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DECEMBER 17, 2025

Volume 22 • Issue 12

Announcements

• **Christmas Worship at Dennison & Vang Lutheran Church: Christmas Eve Candlelight Service, December 24th** - Dennison— 5:00 pm, Vang – 7:00 pm;
Sunday, December 28th - One Service at Dennison – 10:00 am



• **St. John's UCC Sunday School Program & Candlelight Service Wednesday, December 24 at 7p.m.** Christmas Day Service, December 25 - 10:00a.m. 19086 Jacobs Ave., Faribault.

• **The Little Free Food Pantry** will stay open, and needs your donations. Weather resistant products would be appropriate for winter donations. The Little Free Food Pantry is located by Dennison City Hall behind the big sign. Paper products: paper towels, toilet paper, kleenex. Personal care items: soap, toothbrushes, pads/tampons, diapers/wipes, deodorant, chapstick, hats, gloves, scarves, handwarmers. Nonperishable foods: boxed/bagged grains/beans, rice, couscous, quinoa, red beans, white beans, dry pasta, bagged pasta meals, mac 'n cheese, hot and cold cereal, snack crackers, dried fruits, granola bars.

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

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Memories of Christmas Past

Every year we visit with residents of local assisted living homes and hear their memories of Christmas when they were a child. Here are some of the stories from their childhood for you to enjoy.

Santa Visits Dennison



Santa greeted kids at Heritage Bank in Dennison Saturday, Dec. 13

Anne grew up in a family of eight kids in a small town in Minnesota. She recalls that times were tough and the family did not have

Santa Visits Nerstrand



A group of girls with long wish lists!

Santa visited Nerstrand on a cold Saturday! The Nerstrand Women's Club invites Santa to come and visit us every year at the Nerstrand Fire Hall. (continued on page 19)

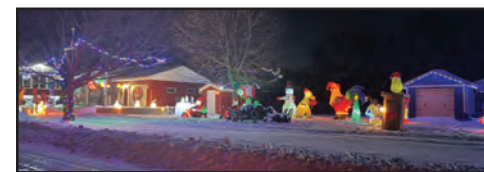
Nerstrand School Closes on Sale of Building to Grace Lutheran Church



By Nerstrand School

Nerstrand Elementary School officially closed on the sale of our school building from Faribault Public Schools to Grace Lutheran Church, who will be our new landlord. There should be no change in the day to day operations or curriculum as a result of this transition. Faribault will continue to provide our transportation, food service, technology and custodian services, for which we are grateful.

(continued on page 12)



a lot of things.

The kids would hang their every day stockings in the living room in anticipation of getting treats on Christmas Eve. She recalls one year how her brother looked out the upstairs window and said he saw sleigh tracks in the yard. They all began to get excited until her dad yelled up the stairs to get back to bed. The next morning, they came down to find a tangerine, banana, candy and nuts in the stockings.

Christmas was very simple and they usually received one present each from their parents. Usually, it was a new pair of pajamas. Her oldest brother gave her a present one year she really wanted.

It was a copy of the book, Little Women. Even though she couldn't read it by herself yet, it was a treasured gift.

The family would open one present Christmas Day and then they headed off to church.

(continued on page 7)

Correction

In the November 19 issue of The Messenger, there was a typographical error in the UTILITY WORK STARTS IN NORTHFIELD TOWNSHIP article.

The purchase price was incorrectly reported.

The Northfield city bought 13 acres for the purchase price of \$44,000 (forty four thousand dollars) per acre, (NOT \$440,000.00) We apologize for this error.

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The True Meaning of Christmas



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

It's that time of year again, can you believe it? Perhaps you feel the pressure of busting out the tangled lights, putting up the Christmas tree, making cookie platters, and checking off that frantic list of all the Christmas shopping you feel obligated to do. Before you know it, it's December 26th and it all felt like a grasping of the wind.

Although some may think Christmas is how the Hallmark movies portray, that is the furthest thing from the truth. So much hype gets

put into this season, and to be honest, for what? More clutter, credit card debt, and returns to the store?

I know what some of you may be thinking: "Ashley, you kind of sound like the Grinch." Maybe I do, just stick with me.

Do we honestly stop, pause, and breathe in the true meaning of Christmas? Do we even know what it is? Some of us may, with a twinkle in our eye; others may not, with curiosity on our chest; and for a few of us, Christmas may be all too familiar and we need a fresh, crisp breeze of what this time is truly all about.

"For there is born to you this day in the city of David a Savior, who is Christ the Lord." (Luke 2:11)

Savior. Think about that word. What does it mean? Savior means you are saved from something, but what is this something, and who even is this Christ?

Let's start with Christ. This verse and word are indeed talking about Jesus. Fun little fact—Christ is not Jesus's last name! Christ means chosen or anointed one. Therefore, Jesus Christ is the Son of God who is the chosen one to save us! But save us from what?

Jesus saves from hopelessness. Standards of the world. Perfection. Bondage. Turmoil. Dread. He can help save us from the bottle in the hand, the joint in the midst of the fingers, the pictures on the screen, and the despair that wants to take our lives. He saves us from guilt, shame, and that sweet self-critic we can't seem to shake.

Some of you have been in the church your whole life and you can relate to all of the

above; no shame, my beloveds. Some of you may have never stepped into that four-wall building and experienced the things previously listed; no guilt there either. Jesus saves nonetheless.

Jesus loves you. Even in the mess. I promise you.

I have been a follower of Jesus for a good twenty years now, and Jesus continues to save me from regrets of the past, trauma that wants to resurface, self-harm that wishes to penetrate, and depression that hungers to overtake.

I have days when my chest is weighed down with the heaviest of bricks, my heart beats as fast as a hummingbird's wings, and fear wants to spiral me down to despair. But guess what? Jesus rushes in. Jesus consoles me and settles my heart by the Word of God and speaks to me with words and tone that represent the fruit of the Spirit. Before I know it, the darkness has fled, he has saved me from self-destruction of all sorts, and I am back on my feet running the race.

Commercial break: For those who do not know, the Word of God is the Bible, and the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Jesus also saves us from sin, which we all are so guilty of, including me. Pride. Control. Jealousy. Anger. Comparing. Offense. Those are just a few of the sins I have been washed clean from (and some of them I am still working through), thanks to Jesus.

He will meet you, too, in the middle of the rage, in the mix of the fix, the crippling anxiety, the sailor's mouth, the emptiness, and

that bed of yours that is drenched with tears. He can save and forgive you.

Consider this Christmas (and all the others) that it is not about the presents, food, peppermint mochas, Santa, or reindeer. It's about the Savior, Jesus, and how He was born, to then die for sin, to soon after be resurrected, all for you.

Jesus does not need you polished or perfected. He does not work that way. He just needs you to cry out to Him, share with Him the mess-ups (aka, confess your sins), accept what He has done for you (died on the cross and rose from the grave), and then talk to Him and never stop.

As you confess and believe these things, you enter into the Lord's Fatherhood and become His child.

(continued on page 3)

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Thank you

I would like to thank
everyone who was there to
help when I had my accident
on November 25, 2025
and since then.

Liz & Mike Beebe,
Nerstrand Dennison Rescue,
Goodhue & Rice County
Sheriff departments,
Joe, Michelle, Sophie &
Carter Amy,
Fireside for the
Thanksgiving meal
(delicious),
Dennison Lions,
Nate, Christy, Kristen &
Nick, Becky & Gwen Flom
and Theo Welch
for the beautiful flowers,
Much Appreciation,
Pat Bartell

LUTHERAN

Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN
507-645-6042

Website: www.dennisonvang.org

Email: dennisonvangoffice@gmail.com

Christmas Eve Candlelight Service, December 24th -

Dennison - 5:00 pm, Vang - 7:00 pm

Sunday, December 28th -

One Service at Dennison - 10:00 am

Gol Lutheran Joe Jorgensen, Pastor • 507-838-2100

Sunday Worship 10:30 a.m.

Grace Lutheran, Nerstrand

Mike Ahrens S.A.M.

Service 9 a.m.; Coffee Hour 10:00 a.m.

Sunday School 10:15 a.m.

Emmanuel Lutheran

9:00a.m. Sunday School

10:00a.m. Coffee Time 10:30a.m. Worship Service

Hegre Lutheran - Pastor Chris Brekke

Sunday School 9:15a.m.; Worship 10:30a.m.

Moland Lutheran 507-456-4242

Sunday Worship 10:00 a.m.

First Ev. Lutheran, Kenyon - David J. Chatelaine, Pastor

Sunday 9:00 a.m. worship

Wangen Prairie Lutheran Church LCMC

Shannon Bauer, Pastor

24289 Cty. 24 Blvd., Cannon Falls

Sunday Worship at 9:00a.m. followed by fellowship.

Thursday Bible Study at 9:00a.m.

MERRY

Christmas

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Let's Go and See!

"Let's go to Bethlehem and see this thing
that has happened, which the Lord has told
us about." — Luke 2:15

The shepherds are relatively obscure actors in this story. We don't know their names. We're not sure if they are hired hands or tending their own flocks. They hear the angel's announcement of Jesus' birth. They run to find Jesus. And after they return to their flocks, we don't hear from them again.

Even so, the shepherds pull me further into this story. They begin in a rather ordinary space, "living out in the fields" with their sheep. When the angel suddenly appears, they are terrified! Who wouldn't be? Nothing could have prepared them to meet angels shining the light of God's glory in the middle of a field at night. Then quickly they move from terror to wonder to delight and finally to joyful worship. By the end of the night, the shepherds are the first human messengers to share the good news of Jesus' birth! Like the people whom the shepherds first told about Jesus, I am amazed at what I hear.

After the angelic choir disappears, the shepherds urge each other: "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about." What else could they do? As I read this story again, I find myself responding to the shepherds: "Yes! Let's go and see, looking into the amazing good news of the child who has been born in Bethlehem!"

God, whether we've read this story before
or we are hearing it for the first time,
awaken in us the joy and wonder of the good
news of Jesus' birth! Amen.

METHODIST

Nerstrand United Methodist

Gary Liker, Pastor

507-330-0025

Worship 9:00a.m.

Stanton United Methodist

Rev. Tom Countryman

Church Phone 507-321-3598

Worship 10:15a.m.

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Gary Liker, Pastor • 507-330-0025

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Dale: 9210 County 12 Blvd, Kenyon

www.holdenlutheranchurch.org

Holden/Dale on Facebook

Worship Services

Dec 21: Holden 9:00, Dale 11:00

Christmas Eve: Dale 5pm, Holden 10pm

Christmas Day: Holden 10am

Dec 28: Dale 9:00, Holden 11:00

Jan 4: Holden 9:00, Dale 11:00

Email your church announcements, schedule, etc.

to the Mainstreet

Messenger at: hometownmessenger@gmail.com



Holy Night

**“For unto you is born this day in the city of David a Saviour,
which is Christ the Lord.”**
Luke 2:11

**Best wishes and sincere thanks
from our family to yours.**
Merry Christmas!

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Announcements

(continued from page 1)

- **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!
- **The Nerstrand City Council** meets the second Tuesday of every month at 7p.m. at the Nerstrand City Hall. Office hours are: Wednesdays 9:30-11:30a.m. and Thursdays 6:00-8:00p.m. Ohter times available per request, 507-332-8000.
- **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.
- **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

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

The True Meaning of Christmas

(continued from page 2)

Perhaps you have been going to church for some time now, but for whatever reason, Jesus has become a little too familiar or has been put on the shelf next to the elf. Bring Jesus down, draw near to Him, and start that dialogue again. For the unchurched, truth remains, talk to Jesus and get to know Him. It is all about a personal relationship, my friends.

The majestic snow will be on its way (perhaps it has already come as you read this), and as you gaze upon the purest of flakes, know that is how Jesus looks upon all of His children. For a daughter or son of the King, He does not see the crimson-red sin that mirrors the color of Santa's sack, but rather He gazes upon you with starlit eyes and sees you as sweet and tender as a white woolly lamb.

Therefore, rejoice in that, for Jesus is our Savior who saves from hopelessness of all kinds and sin, which is the true meaning of Christmas. While you are at it, might as well go make a few Christmas cookies, partnered with some hot cocoa and even marshmallows. I can't come across as a complete "bah humbug" now, can I? I might even string a couple lights too!

Verses that inspired the article: Ecclesiastes 1:14, Galatians 5:22-23, 1 John 1:9, Romans 10:9-10, Romans 8:15, Hebrews 10:22, Isaiah 1:8, and Nehemiah 8:10.



Merry Christmas & HAPPY NEW YEAR

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We will be closed Thursday, December 25th, 2025 and Thursday, January 1, 2026 so our employees can enjoy the holidays.



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Thank You for Setting Up and Decorating the Tree at Grace Lutheran Church



Thank you to Jr Class members Brekken & Cullen for helping to put up our Narthex tree at Grace Lutheran Church, and to the Primary Class for making new decorations and decorating the tree. It looks beautiful! *Courtesy of Grace Lutheran Church, Nerstrand*



*Merry Christmas,
Everyone!*

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Laura Freeberg
(laura@freebergins.com)
Geri Geiken (geri@freebergins.com)

Nerstrand United Methodist Church 2025 Fall Bazaar



Every year in October, the Nerstrand United Methodist Church holds their annual Fall Bazaar. This year they wanted to support our local volunteer fire department so they asked the department for their donation ‘boot’. They also asked the department for a wish list of items they need. The department had gotten new radios and needed microphones for them. Their wish was for six microphones at \$150 each. They work throughout the day to get donations and fill the boot. They were proud to present the Nerstrand Volunteer Fire Department a donation of over \$900, covering the purchase of all six microphones! A wonderful example of our community working together to support each other. Pictured our members of the fire department and the Nerstrand United Methodist Church. - Submitted

Merry Christmas

Warmest wishes at Christmas and throughout the New Year!

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2025 German Christmas Dinner at St. John's UCC a Success



We extend our sincere gratitude to all who attended our German Christmas dinner and concert! Your presence and support were truly appreciated.

Another heartfelt thank you to the incredible team who worked behind the scenes to bring everything together—your dedication, creativity, and hard work made this event a success! Special thanks to Steve & Deb Wille, our fearless leaders; Matthew and Kacie Bauer for sharing their musical talents; and Hayes Scriven for capturing the evening through his photography.

Thank you all again for supporting St. John's UCC! Fröhliche Weihnachten!ho

Courtesy of St. John's UCC



photo by Hayes Scriven



photo by Hayes Scriven



photo by Hayes Scriven



photo by Hayes Scriven



photo by Hayes Scriven

Memories of Christmas Past

(continued from page 1)

She remembers playing the Virgin Mary, holding a doll in a manger scene when she was about six-years old. The noon meal was usually a goose with all the trimmings. Anne hated the stuffing, and her mom would ask her to take the bowl of dressing from the cooked goose to the table and she would cry that she didn't want to eat any of it. Her grandma would stay with them over the Holidays and make steamed pudding. Anne didn't like that either.

They all shared the toys they received. One year her brothers received a set of blocks which resembled buildings and they would all arrange them on the living room floor, setting up a miniature village to play with for hours at a time.

As the family grew her mother talked their dad into buying a small farm in the country so the kids would have room to play. They moved to a forty-acre place in the country and had a cow to milk, a pig to raise and chickens to take care of. The farm had a pond to skate on and a hill to toboggan down. Her dad

owned a gas station and a bait shop and she remembers going to the river with him as a young child and helping to net minnows for the customers.

Carole grew up with three sisters in the city and recalls her father would get a tree to decorate a couple weeks before Christmas. They would flock the tree and decorate it with balls, lights and strings of popcorn. After Christmas he would set it outside for the birds to eat for the winter. Carole and her sisters would find the wrapped presents when the parents were not home and open them carefully to snoop at what they were getting. Then re-wrap the packages and act very surprised on Christmas morning when the parents gave them each their gifts.

The Christmas meal was oyster stew and chili. She remembers so much food it was unreal. Her favorite was the milk from the oyster soup. Another favorite was lefse with butter, brown sugar and cinnamon sugar.

One year when Carole was ten years old, she had her eye on a guitar in the Used-A-Bit store in town. She looked longingly at it every day when she walked by and was so disappointed one day to see it was gone. Much to her surprise, her parents had purchased it for her and presented it on Christmas morning.

Shirley grew up outside Claremont on a small farm with three brothers and four sisters. Her childhood was lots of fun and she had a great dad who worked very hard. He would cut blocks of ice and sell them for people with ice boxes for keeping their food cool. Folks would come to buy ice at fifteen cents a block and her dad would give the kids

change to run into town to buy candy.

One Christmas Eve her dad went to town and bought lots of nuts. The family would sit around until late in the night cracking and eating nuts. Christmas morning they would open presents with often included homemade dresses from her mom. One year she received a great big life size doll. Another year the present was a tricycle she had to share with her sisters. When she was twelve, they all received a bicycle which they shared as well.

Dan was raised in a big family of three boys and four girls on the east side of St. Paul. His dad loved Christmas and always made it a big celebration. They had lots of relatives who would come to spend the day at their house. His mom would cook a turkey or a large ham and all the relatives brought side dishes, desserts, snacks and candies. Someone always brought a fruit cake and it seemed that would last until April. He looked forward to Christmas as soon as Thanksgiving was over.

His parents would hide the presents in a locked room until Christmas eve. They would send the kids down to the basement where they waited while hearing people come and go with boots thumping across the floor upstairs. Finally, they were called upstairs where presents were waiting for them. The presents were mostly toys and some clothes. The older boys got tools and one year the best gift was an electric train and tracks. He had one cheap uncle who would always give him a tie. The kids would make presents for their parents at school. He re-



members his mom and dad always seemed happy to open them. The evening slipped by fast and then they were sent off to bed to await Christmas Day.

It was during the depression and WWII years and they didn't go many places because gas was rationed. The street car was the main mode of transportation. He would ride the street car about a mile to school each day. His older sister dropped out of school and got a job as a housekeeper on the other side of town. Marty, one of his older relatives went to college and ended up playing for a pro football team in St. Louis. He was considered quite a celebrity in the family. They lived by Hillcrest Golf Club and the boys would caddy for money. He only knew one uncle who was wealthy enough to play the 18 hole golf course. His dad worked for the Pioneer Press Dispatch and they printed two papers daily, one morning issue and one evening issue. Dan was hired on as an engraver after finishing with school. In the early days they had one color picture per issue.

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Merry Christmas

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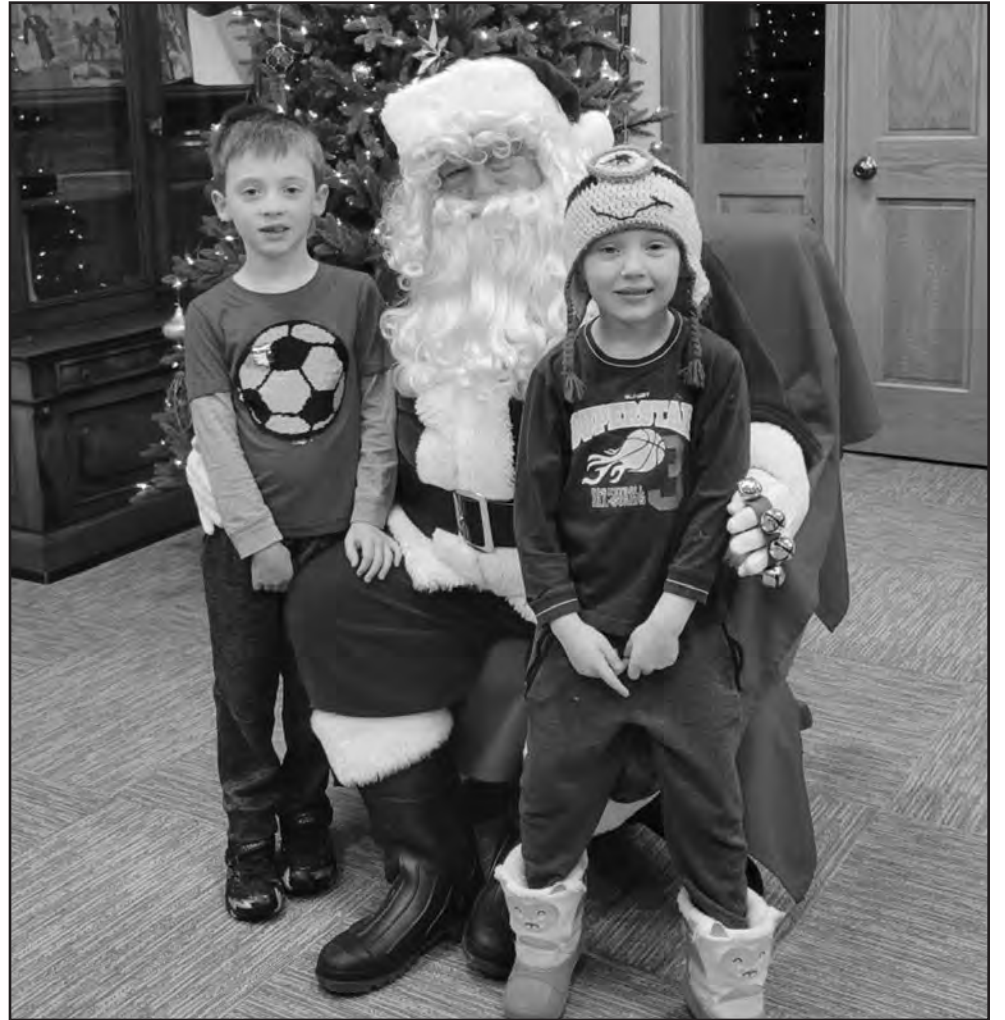
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Santa Visits Dennison Bank and Vang Lutheran Church



Heritage Banks "elves" greeted kids and guests at the Dennison Bank



The kids enjoyed Santa's visit to Dennison

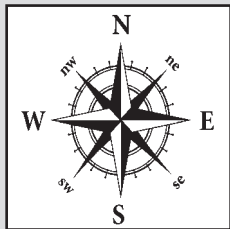


Jan Kasa (91) with Santa at Vang Lutheran Church



Avis Kasa Reed (97) with Santa at Vang

Changes in Latitudes, Changes in Attitudes Christmas



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.

Christmas has always been a favorite time of year for me. The holiday spirit was happy and joyous. Everyone seemed to be of good cheer. I recall walking from store to store on Main Street as a kid and there was music playing everywhere. And the decorations were so festive. Everyone had an expectation of good things. My parents were practical and we had the same small artificial tree every year. It sat on top of round cabinet in the living room with the presents stacked around the bottom. They were green before it was the "in" thing to do.

I used to look through the "wish books" as a kid. They were magical. In the fall we would

get the Christmas catalogues from Sears & Roebuck, Montgomery Wards and J.C. Penney. My sister and I compiled a list for our parents with hopes everything would make the cut. I remember spending hours looking but I cannot recall getting anything we had listed on our want list. I actually can't remember a single gift I received.

As I became older, I lost the excitement of getting something. When you reach to a certain age, you simply buy the things you want and usually don't much care for the things others give you. You have to act thankful for something you know you will never use. We all know what that is like.

In our family growing up we would get each person in the family one gift. That meant I would buy for seven people. I put a lot of thought into what I was going to get each one. I was certain they would love it more than anything else they received. I can still remember those gifts I purchased. One year I bought my older sister a Carpenter's record. It was the "Close to You" album. My sister was five years older than me and so cool. She got tickets to go to see the Carpenters at the Mayo Civic and when her college friend cancelled out, she took me instead. So, I knew that was the perfect gift and she would be thrilled. The last year I lived at home I bought my little brother Aaron a battery powered robot with a voice. The body of the robot was inflatable so we blew it up and pointed it at our cat, Buffy. It said, "I am Marzon" and lumbered toward the cat. Buffy was a monster slayer and took one swipe and Marzon deflated on the spot. Shortest life for a present



ever.

My mother was also special and I wanted to get her something she would really appreciate. When I look back, I realize that a 12 year-old boy has no clue what to get, but I was on a mission. I had searched all the catalogues and came across the perfect thing in my mind. It was a jewelry box that played a tune when opened. And this was not just any music box. It was a Swiss Chalet. There was a water wheel on the side that one would turn to wind the mechanism. They when the roof was lifted where your treasures were kept it would play "Edelweiss". I would give my mom the cash for my purchase and she would write a check out to the mail order company. I quickly wrapped it the day it arrived. I could barely contain myself waiting for her to open

it. I do not remember my mother's reaction to opening her gift that Christmas. My mother was a diplomat. She had six kids and tried to treat each one evenly. I remember she used to say, "I love all my kids". I couldn't understand that, I mean I grew up with the rest of them.

Looking back, I realize why I can remember the gifts I gave and not the ones I received. The whole spirit of Christmas is giving. It is better to give than to receive. That is even a Bible verse. Acts 20:35 remember the words of the Lord Jesus, how he said, "It is more blessed to give than to receive".

I like being an adult. We do not give gifts to each other anymore. If you truly want to do something for someone you love, why wait until an arbitrary date? Just do it now.

Kari Flom Celebrates Retirement



Courtesy of Heritage Bank

Kari clocked out for the very last time last week and has officially entered retirement mode! We're grateful for everything she has contributed over the years and excited to cheer her on as she begins this next well-deserved chapter filled with more time for the people, places and passions she loves. Congrats Kari!!

A Minnesotan: The Christmas Bat



By RosaLin Alcoser

I absolutely love Christmas decorations and the whole process of decorating for Christmas. Now that I am grown I have my own home to decorate and my own decorations. But there are times when I think back to how my parents house was decorated for Christmas when I was a little kid.

Back when I was a child in the early 2000s a large number of my mom's best friend's, who would always spend at least part of Christmas with us, Christmas decorations made their way into our house. From the Nativity, that still goes up every year, to the mechanical Stantas that used to scare me as a child.

Things from her house just kept turning up at our house; usually the things there were the more kids geared decorations. Including the light up moose that was meant to stand out in the yard. It was only out in our yard one year and did not work very well while it was out there. His head was supposed to move. Except he got broken while being put up that year. We all still maintain that my dad and grandpa broke the moose on purpose.

The Christmas decoration that still stands out to me to this day is the one that never made it to our house. And that would be the Christmas Bat.

One year when I was about six or seven mom's best friend's son, the same one who didn't pay attention to where he hid the six dozen Easter eggs, very excitedly pulled out his favorite childhood Christmas decoration. It was a light up Halloween bat that went in the window. That was flashed to look like it was flying when turned on.

I've been told that the Christmas bat was originally a Halloween bat that just never got put up until way after Christmas. However, when he was a child and asked about it he was told it was still up because it was a Christmas bat. Which led it to becoming the Christmas bat.

While I do know that the Christmas bat did not get put up that year or any other in my memory. I do clearly remember him pulling it out and telling us about how it was a Christmas decoration.

Color this picture and bring it into the bank before December 24th!



Return to Heritage Bank in Dennison, Northfield or West Concord location by December 24, 2025.

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Nerstrand Fire & Rescue Crew Organize Hose Beds



Courtesy of Nerstrand Fire & Rescue
Nerstrand Fire & Rescue crew spent some time in the bay working on hose bed optimization across the fleet.

By reorganizing, repacking, and streamlining our hose loads, we're setting ourselves up for faster, cleaner, and more efficient hose deployment on scene. Every second counts, and small improvements in the station make a big difference on the fireground.

Huge thanks to everyone who came out and put in the work—team effort at its finest.



Nerstrand Fire & Rescue is selling surplus equipment online!

If you're interested in trucks, gear, tools, or other surplus items, check out our listing on GovDeals.

Browse / bid here: <https://www.govdeals.com/en/search?kWord=nerstrand>

Everything is sold "as-is, where-is." Be sure to register on GovDeals and review the complete item description before bidding.

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Chief Johnson Visited Nerstrand Elementary School



Thank you to Nerstrand Elementary for inviting Chief Johnson to read to the kids! We had a great time—and we even learned something new... apparently firefighters also rescue whales from trees! Luckily, we're nowhere near the ocean, so we'll leave that very specialized rescue work to the firefighter duckies. *Courtesy of Nerstrand Elementary School*



Nerstrand School Closes on Sale of Building to Grace Lutheran Church

(continued from page 1)
As we look ahead, the school is going to look to form something called an Affiliated Nonprofit Building Corporation (ABC). There are criteria we have to meet such as having operated for at least six years and have a positive fund balance for the past three years. There are things we have to do to get the ABC established, such as forming an ABC board, creating by-laws and applying for a tax ID number for the ABC. This process of creating the ABC will take time; I am estimating between 12-18 months. Once the ABC is formed, Grace will transfer ownership of the school to the ABC. Again, there should not be any disruption to the day to day operation of the school.
We are so proud of our community and their support. We are thankful for our family's commitment to our school and their child's academic journey.

5th Grade Students Present Slide Shows from Eagle Bluff

Our 5th Grade Students have been presenting to their home-rooms the slide shows they made from their trip to Eagle Bluff. They have been enjoying presenting and our students have enjoyed learning what they did at Eagle Bluff! *Courtesy of Nerstrand School*



Merry Christmas

We're proud to be a local business in Nerstrand, and we couldn't do it without the support of loyal customers like you.

We hope you have a wonderful Christmas season and new year.



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Nerstrand Students Attend Winter Fest in Faribault



Courtesy of Nerstrand Elementary School

Merry. Bright. Just Right.

Wishing all our friends and neighbors a picture-perfect holiday season!

We look forward to seeing you in the new year!

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Nerstrand students made ornaments for one of the Faribault Area Chamber of Commerce & Tourism Winter Fest trees! Courtesy of Nerstrand Elementary School

Librarian Cara and Parent Volunteer Peggy Present Art Adventures to Students



Our librarian Cara Waddell and parent volunteer Peggy Yunker presented Art Adventures from Minneapolis Institute of Art to our students! All the students were so engaged and asked some amazing questions! PTO makes this happen by funding the rental of our art kit. The art kit includes large prints of the art pieces and manipulatives that are relevant to each art piece. Remember, the MIA is free to visit and is a great place to explore with your family! <https://new.artsmia.org/> Courtesy of Nerstrand Elementary School



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Hormel Cure 81 Spiral Sliced Ham Overline \$299 Lb.	FRESH 85% Lean Ground Beef Family Pack Product of USA \$549 Lb.
Sugardale Shank Portion Ham \$199 Lb.	FRESH Boneless Skinless Chicken Breast \$249 Lb.
FRESH Honeyloaf Pineapple \$299 Ea.	FRESH Raspberries or Blackberries 1/2 Qt. or Blueberries 1 Qt. 3/\$4
Folgers Ground Coffee 27.8-29.9 Oz. Selected Varieties \$999 Ea.	Birds Eye Steamfresh Vegetables 10-10.8 Oz. Selected Varieties 99¢ Ea.
Mrs. Smith's Pie 25-27 Oz. Selected Varieties \$399 Ea.	Brew Pub Lettuce Mozzarella Pizza 12 Inch Selected Varieties 2/\$12
Best Choice Sweet Cream Butter 16 Oz. Selected Varieties \$299 Ea.	Daisy Brand Sour Cream or Cottage Cheese 16 Oz. Selected Varieties \$249 Ea.
Best Choice Vegetables 14.5-16.25 Oz. Selected Varieties 88¢ Ea.	Kraft Salad Dressing 16 Oz. Selected Varieties \$249 Ea.
General Mills Chex Cereal 12-18 Oz. Selected Varieties 2/\$6	Ro-Tel Diced Tomatoes 10 Oz. Selected Varieties 3/\$4
Edison Potatoes 15-18 Oz. Selected Varieties 2/\$4	Swanson Soups or Stock 12-12.5 Oz. Selected Varieties 2/\$5
Heinz Homestyle Gravy 16 Oz. Selected Varieties 2/\$4	Ocean Spray Condiment Sauce 16 Oz. Selected Varieties 2/\$5
Best Choice Sherbet 8-10 Oz. Selected Varieties \$349 Ea.	Reddi-wip Whipped Topping 8-10 Oz. Selected Varieties 2/\$5
Kraft Natural Shredded or Chunk Cheese 5-8 Oz. Selected Varieties 2/\$4	TGI Fridays Appetizers 8-10 Oz. Selected Varieties \$399 Ea.
Vlasic Pickles or Relish 8-24 Oz. Selected Varieties \$279 Ea.	Winn-Dixie or Ambassador Little Smokies Smoked Sausage 10-12 Oz. Selected Varieties \$399 Ea.
Best Choice Cocktail Shrimp 10-12 Oz. Selected Varieties \$599 Ea.	Hormel Dried Beef 10-12 Oz. Selected Varieties \$299 Ea.

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ACT II Microwave Popcorn 5-5.5 Oz. Selected Varieties \$299 Ea.	RITZ Crackers 8-10 Oz. Selected Varieties \$299 Ea.	Best Choice Granulated Sugar 5-5.5 Oz. Selected Varieties \$299 Ea.	Blue Bunny Ice Cream Dessert 10-10.5 Oz. Selected Varieties \$349 Ea.	Simply Juice 4-6 Oz. Selected Varieties 2/\$7
Johnnville Fresh Breakfast Sausage Links or Patties 12 Oz. Selected Varieties \$399 Ea.	Donatos Doritos or Tostitos Chips or Simply Snacks 10-10.5 Oz. Selected Varieties 2/\$7	Best Choice Granulated Sugar 5-5.5 Oz. Selected Varieties \$299 Ea.	Blue Bunny Ice Cream Novelty 10-10.5 Oz. Selected Varieties \$399 Ea.	Nestle Coffee-mate Liquid Coffee Creamer 8-10 Oz. Selected Varieties 2/\$7
Van De Kamp's Breakfast Sausage Links or Patties 12 Oz. Selected Varieties \$699 Ea.	Best Choice Granulated Sugar 5-5.5 Oz. Selected Varieties \$299 Ea.	Best Choice Granulated Sugar 5-5.5 Oz. Selected Varieties \$299 Ea.	Orville Ice Cream Novelty 10-10.5 Oz. Selected Varieties \$399 Ea.	Philips Coffee-mate Liquid Coffee Creamer 8-10 Oz. Selected Varieties 2/\$7
Hart Dinner 10-10.5 Oz. Selected Varieties \$699 Ea.	Best Choice Granulated Sugar 5-5.5 Oz. Selected Varieties \$299 Ea.	Best Choice Granulated Sugar 5-5.5 Oz. Selected Varieties \$299 Ea.	Orville Ice Cream Novelty 10-10.5 Oz. Selected Varieties \$399 Ea.	Chobani Liquid Coffee Creamer 8-10 Oz. Selected Varieties 2/\$9

MEATS	PRODUCE	BAKERY	DELI
Smithfield Marinated Pork Loin 10-10.5 Oz. Selected Varieties \$699 Ea.	Johnnville Fresh Breakfast Sausage Links or Patties 12 Oz. Selected Varieties \$399 Ea.	King's Hawaiian Dinner 10-10.5 Oz. Selected Varieties \$399 Ea.	Best Choice Sliced Cheddar 10-10.5 Oz. Selected Varieties \$599 Ea.
Jimmy Dean Sausage Roll 10-10.5 Oz. Selected Varieties \$399 Ea.	Van De Kamp's Breakfast Sausage Links or Patties 12 Oz. Selected Varieties \$699 Ea.	Best Choice Sliced Cheddar 10-10.5 Oz. Selected Varieties \$599 Ea.	Best Choice Sliced Cheddar 10-10.5 Oz. Selected Varieties \$599 Ea.
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Left to right: Steve King, Jeff Amy, Tige Walker





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Raffle Drawing held at 9p.m. at the Fireside Lounge. Need not be present to win. Winner is responsible for any taxes or fees. Complete list of additional prizes available upon request!



Santa Visits Nerstrand



One of our youngest visitors with Santa

(continued from page 1)

Santa handed out treat bags listen to all kinds of wish lists and pose for many pictures with the kids and families. Children were invited to play a game for a prize and get a Christmas tattoo. Then the family could enjoy an array of cookie treats.

Merry Christmas to all and thank you Santa for the reindeer to fly you in to Nerstrand!

Nerstrand Women's Club Treats the Staff of Nerstrand Elementary School to Treats



Submitted

Throughout the school year, the Nerstrand Women's Club treats the staff of Nerstrand Elementary School to treats. Club members take turns volunteering to deliver treats to the school to thank the staff for all the hard work and dedication they give to our students in our community. Pictured club member Lue Kuntz with Director Nicole Musof and staff members.

The club also keeps the school supplied in extra clothing and winter wear for the cold months. The club is always ready to support the school with anything they may need that we could help with.

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Saturday - Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

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

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Farm Girl Chatter The Heart of Agriculture

By McKell Lemmerman

Agriculture isn't easy. It's not just a job — it's a way of life. And it's one of the hardest, most humbling, and most rewarding paths a person can walk.

It's early mornings that begin before the sun even peeks over the horizon — when the rest of the world is still asleep, and you're already knee-deep in work. It's long days that stretch into night, when you collapse into bed with sore muscles and dirt still under your fingernails. It's the kind of tired that runs deeper than your bones — but so does the satisfaction that comes with it.

It's planting with faith, not certainty — putting seeds in the ground and trusting that God will send the rain, the sun, and the right conditions for life to grow. It's watching the weather like your livelihood depends on it — because it does. It's knowing that no matter how hard you work, there are some things you can't control — and choosing to keep going anyway.

But agriculture isn't just rows of corn or fields of hay. It's also the heartbeat of the barn. It's livestock — cattle, horses, pigs, sheep, goats, chickens — animals that rely on you for everything. It's feeding them before you feed yourself. It's bottle calves in the kitchen and heat lamps in the garage. It's standing in freezing wind to pull a calf that wouldn't come on its own, and laying in the dirt beside a sick animal, doing everything you can to give it a chance to live.

It's the quiet trust in a good horse, the soft nudge of a cow who knows you mean well, the flurry of feeding time, and the stillness of the barn at night when everything has finally settled. It's life and death, heartbreak and hope — sometimes all in the same day.

Most people will never understand the weight of this life. They won't know what it feels like to raise something from nothing — to pour your blood, sweat, tears, and prayers into the land and your livestock, and then do

it all again tomorrow. They won't see the hard choices, the long hours, or the sacrifices made behind the scenes. They don't see the birthday parties you miss, the vacations you postpone, or the holidays spent hauling hay or helping a heifer in labor.

But you do — because you were called to this life.

Not everyone gets to live it. And truthfully, not everyone could. It takes a special kind of person to farm and ranch — to care so deeply, work so hard, and live so selflessly. It takes strength. Grit. Patience. Wisdom. And a whole lot of faith. It means trusting God not just with your future, but with every single day.

You get to live a life connected to creation in a way most people never will. You get to witness miracles — new life being born, fields turning green, rain falling on dry ground. You get to see the beauty in hard work, the sacred in the ordinary, and the hand of God in every sunrise.

So be thankful — every single day. Not because it's easy, but because it's real. It's honest. It's good.

In the world of agriculture, nothing ever stays the same for long. Prices rise and fall. Weather patterns shift. Costs fluctuate. Markets for corn, soybeans, wheat, hay, and livestock can change overnight — driven by global events far beyond the fencerow. One year brings record yields; the next, drought or flood. Still, through all of it, farmers keep going.

They plant in the spring not with certainty, but with hope. They work the ground knowing full well that conditions may not cooperate — yet they press forward anyway. From dawn to dusk, and often beyond, their hands work the land while their minds navigate a thousand unseen variables: crop futures, feed prices, machinery breakdowns, trade news, and the forecast that never quite holds.

What sets farmers apart isn't just their ability to endure — it's their willingness to do so again and again, season after season.

While others may measure their days in meetings and minutes, farmers measure in seasons and yields. Their work is physical, yes — but it's also deeply mental and emotional. It's a life built on resilience, on lessons passed down through generations, and on a profound connection to land and livestock.

Technology has changed. Equipment has advanced. Markets have gone global. But the heartbeat of the farm — the people — re-



mains the same: gritty, grounded, tireless.

To the outside world, a dip in soybean prices may be just a headline. A spike in fertilizer costs may be just a graph. But to a farmer, those numbers mean something real — a decision to replant or not, a loan to carry forward or not, a hope for profit, or just enough to keep going one more year.

And still, they rise before the sun. They walk the rows. They fix what's broken, make do with what they have, and carry the weight of generations on their shoulders.

Because for most farmers, it isn't just business — it's legacy. They keep going not because it's easy, but because it matters: to their families, their communities, and to a world

that depends on them, often without realizing it. In a world of fluctuation and uncertainty, the farmer remains a steady presence — a constant. A quiet, powerful force that feeds not just our bodies, but our sense of what it means to endure — and to do so with purpose.

So, when you're exhausted, when the bills stack up, when the weather won't cooperate or the herd has had a rough week — remember this:

God didn't choose just anyone for this life. He chose you.

He saw something in you — something strong, something steady, something faithful — and knew you were the right one for the job.

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More Egg Stuff + Cold and Flu Season



By Shauna Burshem, D.C.

For years, eggs were painted as “cholesterol bombs,” but newer research shows that dietary cholesterol from eggs has little effect on blood cholesterol for most people. In the right dietary context, eggs can actually support healthier cholesterol profiles and heart health. The key is differentiating cholesterol from saturated fat: they don’t behave the same in the body, and food context matters.

A recent American Journal of Clinical Nutrition study tested three diets varying cholesterol and saturated fat. Participants following

a high-cholesterol, low-saturated fat plan that included two eggs per day lowered their LDL cholesterol over five weeks, while groups eating higher saturated fat saw LDL rise. The takeaway: cholesterol from eggs didn’t raise LDL; saturated fat did.

Mechanistically, saturated fat impairs the liver’s ability to clear LDL efficiently, increasing circulating LDL. Eggs provide cholesterol without burdening the system with saturated fat, allowing normal LDL clearance and helping prevent artery buildup. It’s not the eggs at breakfast that pose the problem—it’s typically the bacon and sausage alongside them.

Observational data echo these findings in older adults: weekly egg intake was associated with a 29% reduction in heart disease deaths and a 17% reduction in all-cause mortality. Moderation appears to be protective, aligning with the idea that eggs can fit into a cardiometabolic-friendly diet when the rest of the plate is thoughtful.

To maximize benefits, choose pastured eggs, avoid cooking with high-omega-6 vegetable oils, and pair eggs with nutrient-dense whole foods like greens and avocados. This keeps saturated fat and linoleic acid in check while leveraging eggs’ nutrients—supporting heart health and overturning outdated guidance that unfairly cracked the humble egg.

As many of you know, I am a passionate advocate for optimizing your vitamin D levels. The best way to do this is through sensible sun exposure, but as we get into fall, that becomes much trickier. The days get shorter, and the sun sits lower in the sky, meaning we



get less of the essential UVB radiation needed to produce vitamin D in our skin. This is especially true for those of us living in northern states, where the change in seasons significantly reduces our ability to make enough of this crucial vitamin.

When sunlight isn’t enough, we must turn to our diet. I always tell my patients to look for foods rich in vitamin D to bridge the gap. Some of the best sources are fatty fish like wild-caught salmon, which can have between 383 to 570 IU per serving, and rainbow trout, which offers around 645 IU. You can also find it in herring, tilapia, and fortified dairy products like plain yogurt or kefir, which typically provide around 100 to 116 IU per cup.

Supplementation is another key strategy, but it’s important to do it right. I always advise starting with a 25-hydroxy vitamin D test to know your baseline. The goal is to reach a blood level between 60 and 80 ng/mL, which is where the real protective benefits are seen. When choosing a supplement, go for vitamin

D3, which comes from animal sources and is much more effective than the plant-based D2. Since D3 is fat-soluble, be sure to take it with a meal containing healthy fats like grass-fed butter or egg yolks to ensure your body can absorb it properly.

Chiropractic care during cold and flu season: The spine and nervous system are at the very core of how our bodies manage health, and their communication pathways have a direct influence on immune system function. When spinal joints lose their mobility or become misaligned—what chiropractors refer to as vertebral subluxation—this communication gets disrupted. Left unchecked, these interruptions can throw the autonomic nervous system off balance, impacting not only stress responses but also the body’s capacity to mount a strong immune defense. Chiropractic adjustments directly address these spinal issues, working to restore that critical nervous system connection so your body can handle stress more effectively and maintain resilience against illness. From what I’ve witnessed in my own practice, and what’s being shown in studies over the years, chiropractic care produces positive changes in immune markers. Adjustments have been linked with increases in protective immune cells and antibodies such as cytokines and salivary IgA—key players in how your body fights off threats. There’s also solid evidence showing that chiropractic care can lower stress hormones, which otherwise suppress healthy immune activity. Instead of a passive approach to health, chiropractic offers a proactive and hands-on way to support and even strengthen your immune system.

Making chiropractic care part of your personal wellness routine just makes sense if you want to optimize your body’s ability to stay well. Of course, habits like regular movement, getting enough sleep, good hydration, and even workstation ergonomics matter too. But if you truly want to give your immune system that extra edge, chiropractic should be at the top of your list.

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



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Alzheimer's



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In the early 1900s, Dr. Alois Alzheimer performed an autopsy on the body of a patient who had died after symptoms of dementia. In his investigation, he observed formations in the brain tissue that have become known as "amyloid plaques," and the condition received his name. This plaque buildup has been the focus of research and proposed medications for decades. In more recent years, the urgency to understand this disease has become more obvious as a 2023 article in the Alzheimer's and Dementia Journal reported a 145% increase in deaths from Alzheimer's between 2000 and 2019. Although billions of dollars have been applied in researching medications to stop or reverse the progress of

Alzheimer's, a medical solution has not been found.

In 2017, Dr. Dale Bredezen, published "The End of Alzheimer's," which has become a New York Times Bestseller, and Dr. David Perlmutter describes as "a monumental work." Dr. Bredezen not only describes the discovery of the cause of Alzheimer's, but also presents the solution, which his team has effectively used to help hundreds of clients stop the progress of Alzheimer's and in many cases reverse the symptoms.

Dr. Bredezen describes the discovery of the amyloid precursor protein as the key to understanding the progress of cognitive decline. Every human being produces amyloid precursor proteins in various cells of the body including brain cells. How your body processes these precursor proteins determines whether amyloid plaques develop or not. Dr. Bredezen presents four primary causes for amyloid plaques to develop: 1) Inflammation, 2) Glucose toxicity, 3) Nutrient deficiency, and 4) Environmental toxicity. When one or more of these causes become predominant in your body, then amyloid plaques will begin to build up. When you make a priority to remove these causes from your body, the brain can return to clarity and health.

In other words, Alzheimer's disease can be described as a metabolic disorder, which can be addressed with dietary changes and nutrition. Inflammation can be addressed with

whole food sources and healthy oils. Glucose toxicity, often associated with diabetes, can be reversed by consuming foods that have a low glycemic index. Nutrient deficiencies can be identified with proper blood tests and whole food choices, and environmental toxins can be removed from your body through guided detoxification protocols. Dr. Bredezen presents testimonials from clients who have followed these steps to return to active lifestyles.

Adding quality fats, fermented foods, fresh vegetables and fruits, and removing quick, processed foods from your lifestyle can make a significant difference in your brain activity.

According to the Brain Health and Alzheimer's Prevention Program at Loma Linda University over ninety percent of Alzheimer's cases can be prevented with simple changes in diet and lifestyle. Contact me to discuss your health goals for the coming year. Nutrition is designed for healing. I can help you reach greater health freedom in 2026.

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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Ann Traxler
Attorney

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To all of our valued readers and friends, go our sincere best wishes for a merry and bright season. We are proud to be a part of these fine communities. Thank you for your readership and support.

Happy Holidays!
From All of Us at The Messenger

Erosion Control Structures: Which is the right fit?



By Emmie Scheffler,
Rice SWCD

When projects are being completed by the Natural Resource Conservation Services (NRCS) or the Soil and Water Conservation District (SWCD), there is a process to deciding on the type of structure that should be designed for a site. To begin, an elevation survey of the site is completed by staff. This survey is either done in topo style or points based off the rows and distances that help capture the topography of the land the structure will be going on. Staff then need to determine the hydrology of the site. The watershed (how many acres of water flow to one point) is calculated along with how long it takes for the water to flow from the furthest point of the watershed. The slope of the watershed also figures into the calculation. Another factor that affects the design is the land use. Some land uses soak in more water and it takes the water longer to reach the point of the structure, as compared to other surfaces like roads, where the water directly runs off.

The two main structures in Rice County that are found in farm fields are Waterways and Water and Sediment Control Basins (WASCOBS). Staff will use the results from the survey and hydrology to then design a structure. WASCOBS needs grade along the channel of the structure to be able to “tie” into hills to hold the water back and force the water underground into tile which then flows to a stable outlet. These structures need to be able to have that water drain into the tile line by 24 hours to prevent crop damage. These structures are used for smaller watersheds where there is adequate topography. Waterways do not need to tie into hills and since they are not holding back water but instead

Driving by farm fields, sometimes you will see a waterway or terrace breaking up the field. These structures are put into place to help stop soil from leaving the farm field. But how is it decided what kind of structure is put in? Do they just flip a coin or does the landowner decide if one looks prettier than the other on the landscape? There is science behind which type of structure is selected for a site.



On the left: a water and sediment control basin. On the right: a grassed waterway. Each practice is designed depending on the survey and hydrology of the site.

controlling the flow, they can be used to handle larger watersheds or areas where there is a flatter topography on the landscape.

Other factors that are taken into consideration when designing an erosion control structure is the outlet and maintenance. The structure cannot outlet somewhere that it will cause further erosion downstream, or there is not enough cover for the tile to be able to outlet. Maintenance is also important during design. These structures are put in place to last ten years or more and adequate maintenance helps ensure that will happen. If a landowner cannot get out to mow a waterway yearly, the site may not be a fit for a waterway.

Staff from the NRCS and SWCD office must design for a standard, however landowners can put structures in without our

financial assistance. Staff are willing to meet with landowners and talk options for structures that may work for their site that they can build on their own. To start the conversation about implementing erosion control structures, contact our office at 507-332-5408.

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

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: *Can I get some clarification on stop signs. I always wonder where to stop. Is it at the stop sign or at the stop line I sometimes see on the road. Thank you.*

Answer: This is a good question that I do get fairly often. Here is what you need to know and do when it comes to stopping.

Stop signs:

- Come to a complete stop at stop signs.
- If there is a marked stop line, stop before the line.
- If there is a pedestrian crosswalk, stop before entering the crosswalk.

- Yield the right-of-way to pedestrians, bicyclists and traffic before proceeding.

Obstructed view: If your view of the intersection is obstructed, be prepared to stop again for traffic or pedestrians in your path.

You must also come to a complete stop:

- Before entering a road from an alley, private driveway, parking lot or parking ramp. Always stop before crossing a sidewalk or crosswalk.
- At an intersection or crosswalk with a traffic signal displaying a red light. Wait until the light turns green and your path is clear before proceeding.
- At any intersection or crosswalk, marked or unmarked, where a pedestrian or bicyclist is crossing the road. Stay stopped until they have passed your lane.
- At a flashing red traffic light. Treat it as you would a stop sign.
- At a freeway ramp meter when the light is red.
- At a railroad crossing with a stop sign.
- When a flag person or traffic device directs you to stop.
- At a bridge that has been raised to open a path for boats.

Question: *Hi. I have two grandsons, one 17 years old with a driver's license the other is 15 with a permit. They both have a bad habit of driving with one hand on the wheel. I stress how dangerous this is and both hands need to be on wheel all the time. I drive at the 9 and 3 position and try to have them do the same. Any suggestions?*

Answer: When it comes to driving try to keep at least 10 inches between yourself and the steering wheel. When it comes to hand

placement, keep your hands at the 8 and 4 o'clock or 9 and 3 o'clock positions on the steering wheel. Avoid the 10 and 2 o'clock position. Keep your thumbs turned out on the steering wheel.

Question: *I want to make sure my child is safe in the car, but I've heard that some car seats sold online are fake or don't meet U.S. safety standards. How can I tell if a car seat is unsafe?*

Answer: Good question. I reached out to the expert who is the Community Programs and Occupant Protection Manager for the Minnesota Safety Council and here is what I found out.

Fake, counterfeit, or non-compliant car seats can look real, feel sturdy, and even have labels—but they may break in a crash or miss critical safety features that keep children safe. Some of these car seats are being sold online and may even look like a real car seat, but they aren't made to save lives. If you look closely, some may say they were made for dolls or have labels in broken English like: "Never leave child unattended."

What to look for in a legitimate U.S. car seat:

- Safety labels written in English
- Chest clip as part of the 5-point harness
- Manufacturer name, model number, and weight/height limits
- Registration card and owner's manual
- Statement that it meets all U.S. federal safety standards (FMVSS)

Red flags for fake, counterfeit or non-compliant seats:

- No U.S. safety labels, or labels only in other languages

- Missing chest clip, registration card, or manual

- Unknown manufacturer
- Very low prices or sold by unknown online sellers (avoid buying car seats from third-party sellers)

Important note: Some car seats may be legitimate and crash-tested in other countries (like European models) but do not meet U.S. safety standards. For example, many European car seats do not have a chest clip, which is a required feature for U.S. seats. Even if these seats are safe elsewhere, they are not compliant for use in the U.S.

Need help?

You can always contact your car seat manufacturer or a certified Child Passenger Safety Technician (CPST) if you have questions, want to verify a seat, or need help with installation. A one-pager on compliant car seats and a list of all U.S. car seat manufacturers and their contact info is available here: <https://buckleupmn.org/infants-children/finding-the-right-car-seat/>

If you buy a car seat online and the deal seems "too good to be true," it might be!

For more information and guidance, visit: <https://buckleupmn.org/>

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

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

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Officers Welcome Drop in DWIs as Enforcement Campaign Launched

By Rice County

The continued drop in the number of DWIs countywide is a positive sign, according to Rice County law enforcement.

While the evidence is mostly anecdotal, Northfield Sgt. Kevin Tussing, who coordi-

nated the county's Toward Zero Deaths grant for the last two years, believes that if the "drive sober" message wasn't getting out, there would be a lot more drunken driving crashes.

Alcohol isn't suspected in four of the five fatal crashes so far this year. The cause of the fifth, which took place Nov. 22 in Faribault, hasn't yet been determined.

After a spike in the number of DWIs in 2021 and 2022, those numbers dropped in both 2023 and 2024.

Despite the positive data, law enforcement isn't about to stop spreading safe driving messages or participating in extra enforcement.

According to figures from the Rice County Safe Roads Coalition, county law enforcement officers issued 238 DWI citations in 2024. That's slightly more than 4.5 per week.

The coalition, which includes the Rice County Sheriff's Office; Faribault, Lonsdale

and Northfield Police departments, the County Attorney, county Public Health and Highway department staff and concerned residents, met Wednesday, kicking off the annual holiday enforcement campaign which runs weekends through New Year's Eve. The campaign is part of a statewide effort to keep Minnesota roads safe.

As of Nov. 24, preliminary data shows that 342 people have died so far this year on Minnesota roads. From 2020-24, there were 668 alcohol-related driving deaths in Minnesota and 1,926 serious injuries from alcohol-related crashes.

During the kickoff, the coalition recognized three officers:

- Faribault Police Officer Billy Madson issued 14 DWIs, the highest number of all Rice County law enforcement in the 2024-25 grant year, which earned him a 2025 DWI Enforcer All-Star honorable mention from the Minnesota Department of Public Safety.
- Rice County Deputy Sheriff Benjamin Borash issued 12 citations for violating the hands-free driving law in four hours during the April 29 extra enforcement wave.
- Rice County Deputy Sheriff William

Dopp issued 16 speeding citations and one no seat belt citation in five hours during the Aug. 20 extra enforcement campaign. He was also recognized as having issued more than 2,000 citations in the prior year

Both Borash and Sheriff Jesse Thomas welcomes the activity by law enforcement.

"I encourage my patrol deputies to make traffic stops, he said, seeing the effect as two-fold. "One, It helps keep drivers safe when they are stopped and allows us to point out their violations so they can correct bad driving habits. And two, it helps prevent crime in our communities by being visible to those who may be up to no good."



Jesse Thomas
Rice County Sheriff

Important Property Tax Homestead Notice

This will affect your 2026 property taxes and eligibility for Property Tax Refund.

Have you purchased or moved into a property in the past year? Contact your county assessor to file a homestead application if you or a qualifying relative occupy the property as a homestead on or before Dec. 31, 2025.

Having a homestead classification may qualify your property for a reduction in property taxes.

What is a qualifying relative?

For occupied agricultural or residential property, a qualifying relative includes parents, stepparent, child, stepchild, grandparent, grandchild, brother, sister, uncle, aunt, nephew, or niece of the owner by blood or marriage.

For unoccupied agricultural property, a qualifying relative includes a child, grandchild, sibling, parent or spouse of the owner. This relationship may be by blood or marriage.

When do I apply?

You must apply on or before Dec. 31, 2025.

Once homestead is granted, annual applications are not necessary unless they are requested by the county assessor.

Contact the assessor by Dec. 31, 2025, if the use of the property you own or occupy as a qualifying relative has changed during the past year.

If you sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status.

The Rice County Assessor's Office is on the second floor of the Rice County Government Services Building, 320 Third St. NW, Faribault. It can be reached at 507-332-6102 or via email at RCAssessors@ricecountymn.gov.

Where to put all that snow? State law says not in the road

Rice County Highway officials remind residents that it is illegal to deposit snow on or next to a public highway or street.

Pushing snow or other debris onto the roadway creates hazards that can lead to drainage problems, drifting, unsafe access and sight obstruction which can lead to a crash, especially for plow drivers operating a vehicle that is 15x heavier than the average car.

For everyone's safety, it's important to keep crosswalks, intersections, entrances and exits clean and unobstructed.

Minnesota law prohibits the plowing, blowing, shoveling or otherwise placing of snow on to public roads. This includes the ditch and right of way area along the roads.

Violations are considered misdemeanors, but civil penalties also apply if the placement of snow creates a hazard, such as a slippery area, frozen rut or bump that contributes to a motor vehicle or pedestrian crash. The civil liability can extend to both the property owner and the person who placed the snow.



Know Who to Call in a Mental Health Emergency: Goodhue County's Mobile Crisis Response Team is Ready to Help

NAMI Minnesota (the National Alliance on Mental Illness) is reminding Goodhue County residents that help is available 24/7 for mental health crises through their local Mobile Crisis Response Team at 1-844-274-7472.

Every Minnesota county and four tribal communities have Mobile Crisis Response Teams that provide direct, in-person assistance to people experiencing a mental health crisis — whether at home, at school, at work, or elsewhere in the community. These teams, staffed by licensed mental health professionals, help de-escalate situations, create safety plans, and connect individuals to ongoing support. Yet many Minnesotans remain unaware of this critical resource.

"For me, this work is personal," said Marcus Schmit, executive director of NAMI Minnesota and a proud Red Wing native. "Growing up here, I know how much communities like ours rely on trusted support systems. When someone experiences a mental health crisis, getting the right help at the right time can change everything. Minnesota's Mobile Crisis Response Teams provide in-person professional care with no out-of-pocket costs. If you or someone you love is in crisis, call your local Mobile Crisis Team instead of 911 whenever possible."

Mobile Crisis Response Teams can bill insurance, but they cannot deny services based on ability to pay. All services are confidential and HIPAA-protected. The fastest way to reach help in Goodhue County is by calling 1-844-274-7472. Crisis numbers for every Minnesota county can also be found at JustCallMN.com.

NAMI Minnesota encourages parents, caregivers, teachers, and all community members to save Goodhue County's Mobile Crisis Response Team number — 1-844-274-7472 — in their phone contacts. "Knowing who to call before a crisis happens helps keep people safe," Schmit added. "We want every Minnesotan to know that compassionate, professional help is available — anytime, anywhere."



Marcus Schmit,
NAMI Minnesota
Executive Director

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CITY OF NERSTRAND, MINNESOTA CITY COUNCIL REGULAR MEETING MINUTES

Nov 12th, 2025

7:00p.m.

221 Main Street, Nerstrand

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

3. Approval of Last Month's Agenda

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 Oct 14th, 2025

B. Payment of Claims dated:

1. October 23rd, 2025

2. November 12th, 2025

Approval of last month's meeting minutes and the consent agenda was motioned by Todd and seconded by Karla with All approving.

5. Clerk's Report- Clerks have prepared the assessment of 4 properties and homeowners were sent letters. No response. We will be contacting Banyon to inquire how we clear this balance from their account. And if they make contact with the clerks who we refer them to for payment of the balance.

Water Billing Update: There will be an additional letter sent with some of the water bills this month. It is in regards to the lead inventory project and is being sent to the "unknowns". If there are questions in regards to the information received residents will be directed to calling Steve.

The Clerks still need the map so we can post about the lawn mowing bid request.

The Clerks are requesting on the behalf of the Fire Department and the Public Works Department that they be able to purchase Microsoft Licenses. This provides a uniformity of City documents and storage of information in a location that the departments can all view

and make changes too.

Additionally, in 2026 City Council is going to start having work session's two weeks after the council meeting. 3 days prior to these meeting a posting of the intended topic of the work session will be posted on the City Hall doors.

6. New Business

A. Compensation Request Fire Dept- Fire Chief Joe Johnson submitted a request for increase the pay for the fire department. The council would like a resolution created for the December meeting to pass this change in pay.

B. Goodhue County Contract Renewal- The City of Nerstrand will continue to use the County of Goodhue as it building permits processor and inspector.

C. 2025 Assessments Resolution- 4 properties will be assessed on their 2026 property tax statements totaling \$4292.33.

D. Fire Contracts Review and Sign-Fire Contracts are starting to be returned for final signature. We would like to note these in the budget with the percentage of contributions.

7. Old Business

• Dettling Lease- Renter's Insurance and Cost- Mr. Dettling was kind enough to attend the meeting with questions in regards to his lease. City council members and Steve were able to explain the changes in the lease. Mr. Dettling felt the explanation was enough to continue with his lease renewal.

• Doors for City Hall- A new quote for the doors is still needed. But in the meantime Todd is going to be replacing the seal. With this change we are hoping to keep out the elements and the creepy crawlers small enough to make it through.

• Fire dept resolutions for Oct items- There were three resolutions from last month that needed to be passed in regards to the Fire Department.

• 2025-23 A resolution authorizing the donation of surplus Fire Department Equipment. A motion was made by Todd, seconded by Betty and All approved.

• 2025-24 A resolution accepting donation from Hamilton County Emergency Communications. A motion was made by Karla, seconded by Betty and All approved.

• 2025-25 A resolution authorizing the sale or auction of surplus Fire Department equip-

ment. A motion was made by Betty, seconded by John and All approved.

• Budget 2025-

• After reviewing the budget a motion was made by Karla and seconded by Betty and All approved to move \$7000 to water and \$73,000 of incumbent funds to balance the budget. A resolution will be prepared for council in the December meeting.

• With the incumbent funds moving the council felt that the budget was finalized for 2026 and requested a resolution motioned by Karla and seconded by Betty and all approved.

• With the budget finalized the council decided to lock into it's proposed levy amount of 6.67% a request for a resolution was motioned by Todd and seconded by Karla. Voting for approval was Todd, Karla and Betty but voting nay was John Harris.

• Discussion regarding cannabis ordinance-meeting with the lawyer soon to get an update of changes.

• Discussion regarding liquor ordinance and permitting-meeting with the lawyer soon to get an update of changes.

8. Reports of Officers

• Public Works Director- Hydrant flushing was completed. Service line work has also been occurring around town. A curb stop repair was also completed. Letter's from the Minnesota Department of Health will be sent out to residents with the water bill. This is in regards to the lead service pipe inventory. Not all residents will receive them just the ones considered "unknown". Will be working on a grant for chlorine equipment/storage. Submitted a grant for tree removal. With the tree removal we will also have the option to replace with a tree. Most of these trees are

Ash trees and they are a safety concern. Without the grant it would cost approximately \$38,000 for the removal.

• Mayor

• Fire Department – Joe Johnson (Absent)

• Council Members

• Zoning Committee-Meeting Minutes Provided by Lu

• Ordinance Committee- Updates provided by Karla

9. Other Business

10. Adjourn

Motion made by Betty, seconded by Todd and All approved.

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



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Page 27

And so when I said it was getting worse, I was not exaggerating. Just recently, an area pastor used his church's Book of Discipline (not the Bible) to make an argument that the "Complexities of the world we now live in allows for a different standard when it comes to abortion and the practice of homosexual behavior." While this is not surprising when

Just remember, the tax payers are picking up the tab for the Somalian way of life in Minnesota. Until we get rid of people like our current governor and his progressive agenda, this invading culture will go on stealing hundreds of millions of dollars while most of them will continue to draw paychecks without working for them. It is called fraud and slothfulness...and it needs to come to an end immediately. Searching for evangelicals!

Dr. James Russell Lehman
Kenvon MN

A cartoon illustration of Santa Claus. He is wearing a traditional red and white Santa hat with a pom-pom, a white beard, and round glasses. He is holding a newspaper open with both hands. The newspaper has the title 'Herald Examiner' at the top. The left page of the newspaper features a large bar chart. The right page features a large photograph of a landscape with a sun or moon. Santa is wearing a red suit with white trim and a black belt. The background is a light blue sky with white clouds.

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A Public Service Message Paid for by AGA

\$ 10 million Becoming Northfield's "Sunk Cost"

David Bennett, longtime head of Northfield Public Works, told city council in October that the contract signed April 8, 2023, by then mayor Rhonda Pownell and administrator Ben Martig and Gene Lyman (for 13 acres at \$44,000 per acre) required the city immediately to start construction to extend Jefferson Parkway across Hall Avenue/Spring Creek Road, to build a new Sandstone Street, and to build out all utilities.

But AGA (Association for Government Accountability) obtained a copy of the contract and discovered that Section 4 B allowed the city to pay the Lymans a penalty of \$25,000 and to NOT build the roads and utilities. AGA estimates this would save Northfield taxpayers and water utility users about \$10 million starting in 2026.

Knowing that AGA had a letter pending with Northfield News and an article in another paper reporting this dramatic news, Martig and Bennett told the city council their lie and got the city council to vote for the contracting and initial funding. SM Hentges & Sons of Jordan were on site the same week with all pipes on the ground for water mains, fire hydrants, branch water lines, and initial sanitary sewer and storm sewer lines. Before winter could start, Hentges was welding water main pipes to run diagonally across the entire 80 acres so it could be claimed to be a "sunk cost". AGA estimates the total street and utility work to build out the 80 acres to cost \$40 million.

SO, WHO WILL PAY THE MOUNTING BILLS? Probably Northfield will borrow the money and loan it to its utility department that in turn would hope to assess any developers and home builders. But interest carrying costs to build streets and utilities now will steadily add to the \$40 million as Lyman Estates would add a thirty-year supply of lots at current absorption rates.

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ACROSS

- Shapeless form
- Hot springs resort
- Not square
- Private theater box
- Relating to ear
- Rome's Colosseum, e.g.
- I ____ you so!
- *The opposite of a store the day before Christmas?
- *"Auld Lang Syne" poet
- *Partridge's perch (2 words)
- Vegas numbers
- New Zealand's indigenous people
- Fuss
- Tabby's favorite herb
- More so than swell
- Big-headedness
- Resembling an ape
- John Wayne Gacy's ____ the Clown
- Photographer Dorothea of "Migrant Mother" fame
- Type or kind
- Like a sheep after a haircut
- D'Artagnan's weapon of choice
- Superlative of #33 Down
- U.S. central bank
- Wilma and Fred's hometown
- *Latke's main ingredient
- Word of possibility
- Turning token taker
- Exclamation of sorrow
- * ____ Odbody of "It's a Wonderful Life"
- Raspberry drupelets
- Saintly glow
- Letter opener
- Hunts for food
- Banana leftover
- Guesstimate phrase
- *Color on a Kwanzaa flag
- Not divisible by two
- Scholarship criterion

DOWN

- Deli acronym
- Chicago's central district, with The
- Gawk at
- Wish harm upon, arch.
- One of The Beatles
- Pileus, pl.
- "The Road Runner" corporation
- Group of cows
- Bed-and-breakfast alternative, pl.
- *"The Nutcracker" step
- Certain cephalopod, pl.
- It's sometimes humble
- *Chuck Berry's "Run, ____, Run"
- Reason to strike
- Grass bristle
- Famous one, slangily
- Open-mouthed
- Like a well-defined muscle
- Hot alcoholic beverage
- Washing sponge
- Type of heron
- Rondeau, alt. sp.
- *Santa's beverage of choice
- Not well
- *Original home of Christmas tannenbaum
- Fur shawl
- Extremely unfriendly
- Plane trick
- Reprieve in a desert
- Muscle to bone connector
- Skidded
- Weighed
- 4,840 square yards
- Told an untruth
- Head of family
- Wrap in waxy cloth
- Comfort
- Financing acronym
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