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APRIL 23, 2026

Volume 23 • Issue 4

City of Dennison Citywide Clean-Up Day

Saturday, May 2, 2026
9:00am-10:30am

Clean-Up Day for Residents of Dennison is scheduled for: Saturday, May 2nd, 2026 from 9:00am to 10:30am.

Location: Empty lot located on Cty. Rd. 9 (near North end of 2nd Avenue).

(see ad on page 13)

Announcements

• **Goodhue County Breakfast on the Farm, June 5th from 7 am to 11 am at Bombay Dairy, 6045 Highway 60 Blvd, Kenyon.** Hosting is the Lexvold Family - Wayne and Donna, Nathan and Kaitlin, and Mitchel and Mallory. Email: Bombaydairy95@gmail.com. Phone 507-330-6237.

• **The Hiawatha Valley Genealogy Society meets on the second Tuesday of each month at 10:00 a.m. at the Goodhue County History Center, 1166 Oak St., Red Wing, MN.** The society welcomes participants of all ages and genders who are interested in discovering, researching, or expanding their knowledge of their family's ancestors. Whether you are just beginning or have years of experience, the group offers a supportive environment to help you build your genealogy skills and connect with others who share your interest. Your first meeting is complimentary!

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

(continued on page 2)

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 10)

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.

(continued on page 15)



Nathan Budin

Local Mission Heads to Ethiopia



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.

(continued on page 4)

New Response Sections for Nerstrand Fire and Rescue



Courtesy of Nerstrand Fire and Rescue

Effective March 25, the Nerstrand Fire & Rescue is responding to Sections 13, 23-27, and 33-36 in Northfield Township as part of a dual response model with Northfield Area Fire & Rescue Service.

- Northfield Area Fire & Rescue remains the primary agency
- Nerstrand Fire will provide additional response and support

This change is designed to improve response times, strengthen coverage, and enhance overall service to the community.

We appreciate Northfield Township and Northfield Area Fire & Rescue for their partnership and trust.

(continued on page 5)

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
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Sat.-Sun. 7am-7pm
230 Main St., Nerstrand
507-332-8626
parksidenerstrand@gmail.com

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 Little Free Food Pantry is open and needs your 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.

• **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 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.

(continued on page 3)

Nerstrand United Methodist Church

Saturday, May 9th, 8 am - 1 pm

Nerstrand Wieners, chips, donuts, rolls, coffee, pop and water available.

Facebook: Nerstrand United Methodist Church *** web page: Nerstrandumc.org

Church Rummage Sale

Large sale with a fun assortment of clean household items: toys, kitchen, electrics, home décor, glassware, clothing, luggage, vintage and much, much **Miscellaneous**.

Also in Nerstrand on May 9th:
***WildWood - May Market**
315 Main St.
9am-1pm

Mainstreet Messenger

Mainstreet Publishing

P.O. Box 125, Dennison, MN 55018

Phone/Text 507-649-3327

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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.

NORTHFIELD COMMUNITY CHURCH

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Contact Us: hello@northfieldcc.org

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

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

9:15am Sunday School

LUTHERAN

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P.O. Box 117, Dennison, MN
507-645-6042

Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com

One service in May at Dennison.

Sunday, May 3rd: Vang 9:00 am

Sunday, May 10th: Vang 9:00 am

Dennison 10:30 am

Sunday, May 17th: Vang 9:00 am

Sunday, May 24th (Summer Schedule Begins)

Vang 9:00 am

Sunday, May 31st: Vang 9:00 am

Gol Lutheran

Joe Jorgensen, Pastor
507-838-2100

Sunday Worship 10:30 a.m.

Grace Lutheran, Nerstrand

Mike Ahrens S.A.M.

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

Sunday School 10:15 a.m.

Emmanuel Lutheran

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

Hegre Lutheran

Pastor Chris Brekke

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

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

First Ev. Lutheran, Kenyon

David J. Chatelaine, Pastor

Sunday 9:00 a.m. worship

Wangen Prairie Lutheran Church LCMC
Shannon Bauer, Pastor

24289 Cty. 24 Blvd., Cannon Falls

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

Thursday Bible Study at 9:00a.m.

METHODIST

Nerstrand United Methodist

Gary Liker, Pastor

507-330-0025

Worship 9:00a.m.

Stanton United Methodist

Rev. Tom Countryman

Church Phone 507-321-3598

Worship 10:15a.m.

ST. JOHNS UNITED CHURCH OF CHRIST

(Wheeling Township) 19086 Jacobs Ave., Faribault

Gary Liker, Pastor

507-330-0025

www.stjohnsunitedchurchofchrist.info

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

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10:00a.m. Worship Service

7:00p.m. Small Group Bible Studies - Sun.

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holdendalsecretary@gmail.com

Holden: 6949 County 30 Blvd, Kenyon

Dale: 9210 County 12 Blvd, Kenyon

www.holdenlutheranchurch.org

Holden Lutheran Church on Facebook

Worship Services

Apr 26: Holden 9:00, Dale 11:00

May 3: Dale 9:00, Holden 11:00

Email your church announcements, schedule, etc.
to the Mainstreet

Messenger at: hometownmessenger@gmail.com

The Secret Place

(continued from page 2)

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.

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)

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Ann Traxler

Attorney

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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 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.

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 prepare 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

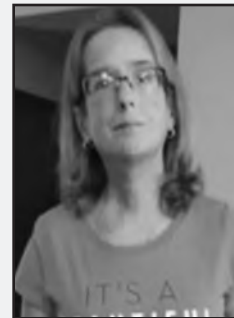
happened to choose Ethiopia, but their impact will end up multiplying the hope and heartbeat of Jesus throughout Africa, back in Minnesota, and into whatever valley the Lord calls them into. As is expected this summer, many leave missions feeling called to join Hosanna’s team, become middle school leaders, 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>.

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, were 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

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Nerstrand Fire and Rescue Training



Courtesy of Nerstrand Fire and Rescue

In April, our firefighters trained on rural water supply operations, focusing on relay pumping and drop tanks—key for fighting fires in areas without hydrants, especially during large or extended incidents.

We also worked with a new iPad in our Rescue Truck that provides CAD access for real-time updates and mapping, improving our response.

To wrap up the night, we placed new entry tools into service to better equip our crews on emergency scenes.

Thanks to the many grants and donors who have helped fund this and other new equipment: Nerstrand Women's Club, Dennison Lions, Southeast MN EMS, and other local churches and individuals.



Nerstrand Firefighters Complete SCBA Fit Testing and Pump Operations Training

Courtesy of Nerstrand Fire & Rescue

In April, our firefighters spent time completing SCBA fit testing and pump operations training—two critical skills that directly impact how we serve our community.

SCBA Fit Testing ensures each firefighter's air mask forms a proper seal, protecting them from smoke, toxic gases, and other hazardous environments. A proper fit isn't just a requirement—it's what allows our crews to safely operate inside structures when lives are on the line.

Pump Operations Training focuses on supplying water to the fireground efficiently and reliably. From establishing water supply in rural areas to maintaining proper pressure for hose lines, this training ensures we can deliver water where it's needed—when seconds matter most.

Training like this keeps our team sharp, safe, and ready to respond—whether it's a structure fire, a vehicle fire, or any emergency in our community.



New Response Sections for Nerstrand Fire and Rescue

(continued from page 1)

We are working with ISO to update insurance providers, which may help improve in-



**Holly J. Burow
CPA, LLC**

Certified Public Accountant
holly@hollyjcpa.com

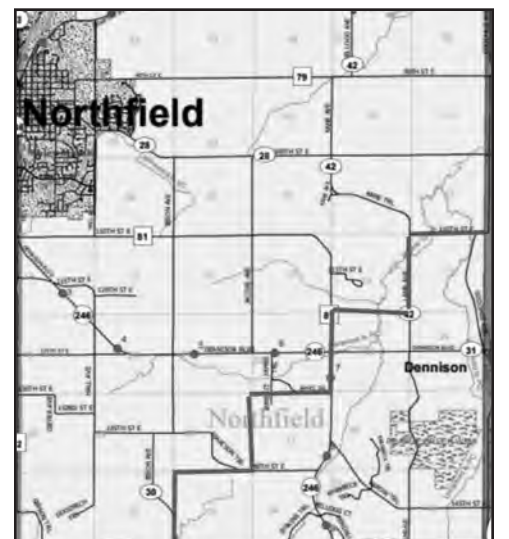
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insurance ratings for properties in the area.

Any questions can be directed to Nerstrand Chief Johnson or Northfield Township.

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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.

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.

April events, happenings and goings on at WildWood!

315 Main Street | Nerstrand

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

Family Meal \$40

(equivalent to four adult meals)

Pork Sandwich, 2 side dishes, chips, dessert and milk.

Meal will require heating.



Single Meal \$12

Pork Sandwich, 2 side dishes, chips, dessert and milk.

12 years and older

Keep an eye on our Facebook page for details about the online auction which will run April 20-24. Auction items can be picked up on the 26th.

23rd Annual

\$5.00 Child (ages 5-11) Available at the door for Dine In or Take Out

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PAINT and PLANT at Wildwood of Nerstrand

April 30th!!!
6pm

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Mosaic Filled Life
Facebook:
<https://www.facebook.com/erinfahay>
Cell: 952-210-1019
Email: info@mosaicfilledlife.com

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 simply 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.

(continued on page 8)

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83 Rhymes with DNF

(continued from page 7)

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.

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 to 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.

(continued on page 9)



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83 Rhymes with DNF

(continued from page 8)

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!

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 shopping, 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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**sale days/hrs: th, fr, sat, sun 10-5*



**sale hrs: 10-5*
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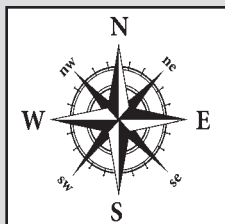
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Sunday, May 3rd
2:00 PM
\$30 to Play
**37612 Goodhue Ave
Dennison, MN**
507-782-9753

*Don't miss out - this one's
going to fill up fast!*

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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Friday, July 10

The Kentucky Headhunters 9:00 PM

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Confederate Railroad 7:00 PM

Saturday, July 11

Pam Tillis 9:00 PM

Bree Morgan 3:00 PM

Cory Waller & The Wicked Things 5:00 PM

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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. Nickering 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.

City of Dennison CITY-WIDE CLEAN-UP DAY

Saturday, May 2, 2026 9:00am-10:30am

Clean-Up Day for Residents of Dennison is scheduled for:
Saturday, May 2nd, 2026 from 9:00am to 10:30am

**Location: Empty lot located on Cty. Rd. 9
(near North end of 2nd Avenue)**

Most items will be accepted with some exceptions:

- NO Household Garbage**
- NO Yard Waste**
- NO Hazardous Waste**
- NO Tires**

There will be a small fee for items such as TVs, other electronics and mattresses.
Fees to be paid in cash.

*Available only to the residents within the city limits of Dennison



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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 environ-

mental 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: -intense 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 benefits 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.*



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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.

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.

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.

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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2026 Goodhue County Household Hazardous Waste Collection Dates			2026 Household Hazardous Waste Collection Do's and Don'ts	
			DO BRING:	DO NOT BRING:
Tuesday, May 5	Kenyon Goodhue Co. Shop 1005 Hwy 60	2:00 PM – 6:00 PM	Paint/Stain/Thinner Etc.- Bring unusable paint products to the collection. Pesticides/Herbicides (Non-Agricultural, Non-Commercial Grade) - Products designed to kill weeds, bugs, rodents, mold and fungus. Automotive Products- Bad gas, cleaners, anti-freeze, fuels, grease, lead-acid batteries. Household Products- Drain opener, strong cleaners, spot removers, adhesives, acids & bases. Exotic Batteries- Ni-Cad rechargeable, Button, Lithium, Mercury, other unusual batteries. Mercury Devices- Thermometers, thermostats, mercury switches. Aerosol Cans- Partial or plugged pressurized spray cans of all types. Empty, depressurized cans can be disposed of in trash. Please limit quantities to 20 gallons per person per event, as space is limited at collections.	Business or Agricultural Hazardous Wastes- Business wastes will be refused. Businesses should contact the Olmsted County Hazardous Waste Facility at 507-328-7078. Electronics- City of Red Wing Waste Campus 651-385-3658 Prescription Drugs- Contact: Goodhue County Law Enforcement Center 651-385-3155 Empty Containers- If a container is empty and dry, it is no longer hazardous. Recycle or dispose of in trash. Fluorescent Tubes- Bring them to the Goodhue County Recycling Center. Non-Hazardous Products- Soaps, regular light bulbs, broken glass or ceramics, recyclables, trash. Waste Oil, Oil Filters- Engine oils and filters can be recycled through local sources. Medical Wastes/Sharps- Contact your local clinic or hospital for disposal information. Explosives and Ammunition- Contact local law enforcement on their non-emergency number. Appliances- No appliances. Solar Panels- No solar panels.
Tuesday, May 19	Wanamingo Casey's - Hwy. 60	2:00 PM – 6:00 PM		
Tuesday, June 30	Zumbrota Park-N-Ride Parking lot	2:00 PM – 6:00 PM		
Tuesday, July 7	Pine Island Pine Island High School	2:00 PM – 6:00 PM		
Tuesday, July 14	Goodhue Community Center	2:00 PM – 6:00 PM		
Tuesday, July 21	Cannon Falls Lake Byllesby Park	2:00 PM – 6:00 PM		
COMPLETE HHW INFO ONLINE: http://www.co.goodhue.mn.us HHW HOTLINE: 651-385-3107				
We will NO LONGER be collecting Fluorescent Bulbs at the Hazardous Waste Collections. The Goodhue County Recycling Center accepts fluorescent bulbs Monday-Friday, year-round. We are very sorry for the inconvenience.				
A Household Hazardous Waste drop-off is available at the Goodhue County Recycling Center in Red Wing, from the first Monday in May through the last Friday in October. Hours of operation for the drop-off will be Monday through Friday (except holidays), from 8am until 3pm. Please utilize the drop-off as much as possible to prevent large crowds at the collection events listed above. There is a 20 gallon per person per day limit at the Red Wing drop-off. Thank you for your cooperation.				
The Goodhue County Recycling Center is located at 3745 Highway 61 N in Red Wing (across Highway 61 from the Red Wing Shoe Factory).				
For safety, place waste products in a box when transporting Questions? Call the HHW Hotline: (651) 385-3107 We will no longer collect Fluorescent Bulbs at the HHW Collections				

CITY OF NERSTRAND, MINNESOTA CITY COUNCIL REGULAR MEETING MINUTES

Mar 10th, 2026

7:00p.m.

221 Main Street, Nerstrand

1. Call to Order/Pledge Allegiance
2. Roll Call: John Harris, Todd Evavold, Kalra Ingersoll, Betty Voge and Pam Caron
3. Approval of Last Month's Agenda

A motion was made by Pam and seconded by Karla and all voted to approve.

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.)

- Regular Meeting Minutes of Feb 10th 2026
 - Payment of Claims
5. Clerk's Report
- Two water shut offs were sent to Public Works. One past due account. One notification for shutoff.
 - Unemployment audit is complete
 - Snow Removal Contract for bid discussion. Planning to post in May and review at the June meeting.
 - What is the topic for this month's work session? Ordinance, Salary, Budget

6. New Business

A. Rice County Commissioner- Flavored Tobacco Ban Discussion

Jim Purfeest attends the meeting to discuss the County's move to ban flavored tobacco products. The county over sees 6 properties, and they are trying to align themselves with the Mn Dept of Health's recommendations on this topic. It is believed that the flavored tobacco is enticing to youth. And if the youth are able to start they will become lifelong customers. It was a choice made to protect the youth.

B. Summary of Ordinances- John Harris

John presented on the Evolution of AI. He has created an AI to help the city create summaries of our ordinances that can be then printed in the paper. Which is the next step for the ordinance's after the public hearing. John

had asked if the council can make a decision on using AI for this summary. The issue was tabled. The council would like to inquire more information from the League of Mn cities on its use.

C. Book Mobile- John Harris

John recently had the opportunity to experience the Book Mobile from the Northfield Library and inquired on what would need to be done for them to come to Nerstrand. The operator would just like permission to use City property to park. A motion was made by Karla and seconded by Betty and all voted to approve the Book Mobile parking on city property for residents to use.

- Generator Quote-(Steve)

We were looking at having to replace the whole unit. Jacob was able to find information on the unit and from this they were able to find exactly what was wrong and we went from an almost \$7000 replacement to about a \$150 dollar repair.

- Activate Rural Learning Lab

Is a grant that the city of Nerstrand has applied for to help with the reconstruction of the second floor. During the application process it was identified that a resolution was needed. This resolution is in regards to the completion\repair of the second floor of City Hall.

- Resolution to complete 2nd Floor of City Hall

A motion was made by Betty and seconded by Pam and all voted to approve.

- Annual Report from Fire Dept

The Council would like to thank the Fire Department for such a well put together Annual report. The hard work and dedication is noted and appreciated.

- Street Maint- The Mayor has requested the council members to look at Cherry St and consider it for repair.

7. Old Business

- Doors for City Hall- Quotes came in higher than expected. The plan is going to shift from replacement to repairing the doors. One more quote is needed and this is something they intend to have complete by winter next year.

• Discussion regarding cannabis ordinance- A public hearing was held prior to council on this day. The new ordinance was presented to the public. This allowed the council to con-

duct an individual vote to adopt the new ordinance and the summary posted in regards to the ordinance. Council members each voted in favor of the adoption of the new ordinance.

- Resolution for Special Event Application- A resolution was needed to adopt the Special Event Application form. A motion was made by Betty and seconded by Pam and all approved.

- Discussion regarding liquor ordinance and permitting- This ordinance was also presented to the public during the public hearing. There are considerable changes that were made to this existing ordinance. Each council had to individually vote for updates to this ordinance and the summary that would be shared, and all voted to approve.

- Resolution for Application- A resolution was needed to adopt the application form that would be used. A motion was made by Betty and seconded by Pam and all approved (All our ordinance information is available on our website www.nerstrand.org and the application that pertain to them.)

- Fee Schedule for ordinance changes

A motion to table this was made by John and seconded by Pam and all voted to approve.

8. Reports of Officers

- Public Works Director- Waste Water is working with Verizon in updating it's cellular device for the alarm system. City hall's heat tape failed, and the water backed up in the building. The current heat tape is not long enough and the waste water gets frozen. Todd is going to inquire if there is any longer options. We did have a water leak at an un-

inhabited home. The Chlorine scales retention is being built.

- Mayor
- Fire Department – Joe Johnson
- A resolution accepting the donation from Gemini, Inc a motion was made by Karla and seconded by Pam and all voted to approve.
- Council Members
- Ordinance Committee-Update Provided by Karla

• Zoning Committee-Meeting Minutes Provided by Lu- no meeting. Lu presented to council on how to handle a zoning issue that has been brought to their attention but not yet filed the official paperwork. A resident wants to place a fence on the property line and not as the ordinance states. Council said they would have to have the resident apply for a variance to grant this.

9. Other Business- Joe Amy from Parkside Gas Station asked the council for a motion to pre-approve Parkside for liquor if all conditions for the state and local government were approved. The motion was made by John and seconded by Betty but following voting Pam, Betty and John voted in favor and Todd and Karla voted Nay.

In addition, to this request Joe Amy wanted approval for Sunday alcohol sales. Nerstrand new alcohol ordinance did not include Sunday sales. Council advise they would look into this further.

10. Adjourn

A motion was made by John and seconded by Pam and all voted to approve.

Next City Council Meeting is scheduled for April 14th, at Nerstrand City Hall.

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The county's State Aid Highways and county roadways remain subject to permanent maximum allowed axle weight restrictions. A permanent maximum allowed axle weight restriction map is posted on the Highway department page of the Rice County website at <https://bit.ly/RiceCo-MaxAxleWeight2026>.

Save the date!



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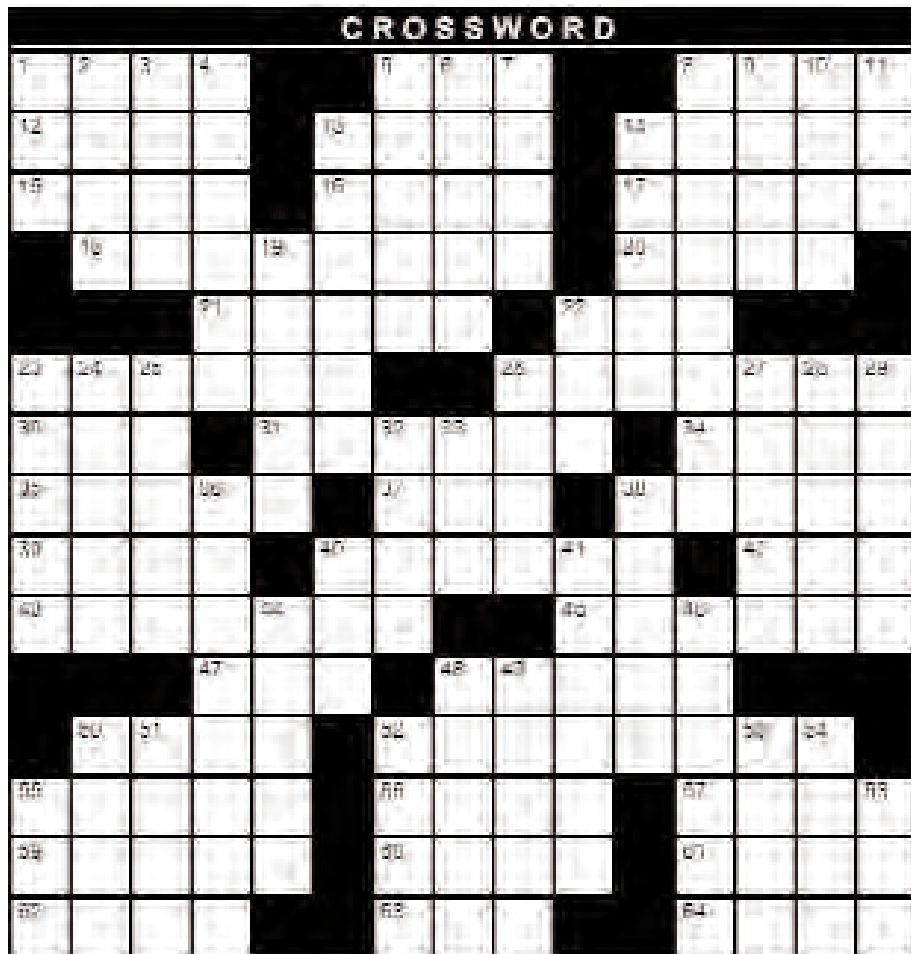
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8. Aquarium dweller
12. Sandwich shop
13. Half human, half cobra in Hinduism
14. Blatant
15. Don't go
16. *Tony Stark, a.k.a. ____ Man
17. High-quality black tea
18. *Leader of Guardians of the Galaxy
20. Research facil.
21. Words to live by
22. Leo month
23. ____ Tree National Park
26. Period between linked activities (2 words)
30. Not safe in baseball
31. Drunk's speech?
34. Sitar music
35. Doughy snack of Jewish origin
37. Rage
38. Seize a throne
39. Common hosiery shade
40. Nom de guerre
42. "Wow!"
43. What emergency workers do
45. Choice word
47. Young newt
48. Passport stamps
50. Vomit
52. *Doctor Doom's frequent ally (2 words)
55. Deserved consequence
56. One of Great Lakes
57. Iranian money
59. Like Vitruvian Man, e.g.
60. Prima donnas' problems
61. Author Murdoch
62. Like Regina George
63. "____ My People Go"
64. *Sandman can transform his body into this

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.



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