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AUGUST 20, 2025

Volume 22 • Issue 8

Announcements

- Nerstrand Elementary School Kinder-Go-Round: September 2 & 3. Back to School Open House: September 2.

- Hegre Lutheran Church Annual Fall Meatball Supper - Wednesday September 24th serving 4pm to 7pm. Cost for take out meals \$17, all meals adult portion. Call or text prior to September 19th recommended to assure meals. Include number of meals, pick up time, name and phone number. Drive up meals available until food is gone. Picnic tables will again be available for anyone wishing to use. Call or text orders to Beth @507-330-4996. Thank you for supporting Hegre Church. Menu: Swedish meatballs, ham, mashed potatoes & gravy, coleslaw, corn, dinner roll & apple dessert.

- Wednesday Wear, Nerstrand United Methodist Church hours are Wednesdays 1 - 5 and Saturdays 9 - 12. Women's, men's and children's clothing, shoes, accessories, linens, toys and books. All things are free with donations accepted. Come and see what we have!

- Dennison City Council meetings are held the first Thursday of every month at 7:00 p.m.

- The Nerstrand City Council meets the second Tuesday of every month at 7p.m. at the Nerstrand City Hall. Office hours are: Wednesdays 9:30-11:30a.m. and Thursdays 6:00-8:00p.m. Other times available per request, 507-332-8000.

(continued on page 2)

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



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 shelling, thrashing, blacksmithing, and more.

(continued on page 8)



file photo



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 7)

Oktoberfest in Dundas!

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!



2024 Oktoberfest

(continued on page 11)

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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.
www.isaiahministries.cc

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

Psalm 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 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. His dominion is an everlasting dominion, 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

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Jerusalem (Israel).

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

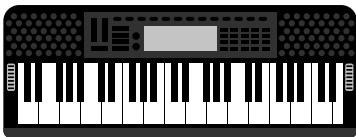
Zechariah 14:16 declares that when Jesus returns, nations that came against Jerusalem will come to worship Jesus in actual Jerusalem (see verse 17). From my perspective, Jerusalem will be the most favored, holy, and anointed city in the whole world (see Zechariah 8:3).

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."



Organist Wanted



**Holden Lutheran Church
Rural Kenyon**

~

Interested contact:
holdendalsecretary@gmail.com



Announcements

(continued from page 1)

- **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.
- **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

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August Worship Schedule

A reminder that Sunday morning worship in August will be at Vang at 9:00. We will resume having two services after Labor Day weekend.

Sunday, Aug 24: Vang - 9:00 AM
Sunday, Aug 31 (Labor Day Weekend): Vang - 9:00 AM

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

Grace Lutheran, Nerstrand
Mike Ahrens S.A.M.
Service 9 a.m.; Coffee Hour 10:00 a.m.
Sunday School 10:15 a.m.

Emmanuel Lutheran
9:00a.m. Sunday School
10:00a.m. Coffee Time 10:30a.m. Worship Service

Hegre Lutheran - Pastor Chris Brekke
Sunday School 9:15a.m.; Worship 10:30a.m.

Moland Lutheran 507-456-4242
Sunday Worship 10:00 a.m.

First Ev. Lutheran, Kenyon - David J. Chatelaine, Pastor
Sunday 9:00 a.m. worship

Wangen Prairie Lutheran Church LCMC
Shannon Bauer, Pastor
24289 Cty. 24 Blvd., Cannon Falls
Sunday Worship at 9:00a.m. followed by fellowship.
Thursday Bible Study at 9:00a.m.

Email your church announcements, schedule, etc.
to the Mainstreet Messenger
at:
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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.

METHODIST

Nerstrand United Methodist

Gary Liker, Pastor • 507-330-0025
Worship 9:00a.m.

Stanton United Methodist

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

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10:00a.m. Worship Service
7:00p.m. Small Group Bible Studies - Sun.

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Pastor Dustin Haider 507-789-6677
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Holden: 6949 County 30 Blvd, Kenyon
Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Worship Services
Sept 7: Dale 9:00, Holden 11:00
Sept 14: Holden 9:00, Dale 11:00
Sept 21: Dale 9:00, Holden 11:00
Sept 28: Holden 9:00, Dale 11:00
Oct 5: Dale 9:00, Holden 11:00

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



Menu:

Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Cole Slaw, Fruit Soup, Lefse and Norwegian baking's

Join us for our annual supper, buffet style

New for 2025; Continuous seating no reservations needed: 11:00am, thru 1:00pm seating times and 4:00pm thru 6:00pm seating times.

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#507-789-5186 vanglutefisk@gmail.com

Larry H. Petersmeyer

Larry H. Petersmeyer, age 83, of Nerstrand, died Wednesday, August 6, 2025, at his home in Kenyon.



Funeral services will be held at the Nerstrand United Methodist Church on Monday, August 11, 2025, at 10:30 a.m. The Reverend Gary Liker will officiate.

Interment will be at the Nerstrand Evangelical Cemetery.

Visitation will be held at Boldt Funeral Home & Cremation Services, Faribault, on Sunday, August 10, 2025, from 1:00 – 4:00

p.m. and for one hour before the service at the church on Monday.

Larry Harold, the son of Harold and Ruth (Schimelpfenig) Petersmeyer was born May 8, 1942, in Faribault. Larry was married to Janet Bauer on August 21, 1987, at the Little Brown Church in Nashua, Iowa. He was a lifelong farmer on the family farm in Nerstrand. He moved to Kenyon earlier this year.

Survivors include his wife, Janet Petersmeyer; three children; three stepchildren, Ron (and Vicki) Bultman,

John Bultman (Tim Schultz) and Becky Bultman; grandchildren; great-grandchildren; brothers, Paul (and Carol) Petersmeyer and Gary (and Mary) Petersmeyer; brother-in-law, Bill Quiggle; other relatives and friends.

Larry was preceded in death by his parents, Harold and Ruth, and stepfather Harland Wille; sister, Joan Quiggle, and parents-in-law, Marvin and Dorothy Bauer.

The family would like to express a special thank you to Brighton Hospice.

(obituaries continued on page 4)

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PLLC**

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Ann Traxler
Attorney

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James Edward Pagel

James Edward Pagel, age 73 of Cannon Falls, died at his home on Saturday evening, August 2, 2025.

Jim was born on June 8, 1952 in Chicago, Illinois to Edward Filmore and Betty Ann (Ranfranz) Pagel. He attended school in Cannon Falls and graduated from Cannon Falls High School in 1970. He went on to St. Cloud State University.

He served with the military police in the US Army in Bayonne, New Jersey, and upon his honorable discharge, returned to finish his degree at St. Cloud, receiving his BA in management and finance. He married Lynette Payne on June 30, 1979 in St. Cloud. They made their home in Cannon Falls and in 1979, Jim and Lynette joined the family business, Chicago Ed's Fine Jewelry. They purchased

the store in 1992 when his parents retired.

He is a member of First English Lutheran Church, the Cannon Falls Downtown Business Association, the Cannon Falls Chamber of Commerce, the SE Minnesota Watchmakers Association, Minnesota Jewelers Association, and the GIA.

He will be greatly missed by his family and many friends... wife of 46 years, Lynette; son, George and wife, Candice Lumibao; grandson, Edward; nieces and nephews, and extended family.

He was preceded in death by his parents, Ed and Betty Ann Pagel; and sister, Beth and her husband, Dennis "Denny" O'Neill.

Visitation will be held at Lundberg Funeral Home on Thursday, August 21 from 4-7 pm. A memorial service will be held on Friday, August 22 at 11 am, with visitation from 10-11am, at First English Lutheran Church, Cannon Falls. This service will be livestreamed and available to view below. Interment with military honors will follow at the Cannon Falls Cemetery.

Active urn bearer will be his son, George.

Honorary urn bearers will be The Weasels.

Memorials are preferred to donor's choice.

Martin (Marty) Phillip Dettling

Martin (Marty) Phillip Dettling, died peacefully on Sunday, June 8, 2025, after a short battle with cancer.

Marty graduated from Northfield High School in 1958. He worked as a carpenter, bartender and mechanic, and was self-employed since 1965 after starting

Dettling Bulk Milk Hauling. He retired in 2019.

Marty was a member of St. Ansgar's Lutheran Church and an active member of the Cannon Falls Jaycees. He was the longest living honorary member of the Clutchmen's Club of Dennison, loved talking, enjoyed being with people, and excelled at helping others. He was an excellent craftsman, en-

joyed spending time on his boat The Milky Wave and his 40 years of golf trips with friends. He loved his home, his association and friends in Florida. His family, however, was his top priority, and he spent much of his time (and money!) fixing up his yard for family and friends to enjoy.

Marty was preceded in death by his parents Jake and Ora Dettling; daughter Dawn; sisters Sharon and Carol; and brother-in-law, David.

He is survived by his wife of 65 years, Alicia; sons Phillip (Tracy), Shad (Holly), and Craig; grandchildren Danielle (Dan), Brianna (Ryan), Jake (Maggie), Jessie (Travis), Nick (Sarah), Phillip (Chelsea), and Mathew; 11 great-grandchildren; and one great-great-grandchild.

Marty was much loved and will be missed by all who knew him.

He was "superb" until the end.

A celebration of life service will be held on Wednesday, August 27, 2025 at 4:00 pm at St. Ansgar's Lutheran Church, Cannon Falls. The continuation of the celebration for family and friends will be from 5:00 - 7:00 pm at the Grand 02 Event Center.



Candlemaking Workshop with Jenna Nelson

Have you ever wondered about how people made candles in the past? What were the different methods? How did they feel, smell, and burn?

Join the Rice County Historical Society for a hands-on historic candlemaking workshop on August 23 at 1pm at the RCHS Museum! Led by our curator Jenna Nelson, learn about the history of candlemaking and make a candle of your own to take home. This event is for everyone, especially beginners or those who have never made a candle before!

Space is limited. Event is \$20 for members and \$25 for nonmembers. Contact 507-332-2121 or rchs@rchistory.org to sign up.



Mankato Wacipi Bus Tour

Date/Times: Saturday, September 20, 9am – 6pm
Location: Northfield – Faribault – Mankato and back!

Join RCHS and Fifty North as we travel to Mankato for the 53rd Annual Wacipi, or Pow Wow on Saturday, September 20th! This bus tour will leave around 9am and arrive in Mankato at about 11am. At the Wacipi, attendees can learn, see, and experience Dakota Culture from the Dakota themselves. There will be classes, dances, shops, and traditional Dakota food. On the way back, the bus will stop for dinner, which is included in the ticket cost. The tour will return to Faribault around 6pm.

Come along with us to the Wacipi and discover what makes Dakota culture so wonderful!

Tickets are \$70 and include the cost of dinner. Attendees are encouraged to bring cash for the shops and food vendors, if interested. Seats are limited. Email rchs@rchistory.org, or call 507-332-2121 to reserve your space.

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Kenyon Rose Fest

August 20, 2025

- MAINSTREET MESSENGER -

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Rosefest Ambassadors Virginia and Chloe Ament



Jon and Mary Held were chosen as this year's Rose Fest Grand Marshal. Thank you for all you have given our community! *Courtesy of Kenyon Rosefest Committee*





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Goodhue County Fair



Dean Amy showing at the Goodhue County Fair



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

Nerstrand Fire & Rescue Provides Standby Coverage for Safety during Races



Courtesy of Nerstrand Fire & Rescue

In July, your Nerstrand firefighters and first responders teamed up with crews from Faribault, Morristown, and Lonsdale to provide standby coverage for the IMCA Old Timers Races, Monster Truck Show, and the always wild Demo Derby!

It was a great time supporting the community, keeping everyone safe, and building strong relationships.

Important Update Regarding the Intersection of MN Hwy. 56 & Goodhue Cty. Rd. 9



By Nerstrand Fire & Rescue Chief Johnson

We want to share an important update regarding the intersection of Minnesota Highway 56 and Goodhue County Road 9—a location where we've recently responded to multiple serious accidents.

Nerstrand Fire & Rescue, in partnership with Northfield Hospital EMS Chief Edwards, has formally submitted a letter to MnDOT District 6 requesting a safety review and evaluation of this intersection. This letter was also shared with local and state elected officials, including Senator Lieske and Representatives Roach, as well as our local government leaders.

We are currently working with MnDOT to provide incident data, firsthand experiences, and responder insight as they assess the area. This is the first step toward making lasting safety improvements—and your safety is our top priority.

We're sharing this update with you because we want our community to know: Your concerns are being heard, and action is underway.

Stay safe, stay aware, and thank you for supporting public safety in our region.

Minnesota Highway 56 Update

By Nerstrand Fire & Rescue Chief Johnson

While longer term studies and research is needed the following updates have or will be completed soon:

- Larger sized stop signs to be installed on CR 9 for enhanced visibility. Also installing "Cross Traffic Does Not Stop" signs to provide additional notice to CR 9 drivers.

- STOP AHEAD and stop bars will be repainted on eastbound and westbound CR 9 to provide enhanced pavement marking guidance to drivers.

- Transverse rumble strips have been installed on eastbound and westbound CR 9 to alert approaching drivers of the intersection.

- Vegetation was cleared in the southwest and southeast corners near Hwy 56 and CR 9 to further lengthen sightlines.

We continue to work with MNDOT and Goodhue County to improve safety at this intersection.



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MAKE SURE THEY HAVE A BRIGHT FUTURE

Kids are back in school, and that means we all need to be careful. Watch for buses, children walking to school and bicycles on the road. By playing it safe, we all can have a brighter future.



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

(continued from page 1)



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.

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



file photo

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.

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



The Charlie Sticha Band
from 1 pm to 4 pm!

**RICE COUNTY
STEAM & GAS ENGINE INC**
**JOIN US ON
AUGUST 29TH
FOR ALL THE
FUN!**



Old Country Boys on Friday,
August 29th from 5 pm to 8 pm!

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



file photo



file photo

WEDNESDAYS IN DENNISON

FARMERS MARKET ON MAINSTREET
5:00-7:00 PM



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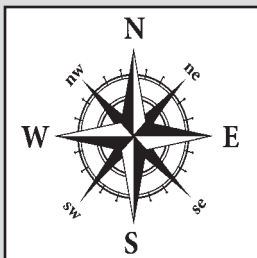
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Changes in Latitudes, Changes in Attitudes

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.

Kenyon Country Club Welcomes You!

By Cheri Roshon

When you think of a Country Club, your mind goes to golf, right? Well, I'm here to tell you, the Kenyon Country Club is golf and a whole lot more! Located on Highway 56 North as you are heading out of Kenyon, look to your right and you will see the sign to the entrance.

I stopped in to check it out, and was met with some very friendly employees, of which there are six who are all locals, and a couple of members who wish to remain anonymous. I asked the members what they like about the club, and they were quite happy to say that the club was a great place to hit some balls. "It's a fun and relaxing course that is very well kept, both inside and out. It is open to the public, and they have a great golfing special, too." The golf special they were referring to is that on Monday and Tuesday each week, you can come out and play 18 holes with a cart thrown in, for only \$35.00.

As we were chatting, Dawn and Connie were there to answer some questions, too. Dawn Berquam has been working there for 14 years. First as an employee, and then as a



manager for the past 3 years. She is also a para at the KW school. Connie has been working in the clubhouse for the past 10 years, and really enjoys her time there. It is a seasonal job in a beautiful place, helping people have fun. What more could you want? The business is run by the membership board, and they make all the decisions. There is a small bar in the clubhouse which overlooks the course, and ice cream, too!

Some of the other uses for the course are personal golf outings, family reunions, graduation parties, weddings and showers, class reunions, and a Social Membership. All these events can be catered by Area 57, Angies, and Blondie's Butcher Shop, as there is no cooking onsite.

What is a Social Membership, you ask?



Well over the years, 25 to 30 women would come out to golf together, and found they enjoyed each others' company. They formed a club to which, for \$45 a seasonal membership (May to September), they could come out every Wednesday, and either golf, or play cards and games, or just socialize over a lunch catered by Area 57 in Wanamingo. The lunch is \$15.00, and if you've been to Area

57, you know it's good! For more information on the membership, tee times, booking an event, or anything else you need to know, just call 507-789-6307 and one of the staff will be able to answer your questions.

Everyone is welcome at the Country Club, including kids. So come on over and check out the course for your golfing pleasure, or to book your event! See you there!

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Oktoberfest in Dundas!

(continued from page 1)

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 Musik-

meisters, 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!

There will be something for everyone, from German themed foods and beverages to child friendly activities such as pumpkin painting, face painting and crafts, numerous Makers and vendors, barrel cart rides, horse drawn carriage rides, and a corn hole tournament!

Kayak on the Cannon River during Oktoberfest! As Oktoberfest continues to evolve and grow, new opportunities present themselves! This year Farmstead Outdoor Adventures will be offering Kayaking opportunities during Oktoberfest! Imagine being able to kayak on the Cannon River with Oktoberfest music as your playlist in the background! Staff from Farmstead will help you learn the basic water skills necessary to try out this enjoyable and popular sport!

Also new this year is the "Roll In" for all car and motorcycle aficionados! The Roll In runs from noon - 4PM and is brought to you by Dundas Oktoberfest and Dawn's Corner Bar!

Oktoberfest in Dundas is being brought to you by a small but dedicated group of volunteers from Little Prairie Church, Chapel Brewing, Keepsake Cidery, Dundas Historical Society, City of Dundas, local businesses

and residents. This is truly a community event, which runs on volunteers giving their time and talent to make this a success! Several Dundas area businesses also sponsor and/or participate in this event. There is still time to sign up to be a Silver, Gold or Platinum level sponsor and have a booth to showcase your business!

At the Marktplatz, we have a wide variety of Makers but have room for more! We have some talented craftspeople who will be sampling and selling their items! These talented artists are local and have items made from wood, clay, fabric, wax, leather, stone and glass!

If you are interested in having a booth or volunteering, let us know!

Oktoberfest may end at 6:30 pm, but there is no need to go home! After Oktoberfest ends, the local bars and restaurants continue the fun! Head on over to the L&M Bar for the afterparty! The L&M will have music on the patio with Free Ranger! Listen to a range of blues, swing and rock by this dynamo! Once the streetlights come on, the party moves onto the street in front of Dawn's Cor-



2024 Oktoberfest

ner Bar. Come enjoy "Dundas After Dark" with Smokescreen, hosted by Dawn's Corner Bar! You'll be dancing in the streets with this high-energy band who play a variety of rock, country and pop music! A can't be missed event!

Whatever you're interested in...we've got you covered! We look forward to seeing you in downtown Dundas on the 20th!

For more information about Dundas Oktoberfest, please visit www.dundasoktoberfest.com.

All Ages Performance of "TIGRE! TIGRE!" at Keepsake Cidery in Dundas 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 7-8:30p.m.

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.



DUNDAS Oktoberfest

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Noon - 6:30 p.m.

Event Info

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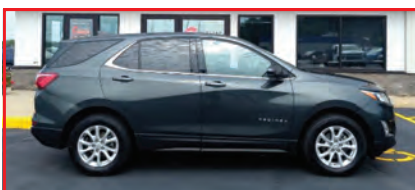


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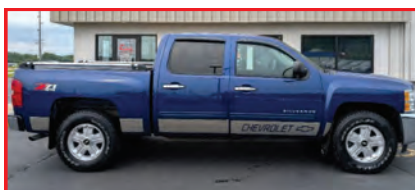
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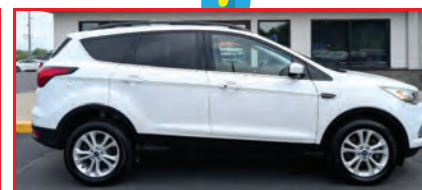
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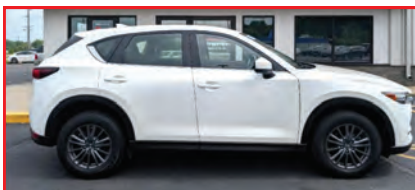
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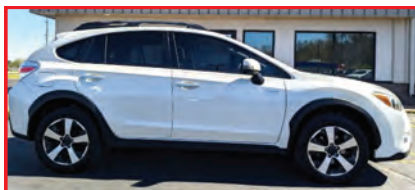
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Talking Back-to-School Anxiety with University of Minnesota



By Lidan Gu, PhD,
University of Minnesota Medical
School and M Health Fairview

Back-to-school season can come with mixed feelings for young learners. While some students are excited to return to the classroom, it can also cause anxiety for many others.

Lidan Gu, PhD, with the University of Minnesota Medical School and M Health Fairview, speaks about the signs and causes of back to school anxiety, and how parents can provide support.

Q: What is anxiety?

Dr. Gu: Anxiety is like an internal alarm system that alerts us to potential threats or stressors. It is a natural process and is essential for human survival. A little anxiety can help us to

be more prepared for school, work and day-to-day tasks, and thus promotes positive outcomes. However, it can be a problem when anxiety becomes too intense and interferes with our ability to deal with tasks or solve problems effectively. It can also cause people to try to avoid situations that cause them anxiety.

Q: What are some common sources of anxiety during the back-to-school season?

Dr. Gu: Going back to school may trigger anxious reactions for a variety of reasons. First, going back to school is a time of transition and change. For students who are more comfortable with specific routines, a change in their routine can trigger anxiety and worry. Second, going back to school means increased learning activities. In comparison to activities at a summer camp or unstructured playtime, learning activities require more mental effort and self-control skills to get positive feedback. When a student anticipates that going to school will not lead to positive or rewarding feedback, the student is more likely to feel anxious or worried.

Third, increased social demands can also cause anxiety. For students who are not accustomed to being away from their parents, going to school can trigger separation anxiety. Students who are typically shy may find going back to school to be anxiety-provoking. Students with certain disabilities or immunocompromised status may deal with additional worries surrounding their health when returning to school. Lastly, stress within our community and whether our families feel safe may also contribute to anxiety.

Q: What are some of the symptoms of anxiety in children?

Dr. Gu: Depending on how close the perceived "threat" is — i.e. how soon they'll be starting school — children may feel different

levels of anxiety symptoms. When children are reminded a few weeks out from their start date, they may feel mild worry or anxiousness. This can present as restlessness, irritability or being generally more emotional. As the first day gets closer, children may show increased anxiety symptoms, such as difficulty concentrating on activities or difficulty falling asleep. Some children may experience physical effects of anxiety such as increased heart rate, headaches, stomachaches, decreased appetite or increased sweating.

Q: How can young children manage their anxiety? How can parents provide support?

Dr. Gu: Helping young children name their anxiety is a crucial first step. They often lack the ability to connect their symptoms to their anxiety sources, which adults likely have more experience with.

Parents and caregivers should acknowledge their emotions and potential causes, validate their experiences and help them understand what their anxiety is. Parents should also talk with children about their specific worries, which can help identify the sources of anxiety. Additionally, parents can model how to manage stress and anxiety by naming and talking about emotions, directing attention to important values that can guide their anxiety management, and finding effective ways to cope with their stress response. It's important for parents to remember that what may seem minor to adults can be significant to children.

When students worry about the new school year, they may only focus on the stressful aspects. Reminding them of positive aspects, like their favorite classes or going to recess,

can help. Creating positive associations with school, such as celebrating the first day together or planning special activities for a Monday can also be beneficial. For children who struggle with learning, reviewing school accommodations and discussing children's concerns is useful.

For students who are concerned about social problems, it will be helpful to discuss social problem-solving and identify support available for working on social skills. For clinically significant anxiety symptoms, seeking professional support from a children's mental health provider is important.

Q: What work are you doing at the University of Minnesota to advance mental health research?

Dr. Gu: Having chronic medical conditions can be stressful and anxiety-provoking. My research focuses on understanding the neuropsychological aspects and mental health factors that can promote effective adjustment, coping and self-management in the pediatric solid organ transplant population. One of my current research projects is to develop an effective assessment of psychosocial concerns in pediatric kidney transplant recipients. With this assessment, my colleagues and I hope to be able to identify patients' mental health and psychosocial concerns, understand how these concerns are related to health decision making and medical adherence, and how these concerns can be addressed through a multidisciplinary approach.

Lidan Gu, PhD, is an assistant professor with the University of Minnesota Medical School and a pediatric psychologist with M Health Fairview. She specializes in psychological evaluation and consultation for children and adolescents with chronic medical conditions and neurodevelopmental disorders. Her research interests include the impacts of mental health on health-related decision making.

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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 re-

search 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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Goodhue County Launches Local Advisory Council on Mental Health

Community members encouraged to get involved in shaping mental health services

Goodhue County — NAMI Southeast Minnesota is proud to announce the formation of a Local Advisory Council (LAC) on Mental Health for adults. The council will serve as a vital forum for individuals with lived experience of mental illness, family members, mental health providers, and community advocates to help shape and improve mental health services in the county.

The creation of the LAC is in alignment with Minnesota Statute §245.466, which calls for local governments to establish mental health advisory councils to assess needs, identify service gaps, and advise county leaders on mental health policy and service delivery.

"This is a significant step forward for Goodhue County," said Abby Villaren, Goodhue County Social Services Supervisor. "The LAC will help ensure our mental health services are informed by the voices of those most impacted — individuals and families navigating the mental health system every day. This development is something we've been hopeful about for quite some time and are excited that it's coming together now, giving us opportunities to improve our delivery of mental health services."

The council will meet regularly to discuss community mental health needs, provide recommendations to local policymakers, and support efforts to increase awareness, access, and equity in mental health services.

Meetings will be open to the public, and community participation is strongly encouraged. The LAC is currently seeking new members, especially those with lived experience or an interest in advocating for mental health improvements in Goodhue County.

Interested individuals can learn more by contacting Megan Toney at nami-semn@namisemn.org or by visiting the NAMI Southeast Minnesota website at www.namisemn.org.

About the Local Advisory Council on Mental Health

The Goodhue County LAC is a collaborative group of individuals, providers, and advocates working to strengthen the local mental health system through community input and engagement. The LAC promotes recovery-focused, person-centered care that reflects the needs and values of Goodhue County residents.

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.



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.

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.

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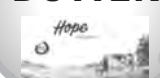
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Maintenance Matters: Protecting Your Erosion Control Investment



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.



Rice County Child Support & Financial Assistance OPEN HOUSE

Learn about

- Child Support
- Food Support
- Cash Support
- Medical Support
- Long-term Care



2-4 p.m.



Wednesday, Aug. 27



Government Services Building, 320 Third St. NW, Faribault 55021

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-filtering-begin-mn>

Question: Somebody was trying to tell me the other day that it's ok to throw out their fruit peels along the highway as they break down fairly quick and it shouldn't be an issue. I disagreed and told them garbage is garbage. I asked if they would want someone to throw that stuff in their yard. What does the law say?

Answer: You are correct. That would not be allowed. It is illegal to throw items from your vehicle onto streets, roads, and public or private land. Do not throw, leave, place or dump any items, including: cigarettes, fireworks, debris, snow, ice, glass, nails, tacks, wire, cans, garbage, papers, ashes, refuse, car-casses, offal, trash or rubbish.

Question: I was driving in the metro area the other day and I witnessed a bus driving on the shoulder. Is this allowed?

Answer: Transit buses and metro mobility buses are permitted to use the shoulder of a freeway or expressway. Buses can use the shoulder only when main-line traffic speeds are less than 35 miles per hour. Bus drivers on the shoulder may not exceed the speed of main-line traffic by more than 15 miles per hour and may never exceed 35 miles per hour. Bus drivers on the shoulder must yield to merging, entering and exiting traffic and to other vehicles on the shoulder.

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.

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
 Do not exceed 25 MPH. And 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.

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
 No more than 15 mph over the speed of traffic in the relevant traffic lanes.

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

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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.

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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Tall Corn = Blind Spots

As we enter peak growing season with corn reaching its full height, it's a great time to remind drivers of the importance of stopping at rural intersections. The height of the corn significantly obstructs visibility at intersections, creating blind spots that can lead to devastating crashes. Never rely on indirect indicators like dust during the day or headlights at night that another vehicle may be approaching. These do not provide adequate warning, and never assume that the other driver will yield or stop.

Stay safe:

Stop at corners, even if there's no stop sign.

Stop, even if you know the other road has a stop sign.

Stop, even if you think no one is coming.

We've seen too many friends, neighbors and loved ones suffer injuries or fatalities at these blind rural intersections during growing season. Your life is precious. Rushing to save a few seconds just isn't worth the risk. Whether you're walking, biking, on a motorcycle, ATV, in your car or driving farm equipment, always — without exception — stop at the corners.



BE CAREFUL AT RURAL INTERSECTIONS

CITY OF NERSTRAND, MINNESOTA
CITY COUNCIL REGULAR
MEETING MINUTES
July 8th 2025
7:00p.m.
221 Main Street, Nerstrand

1. Call to Order/Pledge Allegiance
2. Roll Call: Slight delay in John's arrival but he made it. All others in attendance.
3. Approval of Agenda: Motioned by Betty Voge and seconded by Karla Ingersoll and all approved.
4. Consent Agenda: Motioned by John Harris and seconded by Karla Ingersoll and all approved.

(All items on the Consent Agenda are considered routine and have been made available to the City Council in advance of the meeting. The items will be enacted in one motion. There will be no separate discussion of these items unless a council member or citizen requests, in which event the item will be removed from this agenda and considered in normal sequence.)

- Regular Meeting Minutes of June 10th, 2025: Motioned by John Harris and seconded by Kalra Ingersoll and all approved.

B. Payment of Claims dated:

1. July 8th, 2025
 5. Clerk's Report
- Clerk asked council if they would like a quarterly newsletter or use stickers on the water bill to send announcements. Council would like newsletters.
 - Council scheduled our Budget meetings for Aug 15th and 16th at 6:30 pm
 - Following up on a request by council: Insurance for \$500,000 Liquor Liability is \$203 dollars and a \$1 million Liquor Liability is \$253.00. LMC does not offer a 2 million dollar insurance plan.
 - Water Billing Update: 1 shut off and 3 delinquent accounts.
 - Clerk also presented options on a new office printer and selected to move forward with Loffler. John Harris made the motion and Betty Voge seconded it and all approved.
 - Motion to accept the clerk's report motioned by John Harris and seconded by Pam

- Caron and all approved.
6. New Business
 - A. Guest Visitors-
 1. Mn House of Representatives: Representative Keith Allen
- Keith Allen was in attendance. He presented a little about his history, his role at the House of Representatives, the obstacles they are facing and why he wanted to hear about Nerstrand's needs.

2. Bollig- Laura Ostlie

Laura is from Bollig. A company the City of Nerstrand has hired to help find aid for our large projects. She presented on the projects Nerstrand is facing and how residents will be directly affected if we do not receive funding. She presented a flyer that has been shared on our Social media and referenced on our City web page.

B. Citizens Complaints

1. The Garage- A resident has been working on a garage in town. A resident was concerned about the progress. The Clerk checked with Goodhue County and found the resident was compliant in regards to permitting. The Mayor spoke with the resident if he had a timeline for completion. Nothing was stated. The Mayor would like the Zoning and Ordinance Committee to investigate if we can add something in regards to completion of projects for future residential projects.
2. Dust Control north side of town- A resident reached out in regards to the Dust around the Arg Center. The Council requested that the resident reach out to the owner and see if they could come to a resolution.

- C. Approve Food Truck- Taco Express Motion by John Harris and seconded by Karla Ingersoll and all approved.
7. Old Business
- Discussion regarding cannabis ordinance- Tabled for the moment. Awaiting further information from resources that have been contacted.
 - Discussion regarding liquor ordinance and permitting- Tabled for the moment. Will send to the lawyer to review for wording and verbiage. Will be presented to council soon.

- Street Paving- Steve brought some quotes on Paving. Council made a motion by Karla Ingersoll and seconded by John Harris and approved by all to move forward with the bid presented by M and W Black topping.
- Citizen Complaint- Home near the School- Resident has made great improvement. Council has been pleased with the work they are seeing and granted an extension till Sept 1st. The resident had requested this extension. Council was happy to allow it.

8. Reports of Officers

- Public Works Director – Steve McDowell
- Technology for PW
- Computer- Clerk assisted Steve with equipment selection. Purchasing a laptop for the clerk. The old laptop will be given to PW. In addition, two monitors will be purchased, one going to the clerks and the other to the PW department.

- M & W Blacktopping was selected for the Farm Street city project. Motioned by Karla Ingersoll and seconded by John Harris and all approved.
- Field rental. The city has a 2.5 acre property near the water treatment that they would like to ask a farmer if they would be interested in renting because their property already touches the property.

• Mayor –

- Fire Hydrant painting requested.
- Presented two quotes seeking the removal of trees. Council choose Flom Tree Removal.

removal. Motion was made by Karla Ingersoll and seconded by John Harris and all approved.

- Fire Department – Joe Johnson
- 4% budget increase
- Radios being donated from another department

- Still in need of turn out gear
- Additionally, asking a township if they might provide running boards for the new vehicle.

- Council Members- Move tables, Karla requested that Joe Johnson be appointed the towns Emergency Management Director. Motion was made by Todd and seconded by Karla and all approved. In addition to the new role. He was also tasked with the creation of the Emergency Management Plan.

- Zoning Committee-Lu was absent.

9. Other Business

The clerks requested that we add a date that if items are to be on the agenda they must be received by. Council selected the 1st Thursday of the month.

10. Adjourn

Motioned by Pam Caron and seconded by Karla Ingersoll and approved by all.

Next City Council Meeting is scheduled for Aug 12th, 2025, at Nerstrand City Hall

Todd Evavold, Mayor

LeAnna Anderson-Speiker, City Clerk

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WANTED

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