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OCTOBER 22, 2025

Volume 22 • Issue 10

Announcements

• **Hope in Hard Times Women's Event - Saturday, October 25 from 1-3p.m. at Cornerstone Community Church, 1313 S Division St, Northfield.** Join us for refreshments, fun & guest speaker: Renee Carlson. RSVP - text: 507-301-9687; 507-316-9999.

• **Dale Lutheran Church Fall Festival will be held on Sunday, November 9, 2025. Serving will be from 12:00 noon to 1:30 p.m.** The menu includes pulled pork sandwiches, baked beans, potato salad, pie, coffee and milk (\$10.00 for meal - beverages extra). There will also be a bake sale and a quilt raffle. Take outs also available. Dale is located 6 miles east of Kenyon on County Rd. #12. Please join us for food and fellowship.

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

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

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

• **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

Cattlemen's Saloon Opens in Dennison

Cattlemen's Saloon in Dennison opened earlier in October to much local anticipation. "The road to get here has had a few bumps in it", commented Marie Kylo, who owns the bar with her husband Sean. Many know

we opened the bar originally as 625 Bar & Grill in 2023. After 2 years we made the hard decision to close earlier this summer due to a variety of challenges in the business. "We took the summer to look at our options and decided to reimagine what the space could be. With that, came CATTLEMEN'S SA-



LOON," Sean added, focusing on the bar, atmosphere and service. We gave the space a new look, theme and decor."

The kitchen is not fully open at this time, but Cattlemen's offers pizzas and snacks, along with complimentary fresh popcorn. "We plan to offer some -Pop Up- kitchen nights as we move ahead into the fall and winter, including our broasted chicken dinners and a few other options on different nights but we're taking a more intentional approach to see what our customers want too. We hope to add more kitchen hours in the future, but staffing will dictate that. You have to have consistency or people aren't coming back.

That was sometimes one of our issues in the past with staffing. We have a good restaurant option in Dennison, so people can eat there and stop here before or after for a drink and a little different atmosphere," the Kylo's said. .

Sean continued, "The bar business has changed a lot in the past few years. People's social habits are different, and how they spend their money when they go out is a lot different than it was 5-10 years ago. We're just trying to adapt.

(continued on page 4)

Halloween at Dennison City Hall

Mark your calendar, The Dennison Lions Club will host their annual Halloween Party at Dennison City Hall Friday October 31st from 5:00 - 6:30 pm.

Kids and Adults can enjoy hot dogs, beverages, treats and games at this annual event.



Kenyon- Wanamingo Welcomes New Superintendent

By Tyler Weeks

Of life's many unexplainable concepts, time seems to be the one that gives us the most trouble. Without a second glance back at their past three months, society stows away its summer sandals and prepares for all things fall.

(continued on page 8)

Pictured to the right: Patrick Heiderscheid



Come See the All New

DENNISON MN
CATTLEMEN'S SALOON

LIVE MUSIC FROM ANDY TACKETT
FRIDAY, OCTOBER 24
AT 7:00PM

TUESDAY BINGO
6:00 PM
Dennison Lions Club Charitable Gambling Permit #2762

SUNDAY MEAT RAFFLE
3:30 PM

MAIN STREET, DENNISON • 507-782-9753

Monday - Tuesday - Thursday - Friday 3 PM - Close; Saturday - 11 AM - Close
Sunday - Noon - Close; Closed Wednesdays

Our kitchen is not open yet, but watch for "Pop Up" kitchen features coming soon!

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Join Us for a Traditional Thanksgiving Dinner
Thursday, November 27 • Serving 10:30 a.m.-3:00 p.m.
(Final seating 3:00 p.m. • Bar open until 4:30 p.m.)
Serving Turkey or Ham, Mashed Potatoes, Stuffing, Cranberries, Vegetable, and Choice of Salad & Dessert
~ Appetizers Available ~
\$24.99 per person • Kids 12 & under \$9.99, Kids 4 & under Free
RESERVATIONS STRONGLY SUGGESTED: CALL 507-645-9992
37540 Goodhue Avenue, Dennison, MN
Hours: Wed & Thurs 11:00AM-8:30PM; Fri & Sat 11:00AM-9:30PM; Sun 9:00AM-8:00PM
Bar Open Later
www.firesidelounge.net

The Fireside
Lounge & Bar

TAKE OUT DINNERS AVAILABLE! Order yours by November 23

Appreciating Pastors

By Pastor Roger Langworthy
Praise Fellowship Church

The month of October is considered Pastors Appreciation Month. It started in the early '90s as Clergy Appreciation Day and then evolved into a month. It was considered a time to encourage pastors with a demanding job that often caused stress and burnout. You've probably heard of the job description that a search committee put together when their church was looking for a new pastor...

The perfect pastor preaches exactly 10 minutes.

He condemns sin roundly but never hurts anyone's feelings.

He works from 8 AM until midnight and is also the church janitor.

The perfect pastor makes \$40 a week, wears

good clothes, drives a good car, buys good books, and donates \$30 a week to the church.

He is 29 years old and has 40 years of experience.

Above all, he is handsome.

The perfect pastor has a burning desire to work with teenagers, and he spends most of his time with the senior citizens.

He smiles all the time with a straight face because he has a sense of humor that keeps him seriously dedicated to his church.

He makes 15 home visits a day and is always in his office to be handy when needed.

The perfect pastor always has time for church council and all its committees. He never misses the meeting of any church organization and is always busy evangelizing the unchurched.

Of course, this is satirical...but maybe not so far off? Being a pastor myself, coming on close to 40 years, this article may come off as self-serving, but really, I would just like to advocate for my fellow colleagues in ministry, especially after having a meal with a pastor friend of mine many years ago and him describing it as Pastor "Depreciation" month. He didn't stay long in his church after that.

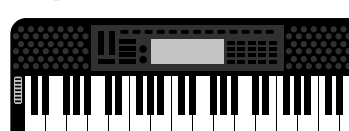
What's good for you and your pastor... Hebrews 13:17 (NLT) — 17 "Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God. Give them reason to do this with joy and not with sorrow. That would certainly not be for your benefit." When a pastor has the opportunity to serve

with joy it is like fuel to the flame of passion filled service. But when a pastor serves under the critical and cynical disapproval of others it is like fuel to the flame of burn out.

When it says "obey your spiritual leaders" it is never talking about subjecting yourself to spiritual manipulation or being compelled to respond out of guilt. A good Pastor/Shepherd will apply the principles of the Jesus kind of leadership when He said, the greatest among you must be a servant. Let your pastor serve you with the gifts and talents the Lord has blessed him or her with, but don't let their service become slavery. Find out what their love language is (gifts, being served, words that affirm them), and be intentional about blessing your pastor(s) this month.



Organist Wanted



Holden Lutheran Church Rural Kenyon

~

Interested contact:
holdendalesecretary@gmail.com




Holden Lutheran Church

All Saints Dinner

Sunday, November 2, 2025

Dine In: 12-2 and 4:30-6:30

**Meat Balls and Gravy* Pulsa
Scalloped Potatoes * Buttered Carrots
Cranberry Relish * Lefse * Fruit Soup
Rommegrot * Bakings**

Cost: \$20/meal • Dine-in: Children 5-12 \$10, 4 and Under Free
Delivery available upon request.
Cash or check only, Holden WELCA
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To Go Meals are available but reservations are preferred.
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Email: holdendinner@gmail.com



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LUTHERAN

Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN
507-645-6042
Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com

October Worship Schedule
Sunday, October 26: Vang - 9:00 AM (Sunday School, Bibles & Blessing of Bags); Dennison - 10:30 AM
November Worship Schedule
November 2nd: Vang-9 am; Dennison-10:30 am
November 9th: Vang-9 am; Dennison-10:30 am
November 16th: One Service at Vang 10:30 am
November 23rd: Vang-9 am; Dennison-10:30 am
November 30th: Vang-9 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

God's Mission Has Disciples

The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." — Luke 10:17

Wally was a church member who had a big heart for mission. He and I led a course for several years about the basics of Christian faith, and we saw a lot of good change in people's lives during that time. I remember thinking sometimes as I drove home, "It doesn't get any better than this!"

It seems that Jesus' disciples sensed something like that in their own context when he sent them out in pairs. Jesus celebrated their success by declaring that through their work, Satan himself was being defeated. What a statement! It truly doesn't get better than that!

This month we have focused on some big mission words: gospel, witness, holistic, and intercultural. These are important words and concepts. But they don't mean a thing if they remain just ideas. They come alive and truly mean something when they describe how we join Jesus in the work of changing lives and renewing communities.

As Wally interacted with the people he met, whether it was in his greenhouse operation, talking to a visitor at church, striking up a conversation at the coffee shop, or hosting our course, he wasn't thinking about those big words. He just wanted to make sure that every person knew they were loved with an everlasting love and that they would meet Jesus. Jesus commissions us, his disciples, with the same call.

Jesus, help me to be available to you. In my interactions with others, may I bring your message of life, healing, and hope. Equip me with your Spirit, Lord. Amen.

METHODIST

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

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

ST. JOHNS UNITED CHURCH OF CHRIST

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

NEW LIFE CHURCH

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

HOLDEN AND DALE LUTHERAN CHURCHES, ELCA

Pastor Dustin Haider
507-789-6677
holdendalesecretary@gmail.com
Holden: 6949 County 30 Blvd, Kenyon
Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Worship Services
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

Lois A. Bauer

Lois A. Bauer died Wednesday, September 24, 2025, at her home at Pleasant View Estates, Faribault.



Funeral services were held at St. John's United Church of Christ, Wheeling Township on Monday, September 29, 2025, at 11:00 a.m. The Reverend Gordon Wiegrefe officiated. Interment was at St. John's Cemetery, Wheeling Township. Visitation was for one hour prior to the service at the church.

Arrangements are being completed by Boldt Funeral Home & Cremation Services, Faribault

Lois Arlene Bauer, the daughter of Reinhart and Minnie (Keller) Hafemeyer was born on January 19, 1933. She was united in marriage to Paul John Bauer on April 18, 1952. They farmed in the Nerstrand area. She enjoyed gardening, flowers, sewing, quilting and baking - especially her famous cinnamon rolls and a variety of cookies. Lois' pride and joy were her grandchildren and great-grandchildren.

She is survived by daughters, Marlys (Richard) Anderson of Oronoco and Kathryn (Richard) Sohre of Good Thunder; son, Brian (Gayle) Bauer of Nerstrand; seven grandchildren, Megan (Paul) Wood, Tyler (Lindsey) Anderson, Jill (Chas) Jacobson, Julie (Charles) Broback, Jay (Sarah) Sohre, Matthew (Kacie) Bauer and Luke Bauer; eight great grandchildren; many nieces, nephews, other relatives and friends.

Lois was preceded in death by her husband, Paul; daughter, Janet; parents, Reinhart and Minnie; all siblings and in-laws.

Leonard Joseph Kaderlik

Leonard Kaderlik, age 87 of Faribault, MN passed away on October 13, 2025 at United Hospital, St. Paul, MN.



Leonard Joseph Kaderlik "Lucky Lenny", born September 21, 1938 to Albert John Kaderlik and Mary Rose (Edel) Kaderlik. Born and raised on the family farm in Erin Township, Rice County, MN. He attended District #69 a one room schoolhouse through 6th grade and then attended Montgomery school for about a year and a half before the family moved to Faribault, MN and attended Faribault Senior High School. Before entering the Navy he delivered the Faribault Daily News, worked at Lehman Garden's greenhouse, Malek's Quality Cleaners all in Faribault, Green Giant in Montgomery and also worked at the Red Owl grocery store located on Central Avenue in Faribault, MN. At age 17 he joined the U.S. Navy and served abroad on the USS Frontier for 2 years and 11 months serving in Korea, China, and Japan then returned to serve the remainder of his 4 years at the U.S. Navy amphibious base in Coronado, California. While in Japan he completed his education (GED). He received an honorable discharge in 1961 after an additional 2 years of inactive reserve. He returned to Faribault, MN in 1959 and

gained employment with Railway Express Agency as a semi and straight truck driver from January 11, 1960, through December 18, 1968. While working with the Railway Express Agency he also was a part-time bartender for the Arrow Bar in Faribault. In 1968 he then hired out as a Brakeman with the Chicago & Northwestern Railroad in Waseca, MN, and later held the positions of conductor and fireman. Because of his job he moved to Waseca, MN in 1976 and remained there until 2010. In 1973 he transferred to Locomotive Engineer Service and went to Locomotive Engineers school in Chicago, Illinois. Leonard retired from the Union Pacific Railroad on August 31, 2000, after 40+ years with the railroad system, the last 28 years as a locomotive engineer for both the Chicago & Northwestern and Union Pacific Railroads. Leonard was a life time member of the following organizations: The Brotherhood of Locomotive Engineers, Cleveland, OH; the VFW Post 1642, Waseca, MN; the American Legion Post #228, Waseca, MN; Military Order of the Cooties, Pup Tent 53, Waseca, MN; Elk's Lodge #1395, Owatonna, MN; Eagles Lodge #1791, Owatonna, MN; Moose Lodge #2098, Faribault, MN; Legion of the Moose. Was a member of the National Association of Retired Veteran Railway Employees, Inc.; LeSueur Pioneer Power Association; Rice County Steam and Gas Engines, Inc., and Buckham West. He loved to play 4 and 6 handed Euchre along with "500" with friends and family. Also loved to listen and dance to old time, country and classical music; hunting; fishing; carpentry; work in the backyard; was a great cook both in the kitchen and on the grill. He collected, restored and exhibited his 4 tractors: 1931 Farmall Regular, 1937 Farmall F30, 1952

Farmall Super M and a 1930 John Deere GP, which had been owed by his father, an uncle & cousin. He also loved his American made tools that he collected over the years among many other things. His dream came true when he won a Grand Jackpot at Little Six Casino. On May 22, 2010, he married the love of his life Susan Margaret Herkenratt at the Cathedral of Our Merciful Savior and resided in Faribault, MN until his death. In 2019 he and Susan bought a home in Donna, TX so they could winter in warmer weather making access to dialysis for him easier. They enjoyed the home together for 5 years. Leonard is survived by wife, Susan; daughter, Julia Kenitzer; grandson, Riley Kenitzer both of St. Louis, MO; his nephews, Melvin (Annette), Duane (Dusti), Bruce (Gail), & Keith Kaderlik; his nieces, Diane (Greg) Wunderlich, Lori (James) Hatfield, Dawn & Gwen Kaderlik; sisters-in-law, Rosemary Kaderlik & Sally (Martin) Budde. He was preceded in death by his parents; brothers, Alvin in infancy, Ervin (Yvonne) and Albert Jr.; brother-in-law, Brian Herkenratt; along with other relatives and friends. Celebration of Life will be held on Friday, October 24, 2025 at 11:00 A.M. at the Parker Kohl Funeral Home, Faribault with Father Henry Doyle officiating. Interment will be held at a later date at Calvary Cemetery, Faribault. Visitation will be held on Thursday, October 23, 2025 from 4:00 to 7:00 P.M. at the funeral home and will continue for one hour prior to the service. Funeral arrangements are being completed by the Parker Kohl Funeral Home & Crematory.

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Cattlemen's Saloon Opens in Dennison

(continued from page 1)

We are excited to be back serving many of our old customers and meeting some new

ones.. We still have a few projects in the building with our refresh, which we will work on Wednesdays when we are closed."

Sean and Marie will both continue with their day jobs, and work the bar with the help of additional staff.

With Sean on the road more with his job, Marie is taking more of a lead on the day to day operations.

Pool league returned to the bar last week, which is every Thursday evening, along with the Sunday Meat Raffle at 3:30, and Bingo Tuesday nights at 6 PM.

"We're glad to be back in the saddle, so to speak", Marie said. "It an exciting time with the refresh, and we are looking forward to

seeing old and new friends.

Cattlemen's will be having live music several times each month, including Andy Tackett on October 24th. More fun things are in the works according to the Kyllos.

A Grand Opening will take place in November. Details will be coming up, and check out their Facebook Page for updates.

Current Bar Hours are Thursday - Tuesday 3 PM - Close. Closed Wednesdays.

Cattlemen's Saloon is located on Main Street in Dennison.

Pictured to the right: Andy Tackett will perform live at Cattlemen's Saloon on Friday, October 24.



CRAFT SALE

52nd Annual 100 Ladies and Gentlemen Craft Sale 2024

October 16, 17, 18, 19, 23, 24, 25, 26
November 1, 2, 6, 7, 8, 9

10a.m. to 7p.m./Closing at 5p.m. last day • (507) 789-6223

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Fundraiser for St. John's UCC Wheeling Township
 19086 Jacobs Avenue, Faribault

Saturday, December 6
 4:30 pm | Doors open to view nativity displays
 5 pm | Seating and formal dinner

Four Course Menu
 Cranberry Mocktail
 Cheese Appetizer
 Vegetable Soup and Bread
 Rindergulasch, Spaetzle, Carrots
 Bread Pudding with Vanilla Sauce

Concert Directed by Matthew and Kacie Bauer
 Featuring piano, guitar, vocals, mouth organ, and organ

Tickets \$40 per person
 Only 100 tickets available!

For tickets or more information contact
 Sarah: 507-210-2673 or Barb: 507-581-9909
 after 5pm

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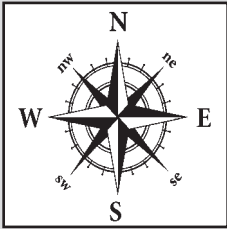
Sunday, October 26th
 at Dennison Lutheran Church
 Serving 11:00am-1:00pm

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

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

Take Out Available
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 Your To Go Orders
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Changes in Latitudes, Changes in Attitudes The Walking Implement Salesman



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 grew up on a farm in the 1960's. Farm equipment was intriguing to a young boy. I collected all the farm implement brochures and pored over them. What was even better was the huge selection of Ertl farm toys that mirrored the actual implement they were designed after. Every time we went to the farm dealership, I would head to the toy section while my dad stood at the parts counter or visited with the salesman.

Quite often the implement salesman would stop by the farm, making his rounds in the country. He knew the machinery we had as he had not only sold it to my dad but also observed the frequency we stopped in for parts, giving him a good idea when we were ready to trade up.

My dad was always trying to save money. In the late 60's he decided we should assemble our own farm machinery. He declared he could do it better than some guy on an assembly line who didn't care if it worked or not. Maybe that was true, but us boys ended up assembling it. We got a 15' Glencoe mounted field cultivator. It came in wood crates and a sheet of instructions. I believe they have air impact wrenches on assembly lines. We did not. The next project was a John Deere side delivery hay rake. I am surprised the thing ever raked hay. Over the years it kept falling apart. I am not sure a 12 year-old boy can torque nuts onto bolts properly.

We welcomed the salesman whenever he stopped by. It was like he was this gate keeper of a wonderful world of new equipment which wouldn't break down. It didn't really matter what logo was on his jacket, he was there to help keep the farm running smoothly. Sometimes they had to use persuasion to convince my dad. His mind set was to keep fixing for the rest of our life. We had an old sickle mower we cut hay with. Harlan Nereson from Center Supply introduced my dad to the New Idea Cut/ditioner. He brought it out for my dad to use. We went out and mowed hay with it once. No amount of talking could convince my dad like making a round in the field without plugging the sickle



section. It sounded like you were grinding ear corn every time you hit a gopher mound, but it kept on mowing hay without stopping.

When I was younger a couple of my neighbors told me about a guy they called the walking implement salesman. No one could recall his name but it seemed he had worked for Brewer Implement in Kasson. Brewer Implement was a family-owned International Harvester dealership which had been serving Dodge County for a century. The story was the original contract for the business had been signed by Cyrus McCormick himself. The dealership was sold in 1968 to Chuck Bishop and Charlie Wacholz.

This salesman would head out each morning on foot with a shoulder bag filled with

equipment brochures and sales forms. He would walk the dusty country roads from farm to farm and visit every place he walked by. In those days a family farm included the whole family and if you showed up close to a mealtime you would be invited to stay for lunch. If it wasn't close to a mealtime you would be invited to stay for coffee or lemonade and a dessert, depending on the season. Sun, rain or snow, he made the rounds and returned each evening with signed sales agreements for the dealership to deliver to the farmer. Everyone stopping by the farm was a welcome visitor and the slower pace of life on the farm seventy-five years ago made time for socializing and enjoying company.

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Enjoy Our Jumbo" Wings Specials!

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

THURSDAY

\$3.50 All Taps, Domestic Bottles, Rail Drinks!

Taco Specials! Fajita Specials!

16oz. Margarita Special

FINALLY FRIDAY

All You Can Eat Fish Dinner

SATURDAY

Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

SUNDAY

Enjoy Our Sunday Breakfast Beginning at 9:00a.m. and Sunday Supper Features

ENJOY MICHELLE'S FAMOUS DESSERTS!

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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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A Minnesotan: Halloween



By RosaLin Alcoser

I absolutely love Halloween. I love everything about it from the customs and trick-or-treating to the decorations. To the point that I somehow convinced my husband to let me put up all of the Halloween decorations before Labor Day this year. Out of all of it though it's the costumes that are my absolute favorite.

Every year for as far back as I can remember I have worn a costume on Halloween night; and even before that because my mom dressed me up. I have been a pumpkin, a caterpillar, a cat, princesses, characters from books and film, and even creatures from mythology.

I have made customs, taken apart pieces of old dance costumes to make new ones and even gotten creative with random items that I found in the back of my closet

to repurpose into a costume.

A few years ago I even spent the better half of a year working on my Halloween costume. Which admiratively was one of my more excessive Halloween projects. Taking up my kitchen table for months on end to the point that I pretty much stopped using it for anything else.

Over the years though no matter how many customs I put together. Or how much time I spend putting one together. My favorite Halloween costume of all time is still from Halloween of 2002. The year that my older sister and I went out as a pair of puppies.

At the time it was just fun. Running about in a 101 dalmations costume hoodie and sweats with black eye liner on my little face. Saying things like 'trick or throws, smell our paws, give us something for our jaws,' which by the way mortified our mother's friend who took us trick or treating that year.

Looking back on it years later it was really cute that we did that. It was also one of the most fun Halloweens that I can remember having as a child. Which I would like to credit to the costume. Because without the costumes and without being a pair of puppies it wouldn't have worked out in the same way.



Thank You for Volunteering, Penny!



Courtesy of Nerstrand School

We are incredibly lucky to have community member Penny Isaacson volunteer her time to come and read to our students! She goes to every classroom, and our students absolutely LOVE it when Ms. Penny comes to read to them!



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WORKING TOGETHER FOR AGRICULTURAL SAFETY

We have worked with farmers for decades to protect what matters. This fall, we encourage farmers to think safety first. Be sure all equipment is serviced and operates properly, and keep a first aid kit and cell phone with you at all times.

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305 Main Street, Nerstrand, MN 55053

507-334-6550

New Rescue Truck



Courtesy of Nerstrand Fire & Rescue

We're thrilled to announce the delivery of our new Rescue Truck! This versatile unit will serve as our first-out vehicle for all fire and medical calls — carrying essential tools, medical equipment, and personnel to every type of emergency. It will also serve as our command vehicle during fire incidents, helping us stay organized and efficient on scene.

We want to extend a heartfelt thank you to everyone who made this possible — from those who contributed during our annual hog roast to the many donors, large and small, who stepped up to support our department.

A special thank you to the Taylor Family Farms Foundation, the City of Nerstrand, and Warsaw Township for their especially generous contributions toward this project.



Training at Lions Park



Courtesy of Nerstrand Fire & Rescue

We might be a small department, but what we lack in size we make up for in ingenuity. Nerstrand firefighters trained on search and rescue and confined spaces at the Lions Park. Crews practiced climbing ladders, locking in to spray water, and then navigating their way out of the “structure” (a.k.a. the playground!) by following a hose line.

To make it even more realistic, their masks were covered so they had to work in low-light conditions — searching for victims without being able to see.

Everyone agreed it was an excellent training night, and a great way to keep our skills sharp!



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Local has become an important part of consumer's food choices. People like to know where their food is coming from and how it is produced. Hope Creamery fits that profile very well. Our butter is made using an age old process.

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SUMMER HOURS: Mon.-Fri. 6am-8pm
Sat.-Sun. 7am-8pm
230 Main St, Nerstrand
507-332-8626
parksidenerstrand@gmail.com

Kenyon-Wanamingo Welcomes New Superintendent

(continued from page 1)

Autumn colors, inviting flavors, and cooler weather are all welcome aspects of the new season, but the transition also brings the unavoidable presence of the school year. Regardless of whether you're a struggling student or parent eager to see your kid succeed, the importance of academics in our society is hard to debate.

Patrick Heiderscheit understands this principle more than most, having positively impacted students through various administrative roles over the years. With the turn of this school year came his most notable opportunity yet: to lead the Kenyon-Wanamingo Public School District as its new superintendent.

Patrick Heiderscheit: "I chose education as a career because I thoroughly enjoyed my school experience and fully understand the importance of education in society. My positions in the PK-12 system have changed over the years, but my purpose remains the same: to contribute in positively impacting students each day."

Fulfilling this mission statement would not have been possible without his start as a student in New Albin, Iowa. Surrounded by the support of his large family, Pat was born in 1966 and learned the value of education through his time at Kee High School. After graduating, he and his wife attended Iowa State University, the post-secondary institution that strengthened his love for learning. Outside of work, Pat boasts all the characteristics of a simple, family-oriented life: pickleball, walking his dogs, and binge-watching TV shows with his wife. Their thirty-six years of marriage have resulted in two children now living in the southern suburbs of the Twin Cities. Although two grandchildren are already a source of significant joy, the couple is anxious for their daughter and her husband to add to the count.

Despite his former work being based exclusively in Iowa, transitioning into the Kenyon-Wanamingo district has been far from unfamiliar. With so many similarities be-

tween his home district and K-W, he took the chance to become superintendent without hesitation. Having worked in the Allamakee, Eastern Allamakee, Ames, & Keystone AEA districts, Pat's ample experience is sure to strengthen the district's financial health. As superintendent, his responsibility lies in managing students' contemporary learning opportunities amidst the district's financial resources. Striking a balance between finance and opportunity will prove difficult, but walking the tightrope will allow him to achieve his long-term goal of guiding the district out of statutory operating debt. Despite this "black cloud" of Kenyon-Wanamingo's financial position, he remains firm in carving a successful path forward.

"My promise to the K-W community is simple: I will do my best to serve our school. If at any time I feel I've become ineffective, I will step aside. I am confident, though, in my ability to lead the district to a position of both financial and academic strength."

This very assurance has guided Patrick Heiderscheit's efforts for many years across several school districts. After recognizing this vision for financial and academic success, Kenyon-Wanamingo had no difficulty labeling him the ideal choice for superintendent. The district has not been the only one benefiting from the change in management, however. At the heart of Pat's purpose for a career in education are the incredible people, whom he describes as the most enjoyable part of his work. Since the very first day of the school year, students and citizens alike have welcomed Pat into their school halls and greater community. With each new turn of the calendar, our obligation is to follow in the footsteps of people like Patrick Heiderscheit in remembering our primary motivations. A path forward may be challenging, but it is mandatory.

City of Kenyon
Park & Recreation Committee
is currently
accepting applications to fill
volunteer positions.



Contact City Hall
for information
507-789-6415



Autumn Tree Painting

Join Goodhue County 4-H at Kenyon Public Library for a fun afternoon of painting and learning about what happens to leaves in the fall.

October 30th from 3:30-4:30pm
This program is for youth ages 7-12 and registration is required. Scan the QR code or go to kenyon.lib.mn.us to register.




UNIVERSITY OF MINNESOTA
EXTENSION



Kenyon Public Library
709 Second St.
Kenyon, MN 55946
507-789-6821

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Ann Traxler
Attorney

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KENYON-WANAMINGO BAND

BENEFIT DINNER

Thank you to ALL parents for their donations and services!

HIGHLIGHTS

BAND Together to Support the Kenyon-Wanamingo Bands

Friday, November 21st 5-7:00 p.m.

Kenyon VFW
Thank you for supporting the KW Bands!

JOIN US FOR A DELICIOUS HOT MEAL: PULLED PORK SANDWICHES, BAKED BEANS, COLESLAW, SCALLOPED POTATOES, BAKED APPLES

Tickets available from any band student or at the door:
\$11 adults
\$7 children (6-11)

K-W 2025 Homecoming Royalty



Row 1: Seniors Elsie Braaten, Holly Carlstrom, Ava Flom, Bella Greseth Audrey Haugen Derek Syverson, Ryan LaCanne, Luke Johnson, Brennan Flotterud, Owen Caron. Row 2: Freshman Stella Haugen, Sophomore Ruby Sjoblom, Junior Taryn Bartel, Foreign Exchange Student Gara Calvo Garcia, Queen Addy Lindell, King Bryan Jacobson, Foreign Exchange Student Riccardo Bandera, Junior Jaydan Carroll, Sophomore Rylee Groth, Freshman Gus Bakken. Missing: Foreign Exchange Student Mary Ciaravola

Shop Til You Drop!

By Cheri Roshon

Carole Timbeross has taken on the challenge of opening a retail store in Wanamingo, and you have got to come on down and check it out. A delightful combination of new retail, gently used items and handmade crafts for your perusal!

Former co-owner of Flamingo Chix in Wanamingo, she is at it again, bringing together products that are currently unavailable locally, building upon things that people want and need, and showcasing local talent in so many ways. Allianda gift & thrift has something for everyone, whether to give as a gift or to keep and take home! Located at 104 Main Street in Wanamingo, or on Facebook and Instagram, you can also get ahold of her at shopallianda@gmail.com, or text her at (507) 824-2928.

I asked her what prompted her to do such a thing, since she already has a full time job and other responsibilities. She replied, "I have always enjoyed retail for the people factor. People who shop in gift stores and thrift shops may not just be in a hurry to buy and run, but like to look around in a leisurely fashion, and actually see all that I have to



Carole Timbeross

offer. I enjoy visiting with customers, and getting to know them, and get ideas for what they are looking for."

Inside, you will find a light and airy space



KENYON PARK & REC'S
DAVID OLSON, BALLOON ARTIST
WILL BE THERE FROM 3-5
COMPLIMENTS OF KENYON VOLUNTEER
FIRE DEPARTMENTS LADIES AUXILIARY

Halloween
TRUNK OR TREAT

SUNDAY OCTOBER 26 3 PM - 5 PM
DEPOT PARK

COME JOIN US FOR A SPOOKY PARTY IN THE PARK AND GRAB SOME TASTY TREATS FROM THE TRUNKS.

VOLUNTEERS NEEDED TO DECORATE TRUNKS OF THEIR CARS AND PASS OUT CANDY TO THE KIDS.
DONATIONS ARE ALSO WELCOME TO "SPONSOR" A TRUNK IF YOU AREN'T ABLE TO ATTEND.
Don't forget to wear your costume!

TRUNK OR TREAT

Presented by Trinity & Wanamingo Lutheran Churches
Saturday, October 25th
10:30am-12:00pm
Riverside Park
Wanamingo, MN
SEE YOU THERE!

that you can move through easily. It is handicap accessible, and you don't have to worry about bumping into things and knocking them off the tables and shelves. There is a wide variety of items to browse through, and many local artists consign their wares. Just a few of the local products I saw were Nancy Ellison's new book about growing up in this area, Dee Kohr's Dammit Dolls and Yip Yips, and Patrice Marvin's artwork. It's about supporting our local talent, and getting something you won't get anywhere else! Of course she has new handmade items on the way, such as handmade soaps and candles, and I am sure more to come! This store has a phi-

losophy of Reduce, Reuse & Recycle, so she is open to selling your items on consignment, or taking donated items you just don't need anymore, but are still usable and fun. If you want to bring things you have to the store, text her to make an appointment so she can go through your treasures with you and decide what will work with her vision.

While I was interviewing Carole, Harriet Peterson came in to look around and see the new store in person. I asked her what she thought of the space, and she said, "Oh my gosh, there are so many fun things to see! Such a variety, and you have greeting cards, too!" Carole replied that she had been doing her due diligence, going around town and asking what townspeople wanted to see in the store, and greeting cards was high on the list.

Carole shared with me one of the upcoming ideas she has to brighten our long winter, "Wednesday Wanamingo". It will be starting in January, and one Wednesday a month she will host an evening of fun with possibly a book club, a class, or a chance to work on a hobby with others to learn new hobbies and get to know each other! She is full of ideas to bring the community together!

Her hours for now will be Thursdays from 4pm to 8pm, and Saturdays from 9am to 4pm. There will also be a Grand Opening coming up, so watch the Facebook and Instagram pages for more info, and make a plan, grab some friends, and check out Wanamingo's newest retail store! And be sure to tell her Cheri sent you! Happy Shopping! Christmas is only a breath away!!!

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MyRide seat suspension
19" gaming style seat
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hedge trimmers & more

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!

Help Shape the Future of Sustainable Farming in Minnesota

Sustainable ag demonstration grant supports farmer-led research and innovation

The Minnesota Department of Agriculture (MDA) is now accepting applications for the Agricultural Growth, Research, and Innovation (AGRI) Sustainable Agriculture Demonstration Grant. These grants support on-farm research and demonstrations that help farmers improve profitability and use resources more efficiently.

Projects must take place on Minnesota farms, and grantees are required to share their results with others through final reports published in the MDA's annual Greenbook. The Greenbook highlights creative, farmer-led projects and provides practical technical information, including management tips and

personal observations from participants.

Minnesota farmers, educational institutions, and nonprofit organizations are eligible to apply. Applicants must be Minnesota residents, with priority given to projects that are farmer-led. Applications are due by 4 p.m. on Thursday, December 17, 2025.

The MDA anticipates awarding up to \$350,000 through this program. Applicants may request up to \$50,000 per project. The first \$25,000 does not need to be matched. For requests between \$25,000 and \$50,000, applicants must provide a dollar-for-dollar match on the amount above \$25,000.

Previous grantees have explored a wide range of sustainable practices including farm diversification; cover crops and crop rotation; non-chemical pest control; livestock grazing for invasive plant management; and more. Projects don't need to be brand new but should be innovative to Minnesota or uncommon in the region where they're proposed. You explore past projects online here.

Funding for the Sustainable Agriculture Demonstration Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout Minnesota to advance the state's agricultural and renewable energy sectors.



Halloween Party

Friday, October 31

Dennison City Hall

5:00-6:30 P.M.

Everyone's Invited!

GAMES! HOT DOGS! TREATS! COSTUME CONTEST!

TURKEY BINGO

EVERYONE'S INVITED!

Saturday, November 22

7:00 PM

Dennison City Hall

\$5.00/card

DONATIONS WELCOME FOR KENYON AREA FOOD SHELF

Grants Available to Improve Safety on Minnesota Farms

Funding supports grain bin upgrades and tractor rollover protection

The Minnesota Department of Agriculture (MDA) is announcing that farmers can apply for funding through two key safety programs:

the Grain Storage Facility Safety Grant and the Rollover Protective Structure (ROPS) Rebate Program. These programs help farmers add critical safety equipment to on-farm grain storage facilities and retrofit older tractors with lifesaving rollover protection.

"The risks grain farmers face every day are very real," said MDA Commissioner Thom Petersen. "The Grain Storage Facility Safety Grant helps farmers make critical upgrades that protect themselves, their families, and their employees. Taking steps now to improve the safety of corn, soybean, and small grain storage facilities is one of the most effective ways to prevent accidents and save lives."

Examples of eligible safety equipment in-

clude, but are not limited to:

- Fall protection systems;
- Engineering controls that prevent contact with an auger or other moving parts;
- Dust collection systems that minimize explosion hazards;
- Personal protective equipment that increases the likelihood of surviving a grain-bin-related emergency;
- Grain silo air quality monitoring equipment;
- Other grain storage facility safety equipment with prior approval from the MDA.

The program reimburses up to 75% of the cost to purchase and install eligible safety equipment for on-farm grain bins or silos. Applicants are eligible to receive up to \$400 per bin or silo, with a limit of \$2,400 per farm per year. Grant funding comes from a legislative appropriation of \$75,000 for both the

Grain Storage Facility Safety Grant and the Rollover Protective Structure (ROPS) Rebate programs.

The ROPS program helps farmers retrofit older tractors with rollover protection equipment. Tractor rollovers remain one of the leading causes of preventable farm fatalities. Rollover protective structures combined with a seatbelt are 99% effective in preventing death or serious injury.

The MDA is accepting grant applications for both programs through June 30, 2027, or until all funds are exhausted. Funds will be awarded on a first-come, first-served basis. For more information and to apply, visit the MDA's Grain Storage Facility Safety Grant and Rollover Protective Structure (ROPS) Rebate Program webpages.

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Celebrate With Us This Thanksgiving

Join Us for a Traditional Thanksgiving Dinner

Thursday, November 27

Serving 10:30 a.m.-3:00 p.m.

(Final seating 3:00 p.m., Bar open until 4:30 p.m.)

Serving Turkey or Ham, Mashed Potatoes, Stuffing, Cranberries, Vegetable, and Choice of Salad and Dessert
~ Appetizers Available ~

\$24.99 per person • Kids 12 & under \$9.99, Kids 4 & under Free



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Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
Bar Open Later

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DINNERS
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November 23



**Goodhue County
4-H Members
Participate in
State Shooting
Sports & Wildlife
Invitational**

The Minnesota 4-H State Shooting Sports & Wildlife Invitational was held in Alexandria September 5-7, 2025. 755 youth from 58 counties participated in the following events with 2,009 entries:

- Archery
- 3-D Archery
- BB gun
- Standard Air Rifle
- 3 Position Air Rifle
- Air Pistol
- .22 Rifle
- Muzzleloading
- Trap
- Silhouette
- Wildlife Calling
- Skillathon
- Cast Iron Cooking

Youth had the opportunity to showcase the skills they learned throughout the past year, having spent a minimum of 15 hours working with a trained instructor in their discipline of interest and 8 hours of wildlife education. Each county also planned and implemented a conservation project at the local level. These



Kevin Meyer

projects were brought to the event and judged as a group.

The Minnesota 4-H Shooting Sports & Wildlife Program began in the 1980s and has grown to more than 5,000 youth members and over 1,000 adult leaders. Adults can become certified discipline instructors by attending a weekend workshop and instructing youth in their local community. Visit us online to learn more about the Minnesota 4-H Shooting Sports & Wildlife Program - <https://extension.umn.edu/projects-and-more/4-h-shooting-sports-wildlife-project>.

This year Goodhue County had 22 youth attend. Participants included:

- Brooke Betcher - Zumbrota Busy Bees
- Haley Betcher - Zumbrota Busy Bees



Goodhue County Wildlife Instructor Eric Dierks, Karsten Romfo, Charlie Thoms, Avery Tipton

- Abby Dicke - Belvidere Happy Go Luckies
- Malory Dicke - Spring Garden Jolly Juniors
- Trevin Dicke - Belvidere Happy Go Luckies
- Weston Dicke - Spring Garden Jolly Juniors
- Benjamin Dierks - Aspelund Ever Readies
- Sawyer Gesme - Spring Garden Jolly Juniors
- Amber Hackert - Goodhue Gesundheits
- Caleb Hackert - Goodhue Gesundheits
- Natalie Hackert - Goodhue Gesundheits
- Reed Holz - Spring Garden Jolly Juniors

- Reese Holz - Spring Garden Jolly Juniors
- Carly Mellgren - Zumbrota Busy Bees
- Delaney Mellgren - Zumbrota Busy Bees
- Kevin Meyer - Belle Creek Peppy Peppers
- Karsten Romfo - Goodhue Gesundheits
- Rilynn Smith - Burnside Pluckies
- Charlie Thoms - Goodhue Gesundheits
- Patrick Thoms - Goodhue Gesundheits
- Abigail Tipton - Belle Creek Peppy Peppers
- Colton Winsor - Spring Garden Jolly Juniors

Experience The Adventure



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Farmers Can Earn Incentives for Soil Saving Practices



By Steve Pahs, District Manager
Rice SWCD

For many people, fall is their favorite time of the year. The leaves are starting to change, the temperature has dropped, and you can open up the windows to let the fresh air in. Driving across Rice County's beautiful countryside, one of the first things you will notice is that our farmers are out in the field, operating the combine, tractor, and truck, working long into the night.

To our farmers and your families, we wish you a safe and bountiful harvest. As you are working out in the fields, keep an eye open

for different types of erosion. Gully erosion can form in swales where water concentrates flow. Rill erosion can form between crop rows on sloped grounds. Sheet erosion can form on flat areas where water ponds. And wind erosion can form throughout the year, anywhere bare soil is exposed.

Researchers at the University of Massachusetts Amherst estimate that over the past 160 years, the Midwest has lost about 57.6 billion metric tons of topsoil. The University of Minnesota estimates that Minnesota loses around 5.2 tons of soil per acre each year just from wind erosion. Your soil is your most valuable resource. At what cost are you willing to lose it?

The time has never been better to consider changing tillage practices. If you have been thinking about switching to Strip-till or No-till, now is the time! Rice SWCD has funding to pay up to \$35 per acre per year for up to three years on up to 750 acres per operation, which could really help with a new equipment purchase, or just help offset any yield losses as the soil transitions to a reduced tillage system.

If cover crops are what you are looking for, how about \$50 to \$60 per acre per year for up to 500 acres? If you have acres that have had no more than two years of cover crops in the last ten years, then contact us to get started on an application.

Cover crops and no-till/strip-till can significantly reduce soil erosion. These practices have many other benefits, including increasing water infiltration, reducing compaction, building organic matter, preventing weed growth, and providing habitat for beneficial insects that pollinate or eat crop insect pests.



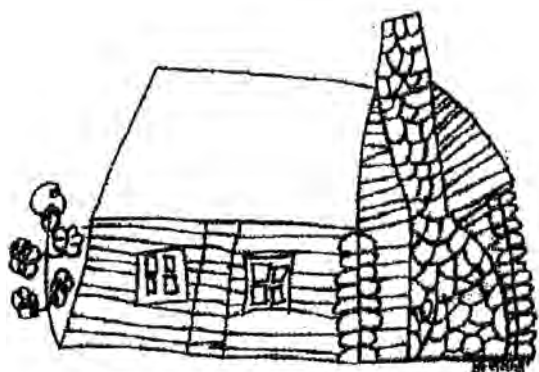
Some examples of soil erosion in Rice County, Minnesota.

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
2290 County 49 Blvd. Dennison, MN 55018

Phone: 507-649-1009

Email: cabincrew@frontiernet.net



Look Us Up on Facebook Under Potpourri Mill



Cover crops grow alongside corn residue in a Rice County farm field and protect the soil from erosion.

Additionally, this program offers windbreak/shelterbelt assistance for establishing or renovating a windbreak around a farmstead. If the cold winds give you the chills, planting a living windbreak will keep you comfortable and reduce energy consumption.

This funding won't be around for long, so if you are serious about adopting any or all of these practices, contact the Rice SWCD of-

fice soon. To learn more about soil health funding opportunities, visit our website at www.riceswcd.org.

Steve Pahs is the District Manager with the Rice Soil & Water Conservation District. Contact Steve with your questions about conservation practices and programs at 507-332-5408.


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Prices Effective Wednesday, October 22 through Tuesday, October 28, 2025



Kemps Chocolate Milk Gallon 2/\$9	Kemps Whipping Cream Pint Selected Varieties 2/\$9
Kemps Cottage Cheese 22 Oz. Selected Varieties \$4.49 Ea.	Kemps Egg Nog Quart Selected Varieties \$3.99 Ea.
FRESH Pepin Heights Apple Cider Half Gallon \$4.49 Ea.	FRESH California Red or Green Seedless Grapes \$2.49 Lb.
FRESH Honeycrisp Apples \$1.99 Lb.	
Ore-Ida Potatoes 19-32 Oz. Selected Varieties \$3.99 Ea.	Farm Rich Appetizers 14.3-22 Oz. Selected Varieties \$5.99 Ea.
Bellatoria Thins Pizza 12" Selected Varieties 2/\$9	
FRESH Bone-In Pork Butt Roast Product of USA \$2.29 Lb.	Frozen Chicken Drumsticks or Thighs Family Pack Product of USA 99¢ Lb.
FRESH Boneless Beef Arm Roast USDA Choice Product of USA \$5.99 Lb.	
Chick-Fil-A Sauce 16 Oz. Selected Varieties \$3.69 Ea.	Pace Salsa or Picante Sauce 16 Oz. Selected Varieties \$2.69 Ea.
Hellmann's Real Mayonnaise 20-30 Oz. Selected Varieties \$6.49 Ea.	
Jif Peanut Butter 40 Oz. Selected Varieties \$5.99 Ea.	Old Dutch Holiday Pretzels 24 Oz. 2/\$10
Lay's Baked Snacks or Tostitos Tortilla Chips 6.25-12 Oz. Selected Varieties \$3.99 Ea.	

GROCERY			
McCormick Gravy Mix 8.7-2.64 Oz. Selected Varieties 10/\$10	Libby's Vegetables 14.5-15.25 Oz. Selected Varieties 10/\$10	Snack Pack Pudding or Juicy Gels 4 Ct. Selected Varieties 10/\$10	Club, Town House or Grahams Crackers 9.2-15 Oz. Selected Varieties \$3.49 Ea.
Manwich Sloppy Joe Sauce 15-16 Oz. Selected Varieties 4/\$5	Hidden Valley Ranch Salad Dressing 20-24 Oz. Selected Varieties \$4.99 Ea.	Best Choice Oil 48 Oz. Selected Varieties \$3.49 Ea.	Best Choice Cake Mix 15.25 Oz. Selected Varieties 10/\$10
Best Choice Brownie Mix 16.3-17.8 Oz. Selected Varieties \$1.69 Ea.	Best Choice Evaporated Milk 12 Oz. \$1.49 Ea.		
FROZEN			
Michelina's Entrées 4.5-8.5 Oz. Selected Varieties 10/\$10	Best Choice Steamable Vegetables 12 Oz. Selected Varieties 10/\$10	T.G.I. Fridays Appetizers 8-11 Oz. Selected Varieties \$3.49 Ea.	Kemps Ice Cream or Frozen Yogurt 128 Oz. Selected Varieties \$6.99 Ea.
Tombstone Pizza 19.3-27 Oz. Selected Varieties 2/\$8			
DAIRY			
Silk Almond Milk 64 Oz. Selected Varieties \$3.49 Ea.	International Delight Liquid Coffee Creamer 22 Oz. or Cold Foam 14 Oz. Selected Varieties 2/\$7	Kraft Shredded, Chunk or Crumbles Cheese 5-8 Oz. Selected Varieties 2/\$5	Best Choice Sweet Cream Butter Quarters 16 Oz. Selected Varieties 2/\$7
Tropicana Orange or Apple Juice 11 Oz. Selected Varieties 3/\$4			
MEATS			
FRESH Boneless Beef Ribeye Steak Product of USA \$17.99 Lb.	FRESH Bone-In Pork Steak Product of USA \$2.99 Lb.	FRESH Boneless Beef Stew Meat Product of USA \$6.99 Lb.	
Farmland Special Select Ham 16 Oz. Selected Varieties \$5.79 Ea.	Bar S Corn Dogs 14 Ct. \$6.99 Ea.	Best Choice Boneless Skinless Chicken Breast 2.5 Lb. \$6.99 Ea.	
PRODUCE			
Sunkist Mandarins Sunkist Mandarins \$3.49 Ea.	Bolthouse Baby-Cut Carrots 1 Lb. 2/\$3	FRESH Jumbo Sweet Red Onions 99¢ Lb.	FRESH Bartlett Pears \$1.29 Lb.
The Little Potato Co. Potatoes 1 Lb. \$3.99 Ea.			
BAKERY			
Bridgford Cinnamon Monkey Bread 16 Oz. Selected Varieties \$4.69 Ea.	Rotella Split Top Hoagie Buns 6 Ct. \$3.69 Ea.	Father's Table Variety Cheesecake 16 Oz. \$5.99 Ea.	
DELI			
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Have trouble sleeping? Try this. Also, Stress and Cortisol Levels



By Shauna Burshem, D.C.

Sleeping troubles and the gut health connection: Insomnia affects up to half of all adults at some point, leading to restless nights and groggy mornings. Beyond the immediate effects of fatigue and irritability, chronic sleep disruptions are linked to serious health risks, including heart disease, diabetes, depression, and even suicide. Research from the U.S. highlights the alarming connection between insomnia and mental health, showing that persistent sleep problems increase the likelihood of suicidal thoughts and attempts by more than fivefold and sevenfold, respectively. This creates a vicious cycle where poor sleep exacerbates anxiety and low mood, further disrupting rest.

Traditional treatments for insomnia, such as prescription sleep aids, often come with risks like dependency, while cognitive behavioral therapy remains inaccessible for many due to cost or availability. As a result, researchers are exploring natural alternatives, with probiotics emerging as a promising option. Probiotics, which are live beneficial bacteria, influence the gut-brain axis—a communication network between the digestive system and the central nervous system. By regulating brain chemicals, probiotics can help stabilize mood and promote healthier sleep patterns.

Recent studies have shown that probiotics can significantly improve sleep quality and reduce symptoms of depression in people with insomnia. A systematic review and meta-analysis published in *Frontiers in Microbiology* analyzed six randomized controlled trials involving 424 participants with insomnia. The findings revealed that probiotics reduced Pittsburgh Sleep Quality Index (PSQI) scores by an average of 2.1 points, indicating fewer sleep disturbances and better rest. Additionally, depression symptoms, measured by the Hamilton Depression Scale (HAMD), dropped by 7.72 points, reflecting a meaningful improvement in mood.

The effectiveness of probiotics in improving sleep and mood is linked to their ability to support gut health. Probiotics strengthen the

gut lining, reduce inflammation, and enhance gut-brain communication, all of which play a role in calming the body's stress response. However, for probiotics to work effectively, it's essential to first heal the gut. Introducing probiotics into an unhealthy gut can feed harmful bacteria, potentially worsening symptoms. Therefore, addressing gut health before starting probiotics ensures better outcomes.

Pairing probiotics with good sleep habits further enhances their benefits. Practices like keeping the bedroom dark, getting morning sunlight, and avoiding blue light at night not only improve sleep quality but also support gut health. Together, these strategies create a holistic approach to breaking the cycle of insomnia, improving both rest and overall well-being.

Stress and Cortisol: Chronic stress keeps cortisol, the body's stress hormone, elevated far beyond its intended emergency function. While cortisol is designed to help you react quickly in dangerous situations, modern life's constant pressures—like deadlines, poor sleep, and emotional stress—keep it switched on 24/7. This prolonged activation disrupts your metabolism, weakens your immune system, and leads to issues like stubborn belly fat, poor sleep, and constant fatigue. Over time, your body adapts to this survival mode, leaving you feeling drained, inflamed, and unable to recover properly.

The effects of high cortisol often go unnoticed at first, manifesting as subtle symptoms like feeling “wired but tired,” irritability, or sugar cravings. However, beneath the surface, elevated cortisol wreaks havoc on your hormone rhythms, metabolic function, and immune defenses. This imbalance can lead to weight gain, particularly around the midsection, slowed digestion, and muscle loss, even if you're trying to stay active. The longer this cycle continues, the harder it becomes for your body to reset and recover. Fortunately, there are simple, science-backed habits that can help your body naturally flush out excess cortisol and restore balance. Techniques like slow breathing, early morning sunlight exposure, and eating healthy carbs can reset your cortisol rhythm and support recovery from stress overload. Breathwork, in particular, is a powerful tool to lower cortisol quickly. Practices like the “parasympathetic sigh,” which involves a deep inhale followed by a second sip of air and a slow exhale, signal your nervous system to relax and shift into a restorative state. In my office, I use a supplement called Adrenal Dessicated that supports the adrenal gland and helps with high cortisol levels. Lifestyle adjustments can also make a significant difference in managing cortisol levels. For instance, timing your caffeine intake is crucial—having coffee on an empty stomach in the morning can spike cortisol and keep you stuck in a stress cycle. Instead, it's better to wait until after breakfast or reduce your intake if you already feel overstimulated. Similarly, gentle, consistent exercise like walking is more effective at reducing cortisol than high-intensity workouts, which can sometimes exacerbate stress. Low-impact activities are especially beneficial for individuals with

conditions like PCOS or adrenal imbalances. Finally, enjoyable activities like laughter, spending time with pets, and engaging in hobbies aren't just mood boosters—they also trigger biochemical changes that lower cortisol and signal safety to your brain. Additionally, natural progesterone is highlighted as a safe and effective way to block cortisol and

restore calm. By incorporating these simple habits and lifestyle changes, you can help your body recover from chronic stress, reset its natural rhythms, and regain energy and resilience.

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

~ Public Health Spotlight ~

National Breast Cancer Foundation, Inc: *Breast Lump 101 - What You Need to Know*

By Jennifer Schurhammer, PHN



Public Health
Prevent. Promote. Protect.

About Breast Lumps

Up to half of all women will experience breast lumps in their lifetime. While finding a breast lump can be concerning, it is important to remember that not all breast lumps are breast cancer. In fact, most breast lumps are not cancerous. However, all

breast lumps should be checked immediately by a healthcare provider.

About Breast Lumps

- A breast lump is a mass, growth, or swelling within the breast tissue.
- Breast lumps are common, affecting up to 50% of women at some point in their lives. [1]
- 60-80% of all breast lumps are benign (non-cancerous). [2]
- There are many conditions that may cause benign lumps in the breast.

Common Types of Benign (Non-Cancerous) Breast Lumps

- **Fibroadenoma:** The most common type of benign breast lumps that occur primarily in women in their 20s and 30s, but can occur at any age. Fibroadenomas may feel rubbery to the touch and move around freely. They are usually painless, vary in size, and can form anywhere in the breast tissue.
- **Fibrocystic breasts:** Occurs in women with dense breast tissue and refers to changes in the breasts that naturally occur due to hormonal fluctuations during a woman's monthly menstrual cycle. These changes may lead to the breasts feeling lumpy, swollen, and sore right before a woman's period.
- **Breast cyst:** A fluid-filled sac that grows within the breast tissue. A breast cyst that forms on the surface of the breast may feel like a grape and be soft in texture. A cyst that forms deeper within the breast may feel like a hardened lump because it is covered by tissue.
- **Fat necrosis:** A non-cancerous breast lump that may form if the breast has been injured. Breast injury may include a biopsy or surgery. This type of lump forms in the fatty breast tissue of the injured area.
- **Lipoma:** A slow-growing, fatty lump that forms just under the surface of the skin. Some may weigh only a few grams while others can be large enough to produce a visible bulge. Lipomas are soft to the touch and move around freely when touched.
- **Mastitis:** Inflammation within the breast tissue caused by an infection. Mastitis causes breast pain, swelling, and redness of the skin. Although mastitis doesn't present as a true breast lump, symptoms like swelling can often be mistaken for a lump.
- **Breast abscess:** A collection of fluid or pus pocket in the breast, most often caused by untreated mastitis. A breast abscess can be very painful and presents as a red, swollen lump in the breast.
- **Milk cyst:** A fluid-filled sac, also called a galactocoele that almost exclusively occurs in lactating women. A milk cyst is filled with breastmilk and causes a blockage of the mammary duct.
- **Intraductal papilloma:** A wart-like lump that may develop in the milk ducts of the breasts. Intraductal papillomas, most common in women over 40, often form close to the nipple, but can occur elsewhere in the breast as well.

Breast Lump Warning Signs

Although breast lumps are common and many are non-cancerous, there are several breast lump warning signs to be aware of. See your healthcare provider right away if you notice:

- A new lump, thickening, or swelling of the breast tissue not previously noticed by you or your doctor
- A lump that feels hard to the touch or different from the rest of the breast tissue
- A known lump that begins to grow or change
- A lump that does not go away after menstruation
- A lump that causes pain or discomfort

[1] Cleveland Clinic

[2] National Institutes of Health

Inflammation



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Inflammation is a common symptom for every health challenge you experience. Inflammation is the way the body signals something is wrong. Sometimes your body is able to correct the problem with time, such as the healing of a cut, a broken bone, or a virus. At other times, the symptom of inflammation is signaling the need for an outside intervention of nutrients or medicine. As we grow up, we learn some of these signals and how to relieve the pain. Sometimes we need some additional training about what is going on.

Inflammation can be seen in five possible ways: Swelling, Redness, Pain, Loss of function, or Heat. You often see these symptoms related to illness or injury. Inflammation is also described as acute (momentary), or chronic (long-term). Acute inflammation is

that injury or illness that takes a day or a week to heal and then you are moving back into regular activity. Chronic inflammation is that long, drawn out pain or loss of function that seems to have no way to end. But many forms of chronic inflammation can be stopped. You just need some additional information on how to make this happen.

Your white blood cells are constantly patrolling your body to address any threat. When a threat is identified the white blood cells will release a warning signal to area cells that something is wrong. This chemical release results in the swelling, pain, and redness associated with Inflammation. Chronic inflammation means these chemical signals are continuing to be made because a change from outside the body is needed. Pain relief medications can provide temporary relief like wearing ear plugs can help reduce the noise, but pain relief medication does not remove the cause of the chemical signal.

To remove the cause of the inflammation signal specific nutrients should be increased and specific foods should be avoided. Anti-inflammation diets will provide the format for the right balance that will generate healing and reduce inflammation. Specific nutrients to increase include:

Omega-3 Fatty acids, which you obtain through extra virgin olive oil, fish, flaxseed oil, chia seeds, cod liver oil, and walnuts. American culture has a very low intake of Omega-3 fatty acids, which help to reduce pain by creating a healthy balance with

Omega-6 fatty acids. A recommendation of three tablespoons of extra virgin olive oil per day is a good starting point.

Vitamin D provides stimulation to the cells of your body to promote healing and improve communication. You may notice that time spent outside in the sunshine during the summer makes you feel better. Your body produces Vitamin D with the exposure to sunlight which helps to reduce inflammation.

Turmeric is an herb from Asia having strong anti-inflammatory properties, which has been used for centuries in Asian culture. Turmeric has active compounds called curcuminoids that directly interact with the inflammation signals and calm the response. Recent research studies have found turmeric to be as helpful or even better than standard over the counter pain relief medicine.

To reduce inflammation, specific foods to avoid include:

Omega – 6 fatty acids, which you find in vegetable oil, corn oil, and deep-fried foods including French fries, potato chips, corn chips, and margarine. The typical American diet contains almost ten times more Omega – 6 than your body needs. The primary sources are processed foods and restaurant foods. When high amounts of omega – 6 combine with sugar, inflammation is the re-

sult.

Sugar is abundant in American foods. Back around 1900, the average American consumed about five pounds of sugar per year. Today the average American consumes more than one hundred pounds of sugar a year. Sugar can combine with omega – 6 to produce arachidonic acid, which is a fatty acid associated with pain and inflammation. When clients reduce their sugar intake, they often observe relief from pain.

Chronic inflammation observed with arthritis, fibromyalgia, obesity, and diabetes can be brought under control with an anti-inflammatory plan using whole foods and nutrient supplements targeting the pain sources. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge is not a result of a medication deficiency.

Contact me to discuss your health goals for the coming year. I can help you create space for decreased pain and natural healing. Contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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

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Oct. 14, 2025	3:30 - 6:30pm	Goodhue Cty Govt Center - 509 W. 5th St, Red Wing
Oct. 14, 2025	3:30 - 7:00pm	Cannon Falls Elem. - 1020 E. Minnesota, Cannon Falls
Oct. 15, 2025	3:00 - 7:00pm	Pine Island School - 223 1st Ave SE, Pine Island
Nov. 3, 2025	3:00 - 5:00pm	Kenyon Wanamingo High - 400 6th St, Kenyon
Nov. 13, 2025	3:30 - 6:00pm	Zumbrota Mazeppa High - 705 Mill St, Zumbrota

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Free flu vaccine will also be available for those who are uninsured.

All clinics will serve adults. Clinics listed with an asterisk (*) will also have flu vaccine for children.

***Wednesday, Oct. 22, 2025 from 3-5 p.m.**
Lonsdale Public Library - 16 NE Birch St., Lonsdale

***Thursday, Oct. 23, 2025 from 4-5:30 p.m.**
Morristown Community Center - 402 Division St. South, Morristown

***Monday, Oct. 27, 2025 - HealthFinders Collaborative from 3:30-5:30 p.m.**
706 Division St. South, Northfield

***Thursday, Oct. 30, 2025 from 2-5 p.m.**
Rice County Satellite Office - 1651 Jefferson Pkwy, Northfield

***Tuesdays from 1-4 p.m.**
Rice County Public Health Office - 320 NW Third St., Faribault

Rice County Public Health nurses can also provide flu vaccination for those who are homebound and unable to access vaccine.

Anyone with questions or needing more information regarding eligibility guidelines or alternative vaccination dates and times should call Public Health at 507-332-6111.

The Savvy Senior Cutting Through the Noise: A Senior's Guide to Fall Vaccines



By Jim Miller

Amid all the noise & confusion surrounding vaccines, here's a rundown of the different shots seniors need to get this fall.

There has been a lot of confusion about vaccines this fall, with Health and Human Services Secretary Robert F. Kennedy Jr. publicly expressing skepticism about the efficacy of shots on children and pregnant women.

But when it comes to those over 65, the protocols for getting a variety of vaccines have not changed much, with exception of the Covid shot.

Here's a rundown of the different fall vaccines that are still recommended for seniors and how they are covered by Medicare.

Flu Shots for Seniors

Just as they normally do, the CDC recommends a seasonal flu shot to everyone 6 months of age and older, but it's especially important for seniors who have weaker immune defenses and have a greater risk of developing dangerous flu complications compared with younger, healthy adults.

For people age 65 and older, there are three different FDA approved flu vaccines (you only need one) that are recommended over traditional flu shots. These include: the Flu-zone High-Dose Quadrivalent, Flublok Quadrivalent (recombinant, egg free vaccine), and Flud Quadrivalent.

These vaccines are formulated to create a more robust immune response, helping the body produce more antibodies, which makes the vaccine more effective in preventing the flu.

All flu vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

RSV Shots

In addition to the flu shot, the CDC also recommends a single-dose of RSV (respiratory syncytial virus) vaccine for all adults age 75 and older, as well as to high-risk adults between ages 50 and 74. These are people who have chronic heart or lung disease, weakened immune systems, diabetes with complications, severe obesity, or who live in long-term care facility.

RSV is responsible for 6,000 to 10,000 deaths and up to 150,000 hospitalizations each year.

The three RSV vaccines approved and available in the U.S. – Arexvy, Abrysvo and mResvia – are all covered under Medicare (Part D) prescription drug plans. But note that if you got an RSV shot last year, or when it first became available in 2023, you do not need to get a second dose this year. For now, only one dose of RSV vaccine is recommended.

Covid Booster

If you haven't had a Covid booster shot lately, the Food and Drug Administration recently approved the 2025–2026 Covid-19 vaccine, which has been updated to target the dominant strain.

This vaccine was recommended for all adults 65 and older and younger people that have a health condition that makes them vulnerable to severe Covid. But the new, CDC Advisory Committee on Immunization Practices just announced that they are no longer recommending Covid shots. Instead, they are recommending seniors 65 and older and younger people (6 months to 64 years) should make a shared medical decision with a doctor or another health care provider.

Covid still causes at least 40,000 hospitalizations and approximately 47,000 deaths in the U.S. each year. Covid shots are covered by Medicare Part B.

Pneumonia Vaccines

If you haven't been vaccinated for pneumonia, you should also consider getting the pneumococcal vaccine this fall. These vaccines are now recommended by the CDC to adults age 50 and older, instead of age 65, which was the previous recommendation.

Pneumonia causes a whopping 1.2 million people to visit medical emergency departments in the U.S. each year and causes roughly 50,000 deaths.

If you've never been vaccinated for pneu-

monia, the PCV20 (Pevnar 20) or PCV21 (Capvaxie) are the top choices because they cover the most common serotypes.

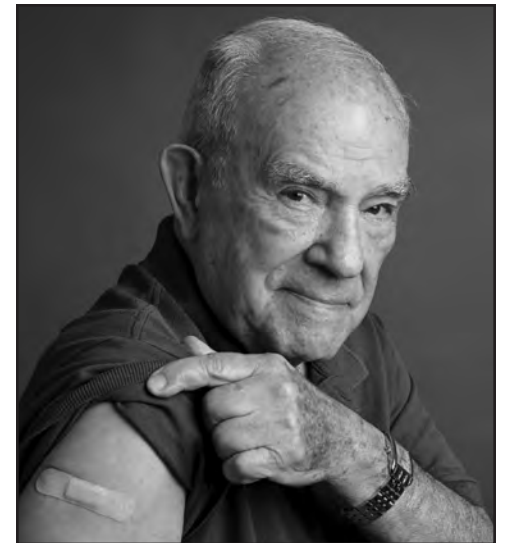
Medicare Part B covers pneumococcal shots, and you only need to get it once.

Side-Effects and Safety

You should be aware that all these vaccines can cause mild side effects like pain or tenderness where you got the shot, muscle aches, headache, fever or fatigue.

Also note that it's safe to receive these vaccines at the same time, but it may be best to spread them out a week or two because multiple vaccinations on the same day may cause increased side-effects.

You can find all these vaccines at most pharmacies, medical clinics and health departments, or you can do a search at Vaccines.gov.



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

To the Editor:

Truth, Trust, And The Armor Of God

Let me begin with the Word of God (c). According to the Bible, the Armor of God provides no protection if one turns their back on God. As a matter of fact, all the components that are meant to protect us from the wiles of the enemy are located in the front. As pastor and biblical scholar, Rev. Dr. David Jeremiah (Turning Points, 2000) says, "It is not enough to just preach about it. It requires that each one of us make a stand when and where we can" (e). Sadly, my 81 years of life has shown me that the former far out weights the latter beginning in the pulpit. This is why so many Churches are in trouble today (a). False doctrine is alive and well in many of our Houses of Worship.

As I watched the services that recognized the late Charlie Kirk, it reminded me of a man who wore his Armor as a way of life. Beginning with what always comes first: **Truth**, he made it clear that being a Christian meant more than just claiming to be one (d). As a matter of fact, Dr. Jeremiah confirmed what the expectations are in a recent sermon by noting the following:

- (a) God does not want cowards who will run away.
- (b) God wants us to advance in His power.
- (c) God's children must always use the Word of God to guide their ways.
- (d) God's children must be truthful with themselves.
- (e) God's children must walk and talk

Christian. They cannot be pretenders of the faith.

In reflecting on Charlie's mission on earth, I believe it is safe to say that there were no allusions in who he was and what he stood for. Driven by the love of Christ and his fellow man, it did not matter what side of the isle you were on. It is for this very reason that millions of young people, from across the United States and the world, are beginning to put on the Armor of God with the same kind of passion that Charlie did in his brief journey on earth. The "seed" has been planted!

In the coming months, both young and old from across our country will hopefully follow the course Charlie Kirk set for us. Faced with a dilemma that would ultimately cost him his life, we are now confronted with what the Merriam-Webster's Collegiate Dictionary calls an 'undesirable or unpleasant choice' that we can no longer run away from (a). You see, if we are going to make Charlie's hope for the kind of America he knew we could be, we must put on the entire Armor of God. And like the young shepherd boy who would later become King David or the great Apostle Paul at the end of his ministry, there are times in life when we need to pick a stone out of our bag (I Samuel 17: 49); times when we must be willing to "Fight the good fight of faith" (II Timothy 4: 7) all in the power of God (b).

A year from now, people from the state of my birth: Minnesota, will be going to the polls to vote for a new governor. Faced with the same kind of challenges that we have faced before, this time anyone who claims to

be a Bible believing Christian is going to be called upon to walk the talk as Charlie did (e). And if by chance we decide to ignore what we claim to be (d), we could be faced with the prospect of electing Tim Walz, the most anti-Christian governor in the history of our state, for a third term. So let us take a look at the damage this man has done in the name of his god. It is not a pretty sight!

- He has an extreme affinity for the Chinese Communist Party.

- He is the first governor anywhere in the United States to sign legislation that allows newborn babies to be denied lifesaving medical treatment (MCCL). It's Diabolical!

- He made Minnesota a destination state for late term abortions for minors without their parents knowledge (MCCL). It's Diabolical!

- His policy to put infected Covid patients into nursing homes helped give Minnesota the nation's highest percentage of Covid deaths in nursing homes (MCCL). It's Diabolical!

- He signed legislation to wipe out funding to pregnancy resource centers that would help women and families (MCCL). It's Diabolical!

- He stood on the Capitol steps and made threats against any educator who challenged the transgender issue in our public schools (See Minnesota Star Tribune/Picture).

- He lied about his rank as a member of the Armed Services.

- He and his Marxist leaning colleagues have all but destroyed our K-12 Social Studies Curriculum for the next ten years (See American Experiment).

- He claims to be Minnesota's 'educator-in-chief' and, yet, our public schools' academic performance in math and reading proficiency remains below grade level statewide (MDE).

- He refused six Minnesota Catholic Dioceses funding that could have saved the lives of two students who were murdered by a transgender student while attending Mass in their school.

- He denied grants to non-public schools and, yet, he cannot account for 17 Billion dollars in tax surplus revenue.

- He announced he cannot wait for the

morning he wakes up to hear that President Trump is dead. It's Diabolical!

Ladies and gentlemen, we cannot overstate the damage this man has done in his seven years as our governor. Who can ever forget when he boasted about providing his students with Mao Tse-tung's "Little Red Book of Communism" on a field trip to China; how he fanned the flames of discontent in the Twin Cities area and across the state when he let the police station burn? And if that was not enough, the windows at the Governor's residence were opened so 'members of his family could gleefully smell burning smoke on the inside.' Once again, the word diabolical comes to mind.

While I realize that we are still a year away from electing our next governor (November 3, 2026), it is not too late to mark your calendar. And now that we know about Charlie Kirk and the kind of hope he brought to our country, it should leave little doubt that Minnesota cannot afford four more years under the leadership of Tim Walz. As for me, it all boils down to the difference between life and death for our unborn children; uncertainty and despair for a state that deserves far better. His record speaks for itself.

Finally, let the record show that our governor is not working alone. With a political party that includes not only a large number of Minnesota State House and Senate Legislators, but the likes of U.S. Senator Amy Klobuchar, U.S. Senator Tina Smith (thankfully she has announced her retirement), and at least four members of the U.S. House of Representatives who were lockstep supporters of his run for Governor and his feeble attempt to be our next Vice President, it is time we stop being afraid (a) as Christians (e) and start trusting in the Lord (Proverbs 3: 5-6). It is called being Biblical Christians...and there can be no more running away from God (a). Come join me at the polls!

Godspeed,
Dr. James Russell Lehman - Kenyon MN

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Zabel Awarded for Work to Advance Corrections

By Rice County



Community Corrections Supervisor Tracy Zabel has received an award recognizing her work to advance the field of Corrections.

Zabel is this year's Jack Young Excellence in Corrections Award winner. The award, named for Young, a former St. Louis County probation officer who later served as commissioner of Minnesota's Department of Corrections, was announced during the Minnesota Association of Community Corrections Act Counties conference held Sept. 24-26.

The award is given to individuals who have made outstanding contributions to the development and improvement of Community Corrections in Minnesota.

"I'm truly honored to accept this prestigious award and to be recognized for work that provides a strong sense of purpose. A heartfelt thank you to my manager, Angela Brewer, for the nomination, her leadership, her support and for creating an environment that allows staff to make an impact," said Zabel, who's

worked in the field for 25 years, 13 with Rice County.

"Additionally, this recognition belongs to our entire team. The dedication and compassion of our team is what makes our work possible; I'm grateful to be part of such a committed group. The work we do matters. Helping clients reduce risk and create positive change isn't always easy, but it is incredibly meaningful. Each success story is a reminder that change is possible given the right support and opportunity. I'm proud of what we've accomplished together and excited for what's ahead."

In her nomination, Community Corrections Manager Angela Brewer called Zabel "an incredible leader" who's impacted a variety of work areas and initiatives -- locally and across the state -- that move evidence-based practices, interventions and equitable services in the field forward.

Brewer also praised the innovative, thoughtful and creative ways Zabel connects staff to the department's mission, instilling in them a commitment to holding clients accountable and protecting the community while promoting compassion for clients to help them build skills and make sustainable change to improve the quality of life for themselves, their families and county residents.

"Through her leadership, mentorship, and support of staff," Brewer said, "Tracy has moved forward our mission to reduce barriers to client success and improve the quality of life for all residents in Rice County."



Community Corrections Supervisor Tracy Zabel, left, poses with her award for excellence in Corrections. She was nominated by her supervisor, Angela Brewer, right.

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Faribault Foundation Endowment Will Help Fund HOPE Center in Perpetuity

By Rice County



The Faribault Foundation is pleased to announce the creation of an endowment that will help provide a permanent source of funding for the HOPE Center, an advocacy center for survivors of domestic and sexual violence in Rice County.

HOPE Center, founded in 1995, is one of three area nonprofits to be offered an opportunity not only to create an endowment under the Faribault Foundation umbrella, but to receive a \$5,000 grant from the Foundation if HOPE Center raised a matching amount by

year's end.

Since the opportunity was presented this summer, HOPE Center has raised slightly more than the \$5,000 needed to obtain the matching funds and received another \$5,000 from a very generous local donor. In all, the endowment now sits at a little more than \$15,000.

In July, the HOPE Center board voted to name the endowment after Barb Larson, a Faribault native who was killed in December 2016 in an act of domestic violence. Larson was a beloved community member whose death helped area residents understand that domestic violence knows no socio-economic or geographic boundaries.

The Barb Larson Memorial Fund is a permanent endowment which will provide an annual grant from the endowment to HOPE Center. As the endowment grows, so will the amount of the grant.

The endowment lets individuals who support HOPE Center and its work to provide a source of funding, allowing it to continue its work in perpetuity.

"We are so grateful for the Faribault Foundation and its board which selected us to receive a matching grant," said Erica Staab, HOPE Center executive director. "The funds we receive from the endowment will help us to continue to serve residents whose lives

have been upended by domestic and/or sexual violence."

Said Laura Bock, Faribault Foundation executive director, "The Faribault Foundation is honored to hold this endowment in memory of our friend Barb Larson. This fund pays tribute to her life while helping to ensure the HOPE Center can continue its critical work. We are proud to support the HOPE Center with the establishment of this enduring fund."

Individuals and organizations are welcome to contribute to the Barb Larson Memorial Fund as well as other funds managed by Faribault Foundation at www.faribaultfoundation.org.



dation.org.

The Faribault Foundation was established in 1999 by a group of community leaders to enable people who love their community to support it today and in the future. By combining gifts great and small, the foundation gives everyone the opportunity to be a philanthropist.

Rice County Housing & Redevelopment Authority selected for national program to increase local housing supply

Rice County announced its Housing & Redevelopment Authority has been selected for the fall 2025 cohort of Counties for Housing Solutions (C4HS), a cohort program from the National Association of Counties (NACo) and Smart Growth America designed to increase housing supply in counties.

NACo launched C4HS to help counties implement recommendations from NACo's 2023 Housing Task Force, convened with the goal of addressing America's housing crisis. By implementing strategies to increase housing supply, counties will bring down rents and create a pathway to upward economic mobility for American families.

"Despite the work done in the last several years by the Housing & Redevelopment authorities in Rice County, Faribault and Northfield and by our local governments, there is still a serious lack of housing options that are affordable for the average county worker," said Joy Watson, Rice County Housing Director. "Solutions to the housing crisis need to include a wide range of options because no two households are the same. We're hoping

to learn about additional tools to make housing affordable to the people who live and work in Rice County.

Over a 14-week period, the HRA will assess and update their zoning codes as needed to increase affordable housing development and the overall housing supply. Participating counties are expected to be on track to formally adopt an amendment to its zoning code at the conclusion of the program.

The county is hoping to learn best practices about how to move forward with growth and development in an orderly way, while also reducing barriers to new homeowners and new construction.

C4HS is part of NACo's larger Counties for Economic Mobility initiative, which advances practices for equitable upward economic mobility to move individuals and families out of poverty. The initiative is funded through a grant from the Gates Foundation.

For more information about the C4HS program, visit www.naco.org/program/counties-housing-solutions.

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Preliminary 2026 Rice County budget, levy set

In September, the Rice County Board of Commissioners approved a preliminary property tax levy and budget for 2026.

The preliminary levy of \$43 million is 8.7% higher than the adopted 2025 figure. That's largely attributable to higher personnel costs and increased health insurance expenses as well as legislative changes at the state and federal levels which have reduced county revenue and added mandated services.

After two years of increases, county aid from the state will be about \$143,000 lower in 2026.

The 2026 budget includes the use of \$2.47 million from county reserves, money set aside for special purposes and one-time expenditures. The majority of the funds come from its Environmental Services Fund and will be used to pay for needs and operations at the Rice County Solid Waste Facility.

Reserved funds will also be used to update scheduling software for the Rice County Sheriff's Office and for an additional drone to assist deputies with search and rescue operations.

Also included in the proposed budget is \$868,661 in funding for outside agencies including the county's three public libraries, senior centers, its historical society and the Rice Soil & Water Conservation District.

The 2026 property tax levy for the county's Housing & Redevelopment Authority was also approved Tuesday. That levy will not increase, staying at \$232,467 for 2026.

The board will hold its Truth in Taxation hearing at 6 p.m. Thursday, Dec. 11 in the Rice County Government Services Building, 320 Third St. NW, Faribault. County property owners will have an opportunity to provide input on the proposed budget and levy during that meeting.

The board is expected to approve the final levy and budget in mid-December. At that time, the levy can go down. It can not be higher than the preliminary figure approved in September.

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: My husband and I are wondering if it is true that emergency vehicles can change a light from red to green, if they need to proceed through an intersection. Is this true, or is it just a myth that people now believe to be true? Also, if this is true, how is the light triggered? Is it triggered by the flashing lights of the emergency vehicle or is it triggered through some other method?

Thank you for your column! We read it every time and we appreciate the helpful and accurate information.

Answer: Emergency vehicles can change traffic lights using a system called Opticom. The device on the vehicle emits a specific light or signal, which is detected by a receiver on or near the traffic light. The receiver then triggers the traffic light to change, giving priority to the emergency vehicle.

Question: I know the distracted driving law has been around for a while now, but can you please talk about it some more?

Answer: Driver distraction or inattention is a leading factor in crashes in Minnesota, accounting for at least 25 percent of all crashes annually. Distracted drivers fail to recognize potential hazards on the road and react more slowly to traffic conditions, decreasing their margin of safety.

Types of driver distraction:

- Visual: Looking away from the road.
- Mechanical/physical: Taking hands off the wheel.
- Cognitive: Being "lost in thought."

Distractions inside the vehicle

Distractions inside the vehicle can include

activities such as: using a cell phone, using a GPS, reaching for items, eating and drinking, adjusting the radio, talking to other passengers, and reading maps and other materials. Even when you are watching the road, behaviors such as looking at a crash scene or daydreaming can divert attention from your driving responsibilities. For safety, give the task of driving your full attention at all times.

Illegal driver behaviors in Minnesota

Certain driver behaviors are illegal on Minnesota roads. These include using a cell phone or wireless computer device for text messaging, emailing or accessing the internet while driving, including while stopped in traffic. Drivers under age 18 with an instruction permit or provisional license are prohibited from using a cell phone, whether handheld or hands-free, except to call 911 in an emergency. It is also illegal to wear headphones or earphones in both ears simultaneously to listen to a radio or other sound-producing device.

Question: With school back in session, can you talk about school bus safety and what motorists need to know?

Answer: School buses have yellow and red lights that flash alternately to warn drivers they are stopping to load or unload students.

Bus drivers will activate flashing yellow lights at least 100 feet before a school bus stops in a speed zone of 35 mph or less. They will activate the lights at least 300 feet before it stops in a speed zone of more than 35 mph. It is against the law to pass on the right side of a school bus while it is displaying red or yellow flashing lights.

Flashing red lights warn drivers that the school bus is loading or unloading students. When you see a school bus that is stopped with its red lights flashing and its stop arm extended, you must stop your vehicle at least 20 feet from the bus.

Regardless of whether you are facing the front or back of the bus, you must remain stopped until the stop arm is retracted, and the red lights stop flashing. If you don't, you can be charged with a misdemeanor. If convicted, you must pay a fine of at least \$500 and lose your driving privileges.

Question: I read your last article about school buses and flashing lights. Can you do a reminder on passing a school bus?

Answer: It is illegal to pass a school bus when its red lights are flashing and its stop arm is extended. If you are driving on a divided roadway, you do not need to stop for a school bus with red lights flashing if it is on the opposite side of the divider. A law enforcement officer with probable cause to believe you have violated this law may arrest you within four hours of the violation.

When your vehicle is used to violate the school bus stop arm law, you are guilty of a petty misdemeanor if you own or lease the vehicle. However, if you can prove that another person was driving the vehicle at the time, the driver will be charged with the violation.

When you apply for a driver's license, you must certify, by signing the application, that you understand the requirement to stop for a school bus and are aware of the penalties for violating this law.

Question: My grandkids get to be on their school's "School Patrol." I am so happy they get to help but can you talk about this? I want people to be aware to help keep them and everyone safe. Thank you for all you do.

Answer: Congratulations to your grandchildren! You should be proud as it is quite an honor to be serve on those School Patrols.

A little history lesson on the School Patrol. The idea of the School Patrol originated with Sister Carmela of the Cathedral School in St. Paul on Feb. 21, 1921 when the first patrolmen were stationed at the intersection of Kellogg Boulevard and Summit Avenue in Saint Paul. Adopted citywide by the City of St. Paul in 1922 as a part of the program of the School System and the St. Paul Police Department, it was also adopted as a statewide program by the Minnesota State Patrol. Generations of children for over 100 years have served on the School Patrol all across Minnesota.

When you see a student safety patrol helping schoolmates cross a street or highway, you must come to a complete stop. You must also stop for adult crossing guards displaying a stop sign or flag. It is illegal to drive through a line of children crossing the road, even if a school safety patrol is not present. Violating this law is a misdemeanor. A second violation within a year is a gross misdemeanor.

Question: I seem to encounter a fair amount of emergency vehicles running in



emergency mode (lights and sirens.) I also can't help but notice how many people don't pull over and yield to them. Can you bring some attention to this?

Answer: Great topic for conversation. When an emergency vehicle (such as an ambulance, fire truck or police car) with flashing red lights and sounding a siren or bell approaches your vehicle on a two-way road, you must pull to the right and stop.

On a one-way road, pull to the nearest side and stop. If you are in an intersection, proceed through it before stopping. Remain stopped until all emergency vehicles have passed.

A law enforcement officer with probable cause to believe you have violated this law may arrest you within four hours of the violation.

You do not need to stop if the emergency vehicle is separated from your lane of traffic by a physical barrier like a fence, wall or median strip.

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.

A recent survey conducted by the National Highway Traffic Safety Administration released the top four reasons a driver may have commit a stop-arm violation. 30.5% driver did not care, 25.5% being in a hurry, 24.3% did not know the law, 12.2% distracted.

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)

Ted Foss Move Over Law

This year marks the 25th anniversary of the tragic passing of Minnesota State Patrol Trooper Ted Foss. Cpl. Foss was conducting a routine traffic stop on the shoulder of I-90 in Winona County on Aug. 31, 2000, when he was hit and killed by a passing vehicle. His story is a powerful reminder of why we must move over and slow down for vehicles on the shoulder.

Failing to change lanes or slow down endangers other drivers and emergency professionals and can leave you facing a fine of more than \$100.

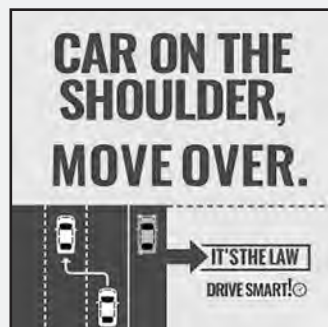
Drivers need to remember:

Move Over. On a road with two or more lanes going the same direction, you must move over one full lane from stopped emergency and maintenance vehicles as well as any vehicle with its hazards on.

Slow Down. If you can't move over safely, you must slow down.

Watch for People. The law also applies to people who are outside their vehicles.

Let's all do our part to keep each other safe on the road. When you see flashing lights, stalled vehicles or people on the side of the road, slow down and move over a lane to keep travelers safe and to give roadway workers room to do their jobs safely. Working together, we can drive Minnesota toward zero deaths.



October is Domestic Violence Awareness Month

By Goodhue County Sheriff's Office

We stand with survivors and work to raise awareness about resources that save lives. One important tool is Text-to-911.

When calling isn't safe, texting provides a discreet way to reach help. This critical service is available throughout Minnesota.

Call if you can, text if you can't. #domesticviolenceawareness #TextTo911 #GCSO



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Focus on mature drivers' safety after increase in crashes

A recent spike in fatal and serious injury crashes involving older residents has Rice County traffic safety advocates planning additional ways to help ensure mature drivers stay safe behind the wheel.

All four fatal crashes and four of the 15 serious injury crashes recorded in Rice County this year to date involved those 65 and older.

"That's telling us that we need to focus on older drivers," Kathy Cooper, Rice County Safe Roads Coalition coordinator, told the Rice County Board of Commissioners during its Sept. 23 meeting.

While the aging process diminishes an individual's reflexes, vision and strength, studies show that older drivers also tend to rely on experience and are much more likely to use safe driving habits like using seat belts, obeying speed limits and following the rules of the road to compensate than inexperienced drivers.

According to the Minnesota Department of Public Safety's Office of Traffic Safety, senior citizens are more likely to be killed or injured in traffic crashes because they're more easily injured and less able to recover from injuries. Intersections can cause elderly drivers trouble, especially when gauging the speed of traffic on the lanes they'll cross.

The Rice County Safe Road Coalition, supported through a Toward Zero Deaths grant administered by Rice County Public Health, hopes to again host CarFit clinics — a program of AARP and the American Occupational Therapy Association — for mature drivers similar to the one held in Northfield last May. During a clinic, trained technicians review how an individual fits in their car, checking to ensure mirrors are properly adjusted and that the driver is the right distance from the pedals and steering wheel.

Improper positioning can cause fatigue in the legs and slow reaction times as well as increase the risk of serious injury.

The Minnesota departments of Health, Public Safety and Transportation have recently issued an updated "Safe Driving Guide for Drivers 65+ and Families." It's available online at <https://bit.ly/SafeDrivingGuide> and includes common myths about older drivers such as the age when they should stop driving (Hint: there's no universal answer), how medical conditions can affect driving and ways to help keep your mind sharp.

There's also the Smart Drive Course from AARP which is available both in person and online. Those completing the course may be eligible for an auto insurance discount. Learn more and find a course location near you at aarp.org/auto/driver-safety/locations.

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CITY OF NERSTRAND, MINNESOTA CITY COUNCIL REGULAR MEETING MINUTES

Sept 9th 2025

7:00p.m.

221 Main Street, Nerstrand

1. Call to Order/Pledge Allegiance
2. Roll Call: Betty Voge, John Harris, Todd Evavold, Pam Caron, and Karla Ingersoll

3. Approval of Last Month's Agenda-Motioned by Betty Voge and Seconded by Pam Caron and all approved.

4. Consent Agenda

(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.)

A. Regular Meeting Minutes of Aug 12th, 2025

B. Payment of Claims dated:

1. August 25th, 2025

2. September 9th, 2025

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

5. Clerk's Report

• League of Mn cities is increasing their dues by 5%

• Water Billing Update: 1 shut off and 1 delinquent accounts.

• Where is the back up polling place? And can someone draw a diagram?

• We meet with Rice County and discussed elections, levy adjustments, and property assessments.

• We need to our proposed levy number to them by Sept 30th . We can not increase only decrease after this has been submitted.

• There will be approx. 10-15 hours of training needed next year for elections judges and clerks. They will be during the day.

• They recommended that we have 10 judges. And that the clerks not be judges. They even suggested that we cater food as the judges are not allowed to leave during their shifts. They suggested pay increases for judges. And made it clear that we should be paying the head judge more. Currently we pay \$14 dollars all judges.

6. New Business

A. Dettling Lease is up (Oct)

1. Price-Increasing to \$250

2. Lease Terms- The rest of the terms and agreement shall remain the same. We are going to offer to Dettling to renew but it they do not we will open to the public.

B. Resolution for the proposed levy-Levy was approved at 6.67 % this equals out to be an increase of \$10,000 to the overall budget. Motioned by Todd Evavold and Seconded by Karla Ingersoll and all approved.

C. Family Leave-Budget item- Presented to the council to include with budget for employees.

E. Announcement of potential funding- Nerstrand has made the list to receive funding to help with our own going infrastructure projects. We will know the dollar amount at the end of September.

D. Resolution to open the bank account for streets- \$50 deposit and name of authorized users-Tabled for the time being.

F. Small Cities Assistance Program\Grants-Council reviewed grants and assigned indi-

viduals to look into them further to see if Nerstrand would qualify.

G. Projector Options-Tabled until next month.

7. Old Business

• Discussion regarding cannabis ordinance-Tabled.

• Discussion regarding liquor ordinance and permitting-Tabled.

• Street Paving-Paving to begin on Farm Street in the next couple of weeks.

• House near school -Homeowner requested an extension on their clean up. This was granted because the homeowner has done exceptional work on this.

8. Reports of Officers

• Public Works Director – Steve McDowell

• It was requested of Steve to look into a Tree Grant.

• Steve is looking into other grants as well. Primarily one for our Chlorine storage to become compliant.

• Mayor –

• Window sills at City Hall are needing to be replaced. A motion to approve this was accepted by Karla Ingersoll and seconded by John Harris and all approve.

• Resident complaint about church parking. Church took the lead and got signs. Attendees are now parking where designated and not in homeowners yard.

• We have a home owner that has requested using a burn barrel to remove brush and foliage. Council suggested using a weed burner tool to tackle then a burn barrel.

• Fire Department – Joe Johnson-Tabled until next month

• Council Members

• Karla Financial Presentation

Karla has put together a proposed Financial Policy for the City of Nerstrand. Council members are to review it and see if it is beneficial for use. Karla created multiple excel documents with the City of Nerstrand's Budget. Even providing a break down of our finances in a Pie chart to show the money flowing in and flowing out. Karla also created an aid in understanding our budget and the time line of things the council, the clerk and public should keep up on with the budget so it is not an item that we touch only once a year. Karla and the clerks are going to work together and see if we can better improve the transparency of the Finances to residents so they can see how and where money is used.

• Zoning Committee- Presented by Lu

• Lu came to council with a map. Asking about swapping properties from R1 to R2's or R2 to R1's and whether a chunk of properties should remain commercial or be switched to R1 or R2.

9. Other Business

10. Adjourn

Motioned by Betty Voge and Seconded by Karla Ingersoll and all approved.

Next City Council Meeting is scheduled for October 14th, 2025, at Nerstrand City Hall

Date:

Todd Evalvold, City Mayor

LeAnna Anderson-Speiker, City Clerk



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