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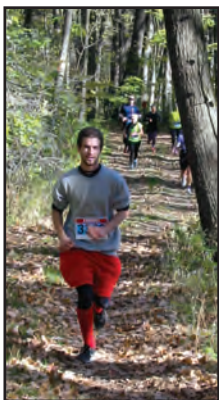
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AUGUST 20, 2025

Volume 19 • Issue 8

Big Woods Run 2025

An organized run through the Big Woods State Park is happening again this year! St John's United Church of Christ is once again planning the Big Woods Run, a race that takes runners through one of the best hardwood forests in southern Minnesota. Saturday, September 27, 2025 is the date to pull on your running shoes and enjoy this scenic trek.



The Big Woods should be in prime color for the runners and spectators.

(continued on page 6)

Oktoberfest in Dundas!



2024 Oktoberfest

Join family, friends, neighbors, area businesses and non-profits as we celebrate the 3rd Annual Oktoberfest! Last year's Celebration was a huge success with over 1500 folks converging in downtown Dundas! So, make sure you plan to participate in the 3rd Oktoberfest! Oktoberfest will be held rain or shine on Saturday September 20th in downtown Dundas! So, pull out and dust off your lederhosen, dirndls, tracht's and bollenhut's and join us! We'll have a new Oktoberfest mug...our third style! Make sure to collect all three mugs! Oktoberfest mugs are easy

to fill with Chapel beer, Keepsake cider, Little Prairie Church root beer, or Martha's lemonade! This will pair nicely with your pretzel, brat (meat and vegetarian), hot German potato salad, sauerkraut and much more! New this year is Belle's Coffee Bar Food Truck! Belle's will have delish treats for pups and their hoomans! Think of charcuterie boxes, ice cream sandwiches, cake, cold brew coffee, pup ice cream bowls and barkuterie boxes!

Downtown Dundas will be lively with the sounds of German Music all day! German music begins at noon! The Bavarian Musikmeisters, a 35-member wind instrument German Band take the stage at 2:30 PM! Enjoy and revel in a sense of Gemütlichkeit as you enjoy a full complement of events planned from noon until 6:30 pm!

(continued on page 11)



2024 Oktoberfest

All Ages Performance of "TIGRE! TIGRE!" at Keepsake Cidery September 27



The FOX & BEGGAR THEATER presents its eighth feature-length production, "TIGRE! TIGRE!", a new show about humankind's absurd relationship to technological progress at Keepsake Cidery (4609 135th St E, Dundas), September 27 from 7-8:30pm.

(continued on page 4)

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:

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50th Annual Rice County Steam and Gas Tractor Show August 29, 30 & 31



file photo

shelling, thrashing, blacksmithing, and more. The annual flea market will take place on the grounds and additional exhibits are many, including antique tractors, classic cars and trucks along with draft horses.

(continued on page 4)



Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, August 29,30,31.

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn

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Pastors Corner Discovering Old Testament Prophecies



By Jon Dudek, co-founder of
Isaiah Ministries, bringing
Biblical teaching to help overcome
life's everyday challenges.
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Recently I have been diving deeper into the Old Testament, and I have become more aware of both the prophetic verses that have come to pass and ones that have not yet manifested in regard to Jesus Christ. What do I mean by prophetic verses? Good question. In a nutshell, these would be Scriptures that talk on a future event that will take place.

Below you will see I have shared a few of these prophetic verses that have been achieved and ones that have not yet occurred. I hope this article ignites something in your spirit to take time to read the Old Testament. When you open your Bible, my desire for you is that you will see history come alive. (Verses are taken from the New King James Version unless otherwise indicated.)

Fulfilled Prophecies

Isaiah 7:14 is referring to Jesus being born of a Virgin (Mary), and His name will be called Immanuel (God with us).

Therefore the Lord Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel. (Fulfilled in Matthew 1:23)

Isaiah 53:5 speaks about what would happen to Jesus in His first coming (John 3:16-17) and the horrible beating he would take for both you and me.

But He was wounded for our transgressions,

He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed. (Fulfilled in 2 Corinthians 5:21; Hebrews 2:9; Colossians 1:20; 1 Peter 2:24)

Zechariah 9:9 discusses Jesus humbly arriving in Jerusalem on a donkey as our Lord and Savior.

Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, your King is coming to you; He is just and having salvation, Lowly and riding on a donkey, A colt, the foal of a donkey. (Fulfilled in Matthew 21:5-11; John 12:15)

Zechariah 11:12 shares about someone who will betray Jesus for thirty pieces of silver. Unfortunately, that person was Judas Iscariot.

Then I said to them, "If it is agreeable to you, give me my wages; and if not, refrain." So they weighed out for my wages thirty pieces of silver." (Fulfilled in Matthew 26:15 and 27:3)

Still Not Fulfilled

Psalms 96:13b shares that Jesus is indeed coming back and will judge the earth.

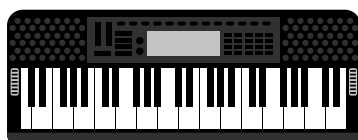
For He is coming, for He is coming to judge the earth.

He shall judge the world with righteousness, And the peoples with His truth.

Daniel 7:13-14, from my perspective, discusses how Jesus will be ushered to the heavenly Father by angels. Jesus will have everlasting dominion and rule on this earth as He will reign for one thousand years (see Revelation 20:4-6). Jesus's rule is not limited to the millennial reign; He will reign for eternity. However, there is a designated time period in Scripture (one thousand years) for



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various things to be accomplished and fulfilled.

I was watching in the night visions, And behold, One like the Son of Man, coming with the clouds of heaven! He came to the Ancient

of Days, And they brought Him near before Him. Then to Him was given dominion and glory and a kingdom, That all peoples, nations, and languages should serve Him.

(continued on page 3)

Area Church Directory

Lost Sheep Blinded

... Jesus himself came up and walked along with them; but they were kept from recognizing him. — Luke 24:15-16

Does it seem unfair that these disciples were kept from seeing Jesus? I have heard people say that it seems Jesus was being tricky here. While Jesus walks along with them, the disciples think he is an out-of-touch stranger who has no idea what happened recently in Jerusalem.

But let's look at this from a different angle. From a teaching and learning perspective, Jesus makes a brilliant move. The disciples do not know Jesus is right there with him, so they can express their misunderstanding and frustration without being distracted. They have no need to try to act as they would if they knew he was there. They have room to hear God's story all over again and to begin learning anew.

We learn that they also asked each other later, "Were not our hearts burning within us as he talked with us . . . ?" Somewhere deep inside they sensed that their fellow traveler had remarkable understanding and authority as he spoke about the Scriptures, but first they needed to be in a space where they could be redirected. Jesus their shepherd had more than one agenda to attend to in order for them to grow as disciples who would be invited to share in his mission. While not being able to recognize him, they could begin to develop spiritual eyes of faith by which all new disciples would begin to see him.

How has the good shepherd gotten your attention lately? What is he trying to teach you?

Lord, help us to learn anew and to be more attentive so that we can see you at work in the world today. Amen.

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404 Schilling Drive, Dundas

Lead Pastor: Jed McGuire • www.canvaschurchmn.com

Sunday service 9:00a.m. and 10:45a.m.

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

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E.

Pastor Penny Bonsell • pastor@littleprairieumc.org

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

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

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

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

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor Brent Bielenberg • 645-7730 life21church.com

10:00a.m. Worship Experience

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

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

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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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Linda Jean Norstad

Linda Jean Norstad, age 75, of Cannon Falls, MN passed away on Monday, July 28, 2025 at home, spending her final days surrounded by her loving family. Linda was born on October 8, 1949 to Robert and Lillian (Kappedahl) Pagel. She grew up in Cannon Falls where she met and married the love of her life, Steven Norstad, on August 9,



1969. They were high school sweethearts who built their dreams together. They have 3 children, Stephanie (Daniel), Barbara, and Paul, and 2 grandchildren, Noah and Rachel. In high school, Linda was the drum majorette. She had amazing baton twirling skills and was also a gifted pianist. With her children, Linda was active with Brownies, Girl Scouts, Sunday school, Jr/Sr league church groups, and lots of sporting events. Together, Linda and Steve attended thousands of games and events for their children and grandchildren. Linda worked as a medical transcriptionist at Klefstad Clinic in Cannon Falls before

transitioning to River Valley Clinic. Steve and Linda started Cannon Construction in 1996, where they worked together running their business until their retirement in 2016. Linda's faith in her Lord and Savior Jesus Christ was very important to her and was the center of her life. She loved her family and friends dearly. Her eyes would light up with joy and she smiled with delight whenever Noah and Rachel were around. Her humor and quick wit were unmatched as she drew people in with her charm and had everyone smiling and laughing. Linda loved spending time with her family and friends, camping, traveling the backroads, gardening, bird watching, crafting, sports, reading, cooking, and baking. Her baked beans and pies were everyone's favorite.

Linda's spirit was strong and her faith in the Lord was solid. We rejoice in her heavenly homecoming and know she is in the loving arms of God. Linda was deeply loved and will be forever missed.

Linda is survived by her best friend and loving husband, Steve of Cannon Falls; her children, Stephanie (Daniel) Scheffler of Dundas, Barbara Norstad of Northfield, and

Paul Norstad of Cannon Falls; and her grandchildren, Noah and Rachel Scheffler of Dundas. Also survived by her mother, Lil Pagel; sister, Martha (Kerry) Navara; brothers/sisters-in-law, Robert Sammelson, Jim Norstad, Jarle (Debra) Norstad, Kathy Norstad, Shirley Braun, Mary Norstad, Martha Norstad, Kristi Fuller, and Deb Norstad; many nieces and nephews, and countless other relatives and friends. Linda was preceded in death by her father, Robert Pagel; sister, Sandy Sammelson; father/mother-in-law, Orlando and Edna Norstad; brothers/sisters-in-law, Orlando Norstad Jr, Gary Norstad, Robert Norstad, Roseann Norstad, and Bonnie Norstad; and niece, Samantha Fuller.

A Celebration of Life service was held at Hosanna Church in Dundas on Thursday, August 7 at 11:00 am. Visitation was Wednesday, August 6 from 4:00-7:00 pm at Lundberg Funeral Home in Cannon Falls and one hour prior to the service on Thursday at Hosanna. A private family burial will take place at a later date.

Arrangements by Lundberg Funeral Home, Cannon Falls. www.LundbergFuneral.com

The Annual Lutefisk and Norwegian Meatball Supper Vang Lutheran Church 2060 County 49 Blvd Dennison MN 55018 Saturday, October 4th 2025



Menu:

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Ticket price \$26.00 each; payments by check or cash on October 4th

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Discovering Old Testament Prophecies

(continued from page 2)

His dominion is an everlasting dominion,

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Which shall not pass away, And His kingdom the one Which shall not be destroyed.

Zechariah 12:9 is a very sobering Scripture that shares on the wrath that will come against all the nations who are against Jerusalem (Israel).

It shall be in that day that I will seek to destroy all the nations that come against Jerusalem.

Zechariah 14:16 declares that when Jesus returns, nations that came against Jerusalem will come to worship Jesus in actual Jerusalem (see verse 17). From my perspective, Jerusalem will be the most favored, holy, and anointed city in the whole world (see Zechariah 8:3).

And it shall come to pass that everyone who is left of all the nations which came against Jerusalem shall go up from year to year to worship the King, the Lord of hosts, and to keep the Feast of Tabernacles.

I highly encourage you to look up these verses and go on a scavenger hunt to discover more prophetic verses in the Old Testament. I would like to close with 2 Timothy 3:16, "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness."



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50th Annual Rice County Steam and Gas Tractor Show August 29, 30 & 31

(continued from page 1)

Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day.

Breakfast is served daily on the grounds as well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM.

For the annual fundraising raffle, a Club Car Golf Cart is the Grand Prize this year. Raffle Tickets are just \$5.00, with the drawing Sunday at 4 PM. .

A petting zoo will also be available for visitors, presented this year courtesy of Windy Willow Farm Adventures.

There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.



file photo

General admission is just \$10 for the entire weekend and all events are free for ages 12 and under.

Celebrating 50 years of shows, the all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year. The newest building acquisition for the club was the former Waterford, MN schoolhouse and township building, which was moved to the grounds from its original location in Waterford (Just North of Northfield). Photos of the historic move are available on the Rice County Steam and Gas Facebook page.

Complete information and event listings are available on the group's Facebook page and website at ricecountysteamandgas.com



All Ages Performance of "TIGRE! TIGRE!" at Keepsake Cidery September 27

(continued from page 1)

Cost is free/pay-what-you-can, suggested \$20. Bring a lawnchair/blanket to sit on.

Our story begins at the dawn of the Scientific Revolution, where a pair of Medieval two-dimensional paper dolls are building the first thing to exist in the next dimension-- a human.

Combining puppetry, traditional clown theater, and a live score influenced by everything from Medieval court music to Gilbert & Sullivan, "TIGRE! TIGRE!" explores humanity's relationship to technology while asking the fundamental question: what drives us to perpetually open new doors that we know we won't be able to close?

We are excited to visit Keepsake once again for our third Fox & Beggar performance at the cidery! Come catch an unticketed performance atop our spectacular mobile theater as part of their Oktoberfest celebration.

"TIGRE! TIGRE!" was partially devised by twelve artists over three weeks at the Acreage in Osceola, WI under the working title of "The Paper Operetta." The project returns in Fall 2025 to tour across Minnesota and Wisconsin, including stops in St. Croix Falls, Stillwater, St. Paul, Minneapolis, Northfield, Viroqua, Eau Claire, Hayward, and Bayfield.



The Charlie Sticha Band from 1 pm to 4 pm!

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Dennison Farmers Market Wednesdays at 5:00

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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.

The market remains free to vend, so let your friends and family know when we will be there. 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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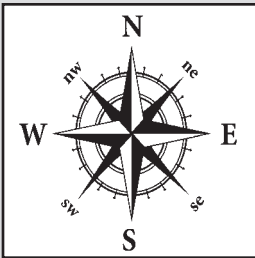
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Changes in Latitudes, Changes in Attitudes

Snakes, Why does it Always Have to be Snakes?



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.

OK, so I took the title from my favorite Indiana Jones movie, but I really hate snakes. Have all of my life. Not sure why but most likely started with the Bible story about an apple and the serpent.

My grandfather, Norman, tried to rid the farm of rattle snakes back in the 1880's when he happened upon sixteen rattlers while picking grapes on the hillside in our woods. He killed them all and reported that many were in excess of four feet long.

As a kid I was certain I would be encountering rattlesnakes in my exploration of our woods, so I purchased a snake bite kit and carried it every time I went out. I envisioned extracting the poison from my leg with the little rubber suction cup in the event I accidentally scared one up. I have found out since that it was as unlikely to work as I was to ever come across a poisonous snake.

When I moved down to Tennessee, I was prepared to wage war on copperheads and water moccasins. I brought a Taurus Judge 5 shot revolver filled with .410 shells. Never had an occasion to use it.

Last year my wife had netting over the plants on the back deck to keep the bird from robbing her fruit plants. It had come off over the winter and while she was mowing the John Deere snagged a piece of the fabric and wrapped it up around the blades. I took it to the shop where I removed a 16' netting that had been spun into a nice six foot long rope by the blades. The next week I decided to clean up the remnants of netting by the garden to prevent a reoccurrence with the mower.

Until this time, I hadn't a care in the world about snakes in Minnesota. I reached down and grabbed the loose netting in the tall grass, and wondered why it too had been spun into a long rope, but not wrapped up in the mower blades. I had the loose netting in my right hand and a firm grip on the supposed rope with my left hand. No gloves on, just bare hands. My left hand told my brain this was not a rope about the same time my eyes told my brain about the pretty diamond shaped markings all down the rope. Both hands let go at the same time.

I knew that there are no Copperheads in Minnesota. My neighbor John, up the road from us in Tennessee lost a finger on his left hand when he picked up a stick of lumber with a juvenile Copperhead under it. I understand the risks with snakes. I am very careful picking things up in Tennessee during the warm months. I have encountered garden snakes in many areas around the farm but never "accidentally" picked one up bare handed.

My wife has an app on her phone to identify plants and she took a picture of this "thing." It was a northern water snake. I have lived in Minnesota sixty-eight years and spent every year of it in the woods and streams around here and never encountered one of these. They grow to four feet long and this one was fully grown on the day it expired. It had slithered into the netting and became caught, right under the deck beside our bedroom. Hopefully it doesn't have a family living nearby.



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A Minnesotan: Cabin People



By RosaLin Alcoser

All Minnesotans can be set into three main groups when it comes to the lake. Those of us who either live at the lake or in a rural area and do not go to the lake, because there is no need. We're already away from the city and don't need to escape. This is the category I grew up in. I've lived in the rural area and I've lived at the lake.

I've even lived in a lake town that had a lot of the next category. The cabin people. We all know at least one of these. They are the ones who own or rent a cabin and go to the lake as much as they can. To escape the city and in some cases be as loud as possible from Friday night until Sunday night when they go home.

Finally you have the people who just

don't care about going to the lake. These are the town and city people who either don't go because they can't or because they simply rather spend their weekends at home. Which is where I was happily existing. Since going to the lake where one's parents live to see them doesn't really count as going to the lake; it's just going to see your mom.

That was until I married into a cabin family. My husband's family is constantly going to the cabin; all year round. Which has been a new experience for me.

Yes, I did grow up around the lake and lived there for part of my early 20s. However, it's a very different experience then being a cabin person. When you live at the lake you go about your normal business and when the cabin people are around you might plan your weekend around avoiding them; at least that's what I used to do. Mainly because in the lake town I was living in the cabin people tended to forget how to follow traffic rules once they got there.

Now I'm experiencing all sorts of new things. On these short Friday evening through Sunday runs to the cabin. Such as kayaking, playing on the beach, and going out onto the lake without going to fish. I will say I quite enjoy kayaking.

Like I said there are three categories of Minnesotans when it comes to the lake. Most of us only ever fall into one or two of those categories. To my fellow people who have been in all three I hope that you are in your favorite of the three.

New Agricultural Mental Health Counselors Join Statewide Program Supporting Farmers

The Minnesota Department of Agriculture (MDA) and the Region Five Development Commission (R5DC) are pleased to welcome two new agricultural mental health providers to serve farmers across Minnesota. The additions come following the retirement of long-time counselor Ted Matthews, who provided trusted support to farmers across the state for more than 30 years.

Funded through an appropriation from the Minnesota Legislature to R5DC, this mental health support program offers free, confidential counseling to farmers, farm family members, employees, agricultural workers, and advisors across Minnesota.

"Farmers are tough, but it's not an easy profession," said Agriculture Commissioner Thom Petersen. "From unpredictable weather to rising input costs, farmers face an enormous amount of stress. Sometimes, just a few

conversations with someone who understands can really help."

Joining current agricultural mental health counselor Monica McConkey, who has served in the role since 2019, are Tracie Rutherford-Self and Jennifer Vaughn. All three are experienced mental health professionals who understand the unique stressors of agriculture and rural life. They are available statewide, offering flexible options for phone, Zoom, or in-person appointments.

Tracie Rutherford-Self (Southern MN) is a licensed professional counselor who brings many years of mental health counseling and education experience, focusing on trauma, stress, and suicide prevention in farming and rural communities. Reach Tracie at (507) 514-7057.

"In rural communities, stress and isolation can take a heavy toll," said R5DC Executive Director Cheryal Hills. "Bringing Jenifer and Tracie on board with Monica helps R5DC continue its commitment to supporting farm families and agricultural professionals."

All three providers offer free, confidential counseling for as long as needed. They offer flexible options for meeting and focus on helping individuals manage stress and develop healthy coping strategies. Monica, Jennifer, and Tracie are also available to lead educational programs and workshops.

If you or somebody you know is struggling with mental health, help is available. Call the Minnesota Farm and Rural Helpline at 833-600-2670 or visit minnesotafarmstress.com for resources and support 24/7.

Big Woods Run 2025

(continued from page 1)

The schedule of events includes a half marathon, 10k, 5k and a Kids Fun Run. The half marathon will take runners through beautiful wooded scenery with challenging hills. The 10k and 5k runners will enjoy a fairly flat wooded trail course. The half marathon and 10k races begin at 9:00am at St John's UCC, 19086 Jacobs Ave, Faribault. 5k runners will take a shuttle bus from the church to the starting line in the middle of the park. 5k runners must be on the bus no later than 8:40am. Kids Fun Run begins at the church at 10:30am. Runners can register online at www.finalstretch.com. Race day registration is 7:15am-8:45am at the church.

Proceeds from the Big Woods Run are donated to local charities. Over \$150,000 has been distributed in the years of the event!

www.finalstretch.com
mbongers@finalstretch.com
507-649-2322

MAKE SURE THEY HAVE A BRIGHT FUTURE

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ADHD



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Attention Deficit-Hyperactivity Disorder (ADHD) has become a well-known term in many households and communities in recent years. In 2022, around seven million children between the ages of three and seventeen had been identified with ADHD, according to the Center for Disease Control. In a 2022 research paper, Dr. Jeff Schein estimates that more than eight million adults in the USA also have symptoms of ADHD resulting in employment challenges, productivity loss, and increased health care expenses. So what exactly is ADHD and what are effective ways to manage it?

ADHD is most frequently identified during childhood but can be a challenge in adult years as well. Specific characteristics include lack of interest or attention, being extra active or impulsive, making quick choices or decisions, difficulty concentrating on a task, easily distracted, and difficulty being still. These challenges can result in difficulty with school work, strained relational interactions, and problems accomplishing work related tasks. When ADHD is diagnosed, there are holistic treatment options available to improve mental clarity and quality of life.

Refined sugar is a key ingredient to consider removing in order to improve mental clarity. A 1978 clinical study found 76% of hyperactive children had an abnormal response to glucose, a simple sugar. Just as a patient with diabetes needs to carefully monitor sugar intake, so does an individual managing ADHD. Refined sugar includes white sugar, brown sugar, powdered sugar, corn syrup, sucrose, and maple syrup. Whole food options for sweet treats would include whole fruits, dried fruits, and raw honey. By reducing sugar intake, the energy from food sources is more easily managed by the body resulting in decreased stress reactions and clearer mental abilities.

Highly processed foods often contain artificial coloring and preservatives associated with ADHD. In July of 2025, PepsiCo announced they would be removing artificial coloring from Lay's and Tostito products. The Food and Drug Administration has begun to recommend the removal of artificial coloring from food products with many food industry companies targeting the end of 2026 for complete removal of these ingredients. Highly processed foods include box mixes, breakfast cereals, soda pop, and packaged sauces. These products often contain phosphates, monosodium glutamate (MSG), and other preservative chemicals to help maintain shelf life of the product, but these can generate hyperactivity in the nervous system.

Food allergies are another significant connection with ADHD. Common allergy categories associated with ADHD include artificial coloring and preservatives, cow's milk, chocolate, grapes, wheat, cheese, eggs, and peanuts. Elimination of one or more of these items for one week can be a helpful step

to confirm what may be contributing to symptoms. In addition, allergy testing is available to quickly identify what may be causing reactions. When specific food items are identified then treatment options and alternatives can be recommended.

ADHD, along with depression and other mental health challenges, can often be effectively managed with a proper balance of vitamins and minerals. In other words, ADHD symptoms can be a signal of nutrient deficiencies. In the book, "The Better Brain," Dr. Bonnie Kaplan provides multiple sources documenting effective management of ADHD symptoms with a specific formula of vitamins and minerals. A person with ADHD simply needs more vitamins and minerals regularly compared to a person without ADHD symptoms. A licensed nutritionist can provide the proper mix for a multi-vitamin / multi-mineral to help live a balanced life.

Nutrient deficiencies and allergic responses to food items are a common factor with many health challenges. As the next school year approaches, identifying the nutrition sources needed can help to make a good start. A simple consultation with a licensed nutritionist can identify the next best steps to take toward healthy living and improved quality of life.

Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan. Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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



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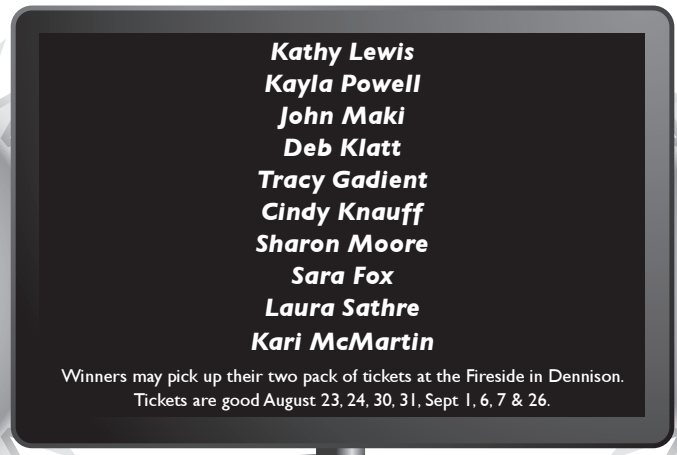
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Tickets are good August 23, 24, 30, 31, Sept. 1, 6, 7 & 26.

Farmers Collaborate to Test Nutrients in Cover Crops

Local study finds nitrogen-rich cereal rye could help reduce fertilizer needs



By Alan Kraus,
Soil Health Specialist, Rice and
Steele SWCDs

This spring, farmers from Rice and Steele counties joined forces to better understand the nutrient value of cover crops—specifically cereal rye—on their fields. With support from the Minnesota Department of Agriculture and the University of Minnesota Extension, the Soil and Water Conservation Districts in Rice and Steele counties collected biomass samples from ten fields to assess the levels of nitrogen (N), phosphorus (P), and potassium (K) contained in the growing plants.

The lab results revealed that cereal rye biomass held an average of 24 pounds of nitrogen per acre—a nutrient essential for healthy crop production. This data highlights the potential for cover crops to not only protect soil but also contribute to a farm's nutrient management plan and groundwater protection.

How Cover Crops Work

Cover crops like cereal rye, winter wheat, field peas, and radishes are planted in rotation with or between cash crops like corn and soybeans. Winter annuals, such as cereal rye and winter wheat, germinate in the fall, lie dormant over winter, and resume growth in spring. This seasonal growth cycle allows them to cover the soil during vulnerable

times, reducing erosion and improving soil health.

One key benefit of cereal rye is its ability to “scavenge” leftover nitrogen from the soil after harvest, helping to prevent it from leaching into tile drainage systems, groundwater, and waterways. According to a study in Iowa, approximately 60% of the nitrogen stored in above-ground cereal rye biomass becomes available to the following crop within about three months after the cover crop is terminated. This can reduce the need for synthetic fertilizers, especially for corn, which are environmentally and economically costly.

Field Results Vary by Cover Crop Growth Stage

The amount of biomass produced varied widely across the ten fields, ranging from 250 pounds to 4,770 pounds of dry matter per acre. Fields terminated earlier in the spring had significantly less biomass. For instance, a field where rye was only 5 inches tall at termination had the lowest biomass levels, while the highest came from a field where rye reached 33 inches before being harvested as forage for dairy cattle. That same field was later planted with soybeans. In general, the more biomass there is, the more nitrogen the cereal rye is able to scavenge and recycle to the next crop.

Feeding Local Knowledge into Regional Innovation

This local initiative contributes to a broader effort across Southeast Minnesota, where 25 farmers from seven counties submitted a total of 102 cover crop samples. The data is being compiled to support the development of a mobile application that will allow farmers to estimate biomass, nutrient content, and environmental performance in real time by simply using height measurements and the camera on their smartphone.

Once released, the app will help farmers make more informed decisions about nutrient needs, potentially saving money on fertilizer and supporting conservation goals at the same time.

Learn More

If you're a farmer or own land being farmed and you're interested to learn about managing cover crops, contact your local Soil and Water Conservation Office. In Rice or Steele Counties, you can call Alan Kraus at 715-897-1646. Funding assistance for cover crops is available. Act soon to learn about program details.



Cover crop height is measured in a Rice County farm field. The measurements were used to determine the amount of nitrogen present in the biomass.

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1:00 - 4:00 pm *Dave Horejsi -Drentlaw House*
4:00 - 8:00 pm *Dakota Ramblers Band*

SUNDAY

8:00 am *Non-Denominational Church Service*
10:00 - Noon *Marv Gohman*
1:00 - 4:00 pm *Czech Area Concertina Club*

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THE DEFEAT OF JESSE JAMES DAYS EVENTS

SEPTEMBER 3-7, 2025

MONDAY, AUGUST 4

GOLF TOURNAMENT Willinger's Golf Course 2-person Best Shot, Tee Times
8am-4pm Open Division & Senior Division (both players over age 60)

FRIDAY, AUGUST 8

MEET THE CANDIDATES PROGRAM 5pm **BUTTON EVENT**
United Methodist Church, 1401 Maple St. Admission: \$5 / free under age 5

SUNDAY, AUGUST 24

AMBASSADOR PANCAKE BREAKFAST FUNDRAISER
8:30am-NOON, VFW, 518 Division St. S. Admission \$10 / free under age 5

AUGUST 27-31

HORSESHOE HUNT Remember to register your button before the hunt. (Please read the rules and instructions before hunting at djjd.org/horse-shoe-hunt.)

WEDNESDAY, SEPTEMBER 3

JOSEPH LEE HEYWOOD GRAVESIDE MEMORIAL SERVICE
NOON Northfield Cemetery, South Division across from High School
JOSEPH LEE HEYWOOD DISTINGUISHED SERVICE AWARD BANQUET
6:30pm (doors open 5pm) **BUTTON EVENT** Northfield Ballroom, Highway 3
North. Prepaid Reservations - \$30 email heywood@djjd.org, \$125 Pin Drawing, Auction of Defeat of Jesse James Days Collector Buttons Numbers 1 through 5

THURSDAY, SEPTEMBER 4

ENTERTAINMENT CENTER "The Original DJJD Townie Night"
5pm-12pm **BUTTON EVENT** 5th & Water Street (valid ID req'd)
5pm-8pm Beer pouring by Past DJJD General Chairs and Past DJJD Ambassadors
8pm-12am *Paul Stewart Band*
NORTHFIELD HISTORY CENTER TOWNIE NIGHT FREE RECEPTION 4-8pm 408
Division St. Free museum entry and tours, local history tent featuring Maggie Lee's local community resident files, Northfield Middle and High School yearbooks and free refreshments.
CLASSIC CAR CRUISE 5pm line up on Division St. between 2nd and 4th streets
6:00pm 1-hour cruise begins. Free-will donation welcome. Route info at www.djjd.org
CARNIVAL 5pm Highway 3 & 5th Street **6-10pm "Wrist Band Night"**
PEDAL TRACTOR PULL 5:30pm Between 4th & 5th Streets on Division
BINGO ON BRIDGE SQUARE 6pm-Midnight
THURSDAY NIGHT THUNDER Division between 5th & 6th Streets
6-8pm Meet local motorsport racing teams, family fun with autographs and games.

FRIDAY, SEPTEMBER 5

AMBASSADOR/JAMES GANG SCHOOL VISITS 9am-3pm
ENTERTAINMENT CENTER 4pm-1am **BUTTON EVENT**
5th & Water Streets (valid ID req'd)
8:30pm-12:30am *Lipstick N Dynamite*
CARNIVAL 5pm Highway 3 & 5th Street
BINGO ON BRIDGE SQUARE 6pm-MIDNIGHT
P.R.C.A. PROFESSIONAL RODEO 8pm Jesse James Arena, Hwy 3 South
"GIVE CANCER THE BOOT" NIGHT. A fundraiser for Northfield
Hospital's Breast Care and Infusion Centers, donate and show your support. Special
giveaway to the first 300 paid admissions, sponsored by CarTime Auto Center and ReMax
Advantage Plus by Mary Jo Winter. General admission **presale tickets:** adults \$25, child
\$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket
and Ziggy's. **Same-day tickets:** available at Rodeo grounds 2 hours prior to performance.
RODEO GROUNDS BEER GARDEN open before, during & after rodeo (valid ID req'd).

SATURDAY, SEPTEMBER 6

NORTHFIELD ROTARY BIKE TOUR 7AM
Start and finish at the Dundas Dukes Ballfield, 214 S. 1st St., Dundas. Multiple route
lengths, paved and gravel and family fun ride. Sponsored by the Dundas Dukes and Chapel
Brewing. Food and beverages served at the end of ride. Fully supported rest areas and SAG
drivers. On-Site Registration and Check-In begins at 6:30am
Online registration: northfieldrotary.org
RAIDER DERBY Registration 7:30am, Race begins 9am
BUTTON EVENT Soapbox car racing, 3rd & Orchard St.
Button required for all participants
DEFEAT OF JESSE JAMES DAYS CAR SHOW 9am-3pm
BUTTON EVENT Sundowner Car Club, Riverside Park. Admission: \$2;
15 and under free with paid adult.

SATURDAY, SEPTEMBER 6 CONT.

ARTS, CRAFTS & GIFT SHOW 9am-5pm Central Park, 4th & Winona Streets
COED 4S GRASS VOLLEYBALL TOURNAMENT 9AM-6PM TYLER PARK,
1951 Roosevelt Dr. Outdoor grass volleyball with multiple levels of play, round robin
format followed by playoffs and cash prizes for top teams. Teams of four. Registration
information on Facebook: Defeat of Jesse James Days Grass Volleyball Tournament
KIDDIE PARADE 9:30am 6th & Division Streets
NORTHFIELD ARTS GUILD RIVERFRONT FINE ARTS FESTIVAL
10am-5pm Cannon River Walkway. More info at northfieldartsguild.org
NORTHFIELD HISTORY CENTER - SATURDAY IN THE ARCHIVES
408 Division St. Admission: \$10 (purchased at the museum.) **10am** The Early Years of
the James and Younger Gang; **NOON** The Escape Trail; **2pm** The Myths of the Raid;
4pm The Guns of the Raid
CARNIVAL 11am Highway 3 & 5th Street
BINGO ON BRIDGE SQUARE NOON-MIDNIGHT
CORNHOLE TOURNAMENT NOON **BUTTON EVENT**
Entertainment Center. **Must pre-register through Scoreholio.** Competitive and social
brackets available. (Teams limited.) Proceeds benefit Give Cancer the Boot.
ENTERTAINMENT CENTER NOON-1am **BUTTON EVENT**
5th & Water Streets (valid ID req'd)
8:30pm-12:30am *Wicked Garden*
P.R.C.A. PROFESSIONAL RODEO 2pm Jesse James Arena, Highway 3 South
Free cowboy hat to first 400 paid kids admissions from Edina Realty. General admission
presale tickets: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield
Automotive, Family Fare Supermarket and Ziggy's. **Same-day tickets:** available at
Rodeo grounds 2 hours prior to performance.
DJJD BEARD CONTEST 6pm **BUTTON EVENT**
Division Street (following final bank raid re-enactment), \$10 entry fee, see djjd.org.
CANNON VALLEY REGIONAL ORCHESTRA 7pm **BUTTON EVENT**
St. John's Lutheran Church, 500 3rd St. W. Admission: \$10
Northfield Arts Guild presents the Cannon Valley Regional Orchestra concert, COW-
BOY MUSIC II. CVRO celebrates the contribution of "Wild West" culture on American
music, from Copland's ballet music to the many Westerns in the movie world. Enjoy
a journey back in time when musical memories of the cowboys and pioneers filled our
imagination.
P.R.C.A. PROFESSIONAL RODEO 8pm Jesse James Arena, Hwy 3 South
"TRIBUTE TO 1ST RESPONDERS" NIGHT
General admission **presale tickets:** adults \$25, child \$15 (ages 3-10) under 2 free; avail-
able at Northfield Automotive, Family Fare Supermarket and Ziggy's.
Same-day tickets: available at Rodeo grounds 2 hours prior to performance.

SUNDAY, SEPTEMBER 7

OUTLAW RUN 5K/15K RUN-WALK
4th St. and Washington St.
Registration **6:30-7:30am**, 15K Run start **8am**, 5K Run/Walk start **8am**
More info at northfieldhistory.org
ANTIQUE TRACTOR & TRUCK PULL Registration: **7am**, Pull: **9am**
BUTTON EVENT Jesse James Arena, Hwy 3 South
VFW BREAKFAST 7:30-11am Adults \$12, Children (5-10) \$6, Under 5 free
AMBASSADOR VIP RECEPTION 9:30am Northfield Middle School
NORTHFIELD ARTS GUILD RIVERFRONT FINE ARTS FESTIVAL
10am-5pm Cannon River Walkway. More info at northfieldartsguild.org.
ARTS, CRAFTS & GIFT SHOW
11am-4pm Central Park, 4th & Winona Streets
CARNIVAL NOON-6pm Highway 3 & 5th Street
BINGO ON BRIDGE SQUARE NOON-8pm
ENTERTAINMENT CENTER NOON-6pm 5th & Water Streets (valid ID req'd)
Special appearance after the Grand Parade by the "Minnesota Pipes & Drums"
GRAND PARADE 2pm Division Street
RESCUE SQUAD DUCK RACE 15 minutes after parade 4th Street Bridge
\$5 tickets available at Bingo Stand. 1st place prize \$1000, 2nd \$300, 3rd \$150.
AMBASSADOR CORONATION 5pm **BUTTON EVENT**
Northfield Middle School. Admission \$10, Children under 5 free

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Maintenance Matters: Protecting Your Erosion Control Investment



By Emmie Scheffler,
Rice SWCD District Technician

The construction crew has just pulled off-site, and you are left with an erosion control structure that will help conserve the soil on your land. The earthwork is all smooth, and there is a nice layer of mulch on it to protect the ground before the seed that was planted starts to grow. Before thinking you can just kick back and enjoy your erosion being fixed for the years to come, structures need care and maintenance to function throughout their whole life span.

The SWCD will check projects we fund every few years and let landowners know if any maintenance is needed, but we cannot be there to check constantly. It is encouraged for landowners to check their structures every year and after every large storm event, since weather is the biggest enemy to them.

When checking your structure, there are a few things to look at. The first is vegetation. Sometimes vegetation can be missing from spots. This happens from erosion on the structure, herbicide being sprayed accidentally on the site, or seed not establishing due to weather conditions. If vegetation is missing, it is important to reseed the spots. Sometimes there is vegetation also present that shouldn't be. Trees like to grow in waterways or on terraces, but the roots can affect the integrity of the structure and lead to failure. Trees can also shade out the good vegetation that is growing.

If trees are on site, they should be removed immediately and treated to not grow back. Weeds are often found, and those should be spot-treated right away.

The next thing to look at is sediment. The purpose of erosion control structures is to stop the erosion, which means they are catching all the sediment. Over time, this sediment gets trapped in the structure, which is by design, but this also starts to reduce the capacity of water that the structure can control. If there were large storm events during the growing season, clean out of the structure after the growing season, if needed, is recommended. Push the dirt to somewhere that it won't immediately fill in the structure at the next big rain event again.

Large storm events can knock out a part of the structure if the integrity was compromised. If this happens, it is important to fix it as soon as possible; otherwise, sometimes whole structures have to be redone. Terraces often have multiple structures along a field slope, and if one fails, the water may be too much for the others in the line and lead to further failures.

Implementing conservation tillage, such as no-till or strip till, as well as cover crops in the field, can have a huge impact on the function and longevity of an erosion control structure. These practices improve infiltration, anchor the soil, and decrease the amount of sediment that may fill the erosion control structure. Implementing these practices along with your erosion control structure is recommended.

If a site is funded through state or federal funds, staff will assist landowners with maintenance and operations that should be completed to ensure a properly maintained structure. Staff will also come on-site if landowners have questions, funded or not through our offices. The goal is to keep these structures maintained and looking and acting the same as they were when construction was completed for years to come. Funding is available for conservation tillage practices, cover crops, and erosion control structures. Contact our office today at 507-332-5408 to sign up.

Emmie Scheffler is a District Technician with the Rice Soil & Water Conservation District and is the Plan Administrator for the Cannon River Comprehensive Watershed Management Plan. She also assists landowners and farmers with the implementation of soil erosion control practices and tree windbreaks. Contact Emmie with your questions at 507-332-5408



A newly constructed grassed waterway is seeded and mulched in Rice County.



Volunteer trees and excess sediment collect by an unmaintained sediment basin in Rice County.



Properly maintained sediment basins along with corn residue from conservation tillage help sediment basins function properly in eastern Rice County.

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National Breastfeeding Month:

Rice County Public Health lactation counselors support families

By Rice County



The U.S. Breastfeeding Committee announced that the theme for National Breastfeeding Month in 2025 is Forward Together. This theme centers around unity, solidarity and hope, and celebrates the strength of organizations and advocates, committed to advancing policy, systems and environmental change and supporting all feeding journeys.

Rice County Public Health's lactation counselors do just that. They strive to meet families where they are at in their feeding journey and support them to meet their feeding goals.

The team consists of three public health nurses: Kiera LaRoche, Heather Luethje and Fae Schumacher, and dietician Kathy Neirby. Two additional public health nurses are currently in training.

Lactation counselors have special training and competence in lactation skills. They are able to assess the latch and feeding process,

and can counsel mothers and provide corrective interventions to commonly encountered situations such as breast/nipple issues, feeding problems and breastmilk management issues.

The American Academy of Pediatrics recommends that infants be exclusively breastfed for the first six months after birth. At six months, breastfeeding should continue while introducing solid foods until the infant is one, and as long as mutually desired by mother and child for 2 years or beyond.

The Minnesota Department of Health lists several reasons why breastfeeding is beneficial for the infant, nursing mother and the family, stating, "It's good for babies, good for moms."

Visit health.state.mn.us/people/breastfeeding/whybf.html to see the listing and to find answers to common questions as well as information about Minnesota laws protecting breastfeeding.

When it comes to breastfeeding, Rice County Public Health takes a family-centered approach. LaRoche, Luethje and Schumacher are registered nurses and are available for prenatal and postpartum visits with families to answer any breastfeeding questions/concerns they may have from the comfort of their home. Neirby is also the Women, Infants and Children (WIC) coordinator at Rice County Public Health, providing education and support to WIC families.

In addition, one of the nurses attend weekly free baby support groups working collaboratively with local ECFE programs in Faribault (Baby Stop 10:30-11:45 a.m. every Thurs-



day) and Northfield (Baby Talk 10:30 a.m.-noon every Wednesday). These groups support parents with babies from 0 -12 weeks, sharing joys and challenges, and answering questions. Babies can also be weighed each week.

Individuals may self-refer or ask their provider to refer them for services.

For more information, call 507-332-6111 and ask for a Family Child Health nurse or submit an online referral form at https://bit.ly/RiceCo_PublicHealthReferral.

First half taxes for mobile homes due September 2

Rice County first half property taxes for mobile home properties are due Tuesday, Sept. 2, 2025.

Payments can be mailed to Rice County Property Tax & Elections or made in person via cash, check or money order at the Property Tax & Elections Office in the Government Services Building at 320 Third St. NW, Faribault, MN 55021.

Property owners may also pay online at the Rice County website, www.ricecountymn.gov or by phone at 1-877-690-3729 and using 3321 for the jurisdiction code.

Paying from a checking or savings account is free of charge. Credit card payments carry a third-party convenience fee of 2.4% of the tax amount, with a minimum charge of \$2. Visa debit card payments carry a flat fee of \$4.

August is National Immunization Awareness Month

Send your children back to school protected from serious diseases

Getting children vaccinated according to the recommended immunization schedule is one of the most important things parents can do to help protect their child's health.

Vaccines protect against a number of serious and potentially life-threatening diseases. When children are not vaccinated, they are at increased risk for disease and can also spread disease to others in their classroom and community – including babies who are too young to be fully vaccinated, and people with weakened immune systems.

According to Minnesota county-level immunization data, Rice County kindergarteners in 2024-2025 were below the state average for MMR and varicella vaccination rates. In addition, data reflects that in 2024 only 60% of Rice County children ages 24 - 35 months had received their complete immunization series for DTaP, polio, MMR, hepatitis B, PCV, Hib and varicella, below the state average of 63%.

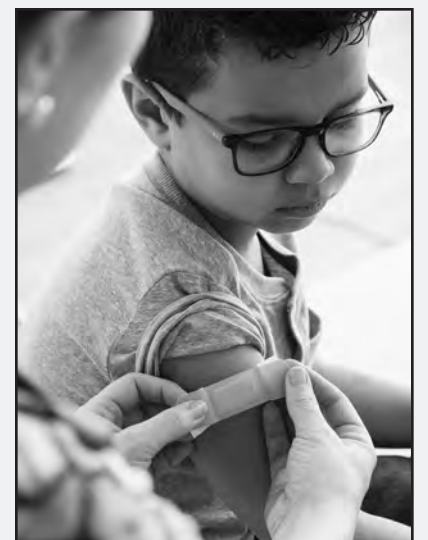
"Children who don't receive recommended vaccines are at risk of getting the disease or illness," says Deb Purfeerst, Rice County Public Health Director. "Now is the perfect time to schedule your child's well child exam and vaccination review."

Are your kids up to date on their immunizations? Information is available to help parents know which vaccines their child needs at www.health.state.mn.us/people/immunize/basics/readyk12.pdf

Vaccines are available from your local healthcare provider. In addition, vaccines are available at Rice County Public Health for uninsured children, children on MA programs and adults who are uninsured.

Walk-in immunization clinics are held every Tuesday from 1-4 p.m. at the Rice County Public Health Department, 320 NW Third St. NW, Faribault. Appointments are preferred, but not required. If Tuesday afternoons don't work for your schedule, call Public Health for a different appointment day/time at 507-332-6111.

Rice County Public Health Mission: To protect, promote and improve the health of ALL individuals and families in our community.



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- Medical Support
- Long-term Care

2-4 p.m.

Wednesday, Aug. 27

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Light refreshments will be provided.



RICE COUNTY Minnesota

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Can you write about airbags? I know you just wrote an article about it being best for kids to ride in the back seat. I know airbags are an issue for kids in the front seat so I thought this would be a good topic. Thank you.

Answer: An airbag is a supplemental restraint system. Airbags work with seat belts to prevent injuries but are not designed to keep occupants from being ejected. For safety reasons, children under age 13 must ride in the back seat if it is available.

Airbag safety suggestions

- Try to keep at least 10 inches between yourself and the steering wheel. Keep your hands at the 8 and 4 o'clock or 9 and 3 o'clock positions on the steering wheel. Avoid the 10 and 2 o'clock position.

- Keep your thumbs turned out on the steering wheel.

- Move front passenger seats as far back as possible. Read your operator's manual before driving or riding in a vehicle with airbags.

- For more information about seat belts, airbags and car safety seats, visit the Department of Public Safety's Office of Traffic Safety at ots.dps.mn.gov.

Question: I heard some talk about a new law of July 1st that allows motorcycles to drive through traffic. Can you explain this as a lot of my friends are talking but I can't get the same answer from any of them.

Answer: Motorcycle Lane splitting and filtering are legal on Minnesota roads as of July 1. The new law, passed by the Legislature in 2024, allows motorcycles to share lanes with cars for the first time in the state, with notable restrictions on speed and where lane sharing can be performed.

It is the responsibility of motorcyclists to perform these actions safely and legally. Motorists need to be aware of motorcycles that are splitting and filtering and cannot get in their way, however they are not obligated to accommodate them.

- Lane splitting allows a motorcycle to share a lane with and pass a vehicle in slow-moving traffic at no more than 25 mph, and no more than 15 mph over the speed of traffic. Once traffic gets back up to 25 mph, the motorcycle must go back into their own lane of traffic.

- Lane filtering allows motorcycles to move through traffic that is stopped, such as at a stoplight or in a traffic jam. The motorcyclist cannot go more than 15 mph as they filter toward the front of the line of traffic.

- Splitting and filtering are prohibited in roundabouts, school zones, freeway on-ramps and work zones where traffic has been funneled down to a single lane.

For more information:
[https://dps.mn.gov/news/ots/lane-splitting-](https://dps.mn.gov/news/ots/lane-splitting-filtering-begin-mn)

[filtering-begin-mn](https://dps.mn.gov/news/ots/lane-splitting-filtering-begin-mn)

Question: I see a lot of motorists pulling campers and trailers that don't have experience or simply don't know what they are doing. I see some crashes that I suspect are due to this. Can you talk about pulling campers and trailers?

Answer: If you pull a camper or trailer with your vehicle, you must maintain at least 500 feet of following distance from other vehicles.

When loaded, 10 to 15 percent of the trailer's weight should be balanced on the hitch between the trailer and vehicle. When correctly loaded, the trailer's floor should be level. After the first few miles, stop and check the hitch, tires, lights and load. Repeat this process at all rest stops.

Travel at a slower speed. Many trailers have smaller wheels that turn faster than your car wheels, causing heat buildup that can lead to trailer wheel bearing failure.

Remember that the brakes on your vehicle were probably not designed to handle heavy trailer loads. A sudden stop at high speed could flip both the trailer and the car.

Speed up carefully, using a lower gear if necessary. Maintain enough following distance to prevent the need for sudden stops. When passing other vehicles, remember the additional length of your trailer and be aware that your ability to accelerate is reduced.

Wind and rain will affect your ability to handle and control a vehicle pulling extra weight. When towing a trailer or camper in wet or windy conditions, slow down more than you would normally do in such weather.

Allow plenty of room for turns. Long trailers will swing closer to the edge of the road than your vehicle.

NEW LAW! Effective July 1, 2025

Lane Splitting and Filtering is Legal ON MINNESOTA ROADS

Motorcyclists and motorists need to be aware of this new law to ensure it is executed safely and respectfully on Minnesota roadways.

LANE SPLITTING
Is allowed when two or more lanes of traffic are traveling in the same direction and traffic is **MOVING**. It allows a motorcycle to pass another vehicle in the same traffic lane and direction of travel only under these conditions:
 25 MPH
 Ad no more than 15 mph over the speed of traffic in the relevant traffic lanes.

LANE SPLITTING AND FILTERING CANNOT BE PERFORMED IN:
 • A Roundabout (approach, drive-through or exit).
 • A School Zone.
 • A Work Zone where only a single travel lane is available.
 • An On-ramp to a freeway or expressway with or without an active control device where moving or stationary vehicles are queued in one or more traffic lanes.

MOTORCYCLISTS
It is your responsibility to determine if these maneuvers can safely be performed in every situation. **DO NOT** perform them if you cannot do so safely and within the legal speed restrictions.

MOTORISTS
Be aware of motorcycles sharing your lane to allow moving traffic and other stopped at intersections. **DO NOT** impede their legal right to do so.

LANE FILTERING
Is allowed when two or more lanes of traffic are traveling in the same direction and traffic is **NOT MOVING**. It allows a motorcycle to move through traffic that is stopped, such as at a traffic light or traffic jam, only under this condition:
 15 MPH
 Ad no more than 15 mph over the speed of traffic in the relevant traffic lanes.

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Pay extra attention to your vehicle's cooling system when towing extra weight. Your engine will overheat more easily in warm weather, at high speeds and in hilly areas.

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

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

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DHS Housing Program Shut Down Over Rampant Fraud

By: SENATOR BILL LIESKE

Earlier this month, the Minnesota Department of Human Services (DHS) announced it will close the fairly new Housing Stabilization Services program after federal investigators uncovered widespread fraud. The program began in 2020 with the goal of helping people with disabilities, mental health challenges, or substance use disorders, as well as seniors, secure and maintain housing.

What was intended as a helpful resource has turned into another costly failure, draining your tax dollars and leaving behind a lot of people who actually need help.

The original budget projected about \$2.5 million in annual costs. Instead, spending grew sharply almost immediately, reaching \$21 million in 2021, \$42 million in 2022, \$74 million in 2023, \$104 million in 2024, and more than \$60 million in the first half of this year. Federal agents found evidence of providers billing for services that never happened, falsifying paperwork, and submitting charges worth tens of thousands of dollars for single clients. The FBI has conducted raids, and DHS suspended payments to dozens of providers after finding credible signs of fraud.

The closure will not happen immediately. Federal approval is required, along with a public comment period, and that process could take months. Until then, providers not under investigation can continue to submit claims. This means taxpayer money will continue flowing to the program until the official shutdown date.

Unfortunately, this case is just a different episode with the same script: Concerns about questionable billing and unqualified providers were raised long before this investigation began. Those concerns went unaddressed for too long, and the program continued to grow without adequate safeguards.

DHS has struggled to provide clear numbers on the total losses or the number of people who were helped. Figures shared with lawmakers have not always been consistent, raising doubts about whether the agency has a complete understanding of the situation.

Fraud of this scale, happening over and over, in program after program, destroys trust in government – trust that was already eroding. It also harms the very people the program was meant to help.

Many of us say it every time there is a new case of fraud: We need stronger oversight and tighter controls within Minnesota govern-

ment's administration of these programs. The administration, up to this point, has utterly failed to protect your tax dollars. It's long past time they took the fraud problem seriously.

MDA Down Payment Assistance Grants Now Open

There is also some good news I want to share for anyone who has dreamed of starting a farm. The Minnesota Department of Agriculture (MDA) is now accepting applications for its Down Payment Assistance Grant program. This grant provides up to \$20,000 toward the purchase of a first farm or agricultural property in Minnesota. Applications will be accepted until September 15, 2025, at 11:59 p.m.

The program is open to farmers with annual gross agricultural sales below \$250,000, with priority given to those earn-

ing less than \$100,000 or producing specialty crops, hemp, or cannabis. Awardees will be chosen through a lottery in early October. Eligible purchases include farmland, barns, greenhouses, and other agricultural facilities within the state. Urban agricultural properties may qualify if they meet program rules, but standard residential homes in densely populated areas do not.

This grant is meant to lower one of the biggest hurdles for new farmers, which is the upfront cost of buying land. It is about helping more Minnesotans build equity, strengthen rural economies, and, hopefully, build the next generation of great Minnesota farmers.

If you or someone you know is interested in taking that big first step, visit the MDA website at <https://mda.state.mn.us> and search for "Down Payment Assistance Grant."



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51. *Unwelcome reception, pl.
52. Cupid, to the Greeks
53. Sodium hydroxide
54. ____ caca, South American lake
55. Trough stuff
56. Witness

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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6 Month Fixed CD	\$250	4.45%	4.52%	181 Days Interest
12 Month Fixed CD	\$250	4.05%	4.11%	181 Days Interest
18 Month Fixed CD	\$250	3.80%	3.85%	365 Days Interest
24 Month Fixed CD	\$250	3.75%	3.80%	365 Days Interest
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