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APRIL 23, 2026

Volume 20 • Issue 4

Rice County Steam & Gas Annual Flea Market & Swap Meet May 24th & 25th



The Rice County Steam & Gas Show has announced their annual Swap Meet and Flea Market for May 23rd & 24th, 2026.

Annual Swap Meet & Flea Market
Consignment Auction 9am Saturday
S.E.A.T.P. Tractor Pull 9am Sunday
Railroad Train Rides

Check out their website and facebook page for more information. www.ricecountysteamandgas.com.
(see ad on page 11)

Announcements

• Save the date! 2026 Dennison Days
August 7 & 8!

Do you have an announcement?

Email:

hometownmessenger@gmail.com

Dundas Council Approves Stone Ridge II Plat, Tax Abatement for 60 New Homes



Courtesy of KYMN Radio News

The Dundas City Council took a major step

Nathan Budin Announces Candidacy for Rice County Sheriff

Submitted by
Nathan Budin

My name is Nathan Budin, and as a 25-year veteran of the Rice County Sheriff's Office, I am officially announcing my candidacy for Rice County Sheriff in the 2026 election.

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Nathan Budin

forward on housing, approving the final plat and a tax abatement package for the Stone Ridge Hills Second Edition development.

City Administrator Jenelle Teppen said the action clears the way for construction to begin almost immediately on the 60-unit single-family project near Dundas Boulevard and County Road 78. Teppen described the development as the result of months of work

involving city staff, planners and the developer, calling the approval an important milestone after a lengthy process.

The homes in Stone Ridge II will be market-rate units. According to Teppen the developer and builder, D.R. Horton, originally considered an income-qualified approach and had previously pursued tax-increment financ-

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Dakota City Heritage Village Victorian Tea

Courtesy of Dakota City Heritage Village

This is one of Dakota City's annual fundraisers and we are planning a very special tea luncheon and visit with Lady LaVonne. Dakota City Heritage Village's annual Victorian Tea Luncheon is scheduled for Saturday, May 2, 2026 at Crystal Lake Golf Club in Lakeville, MN.

This special event is an afternoon dedicated to celebrating and appreciating the incredible women in our lives.

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Earl Weinmann Announced as 2026 Joseph Lee Heywood Distinguished Service Award Recipient

The Defeat of Jesse James Days Committee is proud to announce that Earl Weinmann has been selected as the 2026 recipient of the Joseph Lee Heywood Distinguished Service Award, the community's highest recognition for exemplary service to the Northfield community.

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Dundas Clean-Up Day

Saturday, May 9th

NO CASH, Check or credit card only

7 am – 11 am

MUST PROVIDE PROOF OF RESIDENCE

Location: Mill Towns Trailhead - 215 Railway Street Parking lot area

Acceptable Items (Free): Household garbage, bulk items, and construction waste including windows, doors, lumber, shingles, sheetrock, and scrap metal.

Accepted Items (Fee): Mattress or box spring, appliances, electronics, computers, monitors, tires, tire with rim, tractor tires

Unacceptable Items: Paints, sludge, tar, liquids, thinners, fertilizer, pesticides, batteries, yard waste, and brush.

Questions? Please call Dick's Sanitation at 952-469-2239

CITY OF
DUNDAS

Mother's Day Brunch

Sunday, May 10th • Serving 9:00a.m.-3:00p.m.

Call 507-645-9992 for Reservations

- Reservations Highly Suggested -

- JOIN US FOR OUR SPECIAL BREAKFAST AND BRUNCH MENU -

Regular Menu Available 3:00-Close



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

507-645-9992 • www.firesidelounge.net



The Secret Place



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

When I was eighteen years old and a senior in high school, I was committed to the hospital psych ward. I remember weeping on my bed back at home as I grabbed my hair and pulled on it as I cried out loud, "I want to die. I just want to die." The emotional pain was ever so deep as past regrets, broken dreams, an unstable family life, and deep loneliness haunted me.

I walked into that hospital thinking, I don't belong here, even though I was self-harming, had self-hatred, and was self-destructive. I did not have the words back then, but there was spiritual darkness that hovered over that place and I wanted nothing else than to get out of there. After my short yet dark, heavy, and scary stay at the hospital, I was on my way home on Highway 10 from St. Cloud to Little Falls, and I remember looking out the window and talking to God (Jesus). I was at ground zero, and I needed the Lord to come into my life fully; I needed Him to transform me. In a roundabout way, I said, "Jesus, if you really are that God that changes lives, you need to come into mine." He did. Slowly but surely the Lord healed (and is healing) my heart, identity, trauma, and pain.

Months went by and I soon graduated from high school. I left for basic training with the Air National Guard and then started Crown college in 2003. I walked into that Christian college with very little knowledge of the Bible, but my heart knew the Lord.

A few weeks into college, my roommate said she was going to go do devotions. I didn't know what she meant by that, so I asked her, "What are devotions?" She then went on to tell me it is when you spend time with God. I knew about spending time with God; I just didn't know there was a name for it. Many people call their time with Jesus devotions (like my roommate did), or they might call it their quiet time; I call it the Secret Place.

Some of you may be in the same spot I was—you didn't have the vocabulary of the Secret Place or, in my case back in college, the word devotions. Sometimes we know something, but we just don't have the terminology for it, and that's okay! Now you have a phrase—the Secret Place—for something you may have known about all along.

My Secret Place time in college started off with a lot of crying, questioning, and deep

sorrow. When it was nice outside, I would go to this one oak tree on campus that had an opening in its trunk. I would pray my prayers on a piece of paper and hide the paper in the trunk of the tree. It always brought comfort when I did that. I was so broken in college, and I only truly felt like myself with Jesus and I guess you could say that old oak tree. My time with the Lord and the things I did with Him only flourished as I matured in my faith.

My Secret Place time grew from crying out to the Lord to paging through the Bible. Paging through the Bible led to reading the Bible. Reading the Bible developed to questioning things in the Bible. Questions brought me to studying the Bible. Studying the Bible grew to discovering revelation. Revelation resulted in me being consumed with the Lord. Being consumed with Jesus showed me all the different ways to spend time with God. Discovering the different ways to spend time with the Lord cultivated a life with Jesus. That cultivation taught me what the Secret Place was, at its depth.

Although part of the Secret Place is that "quiet time in the mornings with the Lord," it is so much more than that. The Secret Place at its core is a life that remains in the hiddenness of Jesus. To remain in the Lord, you spend quality time with Him and you bring Him with you everywhere you go. To be hidden in Jesus means you are communing and tapping into His love and truth beyond anyone or anything else.

There are primarily two ways to spend time with God: tangible ways and nontangible ways. Tangible ways are more concrete methods to spend time with the Lord, which can consist of reading the Bible, studying the Bible (there is a difference), and journaling or saying prayers.

These would also be good examples of how to spend quality time with the Lord. Then there will be nontangible ways to spend time with Jesus. These are less concrete forms of spending time with God, such as bringing Him with you as you are going to work, running errands, going to school, or just doing life.

The most significant part of spending time with Jesus as you do these tangible and nontangible things is conversing with Him. It's connecting with Him. It's talking to Him and having Him talk to you back. It's an inner relationship that can manifest wherever, whenever, at any time of the day or night.

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Area Church Directory

A Sign of Healing and Life

Moses made a bronze snake and put it up on a pole. Then when anyone was bitten by a snake and looked at the bronze snake, they lived.

— Numbers 21:9

Israel had a lot to learn about being the people of the holy and faithful God. In our story today the people grew impatient with God again as they traveled through the wilderness.

They spoke against God and against Moses, saying, "Why have you brought us up out of Egypt to die in the wilderness?" Sometimes the Lord was merciful when the people acted so rebelliously, but other times, when they had gone too far, the Lord sent punishment. This time the consequence for their actions was a plague of venomous snakes, and a number of the people died from snakebites.

What would happen next? How would salvation appear for these unfaithful people?

In what is a preview of the saving work of Christ, a bronze snake became an instrument of healing and life. Moses made a bronze snake and lifted it up on a pole, and the people were told to look at this snake and live. Many years later Jesus explained that this miracle in the wilderness pointed to the gift of his own life for us all (being lifted up on a cross—John 3:14-15). Through this act of faith, we are freed from death!

Lord, we can be so rebellious and stubborn in our resistance to you. Help us to look to you and believe in Jesus, who was lifted up for us. Amen.

CANVAS CHURCH

404 Schilling Drive, Dundas

Lead Pastor: Jed McGuire • www.canvaschurchmn.com

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

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

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E.

Pastor Penny Bonsell • pastor@littleprairieumc.org

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

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

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

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

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor Brent Bielenberg • 645-7730 life21church.com

10:00a.m. Worship Experience

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor Dan Runke • 663-0133 • northfieldefc.org

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

HOSANNA CHURCH - NORTHFIELD 205 2nd St. S., Dundas

Pastor Dean Swenson • 507-664-9007 • www.hosannalc.org

Sunday: 9am & 10:45am Worship with Hosanna Kids Church ages 3-5th grade and

Child Care for ages 6wks-3years at both services

Fellowship time with refreshments between services.

Wednesday: Middle School Ministry - doors open at 5:30; programming 6-7:15;

High School Ministry - doors open at 7pm; programming 7:30-9pm

MAIN STREET MORAVIAN CHURCH 713 Division St., Northfield

Tel: 507-645-7566 • Worship Services at 10:30a.m.

GOSPEL OF LIFE FAMILY CHURCH

Pastor Steve Roberts - srobertsds1@frontiernet.net

2140 Highway 3 South, Northfield • 507-259-2644

Facebook: [calvarychapelnorthfield-jesus-saves](https://www.facebook.com/calvarychapelnorthfield-jesus-saves)

Website: calvarynorthfield.org

Sundays 1:00 pm

NORTHFIELD COMMUNITY CHURCH

713 Division St S, Northfield, MN 55057

Contact Us: hello@northfieldcc.org

<https://www.northfieldcc.org/>

10:30 am Worship Service (10:00 am in summer)

9:15am Sunday School



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Local Mission Heads to Ethiopia

By Tyler Weeks

“Welcome to the Student Ministries Ethiopia 2026 trip! Your application was accepted. Your trip leader will reach out to you soon.” This email, shining by light

of a late-night computer screen, arrived in four Hosanna Ministries students’ inboxes at the end of last year. Since the idea of high schoolers traveling to East Africa didn’t yet seem plausible, they held a tentative breath. By the first team meeting, however, the chance to embark on this mission trip to Addis Ababa, Ethiopia, and share the Good News from July 31st to August 9th grew beyond mere pixels. Alongside the three team leaders—Erin Maroney, Jeff Wright, and Markus Rentschler—four students will embark on this journey: Calvin Reichwald, Kate Schwartz, Danuu Daka, and the author of this article, Tyler Weeks.

The student ministries program that brought them such an opportunity is best explained by Jenn Alexander, one of Hosanna’s lead pastors.

“Here at Hosanna, our students move along a pathway where they get to learn the faith in

OBITUARY

Sarah Ellen Amy

Sarah Ellen Amy, age 59, of Dundas, passed away peacefully at home on Tuesday, March 31, 2026, surrounded by the love of her family.



Sarah was born on April 30, 1966, in Rochester, Minnesota, to Richard and Geraldine (Oldaker) Buckstead. She was raised in Northfield, where she built the strong roots and lifelong friendships that would remain important to her throughout her life. Sarah graduated from Northfield High School and went on to attend Dakota County Vo-Tech, where she earned her nursing degree and began a career defined by compassion and dedication to others.

In 1984, while working at the Red Owl Supermarket, Sarah met Dan Amy. They were united in marriage on August 2, 1986. Together they made their home in Northfield before building a house in Dundas in 1988, where they created a warm and welcoming space filled with love, laughter, and countless memories. It was there that they raised their two children, Brandon and Amanda.

Sarah worked as a Licensed Practical Nurse for many years, providing thoughtful and attentive care to her patients. She was employed locally with Dr. Meland and Dr. Cole in Northfield, where she was known for her gentle manner, patience, and genuine concern for those she served. She retired in 2017, leaving behind a legacy of kindness in her profession.

Outside of her work, Sarah found joy in the simple and creative moments of life. She loved to read and could often be found with a good book in hand. She also enjoyed crafting and painting, expressing her creativity in ways that brought beauty to her home and to those around her. Sarah cherished time spent outdoors, whether camping or traveling with her family, and she never passed up the chance for a shopping trip. One of her greatest joys was supporting her son Brandon at his ball games, proudly cheering him on from the stands.

Above all, Sarah treasured her role as a grandmother. She adored her grandchildren—Matthew, Travis, Pacey, Margot, and Lucy—and found immense happiness in spending time with them, creating special memories that will be forever cherished.

Sarah will be remembered as a loving and caring wife, mother, grandmother, and friend. She had a gentle spirit, remarkable patience, and a selfless nature that always placed her family first. Though she was confirmed in the Lutheran church, Sarah’s faith was deeply personal, and she carried her spirituality in her own quiet and meaningful way. Her life was one of quiet strength, enduring love, and deep devotion to those around her. She will be deeply missed and lovingly remembered by all who knew her.

She is survived by her devoted husband, Dan; her children, Brandon (Natalie) of Northfield and Amanda (Ricki) of Dundas; her beloved grandchildren, Matthew, Travis, Pacey, Margot, and Lucy; her stepmother, Methinee Buckstead of Northfield; and her siblings, Jon (Kathy) Buckstead of Texas, Chris Buckstead of Northfield, and Brian (Numa) Buckstead of Minnesota. She is also survived by her brothers- and sisters-in-law: David (Mary) of Dundas, Bonnie (Randy) Asheman of Millersburg, Dallas (Rebecca) of Dennison, Darwin (Lori) of Dennison, Jeff (Paula) of Wells, and Joe (Michelle) of Dennison, along with many nieces, nephews, extended family members, and dear friends. Sarah was preceded in death by her parents.

A private graveside service, followed by interment, was held at Prairie Creek Cemetery, Northfield, Minnesota. A Celebration of Life will be held Wednesday, April 29 from 4-7p.m. at The Sapphire Cocktail Lounge & Event Room, 37592 Goodhue Avenue, Dennison, MN.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com



Hosanna’s Ethiopia 2026 mission trip team. Pictured from left to right: Jeff Wright, Danuu Daka, Tyler Weeks, Dr. Gemechis Buba (mission host), Calvin Reichwald (photoshopped), Markus Rentschler, Kate Schwartz, and Erin Maroney.

grade school. Then, when they’re in middle school, they get to embrace the faith. And when they come into high school, we encourage them to live and even share the faith. And often that happens through impact trips.”

Choosing to spread the Good News in Ethiopia’s capital city started with much more than an email, however. It came from these students’ increasing involvement in Hosanna’s youth group program, whose four campuses in Lakeville, Rosemount, Shakopee, and Northfield attract hundreds of students. Attending these Wednesday night programs since middle school led the author, for instance, to get baptized, confirm their faith in Christ, and become a devout believer.

The program’s “engaging worship, dynamic teaching, prayer ministry, serving opportunities, and interactive small groups” allows him and other students to cultivate their own faith rather than one built from routine Sunday services or unhealthy masks. Since his junior year, these steps have included sharing testimonies, giving messages, and eventually leading a middle school group of 7th grade boys. An opportunity to serve on a Native American reservation in Wind River, Wyoming fanned into flames his faith with an important realization.

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The Secret Place

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I once heard a pastor say to a group of people, “I want you all to say that you love Jesus out loud.” So the audience said out loud, “I love you, Jesus.” Then the pastor said, “Now I want you to say, ‘I love you, Jesus,’ but I want you to say it to yourself, in your inner core.” He gave some time for everyone to do this. After they said that they loved Jesus silently within themselves, he then responded, “That is the Secret Place.” What I imagine he meant by that remark was the inner dialogue they just had with the Lord (by saying they loved Jesus silently to themselves) was an example of what it means to enter into the Secret Place in their inner being.

My beloved, you can tap into the Secret Place at any time. You just need yourself, the Lord, and relationship.

If you have a healthy relationship with your mom or dad, a stable walk with your siblings, and a good connection with a friend, what do you do with them all? You visit! You have fellowship! You share your heart and they share theirs.

Friends, that’s what we can and want to do with the Lord. We want conversation with Him in the inner depth of our being no matter where we are. As we do this, we are entering the Secret Place. However, we do not just want to enter in; we want to stay there. If you have not yet started talking to Jesus, do it, then don’t stop. The Secret Place is the best place to be and next month I will elaborate with the benefits of dwelling there.

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. Psalm 91:1 (NKJV)

Local Mission Heads to Ethiopia

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Jenn Alexander: “The sense is that the impact goes both directions. It’s easy to think we’re only going to go to this place to make an impact, and we do—those stories multiply as we bring the hope and the heartbeat of Jesus into really hard situations.

But the stories that come home are so much more often about how you were impacted and around gratitude for what you have.”

Preparing students for such an endeavor typically starts by establishing a place’s culture,

history, people, and a rather critical reminder from the Northfield student ministries director, Jeff Wright: “This is not a vacation. It’s not a me-centered trip. This is a Jesus-centered trip.” Another simple rule made the Wind River trips he has hosted especially powerful: no phones. Daunting as this may seem in a social media-littered world, the decision to cut off this perceived connection ushers in a more powerful, raw connection with team members. Rather than having faces tucked in their phones, students are forced into conversations with different campuses that may be a little awkward at first. However, each passing day and a genuine commitment to grow your faith also grows the team and its relationships. Walls break down. Masks are torn off. And the somewhat disconnected environment transforms into a tight-knit group that creates something truly special for the next ministry year.

Jeff Wright: “They are emotional trips if you allow them to be. If your heart is truly open, and you’re receptive to what the Lord wants to do within you—within your team—they are emotional. I can attest to that every year. So many things happen within these trips, but the mountaintop experience that we so often hear about takes work. As you pre-

pare for a trip, it takes work. As you’re on the trip, it takes work.”

Having experienced this transformation, Wind River was, for good reason, the only mission on the author’s mind for 2026. Returning to the reservation would have reignited the powerful bonds fostered over that week. Yet Ethiopia was tugging at his and two other hearts in Northfield, urging them to step out and seek discomfort in East Africa. When they lift off for Addis Ababa on July 31st, Dr. Gemechis Buba and the rest of his team will welcome them with open arms. His rapidly expanding non-profit organization, Leadstar International, has been advancing Christ’s mission in America, Africa, and the Middle East since 2015. Alongside accompanying students at their summer camp, the team will work with Ellilta to empower the families of previous trafficking victims. Taking from his twenty years of missionary work, Jeff Wright stated that “these people truly do have nothing, and yet they’re still happy. They still love Jesus and they’re still willing to be hospitable and to love just where they’re at.” Such gratitude and contentment demands the question: are we taking the things of our lives for granted?

“As you’re on the trip, you have to live in tight quarters with people for seven, 10, 15-day spurts, and you learn a lot. You experience so many incredible things along this journey. And it ultimately changes the trajectory of our life and what we get to do—where

we live, work, study, and play. It is hard to come off that mountaintop and live in the valley, but taking that beauty and experience home truly transforms the lives of students.”

No Bible verse speaks to the “summit” of this journey quite as well as Acts 1:8, which serves as Hosanna’s unofficial mission trip motto. It teaches that “you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.” These seven team members happened to choose Ethiopia, but their impact will end up multiplying the hope and heartbeat of Jesus throughout Africa, back in Minnesota, and into whatever valley the Lord calls them into. As is expected this summer, many leave missions feeling called to join Hosanna’s team, become middle school leaders, or serve in children’s ministry and other trips. Regardless of the path, their stories are reminders that the mountaintop waits for all of us. Rather than standing down, let us put on the boots of peace from Ephesians 6:15, seek discomfort, and trust in direction greater than our own. Are you ready to start the climb?

See the full details of this trip and consider supporting the author’s remaining fundraising at <https://hosanna.managedmissions.com/MyTrip/tylerweeks>.

Earl Weinmann Announced as 2026 Joseph Lee Heywood Distinguished Service Award Recipient

(continued from page 1)

The award presentation will be presented during the 2026 Joseph Lee Heywood Distinguished Serve Award Banquet on Wednesday, September 9, as one of the official kick-off events for the 2026 Defeat of Jesse James Days (DJJD) Celebration.

This year’s celebration will mark the 150th anniversary of the historic 1876 bank raid.

Named in honor of Joseph Lee Heywood, who gave his life defending the First National Bank of Northfield, the award recognizes an individual whose life reflects Heywood’s enduring legacy of courage, integrity, and selfless commitment to community. Weinmann is the 44th recipient of the award.

For nearly three decades, Weinmann has been one of Northfield’s most influential educators, historians, and civic volunteers. He served as a Social Studies teacher in Northfield Public Schools for close to 30 years, where he became widely known for bringing local history to life through experiential learning, civic engagement, and youth leadership.

Beyond the classroom, Weinmann’s impact has been transformative. Since the early 1990s, he has volunteered extensively with the Northfield History Center and Bank Museum, becoming widely regarded as one of the foremost experts on the James–Younger Gang and the 1876 raid. Since 1998, he has trained and led both the Adult Posse and Junior Posse, preparing more than 1,300 Northfield students to serve as tour guides and ambassadors for the community—an effort consistently praised by visitors from around the globe.

Weinmann led the innovative SCOPE (Student Community Outreach Program Experience) program, which engaged middle school students in in-depth historical research and production. That work resulted in a school museum, multiple community-defining publications, and the first comprehensive general history of Northfield.

In retirement, Weinmann’s spirit of service

has only continued. In 2025, he launched Weinmann’s Weenies, a small business whose profits are donated entirely to local charities, including the Northfield Food Shelf, the Riverwalk Market Fair, and youth programs at the Northfield History Center.

Weinmann’s contributions have been recognized on other occasions, including being named Northfield Teacher of the Year, a finalist for Education Minnesota Teacher of the Year, a two-time Northfield Historical Society Volunteer of the Year, and recipient of the Northfield Healthy Community Initiative’s “Making a Difference” Award.

As we commemorate the 150th anniversary of the Defeat of Jesse James, there is no one more fitting to receive the Joseph Lee Heywood Distinguished Service Award than Earl Weinmann,” said Galen Malecha, General Chair of the Defeat of Jesse James Days Celebration Committee. “Earl has devoted countless hours to preserving Northfield’s history and empowering young people. His decades of service reflect the same integrity and devotion to community that Joseph Lee Heywood himself embodied.”

For those who wish to attend the Joseph Lee Heywood Distinguished Service Award Banquet in September, details will be updated this summer and can be found on djjd.org – RSVPs are appreciated.

The Defeat of Jesse James Days Heywood Selection Committee is always looking for new nominations. The form along with submission instructions can be found at djjd.org

Mission Statement of the Heywood Committee: To honor a Northfield citizen who we feel exemplifies the commitment to public service, which Heywood lived. It is an award that reminds us of our past and our promise to improve ourselves and our community for the future. An award that each of us would someday hope to be considered worthy of receiving.

3rd Annual Vintage Road Trip!

Th, Fri, Sat • May 7, 8, 9
9am–5pm

GRAB YOUR GAL PALS and HIT THE ROAD!
“Road Trip” through the beautiful countryside and explore the cool barns and unique shops that contain the treasures you’ve been searching for!

YOUR DESTINATIONS:

WHITE BARN Boutique
3175 122nd St W, Faribault 55021 (Millersburg)

Crabby Wren
17857 Cannon City Blvd, Faribault 55021 (Cannon City)

RR REVIVAL/ RUSTY RABBITQUES
104 Railway St. NW, Lonsdale 55046

Wool & Vintage Market
3435 Lonsdale Blvd E, Northfield 55057

Potpourri Mill
Log Cabin Crafts & Antiques
*sale days/hrs: th, fr, sat, sun 10-5
2290 County 49 Blvd, Dennison 55018

Hoopla JUNK
*sale hrs: 10-5
313 Bush St, Red Wing 55066

Weathered & Worn Vintage Market
13720 240th St E, Miesville 55009

THE RETRO MAIDEN WISCONSIN VINTAGE SHOP
*sale hrs: 10-5
W3553 WI-35, Maiden Rock, WI 54750

MAP NOT TO SCALE*
(Google addresses shown)

Shop unique one-of-a-kind gift ideas for Mother's Day Sunday, May 10!

83 Rhymes with DNF

By Ted Gamble

This following is a story of a errors, setbacks, and ultimate failure that takes place “up North” near Lake Superior.

After the Zumbro 100, I asked Derrick, “What’s next?”

He said, “Let’s enter the Superior 100!”

I said “OK”.

That was Mistake #1.

In early January, I entered the race lottery with Derrick and Jim—we’ve done races together before and wanted to team up again. Since it’s a lottery, there’s a chance we won’t get picked; some runners try for years before being chosen. The race is scheduled for the weekend after Labor Day, which coincides with the Defeat of Jesse James Days.

Would you believe we were all chosen on the first attempt!

The race runs along the Superior Hiking Trail from Gooseberry Falls to Lutsen, passing state parks with views of Lake Superior. Known as “rugged, remote, and relentless,” it ranks among the five toughest 100-mile races in the U.S., making it an exceptionally tough race to complete.

Even so, recent running successes kept my confidence level high (maybe too high?):

- I was able to complete my first attempt at 100 miles at the Zumbro 100 last April. It was

tough, but I made it. I wrote a story about it and found a couple publishers (Like the Wind issue #44 and The Dundas Messenger)!

- After 15 years of running the 24 hour FANS race in Bloomington I surpassed the 1,000 lifetime miles threshold. They gave me a jacket!

- I decided to try my hand at a “Backyard Ultra” at Elm Creek in Maple Grove. In this type of race, you have one hour to complete a 4.17-mile loop. If you complete the loop before the hour is up, you can go again. And again, and again, until you can’t. Why 4.17 miles? If you can go for 24 hours, it’s an even 100 miles. I made it 12 hours and went 50 miles. That was my goal, and I was happy with it. I want to try it again.

- Some friends and I climbed Half Dome this summer. Steep and scary, but the view from the top was so worth it!

And my training over the last several months went pretty well so I felt physically ready.

There was a little bit of “destiny” wrapped up in this one, too. The race started in 1991, making this one of the oldest 100 milers in the country. My wife, Linda and I were married in 1991, and actually spent our honeymoon at Caribou Highlands (it was called something else back then) in Lutsen, the race’s Finish Line. Linda asked me the day before the race, “If I told you that you would be finishing a 100-mile race here, in 34 years, what would you have said?”

“You are nuts!” was my enthusiastic answer.

All these things combined left me confident and assured that the Superior 100 would sim-

ply be another success story. All I had to do now was drive to the race, carb load (pizza!), and run 100 miles. Easy right?

That was Mistake #2.

I drove up Thursday afternoon. My plan was to go to the expo in Two Harbors, get my bib (I was #83), and leave my drop bags—each one carefully prepared and filled with food, clothing, and various other items I thought would be needed to keep me hydrated and fueled for the event. Each bag had just the right items for each stage of the race—headlamps (and a backup) for night running, extra socks for each aid station (you never know!), etc. so I felt ready for whatever came my way.

There was a photographer taking pictures of each runner, “so they can identify the body on the trail” I joked. He laughed like he had already heard that one several times and was prepared to hear it several more times!

=

Then it was off to the North Shore Pizza Café in Two Harbors; a favorite of mine and Linda’s, to pick up my supper—a large pepperoni and olive pizza, pre-ordered to be more efficient.

I finally arrived at my VRBO rental (walking distance to all the local hot spots!) in Grand Marais at 6:45. I had told the owner that I would be there about 7:00, so things are going exactly as planned. After all the planning, training, and planning and training, things were beginning to line up and fall into place.

By that time, I was pretty hungry and ended up eating most of the pizza while I tried to “relax”. It was too much food right before bed and I ended up tossing and turning most of the night as I was too full and had too much on my mind to settle down.

Even so, the 4:30 a.m. alarm came too quickly. Happily, Linda called to wish me a “good morning” and say a quick prayer for me. Her and the kids would be joining me later tonight or sometime tomorrow.

I tried to finish my pizza from the night before, but was only able to force down a couple of pieces as I was still bloated from the previous evening’s feast. So, I grabbed some coffee and took off to catch the bus at the finish line at Caribou Highlands to be transported to the Gooseberry Falls starting line.

There were several names on the participant list that I recognized, and I actually knew some of them. After arriving at Gooseberry Falls, looked around for someone to talk with, but saw no one in the crowd I knew. Instead, I grabbed another cup of coffee and waited for Derrick and Jim to show up.

Eventually, I found them in the crowd and joined them with their families while we anxiously awaited the start.

While we waited, Derrick said there were about 20 runners (of the 250 entrants) that were older than us participating. I’m older than him, so said “You mean older than you, and I’m one of them”. Oh, well.

I had long ago decided that my strategy was not to run 100 miles this weekend. That’s way too much. Instead, what was going to take place today was about a dozen seven to ten mile runs from one aid station to the next. Ultrarunning is just as much mental as it is physical, and psychologically it would be much easier. How do you eat an elephant?



One bite at a time!

Eventually, the race director called us to the starting line. After a few inspirational words, we started. I was pumped—this was exciting! I shook the race directors hand as we went past.

The first stretch was about eight miles to Split Rock. Jim took off, and we didn’t see him again. He’s much faster than Derrick and I. Derrick and I ran together; it was good to catch up with him. We hadn’t seen one another for a while and he’s always fun to visit with. I kept pace with him to Split Rock, but he’s also quicker than me so I was running faster than I wanted.

That was Mistake #3.

I knew that I wouldn’t be able keep that up, so we separated just before reaching the aid station.

This was one part of the trail that I thought would be more familiar to me than it was. Linda and I have been here several times with the family, so I thought we’d be running on those same trails. But, once we left the paved part of the trails it was all new to me. Still, it was early and the running was easy. Part of the route took us along Highway 61, and several drivers honked and waved enthusiastically as they sped by.

It was starting to warm up, so I took off my sweatshirt and tied it around my waist. Overall, I was feeling pretty good, despite going out a little too fast. There’s still plenty of time to recover.

The next stretch was ten miles to Beaver Bay, another place we’ve visited a lot on vacations. I knew some of the race route took us along trails that Linda and I have hiked, so I was looking forward to seeing this part of the trail in a different context. But, I ended up hitting a low point about half way through when my stomach started feeling a little queasy. What?

It’s way to early for this! Was it something I ate? Too much pizza? Why now? These were some of the questions swirling in my head—I still had 80 miles to go, and this will not make it any easier!

But, eventually, the feeling passed, and I was feeling much better. Things were looking good, and I started having fun again.

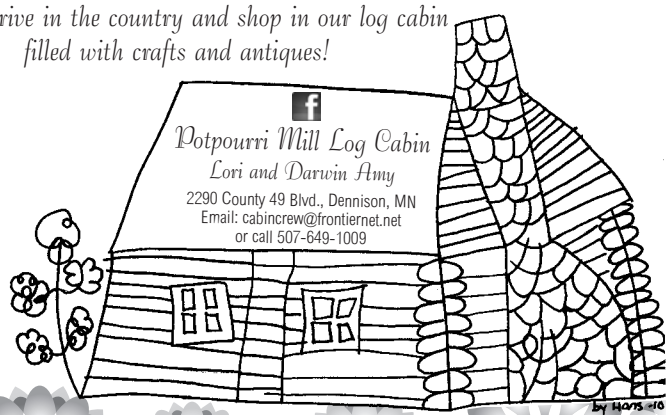
(continued on page 6)

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83 Rhymes with DNF

(continued from page 5)

Soon, the aid station was in sight, and my daughter, Katey, was there waiting for me! I didn't expect her until this evening, so seeing her was a pleasant surprise.

"What the hell are you doing here?" I said. Right away I thought that is something my dad would have said (I had been thinking about him during my low point). We both laughed, she was thinking the same thing!

Katey helped me re-fuel and get a little food. I was craving a sandwich but they didn't have any, so Katey said she would look for one at a local convenience store for me at the next aid station in Silver Bay, which was only about four miles away. So, it shouldn't take too long before I had my sandwich.

The porta pottie called my name, so I answered and then began trotting down the gravel road towards the next section of trail. But, something was off...something was missing....what was it???

Oh!
My hiking poles!

I had dropped them when I arrived at the aid station; but it was no big deal to retrieve them since I had only gone a few steps down the road. I quickly turned around and grabbed them, and headed out once again. But, was this a foreshadowing of what was to come later?

Only four miles to the next aid station at Silver Bay. It started flat and easy, and I wrongly assumed the terrain wouldn't change. But, there were some vicious hills in those four miles. So it took a bit longer than I thought it would, and it took more out of me than I was ready for.

When I finally arrived at Silver Bay, I could see that Katey sensed my struggle. She had picked up two sandwiches for me --a Turkey and PBJ. It was greatly appreciated because I was getting a little hungry. The aid station workers replenished my water supply, and graciously filled one of my bottles with Coke. For some reason, I was really craving Coke today. Which was kind of weird, as I am not a real big pop drinker.

I felt like I lost some time, so I abandoned the aid station after only a few minutes and crossed the road for then next ten mile stretch to Tettagouche. Half my Coke was gone by the time I hit the trail, and I decided to walk and eat before starting to run again. Even though I was a little tired, "relentless forward progress" was my motto!

Tettagouche was not crew accessible, so Katey said she would go to the next one, "wherever that was". I wasn't sure either (it was County Road 6 at mile 42), so I just said that I would see here there.

I recognized the trail to Bean and Bear Lakes that a friend and I (Brian) and I had run about a month before, so the familiarity was reassuring. However, the Coke didn't mix very well with the sandwiches.

That was Mistake #4.

The queasiness came back with a vengeance. Each time I started to run, I felt

like it was going to come up. So I had to walk to avoid losing my lunch on the trail. Should I just force it? Nah, the calories are better off in my belly than on the ground. So I decided to walk this one in and prayed that it wouldn't backfire on me. That's when I started to spiral a bit again. Again, it's way too early for this to happen, but I was confident that I would come out of it as I did before. So, I decided to try some music for a distraction. Would you believe the very first lyrics that came through my headphones were "Love the run, but not the race..." (Quattro, by Robert Plant & Alison Krauss). I chuckled to myself.

It worked, and my mode improved. What could be better than running through the scenic North Woods while listening to some great music?

Eventually, I reached Bean and Bear Lakes; what a view! "I think I'll bring Linda up here on one of our next trips, she'd really like this", I told myself.

But, pretty soon the music became "noise" so I turned it off and enjoyed the silence as I walked towards Tettagouche. My gut started to settle down a bit, so I began some run/walk intervals. Mostly walking but I felt better about moving a little more quickly.

Some parts of the trail in this area were re-routed due to some trail work/maintenance that was going on. I am not sure, but it seemed to make the journey to Tettagouche a little bit longer.

I had been leap-frogging a few runners in this section, and as the miles ticked by, the trail got a little wider and somewhat easier. The trails were better groomed in the State Parks. I had no idea how far it was to the next aid station, but it felt like it would be close to the cutoff time (you have to reach each aid station before a certain time, or you were out of the race). I was going downhill when I spotted a group of three of four runners ahead of me that had recently passed me just ahead on the trail. They were walking—I convinced myself that they had given up; they knew that they weren't going to make the cutoff.

I trotted up beside them, and asked "How far to Tettagouche; have we already missed the cutoff?"

"Nope", one of them replied, "We have about twenty minutes and we're almost there".

I wasn't sure if he was right or not, but I chose to believe him and continued my run/walk intervals and left them behind.

He was right, it wasn't too long and I saw a guy standing between some trees. As soon as he saw my bib, he called out to the Tettagouche aid station just through the trees, "We have number 83 coming in!!"

As I approached, another volunteer held out my drop bag which contained my headlight and a few snacks. I was glad to have the headlight, as the sun would be setting in less than an hour and I did not want to be stuck on the trail alone in the dark!

I dropped my poles, grabbed my light, pocketed a few of my snacks for later and perused the food arrayed on the tables. There was several different flavors of quesadillas, bacon, sandwiches, chips, and lots of salty, sugary, fatty foods that tasted ever so good after running for the last ten hours or so. Did I mention that they had BACON?!?



So, I grabbed a handful of bacon, a PB & J sandwich and a bag of chips for the road. I decided to stuff my face as I walked down the gravel road to the bridge crossing the Baptism River as it flows into Lake Superior. What a beautiful sight!

I was chatting with another runner at the time who had run the Elm Creek Backyard Ultra with me earlier this spring. We hadn't met then, but agreed to look one another up next year as we both planned on doing it

again. I was enjoying the conversation, and things were looking up again....

We crossed the road and approached some steps going up a hill. Another re-route. We were supposed to go along the river towards the lake where the views would be amazing. Instead, we were climbing another hill, but at least this one had steps!

I finished my last quesadilla and reached for my poles. My poles!

(continued on page 7)

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83 Rhymes with DNF

(continued from page 6)

Where were they!

Crap!

They lay on the ground, forgotten at the last aid station, now probably a good mile behind me. I was distracted by the food, and left them behind when I took off.

Now what?

Should I go back? That will eat up a lot of time, and I'm already starting to cut it close. Should I keep going? I knew that I still had to deal with the hills in Crosby-Manitou, and poles are almost a necessity there. What else will I have to deal with before I get there? I didn't know. And what comes after? I didn't know the answer to that question either.

Against my better judgment, I decided to turn around and get them. I pushed it because I didn't want to waste a lot of time. Several runners leaving the aid station pointed out, "Hey, you are going the wrong way!"

I offered no reply; I might say something that I would regret later.

When I got to the aid station, and picked up my poles with a grunt of disgust, I grabbed some more bacon and asked for another cup of Coke, "mixed with a little rum, if you don't mind".

To my disappointment, I was handed straight Coke.

Anyway, I hurried back to the bottom of the stairs where I turned around and began my ascent for the second time.

I probably wasted twenty to thirty minutes with my little detour, and started to spiral again.

What do I mean by 'spiral'?

One negative thought breeds another, none of which are true, but its hard to convince yourself otherwise. Mine went something like this:

"That was a stupid mistake, those extra miles will cost you!"

"Why am I doing this, I'm not going to make it!"

"I'm no good at this anymore, but was I ever?"

If I had been thinking clearly, I would have told myself that it's just another mistake (#5 in case your are counting), nothing fatal, and

there's lots of time to recover; what's another two miles in a 100 mile run-nothing!; I am doing this because you love it—take a look around—this is awesome! I can do this—I found a way at Zumbro, Elm Creek, FANS, and Half Dome, and other times too many to list.

Eventually, I calmed down and steeled myself for the next ten miles to County Road 6. If I make the cutoff, great! If not, I convinced myself that I am sorta, kinda OK with that, too (not really!)

There were still several other runners around as I was passing and being passed quite often. One asked as he passed by me, "Hey, are you from Savage?"

I said "No".

He didn't say anything else and kept on going. I wonder who that was?

It soon got dark and I put my headlamp on. Coming into the race, I wondered what it would be like to be in the middle of nowhere on an unfamiliar trail. It wasn't too long before the other runners cleared out and I was by myself.

And I loved it! It was so peaceful jogging/trotting/walking among the trees. Alone with my thoughts. The woods were pretty thick, but I was able to get an occasional glimpse of the lake. The moon was peaking out from between the clouds, reflecting its light on the water. Serene. There's no place else that I would rather be than right here, right now, I thought to myself.

But, it was a real possibility that I would not make the cutoff time at the County Road 6. I was moving pretty slow and going back to get my poles cost some valuable time. By my calculations, I was only going about two miles per hour, and would have to pick up the pace significantly to make it.

How will I get back to civilization if I don't make the aid station in time? I remembered my attempt at a 50k in the Moab desert a few years ago. My race ended about the halfway point, and I was told that I had to wait until the race was over to get a ride back with one of the aid station volunteers. Or, I could hitch a ide. After sitting around for a couple of hours, I ended up doing just that with some runners from Colorado.

Would the situation be the same here?

I should try to call the family so they can pick me up. What about Chad? He's supposed to meet me at the Finland aid station at mile 50. If I make the cutoff time, I will be hours later than expected. Maybe I should apologize for wasting his time and tell him



to go back home?

There's no cell service here, so I'm stuck. Maybe the aid station is in an area with service? Oh, well. I'll deal with that then as there is no sense worrying about it now.

I noticed a woman limping in the darkness ahead of me. She was talking to someone on her phone. It was on speaker so I could tell that she had hurt her Achilles and was talking to her husband who was waiting for her at County Road 6, about a mile and a half down the trail. I asked if she was OK—I could send someone back if she needed.

Hey! She was talking on her phone--there IS cell service here!

I quickly pulled my phone out of my belt and called Linda. She was at the aid station with Matt and Chad. I'm so glad that I got hold of her—I didn't know what I was going to do if I didn't.

The sound of cowbells started to drift through the night as runners ahead of me passed through aid station. Soon, I heard a much longer sustained cowbell "explosion". What happened? Oh, they were shutting down; I had missed the cutoff time.

My Superior 100 race had ended in a DNF (Did Not Finish). It was over.

Pretty soon, I reached the road and slowly headed down the shoulder to the aid station. A volunteer greeted me, and asked my number.

"83--rhymes with DNF!" I may lost some of my dignity, but at least I retained my sense of humor. Everyone laughed. But I was done.

As I write this a few weeks later, I have had some time to reflect and pull out some lessons:

- Small mistakes add up. It's relatively easy to recover from one or two mistakes during a race, but a series of little ones can compound and become insurmountable over time. Maybe more thoughtful planning could have minimized or eliminated a couple?
- Unplanned vacations can be fun!

I planned on mostly being alone over the weekend, but the whole family showed up!

Since I wasn't running on Saturday, we had lots of time to hang out as a family. We actually did a little bit of hiking, souvenir shop-



ping, rock hunting, and visited the Duluth Aquarium. I'll never forget my "Hippie" conversation with Linda at the "Hungry Hippy Taco" restaurant. We were laughing so hard we embarrassed the kids.

- Support from family and friends is invaluable.

I was much harder on myself than anyone else. The encouraging words from everyone really made it easier to recover mentally. I was told many times that it's better to fail at something epic like a 100 mile race than a 5k!

- As I mentioned earlier, I think I was getting a little proud of my ability. That led to some complacency, which turned out to be costly. Public humiliation can be hard.

• As far as running goes, I love running on trails through the woods. But if I think about the many races that I have done over the years, I do much better on less hilly courses like Elm Creek and FANS. Next year I am going to avoid those races that are difficult, and focus on races where my chances of success are greater.

Registration for Elm Creek opens soon, maybe I'll give that another try....



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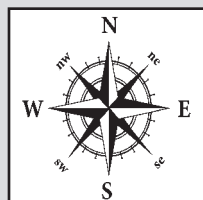
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Changes in Latitudes, Changes in Attitudes

Rocket Ship on the Tennessee River



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.

We live along the Tennessee River on the banks of Kentucky Lake. Kentucky Lake was formed in the 1940's when the Tennessee Valley Authority built a lock and dam to raise the Tennessee River to accommodate larger barges carrying coal, steel and bulk products on the river. The barge traffic travels all the way to Chattanooga. Where we live, the lake is about a mile wide. Lots of barge traffic and fishing boats. One of my favorite activities is to take the runabout on the river to experience life on the water. Every day we see something unusual. This last trip in the middle of March was no exception.

We were heading downstream to eat lunch at the Burger Barn at KenLake Marina, a little more than an hour down river. We noticed a

white object a few miles ahead on the river and assumed it was one of the tug boats pushing a barge. The closer we got, the bigger it got. I have never seen an ocean-going vessel on the river. There are river cruise boats on the lake but not this large. As we passed the vessel I had to circle around and follow it, taking a closer look. There was an orange totally enclosed sea worthy lifeboat on each side of the ship. I knew this was no river boat. My wife looked up the name on the side and we were surprised to discover what it actually was.

The United Launch Alliance Rocket Ship is a 312' cargo vessel that transports space rocket components from the 1.6 million sq. ft. production facility in Decatur, Alabama to Cape Canaveral, Florida. It is 82' wide and 50' high with a draft of 15'. It weighs 9,500 tons and carries Atlas V, Delta VI and Vulcan Centaur boosters, second stages and payload fairings in an environmentally controlled setting. The rockets are rolled in on semi-trailers through the 80' wide fold down ramp at the aft for the ship. It is the only United States flagged ship with the capability to transport rockets on both rivers and open ocean. It is powered by two General Motors G7A engines developing 4,000 horsepower each and four Caterpillar generator engines of 831 horsepower each to maintain the A/C for the cargo hold and a 371 horsepower emergency Caterpillar engine. The fuel capacity is 163,800 gallons of diesel.

The ship requires a crew of 16 to operate and has living quarters, dining area, helicopter pad, below deck machine shop and the most sophisticated computers and navigational system available. The officers are assigned four-hour shifts while on the river and eight hour shifts in the open sea, and two experienced river pilots come on board to guide the boat while inland. There is a cook and assistant to serve meals during the eight day/4,336 mile one-way trip from Decatur to Cape Canaveral Space Force Station. The Rocket Ship has been in constant service



since 1999 and a 356' sister ship has just been built and will enter service this spring.

Now more on the sophisticated navigation system. On August 7, 2001, the Rocket Ship ran aground on a sand bar on the Tennessee River and had to be freed by a tugboat. On January 26, 2012 the Rocket Ship struck the Eggnor's Ferry Bridge on the Tennessee River, which is about five miles from where we encountered the ship. The crew was operating in a recreational channel rather than the shipping channel at the time and destroyed a

322' section of the bridge. The pilot's failure to use all available navigational tools was found to be the cause of the accident, while ignoring two coast guard broadcasts and a radio call from a nearby ship. The bridge built in 1932 was scheduled for replacement and the incident sped up the schedule for the construction which was completed in 2016. Had we known all that, we might have given the Rocket Ship a wider berth when we passed by.

A Minnesotan: Spring



By RosaLin Alcoser

They have returned. The harbingers of spring have been spotted. In other words the geese are back. As I am sure that I have mentioned in the past, geese and I do not get along.

Mostly because since I was a young child they have taken great delight in chasing me; well into adulthood. When I was in my late teens and was attending community college over in Rochester there were geese

that always hung around on campus. Those geese chased me just about every day for two years.

My mother thought I was exaggerating until one day she came in to the school when coming to get me. We were sharing a car at the time and while walking to the car I saw the geese coming and I asked her for the keys. Which she gave me right before I took off running with honking geese on my heels.

After that she believed me that geese had been chasing me about campus. Before anyone says 'well they wouldn't have chased you if you didn't run from them'. I did try that and you know what happened they swarmed me and hissed. Have you ever been bitten by a goose? Because I have and it hurts more than you would think.

With that being said as much as I dislike geese and will go out of my way to not go anywhere near them. I have learned one very important thing about them that adds a point in their favor. When they return in the spring it usually is a good sign that winter is over and it probably won't snow again until at least Halloween.

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Farm Girl Chatter The Year of the Horse

By McKell Lemmerman

Let's take a break from cow talk for a moment and talk about something just as important around a farm—the year itself.

2026 is the Year of the Horse. If you have ever truly known a horse, that title carries a lot more meaning than most people realize.

Now, plenty of folks like to joke and call horses “hay burners.” To be fair they’ve earned the nickname over the years. Horses can eat like a fat kid in a candy store. You can give them a full square bale of hay at night, and by the next morning they will stare at you like they have been starving for three days. Nicker at you like as if they are asking “why is breakfast late?”

But anyone who has ever really owned a horse understands them a lot more than hay-burning lawn ornaments.

Growing up, horses were where my imagination lived.

Long before I ever turned a key in a pickup, a horse was the first vehicle I ever got to drive. No gas pedal. No steering wheel. Definitely no insurance policy. Just a saddle, a set of reins, and the kind of confidence only a kid can have when they believe they’ve got everything under control. Looking back now, I’m pretty sure the horse was the one doing

the driving most of the time. That’s part of the magic of horses. They let you think you’re in charge while quietly making sure you both make it back to the barn in one piece.

The truth is, the Year of the Horse represents exactly what horses have always been—powerhouses of strength, endurance, and heart. Long before tractors, combines, trucks, trains, and highways took over the countryside, horses were the engines that built it. They pulled the plows that turned the soil, hauled wagons across rough country, and carried people farther than their own two feet could ever take them. They carried generals through the blood and gun smoke of wars, and Native Americans through their buffalo hunting expeditions.

They weren’t just animals.

They were business partners, the best ones too, non-speaking.

When I was younger, my horses were my entire world. They were where worries disappeared and dreams ran free. On horseback, a simple pasture could become the open frontier. A fence line turned into a trail. A kid could become a cowboy chasing outlaws, playing cops and robbers, exploring new country, or racing the wind just because I could.

Horses have a funny way of teaching lessons along the way. They teach us humiliation. Nothing will knock your ego down faster than a 1,200-pound animal deciding your riding skills are not up to par, that you are better off learning from the ground that day. They teach patience too. Sometimes your adventure turns into twenty minutes of

negotiating with a stubborn horse that has decided the gate you want to go through is suddenly the most terrifying object on earth. Lastly, they teach balance, usually the hard way.

Now, years later, horses still carry that same quiet magic.

Sure, nowadays there are side-by-sides, and every machine imaginable to get across a pasture. They’re faster, easier, and a whole lot less stubborn. But none of them will ever replace the feeling of riding a horse down a trail you made yourself.

A machine takes you somewhere. A horse takes you on an adventure.

Some communities, like the Amish, still rely on horses as their everyday transportation, living much like people did generations ago. For others, like me, horses have become something different. Their entertainment, therapy, adventure, and freedom all rolled into one.

Just go to a rodeo. That’s where horsepower meets heart. Riders and horses working together in a dusty partnership that may only last a few seconds but carries a tradition that’s centuries old.

When you’re a kid, they’re your escape. When you grow up, they become your reminder.

They remind you where you came from—dusty summer evenings, long rides with no destination, and a younger version of yourself who believed the world was as wide open as the pasture in front of you. Somewhere along the way life gets busier. Jobs, responsibilities, bills, and worries pile up higher than a winter hay shed.

Horses have a way of bringing you back to center.

There’s a quiet moment that happens when you’re riding—when the only sounds are hoofbeats, wind through the grass, and your own thoughts finally slow down. In those moments it’s hard not to feel like there’s something bigger at work. The truth is, horses teach faith in a way few things can.

When you climb into a saddle, you’re putting your trust in something stronger than



you. You guide the path, but ultimately you trust that horse to carry you safely down the trail.

Life with God can feel a lot like that ride.

So, if 2026 really is the Year of the Horse, maybe it’s more than just a title.

Maybe it’s a reminder.

A reminder of the strength God places in quiet things.

A reminder of the trust it takes to follow a path you can’t always see.

And maybe most of all, a reminder that sometimes the best way to understand where you’re going...is to saddle up and remember where you started.

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Larry Valek Auctioneer 612-978-6901 To Consign www.valekauctions.com, MN Lic #19-126 <i>All commissions will be donated to the Club</i>	
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DUNDAS DUKES



2026 SCHEDULE

Sun, May 10	at Cannon Falls Bears *	Cannon Falls, Minn.	2 p.m.
Sun, May 17	Cannon Falls Bears *	Home	2 p.m.
Wed, May 20	Champlin LoGators	Home	7:30 p.m.
Fri, May 22	Baseball 365	Home	7:30 p.m.
Mon, May 25	Northfield Knights *	Home	2 p.m.
Wed, May 27	Shoreview Stumpgrinders	Home	7:30 p.m.
Fri, May 29	Hastings Hawks *#	Home	7:30 p.m.
Sun, May 31	Hampton Cardinals*#	Home	2 p.m.
Wed, June 3	Red Wing Aces *	Home	7:30 p.m.
Fri, June 5	@ Hastings Hawks *#	Hastings, Minn.	7:30 p.m.
Sun, June 7	Rochester Royals *#	Home	2 p.m.
Wed, June 10	@ Red Wing Aces *	Red Wing, Minn.	7:30 p.m.
Fri, June 12	New Market Muskies #	Home	7:30 p.m.
Sun, June 14	Elko Express \$	Home	2 p.m.
Wed, June 17	Prescott Pirates	Home	7:30 p.m.
Fri, June 19	Owatonna Aces \$	Home	7:30 p.m.
Sun, June 21	@Rochester Royals *#	Rochester, Minn.	2 p.m.
Wed, June 24	St. Paul Mudhens	Home	7:30 p.m.
Fri, June 26	Lakeville Loonatics *#	Home	7:30 p.m.
Sun, June 28	St. Anthony Hogs	Home	2 p.m.
Wed, July 1	North St. Paul Snowmen	Home	7:30 p.m.
Fri, July 3	Minnetonka Monarchs	Home	7:30 p.m.
Sat, July 4	@ Northfield Knights *	Northfield, Minn.	2 p.m.
Wed, July 8	@ Faribault Lakers #	Faribault, Minn.	7:30 p.m.
Fri, July 10	Miesville Mudhens *#	Home	7:30 p.m.
Sun, July 12	@ Lakeville Loonatics *#	Lakeville, Minn.	2 p.m.
Wed, July 15	Hamel Hawks	Home	7:30 p.m.
Fri, July 17	@ Miesville Mudhens *#	Miesville, Minn.	7:30 p.m.
Sun, July 19	Highland Park Beavers	Home	2 p.m.
Wed, July 22	St. Boni Saints	Home	7:30 p.m.
Fri, July 24	@ New Ulm Brewers #	New Ulm, Minn.	7:30 p.m.
Sun, July 26	Prior Lake Jays	Home	2 p.m.
Fri, July 31	Section 1A Playoffs	TBD	8 p.m.
Sat, Aug 1	Section 1A Playoffs	TBD	TBA
Sun, Aug 2	Section 1A Playoffs	TBD	2 p.m.
Sat, Aug 8	Section 1A Playoffs	TBD	TBA
Sun, Aug 9	Section 1A Playoffs	TBD	2 p.m.
Fri, Aug 14	Section 1A Playoffs	TBD	8 p.m.
Sat, Aug 15	Section 1A Playoffs	TBD	TBA

Firehouse Liquor Pocket Schedule Day
40th Anniversary of Top Gun,
Presented by Blesener's Quality
Exteriors

Other Sport Jersey Night, Presented by
Pro Built Construction
Lawn Games Day, Presented by
Northfield Area Scouts BSA 313

Classic Car Night, Presented by
Blesener's Quality Exteriors

Farm Animal and Tractor Day,
Presented by Merchant's Bank

Beach Night,
Presented by Baird Koenig Jones



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April events, happenings and goings on at WildWood!

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Monday Night Yoga

Monday, April 27 | 6-7pm

\$12/each or pre-pay \$40 for all four classes

This series is perfect for those who have always been curious, for those who have more experience AND for those who have none at all.

Old, young, flexible or stiff:

Yoga Flow is for every body!

Paint and Plant

Thursday, April 30 | 6pm

\$30+ depending upon project choice

Hosted by Erin of Mosaic Filled Life

Everything you need to create some super cool painted pots and fill them with a plant from a local nursery!

The Sacred Bloom Experience : A Spring Immersion to Nurture What's Ready to Bloom

Saturday, May 2 | 9am-5pm | \$167

Hosted by Maria of MVR Healing and Julie of Willow River Yoga

Treat yourself to a full-day retreat devoted to renewal, self-expression and intentional growth.

And don't forget to mark your calendars and join us for WildWoods' May Market on Saturday, May 9 from 9am-1pm!
More information and event tickets available online at wildwoodofnerstrand.com/happenings



PAINT and PLANT at Wildwood of Nerstrand

April 30th!!!
6pm
PAINT TOGETHER
Paint and Plant!

6" Terra Cotta Clay pots and a Plant from the greenhouse with every project!

\$65 for 2 projects (grab someone special like mom to paint with)
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Dakota City Heritage Village Victorian Tea

(continued from page 1)

Friends and relatives are invited to congregate in tea attire to appreciate an era gone by which includes a four-course meal with tea and entertainment. All ages are welcome!

This is a great day to bring Mom, Grandmother, and Grandchildren together. A proper tea is a healing ritual between friends and family where trust, empathy, love and friendship abide.

Seating starts at 11:30 am with the tea luncheon starting at 12 noon. Crystal Lake Golf Club is located at 16725 Innsbrook Drive, Lakeville, MN.

Ticket sales for groups of 7 without a costumed hostess or 8 with a costumed hostess at your table, are available. Please call our office if you have any questions. (651) 460-8050 Please note: Tables at the facility now seat 8 not 10.

All proceeds benefit Dakota City Heritage Village.





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2026

Friday, July 10

Saturday, July 11



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Cory Waller & The Wicked Things 5:00 PM



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Children's Blood Pressure On The Rise



By Shauna Burshem, D.C.

The prevalence of high blood pressure (HBP) among children and youth has nearly doubled over the past two decades, rising

from 3.4% in 2000 to 6.5% in 2020, according to The Lancet Child & Adolescent Health. Once considered an adult issue, HBP is now a growing concern in pediatric settings, classrooms, and playgrounds. This alarming trend raises questions about whether children are genuinely becoming sicker or if expanded diagnostic criteria are contributing to the surge. Factors such as changes in diet, sleep patterns, stress levels, physical activity, and environmental influences are believed to play a significant role in this increase.

A pivotal moment came in 2017 when the American Academy of Pediatrics (AAP) updated its blood pressure guidelines. These changes aligned adolescent thresholds with adult standards and simplified diagnostic categories, leading to millions of previously "healthy" teens being reclassified as at-risk or hypertensive. For younger children, the recalibration of percentiles using only normal-weight peers effectively lowered the thresholds for diagnosis. While these updates made it easier to identify HBP, they also expanded the number of children falling into elevated or hypertensive categories, sparking debate about the implications of this broader

diagnostic net.

The rise in HBP among children is linked to a combination of medical and lifestyle factors. While some cases stem from underlying conditions like kidney or heart problems, diabetes, or genetic predisposition, research highlights poor diets, obesity, physical inactivity, and sedentary lifestyles as primary drivers, particularly in older children. These lifestyle shifts, coupled with increased stress and environmental changes, have created a perfect storm for rising blood pressure levels. Despite this, prevention efforts often lag behind, with new medications frequently prioritized over strategies to address root causes and promote healthier habits.

High blood pressure in children, though often silent, poses significant long-term risks, including cardiovascular and kidney complications. The 2017 AAP guidelines replaced the term "prehypertension" with "elevated blood pressure" and adopted fixed adult cut-points for adolescents, simplifying diagnosis but also increasing the number of children classified as hypertensive. This underscores the urgent need for prevention-focused approaches, such as promoting balanced diets, regular physical activity, and stress management, to combat this growing health crisis and ensure better outcomes for future generations.

Resistance Training Shown To Improve Brain Function: -intensity resistance workouts have been shown to enhance cognitive function by improving reaction times without compromising accuracy. These exercises boost inhibitory control, working memory, and brain-processing speed, as evidenced by faster P3 latency signals. Such cognitive ben-

efits are attributed to the brain's ability to update information more efficiently and coordinate attention-related networks effectively. This is particularly useful for tasks requiring focus, multitasking, or quick decision-making.

The cognitive improvements from resistance training are likely linked to temporary increases in systolic blood pressure during exercise. This enhances blood flow and neural efficiency, allowing the brain to process information faster and more effectively. These physiological changes make resistance workouts a powerful tool for sharpening mental acuity, especially when incorporated into daily routines. Even a single session can yield immediate benefits, making it a practical strategy for boosting mental performance on busy or demanding days.

Children and teenagers also experience cognitive gains from resistance training, with small but consistent improvements in cognition, classroom behavior, and academic performance. These benefits are particularly pronounced in youth with lower baseline muscular fitness, highlighting the importance of strength training for overall development. For adults, maintaining 40 to 60 minutes of strength training weekly is optimal for longevity, as excessive lifting can diminish benefits and even negatively impact mortality outcomes. Whether you're looking to enhance cognitive function, improve physical health, or support long-term well-being, resistance training proves to be a versatile and effective solution.

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

April 20-27 is National Infant Immunization Week

Rice County Public Health reminds parents about the importance of protecting infants and young children from vaccine-preventable diseases.

Rice County childhood immunization rates are below the state average. According to the most recent Minnesota Department of Health data, 66.5% of Rice County children aged 24-35 months were immunized with the recommended early childhood series, compared to 69.7% statewide.

The American Academy of Pediatrics and Rice County Public Health recommend children keep up to date on childhood vaccinations and well-child visits. This helps keep children healthy! Even small declines in vaccination coverage can result in an increase in the vaccine preventable diseases and outbreaks, such as we are currently seeing with measles cases in the U.S.

Vaccines not only prevent disease in those who are vaccinated, but protect the entire community by helping to prevent and reduce the spread of infectious disease.

Children who are uninsured or have insurance that does not cover the cost of the vaccine may receive free vaccines through the Minnesota Vaccines for Children program. Contact your health care provider or Rice County Public Health for more information about this program.

Rice County Public Health provides immunizations for children who are uninsured or on Minnesota Health Care programs, as well as for adults who are uninsured. Vaccination clinics are held every Tuesday from 1-4 p.m. at Rice County Public Health, 320 Third Street NW, Faribault. Appointments are encouraged however walk-ins are welcome. If this time doesn't work for your schedule, call to make an appointment at a different time.

Call Rice County Public Health at 507-332-6111 for more information or to schedule an appointment.

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

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DUNDAS CITY COUNCIL REGULAR MEETING MINUTES Monday, March 23, 2026 7:00 p.m. City Hall

Present: Mayor Glenn Switzer Councilors Luke LaCroix, Ashley Gallagher, Grant Modory, Luke Swartwood

Staff: City Engineer Dustin Tipp, City Planner Nate Sparks, City Municipal Financial Advisor Shannon Sweeney, City Administrator/Clerk Jenelle Teppen

CALL TO ORDER

Mayor Switzer called the meeting to order at 7:06 PM.

PUBLIC COMMENT

Tim Smith, 515 River Valley Lane spoke to water quality issues within the Cannon River Estates development.

Tami Peterson-Smith, 515 River Valley Lane also spoke to water quality issues within the Cannon River Estates development.

Cindy Hause, 555 River Valley Lane spoke to water quality issues within the Cannon

River Estates development.

APPROVAL OF AGENDA

Motion by LaCroix, second by Swartwood, to approve the agenda. Motion Carried Unanimously (MCU)

CONSENT AGENDA

- Regular Minutes of March 9, 2026
- Consider Approving Low Potency Hemp Edible Retail Registration Application
- Disbursements - \$80,032.41

Motion by Modory, second by Gallagher, to approve the consent agenda. MCU

REGULAR AGENDA

- Consider Resolution 2026-15 Calling for a Public Hearing Regarding a Proposed Tax Abatement

Shannon Sweeney, the City's Municipal Financial Advisor from David Drown Associates presented the item noting that the proposed developer has withdrawn their application for a tax increment financing district and has applied for a tax abatement district. The developer and home builder

have revised their agreement and the income restrictions that were originally included in the tax increment request have been withdrawn. The Tax Abatement amount is \$2,075,003.60 and is attributable to the cost of deferred improvements from earlier phases of the Stoneridge Hills development.

The Public Hearing on establishing the Tax Abatement District will be held on April 13, 2026 and the City Council will consider approval of a Tax Abatement Agreement.

Motion by Gallagher, second by Swartwood to approve Resolution 2026-15 Calling for a Public Hearing Regarding a Proposed Tax Abatement

MCU

- Consider Approving Response to Bridgewater Township Letter Regarding Annexation

Motion by LaCroix, second by Gallagher to Approve a Response to Bridgewater Township MCU

- Consider Resolution 2026-15 Accepting Plans and Specifications for Schilling Drive Sanitary Sewer Repairs

City Engineer Dustin Tipp presented the

item noting that the project was originally scheduled to be completed in 2025 but was delayed to give one of the adjacent property owners time to complete repairs to their parking lot.

Motion by Swartwood, second by LaCroix to Approve Resolution 2026-16 Accepting Plans and Specifications for Schilling Drive Sanitary Sewer Repairs. MCU

REPORTS OF OFFICERS, BOARDS AND COMMITTEES

The City Administrator reported that she and the City Engineer held a meeting with one of WSB's Landscape Architects to review and discuss various grant opportunities through the DNR specifically focused on improvements to the trailhead area adjacent to the East Cannon River Trail and the City's dog park.

ADJOURN

Motion by Gallagher, second by Swartwood, to adjourn the meeting at 7:54 PM. MCU

Minutes prepared by Jenelle Teppen, City Administrator/City Clerk

To the Editor:

Northfield City disclosed to AGA its contract signed October 2, 2025, by Mayor Erica Zweifel, with Hentges of Jordan for extending sewer and water utilities to the 80-acre Lyman farmland by the water tower.

Tom Tanghe, clerk of Northfield Township, reported that no annexation has occurred or is expected. Thus Nfld Twp housing developments remain under Rice County P&Z. Nor is there any water filtration plan since the April 2023 contract with Bolton for a \$63 million manganese removal plant was subsequently killed by 4-3 city council vote.

Thus the only remaining mystery is who pays when Hentges sends its bill for up to \$8.28 million to the city for work completed? The contract was signed by city administrator Ben Martig, director of public works David Bennett and utilities manager Justin Wagner. Doug Jones, Wheeling Township, for AGA

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

County officials:

Beware of scammers following hailstorm

Rice County residents whose property was damaged during the April 13 storm are reminded to beware of unscrupulous individuals posing as contractors. Several residents reported being contacted by potential contractors minutes after the hail stopped falling.

Rice County Emergency Management officials reported plowable hail up to 3" in diameter that covered roadways and lawns.

Both Rice County Sheriff Jesse Thomas and County Attorney Brian Mortenson urge residents who know or suspect they have storm-related damage to do their research to ensure the person wanting to make repairs is legitimate before signing a contract or making a payment. Do that by asking for referrals from trusted community members who have used that person/company's services or by checking with BBB of Minnesota and North Dakota at www.bbb.org/local-bbb/bbb-of-minnesota-and-north-dakota.

"Truly reputable companies will want you to speak with satisfied customers in the community," said Mortenson.



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Making sure you get prescription drug savings while helping rural hospitals

BY: SENATOR BILL LIESKE

When people talk about prescription drug prices, it can often turn into a debate about complicated healthcare systems and big numbers and policies that feel completely disconnected from real life.

But when you strip all that away, you get down to a couple of simple goals: make things easier for patients to afford and make sure hospitals and clinics – especially in rural areas – are able to stay afloat and keep serving our communities.

This is something we worked on in the Senate this week. Senate File 3769 deals with a federal program called 340B, which has been around since 1992. Here's how it works: hospitals and clinics that serve low-income patients (think rural critical access hospitals, community health centers, HIV/AIDS care programs, and facilities like that) are allowed to buy prescription drugs from manufacturers at a steep discount. Many of these providers are already stretched thin. The savings from 340B helps them keep operating and, just as important, keep taking care of patients who often have nowhere else to go.

In 2024, Minnesota passed a law that said

drug manufacturers can't cut off those discounts to 340B providers. The problem was that law was toothless. Drug companies knew it, so some of them started ignoring it.

SF 3769 tries to close that gap. It makes the ban permanent and adds an enforcement mechanism so manufacturers who ignore the law can be held accountable. I put my name on this bill as a co-author because I believe in what it's trying to do. Rural hospitals across Minnesota rely heavily on 340B funding. These are not wealthy institutions with big financial cushions. Many of them are running on very thin margins, and if manufacturers walk away from them, the consequences are severe. Reduced services, staff cuts, and in the worst cases, closures.

However, I voted against this bill despite being a co-author because of a serious concern that I have heard a lot of opposition to in recent weeks: the bill gives enforcement authority to the attorney general.

There are a lot of reasons this is a problem. The AG's office is already stretched across a lot of different areas. Adding this on top of everything else is not the right fit. The Department of Commerce, the Department of Health, DHS, any of those would be a better home for this kind of oversight. When I put my name on the bill, I hoped we could negotiate something that works for everyone. That

didn't happen.

During floor debate I offered an amendment that would have kept the sunset repeal in place while we took more time to work out a better enforcement path. Senate Democrats were not willing to work together. The amendment failed, and the bill passed without the changes many people were asking for.

I genuinely support the goal of this bill. But I was not willing to vote yes to a deeply

flawed bill just to be on the winning side.

The Senate passed the bill, but it faces a tough path in the House as it is currently written. There is still time to get it fixed and passed before we are required to adjourn for the year. I am going to keep pushing for a version of this that protects rural hospitals, keeps prescription drug savings flowing to the patients who need them, and gets the enforcement issue right.

Dundas Council Approves Stone Ridge II Plat, Tax Abatement for 60 New Homes

(continued from page 1)

ing. But those plans changed, and the proposal returned to the council as a tax abatement request instead.

Teppen said the builder wants a shorter timeline for completing the neighborhood, and city leaders viewed the approved abatement as a tool to help move the project forward. The development is expected to bring much-needed new housing to the area and could have crews on site as soon as this week.

The council action comes as Dundas continues to push multiple housing projects. Teppen said annexation has been approved for two parcels near the Tower Heights and Bridgewater Heights area, with a preliminary plat for another 76 homes scheduled for review at a Planning Commission meeting at 6 p.m. April 27.

Additionally, she said, the Economic Development Authority will meet at 5:30 p.m. April 27 to consider a purchase agreement for the co-op property on North Railway, another move that could support future housing.

Nathan Budin Announces Candidacy for Rice County Sheriff

(continued from page 1)

This decision follows Sheriff Jesse Thomas's announcement that he will retire at the end of his term this December.

I have lived in Rice County since 2004. I grew up on a farm in rural Northfield, just across the border in Dakota County and graduated from Northfield High School. My career in public safety began in 2000, as an officer for the Lonsdale Police Department.

I started my tenure with Rice County in December 2000 as a Correctional Officer. After serving as a Water Patrol Deputy in the summer of 2001, I was hired as a full-time Deputy Sheriff that August. Over the last two and a half decades, I have risen through the ranks while serving in several capacities. During my time as a Patrol Deputy, I also served as a K-9 Deputy, a member of our SWAT team, a Field Training Officer, and a Use of Force Instructor and an Investigator.

In 2011, I was promoted to Sergeant, and I spent over a decade in supervisory roles – including four years as a Patrol Sergeant and six years as the Investigations Sergeant.

In 2023, I was promoted to my current rank of Captain. In this role, I oversee the Investigations Unit, Courthouse Security, Water Patrol, the Dive Team, and various administrative functions.

I believe that the best way to serve Rice County is by investing in our people. Our office is composed of dedicated professionals who truly care about the residents they serve. Our employees understand that when they are helping someone, it may be on one of the worst days of their life. Whether they are deputy, correctional officer, a member of our support staff, or involved in the courthouse security, we all share the same mission.

As your Sheriff, I will ensure our staff has the resources, training, and support necessary to help our citizens through those difficult times.

I have been a part of apprehending many dangerous criminals over my career. As crime evolves, we will continue to adapt and overcome challenges and keep our citizens safe.

I am honored to have served this county for a quarter-century. I look forward to meeting with you in the coming months to discuss how we can continue to build a safe community together.

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62							63					64		



DOWN

1. Pop-ups, e.g.
2. Risky business, pl.
3. Cry plaintively
4. Capital of Saudi Arabia
5. Billiards bounce
6. Ancient Greek marketplace
7. Diagon Alley purchase
8. *Captain America's team
9. Albanian monetary units
10. Small cave
11. What Pac-Man did to strawberry
13. Largest Asian antelope
14. Poppy seed derivative
19. Just outside a fairway
22. Inflation matter
23. *Batman's arch-nemesis
24. 1/16th of a pound
25. Not shakes, as in bartender
26. *_____ Titans, cyborgs' team
27. L in LOL
28. Acquiesce
29. Rubbernecker
32. Tough spot
33. *Leonardo to Michelangelo
36. *One from Krypton
38. Inuit skin boat
40. *Size-changing _____-Man
41. Yeses, alt. sp.
44. Butcher's refuse
46. Trouble, in Yiddish
48. Threshold
49. "Complete _____'s Guides"
50. Bid, past tense
51. Particular region
52. Comes on a rod
53. Turkish currency
54. Been in bed
55. *_____ Possible
58. Lysergic acid derivative. acr.

2	3	7	4	9	5	6	8	1
8	6	1	2	3	7	9	5	4
4	9	5	1	6	8	2	3	7
1	2	9	3	7	4	5	6	8
7	8	6	5	2	9	1	4	3
5	4	3	8	1	6	7	9	2
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6	7	2	9	8	3	4	1	5
9	5	8	7	4	1	3	2	6

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		8		4		3		
	7			8	3		1	
3					2			9
5					6	7		
7								3
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	6		2	3			5	
		7		9		6		

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



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