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Volume 20 • Issue 7

Dundas Advances Growth with Infrastructure Upgrades, New Public Works Leadership, and Commercial Development Plans

Courtesy of KYMN Radio News

A series of public works upgrades and emerging commercial development projects are signaling continued growth and investment in the City of Dundas, according to City Administrator Jenelle Teppen.

At a recent city council meeting, officials appointed Aaron Little as Dundas' new public works director, marking what Teppen described as a "new era" for the department following the retirement of longtime director Duane Meliza after more than 40 years of service. Little, who had been preparing for the role in recent years, is expected to bring fresh ideas while continuing to modernize operations through new technology and updated processes.

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Announcements

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

Do you have an announcement?

Email:

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Glenn Switzer Announces He Will Not Seek Re-election as Mayor of Dundas

Courtesy of KYMN Radio News

In an emotional announcement last week, Glenn Switzer, who has led Dundas as mayor for more than two decades announced that he

will not seek re-election in November.

Switzer made the announcement during a radio interview alongside Dundas City Administrator Jenelle Teppen, bringing to a close a remarkable chapter in the city's history. While visibly reflective about the decision, Switzer said the timing felt right as Dundas enters a period of stability and growth.

"Twenty-three years ago, I made the decision because Dundas was at a crossroads," Switzer said. "I felt like I had something to offer the community."

First elected in 2002 and serving all but a two-year interruption since then, Switzer has spent more than a third of his life helping guide the city through significant change.

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Mayor Glenn Switzer

photo courtesy of KYMN Radio News

The Old Country Boys and Shane Martin to Headline Dennison Days August 7 & 8, 2026



Summer festival season is in full swing as area communities continue to celebrate their summer events and festivals.

Dennison Days takes place this year Friday and Saturday, August 7 & 8, 2026.

(continued on page 8)

51st Annual Rice County Steam and Gas Tractor Show September 4-6, 2026



file photo

place on the grounds and additional exhibits are many, including antique tractors, classic cars and trucks along with draft horses.

Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, September 4, 5 & 6.

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn shelling, thrashing, blacksmithing, and more. The annual flea market will take

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Schilling Drive Between Hester and Menards Closing for Repairs August 3

Courtesy of City of Dundas

Schilling Drive between Hester St and the Menards parking lot will close beginning Monday, August 3 for repairs to the sanitary sewer and for road resurfacing.

A gravel access road will be built off the south side of the Menards parking lot to East Street (County Road 20). Menards will pave that access and make it a permanent secondary access to their store.

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Difficulties of the Secret Place: Depression



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

Sun sets which mirrors the haunt
Heavy eyes fall and lay on cloud
Thunder roars to lock His sound

I eat some Bread
Ticks later
I sleep

Bricks on chest, awakens me
I curl, toss, and turn
Midnight dark, please let me be
I don't count sheep, I slowly eat the Lamb
Clocks deferred
I slumber again

No need for a beep, I awaken with choked thought
Coal trains of cycling want to keep me bought

Toes on cold, but I am told
Renew, so that is what I do
I'm better

Noonday starts to set
And wrestling matches begin
With me, with them, with the opposite of Him

Up and down and all around
But We eventually win

I breathe
With braids of blue hopefulness

Sun sets with familiar downturn
I cave and start it all again

No comment, just know
Some of the most bright eyed
Stumble, coil, and hide as they lay on their side

Don't worry though, not all days are like this
Just some
And today was one

The last few months we have been talking
about the Secret Place and more recently the

difficulties of it.

The Secret Place is partially your one-on-one time with Jesus, with your Bible and perhaps journal out, and at a much deeper level, it is a life that remains in the hiddenness of the Lord. It means you dwell, abide, and stay in all of Jesus's promises, truths, direction, and love for you—no matter what. You talk to Him at your inner core, and you do not stop. The Secret Place is by far the best place to enter and live, however, various struggles, distractions, and even depression can try and keep you locked out from it.

Depression could be holding you back from the Secret Place. No one really understands that dark pit unless they have gone through it. It's like this black cloud that creeps in or can suddenly appear. Sometimes the darkness is pressed upon the chest, or it's just all around. However it comes, it's not fun. Often isolation can descend and feelings of loneliness and being stuck can arise. It is easy to just go to bed, curl up in the corner, and even feed the torment. However, if you can fight through the part of depression that wants to keep you from talking and sitting with the Lord, the darkness can lift.

When I say "sit" with the Lord, in this context, what I mean is a person wants to spend time with Jesus in the midst of the internal anguish. We are to share our cries, screams, fears, and whatever else we are going through with Jesus. I know you may think, I don't want to spend time with Him when I feel that way, or The pain is too deep. I don't want to think or talk about it. I hear you, but if you can move past those thoughts and spend time with Jesus, I am fully convinced that He will help you.

When I get hit with depression (yes, I get hit), I go to the Lord. Sometimes I am spiritually crawling as I lean into Jesus, but I get there. I often can't pray in my head at this time; it is too hard to focus, so I will type or journal my prayers. Sometimes the prayers are just a word or two. If I write my prayers, even the words on the pages look weary as I at times drag the letters, words, and sentences down as I share my heart to the Lord. At times, I will draw my feelings to the Lord and it brings such healing. Poetry, as just shown, helps me process too.

Sometimes I can't even journal or draw. In those cases, I cry to the Lord and read Psalm 91 out loud.

(continued on page 3)

Area Church Directory

The Fragility of the Powerful

No sooner are [rulers] planted . . . no sooner do they take root . . . than he blows on them and they wither, and a whirlwind sweeps them away like chaff. — Isaiah 40:24

The powerful people of this world tend to think they are strong and mighty, but they are fragile. They think they have the control of history in their hands, but they do not. Their stability is provisional. Their strength is temporary. Their wealth is volatile.

Their fragility contrasts with the omnipotence of God. Their instability contrasts with the eternity of God. Political rulers are fragile and temporary, but God is all-powerful and permanent. Scripture says people "are like a breath; their days are like a fleeting shadow" (Psalm 144:4), but God is unshakably the same "from everlasting to everlasting" (Psalm 90:2).

God controls the nations. He raises up kingdoms and overthrows them. He gives politicians and other leaders positions of power and takes them down. Compared to the Lord, rulers on the earth are barely planted and rooted before they wither. All it takes is a breath from the Almighty to blow them away like chaff.

Rulers who try to defy God do not prevail. The arrogant may try to stand against the righteous God, but they will only be swept away.

Put your trust in God, our only true refuge and strength!
Almighty God, teach us not to trust in fragile human power but in your eternal strength. Humble the proud and uphold the faithful, we pray, in Jesus' name. Amen.

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YTH Wednesdays at 6:00p.m. Canvas Recovery Group meets Thursdays at 6:30p.m.

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E., Dundas, MN

Pastor **Penny Bonsell** • pastor@littleprairieumc.org

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

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Pastor **Danny Lewis** • **645-7730** life21church.com

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Difficulties of the Secret Place: Depression

(continued from page 2)

Regardless of how thick the depression is, I make myself read that Psalm and the depression lifts every time. After I pray, draw, journal, and/or cry to Jesus, as well as read Psalm 91, I feel better. I am filled with the Lord's validation, direction, peace, and love.

Sometimes it takes a while to come up and out, but Jesus and I eventually get there.

Solution:

- Don't let the depression keep you from the Lord. Go to Him, even if all you can get out is the name Jesus.

- Put worship music on.
- Read Psalm 91 out loud.
- Understand that the depression could be spiritual warfare. Put on the armor of God as mentioned in March's article.

- Pour your heart to the Lord by the means of crying out to Him, praying, journaling, and/or doing art. Perhaps it's even writing a song, poem, or another form of expressing your feelings to Him. Let Him love you back.

- Text a friend or someone else to pray for you. If you do not know anyone who can pray for you (yet), know Jesus is praying for you (Hebrews 7:25). Jesus, if there is someone reading this and they do not know of anyone who would come alongside of them and pray with them, please send a Christian friend their

way. Yes and amen.

- Try to get outside. Breathe in some fresh air from God's creation.

- Do self-care of some kind. This could be a bubble bath, going fishing, or getting yourself a special treat.

- Take five deep breaths and exhale. Be ever so kind and gentle to yourself as you do this.

- Know it will pass; it will not stay this heavy forever (Psalm 126 and 1 Kings 19:4-8).

If you struggle with depression, you are not alone. Do not let it keep you from the Secret Place. Go share to the Lord your heart. You are seen, you are loved, and you are going to make it.

Your friend, Ashley

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Farm Girl Chatter Hayfields, Lake Days, and 250 Years of America

By McKell Lemmerman

There comes a point every summer when farmers start dreaming about two things: rain for the crops and a cold drink at the lake. Unfortunately, those two things rarely seem to happen on the same day.

Hay season is in full swing, and there is something special about the smell of fresh-cut hay drifting across the countryside. It is one of those scents that instantly says "summer."

Unless, of course, you are on your tenth load of the day, covered in dust, sweat, and wondering why every field suddenly looks twice as big as it did yesterday.

The days start early and end late. Tractors hum across the fields, wagons fill up, and weather apps get checked more often than the mail. Nothing gets a farmer moving faster than seeing a rain cloud pop up on the radar when there are still ten acres laying on the ground.

By the time the last bale is stacked, the only thing greener than the hayfield is the thought of heading to the cabin. There is something magical about trading the tractor seat for a pontoon seat. The sound of machinery is replaced by loons calling across the lake, and instead of watching weather forecasts for hay, we're checking them to see if it's warm enough to jump off the dock.

This summer feels a little more special as America celebrates its 250th anniversary. For generations, farming families have helped build this country through hard work, perseverance, and commitment to the land. While



fireworks and celebrations mark the occasion, many farmers will be celebrating in their own way—finishing chores, making hay, and gathering with family and friends at the lake after a long day's work.

Of course, no farmer truly takes a vacation. Somewhere between fishing, swimming, and enjoying a sunset, someone is always looking at the future radar for the next projects to do when they arrive home.

Still, those lake days remind us why we work so hard. The smell of fresh-cut hay, the satisfaction of a field baled before the rain, and a weekend spent at the cabin with family and friends are some of the best parts of summer. It's all about balance—working hard enough to appreciate the break and relaxing just enough to be ready to do it all again next week.

As we celebrate 250 years of America, here's to the farmers who keep it running, the families who keep us grounded, the troops who made the sacrifice, and the lake days that remind us to slow down and enjoy what we have. Because even the hardest-working

farmers need a day to smell something besides diesel fuel and dust.



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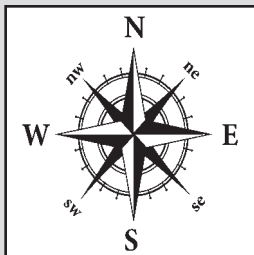
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Changes in Latitudes, Changes in Attitudes

June Vacation



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.

June is a time lots of people take vacations. I came back to Minnesota early this spring on business and planned on heading right back to Tennessee to relax a bit longer. Right back turned into eleven weeks. So, a few days into June I was heading south again.

A lot had changed. The winter wheat harvest was complete and the corn crop had tasseled, silked and was way over my head. I fertilized the lawn before I left. The June rains had made use of the nitrogen in the fertilizer and my neighbor John had been mowing the grass almost weekly. I had to weed whip the dog run to knock back 2' of Switchgrass before letting the dogs in. They found an Armadillo carcass in the yard so they were entertained. I was standing in sandals cutting grass so the dogs wouldn't find any snakes. I figured I would shred a copperhead with the weed whacker before he could strike me.

Not having to deal with farm chores allows me to sleep late every morning. I kind of like it. I had a number of small projects to do around the cabin. Enough to stay busy but not get exhausted. We planned to spend the nice days on the river and rest up on the other



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ones.

Sundays are the same routine. Go to church and stop for groceries at the Piggly Wiggly on the way home. The first week was VBS at Big Rock Baptist Church. They had the assembly hall decorated with lights and posters, the staff had matching t-shirts and there were three inflatable bounce houses outside for the Sunday night kick-off. The kids got up and sang while dancing to songs, VBS is a big exciting thing in Tennessee. They had a record of over 160 attend the Wednesday evening session this year. Church is never boring in Tennessee.

I went in to the Sirloin Stockade one evening for steak. Not much beats a buffet with ribeye. The nice kids working the counter gave me the senior discount without even asking. One great thing about the youth in Tennessee, is how friendly and helpful they are. Everyone is "ma'am" or "sir" and they will take time to stop to carry on a pleasant conversation with anyone.

In the evening I sit on the porch and watch the sun set in the western sky, with a dog on each side of me. I look out over the trees to the Tennessee River and soak in the beauty.

The crescent moon is hanging in the horizon with three planets lined up. They say they are Venus, Jupiter and Mercury. I see fireflies rising into the night sky like sparks from a camp fire. I doze off and the dogs are sound asleep on the cushion beside me.

I think about coming through Tennessee as a child in the mid 1960's with my parents. Never dreamed I would live down here someday. I remembered the Appalachian Mountains, Civil War battle sites, stories about Daniel Boone, and other explorers who lived down here two centuries ago. Wondered about how rugged the wilderness was back then. Imagined what the Cherokee, Chickasaw and Shawnee Indians life was like in those days.

It is summer in Tennessee, every day hit 85 degrees. Air conditioning is a wonderful thing. Had to be unbearable in a teepee or a log cabin in the old days. But I enjoy it now. And being in the boat on the river on a hot day is much more bearable than almost anywhere else. The cool river breeze and a Bimini boat top make it a perfect day. As I head back, I experience the one certain shock. Gas was \$3.35 when we left Tennessee, \$3.85 back here in Minnesota.

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A Minnesotan: Hotdish



By RosaLin Alcoser

If I had to name one food that is distinctly Minnesotan I would say Hotdish. Then I would probably go on to explain that it's usually meat, with canned or frozen vegetables, combined with a can of soup and often topped with some sort of potato—the one I've seen the most is tater-tots. Now depending on your region of Minnesota is the real determiner of the salt and pepper ratio in the dish. However, that is really

what makes up the dish.

The most common one I've had is the tater-tot hotdish, but I do know that there are other kinds of hotdish.

After all there must be since there are competitions on who makes the best hotdish.

My family never makes hotdishes. No, for us is something that we only had if someone else had made it and it was at church. Since we are Minnesota transplants we did not make hotdish nor had we heard about it until we moved here. However, my husband is a born and raised true Minnesotan. He and his family are Minnesotans who make and consume hotdish.

In fact my husband loves hotdish to the point that he desperately wants to go to Oronoco to get a flight of hotdish. When I told him that I had seen it on a menu while there without him two years ago he wanted to have a flight of four types of hotdish desperately. The only problem is every time he's been down in the area since it's been a Monday and they've been closed. At some point we will be there when it's open and hopefully it's still on the menu.

Dundas Advances Growth with Infrastructure Upgrades, New Public Works Leadership, and Commercial Development Plans

(continued from page 1)

Beyond staffing changes, the city is advancing several infrastructure improvements typical of the busy summer construction season. Road maintenance is underway, including spray patching in targeted areas to preserve street conditions. Sanitary sewer cleaning will continue throughout the summer on a rolling basis, while a major repair project on Schilling Drive is expected to temporarily close a portion of the roadway for up to two weeks in August. The project includes sewer repairs and repaving, along with the creation of improved access to the nearby Menards store.

Sidewalk repairs are also expanding under a newer city policy that shifts responsibility for maintenance away from property owners and onto the municipality. Crews have begun work downtown, with plans to address additional neighborhoods in future years.

Meanwhile, work continues on the highly anticipated Dundas Commons commercial development. The city council approved the final plat for the five-lot project located on the north side of County Road 1 near Highway 3. Demolition of the existing Johnson-Ryland building is expected soon, making way for new commercial construction. While interest from potential businesses has been reported, Teppen noted that no formal development applications have been submitted yet. The project also includes ongoing coordination with the City of Northfield on stormwater infrastructure.

Additional investments include new playground equipment planned for Tower Park in the Bridgewater Heights neighborhood, with installation anticipated later this year.

Taken together, these efforts reflect steady growth in Dundas, as city leaders balance infrastructure upkeep with new opportunities for commercial expansion.

E-mail your engagement, marriage or birth announcement to the Dundas Messenger

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Happening This Month ~

Saturday, July 25 from 9am-1pm
55 vendors

Seventeen farms will be represented at this market. At this time of year we will be seeing produce like beans, peas, strawberries, kohlrabi, beets, cucumbers, peppers, and potatoes. Don't forget your meat and eggs, too!

We'll have live music from 9-11am by The Bobby and Christine Alliance! Bobby & Christine play tunes we are all familiar with, can sing along with, or even dance to, including popular songs from the 50's, 60's, and 70's.

Singer/songwriter Andrew Spreck will play from 11am-1pm and will dig deep into classic rock, blues, soul, Americana, and folk to deliver a lively, inspiring performance every time out.

A special thank you to the Master Gardeners of Rice County for volunteering to host the kids' POP Club booth!

Farm to Families Fundraiser
You're invited!
Tuesday, July 28 from 6:30-9pm
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MDA to Gather Input on Socioeconomic Impact of Large-scale Dairies in Minnesota

Information will be compiled into a report ahead of the legislative session

The Minnesota Department of Agriculture (MDA) today announced it will gather public input on the socioeconomic impact of large-scale dairies in the state. Information will be gathered through two virtual meetings and an online form (www.mda.state.mn.us/dairyinput).

The MDA is soliciting input after the Minnesota Pollution Control Agency (MPCA) announced they will not require an Environmental Impact Study (EIS) for Riverview LLP's proposed expansion of its existing

West River Dairy facility near Morris, Minn. By law, the MPCA must base their decision on environmental factors; however, the state agency received many comments through their public process on the social and economic impact of larger dairies (approximately 10,000 or more cows).

The online public meetings will take place Tuesday, July 28. Registration is required. Citizens are also encouraged to provide comments through an online form. Equal weight will be given to comments submitted online or during the two meetings. Comments will be accepted from July 28 to October 1 at 5 p.m.

Any information presented to the MDA should focus on economic opportunities or challenges, community dynamics, quality of

life, and other social and economic topics impacting communities around the state. Environmental impacts will not be considered in this process since that subject is under the jurisdiction of the MPCA. A summary of the MDA findings will be shared with lawmakers ahead of the 2027 legislative session.

Virtual Meetings

Tuesday, July 28, noon – 1 p.m. Register online.

Tuesday, July 28, 7:30-8:30 p.m. Register online.

The Minnesota Department of Agriculture's mission is to enhance all Minnesotans' quality of life by equitably ensuring the integrity of our food supply, the health of our environment, and the strength and resilience of our agricultural economy.

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The Old Country Boys and Shane Martin to Headline Dennison Days August 7 & 8, 2026

(continued from page 1)



turns along with The Classic Car Show and Kids Pedal Pull. The Truck and Tractor Pull, Parade, Bingo and more are part of the days line up. Music from Shane Martin will return this year to wrap up the days events Saturday Night!

The full schedule is on page 9 and also posted at www.dennisondays.org.

DO YOU HAVE AN ANNOUNCEMENT?

Email: hometownmessenger@gmail.com



There is a great line up of music this year, including Friday Nights Headliner, THE OLD COUNTRY BOYS. Friday evening events will also include The Biggest Dip Contest, a Pie Eating Contest, and more, Hosted by Cattlemens Saloon and The Lions.

Kicking off the days will be the annual pancake breakfast, hosted by the Nerstrand Fire Department and Dennison Church along with the medallion hunt. The Farmers Market re-

DENNISON DAYS



All You Can Eat Pancake Breakfast Saturday, August 8 from 8-11 AM

Includes Pancakes, Eggs, Sausage, Coffee, Juice, Milk

\$12 for Adults, \$5 for Kids 12 & Under, 3 & Under FREE

Under Mainstreet tent

Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church

1st Prize \$500!

LIONS INTERNATIONAL

Proceeds Benefit Local Lions Club Activities!

DENNISON DAYS

RAFFLE

SATURDAY, AUGUST 8, 2026

Buy a Raffle Ticket from any Lions Member, Cattlemen's Saloon, Fireside Lounge, Dennison Depot Gas Station, or Heritage Bank in Dennison for \$5.00 for your chance to win!

Grand Prize \$500.00 Cash!

2nd Prize - \$250 Cash • 3rd Prize - \$100 Cash

Plus Many Additional Prizes from Local Area Businesses

Raffle Drawing held at 10p.m. at the Fireside Lounge. Need not be present to win. Winner is responsible for any taxes or fees. Complete list of additional prizes available upon request. SPONSORED BY DENNISON LIONS CLUB CHARITABLE GAMBLING PERMIT #2762. MUST BE 18 YEARS OF AGE AND OLDER.

LIONS INTERNATIONAL

DENNISON DAYS

...EUCHRE... TOURNAMENT

Saturday, August 8, 2026

8:30 a.m.

at Fireside on the Patio

Bring partner if possible, not required.

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\$2000 Team Entry

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DENNISON DAYS



August 7 & 8, 2026

RAIN OR
SHINE

SATURDAY
FOOD STANDS
OPEN AT 11AM!



All You Can Eat PANCAKE BREAKFAST

Includes Pancakes, Eggs, Sausage & Beverages

SATURDAY, AUGUST 8
8:00 AM to 11:00 AM



SATURDAY, AUGUST 8 CLASSIC CAR SHOW

8:00 AM

Trophies at 1:00PM
TRUCK & TRACTOR PULL
10:00 AM

SATURDAY, AUGUST 8 KIDS PEDAL TRACTOR PULL

10:00 AM

BE IN THE PARADE

SATURDAY at 1:30 PM!

A Kiddie Parade
Leads Off Main Parade
(Ages 12 & under)

Sign up at 12:00 p.m.
South Main Street

\$300.00 Prize
for Best Parade Entry!

Call 507-645-9992

Dennison Lions Club DENNISON DAYS RAFFLE

1st Prize: \$500 Cash
2nd Prize: \$200 Cash
3rd Prize: \$100 Cash
4th Prize: \$50 Cash

**Drawing held at 10:00p.m. at the
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Need not be present to win.
Winner is responsible for any taxes or fees.
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Pie Eating
Contest**
Cash Prizes!

Sign up at Cattlemen's Saloon

LIVE MUSIC

BOB Welcomes

**Old Country
Boys**
7-11PM

Presented by Cattlemen's Saloon,
Fireside Lounge,
Sapphire Cocktail Lounge



SATURDAY, AUGUST 8

PROBUILT BOB TOTAL COUNTRY

Welcomes

Shane Martin
7:00PM

Presented by Cattlemen's Saloon, Fireside Lounge, Sapphire Cocktail Lounge



Saturday Schedule of Events

- 8-11a.m. **All You Can Eat Pancake Breakfast** Under Mainstreet tent
Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church. \$12 for adults,
\$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk
- 8a.m. **Farmers Market Downtown**
Citywide Garage Sales
Classic Car Show on Mainstreet Presented by Clutchmen Car Club. Registration \$10.
Trophies at 1p.m. Contact Jason Aldorfer 612-203-4172
- 8:30a.m. **Euchre at Fireside Lounge** For information, contact Jen Eggum 507-649-0602
- 9:00a.m. **Scavenger Hunt - \$100 Cash Prize!** Meet and sign up at the tent. Hunt will begin at 9am.
- 10a.m. **Truck & Tractor Pull on the Hill** For more information contact Dave Remme 507-649-0710
Kids Pedal Tractor Pull on Mainstreet (At Mainstreet Intersection) Sign up begins at 9:30a.m.
- 11a.m. **Food Stands Open**
- Noon **Kids Bingo** Under the tent. Presented by Dennison Lions. Ages 3-11
Costume Kickball Tournament Hosted by Cattlemen's Saloon. Sign up at Cattlemen's Saloon
- 1:00p.m. **Car Show Trophies Awarded**
- 1-3p.m. **Kids Carnival**
- 1:30p.m. **Parade Downtown - A Kiddie Parade Leads Off Main Parade** (Ages 12 & Under)
\$300.00 Prize for Best Parade Entry! Sign up at Noon. South Mainstreet. Call 507-645-9992
- 2:30p.m. **Cattlemen's Saloon Bags Tournament - Prizes for 1st, 2nd & 3rd Place!**
Sign up at Cattlemen's or call 507-782-9061
- 4:00p.m. **Power Tool, Gift Card & Purse Bingo** Presented by Dennison Lions & Fireside Lounge
- 6:30p.m. **Keg Toss - 100% Payout! \$5/throw** Across from Fireside Lounge
- 7:00p.m.-12a.m. **Live Music - Shane Martin** 18+ event. No Cover Charge. 21 to drink.
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September 4-6

(continued from page 1)

Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day.

Breakfast is served daily on the grounds as well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM.

There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.

General admission is just \$15 for the entire weekend and all events are free for ages 12 and under.

Celebrating 51 years of shows, the all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year.

Complete information and event listings are available on the group's Facebook page and website at ricecountysteamandgas.com



file photo

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* TRACTOR PULL - Sunday 9:00 am

* KIDS PEDAL PULL - Saturday 2:00 pm

* RAILROAD TRAIN RIDES - DAILY

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FRIDAY

1:00-4:00 pm Charlie Sticha Band

4:00-8:00 pm Old Country Boys

SATURDAY

10:00-Noon Square Dancers

1:00-4:00 pm Bent Highway Band

4:00-8:00 pm Dakota Ramblers Band

SUNDAY

8:00 am Non-Denominational Church Service

1:00-4:00 pm Czech Area Concertina Club

General Information Contacts:

Bill Becker 507-581-1225

Jeremy Sevcik 507-403-1614

Carmen Sevcik 507-649-0352

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INFORMATION ON OUR WEBSITE AND FACEBOOK:

ricecountysteamandgas.com

Rice County Steam & Gas Showgrounds * 11988 Faribault Blvd * Dundas, MN 55019

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WINDY WILLOW

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BEER GARDEN

@ Music Bldg.

Rethinking Wetland Improvements – How to Manage Wet Meadows Without Excavation



By Allison “Al” Henderson,
Resource Specialist, Rice Soil
& Water Conservation District

During the summer after heavy rains, you’ll find those grassy low spots filling with water. While they may not look like much, these seasonal pools are often the first open, green, and available habitat spaces to many migrating species, amphibians, and other local wildlife!

Wetlands come in many shapes and sizes, and certain wetland types can have a lot of variability depending on the time of year. When folks think about a wetland, they probably think of a marshy open water system with cattails and maybe some waterfowl! However, there are also wetland types that flood and retain surface water during the wet seasons or during heavy rain events and return back to a drier, grassy low spot after the weather starts to warm up.

Flooded farm field with green crops partially submerged in water. Trees line the background under an overcast sky, creating a calm mood.

These seasonally wet areas, also known as wet meadows, are just as important for the local flora and fauna as a semi to permanently saturated marshy wetland. When these seasonally flooded areas are undisturbed, they offer a unique environment to local wildlife that otherwise may not be thawed or greened up when they need water, food, and a safe resting area. Amphibians will use these pools as breeding habitats, and waterfowl and shorebirds use them for early migration resting spots and for food.

Under the Wetland Conservation Act (WCA), filling, draining, and excavating are regulated. All wetlands in Minnesota are protected under the WCA and cannot be filled or drained wholly or partially, and semi to permanently flooded wetlands are not permitted to be excavated. Under the WCA, some excavation is permitted for seasonally flooded basins, pending approval from WCA authority. Many folks believe that semi to permanent standing water means that the wetland is of quality, however that is a misconception. These seasonal, wet meadows are crucial to

local wildlife that rely on these intermittent pools for early spring life.

Before jumping to excavating these intermittently wet, low spots, consider management of the basin as it is! Because these low spots dry up for the summer season, a lot of these areas have been manipulated, farmed through, or left unmanaged. Due to the manipulation, these wet meadows tend to be covered in a monoculture of Reed canary grass (RCG) and other invasive species. RCG is a very common and fast-growing cool-season grass species found in low spots, wet ditches, and even in some upland areas, and it can be challenging to remove.

Reed canary grass growing in a field under a clear blue sky, with a distant farmhouse and trees on the horizon. Peaceful rural landscape.

Managing for RCG, then replacing it with competing native species, is an effective way to make these wet meadow habitats into a productive system for the local wildlife. Reed canary grass can be treated with herbicide, burning, and mowing but there are factors to be mindful of. Mowing can be an effective start to management by cutting back dense patches of RCG that take growing space and sunshine away from other plants. Mowing will also stress the RCG, causing the plant to struggle to spread as quickly and densely. It is important to note that with mowing, you should not be mowing any RCG that has seed heads as that could result in more aggressive spreading. Burning is another extremely effective way to manage RCG. Much like with mowing, burning removes biomass, stresses RCG, and allows for an increase in light penetration for other species in the seed bank to grow. Once the excess biomass is eliminated via mowing and/or burning, herbicide is great for managing resprouts and to stunt growth to allow other species an opportunity to grow past the RCG. When using herbicide, it is crucial to read the labels to guarantee proper application and to ensure that the herbicide is safe for aquatic ecosystems.

Lush green meadow with dense grasses and white wildflowers. Forested horizon under an overcast sky, creating a serene, natural scene.

After the RCG has taken a hit, that is the time to seed and plant native grasses and forbs (flowers)! Certain species are better in wetter soil types than others, so when picking species, be mindful of the options available. Some potential native, cool-season grasses to select would be Canada Wild Rye, Wheatgrass, and Carex (sedge) species. Wet meadows are also home to many forb species. Planting wet-tolerant native flowers will boost the system with pollinators, insects, and songbirds. Examples of beneficial forb species for a wet meadow would be Joe-Pye weed, Swamp Milkweed, Blue Vervain, Mountain Mint, and many more. When looking for a seed mix to grow in wet meadows, many seed vendors carry mixes catered towards specific landscape types. Another great resource is the native seed mix lists from the Board of Water and Soil Resources (BWSR). They have a whole space on their site dedicated to offering native seed mix suggestions for countless ecosystems and landscape types – just look up BWSR Native Seed Mixes at <https://bwsr.state.mn.us/seed-mixes>, select your region (South & West OR Statewide for Rice County), and select what best represents



A wet meadow in a Rice County farm field that is seasonally flooded.

the area you are looking to seed. Under the right care, the grassy low spots covered in RCG may transform into a beautiful, safe haven for so many local wildlife!



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4 Holistic Health Tips Worth Bringing Into Your Life!



By Shauna Burshem, D.C.

I have been around the wellness world long enough to remember when "holistic health" sounded like something only the granola crowd talked about. These days? It is everywhere, and honestly, I love that! We have circled back to ideas our grandparents seemed to know instinctively, only now we have the

science to back them up. Below are four tips I keep coming back to, both for myself and for the patients and friends I care about. Pull up a chair. Let's talk health like the fellow enthusiasts we are.

Start From the Inside Out: Your Gut Knows More Than You Think

I'll be honest with you. For years, I treated my stomach like an afterthought, something that only mattered when it growled or grumbled. Then I started paying attention, and what a difference it made. Your gut is often called your "second brain," and there's real truth to that. Trillions of tiny bacteria live in your digestive system, and they influence everything from your mood to your immune system to how much energy you have to get through the day.

The good news is that supporting your gut doesn't require anything fancy. Start by adding more fiber-rich, whole foods to your plate. Think leafy greens, beans, oats, and colorful vegetables. Fermented foods like yogurt, kimchi, and sauerkraut bring in beneficial bacteria that help keep everything balanced. I like to tell people that every meal is a chance to either feed the good bacteria or starve them. Small, consistent choices add up faster than you'd expect.

Here's the part that ties beautifully into chi-

ropractic and whole-body wellness: when your gut is happy, your whole system tends to follow. Many people notice less inflammation, steadier energy, and even better sleep once they clean up their gut health. It is all connected, and your body works best when each piece is supported. So if you've been ignoring your digestion, consider this your gentle nudge to start listening.

Make Peace With Your Nervous System

This one is close to my heart. So many of us walk around in a constant state of low-grade stress, and we barely notice it anymore. Tight shoulders, shallow breathing, a racing mind at bedtime. Sound familiar? Your nervous system is running the show behind the scenes, and when it's stuck in "fight or flight" mode, your whole body pays the price.

The beautiful thing is that you have more control over this than you realize. Simple practices can shift your body out of stress mode and into rest-and-repair mode. Try slow, deep breathing where your exhale is longer than your inhale. Even a few minutes can calm a frazzled mind. A short walk outdoors, a warm bath, or simply unplugging from your phone for an hour can work wonders too. These aren't luxuries. They're maintenance for the system that controls everything.

This is also where chiropractic care fits in so naturally. Your spine houses and protects your nervous system, and gentle, personalized adjustments can help your body communicate more clearly with itself. I've watched patients soften and exhale right there on the table, like their bodies finally

got permission to relax. When your nervous system feels safe, healing happens. It's not magic, it's just how we're built.

Treat Sleep Like the Foundation It Truly Is

I remember a time when running on little sleep felt like a badge of honor. We bragged about it. What a mistake that was. Sleep isn't downtime, it's when your body does its most important repair work. Muscles recover, your brain clears out the day's clutter, and your nervous system resets. Skimp on it, and you feel the effects in everything from your mood to your aches and pains.

If your sleep has been rough, start with the basics. Keep a consistent bedtime, even on weekends, so your body knows what to expect. Dim the lights in the evening and put the screens away at least an hour before bed. Your bedroom should be cool, dark, and quiet, almost like a little cave built for rest. These changes sound simple, and they are, but they make a genuine difference over time.

I'd also encourage you to think about how you sleep, not just how long. The right pillow and a supportive mattress matter more than most people realize, especially if you wake up stiff or sore. Poor sleeping posture can pull your spine out of alignment night after night. If you're waking up hurting, that's worth a conversation with your chiropractor. Good sleep and a healthy spine go hand in hand, and addressing both can change how you feel from the moment you open your eyes.

Keep Moving, Because Motion Is Medicine

Here's something I say all the time: your body was made to move. We've engineered so much movement out of modern life, sitting at desks, scrolling on couches, driving everywhere. And our bodies feel it. Stiffness, weakness, and nagging pain often trace back to one simple culprit, which is that we just aren't moving enough or in enough variety.

The fix doesn't mean you need to become a marathon runner overnight. In fact, I'd argue that gentle, consistent mobility work beats the occasional intense workout for most people. Stretch in the morning. Take walking breaks during your workday.

Try yoga, swimming, or simply playing with your kids on the floor. The goal is to move your joints through their full range often, because joints that don't move tend to get stuck, and stuck joints lead to discomfort down the road.

This is where I get a little passionate, so bear with me.

When your joints move well, your whole body functions better.

Chiropractic adjustments can help restore motion to areas that have become fixated, and pairing that care with daily movement gives you the best of both worlds. Think of it as a partnership between you and your body. You keep things moving, your chiropractor helps keep things aligned, and together you build a body that feels good for years to come.

None of these tips require a complete life overhaul. That's the beauty of holistic health, it's the small, steady choices that build into something powerful. Pick one to start with this week. Your body has been waiting for you to pay attention, and trust me, it'll thank you for it.

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



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Wed, July 22 Fri, July 24 Sun, July 26 Fri, July 31 Sat, Aug 1 Sun, Aug 2 Sat, Aug 8 Sun, Aug 9 Fri, Aug 14 Sat, Aug 15	St. Boni Saints @ New Ulm Brewers # Prior Lake Jays Section 1A Playoffs Section 1A Playoffs Section 1A Playoffs Section 1A Playoffs Section 1A Playoffs Section 1A Playoffs Section 1A Playoffs	Home New Ulm, Minn. Home TBD TBD TBD TBD TBD TBD TBD	7:30 p.m. 7:30 p.m. 2 p.m. 8 p.m. TBA 2 p.m. TBA 2 p.m. 8 p.m. TBA
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Glenn Switzer Announces He Will Not Seek Re-election as Mayor of Dundas

(continued from page 1)

He recalled a community that was preparing for growth but lacked many of the processes and planning tools that are now routine.

"The first budget I ever received was finished five minutes before the meeting on a page-and-a-half legal handwritten," he said. "That is not how we do it today."

Throughout the interview, Switzer emphasized that Dundas' accomplishments were the product of collaboration among council members, city staff, administrators and residents. He credited former administrators Pete Connor and John McCarthy, along with current City Administrator Jenelle Teppen, for helping create a strong foundation for the city.

Teppen, who has worked closely with Switzer for seven years, acknowledged the significance of his decision.

"I've just been blessed with Glenn as a mayor and as a friend," she said. "This has been a topic of conversation for a while now, and I've asked him repeatedly not to make this decision."

Switzer said the decision was made easier by the city's current position. He described the past decade as a "quiet period" marked by effective planning, experienced staff and strong cooperation among council members.

"There's so much that's in place that allows the city to have seven-minute city council meetings," he joked. "That allows me to feel good about stepping away."

Away from City Hall, Switzer plans to devote more time to his growing business ventures at the Gardens of Castle Rock, including new building projects, a developing winery and a recently launched catering and beverage company. He also hopes to spend more time tending an expanded vegetable garden and traveling with his family.

Despite leaving elected office, Switzer made it clear he is not leaving the community.

"There will always be someone willing to step up and say it's their turn," he said. "I feel confident that someone will step up."

Candidate filing for local offices opened Tuesday morning. Switzer encouraged anyone interested in serving to reach out to him for guidance.

Switzer's term officially ends at the close of the year, giving Dundas six months to prepare for the end of an era and the beginning of a new one.

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2. Talk like a drunk
3. Fare ride
4. Opposite of alpha
5. In a foolhardy manner
6. Jar covers
7. Long, long time
8. Stupid or silly
9. Risque
10. Puerto _____
11. _____ and anon
12. 168 hours
13. Rookie
14. Beauty pageant winner's headgear
22. Make a blunder
24. Serfdom, archaically speaking
25. Indian black tea
26. Capital of Tibet
27. One's entourage
29. *Liberty's partner
31. Permission to leave
32. Muse of love poetry
33. Nickname for a certain violin
34. *Certain George, with The
36. "*" _____ in the course of human events..."
38. Like TV's famous ranger
42. Candle shape
45. Fortune teller's deck, pl.
49. Who is Bugs Bunny talking to?
51. Blemish
54. Cranial bones + facial bones
56. Driver's 180
57. Bypass firewall, illegally
58. Yemeni port
59. Classic art subject
60. Ball of yarn
61. Started during the Ryder Cup, e.g.
62. Miami basketball
63. Cookbook direction
66. Shining one in "America the Beautiful"
68. Sylvester Stallone's nickname

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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