered for her church, school, and community organizations. International travels included Switzerland, Honduras, Mozambique (Africa), and Peru. Joan enjoyed hosting friends and family, was an excellent cook, enjoyed quilting, playing cards, and caring for others. She especially enjoyed the serenity at their cabin in Wisconsin. Her family was important to her and she is treasured for her unconditional love.

She will be greatly missed by her husband, Bill; children, Deb (Karl) Thomforde of Northfield, Doug (Elmer) of Rwanda, Linda Meyer of Coon Rapids, and Mike (Alyssa) of Rochester; 11 grandchildren and 9 great grandchildren; 3 brothers, Larry (Janet) Petersmeyer of Kenyon, Paul (Carol) Petersmeyer of Prior Lake, and Gary (Mary) Petersmeyer of Nerstrand; step sister, Lynne Scherer of Bloomington; step brother, Kevin (Jackie) Wille of Nerstrand; and many special friends and family.

She was preceded in death by her parents, Harold and Ruth Petersmeyer and step father, Harland Wille.

A memorial service was held on Wednesday, June 11 at 11:00 am, with visitation from 9:00 - 11:00 am, at St. Luke Lutheran Church, 37750 Co 6 Blvd, Goodhue. This service was streamed from St. Luke Lutheran Church's Facebook page. Interment will be at a later date at Meadow Ridge Memorial Park in Faribault.

Kenneth "Ken" Brockton Jr.

Kenneth "Ken" Brockton Jr., age 44 of Ner-



strand, passed away Friday, May 23, 2025, at Abbott-Northwestern Hospital in Minneapolis.

Kenneth LeRoy Brockton, Jr. was born July 5, 1980, in Cannon Falls, Minnesota. He was raised near Dennison, attended Northfield schools and graduated from Northfield High School. Ken spent many years living at Our Circle of Friends group home in Nerstrand where he was loved, respected, and he thrived. He worked at Epic Enterprises and loved working for the City of Northfield. Throughout his life Ken was a giver. His final gift was the Gift of Life when he requested at he be an organ donor so that others may live. Ken was loved and he will be missed.

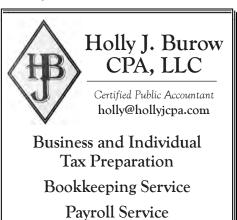
Survivors include his brother Ben (Erica) of Northfield and their children Jubilee, Janessa and Huxley; Shannon's daughters Maria and Joanne; his aunts Audrey Schultz of Mound and Margaret Brockton of Northfield; his uncle Karl (Christie) Brockton of Northfield; many cousins; and especially his family at Our Circle of Friends. He was preceded in death by his parents, his grandparents and his sister Shannon.

Services will be 1:00PM, Friday, June 13, 2025, at the Bierman, Benson & Langehough Funeral Home in Northfield. Visitation will begin at Noon. Interment will be in Meadow Ridge Cemetery, Faribault. Honorary pallbearers are his brother and cousins.

Arrangements are with the Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com

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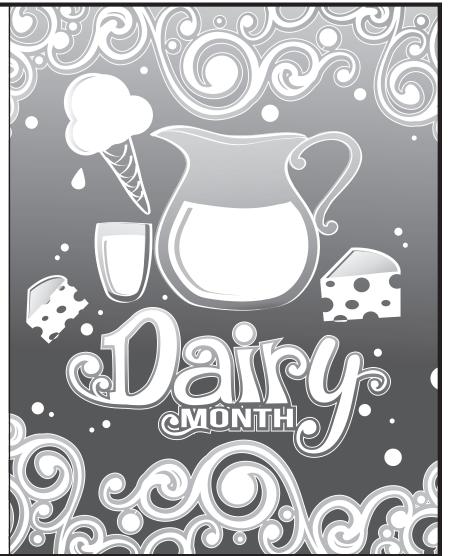


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A Goodbye from the **Superintendent**



By Beth Giese MA, Ed.S **Kenyon-Wanamingo Public Schools District Superintendent**

As I prepare to say goodbye to Kenyon-Wanamingo Schools, I want to take a moment to reflect and share my heartfelt thanks with this incredible K-W community.

When I first arrived, it was a difficult time in my life; my dad was very ill, and that weighed heavily on me. I moved here to be close to him and from the very beginning, you welcomed me with open arms. I was accepted as a Knight right away, and that meant more to me than I can ever fully express.

In my time here, I've had the honor of working alongside dedicated staff, amazing families, and some of the best students I've ever met. Together, we've accomplished a great deal. Our graduation rates are among the top in Southeast Minnesota, something to truly be proud of. Our test scores continue to climb, reflecting the hard work, resilience, and growth mindset of our learners.

Just as significant, we've brought financial stability to the district. With a balanced budget and a clear path forward, we're now on track to be out of Statutory Operating Debt by 2027. That progress didn't happen overnight; it was the result of tough decisions and a lot of hard work from people who care deeply about our schools.

One of the most difficult decisions during my time here was closing the elementary site in Wanamingo. In nearly 30 years in education, it was the hardest thing I've ever had to do. I truly wish there had been another way to preserve our small, close-knit elementary, but the reality was, we had to make this move to secure the future for our students. And now, every graduate, whether headed to the military, postsecondary education, the workforce, or taking over the family business — is READY.

There's so much to celebrate, but what I'll carry with me most are the everyday moments — from playing in the pep band or driving the bus home after a game, to subbing in almost every grade level and coaching speech for the first time in my life. This was

a great stop in my journey. Thank you, Kenyon-Wanamingo. It has been an honor to serve as your superintendent.

My hope is that you welcome your new superintendent, Patrick Heiderscheit, just as warmly as you did me. You'll be amazed at how the new PK-12 building is coming together, and I know you'll be proud when you see it all during Open House in August.

Dedication to Rename Field at Memorial Park Saturday, June 28

DUNDAS - A dedication to rename the field at Me-BILL NELSON FIELD morial Park to Bill Nelson Field will be held at 1 PM on Saturday, June 28, 2025, at Memorial Park. A Celebration of Life for

Bill Nelson will follow the dedication, at the Ballpark, until 4 PM. As the team would say: "Have Fun. You're in the Town of Baseball."



Dennison Farmers Market Returns Wednesdays

(continued from page 1)

From 5 to 7 pm, you will find not only the vendors you have become accustomed to, but a few new members will be there, vending their wares this year! Located south of Fireside on Main Street, you will find delectable delights to tempt your taste buds, as well as handmade crafts for your home, or to give as unique gifts.

As the summer progresses, there will be lots of produce to choose from, too.

The Farmer's Market was started many years ago, and the founders had their last season in 2022. Heidi Cooke was kind enough to take the lead to continue this great community event on Wednesdays. Keep up to date with information on the Dennison Farmer's Market page, letting you know weekly what is for sale. The market is hoping to expand some more this year with a bigger variety, so if you or someone you know has something that fits in with our market, please contact Heidi at dennisonfarmersmarket@gmail.com to let her know, or to ask questions. The market remains free to vend, so let your friends and family know when we will be there.

Spread the word! Buying local is the best way to help boost our economy. When you buy at a farmer's market, not only are you supporting your friends and neighbors, but you know where your food comes from, and that brings peace of mind as well!

School House News

By Cheri Roshon

In January 2025 the Kenyon/Wanamingo school district made a very difficult decision to close the elementary school site in Wanamingo. This decision wasn't taken lightly by anyone, and several meetings were held to discuss the fate of the building. It has been an emotional time for the residents of Wanamingo and surrounding areas for several reasons.

Losing a school in a small town is a big thing, both for the families with children attending the school having to move, and to local business owners. Many business owners voiced fears that this may be the end of growth in our town. Yes, this has been the case in many areas, but hopes are that that will not be the case here.

One group was formed to look into options, and another group, "Friends of Wanamingo", was formed and had some great ideas. A charter school idea was brought up, as well as other possibilities. Once the building was appraised with all the details and a price was set, two groups came forth with offers. Since it was important that the offers were made before the regular City Council meeting on Monday, May 12th, an emergency meeting was held at 8:30 am on Saturday, May 12th. One offer was time sensitive, and school board members had to meet prior to the City meeting to make their decision.

The School Board reviewed the two offers and the one that was accepted is from a local family who intends to make it a multi-use location. Larry and Joan Grove along with Joan's brother Ole Olson went together to purchase the building. Their first priority is to open a daycare facility for parents with children at home. It will be called "Golden Days and Little Rays Daycare and Activity Center." The building itself is being named Core 824. They are planning on closing on the property no later than the end of July. Beth Giese stated, "We are very excited for the opportunity to continue to grow the community of

This is a big step for everyone who has done due diligence to find the best outcome for a tenacious situation. Here's to moving forward in a positive direction!!

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Community

Goodhue County Dairy Princess is Finalist for State Pageant

(continued from page 1)

Her favorite chore/thing to do on the farm is caring for the calves. Natalie says she "enjoys the calf chores because every calf has a unique personality. It is fun and rewarding to watch the calves grow and get them off to the best start we possibly can."

She relates she was in the barn during chores as a baby with my mom before I could even walk, and as soon as she could was holding a bottle and helping with the calves. Her re-

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sponsibilities on the farm have only grown with time and she now enjoys helping with anything and everything that needs to be done.

Natalie purchased a Brown Swiss heifer in 2018 and has added to the herd to start her own small herd of seven Brown Swiss cattle. Their farm is primarily Holsteins, but she says "there is just something special about the Brown Swiss cattle, that I loved and this led to the start of my own small herd." Her family milks 90 cows in a double 8 parallel parlor.

Natalie was active in 4-H showing dairy cattle and dairy market goats. In 2023 she was a finalist in the Minnesota Dairy Showcase at the State Fair. She also participated in FFA throughout high school and served as the region president in 2023/24 and the State Reporter in 2024/25.

Natalie explains her passion for pursuing the dairy princess crown. "The Princess Kay Program is something that I have dreamed of being a part of for a long time. I remember going to watch my first coronation as a young girl and looking up to the girls on stage and seeing the new Princess Kay be crowned. The Princess Kay and entire Dairy Princess program across the state is very important to our dairy community. The story and message of dairy is something that is very important and the Princess Kay program works to share this story on an even larger scale. To have this opportunity to be in this program is something very special to me and I am very honored to be able to continue to be an advocate for dairy and dairy farmers.'

A few of her favorite stories on the farm in-

volve working with family. Her brothers always help keep chores entertaining and fun, whether it's a new joke to be told or turning old milking gloves into water balloons and starting water fights. During the school year Natalie comes home to help on the farm on weekends. This summer she is working as an agronomy intern with Ag Partners in Goodhue crop scouting fields.

Moving forward upon the completion of her college education, Natalie plans to pursue a career within dairy nutrition and remain at least partially involved with the family farm. "The dairy community has given me many opportunities and a lot of support throughout the years, that it is something I want to remain involved with and give back to. I also plan to be a part of supporting youth organi-

zations and groups like 4-H and FFA because the youth are the next generation of agriculture and I have had some amazing supporters throughout my involvement in these organizations," Natalie explains.

She comments about her choice saying, "To me the dairy community is a supportive, important, and innovative community. Dairy farmers and all those who are involved within dairy continuously work hard to ensure that safe and nutritious products are available for consumers while taking the best care of their cows and improving their sustainability. I would like to support the dairy community by continuing to advocate on behalf of dairy and share its story. I also plan to pursue a career within dairy and remain directly involved within the dairy community in the future."

Russ Franek and The Biscuits to Headline Dennison Days

(continued from page 1)

The Farmers Market is scheduled to return along with The Classic Car Show.

Trophies will be awarded for the Car Show at 1 PM

Euchre will take place at The Fireside at 8:30. New this year is a Scavenger Hunt at 9 AM. Those wishing to participate should sign up at the Mainstreet Tent to learn about the search area. The First person to find the treasure will win \$100.00.

The Antique Tractor Pull begins on the hill at 10 AM. The Cow milking Contest hosted by Flom Dairy will be at 10 AM downtown.

The Kids Pedal Pull will take place at 11 AM, and Kids Bingo under the tent will be at noon. A kickball tournament will be at Noon in the city park area. The kids carnival will be from 1-3 PM, with the parade on mainstreet at 1:30. Be a part of the parade! Best Parade entry can will \$100.00 A Bags tournament will start at 2:30 hosted by 625 Bar & Grill.

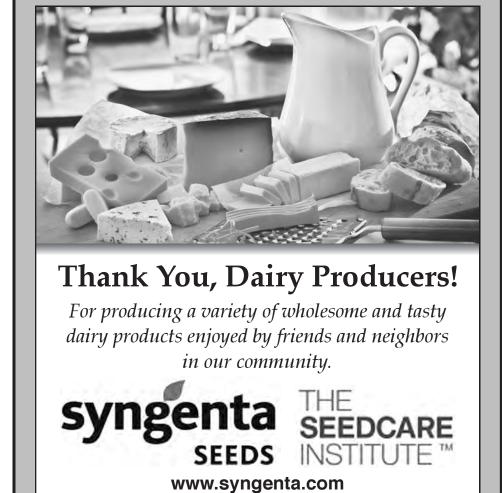
Other activities on the afternoon calendar include Purse & Gift Card Bingo at 4 pm.

The Keg Toss returns at 6:30 across from Fireside, and the day rouonds out with local musicans, RUSS FRANEK and THE BIS-CUITS playing entertaining for the evening. A Full Schedule is available at www.dennisondays.org.

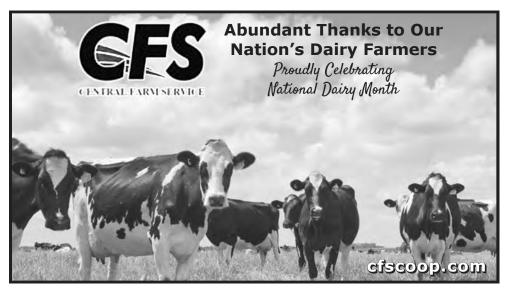
Also watch for any updates on the website and on Facebook!



Andy Tackett will perform during Dennison Days Friday, June 20th at 625 Bar & Grill



Stanton, MN



Changes in Latitudes, Changes in Attitudes

New Life for an Old Axe Head



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.

Tennessee was settled by pioneers about a century before Minnesota, so there is a wealth of historical items to be found. Daniel Boone had first explored this part of the country in 1760. The area we live in was the site of a significant Civil War battle and items turn up from time to time from that era and before.

One morning I was walking at the northeast end of our property and I saw something metal imbedded in the ground. After kicking the soil away, I realized it was more substantial than just a tin can. I became more interested by the moment as I extracted it from the earth. Even covered in crusty scales of rust and dirt I could identify what it was. Excitedly, I headed for the shop. That is just



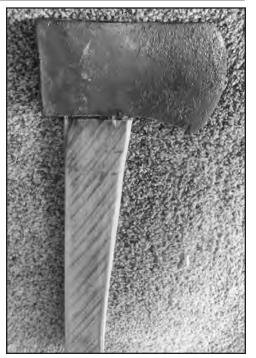
where a man goes when he has a project to work on. My mind was imagining all the scenarios that the history of this axe head might have included. I had the foresight to take a picture of it on my workbench before the restoration began.

My mind wandered across axe stories as I pondered the direction I would take with this new project. An axe is the tool of a woodsman. Paul Bunyon had a big axe for shopping down trees in the Northwoods. I used a mattock to chop frozen silage off the silo walls in the winter. We always carried an axe when cutting wood to free a pinched chainsaw bar from a large tree trunk or limb. I remembered a story from the Bible back in 848 BC when a workman had the axe head fly off the handle and out into the river. The prophet Elisha threw a stick out onto the river and the iron axe head floated to the surface for the man to retrieve. (2 Kings 6:1-6) Axe heads always had value.

I started cleaning the axe head up and then polished the rust off using the wire brush on

my bench grinder. It was pitted from years in the mud, but I eventually got down to the bare metal. What began as just another day was suddenly exciting and interesting in a way I had never imagined. I love to work in the shop on most any project and this was a most unusual one. It was by far the oldest artifact I had found here on any of our properties in Tennessee. Once the axe head was cleaned up, I began to think of what to do with it.

I already had nice new hatchet for splitting kindling wood. It was shiny and bright, but had been purchased and not discovered on our property. I bought oak slab wood from the Swift Sawmill to burn in our firepit in the evenings. I would split the wood into small



pieces for an easy fire. I started thinking that this new found axe head would be excellent for that job.

I selected a nice slab of oak board from the firewood rack and began to cut it to size. Measuring and cutting and lots of wood chisel work formed the top of the handle to fit precisely into the opening of the axe head. I drove it firmly into place and trimmed off the excess from the top. Was an enjoyable morning in the shop and I had a new tool from an old relic. Quite satisfying.

A Minnesotan: Outdoor Weather



By RosaLin Alcoser

Once again it's summer in Minnesota which means that it's time for all Minnesotans to migrate outside. We all know that the four Minnesota seasons are pre winter, winter, still winter and construction season; otherwise known as summer. Which is the cue for all of us to go outside while we can.

We all know that we have to take advan-

tage of the good weather while we have it. After all, we live where it can snow for about seven months out of the year; so we all have to make the best of it when we can.

For some people this means gardening, going to the lake, or biking. When I was a little kid in rural Minnesota this ment us getting sent out to play in the field until supper time. As an older child and teen it meant running around the woods until it was time to come back.

Now that I'm an adult in the Twin Cities it means my household is going hiking nearly every chance we get. Whether it is through the local nature center or on a trail in a State Park we hike as much as possible. From the time that it gets into the 40's, mainly because I'm a translatplant and can't be pried outside until it's at least 40 degrees, onward we hike.

Easy path, hard path, paved, unpaved, even the occausall not quite a path. We will hike it. Until the winter comes around again and all the Minnesotans go back inside for the winter. Except for those of you that are really into winter outdoors activities. However, I think that the rest of us will leave the cold weather outdoor exursions to you.



We recognize our area's devoted dairy producers for playing an important role in keeping our economy and our bodies healthy and strong.



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June II, 2025 - MAINSTREET MESSENGER - Page 7

Nerstrand Fire and Rescue Represented at the Southeast Minnesota Towards Zero Deaths Photoshoot





NERSTRAND

Firefighter/Paramedic Edwards took time out of his day to bring our pumper/tanker to the Rice County Public Safety Center for a promotional photo shoot with Southeast Minnesota Towards Zero Deaths (TZD).

TZD's mission is "To create a culture for which traffic fatalities and serious injuries are no longer acceptable through the integrated application of education, engineering, enforcement, and emergency medical and trauma services. These efforts will be driven by data, best practices, and research."

We are proud to support this important initiative and look forward to seeing the final product. Courtesy of Nerstrand Fire & Rescue



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Nerstrand Fireman's Dance Saturday July 12

Save the date for the Nerstrand Fireman's Annual Dinner and Dance Saturday July 12, 2025

Watch their Facebook Page for complete information on the days event!

- MAINSTREET MESSENGER Page 8

We Appreciate Our Teachers Hard Work and Dedication to Our Students and School! Courtesy of Nerstrand School





















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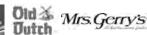














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June II, 2025 - MAINSTREET MESSENGER - Page 9

Nerstrand School Color Run









Rainy Tug-a-war Day Became an All School Game



Rainy Tug-a-war day became an all school game lead by Carmen called Take a Plate. Fun was had by all! *Courtesy of Nerstrand School*

Northfield Graduates Visit Their Elementary School



Thank you, Northfield Public Schools for giving your graduating seniors the opportunity to visit their elementary schools! Our staff loves seeing past students, and it is wonderful for our students to see these great role models! *Courtesy of Nerstrand School*

Community

More Than Marshmallows: How Summer Camp Builds Lifelong Friendships



By Sam Smith Program Director Camp Victory

For many kids, summer camp is a place of adventure, discovery, and marshmallow-fueled campfires. But beyond crafts, canoe trips, and cabin games, camp offers something even more enduring: friendship. In a world where social interactions are increasingly filtered through screens, summer camps provide kids with a rare and vital opportunity to build deep,

in-person relationships that often last a life-

A Natural Setting for Connection

Summer camps are uniquely designed to foster relationships. Removed from the pressures of school, extracurricular schedules, and technology, kids find themselves in a setting that encourages authenticity. They eat together, sleep in the same cabins, overcome challenges as a team, and support each other through new experiences. This constant proximity and shared routine naturally lead to bonding.

Without phones and the internet to distract them, campers rely on face-to-face interaction, eye contact, and real conversations. This environment helps kids develop interpersonal skills and emotional intelligence—foundational elements for meaningful friendships.

Shared Experiences Create Strong Bonds

One of the most powerful catalysts for friendship is a shared experience. At camp, kids aren't just hanging out, they're navigating obstacle courses, working on group skits, competing in friendly games, and maybe even singing off-key in front of an entire dining hall. These moments, big and small, create memories that glue kids together.

Conquering a ropes course or staying up late during cabin night can turn casual acquaintances into trusted allies. These shared adventures often forge connections deeper than those formed in typical day-to-day school life, where academic pressures and social cliques can create barriers.

Everyone Starts on Equal Footing

Camp is a great social reset. Whether a child is shy or outgoing, athletic or artistic, every camper begins their experience on relatively equal footing. Most campers don't know each other when they arrive, which eliminates the pre-existing social hierarchies that often dominate school life.

This leveling of the playing field gives kids a chance to be themselves, discover who they are, and be accepted for it. When kids are free to express themselves without fear of judgment, they often find friends who appreciate them for exactly who they are.

Counselors: Role Models in Friendship

Camp counselors play a huge role in modeling healthy, supportive friendships. These leaders often demonstrate what it looks like to communicate openly, resolve conflicts kindly, and support one another. Their guidance helps kids learn how to navigate the inevitable ups and downs of friendship in positive ways.

Many camps also include specific programming around empathy, teamwork, and inclusion. These intentional efforts teach kids how to be good friends—skills that stay with them far beyond the summer.

Diversity and Exposure to New Perspectives

Camps often bring together kids from different cities, backgrounds, and cultures. This exposure helps campers develop empathy, respect, and appreciation for people who are different from themselves. When kids spend weeks living and learning together, they realize that deep connections can be formed across all kinds of boundaries.

This kind of early exposure to diversity

strengthens social skills and prepares kids to thrive in a global society. And many campers find that friendships formed in this kind of open-minded environment are more meaningful and lasting.

A Network That Extends Beyond Summer

Ask any former camper, and they'll tell you: the friendships made at camp don't end with the final campfire. Many kids stay in touch with their camp friends for years, visiting during the school year, connecting through letters, texts, or video calls, and reuniting summer after summer. Some even end up attending the same colleges, becoming roommates, or standing beside each other at weddings.

These relationships, forged in shared experience and sincere connection, often last far beyond the years of bunk beds and bug spray.

Final Thoughts

In a world where kids are often overwhelmed by academics, sports, and social media, summer camp offers something simple but profound: a space to connect, laugh, grow, and make friends who feel like family. Whether it's a quiet chat in a hammock, a goofy campfire song, or a tearful goodbye at the end of the session, these moments lay the foundation for lifelong relationships.

Camp is more than just a place—it's a community where kids learn that friendship isn't about popularity or perfection. It's about showing up, sharing experiences, and being yourself. And for many, the friendships made at camp become the most treasured relationships of all.



June 11, 2025 Page II

New **Boater** Education

By Minnesota DNR

Effective Date: July 1, 2025

& ranch this summer!

Summer!

Starting on July 1, 2025, a new law will require some adults and youth who operate motorboats—including personal watercraft—to have a valid watercraft operator's permit. People who already have a permit are not affected by the law, which is designed to make boating safer by ensuring everyone operating a motorized watercraft knows the rules and is properly trained. Here's a breakdown of the key points:

Adult operators:

Permit requirement: Some adults (defined below) will need a valid operator's permit to drive any motorboat or personal watercraft starting July 1, 2025.

Exemptions: Some adults are exempt from this requirement. Check the law for specific

Supervised operation: People without a permit still can operate a boat, but only if there's an accompanying operator (defined below) onboard.

Young operators:

Restrictions on high-powered watercraft: Young operators (people less than 12 years old), can't operate a personal watercraft or any motorboat with a motor over 75 horse-

Low-powered motorboats: Young operators can operate a motorboat that's not a personal watercraft and has a motor under 75 horsepower as long as there is an accompanying operator in the motorboat.

Who is considered an adult operator?

Is 12 years old or older, and

Was born after these dates:

June 30, 2004 (starts July 1, 2025)

June 30, 2000 (starts July 1, 2026)

June 30, 1996 (starts July 1, 2027)

June 30, 1987 (starts July 1, 2028)

This means people born after June 30, 2004, will need a permit to operate a boat starting in 2025. The permit requirement will gradually apply to older age groups over the next few years

Who is considered an accompanying operator?

A person 21 years of age or older who: Is in a personal watercraft or other type of

motorboat; Is within immediate reach of the controls

of the motor; and Possesses a valid operator's permit or is an

exempt operator.

Who is considered an exempt operator?

"Exempt operator" means a motorboat operator, including a personal watercraft operator, who is 12 years of age or older and who:

Possesses a valid license to operate a motorboat issued for maritime personnel by the United States Coast Guard under Code of

Federal Regulations, title 46, part 10, or a marine certificate issued by the Canadian government.

Is not a resident of the state, is temporarily using the waters of the state for a period not to exceed 60 days, and:

- meets any applicable requirements of the state or country of residency; or
- possesses a Canadian pleasure craft operator's card;
- is operating a motorboat under a dealer's license according to section 86B.405; or
- is operating a motorboat during an emer-

Key takeaways:

Adult and youth permits: Young operators and some adults need a valid operator's permit to operate certain motorized watercraft. For adults born after June 30, 2004, the requirement starts in 2025. The law will extend to older age groups over time.

Youth restrictions: Young operators can't operate boats with more than 75 horsepower. They can operate boats (that are not PWC) with less than 75 horsepower if they're with an accompanying operator.

Gradual rollout: The law will phase in over the next few years. The operator permit requirement starts in 2025 and gradually expands through 2028.

This new law aims to improve safety on the water by making sure everyone operating a motorized watercraft is trained and qualified. **Rentals:**

18 and older: Must have a valid watercraft operator's permit.

Under 18: Cannot rent watercraft.

SIGN UP NOW with this link https://www.dnr.state.mn.us/safety/boatwater/education.html.

Taste of the Ranch presented by

Taste of Summer - Cannon Valley Ranch

Cannon Valley Ranch is presenting an experience at their annual Taste of the Ranch this

Bruce, LeeAnn, & Taylor Waugh are owners of Cannon Valley Ranch. Their son Aaron

manages the event details & activities. Community members are welcome to come out

to enjoy the high quality beef burgers, hot dogs, and fries made with beef tallow, as well

as participate in ranch activities, music, games and fun for all ages. The Waugh Family

raises registered Angus and Akaushi (Wagyu) beef cattle, conduct an annual bull auction,

and provide USDA inspected beef for the general public. Cannon Valley Ranch is located

on 390th street a 1/2 mile off of county road 7. Come out and enjoy your time at the farm

Cannon Valley Ranch - 14495 390 Street, Goodhue MN 507-298-0820

CANNON VALLEY RANCH

Invites You to an Experience the Ranch this Summer

> June 12th Thursday Open at 4:30; Food served from 5-8 p.m. Musician 5:30 -7:45

> July 10th Thursday Open at 4:30; Food served from 5-8 p.m. Musician 5:30 -7:45

Sunday Funday July 27th Sunday 12-4

ug 14th Thursday Open at 4:30; Food served from 5-8 p.m. Musician 5:30 -7:45

Aug 28th Thursday Open at 4:30; Food served from 5-8 p.m. Musician 5:30 -7:45

Sept 13 Saturday 5-8 **Bleu Duck Kitchen Dinner Event**

Fall Festival Oct 5th Sunday 11:30-4

Enjoy a beautiful wagon ride touring the property, fun music, and food for purchase



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June 20 & 21, 2025

FRIDAY, JUNE 20 KICK OFF

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Gopher State Garden Tractor Pull 6:00 PM



ANDY TACKETT







Saturday Schedule of Events

All You Can Eat Pancake Breakfast Under Mainstreet tent. Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church 8-11a.m. \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk

Farmers Market Downtown 8a.m.

Citywide Garage Sales

Classic Gar Show on Mainstreet Presented by Clutchmen Car Club. Registration \$10. Trophies at 1p.m. Contact Jason Aldorfer 612-203-4172

Euchre at Fireside Lounge For information, contact Jen Eggum 507-649-0602 8:30a.m

Scavenger Hunt - \$100 Cash Prize! Meet and sign up at the tent. Hunt will begin at 9am. 9:00a.m

Antique Tractor Pull Begins on the Hill Sign up begins at 8:30a.m. 10a.m.

COW Milking Contest Main Street, hosted by David Flom Dairy

Food Stands Open 11a.m.

Kids Pedal Tractor Pull on Mainstreet (At Mainstreet intersection) Sign up begins at 10:30a.m.

Kids Bingo Under the tent. Presented by Dennison Lions. Ages 3-11 Noon

Kickhall Tournament Hosted by 625 Bar & Grill. Sign up at 625 Bar & Grill

Car Show Trophies Awarded 1:00p.m.

Kids Carnival 1-3p.m.

Parade Downtown - A Kiddie Parade Leads Off Main Parade (Ages 12 & Under) 1:30p.m.

\$100.00 Prize for Best Parade Entry! Sign up at Noon, South Mainstreet. Call 507-645-9992

625 Bar & Grill Bags Tournament - Prizes for 1st, 2nd & 3rd Place! Sign up at 625 or call 507-782-9061 2:30p.m.

Purse & Gift Card Bingo Presented by Dennison Lions & Fireside Lounge 4:00p.m.

Keg Toss - \$150 Cash Prize! Across from Fireside Lounge 6:30p.m.

7:00p.m.-12a.m. Live Music - Russ Franck & The Biscuits 18+ event. No Cover Charge. 21 to drink.

Presented by ProBuilt Construction and Fireside Lounge & Supper Club

625 Bar & Grill Ag Partners
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CannonBelles Cannon Falls Beacon Cannon Falls Trailer Sales Tackle Supply Capital Constructio Castle Rock Bank

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City of Dennison
Clutchmen Car Club
College City Beverage - Budweiser
Community Resource Bank
Cub Foods D & S Sign Dennison Depot Dennison Meat Locker Dennison Tire & Repair Dohman Concrete Enterprises

Farmers Mill Firehouse Liquor Fireside Lounge & Supper Club Flom Dairy Flom Disposal Flom Septic Frandsen Bank Garner's Upholstery Goodhue County Cooperative Electric Great Rivers Mutual Insurance GVF Herefords - Dennison

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Wood Doc Construction - Emery Maher

All You Can Eat PANCAKE BREAKFAST Includes Pancakes, Eggs, Sausage

& Beverages

SATURDAY, JUNE 21

8:00 AM to 11:00 AM

SATURDAY, JUNE 21

CLASSIC CAR SHOW

8:00 AM

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10:00 AM

SATURDAY, JUNE 21

KIDS PEDAL

TRACTOR PULL 11:00 AM

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SATURDAY at 1:30 PM!

A Kiddie Parade

Leads Off Main Parade

(Ages 12 & under)

Sign up at 12:00 p.m. South Main Street

\$100.00 Prize for

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2nd Prize: \$200 Cash 3rd Prize: \$100 Cash

4th Prize: \$50 Cash

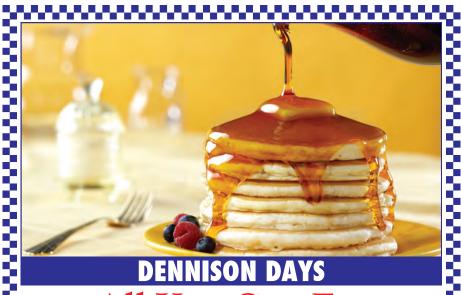
Drawing held at 9:00p.m. at the

Fireside Lounge

Need not be present to wir Winner is responsible for any taxes or fees. SPONSORED BY DENNISON LIONS CLUB CHARITABLE GAMBLING PERMIT #2762

> If we missed your name, please accept our apology. Your support is appreciated.

We Thank All Of Our Sponsors & Supporters



All You Can Eat Pancake Breakfast

Saturday, June 21 8:00-11:00 AM

Includes Pancakes, Eggs, Sausage, Coffee, Juice, Milk

\$12 for Adults, \$5 for Kids 12 & Under, 3 & Under FREE

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Hosted by Nerstrand Dennison Fire Dept., and Dennison Community Church



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June II, 2025 - MAINSTREET MESSENGER - Page IS

O'Reilly Family to Host Breakfast on the Farm

(continued from page 1)

Come and enjoy a complimentary breakfast with deep fried cheese curds, ice cream and other wholesome dairy products.

The Goodhue County dairy farmers, the Goodhue County American Dairy Association, local businesses and Bluff Country KCUE Radio will be showcasing dairy farming and the dairy products they produce at their annual Breakfast on the Farm event.

Guests at Green Acres Organic Dairy will see first-hand the facilities and how the family farm works to produce milk and dairy products. Visitors will have an opportunity to name a calf, receive dairy goody bags, play O'Reilly farm family bingo, petting zoo sponsored by local FFA members, make homemade butter, games and fun farm activities for kids and adults, tractor and farm equipment display and more. New this year will be live music performed by Sing Out Loud! Women's choirs from Rochester and area music students studying under Mark Weorpel.

The O'Reilly Family

The 71st Princess Kay of the Milky Way, Rachel Visser along with our Goodhue County dairy royalty will be available to take pictures with Minnesota's dairy industry good-will ambassadors.

Every day three generations of the O'Reilly family work together on Green Acres Organic Dairy Farm. Since 1894, their goal has been to produce the highest quality of milk possible so that you can provide wholesome food for families. You are invited to bring your entire family to learn about how milk and dairy products are produced and meet the farmers who feed your families.

Family on this farm is just as important as the product that they produce. Brothers, Chris and Tony O'Reilly, own and operate their family's organic dairy farm. They work alongside their dad, Dave who grew up farming, and it was the profession he returned to after serving in Vietnam. Together, Dave and his wife Mary Jo built their farm and raised their family of seven children. Mary Jo, at one time helped milk cows and feed calves. Today, Dave still helps in the barns and fields, and Mary Jo brings food to the field during the busy harvest season. The family has been shipping milk to Organic Valley since 1994. Pioneers in the organic dairy industry, they were one of the first Minnesota farmers to sell their milk on the organic market. Now partially retired from farming, Dave and Mary Jo also stay busy spending time with their 33 grandchildren.



Both Chris's family and Tony's family are involved in the 200 cow and 600-acre operation with Chris's son, J.J. (20), joining the organic farming operation full-time after graduation from high school in 2023. Chris's daughter, Jenna (18), graduated this spring and helps with the morning milking and in the afternoon when her school schedule allows. Jenna recently was crowned one of three Goodhue County Dairy Princesses and will be working all summer to promote the dairy industry. Chris's youngest daughter, Josie (9), helps by playing with the kitties and her cousins. Tony and his wife Carrie work together with their seven children: Eleanor (16), Patrick (15), Francis (13), Phillip (11), Michael (9), Glen (6), and Louise (1). Tony and Carrie have raised their children to be an integral part of the farming business, and the older children are taking on leadership roles as they have time. Eleanor recently became a dairy ambassador and will be helping her

cousin Jenna promote the dairy industry this summer. The older boys all help in the barn and in the field. On a family farm everyone is needed and belongs!

The Goodhue County Breakfast on the Farm committee is led by local dairy producers and sponsored by local businesses and Bluff Country KCUE Radio of Red Wing. KCUE radio will be doing their morning broadcast live on the farm. Breakfast on the Farm is a unique day that bridges educational outreach, farming, and cultivates a sense of belonging between the dairy industry and consumers.

FREE BUS SHUTTLES:

Red Wing High School:
Pick-up at 7:30 a.m. and 8:30 a.m.
Return-10:00 a.m. and 11:00 a.m.
Goodhue High School:
Starting at 6:45 a.m. and running
continuously until 11 a.m.



The June Dairy Breakfast on the Farm is a "fun" yet "educational" event to explain how milk is produce and to educate consumers and community on the positive impact the dairy industry has in Goodhue County and MN. They want to say "Thank you" for being our neighbor and supporting our family farm Questions? Or group reservations of more than 10: Call Ann Buck 651-764-3087 or Kristin Schrimpf 651-380-8293

FREE BUS SHUTTLES:

Red Wing High School: Pick-up at 7:30 am and 8:30 am

Return-10:00 am and 11:00 am. Goodhue High School: Starting at 6:45 am

and running continuously until 11 am.



Health & Wellness

Ghost Poops?? Allergy Season, Worst Ever?

Page 16



By Shauna Burshem, D.C.

What Foods Trigger the Greatest Cravings, Leading to Overeating? Researchers at the German Center for Diabetes Research have found that just five days of overeating ultraprocessed snack foods can alter how insulin functions in the brain—even before you notice a single pound gained. Insulin isn't just about blood sugar; it's a hormone that helps the brain manage hunger, satisfaction, and that all-important feeling of self-control after eating. When insulin's signaling breaks down, that gentle nudge telling you "enough for now" goes silent. Suddenly, you find yourself craving more food, regardless of real hunger or need. What really surprised me about this study, published in Nature Metabolism, is how the negative effects on the brain outlasted the unhealthy eating itself. After return-

ing to a regular diet, the brain scans revealed lingering disruptions in areas tied to memory, decision-making, and reward-actually resembling patterns seen in obesity. This tells us that even short encounters with ultraprocessed foods can leave a mark, echoing long after the bags and boxes are emptied. The environment doesn't help matters. The smell of cookies in the air, a well-placed ad, or even the crinkle of packaging works like Pavlov's bell, triggering the brain to seek out food, hunger or not. All of this manipulates our natural satiety cues, teaching us to eat for reasons other than nourishing our bodies. Even more, these ultraprocessed snacks light up dopamine pathways in the brain, similar to addictive drugs, driving us to crave more—even if the reward fades with each bite. Restoring a healthy relationship with food begins with honest, mindful choices. I've seen it firsthand; swapping out ultraprocessed snacks for whole foods, slowing down to appreciate each meal, and adding some daily movement can reignite your body's natural signals. It's a process that's as much about tuning into your own experience as it is about nutrition science. After all, reclaiming your appetite isn't just about food, but about finding satisfaction and control in the everyday moments at the table. Here are some examples of ultraprocessed foods. Ready-to-eat meals and snacks: Frozen pizzas, instant noodles, ready-made pasta dishes, and packaged soups. Sweet and savory packaged snacks: Chips, chocolate, candy, biscuits, and pastries. Breakfast cereals and bars: Often sweetened with additives and preservatives. Processed meats: Cold

cuts, ham, sausages, hotdogs, chicken nuggets, and fish sticks. Mass-produced bread and baked goods: Including packaged breads, buns, and pastries. Carbonated drinks: Soda, energy drinks, and sports drinks. Ice cream and frozen desserts: Often containing numerous additives. Sweetened and flavored dairy products: Such as fruitflavored yogurts. Sauces and condiments: Ketchup, mayonnaise, and other packaged

What Ghost Poops Say About Your Digestion and Gut Health. Ghost poops, also known as "no wipers," are those rare, deeply satisfying bowel movements that leave no residue behind when you wipe and sink straight to the bottom of the toilet. To me, that's not some fluke of nature; it's a sign your gut is truly thriving. Experts like Dr. Ira Leeds and Julia Barten actually describe these as "nirvana poops"—the kind of thing we should all strive for, not dread. It's about what you don't see or feel after using the bathroom. No endless wiping. No evidence left on the bowl. Just a clear sign your digestive system is firing on all cylinders. It's not as simple as luck or genetics, though. Over the years, I've seen people struggle with their gut because of stress, dehydration, lack of movement, or a diet that doesn't quite suit their needs. These factors can all disrupt the gut microbiome, making the elusive ghost poop almost impossible to achieve. Gut health, I've learned, is about much more than just how often you go; it's about how well your body processes what you eat and drink. A surprising insight? Many people try to fix their digestion by piling on the fiber, but if

your gut's already out of balance, that can make symptoms worse. From personal experience and plenty of research, I've found that increasing digestible carbohydrates (usually 200 to 350 grams per day) helps heal the gut more effectively. And don't underestimate the power of posture; using a footstool or leaning forward can open up the colon and lead to more complete, easy elimination. Signs like floating or sticky stools are red flags-that your body isn't absorbing fats properly or that there's gut inflammation. But hitting those regular ghost poops? That's the body's way of telling you everything is humming along just as it should. For anyone seeking a clear gauge of gut health, skip the fancy tests and look for what's not left behind.

As we've seen, our gut health has a huge impact on our overall well-being.

And while there are many factors that can affect it, maintaining regular and healthy bowel movements is one of the most important things we can do for our digestive sys-

But beyond just physical health, having a happy gut also means feeling more energized, focused, and emotionally balanced. It's no coincidence that the phrase "gut feeling" exists - our gut is often referred to as our "second brain" because of the strong connection between the two. So next time you're experiencing bloating or discomfort in your stomach, remember that it's not just about finding temporary relief. It's about taking care of.

Allergy season is now longer and more intense due in part to our milder winter weather. (continued on page 17)



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June II, 2025 - MAINSTREET MESSENGER - Page 17

Ghost Poops?? Allergy Season, Worst Ever?

(continued from page 16)

Warmer weather and higher carbon dioxide levels help plants produce more pollen for longer periods, which means spring allergies start earlier and last into fall. Pollen counts in North America have jumped more than 20% in the past 30 years, and the season itself is about two weeks longer than it was two decades ago.

Doctors recommend beginning allergy precautions like saline nasal sprays, before symptoms hit. Keeping your room pollen-free, shutting windows, and changing clothes after being outdoors can also help manage symptoms like sneezing, itchy eyes, and congestion. Chiropractic care may offer notable benefits for individuals dealing with allergies. By focusing on the alignment of the spine and the functionality of the nervous system, chiropractic adjustments can help reduce stress on the body, which in turn may support a more robust immune response. Since the nervous system plays a key role in regulating the immune system and its reactions, enhancing its function through spinal adjustments may help the body respond more effectively to allergens. Additionally, chiropractic care can alleviate tension in the neck and upper back, where sinus drainage and nasal passages are often affected, potentially reducing symptoms like congestion and sinus pressure. While it's not a direct cure, chiropractic care can be a helpful part of a comprehensive strategy to manage allergy symptoms.

COVID-19 Treatment News: J. Hatfill, a seasoned virologist with a history of advocating for hydroxychloroquine (HCQ) as an early treatment for COVID-19, has stepped into a major public health role as the special adviser for pandemic prevention at the U.S. Department of Health and Human Services (HHS). For those who followed his previous tenure as a White House adviser during the Trump administration, you might recall his controversial-but steadfast-defense of using HCQ based on thousands of peer-reviewed studies, some of which he personally referenced in a recent interview. Hatfill points to the fact that even President Trump took the drug under doctors' guidance, standing by its safety when administered appropriately.

Hatfill is now just beginning his work at the Administration for Strategic Preparedness and Response (ASPR), where he's eager to join forces with other experts. The agency operates several centers focused on tackling pandemics-including those on biomed research and our national stockpile. This new role, as he expressed, isn't just about COVID or influenza but encompasses preparedness for emerging global threats of all kinds. Throughout his career, Hatfill has advocated for thoroughness and awareness in pandemic science; it appears he's bringing that same mindset to HHS as he helps our country brace for whatever comes next. Dr. Mary Talley Bowden, an ear, nose and throat specialist in Houston, Texas, reported, "I treated over 6,000 COVID-19 patients during the pandemic, a large number of those patients took hydroxychloroquine.

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

Brain Food



By Noel Aldrich, PhD, CNS Licensed Nutritionist

In The Wizard of Oz tale, the scarecrow laments that he does not have a brain. How could he think about not having a brain without having a brain to think? By the end of the tale, we see the scarecrow does have some "smarts" and he is capable of learning new things. Your brain is an amazing structure allowing you to read this article and remember old stories without having to think about monitoring heartbeat, breathing rates, and nutrient levels. One area we should think about more is the food we eat that supports a healthy brain.

Diseases of the brain are increasingly discussed as more individuals are diagnosed with these challenges. A 2025 article published in Nature Medicine predicts 42% of adults over 55 develop dementia by age 95. A 2023 article in the Alzheimer's and Dementia Journal reported a 145% increase in deaths from Alzheimer's between 2000 and 2019. The Anxiety and Depression Association of America reports that 40 million Americans are affected by various anxiety disorders. With all the suggested advances in modern health care, why is this problem with brain health happening?

Brain health can be reviewed from three levels: the structure, the function, and the energy of the brain. Each of these levels requires specific nutrients which are available from specific types of foods. Brain health can be supported by choosing the right foods.

Your brain is seventy percent fat. The one hundred billion neurons within your brain are each made of millions of fatty acid molecules that make up the cell membrane and the myelin sheath. The myelin sheath is an extra insulation layer wrapped around each neuron to keep the electrical signal contained so that the energy flows in the right direction and does not get lost. Quality fat sources that enhance this insulation layer include coconut oil, butter, lard, olive oil, and flaxseed oil. These sources of fat contain the electrical charges of the neurons more effectively than the vegetable oils common in the grocery store. Trans-fats and seed oils high in omega-6 easily breakdown in the cell membrane resulting in early cell death or dysfunction. A 2017 research paper from the Temple University Health System linked canola oil with worse memory. Canola oil is a seed oil high in

omega-6 fatty acids. A 2024 paper in JAMA Network reported that consuming 7 grams of olive oil each day was related to a 28% decrease in dementia related death. To support the brain structure of neurons, consuming quality oils is essential.

The function of the nerve cell is to pass information on to the next nerve cell. The speed of this transfer of information has been recorded to be as fast as 250 miles per hour. Another evaluation has noted the brain performs one quintillion calculations each second. A quintillion is one million trillions. Information is passed from one nerve cell to another by a variety of chemicals called neurotransmitters. Adrenaline, dopamine, serotonin, and histamine are just a few of these neurotransmitters. A group of foods that can significantly improve nerve activity are fermented foods which contain health-promoting bacteria. Fermented foods like plain yogurt, fresh mozzarella cheese, and sauerkraut, in addition to fresh fruits and vegetables will promote a healthy bacteria community that produces butyrate, a short chain fatty acid related to brain health. Scientific Reports Journal published a 2023 article showing that butyrate producing bacteria are associated with a lower risk of Alzheimer's. A June 2022 article from Frontiers in Immunology reported butyrate helps fight against Parkinson's disease. Improving the quality of the bacteria community in your gut has a direct result in healthy brain function.

The energy for your entire body is produced within tiny structures called mitochondria. Your brain has a high energy requirement consuming twenty percent of all the energy your body produces each day. Just as fuel is needed at the energy plant to make electricity, so your mitochondria need the right fuel to create the energy your body needs. The most efficient source of fuel is sugar that comes from long-chain carbohydrates. Those long-chain carbohydrates are fresh fruits, fresh vegetables, and whole grains. These carb sources do not create unbalanced blood sugar levels and do provide dietary fiber for the bacteria in the gut to produce butyrate, so you get an extra bonus when you eat these foods.

Adding quality fats, fermented foods, fresh vegetables and fruits can make a significant difference in your brain activity. According to the Brain Health and Alzheimer's Prevention Program at Loma Linda University over ninety percent of Alzheimer's cases can be prevented with simple changes in diet and lifestyle. Contact me to discuss your health goals for the coming year.

I can help you realize greater health freedom in 2025.

You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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

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SEMCAC

Southeastern Minnesota **Arts Council Awards** \$345,985 in **Organizational Grants to Support Arts Programming** Across **Southeastern**

52 Organizations Receive Funding to Advance Arts and Cultural Programming in the Region

Minnesota



LEGACY



Cannon Falls, MN 55009







ble 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.

Rochester, MN - On May 13, 2025, the Southeastern Minnesota Arts Council

(SEMAC) Board of Directors announced the awarding of \$345,985 in arts programming grants to nonprofit organizations and schools throughout Southeastern Minnesota. These grants will support diverse arts and cultural programming and strengthen creative communities across the region.

The funding includes:

18 Legacy Grants to arts organizations totaling \$180,000

16 Legacy Grants to non-arts groups totaling \$79,710

7 Programming Grants to arts organizations totaling \$32,100

11 Small Towns/Rural Areas Grants totaling \$54,175

Goodhue County

Anderson Center at Tower View received a \$10,000 Legacy Grant for 2025 Minnesota Children's Book Festival.

Frontenac State Park Association received a \$5,000 Small Towns/Rural Areas Grant for Prairie Dreams: Trail of Quilts.

Hispanic Outreach of Goodhue County received a \$5,000 Legacy Grant for Hispanic

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Heritage Festival 2025.

Red Wing Arts & Culture Commission received a \$10,000 Legacy Grant for Red Wing Sculpture Walk.

Zeitgeist received a \$5,000 Programming Grant for Arts Organizations for Underwater Cousins.

Rice County

A Great Day Farm received a \$5,000 Small Towns/Rural Areas Grant for Rooted in Creativity: Art for All.

Faribault Community Education received a \$5,000 Legacy Grant for Now is Our Time!

Faribault Parks & Recreation received a \$5,000 Legacy Grant for Faribault Concerts in the Park Series.

Friends and Foundation of Northfield Public Library received a \$5,000 Legacy Grant for Hispanic Heritage Celebration 2025.

Northfield Union of Youth (The Key) received a \$5,000 Legacy Grant for Unlocked

Rice County Neighbors United received a \$5,000 Legacy Grant for Celebrating Latina and Latino Culture.

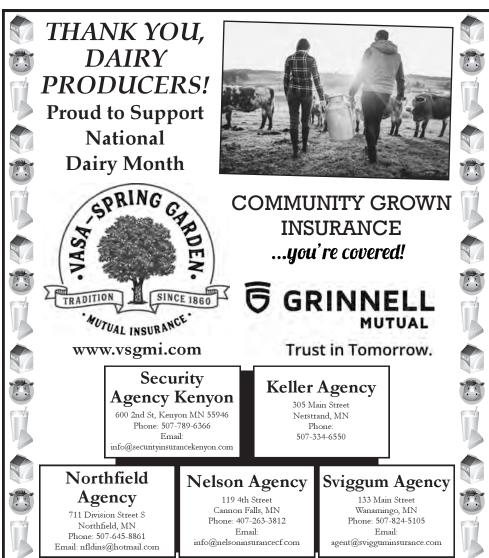
South Central Minnesota Studio ARTour received a \$5,000 Programming Grant for Arts Organizations for Studio ARTour 2025.

Three Links Care Center received a \$5,000 Legacy Grant for Folk & Bluegrass Music for





Faribault, MN 55021



Healthy Families SE Minn. Accredited by Prevent Child Abuse America

Program offered in Rice and Freeborn counties



Prevent Child Abuse America (PCA America) announced in late May that the Healthy Families America (HFA) affiliate Healthy Families Southeast Minnesota, administered by Rice and Freeborn County

Public Health departments, has been accredited as a provider of high-quality home visiting services to families with infants and young children.

Healthy Families Southeast Minnesota supports families in Rice and Freeborn counties, from pregnancy through a child's third birth-

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day. Services are typically provided in the home and home visitors receive extensive training on a wide range of topics important to new parents, including caring for a new baby and promoting healthy child development.

In Rice County, this evidenced-based family home visiting program is offered in addition to a second evidenced based family home visiting program – Maternal Early Childhood Sustained Home Visiting (MESCH), as well as traditional family home visiting options. Staff trained in these programs include public health nurses and a bilingual community health worker.

In addition to promoting nurturing, responsive parent-child relationships, home visitors regularly connect families to community resources such as WIC, health care, early child-hood services, and food assistance. They additionally assist parents in developing strategies to cope with the stress and adversities that can negatively impact families, such as substance use disorders, mental health challenges, and financial instability. Visits are voluntary and start out weekly, becoming less frequent over time as families gain confidence in their parenting skills and meet goals they've set for themselves.

"HFA sites utilize evidence-based best practices to provide individualized support to families when needed most, and linkages to community services," said Melissa Merrick, President and CEO of PCA America. "We congratulate Healthy Families Southeast Minnesota and we commend the staff for





their leadership and commitment that has contributed to this most notable and highly regarded achievement."

The accreditation process is based upon a stringent set of approximately 150 standards grounded in more than 30 years of research. The process involves an in-depth examination of the site's operations, as well as an assessment of the quality of the visits made by home visitors. An extensive written self-study was followed by a three-day site visit from national HFA staff, during which interviews were conducted with staff, current and former families, and members of the site's advisory group.

"Healthy Families Southeast Minnesota is delighted to have finalized its accreditation with HFA," said Krista Middlebrooks, Regional Program Manager, housed at Rice County Public Health. "This has been a rigorous 18-month process, during which we evaluated and improved our site policies and

practices to meet HFA standards at a high level. We are incredibly proud of our staff, whose passion for providing responsive, strength-based service to families will have positive impacts for years to come. Supporting parents in the early years of a child's life continues to be a wise investment of time and resources."

Since 2018, Healthy Families Southeast Minnesota has enrolled more than 320 families and conducted over 13,000 home visits.

PCA America, a highly respected national not-for-profit committed to preventing child abuse in all forms through education, research, and public awareness, implemented the Healthy Families America (HFA) initiative in 1992. For more than 30 years, HFA has served as PCA America's signature program to support families of all socio-economic backgrounds across approximately 600 communities in 38 states, D.C., the U.S. territories and Israel.

Letter to the Editor

Opinions expressed in Letters to the Editor are not necessarily those of The Messenger.

To the Editor:

The Church in Laodicea

Cannabis, Children, and the Church

According to most biblical scholars, the church in Laodicea will represent the church on earth at the time of the Rapture. It will be a time just prior to the seven year Tribulation; a time when there will be a great falling away of the churches when it comes to the infallible Word of God. Sadly, what the Apostle John shared in his seven letters to the seven churches in the Book of Revelation (i.e., only Smyrna and Philadelphia were not condemned by Christ) has, in all likelihood, found its way into a church near you. With few exceptions, the word evangelical Christian no longer applies to what is being taught from the pulpit.

As you look at the seven churches of Asia Minor, you will see that Jesus always started His letters to the angels of the churches. Sadly, in today's apostasy, the in-depth study of the Word of God starts in seminaries where perspective pastors are oftentimes taught false doctrine to the detriment of what will one day be taught to their congregations. In Laodicea's case, Jesus said, "Because thou are lukewarm, and neither hot nor cold, I will vomit thee out of my mouth" (Revelation 3:16). "It was a time when the Lord had been pushed to the outside of the churches and He was seeking to reenter. Only the churches' repentance would open the door before it was too late" (Revelation 3: 20 and the KJV Bible Concordance).

One of the reasons I continue to write articles for various newspapers in the Kenyon area is to draw the attention of people who find themselves in positions of authority. After fighting a losing battle over the issue of prayer at a Veterans' Day Program when I was a middle school principal, I continue to hope that I can catch the attention of people who could have made a difference in my case: Pastors. Sadly, and after a quarter of a century, I am still waiting for them to step out of the pulpit and go to work on an issue that can negatively impact the nuclear family. In this case, I am talking about the Kenyon City Council who opened the door for a lifetime of heartache and uncertainty when they made cannabis available for our school aged children. (See Colorado for Updates)

When I wrote my recent article in the Kenyon-Wanamingo Messenger, it was my sincere hope that our local churches might respond to it. Even when I showed it to a local pastor; even when I made it clear that the issue at hand was the sale of cannabis in Kenyon; even when I left no doubt that my primary issue was our children, the word that best describes the response I received was: Silence. It reminded me of another time, in another place, when a critical issue that could have been won was lost because the churches and their pastors chose to remain silent. Shame on them!

Finally, let me say that while I appreciate the fact that we are not saved by our works (Ephesians 2:8-9), the Letter of James says, "Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works" (2:18). Perhaps it is time for our local churches to add the cannabis issue to their list of things worth fighting against; perhaps it is time to find a way for our local pastors to join hands and make a stand for our children by their own good works. Once they have taken the lead on such a worthy cause as this, "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another, in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord" (Colossians 3:16) This is what I would expect from someone who is the pastor of an evangelical Christian Church.

Dr. James Russell Lehman

Kenyon MN 55946

- MAINSTREET MESSENGER-

Together We Can Prevent Harm, Preserve Dignity and Show Compassion for the Most Vulnerable



By Hannah Davidson Rice County Social Services



Page 20

The U.S. Department of Justice estimates that every year more than 10% of those 65 and over experience some form of elder abuse – an intentional or negligent act that harms or creates serious risk

of harm to an older adult.

It's a startling statistic -- and likely a severely underreported crime -- one Rice County Social Services is highlighting during Elder Abuse Awareness Month.

Maltreatment of older and vulnerable adults comes in many forms, including physical, emotional and sexual abuse; caregiver neglect and self-neglect; and financial exploitation. The effects of maltreatment can be devastating and can result in premature death, deterioration of physical and emotional health, serious financial hardship and more.

According to the Centers for Disease Control and Prevention, from 2002-16, more than 643,000 older adults were treated in the emergency department for nonfatal assaults; over 19,000 homicides occurred.

The number of vulnerable and older adults, often victimized because they are disabled and trust their caregivers, is unfortunately expected to rise as the nation's population ages. The U.S. Census reported that 16.8% of Americans were 65 and over, and that the number of Americans age 65 and older is projected to nearly double from 52 million in 2018 to 95 million in 2060.

No two cases of elder and vulnerable adult maltreatment look alike. Signs of abuse and neglect can include:

- Weight loss or dehydration
- Unexplained injuries
- Unsanitary living conditions and poor hygiene
- Unmet medical needs
- Isolation or withdrawal from normal activities
- Changes in behavior
- Increased anxiety or fear
- Unpaid bills
- Unusual changes in spending patterns

Scams are an extremely common type of financial exploitation and have become increasingly common in recent months with some using the names of Rice County law enforcement to attempt to gain potential victims' trust. Even people who are not vulnerable adults can fall victim to scammers who are highly skilled at targeting vulnerabilities and using manipulation tactics.

Common tactics used by scammers:

- Pretend to be from a known organization (IRS, SSA, Medicare, utility company) and use technology to alter the phone number that appears on your caller ID.
- Say there's a problem -- you owe money; there's a family emergency, a virus on your computer or problem with your bank account; you've won a prize but must pay a fee to

U Center for Resuscitation Medicine Donates Life-saving Device to Sheriff's Office

By Rice County

The Center for Resuscitation Medicine at the University of Minnesota Medical School recently donated an automated CPR device — known as LUCAS — to the Rice County Sheriff's Office as part of a new pilot project aimed at equipping law enforcement agencies across Minnesota with life-saving technology.

The device delivers uninterrupted, high-quality chest compressions. Manual compressions provided by first responders during extended wait times, often seen in rural areas like Rice County, can be physically exhausting and variable in effectiveness. The LUCAS device ensures continuous compressions to



patients experiencing cardiac arrest to improve outcomes, reduce fatigue for first responders and allows them to tend to other duties while the patient receives needed CPR.

The Sheriff's Office is one of 50 Minnesota agencies selected to receive a device.

LUCAS, a device which provides high-quality chest compressions to people in cardiac arrest, was donated to the Sheriff's Office from the University of Minnesota Center for Resuscitation Medicine. (Rice County photo)

According to Rice County Emergency Management Director Joe Johnson, data from the U and Minnesota ambulance services shows that 25% of the cases, deputies in rural counties are on scene more than 10 minutes before an ambulance arrives. Johnson, who worked for 20 years as a paramedic, says the LUCAS device is a game changer.

Over the next year, the Center for Resuscitation Medicine will examine how agencies use the devices to determine feasibility and the overall benefit to patient outcomes. The initiative is funded as part of an \$18 million grant from The Leona M. and Harry B. Helmsley Charitable Trust to provide life-saving devices statewide to law enforcement agencies and first responders.

claim it.

• Pressure you to act immediately -- before you have time to think it through.

Tips for avoiding scams:

- Block unwanted calls and text messages.
- Never give your personal or financial information in response to a request you did not expect
- Resist the pressure to act immediately.
- Know how scammers operate -- never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service, gift card or payment app.
- Speak with a trusted friend or family member or call law enforcement if something seems suspicious.

If you suspect an older or vulnerable person you know is a victim of abuse, neglect or financial exploitation, contact the Minnesota Adult Abuse Reporting Center. MAARC is available 24/7 at 844-880-1574.

You do not need to be certain that abuse or neglect is occurring in order to file a report; a person who makes a good faith report is immune from any civil or criminal liability.

"Protecting vulnerable adults from maltreatment is a collective responsibility — our team relies on community members to file reports when they notice something concerning," said Hannah Davidson, Rice County Adult Mental Health/Adult Protection supervisor. Then, if the report meets criteria, our team of dedicated Adult Protection social workers will follow up with the adult to pro-

LEARN MORE

Minnesota Elder Justice Center

elderiusticemn.org

651-440-9300- main office

- 651-440-9312- victim services

 Direct services for victims and loved ones
- Public awareness presentations and education for communities

June 11, 2025

- Helpline (support, resources, legal information, planning)
- · Public policy advocacy

AARP Fraud Watch Network Helpline

877-908-3360

- Tips on spotting scams
 Consents atoms to avoid force
- · Concrete steps to avoid fraud
- Actions to take if you have experienced fraud
- Emotional support from peers who have experienced fraud
- Guidance for families concerned that a loved one is being targeted by a scammer
- Referrals to law enforcement and other agencies that investigate fraud

Rice County Sheriff's Office

Scam reports on the rise; tips to avoid them

vide individualized support including home visits, safety planning and resource referrals.

"Together we can prevent harm, preserve dignity and show compassion for our most vulnerable neighbors."

-- Hannah Davidson is Rice County's Adult Mental Health/Adult Protection supervisor. Reach her at hannah.davidson@ricecountymn.gov.

ATTENTION DENNISON RESIDENTS - PLEASE READ

(continued from page 1)

The siren is old and in need of significant repairs that will cost an estimated \$4600 to fix the current issues. The City Council met with the Goodhue County Emergency Response Coordinator to get more information regarding current thoughts on the matter. Below are some points he explained to the City Council to consider.

- * Goodhue County alerts the sirens when there is a weather issue anywhere in the county, not just where there is an immediate concern.
- * Sirens are intended for outdoor notification to seek more information on the type of emergency situation that is present.
- * Multiple communities are considering discontinuation of their emergency sirens for many reasons, including maintenance costs and better sources of information.
- * Flip phones, smart phones and inexpensive weather radios all provide notifications and warnings with more accurate weather information.
- * The siren does not have a battery backup. In the event of a power outage the siren will not sound.

Finances in a small town are challenging, and the City Council wants to be responsible in using taxpayer monies. Please consider if the repair of the siren is something that is important to you and let us know your feedback. Please call/text the clerk at 507-990-4150 or email clerk@cityofdennisonmn.com by Sunday June 15th to express your concerns, or suggestions. Folks may also attend the brief public meeting to further discuss whether to fix the siren or not, on Monday June 16th, 6pm at City Hall. The Council intends to make the final decision on the 16th after getting additional input from the community.

Note from the Clerk: One person suggested using proceeds from Dennison Days to fix the siren. If anyone would be willing to assist with a fundraising idea specifically for the siren during Dennison Days, please let the City/Clerk know, and she can try to get those folks connected.

Street Repairs:

The City has been saving up funds to do some much needed maintenance to the paved streets this summer. Sealing and chip coating will be performed (weather dependent) on Monday July 28th. For 2 days there will be no parking on paved city streets. The company will charge \$3,000 to bring back the equipment needed to finish any missed areas, so it is extremely important that the streets be totally cleared off. The city will be towing any obstacles at the owners expense to prevent any additional costs to the project. More information on timing will be coming on this event.

Cardboard Dumpster:

The dumpster by the city park is for cardboard only!! Please do not put trash in it! Trash costs the City extra money, which costs the citizens extra money. Please be respectful of this great city service so we can continue to provide it.

Thank you for your assistance will all of these matters. Please contact the clerk if you have any questions.

The Next Generation of Leadership at **SMIF**



Tim Penny So. MN Initiative Foundation

After 18 years of sharing stories with southern Minnesota readers, this is my last op-ed as President and CEO of Southern Minnesota Initiative Foundation (SMIF). As I prepare to retire, I do so with immense gratitude and pride. For nearly two decades, I've had the privilege of working alongside passionate individuals, dedicated partners and visionary communities all unified by a common goal: to build a stronger, more vibrant southern Minnesota. Together, we've championed small towns, nurtured early childhood development and empowered rural entrepreneurs –

creating a legacy that will continue to grow and evolve far beyond my tenure.

This journey has been deeply personal and much more than a career – it's been a calling. Growing up near Kiester, and later serving southern Minnesota in Congress, I've long believed in the power and promise of rural places and the people who call them home. At SMIF, I've seen that spirit in action every day. It has been an incredible honor to help lift up those stories, support those dreams, and be part of a shared journey that continues to inspire me.

As SMIF approaches its 40th anniversary, I couldn't be more confident in the road ahead. The Foundation is in exceptional hands, guided by a remarkable team and bolstered by strong community partnerships.

I am so proud to pass the torch on to Benya Kraus, who will be starting as SMIF's next President and CEO in mid-June. Benya has deep family roots in Waseca County, going back six generations. More importantly, she brings with her a fresh perspective and an inspiring track record as a rising leader in rural development, earning national recognition for elevating the value of rural living. Benya represents the next generation of leadership in our region, and I have every confidence that she will bring energy, vision and purpose to the role.

Benya's work is grounded in both lived experience and a deep commitment to community. As a co-founder of Lead for America, she has led efforts to reconnect young people with their hometowns and invest in homegrown leadership. Her values and approach align beautifully with SMIF's mission, and I



know she will honor the Foundation's legacy while charting bold new paths. Southern Minnesota is fortunate to have her, and I look forward to cheering on her success as she helps shape the future of this region we all love.

While I am turning the page on this chapter, I will always be a champion for southern Minnesota, and going forward I will gladly volunteer some time to assist SMIF where

appropriate. In fact, I am excited to share that a new endowed fund has been established in my name to support small towns across our region – ensuring this work will flourish.

I am deeply grateful to all of you for your friendship, your trust, and the chance to serve a place I will always proudly call home.

If you are inclined to donate to the Tim Penny Small Towns Fund, visit smifoundation.org/smalltownfund.





Goodhue County Sheriff's Office

Open House Monday June 16th 5:30-7:00 PM Rosie Park, Goodhue











Please join us for this FREE family fun event!

Meet our deputies and see and learn about our resources and partnerships within Goodhue County.

	Goodhue County	
Household Hazardous Waste Collection Schedule 2025		
Tuesday, May 6	Kenyon Goodhue Co. Shop 1005 Hwy 60	2:00 PM - 6:00 PM
Tuesday, May 20	Wanamingo Casey's - Hwy 60	2:00 PM - 6:00 PM
Tuesday, June 24	Zumbrota Park-N-Ride Parking lot	2:00 PM - 6:00 PM
Tuesday, July 8	Pine Island Pine Island High School	2:00 PM - 6:00 PM
Tuesday, July 15	Goodhue Community Center	2:00 PM - 6:00 PM
Tuesday, July 29	Cannon Falls Lake Byllesby Park	2:00 PM - 6:00 PM

COMPLETE HHW INFO ONLINE: goodhuecountymn.gov HHW HOTLINE: 651-385-3107

We will NO LONGER be collecting Fluorescent Buibs at the Hazardous Waste Collections. The Goodhue County Recycling Center accepts fluorescent buibs Monday-Friday.

A Household Hazardous Waste drop-off is available at the Goodhue County Recycling Center in Red Wing, from the first Monday in May through the last Friday in October. Hours of operation for the drop-off will be Monday through Friday operation for the drop-off will be Monday through Friday (except holidays), from 8am until 3pm. Please utilize the drop-off as much as possible in order to prevent large crowds at the collection events (lated above. There is a 10 gallon per person per day limit at the Red Wing drop-off. Thank you for your cooperation.

The Goodhue County Recycling Center is located at 3745 Highway 61 N in Red Wing (across Highway 61 from the Red

Household Hazardous Waste Collection Do's and Don'ts
DO BRING: DO NOT BRING:

Paint/Stain/Thinner Etc. PaintStain/Thinner Etc.-Bring unusable paint products to the collection. Pesticides/Nerbicides (Non-Agricultural, Non-Commercial Grade) -Products designed to kill weeds, bugs, rodents, mold and fundus.

fungus. tomotive Products-Bad gas, cleaners, anti-freeze fuels, grease, lead-acid batteries

Household Products-Drain opener, strong cleane spot removers, adhosives, acids & bases. Exotic Batteries-

Ni-Cad rechargeable, Button, Lithium, Mercury, other unusual

Mercury Devices nercury switches Aerosol Cans-

Partial or plugged pressurized spray cans of all types. Empty, depressurized cans can be disposed of in trash.

Please limit quantities to 10 gallons per person per event, as space is limited at collections.

Business or Agricultrual Hazardous Wasteszardous Wastes-Business wastes will be refused, Businesses should contact the Olmsted County Hazardous Waste Facility at 507-328-7078

Electronics-City of Red Wing Waste Campus 651-385-3658 Prescription Drugs-Contact: Goodhue County

Law Enforcement Center

651-385-3155 Empty ContainersIf a container is empty and dry, it is no longer hazardou Recycle or dispose of in trash.

Fluorescent Tubes Bring them to the Goodhue County Recycling Center. Non-Hazardous Products-

Soaps, regular light bulbs, broken glass or ceramics, recyclables, trash

Waste Oil, Oil Filters Engine oils and filters can b recycled through local

sources. Medical Wastes/Sharps-Contact your local clinic or hospital for disposal

Explosives and Ammi Contact local law enforcement on their non-emergency number, pliances- No appliances. lar Panels- No solar panels.

For safety, place waste products in a box when transporting Questions? Call the HHW Hotline: (651) 385-3107 We will no longer collect Fluorescent Bulbs at the HHW

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

Question: I read your last article about road construction and work zones. Can you talk about the zipper merge? It seems like a lot of people don't know what it is or can't figure it out. Thank you.

Answer: The "Late Merge - Zipper Merge" is a driving strategy that requires drivers to change their mindset about merging. Traditionally, drivers have been taught to merge early when a lane is ending. Early merging leads to longer backups, more crashes and road rage incidents.

Zipper Merge Procedure

- When you see the "lane closed ahead" sign and traffic is backing up, stay in your current lane until the point of merge.
- Take turns with other drivers to safely and smoothly merge into the remaining lane.
- When traffic is heavy and slow, it is safer to remain in your current lane until the point where traffic can take turns merging orderly. **Benefits of the Zipper Merge**

- Reduces the difference in speeds between two lanes, making lane changes easier and safer.
- Reduces the overall length of traffic backups by up to 40 percent.
- Reduces congestion at freeway interchanges, especially in metropolitan areas.
- Creates a sense of fairness when all lanes are moving at the same speed.
- Reduces incidents of road rage

Question: I drive truck for a living. Can you write about people that cut us off? These big riggs can't stop on a dime. It's frustrating because when they do that it can cause a wreck.

Answer: Changing lanes and cutting in too close in front of another vehicle is always dangerous, but it's especially dangerous to cut off a commercial bus or truck. If you move in quickly from either side, you're likely to be in a blind spot, so the driver may not see you in time. Even if you're visible, the vehicle may not be able to slow down quickly enough to avoid a crash because of the time it takes to stop.

Commercial vehicles need more stopping distance than cars.

- Stopping Distance: An average passenger car traveling at 55 mph can stop within 130 to 140 feet. A fully loaded tractor-trailer may need more than 400 feet to stop completely.
- Safe Following Distance: Following a commercial vehicle too closely reduces your ability to see the road ahead. Maintain a safe following distance and position your vehicle so the driver can see you in their side mirrors. This will also give you time to react if the commercial vehicle stops suddenly.
- Headlights at Night: Commercial vehicles

have large side mirrors that can reflect light. When following a commercial vehicle at night, always dim your headlights to avoid blinding the driver.

- Merging: When a commercial vehicle merges into traffic, it needs more time than a car to accelerate and reach normal speed. Be prepared to slow down or change lanes to allow the truck to merge safely.
- Stopping on an Upgrade: If you stop behind a commercial vehicle on an upgrade, allow space for the truck to roll back slightly when it starts to move. Position your vehicle on the left side of your lane so the driver can see you in the side mirror.

Question: I have been receiving text messages about an "E-Z Pass Final Reminder." It's something about having an outstanding toll and submitting payment. I was told it was a scam. Can you get me more information on this?

Answer: Here is information from the Minnesota Department of Transportation E-ZPass page.

https://www.dot.state.mn.us/ezpassmn/news.html

Scammers are sending fake messages pretending to be MnDOT, E-ZPass or other tolling agencies. These messages claim you owe money and direct you to a payment link. This is a scam! We will never text or email you asking for payment or personal information. If you receive a suspicious text or email message, delete and do not respond. Don't set up an account due to a text or email scam. **Scam information:**

- Minnesota E-ZPass (MnDOT) will never email or text you for payment or personal information.
- Text numbers and email addresses are chosen at random, and they are targeting everyone—not just E-ZPass users. There is no data breach.
- Delete and don't click on anything that seems off or suspicious. Report as "junk" or "spam" if your device has this option. This helps your device recognize spam.
- Do not set up a new or different E-ZPass account due to a text or email scam.
- If you clicked on a link or provided information, take efforts to secure your personal information and financial accounts.
- You can report fraud activity to the FBI's Internet Crime Complaint Center or the Federal Trade Commission.

If you have questions or concerns, check your account through the secure customer portal, or contact us (MNDOT E-ZPass) directly.

Sometimes scam artists send what looks like an invoice in the mail. Scam letters will include a bogus or questionable URL link and will often have a sense of urgency. Minnesota E-ZPass, MnDOT, or other agencies may send a letter in the mail, but it will look official including agency letterhead, detailed information, and multiple methods for contacting and/or remitting payment to the agency. If you receive a letter in the mail, confirm it is legitimate and always verify information directly with the agency.

Question: I caught part of the news the other night and heard something about the 100 deadliest days. Can you get me more information on that?

Answer: I certainly can. Here is some information we shared on the Minnesota De-



partment of Safety blog. The Minnesota State Patrol is urging drivers to make smart, safe decisions as the state enters what is known as the "100 deadliest days" on the road.

This stretch, from Memorial Day through Labor Day, is the most dangerous time of year to travel in Minnesota. It coincides with peak travel nationwide and a troubling spike in fatal crashes.

In 2024, Minnesota saw 151 traffic deaths during this period. By year's end, at least 479 people had died on the state's roads.

"Our troopers work hard every year to keep fatalities down, but last summer was especially hard," said Minnesota State Patrol Col. Christina Bogojevic. "These are not just statistics — they are lives, families and communities forever changed."

The four main contributors to fatal crashes remain consistent: speed, alcohol, lack of seat belt use and distraction. Last year, each played a major role in Minnesota's traffic deaths:

- Speed: 138 fatalities
- Alcohol: 124 fatalities
- Unbelted: 108 fatalities
- Distraction: 29 fatalities

"These are the leading killers on our roads," Bogojevic said. "And we see the consequences play out every day — in the Twin Cities and rural counties across Minnesota."

She said troopers continue to encounter drivers making dangerous choices — speeding down highways, texting behind the wheel, not buckling up and driving impaired.

The state patrol and more than 300 agencies across Minnesota plan to increase enforcement over the summer. Expect more patrols, targeted campaigns and greater coordination with local agencies.

"If you're speeding, driving impaired, unbelted or distracted, expect to see us," Bogojevic said.

But law enforcement says it can't turn the tide alone. They are asking all Minnesotans to do their part.

- Slow down and give yourself time to get where you're going
- Stay off your phone
- Buckle up everyone, every time
- Never drive impaired, by alcohol or drugs

"If every driver made those choices, we could flip the script," Bogojevic said. "This summer doesn't have to be deadly. It can be the safest."

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)

Buckle Up: A Simple Click Can Save a Life

A seat belt is one of the simplest and most effective ways to protect yourself in a crash — and it only takes a second to click.

In 2024, 106 traffic fatalities involved unbelted drivers or passengers in Minnesota. These deaths were 100% preventable. If you won't buckle up for yourself, do it for the people who count on you.

Child passenger safety is equally critical. From 2019 to 2024, only 68% of children ages 0 to 9 involved in crashes were prop-



erly secured. Of those who were, most (87%) were not injured, and the rest had only minor injuries. Morgan's Story is a powerful reminder of why properly securing a child in a car seat matters. On June 3, 2024, she buckled her three young daughters in before leaving her mom's house in Lamberton. Just 12 minutes later, a crash took Morgan's life. Her daughters survived without a scratch – thanks to her care in securing them properly. Minnesota's updated child restraint law includes these key points:

- Rear-Facing: Keep your child rear-facing for as long as possible, at least until age two, AND until they've outgrown the seat by weight or height according to the manufacturer. This is the safest position for your child's head, neck, and spine.
- · Forward-Facing: Once your child has outgrown their rear-facing seat and is at least two years old, they can transition to a forward-facing seat with a 5-point harness. They should stay in this seat until at least age four AND until outgrown by height or weight.
- · Booster Seat: Children must use a booster until at least age nine or until they've outgrown the booster AND can pass the 5-Step Test.
- · Back Seat: Kids under 13 must ride in the back seat whenever possible.
- · Restraint Requirement: All children under 18 must be properly restrained in a car seat, booster, or seat belt, depending on their size and age.

For more info and safety tips, visit:

- $\cdot \ BuckleUpMN.org$
- $\cdot \ Buckle Up Kids.dps.mn.gov$

Let's work together to keep ourselves and each other safe – one click can save a life. Buckle up – every trip, every ride, front seat and back seat. Together, we can drive Minnesota toward zero deaths.

June 11, 2025 - MAINSTREET MESSENGER -Page 23

City of Dennison **Meeting Minutes** May 1st, 2025

The May Dennison City Council meeting was called to order by Mayor Jeff Flaten on Thursday, May 1, 2025 at 7:00 pm. Present were Councilors Nichole Schloesser, Caleb Voight, Heidi Cooke, and Diane Ruddle, and clerk Jessica Page.

Councilor Schloesser moved to approve the Meeting Minutes from the April City Council meeting. Councilor Vioght second. Motion passed 5:0.

Councilor Voight moved to approve the Treasurer's report. Councilor Schloesser second. Motion passed 5:0.

Goodhue County Sheriff: Asked about whether someone from the Sheriff'sOffice was in town on the afternoon of April 12th. It was requested a week ahead of time, but no one showed up at the event.

Council asked about barricades for the City. If a street is blocked off, call the sheriff so they know. The City can decide what barricades to use. Council gave the Deputy in attendance the dates for Dennison Days.

Todd Greseth:not present

Utilities:

1.Update from Nate via email: First discharge was completed in April. Acid was added as the pH was too high. Nate noted the TSS was high too. Transfer was completed. Nate will sample next week to begin the second discharge. Influent samples were completed last month. Water metes were read.Hydrant flushing, Fluoride and bacti water samples will be done in May. Mowing has started, beginning with the ponds.

2. J Hasse water quality issues. No additional information

3. Estimate from Deutsch Excavating to fix the gate valve box at 374th and Second Avenue. Sawcut, excavate and repair broken riser. No restoration of blacktop concrete = \$1,500. To excavate down to box and clean out so it operates = \$250 per hour 2 man and machine. Compact in 1 ft lifts. Jeff/Dan/Nate will try to clean it out so you can get a wrench on it to turn it off. Need to fix it. Mayor Flaten move to accept Deutsch Excavating quote of \$1,500. Councilor Cooke second. Motion passed 5:0.

4.Bill Deutsch asked about fixing the manhole by the elevator (on 376th street west of main streetI). This had been looked at several years ago and was noted that there was some separation of the storm water lines that was causing fill to be washed away and causing the sinking around the manhole. Bill suggested that since this was going to be repaired by Seykora, now might be a good time to check on it and fix if needed. Bill, Dan and Jeff are going to look at it and if needed, Bill will submit a quote before the June meeting. If it needs to be fixed. Council suggested that this project wait until the larger projects all take place.

5.Update on DO meter. DO meter and cable probe have arrived.

Old Business/Committee Reports/Building Permits:

Mike Strese/Joe Pumper want to build a large storage shed. Working with Karl to get easement to use his driveway. Then extend the driveway to his property. Would be a large triangle shape. Average side size is over the requirement and Council is okay. Would be similar to other buildings that are there. Will need to do land split and rezone to Industrial, then do building permit. Jess email land use application documents to Joel

Permit submitted from Mark Hanson. To pave a driveway. Doesn't need a permit. All should be okay per council.

Administrative Issues:

1. Complaint forms for Goodhue Ave. going south of town. Two Complaint forms have been submitted from Kevin Shannon regarding the condition of the gravel road. He noted that the road needs gravel and needs to be graded as there are many potholes. Clerk spoke with clerk from the township and noted that it was graded 6 times last year, with a couple extra trips to address potholes in the road. Gravel is scheduled to be applied this year. 2025 plans are to grade 6 times again this summer, and as needed for potholes, etc. Matt Estrem from Northfield Township was not able to attend the meeting. Clerk send letter to Kevin with actions taken.

It is also time to review the chloride applications to Goodhue Ave. going south and north of town. Last year the City reduced from a 12 foot swath to a 9 foot swath due to increased pricing. Any comments on that reduction? It is usually 600 feet for each side. Cost for 9' x 600' (\$261 x 2) is \$522. Councilor Ruddle move to apply the chloride dust control to Goodhue Ave, both north and south of town, for 600 by 9 feet. Councilor Schloesser second. Motion passed 5:0. Reminder to make sure they put the rock down before the chloride solution goes on.

2. Update regarding the new trees from Goodhue Soil and Water Conversation.

They arrived on April 25th. Heidi estimates the City could potentially use 25 (for now and later) on the south side of town. Diane and Heidi will drive around up on the hill and see what can be planted there. Heidi posted on Dennison Facebook page advertising the trees for citizens in town and 35 trees haven been spoken for already. Someone asked Heidi if trees could be made available to rural folks once those in the City get trees? As of May 1, the SWCD has 100 trees that they will donate to the City. Heidi was going to put some information out on those. 50 Hackberry, 25 Birch, and 25 Red Pine. Nichole has 30 cages with stakes. Kevin Helm donated them. When to plant the trees for the City? Council folks will plant trees on Saturday or Sunday. Diane has stakes and ties. With the donation of the extra trees, will open it up to folks outside the City limits.

3. On April 15th, it was reported to the mayor that rock was accidentally delivered to 5th Avenue Way. Kielmeyer delivered 5 loads, almost up to Nichole's place. Mayor talked with Duane England from Warsaw Township about the situation. So, Dewy figures the delivery was about 25 tons per load, at \$8.50 a ton = \$1,062.00. The City hasn't received a bill for the rock. The road was graded by Bill Deutsch last week. The Nesseth's were wondering if the rest of the road would be rocked? What does the council want to do? Last year, the City rocked 5th

(continued on page 24)



Friday & Saturday JULY 11 & 12, 2025

For More Information & to Order Tickets Go To www.iconicfest.com





















OUTDOOR MUSIC FEST Held at the Green Lantern

9 miles East of Brainerd on Hwy. 18



Friday,

July 11

Saturday.











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Dennison City Council

(contnued from page 23)

No need to do the back half of the road at this time. City doesn't feel that we should pay for the rock because the City didn't order it.

- 4. Tree removal. The mayor received a verbal quote from John Miner to take down 6 trees in total. 4 pine trees surrounding the Larson house on 376th Street and 2nd Avenue; one on 377th street, across from the well house; and one on 3rd Avenue, across from Justin Cormican's house. Each tree for \$450, except for the smaller pine tree on 2nd Avenue on the corner of Larson's place, would be \$300 dollars. His work would include cutting down and removing the trees from town. The pine trees on 376th street have a power/service line going through them. The mayor had John call Xcel Energy to find out how they wanted to deal with the power line. Xcel Energy recommended a line drop. We would need to schedule a date with them (Xcel Energy). They are currently running about 4 weeks out. Money coming from the Lions for some projects. (pump house, tree stumps) Councilor Ruddle move to remove the four pines by Larsons, plus the maple tree across from Cormican's for \$2100.00. Councilor Cooke second. Motion passed 5:0. Will wait for the ash tree to be removed as it is still alive. Mayor will get John's opinion regarding other trees that would need to come down.
- 6. Front door and lock at City Hall. It was brought to the mayor's attention that the front door (deadbolt) wasn't working anymore by using the electronic keypad. The mayor checked the keypad and found the electronic mechanism inside the lock didn't move the deadbolt. The front door could still be locked but by moving the deadbolt inside the entry way. The mayor talked with Almen's Lock and Glass about getting a quote to replace the lock on the front door with a regular deadbolt and cutting 6 extra keys. His verbal quote would include a \$75.00 service fee and \$70 for the lock and making extra keys. Written quote sent today is for \$180. If we wanted to replace the existing Schlage Electronic Keyless Entry Door Lock, Keypad Deadbolt, the mayor found similar products on Amazon for \$104 and The Home Depot for \$109. The day the mayor happened to be looking at the front door, Councilor Ruddle mentioned the only reason we went with the keyless door lock was to allow the fire department access to the medical cabinet, which isn't there anymore.

Councilor Ruddle move to hire Almens to replace the lock on the front door and have him key the locks to the back door. Councilor Schloesser second. Motion passed 5:0.

7. Mayor is asking the council to approve setting up a charge account at Menards in Dundas. Most of the surrounding communities have charge accounts there. It would be helpful when we have projects and need supplies. The City doesn't have to pay sales tax and we could avoid the hassle with that, too. Would need to determine who can charge there also. Council agreed on Nate, Dan, Jess, and Jeff for folks on the list. Councilor Schloesser move to open the charge account from Menard's with the four individuals as signers on the account. Councilor Cooke second. Motion passed 5:0.

8. Caleb built 2 wood barricades that are

8'-0" long. There had been talk at the last meeting of possible purchasing the rail that goes in between the two A frames, the cost being around \$63 plus shipping. Caleb is suggesting buying orange paint (approx. \$60) and reflective tape (approx. \$15). Caleb noted that the materials so far have cost \$0. Councilor Schloesser move to have Caleb buy the paint and tape to finish the barricades. Councilor Voight second. Motion passed 5:0.

9. City Attorney was contacted about the Cannabis Ordinance as it was noted that it only mentioned the contract with Goodhue County. Brittany felt that it would be ok to stand as is and didn't need to be corrected to include Rice County.

10. There are issues with the siren not sounding during the last severe storm, and most likely during the severe weather awareness soundings earlier in April. Jeff contacted Earl Merchlewitz regarding the siren. Siren didn't work for recent severe weather. City doesn't want to keep having them come look at the siren and say it works, and then it doesn't work. Try to get us on the schedule. Councilor Schloesser move to reach out to Amcon to fix the siren if it doesn't work on Wednesday's test cycle. Mayor Flaten second. Motion passed 5:0.

If it is broken, are there alternate warning methods. Code Red for cell phones is one.

- **11.11 gray chairs returned from Bebees' on 4-26-2025.** Most chairs have been gone for a bit and are currently at the Event Center. Review forms for those folks who let people take chairs/tables out. Other discussion?
- 12. Ducks Unlimited would like to do a Bingo event and a raffle at the Event Center in June. Need to approve Resolution 5-2025-01. Councilor Ruddle move to adopt Resolution 5-2025-01 to allow Charitable gambling to occur at the Ducks Unlimited event on June 14th. Councilor Schloesser second. Motion passed 5:0.
- 13. Arpa Funds formally obligated in the annual ARPA reporting for the City that was due by April 30th.
- 14. Bill Deutsch reported to the mayor that several trees in town are overhanging the city streets and would like to see them trimmed (an Oak tree on 376th street, in particular). He would also like to see the encroaching brush/trees on 5th Avenue Way, in the area close to the first house on the west side of the road, be re-moved. Mayor Flaten will go out with Bill to see what needs to be pulled.
- 15. Northfield Township told Bill Deutsch that there is a plugged culvert, inlet side (east side), full of cornstalk material, on Goodhue Avenue South, about 75 feet North of the 30 mile sign. Bill figures it will cost about \$300 to unplug that. Councilor Schloesser move to have Bill unplug the culvert. Councilor Ruddle second. Motion passed 5:0.
- **16.** What will be the focus of the first work session on the 19th? Leave definitions for later. Review the different zones. Possibly use Northfield to compare.

Citizens Issues:

Portable toilet (handicapped accessable one) for the park? Councilor Schloesser move to get one for May through September. Councilor Cooke second. Motion passed 5:0.

Councilor Schloesser move to pay the bills. Councilor Cooke second. Motion passed 5.0

Councilor Cooke moved to adjourn the meeting. Councilor Schloesser second. Motion was adjourned at 8:58 pm.

Next meeting: Regular meeting is Thursday, June 5th, 2025 at 7:00.

Work group on Monday May 19th at 6:00 pm.

City of Nerstrand City Council Meeting Minutes May 13th, 2025, 7:00 P.M.

221 Main Street, Nerstrand, MN

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

ABSENT: John Harris

STAFF PRESENT: Clerk LeAnna Anderson-Speiker, Deputy Clerk Jeanette Baalson, Public Works Steve McDowell, and Staff member Jacob Payne

GUESTS: City residents

APPROVAL OF AGENDA:

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

CONSENT AGENDA:

A. Payment of Claims dated May 13th, 2025.

B. Minutes from April 8th, 2025 MOTION:

Motion to approve the Consent Agenda. Motion made by Council Member Karla Ingersoll and second by council Member Pam Caron All approved.

CLERK'S REPORT:

- Clerks would like to change the Website. I have received a couple quotes from vendors who assist small town governments with their online presence. Our current website is not user friendly and very difficult to change. Desperately needs modernization.
- 60 day notice was sent to 7 residents. 4 paid and 1 made payment and 3 have not heard from. Sending 90 day notices after this billing cycle. 2 of the severely delinquent accounts: 1 made a payment plan and the other one made a considerable dent in the debt.
- We are requesting that council provide a short little blurb for the website. When they were elected, if it is your first term or your if you have served before, and what is the best contact information for you.
- Our bank rec was not correct for March. Frances is having to resolve the issue. We can not complete April until the numbers for March are settled.

A motion was made to approve Municipal Impact as the new website provider. It was initiated by Karla Ingersoll and seconded by Betty Voge. All Approved.

NEW BUSINESS:

• Resignation of Donald Quistorff.- Clerks will draft a posting for the position to be shared.

A motion to approve his resignation was first by Pam Caron and seconded by Kalra Ingersoll. All Approved.

Old Business

• Discuss City Attorney- Discussed both options and the fees associated. And decided

to move forwarded with GDOLaw.

A motion was made by Karla Ingersoll and seconded by Pam Caron for the acceptance of GDO as the new City Attorney. All Approved.

- Update regarding cannabis ordinance The ordinance committee is awaiting requesting information from Kenyon in regards to cannabis. They will review and provided an update next month. Tabled until next month.
- Update regarding liquor ordinance and permitting. –Karla is seeking clarification and "Display and Consumption" by the State of Minnesota. GDO Law provided some valuable information that we hope to make our own. The ordinance committee would like to review and customize Also, we are going to request that the Fire Dept fill out the Application for a Liquor License provided by GDO Law for their Fireman's Dance. Tabled to resume discussion as ordinance develops.
- Street Paving- Steve was able obtain quotes for paving Farm Street \$41,800. Oak Street \$28,200 and around the Fire Dept for a total of \$17,900. Council has asked Steve to set a priority list for the street maintenance other PW projects that have to deal with Water\Sewer. The hopes is to become more proactive rather than re-active to projects in the future.
- Mulch- New Mulch for the park playground area. Also, discussed was the adding a fence around the Pickleball court.

Motion to approve the quote for mulch and the fencing around the pickle ball court was first by Karla Ingersoll and seconded by Betty Voge. All Approved.

• Food Trucks- We had four applications for Food Trucks. Completed and reviewed by the Clerks. Submitting for Approval.

Betty Voge firsted the motion and seconded by Pam Caron

Reports of Officers

- Public Works Director –
- Provided information on Manganese in our water
- Was asked by the Mayor to submit document to council on Future projects.
- Discussed Garden Tilling
- Mayor -
- Requested Steve replace Meters that are not running.
- Snow Fence around the pickle ball court
- Fire Department Did not attend.
- Council Members -
- Zoning Committee- Requesting to have space on the Agenda. They would also, like to have all BLDG Permits sent to the Zoning Committee for review.

Residents Items of Attention:

- A Dip Sign to warn residents to be placed on Cherry Street.
- Hydrant painting- Hydrant's are needing a painting

MOTION ADJOURN:

MOTION: Motion by Council Member Pam Caron second by Karla Ingersoll to adjourn. All Approved.

Todd Evavold, Mayor

LeAnna Anderson-Speiker, City Clerk Next City Council Meeting is scheduled for May 13th, 2025, at Nerstrand City Hall

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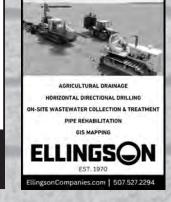
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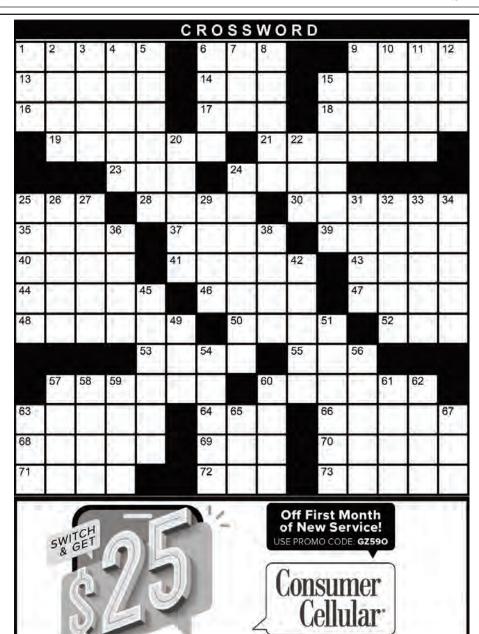
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THEME: SOCCER **ACROSS**

1. Heidi's footwear, pl.

6. *____ Hamm 9. Humorous anecdote

13. It doesn't take away tomorrow's troubles 14. Like Mother Hubbard

15. Popular pie nut 16. Hiker's path

17. Court

18. Makes better

19. *Number of soccer players on field for each team 21. *Winningest FIFA World Cup country

23. Common inquiries, acr.

24. Carmy Berzatto's restaurant, with The

25. Cul-de 28. In the buff

30. Preacher's platform

35. Poking instrument

37. Smidge

39. Sashav

40. Bald eagle's nest

41. *a.k.a. soccer field

43. Lice eggs 44. Located within

46. 3 squared

47. High rocky hills 48. Post-roller coaster ride state

50. Captain of Nautilus

chi

53. Unforeseen obstacle

55. Acronym, abbr.

*FIFA headquarters location

60. *Soccer footwear

63. Uninterested

64. Hundred Acre Wood's wise resident

66. Parkinson's drug 68. Pool problem, pl. 69. Romanian money

70. Wooden ship caulking

71. Celt

72. Cotillion ball's main attraction Alexander-Arnold

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 Widower's feelings

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7. UN labor org.

8. Sun-dried brick

9. Exclamation, with Louise

10. Palm tree berry

Mall, London

12. Ensign, for short

15. a.k.a. Lighthouse of Alexandria
20. *Provide with shin guards, socks and uniform, e.g.

22. Drake's genre 24. Playing roulette

*FIFA Women's World Cup current champion

26. Rome's Colosseum, e.g.

27. Singular of cornua

29. Kill (2 words)

31. "By _ _ of" or "by means of" 32. "The ," Dostoyevsky's novel

33. U in UV

34. *Lionel ____ 36. Coloring substances

38. Teenager's breakout 42. Relating to blood

45. Dwell

49. African National Congress

51. Central American wildcat 54. Get of someone

56. Highway patrolman's gun

57. "Germinal" author mile

58. Desire

Madrid 59

60. *C in AFC Richmond 61. Puff of marijuana

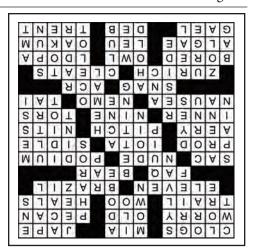
62. Spin, past tense

63. The Herm s Kelly, e.g.

65. Itty-bitty

67. Invoice qty.





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

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