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SEPTEMBER 24, 2025

Volume 22 • Issue 9

Announcements

• **Gol Lutheran Church Harvest Luncheon** will be held on **Sunday, October 19, 2025**. Hours for serving will be from 11:30 a.m. to 1:30 p.m. The menu includes homemade vegetable beef & barley soup, barbecues, potato salad, pie, coffee & milk. Take outs are also available by calling or texting Julie at (507)491-3505. All are welcome to the 10:30 a.m. church service before the luncheon. Gol is located 1 mile west of Kenyon on 1500 Hwy. 60 Blvd. Thrivent Action Team funds provided.

• **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. Ohter times available per request, 507-332-8000.

• **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.

• **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

Do you have an announcement?
Email: hometownmessenger@gmail.com

Harvest Fiber Festival this weekend



Harvest Hill Acres will be hosting the 5th annual Fiber festival this Saturday September 27th at their farm near Sogn Valley. Admission is free and the event is open from 9am to 5pm.

Harvest Hills has been raising Romeldale sheep since 2015. The breed is known for their soft fleece which is easy to spin, knit or weave and is soft enough to wear next to the skin with micron counts ranging from 20 to 25.

There will be a pumpkin patch, face painting, food trucks, ten fiber vendors and great



Nerstrand School Students Rewarded with Ice Cream

Courtesy of Nerstrand School

The students who helped fundraise the most for our Color Run back in May, got rewarded with ice cream with the teachers at Boot's & Lu's!

In addition, our top fundraising family had the chance to be principal for the day! Mr. Ray definitely took the job seriously!

(continued on page 6)



Farm Safety Training at Estrem Farms



Courtesy of Nerstrand Fire & Rescue

A big thank you to Mark, David, and all of the Estrem family for welcoming Nerstrand Fire out to the farm ahead of harvest.

Our team reviewed several important topics to be ready for the busy season:

- Combine fires – access points & common fire locations
- Equipment entrapment scenarios
- Grain bin safety & rescue operations
- Grain dryer fire response

Partnerships like this help us stay prepared and keep our farming community safe.

(additional pictures on page 7)

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.



(continued on page 7)

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Pastors Corner The Fear of the Lord



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

Have you ever heard the words used by friends, family, or even your pastor that we should have "the fear of the Lord"? Sometimes certain language can get us to scratch our heads with confusion. Don't worry, you are not alone. Let's dig deep into the Word and see why the meaning of fearing the Lord as a follower of Jesus Christ isn't the same as the worldly definition of fear (to be in distress).

Psalm 112:1 says, "Praise the LORD! Blessed is the man who fears the LORD, Who delights greatly in His com-

mandments."

Proverbs 1:7 speaks, "The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction."

Proverbs 9:10 declares, "The fear of the LORD is the beginning of wisdom, And the knowledge of the Holy One is understanding."

Proverbs 14:27 says, "The fear of the LORD is a fountain of life, To turn one away from the snares of death."

Proverbs 16:6b explains, "And by the fear of the LORD one departs from evil."

Proverbs 8:13a declares, "The fear of the LORD is to hate evil."

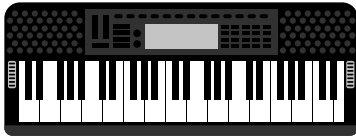
For a follower of Jesus Christ, the fear of the Lord means to have respect, honor, and awe for Him. Another part of fearing the

Lord is to repent from sin and then run into the Lord's arms with thanksgiving. Repenting might be another term some of us are unaware of. To repent is more than an apology; it means to turn away. I hope reading these verses gives you a better understanding of what it means to have the fear of the Lord. I also encourage you to ask the Lord to increase the fear of the Lord in your life. This increase is a beautiful thing because we not only get our eyes on Jesus but our gaze remains on Him, and this, my friends, is life-transforming.

In conclusion and as noted, one aspect of fearing the Lord is turning away from sin, but there will be times we do stumble. For the times you mess up, which we all will do, remember this verse in Proverbs 24:16a: "For

a righteous man may fall seven times and rise again."

Organist Wanted



**Holden Lutheran Church
Rural Kenyon**

~

**Interested contact:
holdendalesecretary@gmail.com**

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PLLC**

traxlerlaw.com
Ann Traxler
Attorney

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Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN
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Website: www.dennisonvang.org

Email: dennisonvangoffice@gmail.com

October Worship Schedule

Sunday, October 5th: Vang - 9:00 AM;
Dennison - 10:30 AM

Sunday, October 12: Vang - 9:00 AM; Dennison - 10:30 AM

Sunday, October 19: Vang - 9:00 AM; Dennison - 10:30 AM

Sunday, October 26: Vang - 9:00 AM; Dennison - 10:30 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: hometownmessenger@gmail.com

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 Countrymen
Church Phone 507-321-3598
Worship 10:15a.m.

ST. JOHNS UNITED CHURCH OF CHRIST

(Wheeling Township) 19086 Jacobs Ave., Faribault
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www.stjohnsunitedchurchofchrist.info
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NEW LIFE CHURCH

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

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Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Worship Services
Sept 28: Holden 9:00, Dale 11:00
Oct 5: Dale 9:00, Holden 11:00
Oct 12: Holden 9:00, Dale 11:00
Oct 19: Dale 9:00, Holden 11:00
Oct 26: Holden 9:00, Dale 11:00
Fall Festival @Dale 12:00-1:30
Nov 2: Dale 9:00, Holden 11:00
All Saints Dinner @Holden 12-2&4:30-6:30

Ronald H. Leese

Ronald H. Leese, age 77, of Faribault, died on Saturday, August 30, 2025, at Faribault Senior Living.

A celebration of life was held at Boldt Funeral Home & Cremation Services, Faribault, on Thursday, September 4, 2025, from 4 to 7 p.m.



Ronald Harry, son of Harry and Mamie (Rubesh) Leese was born on February 18, 1948. He served in the U.S. Army during the Vietnam era. He owned and operated Ron's Lock and Key in Northfield and Dennison. Ron enjoyed everything outdoors, including riding his motorcycle, boating, fishing, and fireworks.

He is survived by his three children, David (and Michelle) Leese, Mamie Tuma, and Emma Leese; 13 grandchildren; numerous great-grandchildren; and brothers and sisters.

He was preceded in death by the mother of his children, Helen Irene Barlage-Leese, and two brothers.

Visit boldtfuneralhome.com for more information and the guestbook.

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Holden Lutheran Church

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Sunday, November 2, 2025

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Cranberry Relish * Lefse * Fruit Soup
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Cost: \$20/meal • Dine-in: Children 5-12 \$10, 4 and Under Free
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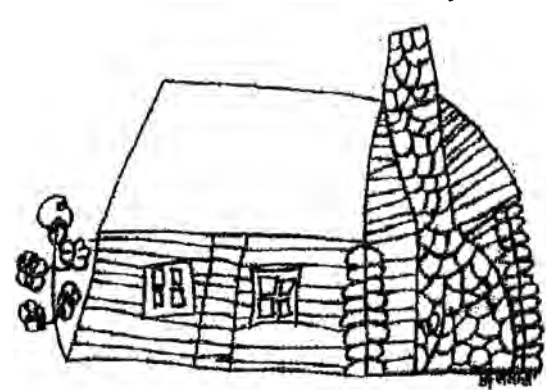
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Harvest Thyme Craft Show

Saturdays: September 27, October 4, 11, 18, 25
Sundays: September 28, October 5, 12, 19, 26

Hours: 10:00a.m. to 5:00p.m.



Place:
Lori & Darwin Amy
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— Family Friendly Events —

Kids Crafts • Llama Walks • Food Trucks

There will be vendors from all over the midwest!

Various fiber demonstrations will happen throughout the weekend.

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

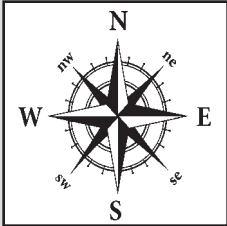
*New for 2025; Continuous seating no reservations needed: 11:00am, thru
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Ticket price \$26.00 each; payments by check or cash on October 4th

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Changes in Latitudes, Changes in Attitudes I Was Born a Cowboy



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.

I have always loved horses. My dad bought my older brother a Welsh pony when I was in Third grade. It was my first hand me down horse. We only rode it bareback. It was a good trainer horse. I learned how to fall off and survive. I found that to be very important in life.

In Fifth grade I bought a cob horse from my best friend for \$100 and a new saddle from Wayne Abbey's tack shop in Pine Island for \$40. Best starter horse ever. In seventh grade I bought a quarter horse gelding for \$400 and put thousands of miles on him. The Dodge

County Saddle Club would have trail rides each month starting at the Bringgold farm. I would ride him up there and join everyone for a couple hour ride through Buehler's Woods, and then after a late night hot dog roast I would ride him three miles back home in the dark.

Every horse has a warm place in my memory. A 3 year-old un broke Appaloosa I bought from my best friend was my project in the mid 80's. I broke him to ride in a couple weeks and he never gave me a bit of trouble. He was a cow horse and when it was time to cut cattle he knew exactly what to do. If there were beef to herd you learned to have a firm grip on the saddle horn when your foot hit the stirrup or he was going to accelerate right out from under you.

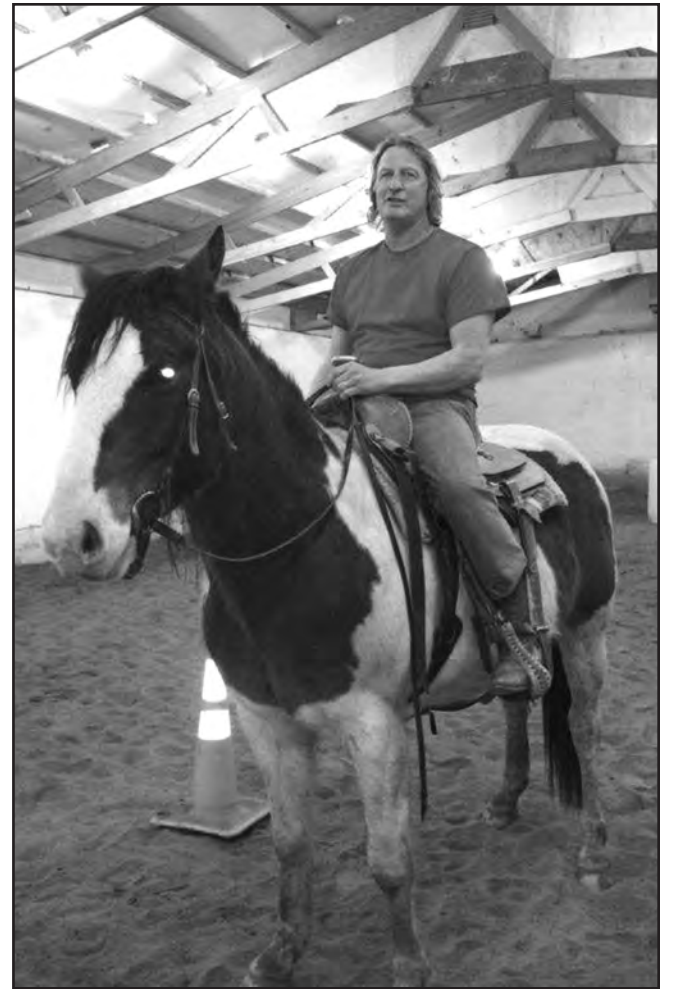
I got the idea I wanted a draft horse to ride and bought a 5 month-old Clydesdale about 2005. That was the first time I had to halter break a colt that outweighed me by a couple times. He walked right over me for the first month before he learned to respect the lead rope. I ended up riding him bareback most the time because I couldn't get my foot high enough to reach the stirrup.

In 2007 I traded a cob horse for a 5 year-old un broke Paint gelding. His name was Mayson and he was beautiful. Not being under a saddle for 5 years presented a challenge. We went through a month during training where he did his best to shed both saddle and rider. I won and he became a terrific horse.

But my best horse story happened when I was 18 years old. I found a quarter horse for sale outside of Zumbrota. My dad and I went

to check it out. It was a college girl selling her horse after winning a blue ribbon at the Goodhue Fair. My brain shut off when I saw her. The girl, not the horse. Instead of listening closely that this was halter class only, I said I wanted to ride it. They had no saddle and only an old bridle with twine string reins. My teenage boy brain still didn't get it. It was a pretty girl and I was clearly not thinking about the horse. Ignoring common sense, I pulled the reins up, grabbed the mane and vaulted onto its back. We headed down the drive and up the ditch. Once out of sight of the girl I began to understand the situation I was in. This horse did not respond at all to the bit or the reins. After a short way down the road, the horse decided to head back to the farm at a full gallop. After thundering down the driveway and skidding to a stop in front of the surprised family, I dismounted and said they were asking more than I was interested in paying.

We got back in my truck and headed home. Once we turned onto the road my dad began to laugh uncontrollably. He said family was shocked that I would even consider mounting the horse as no one had ever ridden it before.



They were certain the horse was going to return without the rider. He wasn't sure himself that I was coming back. Unfortunately, I knew a lot more about horses than girls.

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A Minnesotan: Canning Season



By RosaLin Alcoser

Now that Fall is rolling around and the county fairs have come to an end. Or if you live anywhere near a lake the cabin people have started to go home. That means one thing in rural Minnesota. It's nearly harvest time.

I grew up in rural Minnesota, but I was not a farm kid. So outside of my family's massive garden, I never participated in harvest. I did, however, grow up between farms so there was a time or two in my teen years that I was called upon to watch younger children during harvest. Outside of that late Summer and early Fall usually

meant something very different at my house. It meant it was canning season.

As previously mentioned my family had a massive garden and my father was very good at procuring large quantities of apples. Looking back at it all, the amount of apples he was able to get a hold of was extremely impressive. Which did mean we spent a good portion of the Fall canning nearly all of the vegetables from the garden but also making everything apple that could be canned. We're talking applesauce, apple butter, apple pie filling, and apple jam. Now if you've never made any of these things I can tell you that it is a long and time consuming process. Which can also be quite explosive.

Once when my older sister was a teenager she was keeping an eye on a round of apple butter that was in the middle of the canning process. It was in the pressure cooker when it exploded, getting apple butter all over the kitchen. All the way up to the ceiling; which was quite impressive, considering it was a 9 foot ceiling.

Needless to say that the apple butter explosion of 2005 is probably part of the reason she doesn't can or make apple butter. Not that I do either of those things, but my apartment also doesn't have the counter space. Nor do either of us have our father's gift for being able reasonably to get that many apples at once.

Ms. Tara's First Day and Last Day Morning Meeting Tradition



Courtesy of Nerstrand School

Ms. Tara's first day and last day morning meeting tradition with her 2nd and 3rd graders. They all share their name, grade and a fun fact about themselves. Shows the students they are all different & unique, but together as one!
Can't wait to see how they all changed by the end of the school year!

Peace Garden Committee Put Together Wildflower Bouquets for Homerooms in Preparation for Our Prairie Appreciation Day



Courtesy of Nerstrand School

Nerstrand School Students Rewarded with Ice Cream

(continued from page 1)

He assisted with bus duty, helped out with lunch duty AND announced a mandatory all school recess IN THE MIDDLE OF THE MORNING!



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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Nerstrand United Methodist Church

Fall Festival

Saturday, Oct. 4th
10 am – 1:00 pm

Home and holiday décor



Puzzles

Silent Auction

Lunch Menu:
Hot beef Sandwiches
Pasta Salad
Chicken and wild rice soup
Pie/Cake

Vintage items

Bake Sale



Produce

Thrift clothing

Web page: Nerstrandumc.org

facebook: Nerstrand United Methodist Church

Farm Safety Training at Estrem Farms



Thank You to Hamilton County Public Safety Communications for Radios Donation



Courtesy of Nerstrand Fire & Rescue

Nerstrand Fire & Rescue would like to extend a huge thank you to Hamilton County Public Safety Communications - Indiana for their generous donation of surplus Motorola APX mobile and portable radios.

These radios will directly replace equipment in our fleet that is no longer repairable or supported by the manufacturer. With this donation, we will be able to update all of our radios to APX models and even add additional units to our department. This provides a substantial budgetary savings while strengthening our ability to communicate in the field.

We are currently working with the Rice County Sheriff's Office - Emergency Management ARMER System Administrators to update and program the radios for use on the statewide system.

Strong, reliable communications are essential in public safety, and this partnership demonstrates how building relationships between agencies helps us better serve our community.

Big Woods Run 2025

(continued from page 1)

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

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

Gunning for Gutters

By Tyler Weeks

Rain, as wonderful as it may be, is hiding a devious secret. Regardless of what gardeners might tell you or the refreshment it evokes on lawns, this natural phenomenon also brings its barrel of damage.

Alongside causing widespread flooding and washed-out agriculture, an abundance of water also poses significant injury to a home's foundation. Water spilling directly off your roof erodes the soil surrounding a house, potentially damaging the surrounding area and staining any paint and siding. To avoid the dreaded roof leaks and interior water damage that Minnesota so noticeably threatens, it's critical to invest in a proper gutter system that will keep a house in check for decades to come. C & A Seamless Gutters is no stranger to this process, standing out from more impersonal brands with their highly durable materials, fair pricing, and reliable care beyond a regular installation company.

Before founders Chad and Amber started this fledgling company three years ago, they got their start in St. Paul, where the bustling demands of the city made it difficult to find the right opportunities for their two kids. Wanting the more community-oriented life only a small Minnesota town could bring, the two took a chance and moved to Kenyon six years ago. Twelve months after their nerve-racking decision, a friend prompted Chad to switch from his current job of window cleaning to a new position: the gutter business. The intimidating offer ultimately proved to be one of their best decisions, enabling the two to establish a now three-year-old firm and offer community members affordable gutter services. Unlike the host of other installation companies, however, their "measly" institution could devote its full attention to serving individual customers. No longer did citizens have to delay getting a new gutter system until the right time; C & A's strategy offered a remedy.

Chad Wood: "Customers shouldn't have to wait months to protect their home. Our services offer better and affordable prices as a smaller firm, allowing customers to have full attention to their needs. Being family-oriented, we want the best outcome for your gutters to protect your home and make your experience as pleasant as possible."

When he first switched over from windows, the true importance of an effective gutter system was not nearly as evident as it is today. Among other duties, proper gutters keep your fascia from rotting, prevent water from entering your basement, and ensure your foundation remains solid. A part of their family-oriented approach involves ensuring community members are aware of these dangers and how to approach them. Far from the impersonal connections, expensive pricing, and long wait times of a regular gutter installation firm, you'll find C & A Seamless Gutters standing firm in their moral convictions. Now having over half a decade of experience and strong community bonds under their belt, the two understand how significantly maintaining a healthy home is to reducing future problems. Especially considering competition from other businesses, investing in a satisfied customer increases the chances of referrals and future ventures. If others are happy, Chad and Amber can rest knowing that their fair pricing and materials exceeded expectations.

"Are you scared of heights, don't have the time to clean out your gutters, or physically can't clean them? Alongside the help of gutter screens to keep out pesky leaves/debris, we are here with reliable care regardless of your gutter needs. We are more than happy to provide our best advice to keep your home from being water-damaged."

Without a system like this allowing rainwater and snowmelt to collect away from your home, the worst can happen. Using a quality gutter system saves you from the rain and any future turmoil for your foundation, paint, and siding, allowing your home and the people within it to maintain security. Through the help of their installation, cleaning, and gutter guard services, Chad and Amber contribute to this mission every day with quality and reliable care that very few businesses can match. By choosing a firm like theirs to establish this critical part of your home's longevity, you can rest assured that their full attention belongs to you and only you. In the consequences of foundational damage, siding and paint wear, and landscaping and mold issues, having that assurance is absolutely vital. At a time when so much seems to be occurring, a solid and healthy foundation has never been so important. Gutter systems are only one aspect of life influenced by this fact.

Chad & Amber are available for gutter/spout installations, guards, and cleaning with free estimates at caseamlessgutter-sllc@gmail.com.

Kenyon Fall Fest October 11

By Cheri Roshon

It's that time of year again when the Park and Rec Committee along with the Kenyon Commercial Club come together to celebrate Downtown Kenyon and all their wonderful merchants! This year they have gone above and beyond, and so many businesses are getting their "Generous" on! The event will be held on October 11th, so mark the date for some special fun. The merchants are gearing up for the annual Decoration Contest, so be sure to check out their storefronts fall displays. The committee will be voting and the top 3 winners will receive a prize payout donated by L & M Construction. Many of the local stores will be offering specials, so be sure to pop inside and check out what they have for you. (great time to start that Christmas shopping!).

There will be a variety of vendors and informational booths lined up on Main Street, including some of your favorite Farmer's Market ones, from 11 am to 3 pm. There will be fall games to play, free face painting, Scavenger Hunt and a Bounce House that is provided by Kenyon Volunteer Fire Department in the Bank parking lot from 12 to 3 pm. Kenyon Fire and Kenyon Police equipment will be on display so stop by and talk to them, too! A Kiddie and Pet Parade will be at 11:30am, with a line up starting at the Kenyon Vet Clinic. Be sure to register to win gift certificates from Plush Pups and Kenyon Vet Clinic.

A Pie Eating Contest begins at 1 pm, so be sure to register for a chance to participate and win cash prizes. Names will be drawn right before the competition begins so be in the bank lot prior to 1 pm. There will be free tractor/wagon rides and are being provided by Caleb and Jada Langer. First Lutheran Church will be having a food booth as a fundraiser and will be set up on Main Street, and a Mobile Groomer will be offering a \$10 nail trimming for your furry friends.

Mary's Rustic Rose will be offering a flower arrangement class. Check out the city website for the cost and location, or give Mary a call at the shop.

A pumpkin give away by Gold Door Realty, Gunderson House Tours and a Fall Photo Booth by Ament Photography are sure to be a hit.

Wind up the day with a Hog Roast/Silent Auction Fundraiser from 4 to 7pm hosted by the Kenyon/Wanamingo Education Foundation, and is being held at the Kenyon Country Club. There will also be live music from 7-10. Cost for the Meal is \$10 for adults and \$5 for kids.

If you are interested in being a vendor or contributing to the festival, please contact Jill Warner/ Gold Door Realty jillwrealty@gmail.com or Kim Helgeson/Park n Rec. khelgeson@cityofkenyon.gov

As you can see, there will be a lot going on, so come prepared for some fall fun, and bring your family and friends! Hope to see you there!

Held Bus Service Sold to Faribault Transportation Company



Fresh Bites Sold



Fresh Bites sandwich shop in Kenyon has been sold and will be closed until October when the new owners open under a new name.

Fall Fest with RCHS



Join the Rice County Historical Society for Fall Fest with RCHS on Saturday, October 4th from 4-7PM.

A new take on our old "Night at the Museum" event, explore our historic buildings and make your own caramel apples, paint pumpkins, take a historic hayride, listen to ghost stories, and more. Continue the fun from Faribault Fall Festival down at the museum! Costumes are welcome.

Everything is included in the price of your ticket: \$4 for kids, \$8 for adults. That includes the pumpkin, the caramel apple, and all the fun you'll have at the event!

Call 507-332-2121 or email: rchs@rchistory.org to reserve your spot or with any questions.



Kenyon Welcomes Dollar General

By Cheri Roshon

Well, the wait is over, and Dollar General is ready to be of service to the community. Since we've all seen these stores popping up all over the place, I thought a brief bit of history might be fun.

J.L. Turner was the brain behind the concept. His father had passed away when J.L. was 11 years old. He had to quit school in Nashville Tennessee to work on the family farm to help support his family. Never finishing his education, he knew he had to learn on his own what people wanted, and how to get them the products they needed. He tried his hand at a few retail stores, but was unsuccessful, so he left the overhead operations and started selling what he could carry door to door. This job was selling dry goods for a Nashville wholesale grocer, and was more successful for him.

After 10 years, he moved his family to Scottsville Kentucky Now, this was during the depression, and money was scarce, to say the least, so with the money he had saved, he began buying out retail stores that were going out of business, and liquidating them at a dis-



count prices. His only son, Cal Turner, joined him on these acquisitions and gained valuable business skills at a young age. In October of 1939, Cal and his father opened a wholesale store called J.L. Turner and Son with an investment of \$10,000.00, becoming J.L.'s third attempt at selling retail, and this time, it took off. They went from wholesale to retail, and by the 1950's, it was a 2 million dollar annual business.

The first Dollar General opened in Springfield, Kentucky on June 1st, 1955, and the

concept was everything in the store would cost a dollar or less. Seeing the need for more stores, every store Cal and his father owned became Dollar General stores, and by 1957, annual sales at Dollar General's 29 stores became \$5 million.

By 1964, the company went public as Dollar General Corporation, posting sales of more than \$40 million, and net income in excess of \$1.5 million. In 1977, Cal Turner, Jr. who joined the company in 1965 succeeded his father as President of the corporation, and

was there until his retirement in 2002. Under his leadership, the company grew to over 6,000 stores and sales of \$6 billion annually.

Today the company is still growing, and remains true to the humble ethic of hard work and friendly customer service embodied by the founding family. About 25% of the products sold are still \$1 or less, so come on over and see what Kenyon's Dollar General has for you!

K-W Homecoming Royalty



First Row: Taryn Bartel (Junior), Addison Lindell, Bella Greseth, Audrey Haugen, Ava Flom, Elsie Braaten, Holly Carlstrom, Gara Calvo Garcia (Foreign Exchange Student), Ruby Sjoblom (Sophomore), Missing from Photo: Stella Haugen (Freshman). Second Row: Jaydan Carroll (Junior), Rylee Groth (Sophomore), Derek Syverson, Ryan LaCanne, Owen Caron, Bryan Jacobson, Luke Johnson, Brennan Flotterud, Riccardo Bandera (Foreign Exchange Student), Gus Bakken (Freshman)

2025 Oktoberfest a Success

Tracie Vranich Chair,
Dundas Oktoberfest Board

The Third Annual Dundas Oktoberfest was a big success again this year, and downtown Dundas was hopping! Mother Nature cooperated on Saturday with lots of people showing up to enjoy the beautiful fall weather and all there was to do.

Railway Street was lined with local makers selling their wares along with a collection of cars that came for the Collectors Car & Motorcycle Roll-In. The Roll-In was new this year and brought to you by Dawn's Corner Bar along with Dundas Oktoberfest. The downtown parking lot was filled with local food vendors selling everything from German pretzels to charcuterie, from caramel apples to Black Forest Brownies, with some cheese curds on the side! The adult beverage tent was busy serving up local beer, cider, and wine.

Attendees could visit with local nonprofits at various booths, and check out the playhouse being raffled off by Ruth's House, a women and children shelter serving area residents. And then there was the big tent overflowing with German music, dancing and lots of Oktoberfest revelry - including a stein holding contest!

The official event was from noon to 6:30,



but the party didn't end then, with people heading to the two downtown bars. L&M Bar and Grill hosted the After-Party from 6:00-8:00 with live music on the patio and discounted drinks if you came in with an Oktoberfest wristband. Dawn's Corner Bar rocked into the night with "Dundas After Dark" Street Dance from 8:00 to midnight. Awesome to see all the people in downtown Dundas throughout the day and into the night!

Dundas Oktoberfest is a 501(c)(3) nonprofit and run by a volunteer board of directors, with numerous event sponsors and the City of Dundas providing financial support. All coming together to put on this family-friendly and affordable event - for Dundas and surrounding area residents, and for those that simply enjoy a great small-town authentic Oktoberfest! It's held the 3rd weekend after Labor Day each year, so put on your calendar for 2026 to come to beautiful downtown Dundas for Dundas Oktoberfest.

Learn more at dundasoktoberfest.com.



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**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.



CVEC Annual Meeting September 28

Cannon Valley Elder Collegium (CVEC) will celebrate its successful year with a presentation from popular CVEC instructor Rod Christensen, MD: My Prescription: Read Some Fiction. CVEC will honor its instructors, and CVEC participants who have enrolled in many of its courses - from from fifty to eighty, and one outstanding participant who has taken over 120 courses! Pie and coffee will be served. The program is free and open to the public. Sunday, September 28, from 2 - 3:30 pm, St. John's Lutheran Church, 500 W 3rd Street, Northfield. See cvec.org for more information about Cannon Valley Elder Collegium.

For nearly 30 years, the nonprofit Cannon Valley Elder Collegium (CVEC) has offered affordable, noncredit, entry-college-level courses for learners aged 50+. CVEC participants come from throughout Minnesota's Cannon River valley region, and beyond.

Classes are offered in-person (typically in Northfield MN), and online via Zoom. For more information, go to www.cvec.org.



Share Your Good News!

Submit your engagement, wedding or birth announcement.

Email: hometownmessenger@gmail.com



**City of Dundas
Presents**

TRUNK OR TREAT

**6 TO 7 PM Friday,
October 24th**

**Memorial Park
214 1st Street South**



The City of Dundas Parks and Recreation Board invites the community to a Trunk or Treat in Memorial Park. Area organizations and businesses will be there with decorated car trunks ready to hand out candy and prizes. Come join the fun!



Holden Hi-Lites 4-H Club

Invites You To A Free

ICE CREAM SOCIAL

To Celebrate National 4-H Week



Sunday, October 5, 2025 at 5:00PM

St. Michael's Catholic Church, Kenyon

4-H For Ages Kindergarten to Adult



Are you interested in learning more about 4-H?

Come and meet club members, explore project areas, learn how to get involved and have fun!!

4-H HAS SOMETHING FOR EVERYONE!

A Great Turnout for the 50th Annual Rice County Steam & Gas Tractor Show



photos courtesy of Rice County Steam & Gas Engines Inc.

Two of the original charter members were given enlarged show posters from the early years. These were presented by Pres. Bill Becker & Vice Pres. Jeremy Sevcik. Congratulations Larry Malecha & Butch Malecha!



Rice County Steam & Gas Engines Inc. Tractor Show Raffle Winners



1st prize, 2025 Golf cart - Jesus Sanchez, Medford Mn.; 2nd prize, two \$500 fuel gift cards; Fritz Sticha, New Prague Mn.; 3rd prize, \$500 cash - Foster Transburg, Northfield Mn.

CONGRATULATIONS TO THE WINNERS!! Thank you to all who bought raffle tickets.





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Saturday, September 27

7:30 PM at the All New Sapphire!



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Show Tickets Just
\$35⁰⁰
Call 507-645-9992



THE SAPPHIRE

Event Room & Cocktail Lounge
MAIN STREET, DENNISON

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Enjoy dinner at The Fireside before crossing the street to the show!
Make your dinner reservations today!

A Farm Girl's Story

Nancy Nodland Ellison was born in 1945 near Belle Creek. She has written a book detailing her life growing up in this area, with references to places she has travelled to, and names of friends and relatives who also lived in this area. The title is Belle Creek and Beyond..... A Farm Girl's Story.

Known to most as the Sheep and Wool Lady, she raises sheep and spins the wool into yarn, and weaves and does yarn needle felting. In her book, she tells of life on the farm, and adds a bit of history to her tales.

You can find her book at the Greensted in Zumbrota, the Goodhue Cafe and Gift Shop, Red Wing Arts, and see more of her work at Ellison Ewenique Felt on Etsy.

She has new, used, and antique spinning wheels and looms available for sale in her country home outside of Wanamingo.

You can reach her for spinning, weaving, felting, yarn, supplies, classes and lessons at (507) 732-5281.

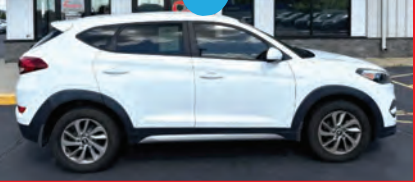
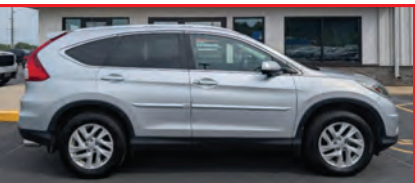
Check out her book for a fun bit of Goodhue County history!

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Email: hometownmessenger@gmail.com



BACK-TO-SCHOOL Specials

 Gray, cloth interior, FWD, 3.6L V-6, 149,816 miles #10652X	2016 DODGE GRAND CARAVAN SXT \$6,999	 4WD, silver, leather interior, 1.5L 4 cyl, 99,751 miles #10686X	2018 FORD ESCAPE SEL \$12,999	 AWD, white, cloth interior, 2.0L 4 cyl, 87,787 miles #10434X	2017 HYUNDAI TUCSON SE \$13,999
 Silver, cloth interior, AWD, 2.5L 4 cyl, 153,569 miles #10503A	2012 SUBARU FORESTER 2.5X \$5,999	 Super Crew, 4WD, 6.5' box, cloth interior, 2.7L V-6, 88,569 miles #10714X	2020 FORD F-150 XLT \$24,999	 4WD, leather interior, 2.4L 4 cyl, 93,650 miles #10711X	2015 HONDA CR-V EX-L \$17,499



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Fa ME

Prices Effective Wednesday

FRESH Honeycrisp Apple Tote \$1.99 Lb.	FRESH Bartlett Pears 99¢ Lb.
Dole or Fresh Express Chopped Salad Kits 9.1-12.25 Oz. Selected Varieties \$2.99 Ea.	Best Choice Red Potatoes 5 Lb. Bag \$1.99 Ea.
FRESH Boneless Pork Sirloin Roast \$2.69 Lb.	FRESH Boneless Beef Top Round Roast \$7.99 Lb.
Kellogg's Eggo Pancakes or Toaster Sticks 12-40 Ct. Selected Varieties \$3.49 Ea.	Wimmer's Little Smokies 10-14 Oz. Selected Varieties \$3.99 Ea.
Best Choice Apple Juice or Cider 64 Oz. Selected Varieties \$1.69 Ea.	Best Choice Ice Cream 48 Oz. Selected Varieties \$2.69 Ea.
Folgers Ground Coffee 22-25.9 Oz. Selected Varieties \$10.99 Ea.	Campbell's Condensed Soup 10.5-11.5 Oz. Selected Varieties 2/\$3
Best Choice Tomatoes 10-15 Oz. Selected Varieties 89¢ Ea.	Roma 11" or Bella Personal Pizza 6" Selected Varieties 3/\$9
Kentucky Legend Bacon 16 Oz. Selected Varieties \$4.99 Ea.	Armour Meatballs 14 Oz. Selected Varieties \$3.99 Ea.
Green Giant Vegetables 14.5-15.25 Oz. Selected Varieties 85¢ Ea.	Best Choice Beans 15-15.5 Oz. Selected Varieties 99¢ Ea.
Old Dutch Ripples Potato Chips 8-8.5 Oz. Selected Varieties 2/\$7	

Due to supply uncertainty, some ad items may be out of stock. We are unable to provide rainchecks at this time. We apologize for any inconvenience. *All items shown may not be available in all stores, some regional differences may occur. We reserve the right to correct printing errors, set limits and/or refuse sales to commercial/wholesale customers.

GROCERY

Best Choice Fruit Cups 4 Ct. Selected Varieties 2/\$5	Quaker Chewy or Chewy Dips Granola Bars 5-8 Ct. Selected Varieties \$2.99 Ea.	Snack Pack Gelatin or Pudding 4 Ct. Selected Varieties 4/\$5	Kraft Mac & Cheese Dinner 5.5-7.3 Oz. Selected Varieties 4/\$5
Nabisco Snack Crackers 3.5-8.5 Oz. Selected Varieties \$3.99 Ea.	Town House, Club or Graham Crackers 9.2-15 Oz. Selected Varieties \$3.49 Ea.	Chef Boyardee Pasta 7.5-15 Oz. Selected Varieties 4/\$5	Ken's Steak House Dressing 16 Oz. Selected Varieties \$2.89 Ea.

FROZEN

Kemps Sherbet 54 Oz., Ice Cream or Frozen Yogurt 48 Oz. or Ice Cream Novelties 4-12 Ct. Selected Varieties \$4.99 Ea.	Best Choice Superior Selections Ice Cream 1 Pint Selected Varieties 2/\$5	T.G.I. Fridays Appetizers 8-11 Oz. Selected Varieties \$3.49 Ea.	Lean Cuisine Entrees 6-11.5 Oz. Selected Varieties 4/\$10
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DAIRY

Dannon Light & Fit or Oikos Triple Zero Yogurt 4 Ct. Selected Varieties \$3.99 Ea.	Crystal Farms Cheese Singles 12 Oz. Selected Varieties \$2.99 Ea.	Nestle Coffee-Mate Liquid Coffee Creamer 28-32 Oz. Cold Foam or Iced Coffee 50 Oz. Selected Varieties 2/\$7	Velveeta Slices 16 Oz. Selected Varieties \$2.99 Ea.
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MEATS

Frozen Boneless Skinless Chicken Tenders \$3.99 Lb.	FRESH Boneless Beef Top Round Steak \$8.49 Lb.
FRESH 93% Lean Ground Beef \$7.49 Lb.	Johnsonville Breakfast Links or Patties 12 Oz. Selected Varieties \$3.99 Ea.

PRODUCE

FRESH Washington Sugar Bee Apples 2 Lb. Bag \$4.99 Ea.	Ocean Mist Celery \$1.49 Ea.	FRESH Pepin Heights Apple Cider Half Gallon \$5.99 Ea.	Marzetti Caramel Dip 13.5 Oz. Selected Varieties \$4.99 Ea.
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, September 24 Through Tuesday, September 30, 2025



Prego
Pasta Sauce
3.5-24 Oz.
Selected Varieties



Doritos
Cheetos
Cheetos, Fritos, Doritos or Simply Snacks
25-10 Oz.
Selected Varieties



Brown 'N Serve
Brown 'N Serve Fully Cooked Sausage
14 Oz.
Selected Varieties



Tropicana
Juice Singles
8 Oz.
Selected Varieties



FRESH
Boneless Beef
Ribeye Steak
17.99 Lb.



Oscar Mayer
Fun Pack Lunchables
8.9-10.7 Oz.
Selected Varieties



On the Border
Apple Chips
5.5 Oz.
Selected Varieties

2/\$5

\$3.99 Ea.

2/\$3

3/\$4

\$17.99 Lb.

2/\$5

2/\$4

BAKERY



37th Street
Danish Strips
14 Oz.
Selected Varieties



Bakeshop
Cookies
12 Oz.
Selected Varieties



The Father's Table
Variety Sampler
Cheesecake
32 Oz.
Selected Varieties

DELI



Mrs. Gerry's
Deviled Egg
Potato Salad
3.99 Lb.



Sabra
Hummus
10 Oz.
Selected Varieties



Cedar Hollow
Deli Sliced
Cherrywood Ham
5.99 Lb.

ADDITIONAL SPECIALS



Pepsi
Products
6 Pack 16.9 Oz. Bottles,
Selected Varieties



Bubbl'r
6 Pack 12 Oz. Cans,
Selected Varieties



7-Up
Products
8 Pack 12 Oz. Bottles
or 10 Pack 7.5 Oz. Cans



Arizona Arnold
Palmer
12 Pack 12 Oz. Cans



Best Choice
Apple Juice
or Cider
64 Oz.,
Selected Varieties



Ocean Spray
Juice or Juice
Cocktail
64 Oz.,
Selected Varieties

2/\$10

2/\$13

2/\$12

\$5.99 Ea.

\$1.69 Ea.

\$2.99 Ea.

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Is Your Skin Aging Prematurely? Heart burn pills are Bad!



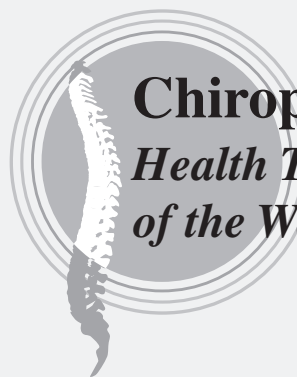
By Shauna Burshem, D.C.

Use your senses: Expiration dates are more about quality than safety. Labels like "sell by" and "best before" indicate peak freshness, not when food becomes unsafe, leading Americans to toss out billions of pounds of perfectly good food. There's no universal rule—states set their own policies, and companies use dif-

ferent methods, which is why similar products can have varying labels. The only federally regulated dates are for infant formula. Health experts warn that raw meat, seafood, unpasteurized dairy, and baby food pose the biggest risks, but for most other items, trust your senses—appearance, smell, and taste are better indicators. Until labeling becomes consistent, a little common sense can go a long way in reducing waste and staying safe.

Proton pump inhibitors (PPIs), commonly used to treat heartburn, have been linked to significant health risks, including a 16% higher chance of heart attacks and double the risk of dying from cardiovascular events, even in individuals without prior heart disease. While these drugs are marketed as a quick fix for acid reflux, they suppress stomach acid production entirely, which is problematic since most reflux is actually caused by too little stomach acid, not too much. This suppression exacerbates the underlying issue, leading to fermentation, bloating, and pressure that pushes acid into the esophagus. The risks extend beyond the gut, as PPIs interfere with nitric oxide production, a molecule essential for healthy blood vessels, increasing the likelihood of heart-related complications. Examples of PPIs include esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), and rabeprazole (AcipHex)

Chiropractic Health Tip of the Week



"Keep your spine happy by maintaining good posture throughout the day—whether you're sitting, standing, or sleeping. Regular stretching and movement can help reduce tension and improve spinal alignment, especially if you spend long hours at a desk. And don't forget to stay hydrated—your spinal discs need water to stay healthy and cushion your movements!"

The dangers of PPIs don't stop at cardiovascular risks. Long-term use has been associated with kidney damage, weakened bones, and impaired nutrient absorption. Chronic kidney disease, acute kidney injury, and even end-stage renal disease have been linked to these medications. Additionally, the suppression of stomach acid hinders calcium absorption, leading to fragile bones and a higher risk of fractures, particularly in older adults or those with pre-existing bone conditions. Stomach acid also plays a critical role in defending against harmful pathogens, and its reduction makes PPI users more susceptible to severe infections like C. diff, pneumonia, and E. coli.

For those relying on PPIs, it's crucial to understand that these risks can accumulate even with standard doses or over-the-counter use.

The FDA advises limiting PPI use to no more than three 14-day treatment periods per year, a guideline often overlooked. A safer alternative is famotidine (Pepcid), an H2 blocker that reduces stomach acid through a different mechanism and doesn't carry the same cardiovascular risks. Famotidine also helps block excess serotonin, which can disrupt energy levels and drive inflammation, making it a more holistic option for managing reflux.

If you're currently using PPIs, transitioning off them requires a gradual tapering process to avoid rebound acid production. Full recovery of stomach acid production and digestive function can take months or even years, necessitating targeted nutritional support to rebuild gut health.

(continued on page 17)

WEDNESDAYS IN DENNISON

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



Farmers Market



For more information, contact Heidi at: dennisonfarmersmarket@gmail.com

Wednesday Dining at The Fireside



WEDNESDAY FEATURES
Enjoy Our "Jumbo" Wings Specials!

BBQ Rib Dinner
1/2 or Full Rack (begins at 4:00p.m.)

37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM; Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
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TURKEY DINNER

Sunday, October 26th
at Dennison Lutheran Church
Serving 11:00am-1:00pm

Menu:
Turkey Roast,
Dressing,
Mashed Potatoes,
Corn, and Pies

Adults \$13.00 • Children \$5.00
Children Under 5 Years Free

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Apples



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You probably have heard the rhyme, “An apple a day keeps the doctor away.” But what does an apple really do for you? Does any apple work, or only certain kinds? Let’s dig a little deeper.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a day required less prescription drugs. Those who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in Molecular Nutrition Food Research by Bon-donno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were

eaten. In other words, these apples improved the blood flow through the body. The apples with high flavonoid content will typically be darker red apples that are not too sweet.

Cholesterol - The healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar – Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the sugar absorption ability of the intestines by closing the primary “door” that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

Colon Health – The ability of the polyphenols of apples to “close the door” on sugar transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many more “doors” to bring

in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include – Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

An apple a day is the eighth guideline in the Foundation to Thrive program, a whole food lifestyle program providing personal coaching to help you succeed in your goal to live a healthier life. This program provides a personalized meal plan based on your unique blood chemistry. Those who have followed their personal plan have observed blood sugar levels become controlled, cholesterol levels improve, inflammation decreased, acid reflux disappear, and the body shifts to a healthy weight.

Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully ad-



dressed 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.*

Is Your Skin Aging Prematurely? Heart burn pills are Bad!

(continued from page 16)

With over 60 million Americans experiencing heartburn monthly, it’s vital to address the root cause of reflux rather than masking symptoms with medications that may do more harm than good. For all natural symptom relief, we have successfully used Zypan in our offices. Zypan is a whole food supplement that reduces and prevents acid reflux (from Standard Process).

Is your skin aging prematurely? Your skin is a dynamic, multi-layered organ that serves as a protective barrier and reflects your overall health and lifestyle choices. Its structure, comprising the epidermis, dermis, and hypodermis, is designed to shield against external threats, regulate internal stability, and support immune and metabolic functions. The epidermis forms a water-tight barrier, while the dermis provides strength and flexibility through collagen and elastin. The hypodermis, rich in fat and blood vessels, cushions the body and regulates temperature.

This intricate system communicates with the body through nerves, hormones, and bioactive compounds, but its ability to repair and protect diminishes with age, making consistent dietary support essential for maintaining its resilience.

Skin aging is influenced by two overlapping processes: chronological aging and photoaging. Chronological aging is an internal, genetically driven process that slows cell turnover, reduces collagen and elastin production, and alters hydration levels, leading to fine lines, sagging, and thinning skin. Photoaging, on the other hand, results from external stressors like UV exposure, pollution, and smoking, which create oxidative stress and inflammation that degrade skin structure. While sunlight is often blamed for skin aging,

the real issue lies in the skin’s nutritional preparedness. A well-supported diet can enhance the skin’s ability to recover from UV exposure and other environmental stressors, reducing visible signs of aging.

Diet plays a pivotal role in skin health, influencing its hydration, repair, and structural integrity. Nutrients like vitamin C, omega-3s, carotenoids, and fermented foods strengthen collagen networks, improve hydration, and bolster antioxidant defenses. Conversely, diets high in trans fats, sugars, refined carbs, and additives accelerate aging by promoting glycation, disrupting the microbiome, and weakening the skin’s repair capacity. Poor dietary choices, particularly those high in linoleic acid, make the skin more vulnerable to UV damage, amplifying the effects of photoaging. This underscores the importance of a nutrient-rich diet in supporting the skin’s natural defenses and maintaining its youthful appearance.

External factors such as pollution, harsh weather, smoking, and irritants like strong soaps further strain the skin’s barrier, generating free radicals and triggering inflammation that impair its renewal capacity. While the skin is designed to interact with sunlight and even benefits from it in terms of vitamin D synthesis and energy regulation, its ability to handle exposure depends on its internal nutritional state. A well-nourished skin barrier is better equipped to withstand daily wear and environmental stressors, highlighting the critical connection between diet and skin health. By prioritizing a balanced, nutrient-dense diet, you can support your skin’s ongoing regeneration and resilience against aging.

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

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Free Water Testing for Southeast Minnesota Private Well Users

Water treatment funding assistance available

By Goodhue County Health and Human Services



Goodhue County, MN – Private well users in Southeast Minnesota can receive free water testing kits and analysis through the TAP-IN Safe Drinking Water Program. If test results show contaminants in the water, homeowners and renters can apply for funding assistance to remediate the issue. Priority will be given to those facing financial hardship or households with pregnant women or infants under 12 months.

The TAP-IN program is a collaborative effort between Southeast Minnesota's Soil and Water Conservation Districts (SWCDs),

county environmental services, and county public health departments. It is funded by the State of Minnesota.

"To keep our communities healthy, the TAP-IN program helps ensure residents have equitable access to safe drinking water," said Olmsted SWCD Water Resources Supervisor Caitlin Meyer. "Through this partnership, we are protecting our water sources which helps improve quality of life for those in Southeast Minnesota."

The karst landscape in Southeast Minnesota has many sinkholes, springs, caves, and other features that make it easy for contaminants to get into the groundwater. Well users should test their private well regularly to ensure its safety.

Free private well test kits available

Private well users can request a free test kit through the Minnesota Department of Health. To be eligible, a household must meet both of the following criteria:

- Rely on a private well as their drinking water source.
- Be located in Dodge, Fillmore, Goodhue, Houston, Mower, Olmsted, Wabasha, or Winona counties.

Due to high demand, there may be a 2-10 week wait for delivery.

What to do if nitrate is present in well water

If test results show high nitrate levels (greater than 10 milligrams per liter), residents can apply for a reverse osmosis water treatment system at no cost through the TAP-IN program.

"If you are drinking water from a private well, it's a great idea to have your water

tested annually," said Goodhue County Soil and Water Conservation District Manager Beau Kennedy. "If your well is contaminated with Nitrates, there are assistance programs available for you. The TAP-In program is helping residents of SE MN have access to safe drinking water."

How to apply for a water treatment system if your nitrate concentration is greater than 10 milligrams per liter. To apply for a reverse osmosis system through the TAP-IN program, participants must:

- Use a private well for drinking water in Dodge, Fillmore, Goodhue, Houston,

Mower, Olmsted, Wabasha, and Winona counties.

- Provide a certified lab test from an accredited laboratory, dated on or after January 1, 2019, showing a nitrate concentration greater than 10 milligrams per liter.

- Submit an application and lab test report.

Well owners with contaminants above a health risk limit (other than nitrates) may also qualify for financial assistance for remediation.

If you have questions or need help applying, contact
health.privatewells@state.mn.us or
(651) 201-5594.

MDA Urges Farmers: Put Safety First with Anhydrous Ammonia This Fall

Essential tips to prevent accidents during post-harvest application

As Minnesota farmers wrap up harvest and prepare for fall fertilizer applications, the Minnesota Department of Agriculture (MDA) is reminding growers and applicators that safety must come before speed when handling anhydrous ammonia (NH₃).

Accidents involving NH₃ can cause severe injuries or even be fatal. To reduce risks, the MDA is urging farmers, fertilizer dealers, and custom applicators to take extra precautions during application, transport, and storage.

"Anhydrous ammonia is an important fertilizer, but its use isn't without risk," said MDA Commissioner Thom Petersen. "Slowing down, wearing protective gear, and keeping water on hand can make the difference between a safe season and serious injury."

Applicators should wear NH₃-rated goggles and gloves, avoid contact lenses, and keep at least 5 gallons of clean emergency water within reach. Because transfer lines can contain residual ammonia, they should be handled with caution. Standing upwind while transferring or bleeding lines and securing valves before taking breaks helps minimize risk. Equipment should be positioned downwind and kept clear of homes, people, and livestock.

Storage and transport also demand close attention. The MDA reminds farmers and applicators to:

Never assume NH₃ lines are empty.

Wear protective gear when working with tanks or transport units.

Equip storage sites with proper safety water—either a 150-gallon open-top container, or a shower and plumbed eyewash—plus a five-gallon container of clean water with every nurse tank.

Observe transport limits: Do not exceed 30 miles per hour, display a slow-moving vehicle emblem visible from the rear, and secure tanks with two independent chains in addition to the hitch pin or clip.

If an accident occurs, seek immediate medical care, call 911, and then contact the Minnesota Duty Officer at 800-422-0798.

Under the state's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable groundwater areas. View a map of the vulnerable regions of the state.

To reduce environmental impact and improve crop efficiency elsewhere, the MDA reminds farmers to apply NH₃ only when soil temperatures average 50°F or cooler.

For current soil temperatures, vulnerable area maps, and complete safety guidance, visit the MDA's website.

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Between Land and Water: Buffers for Healthy Streams



By Al Henderson, Resource Specialist
Rice SWCD

The Minnesota Buffer Law was put into law in 2015 to promote healthy bodies of water in Minnesota. Perennial vegetative buffers have been shown to improve many different aspects of water quality. Buffers, also known as riparian filter strips, aid in filtering out nutrients and sediment from runoff, as well as provide bank stability and habitat for aquatic life.

Within Rice County, properties with public waters adjacent to their land are monitored and reviewed by Rice SWCD staff every three years for buffer width requirements. The buffer compliance standards are set by the Board to Water and Soil Resources. For public ditch systems, the buffer width requirement is 16.5 ft, and DNR public waters require a 50-foot average, 30-foot minimum.

It is important to be mindful of our impacts on the land and to have established buffer strips for properties adjacent to public water-

courses. Unfiltered runoff causes excess nutrients to enter our bodies of water, leading to eutrophication, or an overproductive water system. When nutrient levels become excessive, algal blooms form, reducing dissolved oxygen and negatively affecting aquatic life and the health of the water system.

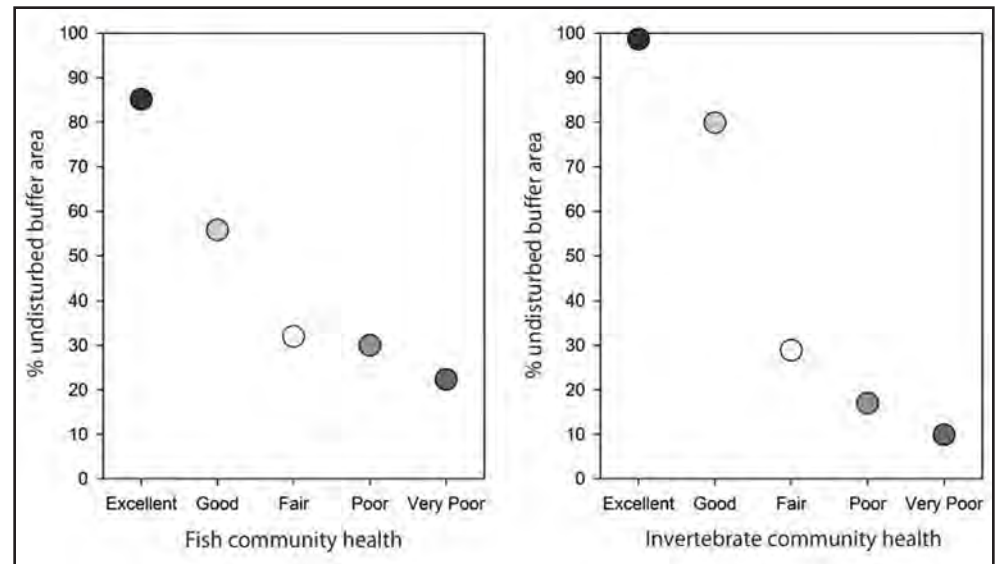
Buffers also impact bank stability by preventing soil loss, additional runoff issues, property damage, and overall degradation of the land's soil health. Having a stable bank also provides habitat for aquatic life, such as shelter and breeding grounds for fish, birds, and other wildlife.

The Minnesota Pollution Control Agency (MPCA) reported on collected data regarding stream health and buffer quality in 2015. They found that in streams with the majority of the buffer intact, the water quality, bank stability, and macroinvertebrate species were significantly better than in streams where the buffers were not established and intact. When performing their stream surveys, the MPCA used the Index of Biological Integrity (IBI) to determine where on the index scale the quality of the stream fell. The higher the index score, the higher the quality of the stream. For example, Caddisflies and Dragonfly larvae are more sensitive to pollution and will typically be found in higher quality streams. Meanwhile, leeches, black fly larvae, and snails are more tolerant of pollution and can be found in streams that may be more degraded.

In 2024, the DNR announced that they would be conducting surveys to begin the process of redetermining the public waters inventory in Minnesota over the next several years. The DNR recently shared the first four counties, and the order of counties will be processed in a quasi-alphabetical order. This process will begin this year, and they are projecting to have twelve counties completed a



An established buffer adjacent to County Ditch 4 in Rice County.



Buffer quality compared to the health of the fish and invertebrate communities for more than 3,500 monitoring sites. Figure taken from the MPCA report on buffers improving water quality (2015).

Northfield Farmer Shares Practical Tips for Interseeding Cover Crops in New Conservation Video

By Rice Soil and Water Conservation District

A new conservation video released this week highlights how Northfield farmer Mike Peterson is making cover crops work on his row crop and hog operation by timing their establishment with weed control and nutrient application.

Produced by the Rice Soil and Water Conservation District, the video takes viewers to the Peterson farm where Mike, his wife Kay, and their two sons raise corn, soybeans, and hogs. Mike explains how they interseed cover crops into corn while also applying nitrogen—a strategy that saves time, builds soil, and supports long-term sustainability goals.

“We try to time the interseeding of the cover crop with our weed control, and before the corn is too close to canopy,” said Mike. “As late as you can wait in the year for your contact herbicide to get those emerging weeds, and still give your cover crop a little time to get established, that’s the sweet spot.”

The video outlines Mike’s equipment setup, including the use of saddle tanks and a three-point mounted interseeder that allows them to dribble nitrogen—specifically 32% nitrogen mixed with ammonium sulfate—next to the corn row while planting cover crops. This dual-purpose pass not only helps justify the operation cost but also sets the field up for stronger soil health.

Mike also emphasizes the importance of consulting with an agronomist when planning cover crop establishment, especially when it comes to herbicide selection.

“You don’t want your investment in weed control killing your cover crop,” he explains. “Contact herbicides work best if you want your cover crop to succeed.”

The video is part of a broader effort to promote practical conservation practices that improve soil health, reduce erosion, and protect water quality in the Cannon River Watershed.

Watch the full video here: https://youtu.be/MK_1mkuSLGI?si=XEboKFKYZcpNpFQ7
For more information about cover crops and conservation practices, contact the Rice SWCD at 5070332-5408.

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year for the next eight years. There are several phases to this process as the project continues; you can find more information, subscribe for updates, and track the progress of this project on the MN DNR website under the “Public Waters Inventory Update Project.”

The DNR Public Water Inventory Update Project will be making adjustments to designated public waters. If you have a watercourse adjacent to your property, these updates may be relevant to you. To learn more and stay informed, please reach out to Rice SWCD at 507-332-5408, subscribe to updates on the DNR website, or send an email to the Public Water Inventory Update email address: pwi.update.dnr@state.mn.us.

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MnDOT Presents County, Engineer its 2025 Partnership Award

By Rice County



When Mark Schoenfelder was asked to consider a nominee for the Department of Transportation's Partnership Award, Rice County immediately came to mind.

"Rice County is a strong transportation partner," MnDOT District 6 Transportation Engineer Schoenfelder told the Board of Commissioners during its Aug. 12 meeting.

The statewide award, which recognizes entities and organizations MnDOT officials consider highly collaborative, is given annually.

While Schoenfelder understands, and recognized all Rice County staff and its Board of Commissioners when presenting the award, he singled out County Engineer Dennis Luebbe, now in his 24th year with the county.

"He fights hard for the county's interests as well as looking out for transportation as a whole and within the region," said Schoenfelder, listing several recent collaborations between his office and Rice County to support

his nomination.

This fall, Rice County will finish paving County Road 46/Hazelwood Avenue, the final section of two Interstate 35 frontage roads – one east, one west -- that run from the Dakota County line to Faribault. These roads not only serve as an additional north/south corridor and alternate route should the interstate close, but are expected to help drive industrial/commercial growth.

Last year, the county completed a six-legged roundabout at the I-35/Hwy. 19 interchange, a long-awaited safety improvement. It was Luebbe who accelerated the project by cobbling together funding from five different sources, including three state grants, to pay for what normally would have been a state-led project.

As county highway engineer, Luebbe often works with township and city officials in Rice County to assist in developing a and maintaining a strong transportation network. Currently, he's collaborating with Faribault city leaders on developing a new I-35 interchange at County Road 9, just west of several industrial facilities including Daikin, Trystar and Met-Con, and is working with officials in Dundas and Northfield on road projects in those cities.

State Sen. John Jasinski, who in 2021 helped deliver state funding for a study of the proposed interchange and is currently ranking minority member on the Senate Transportation Committee, praised both Luebbe and Schoenfelder.

"These guys are great assets to have here in Rice County," he told the commissioners. "You guys should be grateful."



Mark Schoenfelder, MnDOT District 6 Transportation Engineer, right, congratulated Rice County Highway Engineer Dennis Luebbe who accepted the statewide Partnership Award in August on the county's behalf.

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Goodhue County Sheriff's Office Highlights for the weeks 08/20/25-9/16/25

Domestics / Disturbance/ Suspicious/ Other:

Cannon Falls TWP- deputies responded to a domestic. A 78-year-old was arrested.

Featherstone TWP- deputies took a report of a past action domestic. A report was forwarded to the county attorney for charging considerations.

Pine Island- deputies responded to a physical domestic. A 56-year-old was arrested after they tried to flee the scene. The suspect was located nearby at a park.

Pine Island- a 61-year-old was arrested for a violation of an order for protection.

Pine Island- deputies responded to a domestic. Two people were arrested and a third was issued a citation for obstruction of the legal process.

IF YOU OR SOMEONE YOU KNOW IS A VICTIM OF DOMESTIC VIOLENCE, PLEASE CONTACT US. WE CAN HELP. IF YOU DON'T FEEL COMFORTABLE CONTACTING LAW ENFORCEMENT, PLEASE CONTACT THE HOPE COALITION AT 1-800-369-5214.

Hay Creek TWP- deputies responded to a disturbance after a 47-year-old was walking on the shoulder and swung a golf club at vehicles. Deputies located the suspect and located meth on the suspect. They were arrested and charged with 5th degree drugs.

Cannon Falls TWP- citations were issued to an 18-year-old and two 17-year-olds for trespassing after they ignored multiple NO TRESPASSING signs and tried to go cliff jumping at lake Byllesby.

Pine Island- deputies responded to a disturbance. Two parties were issued citations for disorderly conduct.

Pine Island- a deputy took a threats report.

Pine Island- deputies took a harassment report after the suspect began sending letters to the victim's employer.

Vasa TWP- deputies responded to suspicious activity. The caller said three people were in a vehicle and one was laying on the ground and they seemed intoxicated. It turned out to be a person changing a tire on their vehicle and no alcohol was involved. No crime. This is your reminder that we would rather people call about suspicious activity and we show up and have it be nothing rather than people not call about suspicious activity and it turns out to be something that could have been prevented.

Zumbrota TWP- deputies were notified when someone found a baggie on the side of the road that they thought contained meth. The contents field tested positive for meth. If you recently have been accusing your friends of stealing your meth and they have adamantly denied it, we suggest you apologize to your friends and reach out to us to claim it. If you want to give us the list of people you accused, we can call them to explain the situation on your behalf.

Pine Island- theft of a wallet was reported. The wallet was turned in to an employee and returned to the person who lost it.

Zumbrota- report of a past action assault involving juveniles.

Hide and Seek Eliminations:

Pine Island- deputies checked a residence

for a 31-year-old with a warrant. The suspect was located and arrested.

Roscoe TWP- deputies located a 41-year-old with a warrant. The suspect was arrested.

Pine Island- a deputy performed a traffic stop on a vehicle for a stop sign violation. A passenger in the vehicle had a warrant and was arrested for the warrant.

Goodhue- at the request of another agency, deputies checked a residence for a 29-year-old with a warrant. The suspect was located and arrested.

Theft:

Dennison- a burglary was reported. At the time of the report, it was unknown what exactly was taken.

Hay Creek TWP- theft of a trailer was reported.

Pine Island- report of two shoplifters. Per the store's request, the thieves were trespassing from the store.

Fraud:

Hay Creek TWP- fraud was reported when the victim learned someone got into her account and took out a loan.

Pine Island- fraud was reported after a customer at a store disputed charges on their card. This suspect has done this multiple times in Pine Island. To be clear, disputing a legit charge is fraud.

Damage to Property:

Belle Creek TWP- damage to property as reported after a vehicle stuck a mailbox and left the scene.

Pine Island- damage to property was reported when a vehicle stuck a mailbox and left the scene. The victim was able to locate the suspect vehicle, and they were identified. The suspect agreed to pay for the damages.

Roscoe TWP- damage to property was reported after a vehicle was vandalized. A suspect has been identified.

Wanamingo- damage to property was reported after the victim returned home from vacation and found damage to their door that was possibly caused by someone trying to gain access into the residence.

Animal Complaint:

Cannon Falls TWP- report of a loose horse. A person driving by was able to stop and get the horse under control. The owner was located, and the horse was returned home. Thank you to the citizen who stopped to help!

Terrible goat jokes:

Q- Why did the goat get a ticket?

A- For the baaaaaaad U-turn! (Thanks Amanda for sharing this one with us!)

I was given an adorable baby goat, but it can't bend its knees – they say it's a-cute-kid-knee disorder.

Q-Why did the herder put a bandage on his goat's mouth?

A- To stop the bleating.

DWI:

Belvidere TWP- a 26-year-old was stopped after the vehicle they were driving almost sideswiped a deputy. The driver displayed so many signs of intoxication. When the driver was told to put their vehicle into park, they activated the emergency brake on the vehicle instead. The driver also had an open container of alcohol on their lap and admitted to having one of two drinks earlier. The driver provided a BrAC of .17 and was arrested and charged with third degree DWI.

Wanamingo- a deputy stopped a 39-year-old after they stopped for a stop sign after

the whole vehicle was past the stop sign. Then, after they tried to make a turn, most of the vehicle ended up on the shoulder. The driver smelled like alcohol, and the driver had watery, blood shot eyes and was slurring their speech. In addition to all that, the driver had their pants unzipped and unbuckled, it was also noted in the report that the driver appeared to urinate themselves before getting out of the vehicle. Imagine how surprised the deputy was when the driver denied having any alcohol that day. The driver was arrested and charged with 4th degree DWI and 3rd degree refusal.

Traffic Stops:

HWY 52- a 33-year-old was stopped for going 83 MPH in a 65 MPH zone and for no rear lights when it was dark. The driver had a cancelled drivers license, but the passenger had a valid license. When the driver was arrested for their warrant, the passenger was allowed to take the vehicle from the scene. Citations were also issued to the driver.

HWY 52- a 62-year-old was stopped for having a headlight out. The driver had no proof of insurance and cancelled IPS driving status. A citation was issued for no insurance and the driver was arrested for driving with a cancelled-IPS driving status.

HWY 52- a 35-year-old was stopped for going 83 MPH in a 65 MPH zone. A citation was issued.

Wanamingo- a citation for going 52 MPH in a 30 MPH zone was issued to a 42-year-old driver.

Florence TWP- deputies did a traffic stop on a vehicle after they saw a person who they knew had a cancelled-IPS driving status driving. The 37-year-old was arrested.

Goodhue- a 44-year-old was stopped for going 78-mph in a 55-mph zone on a motorcycle. The driver had no motorcycle endorsement and no proof of insurance. Citations were issued.

HWY 52- a 28-year-old was stopped for going 88 MPH in a 65 MPH zone. A citation was issued.

Florence TWP- a 33-year-old was stopped for going 75-MPH in a 60 MPH zone. The driver also had no proof of insurance. Citations were issued.

Goodhue- a 36-year-old was stopped for expired registration (May 25). A citation was issued.

HWY 52- a driving complaint about a vehicle all over the road led deputies to locating the 26-year-old driver. The driver did not have a license and had two children in the vehicle that were not properly restrained. Citations were issued.

HWY 52- a 22-year-old was stopped for going 80 MPH in a 65 MPH zone. They also had no proof of insurance. Citations were issued.

Red Wing- a deputy stopped a 32-year-old who was struggling to maintain their lane. While searching for their insurance information, the suspect opened a glove box which had drug paraphernalia in it. The driver admitted that there was fentanyl in the vehicle. When deputies were searching the vehicle the suspect told their child to remove a bag from the vehicle. The deputy searched that bag and of course found more evidence. The driver was arrested and charged with 5th degree drugs and endangerment of a child.

Sheriffs' scholarships for students pursuing law enforcement available



Jesse Thomas
Rice County Sheriff

Rice County Sheriff Jesse Thomas announced the 2025 Law Enforcement Scholarship Program.

The Minnesota Sheriffs' Association Board of Directors established the scholarship fund and will award up to 18 - \$2,000 scholarships later this year. These scholarships are due to the coordinated efforts of the 87 Minnesota sheriffs.

MSA members give special recognition to the financial needs of students attending the peace officer skills course, or one of the two- or four-year law enforcement degree colleges.

"Training for those who choose to go into law enforcement is critically important for them and for the communities in which they will serve. These scholarships are an important way the Sheriffs' Association can support our future law enforcement officers," said Thomas.

MSA recognizes the importance of pre-entry training for people considering law enforcement as a career. It also recognizes some students need outside help in meeting the costs of such training, even though they excel academically.

The Scholarship Committee, in making the awards, intends to achieve representation from all geographical areas of the state. Scholarship awards will be announced by Dec. 30.

Scholarships are only available to students currently enrolled in one of the following:

1. Mandated POST Skills Program
2. In their second year of a two-year law enforcement program.
3. In their third or fourth year of a four-year college criminal justice program.

In order to qualify, students must have completed at least one year of the two-year program or two years of a four-year program.

Students meeting these criteria are invited to obtain a scholarship application form and a statement of procedures from the Rice County Sheriff's Office or online at www.mnsheriffs.org. The deadline to submit an application to the Rice County Sheriff's Office is 4 p.m. Wednesday, Nov. 26, 2025.

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: It seems like we have been seeing a fair amount of rain along with flash flood warnings. Can you talk about what

motorists should do if they encounter such a thing?

Answer: Flooding can happen when streams and rivers overflow, dams or levees break, snow melts rapidly, or during heavy rainfall. Floodwaters can cover roads, bridges and low areas. Flash floods can come quickly and without warning, within minutes or hours of excessive rainfall.

- Do not drive through flooded areas. If you see a flooded roadway ahead, turn around and find another route.

- Be cautious, especially at night when visibility is limited.

- Remember, 6 inches of water will reach the bottom of most passenger cars, causing loss of control or possible stalling.

- 2 feet of moving water can carry away most vehicles, including SUVs and pickup trucks.

- Even if the water appears shallow, do not attempt to cross a flooded road. Water can hide dips or damage roadways by washing away the surface.

- If there is no other route, proceed to higher ground and wait for the waters to subside.

Question: I have a new driver in the house and they asked a question that got me thinking. If someone has a crash and hits a power pole, what should they do in that situation?

Answer: If your car comes into contact with a utility pole, wire or power box, you should:

- Stay in your vehicle and call 911.

- Only get out of the vehicle if it is on fire.

- If you must get out, jump from the vehicle with both feet together and shuffle your feet on the ground as you move away from the scene.

- Always assume all wires and equipment are electrified.

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

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

Save lives. Buckle up your little ones, too

Rice County Public Health and Rice County Safe Roads Coalition remind drivers about the Seat Belts and Child Restraints Campaign Sept. 21-27

Driving in Greater Minnesota can be a welcome contrast to metro driving. What isn't different is the need to buckle up and ensure children are in the correct car seat!

The statewide Click It or Ticket campaign from Sept. 21-27 helps enforce the life-saving seat belt law and reminds motorists to drive smart.

Most Minnesotans make the decision to buckle up, but in 2024 preliminary data indicate 106 unbelted motorists died on Minnesota roads, unfortunately an increase from 79 in 2023. And restraint use among children is associated with the driver's seat belt use. Parents and caregivers need to set a good example by always wearing their seat belt and ensuring that passengers are transported correctly!

Rice County Public Health and Rice County Safe Roads Coalition remind everyone that Minnesota law states that drivers and passengers in all seating positions must wear seat belts or be in the correct child restraint.

Parents need to take time to make sure their child is properly restrained and that they are using the correct car seat or booster seat for their child's size and age.

"We are asking parents to take time to review recommendations so car seats and boosters are properly installed. It's important they are using the correct restraint for their child, and to be a good role model for their child and buckle-up. We want everyone riding in vehicles to be as safe as possible," says Deb Purfeerst, Rice County Public Health Director.

Minnesota Child Passenger Safety Guidelines:

- Birth to at least 2 years old: Rear-facing in an infant or convertible child safety seat
- At least 2 years old AND has outgrown the rear-facing seat with internal harness by height or weight: Forward-facing with an internal harness
- 4 years old AND has outgrown the forward-facing seat with internal harness by height or weight: Ride restrained in a belt positioning booster seat using the lap belt and shoulder belt
- 9 years old or has outgrown the booster seat AND the child can pass the five-step test that demonstrates the seat belt fits correctly: Ride restrained with a lap belt and shoulder belt secured correctly on the vehicle seat
- Children under 13 years old must sit in the back seat if possible

Requirements to pass the five-step test:

1. The child sits all the way back against the vehicle seat
2. The child's knees bend over the edge of the vehicle seat
3. The lap belt fits snugly across the hips near the top of the child's thighs, not the abdomen
4. The shoulder belt snugly crosses the center of the child's chest and shoulder, not the neck
5. The child sits correctly, without slouching, for the duration of the ride.

Parents and caregivers are encouraged to visit the Minnesota Department of Public Safety website for Child Passenger Safety at: <https://dps.mn.gov/divisions/ots/child-passenger-safety/Pages/default.aspx> for more information.

Rice County Public Health has a limited supply of car seats available for families who lack financial resources to purchase a car seat, and certified car seat technicians are on staff to help answer questions. Give our car seat coordinator a call at 507-333-3818 if you would like your seat checked or have questions.

Seat belts save lives. Buckle up every time!



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Dennison, MN is currently accepting bids for snow and ice removal for the 2025–2026 winter season. Bids will be accepted for hourly rates for the contract period of October 1 to March 31. Bids must include a schedule of all available equipment and the applicable hourly rate, as well as a copy of the certificate of insurance showing current worker's compensation coverage and a general liability policy with an aggregate limit of at least \$2,000,000.

The minimum equipment required is:

- Snow Plow - truck with plow, wing and sander with a minimum 5 yard box.
- Road Grader for Plowing Snow - grader with a V-plow and wing with a minimum 150 horse power.

Bids will be accepted at City of Dennison PO Box 56, Dennison, MN 55018 or email to clerk@cityofdennisonmn.com. The deadline for submitting bids is Thursday October 2nd, by 5 pm. Bids will be opened at that time and prepared for consideration by the city council. Bids will be considered at the monthly Council Meeting held at the Dennison City Hall on Thursday, Thursday October 2nd, 2024 at 7:00 pm.

Snow removal map and contract is located on city website:
<https://www.cityofdennisonmn.com/> or contact
Jessica Page Dennison City Clerk at 507-990-4150.

CITY OF NERSTRAND, MINNESOTA CITY COUNCIL REGULAR MEETING MINUTES

Aug 12th 2025

7:00p.m.

221 Main Street, Nerstrand

1. Call to Order/Pledge Allegiance
2. Roll Call: Todd Evavold, John Harris, Betty Voge, Pam Caron and Karla Ingersoll.
3. Approval of Agenda Motion to accept John Harris seconded by Karla Ingersoll and all approve.

4. Consent Agenda Motion to accept by Betty Voge seconded by John Harris and all approve.

Sent items to council: Clerks Report, Agenda, Meeting minutes from prior month, Audit information, emails from council members, and citizen complaints)

(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 July 10th, 2025

B. Payment of Claims dated:

1. August 25th, 2025
2. September 9th, 2025
5. Clerk's Report

A. Just a reminder that we have budget this week and we start at 6:30 pm.

B. Water Billing Update: 1 shut off and 1

delinquent accounts.

C. Clerks are requesting that we move to a bi-weekly bill payment schedule to avoid finance charges and reduce the amount of signing the night of council.

6. New Business

A. Audit provided by the accountant- Council reviewed the audit and was very pleased with the report that was provided by the accountant. Reviewed the discrepancies and solutions to the discrepancies where discussed.

B. Request for professional photos- Names were provided for potential photographers. John Harris took the lead on this is going to reach out to an artist he knows personally and see if they can put some images together.

C. Stormwater run off- It was presented to council state statues on neighbors run offs. The neighbor in question took action to correct the issue and things were handled with a friendly neighborly conversation.

7. Old Business

• Discussion regarding cannabis ordinance- Application needs some changes and once completed we will send that to the lawyer and the ordinance for review.

• Discussion regarding liquor ordinance and permitting- The committee needs to review the lawyers suggestions before submitting them to council. There were no scheduled meetings of the committee.

• Street Paving- Farm street and around the Fire Hall are areas that are in need of paving. We need to concentrate and set a priority so we can plan ahead for these.

8. Reports of Officers

• Public Works Director – Steve McDowell- It was reported that there may be some flooding happening between City Hall and Boots and Lu's. Steve will investigate this further.

• Golf carts are to remain on the gravel when hauling brush and tree limbs.

• Dept of Health- We are within compliance.

• Lead Testing complete and will deliver results when received.

• There is a tree hanging and visibility is difficult. Steve will talk to the home owner.

• Mayor –

• There are additional trees in the park that need removal

• Talked with the Methodist Church and the homeowner about the parking situation and was able to find resolution.

• Fire Department – Joe Johnson-Not present

• Council Members

• Zoning Committee-Meeting Minutes Provided by Lu

• Lu has some properties to discuss with council and will add to agenda for the next meeting.

9. Other Business

Mowing contract up this year. Plan to post in October seeking bids. Todd and Steve will provide a map of locations for mowing.

10. Adjourn motioned by Betty Vogue seconded by Pam Caron and approve by all.

Todd Evavold, Mayor

LeAnna Anderson-Speiker, City Clerk

Next City Council Meeting is scheduled for September 9th, 2025, at Nerstrand City Hall

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