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JULY 23, 2026

Volume 23 • Issue 7

Filing Open for Dennison and Nerstrand Council and Mayor Seats

The filing period for persons who wish to be candidates for the open Council and Mayoral seats in Dennison and Nerstrand is open.

In Dennison, the office of the Mayor (Two Year Term) and two Dennison City Council Seats (four year term) are up for election this year. Any city resident who meets the qualifications to be a candidate can file with the city clerk.

In Nerstrand, The Mayor seat is open, along with three council seats, due to a council member resigning earlier this year. Nerstrand has two (two year) and one (four year) council seats open.

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Announcements

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

• **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!

(continued on page 2)

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.

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.

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The Larson Log Cabin story



By Cheri Roshon

Someone once told me that people who live near places others want to visit rarely take the time to go to these places. I am talking about Disneyland, and Dollywood, places like that. So, it is no wonder to me that I have been living here for about 4 1/2 years and have seen but never investigated the Larson Log Cabin on Main Street in Wanamingo. Well, I looked it up in a few different places and found some very interesting facts that I would like to share with you all.

(continued on page 14)

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



file photo

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 place on the grounds and additional

(continued on page 8)

Grocery Store Shares Challenges with Council. Looking for Options

At the July 14th meeting of the Kenyon City Council, owners of The Kenyon Market discussed the challenges that the store is having. Economic forces are stretching the profit margin too thin for the store to continue operating as it is.



(continued on page 15)

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Announcements

(continued from page 1)

• **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.

• **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!

• **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

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.

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LUTHERAN

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Rural Dennison
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Gol Lutheran
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507-838-2100
Sunday Worship 10:30 a.m.

Grace Lutheran, Nerstrand
Dwaine Sutherland, Pastor; 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.

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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holdendalesecretary@gmail.com
Holden: 6949 County 30 Blvd, Kenyon
Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden Lutheran Church on Facebook
Worship Services
July 26: Dale 9:30
August 2: Holden 9:30

Email your church announcements, schedule, etc. to the Mainstreet Messenger at: hometownmessenger@gmail.com

Difficulties of the Secret Place

(continued from page 2)

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.

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

July 21st Open House at St. Rose includes Main Art Exhibit and Musical Trio

Submitted

Historic St. Rose Church typically hosts open houses on the third Sunday of the month during June, July, and September. The Mail Art exhibit "My Prayer of Peace for the World" will be available for viewing on July 21st between 10:00 AM and 2:00 PM. Mail art is also known as correspondence and postal art. It involves the creation and exchange of small-artworks through the postal system. The exhibit at the June 21 St. Rose open house included national and international submissions.

The mail art show at St. Rose is restricted to standard postcards (4 X 6 inches). Entries to the show will be accepted until September 19th. They should be sent to: "My Prayer of Peace for the World," P.O. Box 121, Kenyon, MN 55946.

The Friends of St. Rose strive to make the church a joyful community space. On July 21st, musicians Nadene Langworthy (piano), Cindy Breederland (oboe), and Susan Janicke (flute) will perform at St. Rose from 1:00-2:00 PM.

St. Rose Church is located at 8778 County Highway 11 Blvd., Kenyon, MN 55946.



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David R. Halsor

David R. Halsor, 93, passed away suddenly early Friday morning, June 26, 2026, at the Northfield emergency room with family by his side. David was born on May 7, 1933, in Madison, WI, to Melvin and Irene (Moen) Halsor.

David grew up in DeForest, WI. He graduated from DeForest High School in 1951. As a teenager, he worked at his father's John Deere dealership, often being charged with the job of "reading the instructions" on how to assemble the equipment. David graduated from St. Olaf College in 1955 with a major in economics. During the spring of his senior year, he met the love of his life, Patricia Snyder, and they were engaged six months later. In the fall of 1955, he began Air Force basic training in Georgia, and so began another love of David's: flying airplanes. During the summer of 1956, he married Pat on July 12 in Montana and then moved to Reese Air Force Base in Lubbock, TX. He was a flight instructor on B-25s while in the Air Force, and was often given the most challenging students; because of his calm and patient demeanor, he was considered an excellent teacher. While serving in the Air Force Reserve, David was briefly mobilized during the Cuban Missile Crisis.

David enjoyed flying with Northwest Airlines

in 1959, moving first to St. Paul and then to Bloomington. He flew commercial flights safely for 34 years as a captain, piloting Electras, 727s, and DC-10s, and retired in 1993. He often said how lucky he was to have an occupation he truly enjoyed.

In 1969, David purchased his first of five sailboats, beginning a lifelong passion for sailing. He loved the challenge of reading the wind, trimming the sails, and quietly coaxing every bit of speed from the boat. While others grew anxious when the weather turned rough, David never did. Calm, steady, and confident, he inspired trust on the water just as he had in the cockpit. Sailing became another way he shared his love of teaching, leadership, and adventure with family and friends.

Whether in the cockpit or on the water, David's calm presence stood out. In tense moments, he rarely showed outward worry, and those around him quickly learned to trust his quiet confidence. It became a source of comfort and an example to follow for family and friends in every part of his life.

After David's retirement in 1993, David and Pat moved to Northfield, building a home they planned to live in for the rest of their lives—a wish they were both granted.

David was a member of both Transfiguration Lutheran Church in Bloomington and St. John's Lutheran Church in Northfield, serving in numerous council positions. He was also a member of Northfield's Rotary Club and Elder Collegium.

David was a problem solver and could fix anything. After he retired, he taught himself how to use a computer allowing him to continue learning, and to stay connected to fam-

ily and friends. As David aged his body wore down but his mind remained so sharp.

David will be greatly missed by his two children, Karen (Jeff) Davidson of Kenyon, MN, and Peter (Annabelle) Halsor of Winchester, England; four grandchildren, Emily Davidson, Elizabeth (Jeremy) Bancroft, Edward (Holly) Halsor, and Isabella Halsor; great-grandson Vernon Bancroft; and sister Ruth (Mick) Peterson of Danbury, WI. He was preceded in death by his wife, Patricia, and his parents.

A memorial service will be held at 11 AM,

Tuesday, August 18, 2026, at St. John's Lutheran Church in Northfield. Visitation will be one hour prior to the service at the church. David will be placed in the St. John's Columbarium with military honors, outside the church after the service. A reception will follow in the church.

Memorials preferred to the St. John's Lutheran Church Foundation.

Funeral arrangements are with Bierman, Benson & Langelough Funeral Home & Crematory. www.northfieldfuneral.com

ICECREAM SOCIAL

Join us for our Annual Ice Cream Social!

Sunday, July 26
4:30-6:30 PM

Menu:
Sloppy Joe's, Coleslaw, Chips,
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Nerstrand Fire & Rescue Annual Bags Tournament & Dance a Success



Thank you to all who took part in the cornhole tournament! It was a hot afternoon, but it was fun. Congratulations to our winners.! Thank you to our sponsors!

Courtesy of Nerstrand Fire & Rescue

August events, happenings and goings on at **WildWood!**

315 Main Street | Nerstrand

Barre Classes w/Greta

Thursdays in August {6, 13, 20, 27} | 6:30pm | \$12/class or pre-pay \$40 for all four

Barre incorporates aspects of ballet into a fitness class, but don't worry- you do not need to be a ballerina to do these classes, promise. Simply wear clothes you feel comfortable moving around in and bring water, barre socks (if you have them) and your beautiful self and settle in to enjoy this 50 minute class.

Women's Networking Group - Casual Coffee Tuesday, August 11 | 9am | no charge

Are you a small business owner and want to spread the word about your business? Maybe you just want to promote the company you work for. Come on down! Bring your own coffee and settle in for a very casual meetup with like-minded women looking to further business connections. Bring some business cards and feel free to invite your girlfriends!

Intro to Garment Sewing Class

Sunday, August 30 | noon-6pm | \$99 includes hands-on instruction, material & pattern

Join us to learn how to make a summer garment that fits your unique and beautiful shape! Geared toward beginning garmentmakers, we'll cover every aspect of sewing clothes from start to finish ñ including how to measure, adjust, grade, cut and sew with soft t-shirt knit fabric.

More event information and registration available at wildwoodofnerstrand.com/happenings.

Please let us know if you have an idea for something you'd like to experience, learn or do here in Nerstrand.

WildWood is always available for private rentals and parties;

scope out the website for more info!



Thank you Nerstrand & Dennison communities and local businesses for your support! What a great night! *Courtesy of Nerstrand Fire & Rescue*

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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

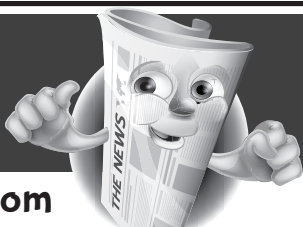
families who keep us grounded, the troops who made the sacrifice, and the lake days that remind us to slow down and enjoy what we have. Because even the hardest-working farmers need a day to smell something besides diesel fuel and dust.

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1st Prize \$500!

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SATURDAY, AUGUST 8, 2026

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Dennison Depot Gas Station,
or Heritage Bank in Dennison
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- Pork • Beef • Poultry • Lamb • Venison
- Whole Roasted Hogs • Elk • Homemade Smoked Sausage

109 Farm Road, Dennison, MN • Monday-Friday 8a.m.-5p.m.; Saturday 8a.m.-2p.m.
www.dennisonmeatlocker.com • dennisonmeats@gmail.com • 507-645-8734

CAR SHOW AND PARTS SWAP MEET

**FOCUSED ON OLDER CARS & RODS
DENNISON, MINNESOTA
AUGUST 8TH, 2026
DURING DENNISON DAYS**

**VENDORS: 6AM
PUBLIC: 8AM**

**\$15 CAR
REGISTRATION
FROM 7-10.
TROPHIES
AWARDED
@ 1PM**

**FOOD
TRAILER**

**TRUCK AND
TRACTOR PULL**

\$10 A SPACE

CONTACT JOSH SMITH FOR MORE INFO @ (612)-635-9237



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

DENNISON DAYS

...EUCHRE... TOURNAMENT

**Saturday, August 8, 2026
8:30 a.m.
at
Fireside on the Patio**

\$2000 Team Entry **100% Payout**

Bring partner if possible, not required.
Questions? Contact Jen at 507-649-0602.



Meet the 2026 Minnesota Farm Families of the Year

*University of Minnesota
will honor 86 families at
annual Farmfest ceremony
at 1:15 p.m. Thursday, Aug. 6,
at Gilfillan Estate near
Redwood Falls*

Dennison Days Aug. 7 & 8

(continued from page 1)

The Farmers Market returns 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 13 and also posted at www.dennisondays.org.

Families and growers from across Minnesota will be represented as the University of Minnesota honors them in the 2026 Farm Family of the Year ceremony at 1:15 p.m. Thursday, Aug. 6, at the annual Minnesota Farmfest near Redwood Falls. The event will be held on the Gilfillan Estate in the Wick Buildings Farmfest Center.

Collectively, the selected families cover a wide spectrum of farming, from traditional crops and livestock to community-based ventures and operations producing an array of fruit, vegetables and flowers. They were selected by local University of Minnesota Extension committees based on the honorees' demonstrated commitment to enhancing and supporting agriculture.

"This year's Farm Families of the Year reflect the impressive strength — and incredible variety — of agriculture in our state," said Extension Dean Bev Durgan. "The University of Minnesota is proud to honor these families and their innovation and dedication to Minnesota agriculture."

All the 2026 families are featured at z.umn.edu/farm-families. Contact information for most families will be available to news media outlets upon request. Photographs of families who attend the recognition ceremony will be added to the website by mid-August. See below for examples of six families and their stories.

Visit with University of Minnesota educators, researchers and staff at Farmfest

- University of Minnesota | Booth 615S: Extension, CFANS and others will share programming and resources for farmers as well as specific crop diagnostics and hands-on activities for kids.

- UMASH | Booth 326: The Upper Midwest Agricultural Safety and Health Center will offer activities, including a Polaris/4-H ATV exhibit.

- WROC | Booth SR11: West Central Research and Outreach Center staff and re-

searchers will share the latest in University of Minnesota agricultural research, education and innovation.

Goodhue County Farm Family of the Year

Cannon Valley Ranch

Cannon Valley Ranch was founded in 1984 by Bruce and LeeAnn Waugh.

Rice County Farm Family of the Year Donkers Family

Jim and Gail Donkers

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

(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

Can You Eat It To Win It?

Join Us for Dennison Days

PIE EATING CONTEST



FRIDAY, AUGUST 7

6:30 PM Main Street Dennison

Sign Up at Cattleman's Saloon

Pie Eating Contest Rules

No hands allowed once the contest begins.
Contestants must keep their hands behind their backs.
First person to completely finish their pie wins.
Pie must be fully eaten—no large pieces left behind.
Any contestant caught using their hands will be disqualified.
Contestants must remain at their designated spot during the contest.
Judges' decisions are final. Have fun and keep it friendly!

Winner receives bragging rights and the prize!

LABOR DAY WEEKEND

Rice County Steam & Gas Engines Welcomes You

51ST ANNUAL SHOW

September 4-6, 2026

FEATURING: Allis-Chalmers

- ALL MAKES & MODELS OF TRACTORS & EQUIPMENT ARE WELCOME -

Gates Open 7am

*** CORNHOLE TOURNAMENT**
Saturday Afternoon, North side @ Music Bldg

*** PARADE OF TRACTORS - DAILY @ NOON**

*** TRACTOR PULL - Sunday 9:00 am**

*** KIDS PEDAL PULL - Saturday 2:00 pm**

*** RAILROAD TRAIN RIDES - DAILY**

ADMISSION
\$15.00 Adults
FREE 12 & Under
Good for all 3 days!

FOOD STANDS
FLEA MARKET DAILY

LIVE MUSIC & BEER GARDEN

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*

LIVE MUSIC
Fri. & Sat.
'til 8 pm

WINDY WILLOW
Petting Zoo at
Horse Barn

BEER GARDEN
@ Music
Bldg.

General Information Contacts:
Bill Becker 507-581-1225
Jeremy Sevcik 507-403-1614
Carmen Sevcik 507-649-0352

***Registration** of all golf carts & ATV's will be required. Proof of Insurance. No cycles.

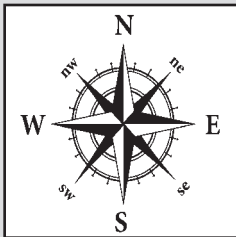
***Golf Cart Rentals:** West Exhibitors Gate
Contact: Sheryl Trebelhorn 612-245-8722

INFORMATION ON OUR WEBSITE AND FACEBOOK:
ricecountysteamandgas.com

Rice County Steam & Gas Showgrounds * 11988 Faribault Blvd * Dundas, MN 55019
(Located South of Dundas on Highway 3)

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 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



space.com

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.



PINTS

FOR A PURPOSE

Supporting Aaron Laue's Fight



**JULY
25TH,
2026**



**11:00 AM -
2:00 PM**



**RED FOX TAVERN
LAKEVILLE, MN**



**\$20
WRISTBAND**

**INCLUDES BUSCH LIGHT TAP
until it runs out!**



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DRINK
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PERFORMANCE**



**50/50
CASH RAFFLE**



**TICKET

RAISE A GLASS. SUPPORT THE FIGHT. STAND WITH AARON.

ALL PROCEEDS BENEFIT AARON'S FIGHT AGAINST TESTICULAR CANCER

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.

**BULL RIDING!
FIREWORKS!
SATURDAY NIGHT**

Daily admission: \$8
Season gate pass: \$25
Under 12 years old:
FREE

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LIVE MUSIC!**

Carnival open:
Wednesday Evening
Thursday-Saturday
1pm-10pm

Goodhue COUNTY FAIR

See You at the Fair! August 11-15, 2026

Zumbrota, MN

Presale Discount Tickets Available at www.goodhuecountyfair.com - through July 15th!



GRANDSTAND SHOWS!

Tuesday, August 11th • 7pm

BULL RIDING & BARREL RACING: Adults \$15, under 12 \$10

Wednesday, August 12th • 7pm

AUTOCROSS RACING: Adults \$17, under 12 \$10,
Pit Passes \$30 - available in person at the pit gates

Thursday, August 13th • 6:30pm

TRACTOR PULL: Adults \$12, under 12 \$7,
Pit Passes \$30 - available in person at the pit gates

Friday, August 14th • 7pm

FRIDAY NIGHT AUTOCROSS: Adults \$17, under 12 \$12,
Pit Passes \$30 - available in person at the pit gates

Saturday, August 15th • 5pm

THE BIG SATURDAY NIGHT DEMOLITION DERBY:
Adults \$20, under 12 \$12

FREE EVENTS DAILY ALL WEEK!

J's Family Entertainment,
Dangerous Feats of Comedy,
Doc's Fun Time Variety Show

TUESDAY, AUGUST 11: ENTRY DAY

WEDNESDAY, AUGUST 12: DAY CARE DAY

THURSDAY, AUGUST 13: GOODHUE COUNTY AG DAY

FRIDAY, AUGUST 14: SENIOR CITIZEN DAY - 65+ Get FREE
GATE ADMISSION - OPEN ALL DAY!
The Outstanding Senior Award is given

SATURDAY, AUGUST 15: FINAL FUN DAY

Ride Specials:

\$20 unlimited Armbands available on:
Wednesday 5pm-9pm • Thursday 6pm-10pm
Friday 5pm-9pm; Saturday 1pm-5pm • Saturday 6pm-10pm

FREE JUKEBOX IN THE
BEER GARDEN TUES.-SAT.!

LIVE ENTERTAINMENT TUESDAY - SATURDAY!

SERVING ICE-COLD BEER &
RAIL DRINKS TUES.-SAT.!



Tuesday, August 11
IN THE FIELDS
6:00-10:00 PM



Wednesday, August 12
CATEGORY 5
6:00-10:00 PM



Thursday, August 13
RYAN SULLIVAN
6:00-10:00 PM



Friday, August 14
GEORGE'S CONCERTINA BAND
2:30-6:30 PM
OLD COUNTRY BOYS
7:30-11:30 PM



Saturday, August 15
FOSTER GRAND
8:30 PM-12:30 AM

Sandy's Signature Signs

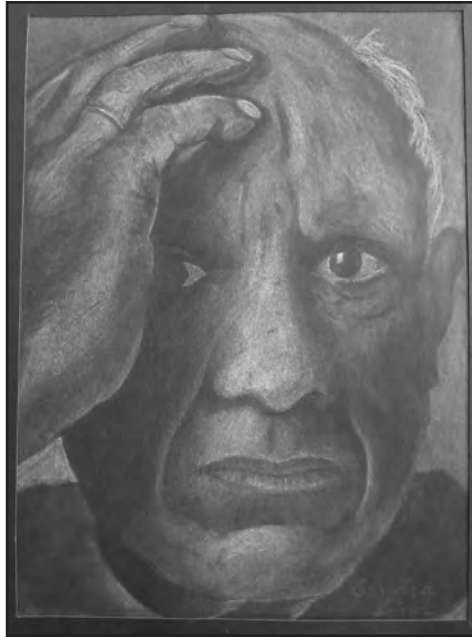
By Jocelyn Aldrich



For Sandy Doehling, of Sandy's Signature Signs, creating art is more than just a hobby. It's a way for her to express care and her giving spirit to others. The Messenger recently reached out to Doehling and learned more about her art journey. Here is what she shared:

Creating art became a growing passion in my early childhood when I handcrafted elaborate greeting cards and dreamed of designing for Hallmark one day.

In high school, I especially looked forward to my elective art classes, experimenting with multiple media, and was honored to be published in the school calendar with my first-



ever charcoal drawing at 16 years old.

Exploring with acrylic paints as a home-maker raising our young family provided gift-giving opportunities that developed into commissioned orders and invitations to sell my brushwork at local craft fairs, festivals, and church bazaars.

My greatest honor to date is decorating my sister and brother-in-law's restaurant located in Cannon Falls with an array of signage, including a 4' x 8' image of their original logo designed by their friend, Greg Hepola. This enormous project was my first piece completed 4 months following a craniotomy to repair a brain aneurysm in 2017. I praise God for His mercy and for the gift of a steady



hand to continue creating works of art that bring joy to others.

The process begins in my workspace in the barn, where I've gathered salvaged barnwood, fence panels, pallets, crates, cupboard doors, and other raw materials from various sources. Each reclaimed treasure is thoughtfully selected, precision cut to size, sanded smooth, and air pressure treated. The brushwork takes place in a quaint little room in the house, using a variety of designs and sayings with assorted fonts and hues, then sealed with a polyurethane brush finish and prepared for display.

A whimsical collection of wooden coasters

and refrigerator magnets is crafted from scrap cuts, decoupaged with magazine or calendar images, and is a favorite market item for all ages.

I enjoy connecting with my fellow vendors who inspire me, and the community of followers that encourages me. I wish to express my humble gratitude to my dear family for believing in me and supporting my endeavor of Sandy's Signature Signs.

For your custom sign needs, contact Sandy's Signature Signs at sndydhlg@aol.com or call 507-202-4839. Please allow up to 4 weeks for custom orders.



happy BIRTHDAY AMERICA

TAKE A SHORT DRIVE TO DELICIOUS FIRESIDE LOUNGE & SUPPER CLUB IN DENNISON!

JOIN US FOR OUR DAILY FEATURES

WEDNESDAY
Enjoy Our "Jumbo" Wings Specials!
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)

THURSDAY
\$3.50 All Taps! Taco Specials!
Fajita Specials! 16oz. Margarita Special

FINALLY FRIDAY
All You Can Eat Fish Dinner

SATURDAY
Slow Roasted Prime Rib

SUNDAY
Enjoy Our Sunday Breakfast Beginning at 9a.m. (until 1p.m.)
and Sunday Supper Features (after 4p.m.)




4-SEASON PATIO!

Try Michelle's famous desserts!

37540 Goodhue Avenue, Dennison, MN 55018
Kitchen Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
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DENNISON DAYS

RAIN OR SHINE

SATURDAY
FOOD STANDS
OPEN AT 11AM!

August 7 & 8, 2026

FRIDAY, AUGUST 7 KICK OFF

Biggest Dip
and
Pie Eating
Contest
Cash Prizes!
Sign up at Cattlemen's Saloon

LIVE MUSIC
 Welcomes
Old Country
Boys
7-11PM
Presented by Cattlemen's Saloon,
Fireside Lounge,
Sapphire Cocktail Lounge



SATURDAY, AUGUST 8

 
Welcomes
Shane Martin
7:00PM
Presented by Cattlemen's Saloon, Fireside Lounge, Sapphire Cocktail Lounge



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
Fireside Lounge
Need not be present to win.
Winner is responsible for any taxes or fees.
SPONSORED BY DENNISON LIONS CLUB
CHARITABLE GAMBLING PERMIT #2762

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.
Presented by ProBuilt Construction and Fireside Lounge & Supper Club

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Castle Rock Bank
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CFS

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Nerstrand Agri Center
Nerstrand Custom Cabinets
Nerstrand Fire Dept.
Nerstrand Meats
Nest Woodworking
Northfield Lines
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Taylor Truck Lines
Terpstra Companies - Dundas
Traxler Power & Equipment
Wood Doc Construction - Emery Maher
- If we missed your name,
please accept our apology.
Your support is appreciated.*

For updated info. go to www.dennisondays.org

The Larson Log Cabin story

(continued from page 1)

The stories I found are about the same, with a few discrepancies.

It begins with a man called Lars E. Larson. Some say his son Edward was ailing, and some say it was Lars himself that moved from Chicago to the Wanamingo area for his own health. In either case, Mr. Larson travelled to Wanamingo, which was inhabited mainly by Norwegians who had immigrated here from Norway to seek a brighter future. My family was among these travelers, which sparks my interest in the history of this town. But I digress.

So, Lars Larson moved to this area and built the cabin we are talking about in about 1856. He built the cabin in Section 22, presumably in Old Wanamingo, the site which is about 1 mile from where the town is now. The history books hint to the fact that the town moved to be closer to the railroad that was being constructed between Red Wing and Faribault. He thought the fresh air that he would be breathing as a farmer would improve his health. Shortly after he moved here, his 14-year-old daughter Anna joined him to help care for him, but within a year of her arrival, Lars

died. Again I lost the trail of the family, but I am assuming that after Lars died, Anna moved back to Chicago, leaving the cabin behind. It is not known whether anyone else inhabited the cabin in the years to come.

That same year Anna, now 15, met her Sunday School teacher, Horatio Spafford. He was 29 and a successful Chicago lawyer. They were married in 1861. In the 10 years that followed, they had 4 daughters. Here is where it gets a little confusing. Anna and her girls were travelling by ship to somewhere not listed in my search and met with tragedy when the boat they were on, called the Ville du Haure collided with an English sailing ship on its way to Europe in 1873. Anna survived by hanging on to a floating piece of the wreckage, but her daughters were lost at sea. Horatio had remained at home with his business while Anna and her daughters were travelling and received this tragic cable from herSaved Alone.

During his voyage to be with his grieving wife, Horatio wrote the words to the song now displayed outside the cabin that was moved to town, It Is Well With My Soul. Three years later, Phillip Bliss wrote the music for the words that comforted a heart-broken father. This song is now displayed at the cabin in a handmade plexiglass case outside of the cabin that Lars Larson built, long before his granddaughters were drowned at sea.

The cabin was moved from its building site to its current location in 1974 as a true memorial to all community pioneers. The people of Wanamingo made the cabin solid after years of wear, and now keep it up by the

goodness of the volunteers in town. And what happened to Anna and Horatio? They lost almost all of their assets in the Great Chicago Fire, and moved to Jerusalem and started the Jerusalem Colony, which began as an orphanage and today is a hotel. They had a son, Horatio Spafford Jr. but he died by the age of 4. They also had a daughter, Bertha Spafford, and some of her descendants are still involved with the hotel.

I would like to thank LaRae Heimerl for contacting me with a little more info on the log cabin. She said, "I was around 9 years old when my mother Laura Perrett was a member of the Goodhue County Historical Society in 1976, when we celebrated our country's bicentennial. Our neighbors were tearing down their old house to build a new house around 1974. That's when they discovered the kitchen of the old house was actually the single room log cabin, and a previous owner had just built around it to make the house larger over the years. Because of this discovery, a plan was made and fundraising began to disassemble the cabin, marking each piece, and reconstruct it next to the water tower where it is today." Well, the water tower may be gone, but the log cabin remains to remind us of our pioneering ancestors who started the town we live in today!

So, there you have it, as best as I could find the facts. As in most historical pieces, there are always more than one version of the facts, so I am not saying this is the gospel truth, but a fun dive into a historical piece of our town!



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Shop Til You Drop

By Cheri Roshon

Well, it's officially Sum Sum Summertime, and Anything Goes is off and running! Every week we add a vendor or two, and we are getting some really good feedback for what people are liking, and what they are looking for.

A lot of people are asking the same questions, so I wanted to take some time to introduce you to some of our vendors. They are your friends and neighbors, so it gives Shop

Local a new meaning.

First of all, we show up during heat, wind and sometimes rain. We work hard to bring fun items to the market every week. The hours are 4 to 7 on Wednesdays, and if the weather beats us, sometimes we have to leave early, but we are almost always there, waiting for you to show up, browse our delightful wares, and just to answer questions and ask what it is that you would like to see there. We are also open to everyone not only to shop, but also to vend. There is only one rule...Be Kind! There are no fees, and you have to bring your own tables and chairs. There is usually a food truck, and Alicia and Autumn are great at posting on the Jake's Liquor Store website and Facebook page, and also on Wanamingo Town Talk as to whether there will be a food truck or not, and

answer any questions you may have. We try to post pictures of who is there each time so you know what to look for when you get here.

And now to introduce you to some of our people!

Jacque and Tim Meyers from Dennison are here for the second year, and have really made a name for themselves. I have vended at 2 other markets with them, and they have a large following, so to purchase from them, you best come early! Yep! They sell out almost every week! Their homemade goodies include white chocolate raspberry scones, and different flavored scones each market. Triple Chocolate brownies are my personal favorite! Focaccia breads are baked in many flavors as well... including garlic parmesan, jalapeno cheese, and rosemary black olive. These are a few you may find each week, along with artisan breads made fresh that day.

Karlene Shulz is the official mini garage sale on a table! She has treasures you never knew you needed! Come on down and see what she comes up with each week.

Nancy Bakken has a variety of treasures to peruse, and I found out from a very reliable source that her cream cheese frosted cookies are the best around!

Thomas and Jecika have come up with a unique item, made by a close relative in Texas.... metal rose sculptures! They are rustic and beautiful, and will grace any garden or ornamental place in your yard. You have to see them in person to appreciate them!

Barbara Dolan is a gardener extraordinaire, and just had a greenhouse built this year. She has been selling plant starts, and will eventu-

ally have her jellies and jams, hot sauces, and other canned delights. She is also a very talented baker, and makes long fermented sourdough bread, cookies and fun treats I have never seen before, so there is always a surprise at her table! Also, for those who prefer a gluten free bread, if you order from her by Sunday, she can usually have it for you by Wednesday's market.

And then there's me! I have freeze dried candies of all sorts, as well as yogurt drops, bananas and other fruits, in season. Gotta love those healthy choices! And I don't forget your pets! I just made up a batch of freshly freeze dried Kitty Puffs... a cotton pouch filled with catnip. Believe me.... your cats will love them! Dog treats include organic and grass fed beef liver, heart and tongue, and chicken livers when I can find enough to run a batch. Sure to please any meat eater!!

We do see other vendors come occasionally. Patty and Bruce Prigge are there, selling used books and promoting the new Adopt A Place program, and Norwex products. Deb Timm comes with beautiful wood creations, home-made jams, pickles and a variety of canned goods, and sometimes brings her grandson who makes dog treats. Diana Bishop has graced us with her presence and her cake pops and cupcakes. Will Amundson was a hit last year with his Wilures.... fishing lures with beer bottle tops and Gracie Peterson had fun selling lots of hand beaded bracelets.

As you can see, we have a lot of interesting people there on Wednesdays, so be sure to come on down and check things out on Wednesdays at Jake's Liquor store in Wanamingo!



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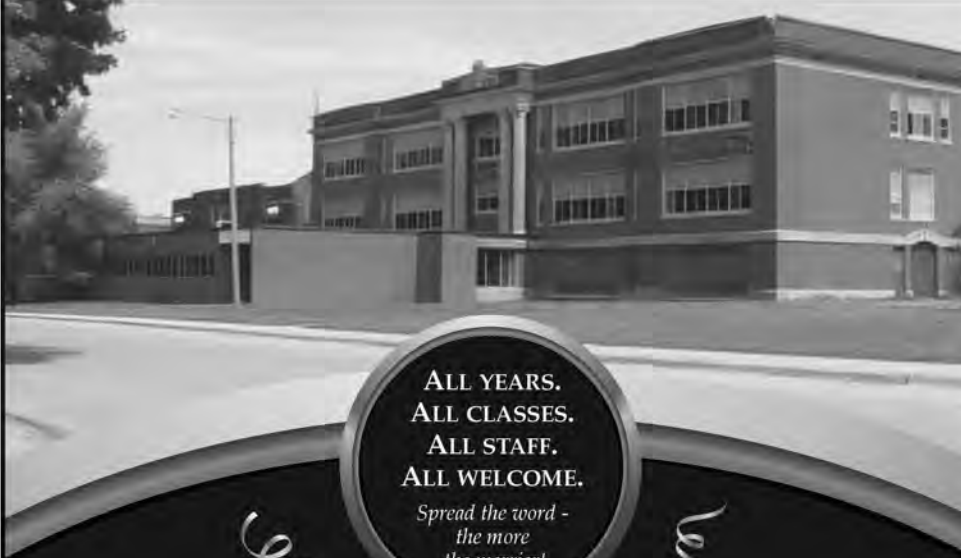
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Please reach out to Kevin & Mary Gail Anderson on Facebook if you have any questions!

Grocery Store Shares Challenges with Council. Looking for Options

(continued from page 1)

Owners are looking for options, including potential new local ownership, and asked the council for input. The grocery store has seen a 10% drop in sales since the dollar store opened in town. That reduction in business greatly affects the bottom line. The Market employs 18-20 people and commended their staff, but continued, that the situation has become a very serious issue, and decisions need to be made sooner than later. The owners discussed local ownership is a key point to future success. The store offers fresh meat and produce, something the dollar store doesn't offer. In addition without a local full service grocery store in town, those without reliable transportation lose their access to fresh food. People that move to town look at a grocery store as an important part of a community. While some complain that big box stores in large communities offer lower prices, a trip out of town costs more time and fuel negating all of the perceived savings.

The market is operated by owners that have experience in operations and have successfully done so in Kenyon and other communities.

They have made many recent investments and upgrades to the coolers and equipment in the past few years as well, however the economic tide has changed very fast in the past 6 months. The hope is to look at all available options and ways to keep the market in business. The current owners want to work with potential new owners to make the store a continued viable business and increase the margins to make it profitable. Ownership is willing to help with potential financing options and operational support. All options are on the table. An additional challenge for them is the fact they travel from near Rochester, restating Local Ownership will be an important aspect in the future of the hometown grocery store. All that said, without community support, the future is unclear. Conversations will continue and council suggested the EDA meet with the owners to discuss the issue further.

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Food Noise



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Does it seem like you are always thinking about food? You want to focus on other things and you know that constantly grazing contributes to excess weight and health issues, but you cannot seem to help yourself. This is the description of “food noise.” There seems to be a constant nagging in your mind for more food even when you really do not have a need for it. In recent years, thousands have been turning to medication to help reduce this “food noise,” but the results of the medication have some concerning side effects, as I wrote about last month. With every medication there is a natural alternative when you look more closely at what is happening. “Food noise” can be reduced naturally when you rebuild your eating habits.

The key to reducing “food noise” is to understand how your body generates fullness and satisfaction signals and then how to increase those signals. There are at least three

significant areas to change in order to increase satisfaction with your meals – timing, protein, and fiber. Focusing on these three areas has helped thousands of individuals to improve their quality of life and reduce the distraction of “food noise.” So, let’s take a look at these three areas.

Timing – refers to the importance of a routine. We are creatures of habit. Habits are what help us get through the day. Food noise can be related to some negative habits that have formed over the years and need to be changed. However, simply determining to eat at specific times and not between meals is easier said than done. Ideally, you will focus on three meals a day with at least four and a half hours between meals. In a 2022 national survey asking health practitioners about their eating habits, those doctors and nurses who ate three meals a day with no snacks between meals had a lower risk of death and lower heart disease risk than those who snacked throughout the day or those who did intermittent fasting. The timing and consistency of eating was important, but this would not be possible to maintain without the next two areas of protein and fiber.

Protein – is an essential component for every meal of the day. Your digestion process responds with satisfaction signals when protein is eaten in the first bites. Notice the first foods placed on the table at a restaurant – chips, bread, salad, drinks – all carbohydrates, very tasty, but no protein. Notice the trend of the ketogenic diet or the Atkins diet that promote high intake of protein and many people lose weight. The satisfaction signals are greatly increased with protein and the food noise decreases. The Atkins or keto-

genic plan is not a balanced diet but demonstrates the power of protein to reduce the food noise. A healthy protein portion should be selected for breakfast to help start the day on a positive trend. Eggs, full fat Greek yogurt, full fat cottage cheese, smoked salmon, or chicken sausage are just some examples of protein options for breakfast. Replace the cold cereal, muffin, pop tart, or fruit juice with a protein for breakfast and you will begin to move toward a routine that will stimulate satisfaction.

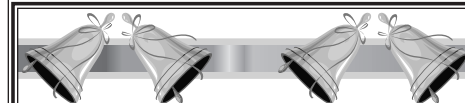
Fiber – is another essential component that promotes satisfaction and reduces food noise. Quality fiber at each meal is provided through fresh vegetables and fruits. Lettuce and cabbage may seem to have little nutrition value but much of the benefit comes from the fiber in these foods. Fiber is undigestible to humans but becomes a feast for the bacteria in our intestines. When the bacteria in the colon feast on fiber, they produce fatty acids that feed the colon cells lining the large intestine. The colon cells produce glucagon-like peptide 1 (GLP-1) which signals satisfaction to your brain and reduces food noise. Americans are recommended to consume at least 35 grams of fiber each day. Great choices for increasing daily fiber intake include apples, pears, berries, avocados, broccoli, carrots, cabbage, brussels sprouts, artichoke, black beans, navy beans, lentils, and squash. As you increase fiber intake with each meal, you will achieve a greater signal of fullness that will sustain you for hours.

When you select a protein for each meal and a fiber source to go with that protein you are beginning to construct a healthy meal that

will satisfy your body needs for hours. As you build these quality meals, you will be able to start reducing snacks and separating your meals up to five hours. As you build this daily routine, begin to drink water between meals which will help to make sure you are well hydrated, which will also reduce snacking signals.

Health is the result of healthy choices. A supportive community is needed to help make these healthy choices become a lifestyle. I have written in previous articles about healthy weight and continue to provide resources to support healthy lifestyle choices that can help you reach your health goals. Contact me to discuss your health goals for the coming year. Nutrition is designed for healing. I can help you reach greater health freedom in 2026. Contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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



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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 chiropractic 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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CITY OF NERSTRAND, MINNESOTA
CITY COUNCIL REGULAR MEETING
MINUTES
JUNE 9th, 2026
7:00p.m.
221 Main Street, Nerstrand

1. Call to Order/Pledge Allegiance
2. Roll Call: Pam Caron, Betty Voge, Todd Evavold and Karla Ingersoll
3. Public Hearing: Tobacco Ordinance, Alcohol Ordinance and Chapter II
Motion by Karla to being in the public hearing seconded by Betty and all approved.
No questions, comments or concerns were brought forth by residents.
Motion by Todd to close the public hearing seconded by Karla and all approved.
4. Public Forum:
No questions, comments or concerns were brought forth by residents.
5. 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 MAY 12th, 2026
• Committee Updates
• Payment of Claims
Motion made by Betty and seconded by Pam and approved by all.
6. Staff Reports
CLERKS:
• 2 letters for non-payment were sent.
• Thank you cards for donations to business for the banners
• Clerk would like to suggest a meeting in the park with residents instead of work session in hopes of drawing residents in for council positions and/or committee members.
• An Official Facebook page- We are currently set up as a person.
• I am working on making the budget document easier to read with account numbers.
PW Director:

Steve conducted a land nav to determine the placement of the Lilac bushes that some thought may be obstructive to cars turning on to 246 into town. It was determined that the lilac bushes are safe. Our lawn mower had questions in regards to an area of town they were able to mow. In previous years they were unable due to water. Council determined it was appropriate to perhaps have it mowed once a month. The brush pile and compost site need to be pushed up again. An upcoming vacation with temporary oversight will out of town.

Fire Chief:
Completed hose testing. 3 hose were found to have issues. The Dennison truck debacle. The truck/SUV can not be stored in the garage. Trying to figure out a location for it. Dennison is up to 9 people in the area providing service.
Council Member- Betty shared that she recently encountered an aggressive animal with her dog. And her dog was attacked. Would like the city to look into more details in dog registration, vaccination and tags for animals within our city.

7. Ordinances
8. Resolutions
A. Resolution Adopting the Amendments to Alcohol Ordinance

Motion made by Pam and seconded by Betty. Ordinance amendment was approved by roll call. All voted to approve.
Motion made by Karla and seconded by Betty for the Summary to be used for the ordinance amendment to be published in the paper. All approved.

Motion made by Betty and seconded by Karla approved that statement summary used for the publication. All approved.

B. Resolution Adopting Tobacco Ordinance

Motion made by Betty and seconded by Pam. Ordinance adoption was approved by roll call. All voted to approve.

Motion made by Karla and seconded by Betty for the Summary to be used for the ordinance amendment to be published in the paper. All approved.

Motion made by Karla and seconded by Pam approved that statement summary used for the publication. All approved.

C. Resolution Adopting Tobacco Ordinance Admin Forms

Motion made by Kalra and seconded by Pam. All voted to approve.

D. Resolution Adopting the Amendments to City Ordinance Chapter II

Motion made by Karla and seconded by Pam. Ordinance amendment was approved by roll call. All voted to approve.

Motion made by Karla and seconded by Todd for the Summary to be used for the ordinance amendment to be published in the paper. All approved.

Motion made by Todd and seconded by Karla approved that statement summary used for the publication. All approved.

E. Resolution Accepting Frances for Hearing Officer

Motion made by Betty and seconded by Karla. All voted to approve.

9. New Business
A. Interest in Filling Council Position

We received two letters of interest. Monica Gernandnt and Gretchen Gilmore. Council discussed their decision. A motion by Karla was made for Gretchen Gilmore it was seconded by Todd and 3 votes Aye and 1 vote Nay.

B. Fire department liquor application

A motion to approve the liquor application was made as long as it was one day and

stopped at midnight. There was concerns about insurance and cost if it was considered a two day event and they served until 1:30 am. Council was not comfortable with this. In the application, they had requested until 1:30 am. Joe was informed of the change.

Motion was made by Karla and seconded by Gretchen and all voted to approve.

A Special meeting will need to be held to approve the food truck application as we did not receive one prior to the June meeting.

10. Unfinished Business
A. Dormant accounts usage
B. City Hall Paint Colors
C. Tuck pointing bids-Request to move this item to the Special Meeting Agenda.
11. Adjourn

Motion made by Pam and all approved.
Next City Council Meeting is scheduled for Jul 14, at Nerstrand City Hall.

CITY OF NERSTRAND, MINNESOTA
CITY COUNCIL
SPECIAL MEETING MINUTES
JUNE 23RD, 2026
7:00p.m.

221 Main Street, Nerstrand
1. Call to Order/Pledge Allegiance
2. Roll Call: Pam Caron, Betty Voge, Todd Evavold, Gretchen Gilmore and Karla Ingersoll
3. Public Hearing: N/A
4. Public Forum: No public attended-Severe Weather
5. Consent Agenda-N/A
6. Staff Reports-N/A

7. Ordinances-N/A
8. Resolutions-N/A
9. New Business
A. Food Truck Application-Taco Express
Motioned by Gretchen voted on by all to approve the food truck Taco Express
10. Unfinished Business
A. Tuck pointing bids
There was a brief discussion in regard to the two bids. Betty made a motion to accept O’Leary Restoration to complete the tuck pointing and all voted to accept.
11. Adjourn
Motioned by Karla and approved by all to adjourn for the evening.
Next City Council Meeting is scheduled for Jul 14, at Nerstrand City Hall.

CITY OF DENNISON
MEETING MINUTES
June 4th, 2026

The June Dennison City Council meeting was called to order by Mayor Jeff Flaten on Thursday, June 4th, 2026 at 7:00 pm. Present were Councilors Caleb Voight, Heidi Cooke, Nichole Schloesser and Diane Ruddle, and clerk Jessica Page.
Councilor Voight moved to approve the May meeting minutes. Councilor Ruddle second. Motion passed 5:0.
Councilor Ruddle moved to approve the Treasurer’s report. Councilor Schloesser second. Motion passed 5:0.
Sheriff: Jordan. If you see something, please let them know. No concerns at this time.
(continued on page 19)



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DENNISON CITY COUNCIL (continued from page 18)

Todd Greseth: several commissioners went to the state to lobby for funds for the projects that the state is making the counties do. New computers for HHS as the system is quite antiquated.

Paul Nygaard Scrap metal check. \$200 for scrap metal from the clean up day.

Old Business/Committee Reports/Building Permits:

Administrative Issues:

1) Cleaning/organizing the City Shop/Fire Station. Dan Storlie, City Maintenance Employee, began the process of cleaning up City Hall with the help of a couple volunteers and The Mayor. The Mayor and Dan met with Fire Chief Johnson to discuss if any of the old crates of fire hose were of any value. The have no value to the fire department, and should we need more, they have some that can be used. Their age put them past their safe use. There is a metal ladder which the city owns and will be hung on North wall. Dan has hooks for that and will do on a rainy day.

It was suggested to the mayor to install a lock box for placing keys for any future city vehi-cle/equipment and Nerstrand fire engines/vehicles. If a city employee had to move a vehi-cle/equipment for whatever reason, that could be done rather quickly. The Fire Department re-ceived a donation to cover the

cost of the lock box for the keys if they don't simply leave them in the vehicle, inside the locked Fire/City Building.

Items that don't belong to the City were stacked on pallets in the building. These items will be disposed of. If the owner of the items would like to keep them, they should be removed from the building as soon as possible. Anything not removed by Saturday morning will be disposed of.

Items to be removed and disposed of:

Several malt-o-meal chairs that City Council authorized disposing of years ago, an old locker, other old chairs, the hoses, and possibly a second locker if the fire department does not have use for it. If there are any other items deemed garbage or no longer of use to the city by Dan, Nate and The Mayor, they can also be removed from the building for pick up.

The Fire department secured a donation of removal of the above items there will be no cost to the city and the city will not need to rent a dumpster.

They want to pick up the items this weekend, June 6-7, Saturday or Sunday. This will be at no cost to the city or fire department.

The City owned freezer is being used by Nate for his personal groceries and has been using city electricity as well. Dan has a buyer for the freezer if the city wants to sell it since it is obviously not needed.

What kind of liability if we damage a fire vehicle? Ask insurance company. Include Nerstrand clerk on the emails.

Dan estimates there is 2000 feet of hose. City only needs about 400 feet.

Heidi wants to know why Nate wasn't invited to participate? No one gave him the time that there was going to be a cleaning. Joe was asked about if the fire vehicle could be moved if the City got a different vehicle. Joe said he would find another place for it.

If that is Nates spot to keep his work things, he should keep it clean. It was noted that it is council's duty to ensure that the buildings are taken care of.

Meet to work on the maintenance building June 14th 10 am.

Wuestion was asked if M and M could do it after the 14th?

There are issues with the door. Recommended to put a door closer on it. Councilor Cooke move to accept the donation of the lock box. Councilor Schloesser second. Motion passed 5:0.

2. Synopsis from Zach Bubany sent out to the city council via email regarding the Rural Development Application and MRWA loan application. It looks like the Rural Development application will be submitted to RD soon.

3. State Bonding Bill request and end of the MN Legislative Session. The City of Dennison didn't receive an earmark/direct appropriation in the state bonding bill, which was passed this year. Good news is the City will receive Needs Based Grant Funding (affordability grants) from the 2026 DWSRF (Drinking water state revolving fund) through the PFA for a total of \$2,120,592. The mayor plans to pursue grant money/state bonding dollars next year at the Capitol. The mayor talked with the Bollig Team about the possibility of pursuing more state grant money even after the application process with Rural Development is complete. It was explained that if we did obtain more state grants within the next year, for example, it wouldn't affect how much grant money we will receive through USDA/Rural Develop-

ment. The goal is to acquire as much state grant money through next year as possible.

4. City website and changing providers. It was discussed a few years ago and a motion was passed to change website providers, but the City is in a three year contract with Catalis, which expires on February 28th, 2027. We need to give them 6 months notice to sever ties with them. Does the city council still want to do that? Mayor provided information to the council via email about changing to Municipal Impact. This year, their annual subscription is \$812.00. Municipal Impact doesn't include the price of email, however. We would have to pay the email and domain bill directly to GoDaddy then. To migrate or transfer our email to GoDaddy, it would cost the first year \$23.88, and then \$107 per year after that, for the standard price. Our domain with GoDaddy is good/paid through April of 2028. The City of Nerstrand uses Municipal Impact for their website provider. Chad recommended that we increase the security issues with the email. Put something out on fb about getting someone to build the website as a college and hs student. Councilor Cooke will do that.

Word press, what other ones did Heidi find? Talk to Chad have him come to next meeting. Add additional emails, increase security settings for the computers.

5. The Sapphire Event Center and Liquor License. A resolution passed in January. It allows the council to look more in depth on the issue, possibly amending the Liquor Ordinance to include Event Center language and a fee based on 3 days of operation or less. Does the city council want to continue with the prorated fees? The mayor contacted the city attorney several months ago, and just within the last two weeks for her interpretation and advice on the subject. Several questions were raised during the January meeting and passed onto to her. The city hasn't received an opinion from the city attorney yet. Sapphire has been open for 48 days for either events or Friday/Saturday Bar service, out of 150 days from Jan 1 to May 31.

Amending the liquor ordinance, asked if she had any verbiage for a new liquor license for a reduced liquor license. Get the information and talk at the next meeting. Is there an event center license? Or other type of license for that.

6. Opus and billing issues update. Discussion about the email from Mike Shuba, Opus, which was sent to city clerk Jessica Page and Councilor Cooke on May 6th, took place. His email response didn't satisfy the mayor or Jessica. More insight/problems discussed by Jessica. Future meeting with Heidi and Jessica with Opus hasn't occurred yet. Bill for Opus just increased from \$303 a month to \$312, so will ask about that also.

7. Continued discussion on repealing Ordinance 32 and replacing with Ordinance 90, Discharging of Firearms in the City Limits. Jessica has the language typed up and ready for review. Mayor and clerk discussed in the city office the possible fine/penalty. Is the city council comfortable with the final product? Any additions/changes? Questions on how it works with MN statutes, Councilor Ruddle going to look it up and send out recommendations.

(continued on page 20)

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CITY OF DENNISON
MEETING MINUTES

(continued from page 19)

8. Continued discussion on the insurance claim after the hail event April 13th. An insurance adjuster came to town on May 5th. There appeared to be damage to the roof of city hall and the garage door on the phosphorus building at the ponds was dented by the hail. His report was submitted to the City. Mayor reached out to Mike Rowan and Proficient Construction for estimates to replace the roof at city hall. The mayor also got an estimate to replace the garage door for the phosphorus building from Lampert's in Northfield. The estimate for a new garage door was \$2,325.60, before taxes. The LMC adjuster noted that if there is another hail event two years from now, doesn't me we can't file a claim again for the same building. The \$250 deductible would apply to both buildings since it's the same claim. Before we sign any contract, the adjuster would like to review it first.

Agreed to not replace the garage door or roof on the phosphorus building.

Waiting for quotes for the second quote. Send to LMCIT so we can be ready for the approval for it for the July meeting. Get estimates for the Class 4 shingle. Mayor will ask LMCIT if they have a discount for the class 4 shingles.

9. **Striping of parking stalls on Mainstreet.** Quote from Seykora Asphalt for \$1,926.00. Includes both blocks.

Is there a requirement for a handicapped parking spot? And fines if they aren't on the city street. Ask LMC lawyers do we need a dedicated space for it. Need striping and symbol.

10. **Discuss the propane contract with CFS.** We have a credit of \$632 to apply to our next contract. Price both places. Wait another month to see if it goes down.

11. **The new Nerstrand Rescue Vehicle.** The Dennison Lions Club made a donation that covered the cost of the decals.

12. **Data Center update.** City of Minneapolis now has a six-month moratorium in

place for new data centers bigger than 350,00 square feet, but allows one smaller than that to be built across the entire downtown core. Eagan and Inver Grove Heights also implemented moratoriums for one year. The MN Legislature didn't pass any bills pertaining to moratoriums for data centers. Look at resources for possible ordinance language. Councilor Ruddle will do. "Restricting large scale business" Possible statewide bill for a moratorium.

13. **Fire extinguishers serviced on May 21st.**

14. **Renewal of CD's.** There are four 3 month CD's, and one 6 month CD that are up for renewal. Both the 3 and 6 month rates are at 4.1%. July 3 is when property taxes get dispersed to the City. Council may want to consider changing the 6 month CDs into 3 month ones until the interest rates get better on the 6 month ones. See Treasurer's report for current balances. Councilor Ruddle move to renew all of them as three month cds Councilor Cooke second. Motion passed 5:0.

15. **Ordered 600 feet by 9 feet of dust control for Goodhue Ave on the south and north portions.** Cost is \$544, which is a slight increase from last year.

16. **Request to close the street (one half**

**Filing Open for
Dennison and Nerstrand
Council and Mayor Seats**

(continued from page 1)

In Dennison, please call or text the city clerk at 507-990-4150, or e mail at clerk@cityofdennisonmn.com to make arrangements to file within the filing period. In Nerstrand, contact the City Clerk at 507-332-8000 or cityclerknerstrand@gmail.com.

The Filing Fee is \$2.00 Withdrawal period ends on July 28th at 5 PM and must be completed by filing an affidavit to withdraw with the clerks no later than 5 pm. Contact either city clerk for additional information.

block) adjacent to the Fireside parking lot, between Fireside and Sapphire from 10 am to midnight, Saturday June 20th, to safely allow for pedestrians to cross between the two facilities, as there are multiple events that day. The alley behind both properties would remain open to allow access for any emergency vehicles and normal traffic flow. Councilor Ruddle move to allow them to close the street and allow them to use the barricades. Councilor Schloesser second. Motion passed 5:0.

17. **A3 Zoning for the City in Warsaw Township.** The City received an email from Megan Smith, Land Use Management Director from Goodhue County. Goodhue County is considering rezoning the area around the outskirts of Dennison back to A1 and removing the A3 urban fringe zoning district from the County's zoning ordinance. The urban fringe area around Dennison is quite large. In fact, our calculations show that the City of Dennison is 780 acres in total area, and the land around Dennison that is zoned A3 is 3,020 acres in total area, which about quadruples your City size if it were to grow that large. With a population of 223 and not much population change, I'm wanting to open the door to this conversation and get your thoughts. I attached a map showing this. The grey is the city limits, the yellow is the 3,020 acres that is zoned A3 (Urban Fringe), and then the green is A1. The Estrem/Golden property on the north edge of the A3 district is split zoned between A3 and A1.

The main difference between the districts is as follows:

The goal of the A1 district is to preserve agricultural land and limit development, whereas A3 district is the growth area where development proposals can be more easily argued and approved.

- A3 allows 1 house per 35 acres
- A1 allows 4 homes per section. A section

is 640 acres, which is equal to 1 home per 160 acres.

Citizens Issues:

Mayors Issues:

Utilities:Update from Nate:

Need to submit list for copper testing to Dept. of Health. New protocol to follow when making up the list of places to test the water at.

Just received a letter that there needs to be a sanitary survey of the water system completed soon. That will need to be set up at a time that works for those involved with it. Onsite inspection as well as paperwork review. Mayor met with the MN Department of Health on May 26th. Sanitary survey information requested by the state was submitted by the mayor and Jessica. Nate's water license had expired on 4/30/26. On May 27th, Nate mailed off the re-reinstatement form and check to the state.

When are the fire hydrants going to be flushed? Tuesday or Wednesday to flush hydrants.

Possible issue with the water meter at the locker plant. Dori feels she is being over charged for the gallons of water being used. City will replace the meter, and save it in case it is working correctly.

Nate's Review.

Councilor Ruddle moved to pay the bills. Councilor Cooke second. Motion passed 5:0.

Mayor Flaten closed the meeting at 8:50 pm. After a few minutes, Councilor Schloesser move to reopen the meeting Councilor Cooke second. Motion passed 5:0.

Meeting was re-opened as the Council decided to do Nates review next month.

Old Business/Committee Reports/Building Permits: Councilor Schlosser moved to adjourn the meeting. Councilor Cooke second. Meeting adjourned at approx. 9pm.

Next meeting: Regular meeting is Thursday, July 9th at 7:00 pm.

School Board Member Election 2026

**NOTICE OF FILING DATES FOR ELECTION TO THE SCHOOL BOARD
INDEPENDENT SCHOOL DISTRICT NO. 2172
(KENYON-WANAMINGO PUBLIC SCHOOLS)
STATE OF MINNESOTA**

NOTICE IS HEREBY GIVEN that the period for filing affidavits of candidacy for the office of school board member of Independent School District No. 2172 shall begin on Tuesday, July 14, 2026, and shall close at 5:00 o'clock p.m. on Tuesday, July 28, 2026.

The general election shall be held on Tuesday, November 3, 2026. At that election, four (4) members will be elected to the School Board for terms of four (4) years each.

Affidavits of Candidacy are available in the District Office, 400 Sixth Street, Kenyon, Minnesota 55946. The filing fee for this office is \$2. A candidate for this office must be an eligible voter, must be 21 years of age or more on assuming office, must have been a resident of the school district from which the candidate seeks election for thirty (30) days before the general election, and must have no other affidavit on file for any other office at the same primary or next ensuing general election.

The affidavits of candidacy must be filed in the office of the school district clerk and the filing fee paid prior to 5:00 o'clock p.m. on July 28, 2026.

Please enter Door 5 or call 507-789-7001 with questions.

Here is the link to the candidate filing packet on the Secretary of State website: <https://www.sos.state.mn.us/election-administration-campaigns/become-a-candidate/campaign-filing-packet/>

Thinking of Running for School Board? Check out this page and video links from MSBA:

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12. 168 hours
13. Rookie
14. Beauty pageant winner's headgear
15. Make a blunder
16. Serfdom, archaically speaking
17. Indian black tea
18. Capital of Tibet
19. One's entourage
20. *Liberty's partner
21. Permission to leave
22. Muse of love poetry
23. Nickname for a certain violin
24. *Certain George, with The
25. "_____ in the course of human events..."
26. Like TV's famous ranger
27. Candle shape
28. Fortune teller's deck, pl.
29. Who is Bugs Bunny talking to?
30. Blemish
31. Cranial bones + facial bones
32. Driver's 180
33. Bypass firewall, illegally
34. Yemeni port
35. Classic art subject
36. Ball of yarn
37. Started during the Ryder Cup, e.g.
38. Miami basketballer
39. Cookbook direction
40. Shining one in "America the Beautiful"
41. Sylvester Stallone's nickname

[illegible]

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

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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