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JUNE 25, 2025

Volume 19 • Issue 6

Dedication to Rename the Field at Memorial Park Scheduled for June 28



BILL NELSON FIELD 16
AT MEMORIAL PARK

Courtesy of KYMN Radio

A dedication to rename the field at Memorial 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."

Dundas Set to Conduct Reclaiming Projects on Several Roads This Summer;

Time Frame on Dundas Blvd. Construction To Be Determined

Courtesy of KYMN News

The City of Dundas is set to conduct several road repair projects this year, and it is implementing a new system. Traditionally, Dundas, like most cities, has maintained a regular seal coating for roads in the town. Seal Coating is a process of applying a protective coating to the road to provide a layer of protection from the weather and elements. This new process, called Reclamite, was proposed by the city's engineer as an alternative.

(continued on page 20)

Pictured to the right: Sketch of where the roads in Dundas will undergo Reclaimite projects.

Image from the Dundas 6/9/2025 City Council Packet, courtesy of KYMN News



Announcements

- As a reminder, the irrigation and watering restrictions run from May 1st to October 15th. Please be mindful of which day to water your lawn!
- The Memorial Park pavilion is available for rent, please contact City Hall at 507-645-2852 for availability. Half day rentals Monday through Friday, or all day rentals any day of the week.

Do you have an announcement?

Email:

hometownmessenger@gmail.com

Dundas Shifts Responsibility of Sidewalk Repairs from Property Owners to City

Courtesy of KYMN News

Last week, the Dundas City Council approved a change to city ordinance that would move the responsibility of maintaining and repairing sidewalks from the abutting property owner to the city. City Administrator Jenelle Teppen stated that this was an issue the city had been exploring for a few years:

"And your sidewalk panel cracks. For whatever reason, you, as the resident, are responsible for the replacement of that sidewalk panel, which has led to a lot of inconsistencies around the community in terms of the condition of sidewalks." – Jenelle Teppen, Dundas City Administrator on the KYMN Morning Show



(continued on page 20)

The Circus is Coming to Dennison



Thanks to the sponsorship of the Dennison Lions Club & Fireside Lounge, the Culpepper & Merriweather Circus is coming to Dennison, MN on Thursday, July 31st, to the lot across from the Dennison Lutheran Church located at 37514 3 Ave. with shows at 5:00 & 7:30 pm. *(continued on page 3)*



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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 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.”

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. — Ephesians 1:4

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.

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404 Schilling Drive, Dundas

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

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E.

Pastor Penny Bonsell • pastor@littleprairieumc.org

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

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

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

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

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor Brent Bielenberg • 645-7730 life21church.com

10:00a.m. Worship Experience

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor Dan Runke • 663-0133 • northfieldefc.org

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

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

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

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

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

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THANKS
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The Circus is Coming to Dennison

(continued from page 1)

C&M Circus has been providing quality, local family entertainment for 40 years.

This authentic One-Ring, Big Top Circus has been featured on the A&E Special: Under the Big Top, Nick News: On the Road with Circus Kids and most recently OETA's Big Top Town.

This year, we're very excited to bring you our brand new 2025 performance featuring Big Cats presented by Trey Key, our Aerialist Extraordinaire Simone on the trapeze, the

Perez Daredevil Duo on the Tight Rope and Wheel of Destiny, the high energy Macias family hand and foot juggling, and everyone's favorite Circus Clown Leo Acton.

Circus Day Schedule

9:30 a.m. - Tent Raising & Tour

Everyone is invited to watch the Big Top rise! You'll also get a chance to tour the grounds and get a behind-the-scenes look at our show! Learn about life on the road and the care our animals receive.

4:00 p.m. - Midway Opens

Pony Rides, Moon Bounce, Giant Slide, Face Painting, Concession Stand and Box Office open up for some extra fun!

5:00 & 7:30 - Circus Performance

Get ready for an amazing show the whole family will love! Each show lasts about 90 minutes.

Tickets

Advance Tickets Prices

Adult Ticket - \$13 Child (2-12) or Senior



(65+) - \$8 Advance tickets can be purchased BEFORE Circus Day from these locations:

Heritage Bank - Dennison

Dennison Depot

Fireside Lounge & Supper Club

Parkside General Store - Nerstrand

A higher percentage of advance tickets goes back to the sponsor, meaning more money-

back into your community! You'll also save money and can skip the lines at the box office!

Box Office Prices

Adult Ticket - \$16 Child (2-12) or Senior (65+) - \$9 Box office tickets go on sale at the Circus grounds starting one hour before each show.

The Circus is coming to...

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Showtimes: 5:00 & 7:30 pm

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Dennison Farmers Market Returns Wednesdays

Staff Reports

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

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!

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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 lifetime.

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.

Camp Victory

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*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 it's 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.

June Dairy Month

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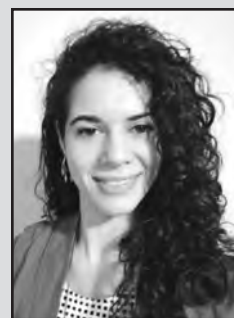
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A Minnesotan: Outdoor Weather



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 meant 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 transatlant and can't be pried outside until it's at least 40 degrees, onward we hike.

Easy path, hard path, paved, unpaved, even the occaual 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.

Students Help Pollinators Thrive Through Pocket of Prairie Program

By Rice SWCD

This past May, the Rice Soil & Water Conservation District (SWCD) brought the joy of planting prairie to around 800 third-grade students across Rice County as part of its expanding Pocket of Prairie Program. Originally launched in 2023, the program is a hands-on conservation education effort designed to teach children the importance of native prairies and pollinator habitat in urban and schoolyard landscapes.

The idea for the program was inspired by the children's book *Plant a Pocket of Prairie* and introduced by Dr. Richard Huston, a former Rice SWCD Supervisor and member of the Faribault Rotary Club. Dr. Huston spearheaded the project and brought together a team of community partners, including the Faribault Rotary Club and the Tri-Lakes Sportsmen's Club, to support and fund the initiative.

During classroom visits this spring, Rice SWCD staff read the book to students, showed images of local native gardens, and shared videos of pollinators in action. Each student received a native prairie plant to take home, donated by the Tri-Lakes Sportsmen's Club. In Faribault, Northfield, Nerstrand, Lonsdale, Waterville, and other communities, students learned firsthand how even small

pockets of native plants can help pollinators and enhance local biodiversity.

The program expanded again this year. Third-grade classrooms from Tri-City United in Lonsdale, Holy Cross in Webster, and W-E-M (Waterville-Elysian-Morristown) joined in, thanks to support from Le Sueur SWCD and book donations provided by the Faribault Rotary Club. Each participating school received classroom and library copies of *Plant a Pocket of Prairie*.

With the help of the Wild Ones Southeast Minnesota Prairie Partners, third grade students in Northfield again participated in the program. Organized by Barb Bolan, volunteers from the group made presentations to students at Greenvale Elementary, Spring Creek Elementary, Bridgewater Elementary, St. Dominics Catholic School, and Prairie Creek Community School.

Two of the schools who participated in the Pocket of Prairie program opted to plant the native prairie plants on school grounds. Jefferson Elementary school third graders planted native prairie in front of their school entrance along a sidewalk that leads into the school. Historically, the school had a prairie in this area, but it was removed during a parking lot reconstruction to allow for safer pickup and drop off of students. The school hopes to restore some of the prairie back to this area over time.

Students from Divine Mercy Catholic School also planted their native prairie plants at the site of their newly constructed school, which opened its doors for the first time last September. The project also included a collaboration with Langston Richter, a junior at Bethlehem Academy this past year, who is completing an independent conservation study/service project.

Richter received a grant through the Future



Rice SWCD Outreach Coordinator Teresa DeMars reads *Plant a Pocket of Prairie* to third-grade students at Cannon River STEM School in Faribault.

Farmers of America to purchase grow lights and other greenhouse equipment. He grew several different native prairie species seedlings totaling around 140 plants, that

were planted in addition to a flat of native plants donated through the Pocket of Prairie Program.

(continued on page 7)



Site preparation at Divine Mercy Catholic School. Top picture: Bethlehem Academy junior Langston Richter removes dead vegetation from the soil. Bottom pictures: Rice SWCD District Manager drills holes with a plant auger for the native planting.

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Students Help Pollinators Thrive Through Pocket of Prairie Program

(continued from page 6)

Richter and staff from the Rice SWCD provided the site prep for the prairie planting. He also assisted with the Pocket of Prairie classroom presentation and planting of the prairie plants with the students. Finally, he will assist

with watering and weed maintenance over the summer.

"We're so excited to have reached so many students through the Pocket of Prairie Program this year," said Teresa DeMars with the Rice Soil and Water Conservation District. "Their enthusiasm for pollinators and gardening is contagious. This program has been a great opportunity to raise awareness about the importance of pollinator habitat here in Rice County."

The Pocket of Prairie Program continues to grow roots across Rice County, thanks to strong community partnerships and the passion of local educators and volunteers. By engaging students in hands-on conservation, the program is planting more than flowers—it's cultivating the next generation of conservation stewards.

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Langston Richter demonstrates how to water native plants for DMCS third-grade students after they have been planted.



Teresa DeMars, Rice SWCD, shows third-grade students how to plant a native plant at DMCS.

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Luther College names Gisvold to spring Dean's List

DECORAH, Iowa — Anika Gisvold of Dundas has been named to the spring 2025 Dean's List at Luther College. To qualify, a student must earn a semester grade point average of 3.5 or better on a 4.0 scale.

About Luther College

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Northfield Students Represent Rice County at Statewide Envirothon Competition

By Rice SWCD

A team of students from Northfield High School represented Rice County at the 2025 Minnesota State Envirothon, held at Wolf Ridge Environmental Learning Center in Finland, Minnesota. Competing against 22 teams from across the state, the Northfield team earned an impressive 7th-place finish.

The Envirothon is a unique outdoor academic competition that challenges high school and middle school students on their knowledge of natural resources and environmental science. Students rotate through five stations—soils, wildlife, water, forestry, and a current environmental issue—where they hear from natural resource professionals and then complete a hands-on exam.

To qualify for the state contest, the Northfield team first took second place at the Area VII Envirothon, held earlier this spring at the Byron Sportsmen & Conservation Club near Mantorville.

Throughout the competition, students identified tree species, analyzed soil samples, interpreted resource maps, and delivered an oral presentation on a current environmental issue before a panel of judges. The Envirothon encourages critical thinking, teamwork, and a deeper understanding of environmental stewardship—skills that will serve these students well into the future.

For over thirty years, the Minnesota Association of Soil and Water Conservation Districts (MASWCD) has held the Envirothon



The Northfield High School State Envirothon Team with their 2nd place trophy at the Area VII Envirothon. They competed at the State Envirothon on May 19th, finishing in 7th place. From left to right: Mia Slagel, Ellie Capatina, Allison Mathews, and Merri Knoch. Not pictured is Abigail Borgerding.



The first-place team in the middle school division at the Area VII Envirothon from Northfield Middle School. From left to right: Robert Steed, James Whited, Oscar Huyck, Ben Haefner, Noah Grawe, and Zenio Dennison.



The third-place team in the middle school division at the Area VII Envirothon from Northfield Middle School. From left to right: Vivian Fortner, Marin McBroom, Fallyn O'Connor, Mia Sahlin, Abby Cruse.

competitions across Minnesota, with the exception of 2020, when the event was canceled due to Covid-19. In 2021, the event was held virtually.

The Northfield Middle School also sent two teams to the Area VII Envirothon. The teams finished in first and third place in the middle school competition.

The Rice SWCD extends its congratulations

to all the Rice County students who dedicated their time and effort to participate in the 2025 Envirothon. We also sincerely thank teacher Mark Auge for coordinating this year's high school team from Northfield High School, as well as Amy Allin and Katrina Meehan for leading the middle school teams from Northfield Middle School.



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2025 Soil Residue Coverage Survey Results:

A Mixed Picture for Conservation Tillage in Rice County

By Rice SWCD

Recently, the Rice Soil and Water Conservation District (SWCD) conducted a county-wide visual survey to assess soil residue coverage resulting from various tillage practices. The level of residue—crop material left on the field after harvest—is a key indicator of conservation tillage and an important line of defense against soil erosion, runoff, and organic matter loss.

In 2025, we surveyed 230 miles of crop fields, stopping every half mile to visually estimate soil coverage on both sides of the road. This yielded 920 data points across corn and soybean fields. Surveyors used a calibration method that included physically measuring residue coverage by counting plant residue every six inches over 50 feet.

Understanding Residue Coverage

We classify residue coverage into three categories:

§ **Conservation Tillage** ($\geq 30\%$ residue) – Includes No-Till, Strip-Till, and Mulch-Till practices.

§ **Reduced Tillage** (15–30% residue) – Partial residue retention.

§ **Conventional Tillage** ($<15\%$ residue) – Practices like moldboard plowing or disk-ripping that leave the soil largely exposed.

In addition to residue estimates, we documented the use of heavy land rollers and the presence of cover crops. Rolling can help with harvest efficiency but increases topsoil compaction, runoff, and wind erosion risk. Cover crops, on the other hand, are a protective measure that enhances soil health.

Corn Fields: Conservation Setbacks

Historical vs. 2025 Comparison:

§ **$\geq 30\%$ residue:** Decreased slightly from 16.3% (1998–2014 avg.) to 15% (2025)

§ Within this group, No-Till/Strip-Till doubled from ~4% to ~8%

§ **15–30% residue:** Dropped from 30.5% to 23.9%

§ **$<15\%$ residue:** Increased from 52.4% to 61.1%

These numbers point to a trend in the wrong direction: the majority of corn fields (85%) in 2025 had residue levels below conservation tillage standards. While it's encouraging to see growth in No-Till and Strip-Till practices, they haven't been adopted widely enough to offset the increased use of conventional tillage.

Soybean Fields: Mixed Progress

Historical vs. 2025 Comparison:

§ **$\geq 30\%$ residue:** Slight decrease from 48.6% to 47.3%

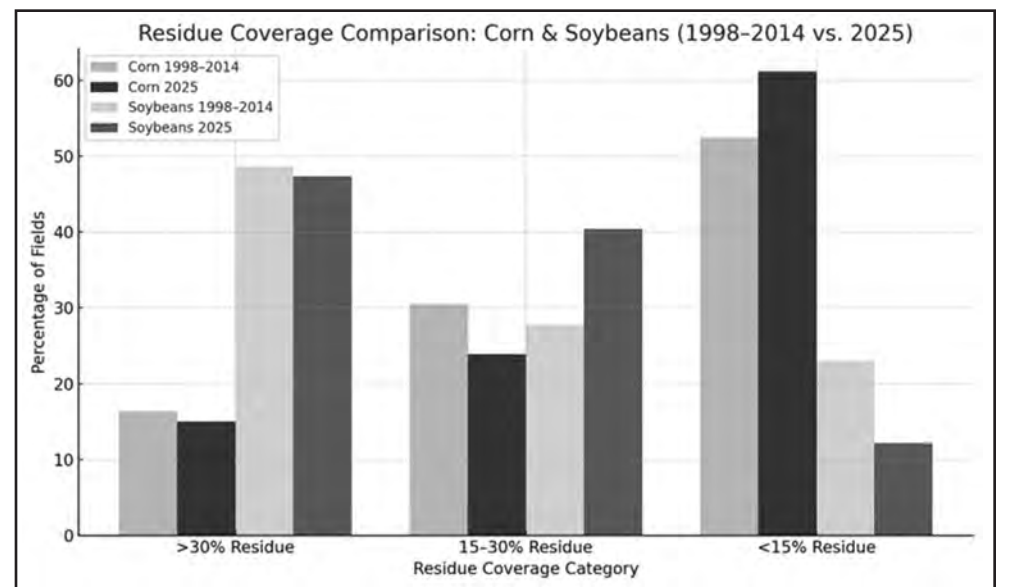
§ No-Till/Strip-Till increased ~4%, while Mulch-Till dropped ~5%

§ **15–30% residue:** Increased from 27.7% to 40.4%

§ Most of these were estimated at the lower



Cornstalk residue and cover crops protect the soil from erosion in a Rice County farm field.



end of the range (~15%)

§ **$<15\%$ residue:** Decreased from 23% to 12.2%

Soybean fields showed some progress, particularly with reduced use of conventional tillage. However, most fields that shifted from conventional ended up in the 15–30% range—barely above the conservation cutoff. Notably, 38% of soybean fields were also rolled after planting, further reducing soil protection.

Summary: Where We Stand

Overall 2025 Residue Coverage (Corn + Soybeans Combined):

§ **$\geq 30\%$ residue:** 30.6%

§ **15–30% residue:** 32.0%

§ **$<15\%$ residue:** 37.4%

This means nearly 70% of Rice County's row crop acres in 2025 had less than 30% surface residue—falling short of conservation tillage benchmarks. While this is disappointing, there are promising signs.

The chart visualizes the changes in soil residue coverage for corn and soybean fields between the 1998–2014 period and 2025 clearly shows:

§ A decrease in high-residue ($>30\%$) corn fields.

§ A drop in low-residue ($<15\%$) soybean

fields.

§ A shift of many fields into the mid-range (15–30%) category—especially for soybeans.

We are seeing a slow but steady rise in the adoption of No-Till and Strip-Till, especially by farmers who recognize long-term benefits such as lower input costs and comparable yields. The increased use of cover crops is another encouraging trend.

Crucially, we're hopeful that financial support will be expanding. Programs like the Minnesota Department of Agriculture's Soil Health Equipment Grants, the Board of Water and Soil Resources' watershed-based funding, and the pending USDA/State of Minnesota Soil Health Program will help remove economic barriers to adopting conservation practices.

Looking Ahead

We extend our gratitude to Ryan Lermom of the MN Extension Service for assisting with this year's survey. The Rice SWCD remains committed to supporting farmers through education, technical assistance, and access to conservation funding. Our soil is one of our most vital natural resources—we all have a role in protecting it for generations to come.



For something different

Tim McNiff Weekday Mornings
www.kymnradio.net

Ghost Poops?? Allergy Season, Worst Ever?



By Shauna Burslem, 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 ultra-processed 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 returning 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 ultra-processed 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 ultra-processed 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 fruit-flavored yogurts. Sauces and condiments: Ketchup, mayonnaise, and other packaged sauces.

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 system.

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.

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.*

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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 with-

out 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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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.

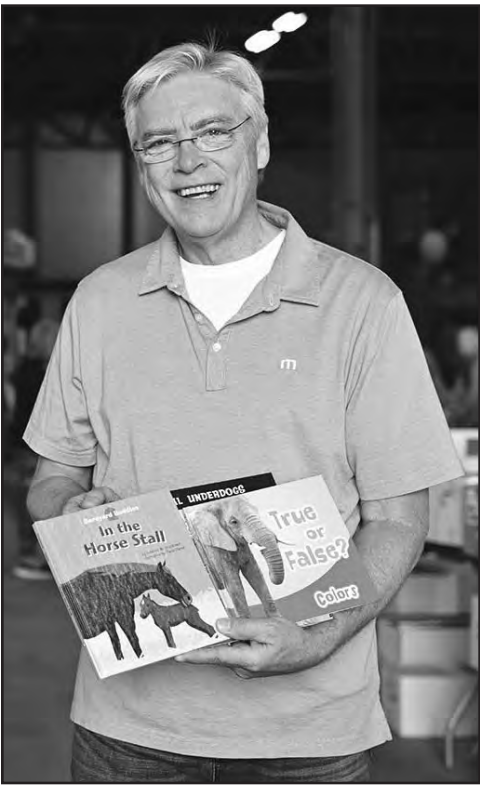
I am so proud to pass the torch on to Benya Kraus, who will be starting as SMIF's next President and CEO in mid-June. Benya has deep family roots in Waseca County, going back six generations. More importantly, she brings with her a fresh perspective and an in-

spiring 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 home-grown 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.

DUNDAS DUKES



2025 SCHEDULE

Wed, June 25	Lyon's Pub Warriors	Home	7:30 p.m.	Orange Night, Presented by Dundas Paint Center
Fri, June 27	at Hastings Hawks	Hastings	7:30 p.m.	
Sun, June 29	at Miesville Mudhens	Miesville	2 p.m.	
Fri, July 4	Northfield Knights	Home	2 p.m.	
Sun, July 6	at Red Wing Aces	Red Wing	2 p.m.	
Wed, July 9	St. Paul Mudhens	Home	7:30 pm.	
Fri, July 11	Rochester Royals	Home	7:30 p.m.	Street Dance Night
				Presented by the L&M Bar and Grill
Sun, July 13	at Hampton Cardinals	Hampton	2 p.m.	
Fri, July 18	St. Patrick Irish	Home	7:30 p.m.	80's Night, Presented by Baird Koenig Jones
Sun, July 20	at Elko Express	Elko	2 p.m.	
Wed, July 23	Metro Knights	Home	7:30 p.m.	
Fri, July 25	at Rochester Royals	Rochester	7:30 p.m.	
Sun, July 27	at New Market Muskies	New Market	2 p.m.	

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800-225-4316

Rochester, MN – On May 13, 2025, the Southeastern Minnesota Arts Council (SEMAC) Board of Directors announced the awarding of \$345,985

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

Mrs. Gerry's

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& Bottled from
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Gallons

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



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 rigs 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 in-

formation we shared on the Minnesota Department 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 agen-



cies 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 properly 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:

- BuckleUpMN.org
- BuckleUpKids.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.



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



By Hannah Davidson
Rice County Social Services



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 vic-

tims' 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 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 re-

LEARN MORE

Minnesota Elder Justice Center

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

AARP Fraud Watch Network Helpline

877-908-3360

- Tips on spotting scams
- 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](#)

ports 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 provide 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.



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Stanton, MN

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.



Gold Star Amusements on the midway!
Rides will run from 1:00pm-10:00pm

It's Fair Time!

JULY 4th
GRANDE DAY PARADE
11:00am
FIREWORKS SHOW!
Dusk

CANNON VALLEY FAIR ★ JULY 3-6, 2025

Cannon Falls, Minnesota

2025 SCHEDULE

June 28th

9 am-5pm 4H, FFA & WSCA Open Horse Show – Horse Arena

July 2nd – ENTRY DAY

2-7 pm – Open Class Exhibit Building Entry
2-7 pm – 4 H Building Exhibit Entry and Judging

July 3 – KIDS DAY

9 am – 5 pm – Livestock Entry
9 am – 12:30 – Girl Scouts Art Project – LEGION PAVILION
10 am – Goodhue County Commissioners Meeting – PAVILION
10 am – Noon – Wanda the Clown – STROLLING THE GROUNDS
11 am – 11:30 am – Zeko & Vito Show – FREE STAGE
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
1 pm-3 PM – Wanda the Clown – STROLLING THE GROUNDS
1:30 PM – 2 pm – Zeko & Vito Show – FREE STAGE
2 pm – DEMO DERBY Pit Gates Open
3 – 5 pm – Cannon Valley Youth Jackpot Market Sheep Show Weigh-In and Check-In
6 pm – Cannon Valley Youth Jackpot Market Sheep Show
6 pm – DEMO DERBY Starts
9:00 – Midnight – THE BOOZE CRUIZERS – FREE STAGE

July 4th – VETERAN & SENIOR CITIZEN DAY – FREE GROUNDS ADMISSION DAY!

11 am – Grande Day Parade Starts
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
2 pm – Harness Horse Racing – GRANDSTAND – FREE Admission
3 pm – 4-H Dog Project Demonstration – ARENA
8:30 – Midnight – CURSED BY LIGHTNING – FREE STAGE
Dusk – Fireworks Show

July 5th

8:30 am – 4-H & FFA Dairy Show – ARENA
10 am – 4-H & FFA Goat Show – SHEEP ARENA
10:30 am – 11:30 am – Dr. Street Magician – STROLLING THE GROUNDS
11 am – 1 pm – Caricatures by Jen – PAVILION
Noon – DR.Street Magic Show – FREE STAGE
Noon – District VI Holstein Show
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
1 pm – Auto Cross Pit Gate Opens
2 pm – 3 pm – Dr. Street Magician – STROLLING THE GROUNDS
2 pm – 4 pm – Caricatures by Jen – PAVILION
3 pm – 6 pm – Cannon Valley Youth Jackpot Beef Check-In and Weigh-In
3:30 pm – DR.Street Magic Show – FREE STAGE
5 pm Auto Cross Starts – GRANDSTAND
6 pm – 4-H & FFA Beef Show – ARENA
7 pm – Cannon Valley Youth Jackpot Beef Show
8:30 – Midnight – THE DAD'S BAND – FREE STAGE

July 6th

9 am – 4-H & FFA Sheep Show followed by Open Class Sheep Show – SHEEP ARENA
10 am – 4-H & FFA Rabbit Show followed by 4-H & FFA Poultry Show
11 am Auto Cross Pit Gate Opens
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
2 pm – 4-H Demonstrations – 4-H BUILDING
3 pm – Auto Cross Starts- GRANDSTAND
6 – 8 pm – Livestock Released & Building Exhibits Released
7 pm – 10 pm – Mark Perkins – FREE STAGE

Admission to the fairgrounds is \$7.00 per person daily (5 and under Free) or Season Pass available for \$15.00.

PARKING IS FREE!

Demo Derby & Auto Cross grandstand admission per event is \$15.00 per person or \$5.00 for those under 12 years and under. Pit Pass is available for \$25.00.

Harness Racing GRANDSTAND Admission is FREE.

AUTO CROSS

SATURDAY & SUNDAY, JULY 5 & 6

Pit gate open at 11:00
Grandstand Ticket Gates Open 1:30 P.M.

- Compact Car 4 cyl
- Compact Car 4 cyl AWD
- Mid Size Car 6 cyl
- Mid Size Car 6 cyl Powder Puff
- Mini Vans
- Full Size Car
- Full Size Car Front Wheel Drive
- Full Size Car Rear Wheel Drive
- Compact Truck/SUV No V8
- Compact Truck/SUV V8
- Full Size Truck 2x4
- Full Size Truck 4x4



ADULTS: \$15 – CHILDREN 12 & UNDER, \$5 • PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

SATURDAY JULY 5 SUNDAY, JULY 6



Mark Perkins



DEMOLITION DERBY

THURSDAY, JULY 3 – 6 PM

Pit gate open at 2:00 P.M.
Grandstand Ticket Gates Open 3:00 P.M.

- Mega Stock Mid Size Car (Youth)
- Mega Stock Mid Size Car (Adult)
- Mega Stock Mini's
- Mega Stock 80's & Newer
- Mega Stock Full Size Truck
- Limited Weld Mid Size Car
- Limited Weld Mini's
- Limited Weld Full Size Car
- Limited Weld Full Size Truck



ADULTS: \$15 – CHILDREN 12 & UNDER, \$5 • PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

HARNESS HORSE RACING

FRIDAY, JULY 4 – 2 PM



8:30 PM – Midnight



Fireworks
July 4 – Dusk

FREE ADMISSION & FREE PROGRAMS

WWW.CANNONVALLEYFAIR.ORG

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 birthday. 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 childhood 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. Support-

ing 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.

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JULY 11 & 12, 2025**

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www.iconicfest.com

**Friday,
July 11**

RUMBLESEAT
THE PREMIERE JOHN MELLENCAMP EXPERIENCE

Rumbleseat 7:00 PM

Diamond Rio 9:00 PM

**Saturday,
July 12**

Wade Hayes 7:00 PM

Noah Alexander Music 3:00 PM

Leavin' Page Town 5:00 PM

The Bellamy Brothers 9:00 PM

2 DAY OUTDOOR MUSIC FESTIVAL!

*Held at the Green Lantern
9 miles East of Brainerd on Hwy. 18*





We can, and must, disagree without violence

By Senator Bill Lieske

By now, you are all aware of the tragedy that took place early on June 14, when Minnesota was rocked by unimaginable violence. A masked gunman, posing as a police officer, visited the homes of several lawmakers. He shot and killed Speaker-Emerita Melissa Hortman and her husband Mark, and shot and nearly killed Senator John Hoffman and his wife Yvette. The two other lawmakers he visited were, by the grace of God, not home.

I didn't know former Speaker Hortman personally. We rarely crossed paths at the Capitol. But I know she was deeply respected, and I know how much she meant to her family, her friends, and her community. My heart breaks for her children, and my prayers are with them during this unthinkable time. Likewise, my thoughts are with everyone who knew and loved her.

I did know Senator Hoffman. Well, in fact. Since 2023, he has helped immensely on the bipartisan package to update Minnesota's cottage food laws that I have been working on. These are improvements that let people sell homemade jams, cookies, and other non-hazardous foods at farmers markets or from their kitchens. The bill lowers fees, allows mail delivery, and makes it easier for small family ventures to get started. It's a simple idea: get the government out of the way of people trying to earn an honest buck. John helped make it happen, and wanted very little credit for it.

That issue is how I have come to know John, but more important than any policy win is the kind of person he is. Politics has been pretty heated for a while now. When I first got to the Senate, tensions were high. The DFL trifecta was moving fast. Many of us were frustrated and angry. There were hard debates and sharp disagreements. And yet, in the middle of all that, John was one of the

first Democrats to talk to me like a regular person.

He has never cared what party you belong to or what beliefs you hold. He was kind from our first interaction. He always asked about my life and my family, not just my politics. When my wife came to the Capitol for the first time, it was a big day for our family. She still talks about meeting John. He was warm, thoughtful, and made her feel welcome in a place that often feels anything but.

It shouldn't need to be said, but let's be crystal clear: violence is never acceptable. Over the years, I've been screamed at, sworn at, called every name you can imagine. And that is ok, because sometimes it's part of the job. I'd prefer a respectful conversation, but

if someone needs to yell at me to feel heard, so be it. What is never acceptable is violence. Ever.

This country has seen too many attacks like this, from people claiming every ideology. But none of these attackers represent the parties or beliefs they claim to belong to. They are not patriots. They are not activists. They are murderers, plain and simple.

There is still so much about this situation that we don't know. We're still waiting for answers. But I hope we use this moment to step back and remember something simple and essential: we are allowed to disagree. We should debate. But we can do it without hatred. We can do it without fear. And we absolutely must do it without violence.

Dundas Shifts Responsibility of Sidewalk Repairs from Property Owners to City

(continued from page 1)

Teppen states that the change will result in standardized sidewalk quality in Dundas, and staff will conduct a survey of the city's sidewalks to establish a maintenance plan.

"Our part-time staff is going to do that. You might see them out in the next few weeks. You know they're going to be walking the entirety of our sidewalk system and making notes." – Jenelle Teppen, Dundas City Administrator on the KYMN Morning Show

Additionally, with the change, the cost will remain the same, but is now spread out to the entire tax base instead of the individual prop-

erty owner. Teppen said that the city will then conduct maintenance in the city in a four-year cycle:

"The city will be broken up in quarters. And we'll do one of those quarters annually. So if you have a broken sidewalk, you know it's offset by more than one inch or whatever. It's not necessarily true that it will be replaced this year" – Jenelle Teppen, Dundas City Administrator on the KYMN Morning Show

The ordinance change was adopted by the council unanimously at their meeting on May 20th.

Dundas Set to Conduct Reclaiming Projects on Several Roads This Summer



(continued from page 1)

Here's City Administrator Jenelle Teppen: "Reclaimite is a rejuvenator that absorbs into the pavement, making the pavement flexible and preventing it from drying out." – Jenelle Teppen, Dundas City Administrator on the KYMN Morning Show

Teppen noted that the new process is approximately one-third the cost of seal coating and extends the road's life for about 5 to 7 years. Reclaimite projects are set to take place this summer on:

Forest Avenue
Depot Street
Hester Street
Bridgewater Parkway

Tower Avenue
Cedar Lane
Bluff Street
Cross Circle
Highland Parkway

The other major project Dundas is set to undertake this summer is the addition of a water main line along Dundas Boulevard/County Road 78. The new water line would provide a backup option to the Stoneridge and Millstone Developments in Dundas. City staff are planning a pre-construction meeting to take place prior to the project's commencement. Will keep you posted when we have a project timeline.

DUNDAS CITY COUNCIL REGULAR MEETING MINUTES Tuesday, May 27, 2025 7:00 p.m. City Hall

Present: Mayor Glenn Switzer, Councilors Luke LaCroix, Ashley Gallagher, Luke Swartwood

Absent: Council member Modory

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

CALL TO ORDER

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

PUBLIC COMMENT - None

APPROVAL OF AGENDA

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

CONSENT AGENDA

- Regular Minutes of May 12, 2025
 - Consider Approving Encroachment Agreement Between the City and Property Owners at 1371 Bridgewater Parkway
 - Consider Liquor License Renewals for the period of July 1, 2025 through June 30, 2026
 - Disbursements - \$107,144.03
- Motion by Swartwood, second by Gallagher, to approve the consent agenda. MCU

REGULAR AGENDA

- Consider Approving Ordinance 2025-01 Repealing §152.04 Repair of Sidewalks In Its Entirety

Motion by LaCroix, second by Gallagher, to approve Ordinance 2025-01 Repealing §152.04 Repair of Sidewalks In Its Entirety. MCU

- Consider Approving Sidewalk Policy

Motion by Gallagher, second by Swartwood, to approve Sidewalk Policy. MCU

REPORTS OF OFFICERS, BOARDS AND COMMITTEES

City Engineer Tipp reported that MnDOT has approved the final construction plans for the TH 3/Cty Rd 1 project and bids will be advertised the week of June 2 with a submittal date of July 1, City Council will award the bid at the July 14 City Council meeting and construction should begin in August/September. He also noted that the City Council will consider the quotes for a reclaimite project at the June 9 City Council meeting.

ADJOURN

Motion by Swartwood, second by Gallagher, to adjourn the meeting at 7:21 PM. Minutes prepared by Jenelle Teppen, City Administrator/City Clerk

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Serving Up **THANKS** *to Our Dairy Producers*



Rice County Dairy Association Royalty
Front row left to right: Rae Duhme, Makynlie Braun, Ava Kelm, Macy Albers, Molly Albers
Back row left to right: Jaelyn Holz, Jacy Saemrow

During June Dairy Month, we celebrate all that you bring to the table.
From fresh products that nourish our bodies to the jobs and revenue generated for our communities,
dairy farms are essential in keeping our community healthy and strong.



HERITAGE — B A N K —

www.heritagebankmn.com

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DENNISON: 37470 1st Ave. Ct. 507-645-5929

WEST CONCORD: 181 Main Street 507-527-2236

