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AUGUST 20, 2026

Volume 20 • Issue 8

Urgent Care Northfield moves to Jefferson Road Clinic

Same great care. Same hours.

New location.

By Northfield Hospital + Clinics

Northfield Hospital + Clinics' Urgent Care Northfield will move into the new Jefferson Road Clinic from its location on Highway 3. *(continued on page 19)*

First Half Mobile Home Property Tax Payments Due Aug. 31

By Rice County

First half property tax payments for mobile/manufactured homes are due this year on Monday, Aug. 31. *(continued on page 15)*

The Face of HOPE

Longtime director receives national award for her work with victims

By Rice County

For two decades, Staab, executive director of HOPE Center, has been a port in the storm for Rice County's victims of domestic and sexual violence.



Erica Staab

Earlier this year, Staab's work at the local, state and national levels earned her a Visionary Voice Award from the National Sexual Violence Resource Center. *(continued on page 15)*

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

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. *(continued on page 9)*

Free Fix-it Clinics Put Reduce, Reuse, Recycle Into Action

Handy volunteers will be at the ready at two upcoming Fix-It Clinics designed to help residents needing assistance with small repairs while keeping waste from the landfill.

Both events are free and sponsored by Rice County Environmental Services. *(continued on page 6)*



file photo

Oktoberfest in Dundas!



Join family, friends, neighbors, area businesses and non-profits as we celebrate the 4th Annual Oktoberfest! Last year's Celebration was a huge success with over 1500+ folks converging in downtown Dundas! So, make sure you plan to participate in the 4th Oktoberfest! Oktoberfest will be held rain or shine on Saturday September 19th in downtown Dundas! So, pull out and dust off your lederhosen, dirndls, tracht's and bollenhut's and join us!

We'll have a new Oktoberfest mug...our fourth style! Make sure to collect all four mugs!

(continued on page 2)

Rice County Farm Family of the Year

REDWOOD FALLS — Families and growers from across Minnesota were represented as the University of Minnesota honored the 2026 Farm Family's of the Year during the ceremony Thursday, August 6, at Farmfest near Redwood Falls.



Jim, Gail and Abby Donkers

photo courtesy of U of M Extension

(continued on page 7)

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Oktoberfest in Dundas!

(continued from page 1)

Or bring back any of the mugs you previously purchased before! Have fun and drink out of a festive mug! Beverages include Chapel beer [FestBier, low ABV Raddler, German Style Kolsch, and IPA], Keepsake cider, white and red wine, NA beer and NA cider, soda, sparkling water or Martha's lemonade! This will pair nicely with your pretzel, brat (meat and vegetarian), hot German potato salad, German beans, sauerkraut and much more! The Dundas Dukes will once again have their world-famous cheese curds and merchandise for sale! Belle's Coffee Bar Food Truck will also be back as will Ruth's on Stafford!

Downtown Dundas will be lively with the sounds of German Music all day! German music begins at noon and goes until 1:30 pm with the Liechtenstein Nein! Then a subset of the Bavarian Musikmeisters will serenade you until 3:00 pm. The Bavarian Musikmeisters, a 35-member wind instrument German Band takes the stage at 3:00 pm! Enjoy and revel in a sense of Gemütlichkeit as you enjoy a full complement of events planned from noon until 6:30 pm! There will be something for everyone, from German and non-German themed foods and beverages to child friendly activities such as pumpkin painting, face painting and crafts, numerous Makers and vendors, barrel cart rides, and horse drawn carriage rides!

Oktoberfest has grown in popularity over the past three years and to keep up with the demand, we're upping our game with children's activities! We are grateful to Little Prairie Church for sponsoring the children's activities for the past three years! This year the children's activities are moving into their own Craft Tent with expanded offerings! Also new this year, the Craft Tent is brought to you by The City of Dundas!

Calling all car and motorcycle aficionados! If you own a classic or muscle car or motorcycle and want to show it off, we've got an activity for you! Bring it on over for the Roll In! The Roll In runs from noon - 4PM and is brought to you by Dundas Oktoberfest and Dawn's Corner Bar! For more information contact either Dawn at Dawn's Corner Bar, Rik Stockey or go to our website dundasoktoberfest.com.

At the Marktplatz, we have a wide variety of Makers but have room for more! We have some talented craftspeople who will be sampling and selling their items! These talented artists are local and have items made from wood, clay, fabric, wax, leather, stone and glass!

If you are part of a non-profit organization and would like to showcase your organization and the work you do, we have a place for you! There is no fee to have a booth, and we would love to help spread the word on what you do!

Oktoberfest ends at 6:30 pm, but there is no need to go home! After Oktoberfest ends, the local bars and restaurants continue the fun! Head on over to the L&M Bar for the after-party with Free Ranger! Free Ranger plays upbeat Blues, Swing and Rock covers and originals on electric guitar, harmonicas and vocals! The L&M will have music on the patio and drink specials! Once the streetlights come on, the party moves onto the street in



front of Dawn's Corner Bar. Smokescreen was such a huge hit last year at Oktoberfest they're coming back this year! So come enjoy "Dundas After Dark" with Smokescreen, hosted by Dawn's Corner Bar! You'll be dancing in the streets with this high-energy band who play a variety of rock, country and pop music! A can't be missed event!

Oktoberfest in Dundas is brought to you by a small but dedicated group of volunteers from Little Prairie Church, Chapel Brewing, Keepsake Cidery, Dundas Historical Society, City of Dundas, local businesses and residents. This is truly a community event, which runs on volunteers giving their time and talent to make this a success! Several Dundas area businesses also sponsor and/or participate in this event. There is still time to sign up to be a Bronze, Silver, Gold or Platinum level sponsor!



We're always looking for a few good folks to volunteer! As the saying goes... the more the merrier! So, if you are interested in volunteering or having a booth, let us know! You can contact us at dundasoktoberfest.com.

Whatever you're interested in...we've got you covered! We look forward to seeing you in downtown Dundas on the 19th!

For more information about Dundas Oktoberfest, please visit dundasoktoberfest.com.

Dawn's CORNER Bar & Grill Dundas MN

DUNDAS Oktoberfest

SAT SEPT 19TH

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STREET DANCE 8PM-MIDNIGHT

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Area Church Directory

Finding Honey

If you find honey, eat just enough—too much of it, and you will vomit. — Proverbs 25:16

Late summer to early fall is usually the time when beekeepers “find” honey. At that time of year for bees, the days of gathering pollen and nectar are winding down. Wise beekeepers provide extra room in the hive, taking advantage of the bees’ hoarding instinct and “tricking” them into making more honey than they need. A healthy hive will often have two to three times as much honey as the bees will need for winter. The beekeepers then take the extra honey, making sure to leave enough for the bees to survive on.

Finding honey is not so difficult with the hive boxes and removable frames we have today. In the wild, though, it can be a lot more challenging to find and gather this treasure. Through the centuries people have learned to search for honey in hollow trees, small caves, remote cliffs, and other protected spots that are near abundant varieties of flowering plants.

While honey is sweet, our proverb for today tells us to “eat just enough” and not too much. It makes good sense not to overdose on honey—or on any of the sweet things in life. Wisdom calls us to a healthy balancing act.

Sadly, the siren song of our world today is that “more is always better.” But finding honey reveals the wisdom of enjoying sweet things in life within wholesome limits.

In what ways is the Spirit of God directing you to set wise limits in your life?

Thank you, Lord, for the sweet things in life. Guide us to follow you and to gain a heart of wisdom. In Jesus, Amen.

CANVAS CHURCH

404 Schilling Drive, Dundas, MN

Lead Pastor: Jed McGuire • www.canvaschurchmn.com

507-301-7500 call • 507-800-0187 text

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

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

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

Pastor Penny Bonsell • pastor@littleprairieumc.org

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

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

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

Pastor Gary Gilbertson • 507-645-8829 Call for service times

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor Danny Lewis • 645-7730 life21church.com

10:00a.m. Worship Service

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor Andy Clare • 663-0133 • northfieldefc.org

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

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

Pastor Nathan Hillman • 952-435-3332 • www.hosannalc.org

Sunday: 9am & 10:45am Worship with Children’s Ministry for ages birth-5th Grade during both services.

Fellowship time with refreshments between services.

Wednesday: Middle School Ministry at 6p.m. & High School Ministry at 7:45p.m.

GOSPEL OF LIFE FAMILY CHURCH

Pastor Steve Roberts - srobertsds1@frontiernet.net

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

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

Website: calvarynorthfield.org

Sundays 1:00 pm

NORTHFIELD COMMUNITY CHURCH

Pastor Josh Koehn - 713 Division St S, Northfield, MN 55057

Contact Us: hello@northfieldcc.org

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

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

9:15am Sunday School

Difficulties of the Secret Place: You Don't Feel the Lord



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

I sit in the riverbank of your creation. With water flowing. And wind less than blowing.

Melody chirps in the air. Fragrance of peddles in the breeze.

Your world lies at my tips. But why the dam that interrupts belief. It's evident that you are the turning of the leaf.

Whirling, static, haze of mind. With looping, cycling, and spinning that pays a fine. Feelings mimic this ride.

It's been strokes that I have felt you. Sensed you.

The gnats bite like the unbelief that I tread. Swarm and swarm is an understatement.

But even though I don't see you. I acknowledge, speak, pray to you. What would I do without you.

This has to mean something. The Bread even toasts, that I am blessed. John 20:29 will confess.

So, feelings and emotions. Take more than a rest, leave. Because I really do believe.

We are now in conclusion with the series of,



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“The difficulties of the Secret Place.” The last few months we talked on how various things can keep us from the Secret Place such as feeling too messy, depression, and now today’s article as alluded to in the above poem, you don’t feel the Lord.

If the Secret Place is a new concept for you or need a friendly reminder of what it is, here you go: 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.

There are times when I can sense the presence of the Lord, and it feels so amazing as tears fill my eyes and I am overtaken by Jesus’s existence and holiness. I get emotional, but in the very best way. When I feel like this, the Secret Place is very easy to enter into and stay in! However, this does not always happen.

There are times when I do not feel Jesus at all. In fact, there was probably a three-to-four-year time period when I did not shed one tear of experiencing His majesty. I felt so numb. I remained in the Secret Place and talked to the Lord daily. He was still speaking, guiding, and encouraging me. However, I still felt like a dried-up well. I have walked this walk long enough to know that even though I may not feel the Lord, that does not mean He is not in the room.

If we are not feeling the presence of the Lord, does that mean He is not there? Of course He is there! **We cannot always lean into our feelings (or sensations) for guidance and assurance; we need to lean into the Word of God for our direction and validation.**

If we are not feeling the presence of the Lord, does that mean He is not hearing our prayers? No way! Of course He is hearing you and me! On the topic of being tired when you pray, I even heard one pastor say, “You might be tired, but the Holy Spirit is not tired.” At times, if someone (or even yourself) is needing prayer for healing, deliverance, or anything, if we do not feel the Lord or if we are tired, we may think our prayers won’t be as powerful. Well, that is silly because it is not us doing the healing or deliverance—it’s Jesus in us. We are the ones speaking; He is the one doing the work.

So please, whether it is in your own personal time or when you are with others, if you do not feel the Lord or if you are tired, that does not mean He is not in your midst nor hearing you. **HE IS THERE! HE DOES HEAR YOU!** Remain in the Secret Place. Pray the prayer. Not only read the Word, but trust the Word. For example, you may not be feeling the love of Jesus, but guess what, the Bible says you are loved, **SO YOU ARE LOVED, BELIEVE IT!** The sensation of His presence will come again.

Perhaps you have never experienced the Lord as I described a couple paragraphs back. Feelings of awe and wonder as tears build up in the best way possible. Maybe you feel like a dried-up well too, and it’s always been like that. If you do feel dry, no worries.

(continued on page 4)

Difficulties of the Secret Place: You Don't Feel the Lord

(continued from page 3)

Remember, the Lord is still answering prayers and working even if you're not sensing Him. With that said, if you are wanting to experience the Lord with more emotion, I would encourage you to ask Him.

I was talking to my husband right around the three-to-four-year mark of me feeling pretty dull, and I told him that I wanted to sense the presence of the Lord more.

He replied, "Pray that it comes back, even more than it has ever been." So I did, and it came!

It was a normal day as I grabbed my coffee and plumped on my couch with my Bible open. I picked up where I left off the day prior which was in Leviticus 9.

Then, when I got to verses 22-24 and Leviticus 10:1-7 I felt the presence of God.

All of a sudden, my mind was enlightened and eyes grew wide. Something clicked in my brain with the words I was reading and I said aloud, "There is something here!" Meaning there is something the Lord wants to show me—He taught me about His holiness.

He did this by sparking a fire within my brain and I took that fire and studied the Scriptures by using a commentary. As I studied, revelation brewed. Oh guys, His holiness, may we grasp it and not forget it. God (Jesus) being holy means He is set apart. Nothing is like the Lord God Almighty. NOTHING. We need to honor His holiness and not profane it. Once this exposure came, so did the tears. Oh, how I pray for more en-

counters and revelations like that one for both you and me!

I pray, in the name of Jesus, whoever is reading this will be touched by your presence in an overwhelming way, that they will experience your holiness and splendor. I pray they, too, will open the Word and revelation will fall. As they wait for it, God, let them know you are still ever so close and love them dearly. Amen!

Solution:

- You "not feeling" the Lord does not mean He is not there or working. **HE IS THERE!** Sometimes we will not always sense Him, and that is okay. Don't let that discourage you. Continue to press into Him. **Lean into the truths of the Word, not your feelings.**

- If you are wanting to experience the Lord at a more emotional level, then ask. Simply pray, "Jesus, I want to be overcome by your presence."

- As you wait for the Lord to reveal Himself in this matter, be patient. It may not happen right away. Stay in the Secret Place as you worship, pray, and get into the Word of God. A lot of spiritual endurance is getting produced in you as you do this, much more than you realize!

Although, "not feeling the Lord" may want to keep you from the Secret Place, do not let it. Feelings can lie. And guess what, you are even blessed when you believe and you do not see! Blessed are those who have not seen and yet have believed. (John 20:29) Blessings my friends, Ashley

Kevin and Julie Underdahl



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OBITUARY

Daniel Joseph Pumper

Daniel Joseph Pumper, age 70, of Northfield, passed away unexpectedly at his home on Friday, August 7, 2026.



Daniel was born on February 3, 1956, in Northfield, Minnesota, to Joseph Francis James and Dorothy Ann Malecha Pumper. He graduated from Northfield High School and went on to attend Brainerd Vocational School, where he studied landscaping and design.

Dan worked for Switzer's Landscaping for several years before joining his father's plumbing and heating company in Northfield, where he worked for much of his life. He later worked for Dispatch, Inc. as a Stockroom Specialist until his retirement in 2020. In retirement, Dan enjoyed helping his brother Joel at Mechanical Systems with various tasks.

Later in life, Dan met and married Nancy Greene. They loved one another and enjoyed spending time at the lake, near Emily, MN, gathering around bonfires, and being outdoors in nature.

Family was very important to Dan. He loved his siblings and took great joy in being part of the lives of his many nieces and nephews. He was a gentle soul who always took time to speak to new members of the family, as all of his nieces and nephews grew up and married. He will be remembered and missed by his family and friends.

Dan is survived by his siblings, Colleen (Tom) Weaver of Wisconsin Dells, Joel (Jeanne) of Northfield, Corrine (Fred) Beumer of Cannon Falls, Kaylene (Phillip) Little of Faribault, Keith (Nina) of Northfield, Laurie (Lance) Snesrud of Northfield, and Jeffrey (Shari) of Owatonna; sister-in-law, Donna of Northfield; stepdaughter, Jana Greene; three step-grandchildren, Kameron Hill, Kiya Hill and Amiya Greene; and many nieces, nephews, other relatives, and friends.

He was preceded in death by his wife, Nancy; brother, Craig; and parents.

A celebration of life will be held from 3-6 PM, Sunday, August 23, 2026 at L & M Bar in Dundas. Interment will be at Calvary Cemetery in Northfield.

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

The Annual
Lutefisk and Norwegian Meatball Supper
Vang Lutheran Church
2060 County 49 Blvd
Dennison MN 55018
Saturday, October 3rd 2026



Menu:

Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Fruit Soup, Lefse and Norwegian baking's

Join us for our annual supper, buffet style

In church seating starts at 11:00am through last seating at 1:00pm and 4:00pm with last seating at 5:00pm.

No reservations are needed.

Groups of 8 or more please call church at 507-789-5186 to reserve a table.

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We will confirm your reservation within 2-3 days.

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Farm Girl Chatter Long Hot Summer Days

By McKell Lemmerman

That's right. Seems fitting for the time of year when you step outside and already have

sweat in places you don't want it. Livestock hover over the water tanks and shove each other out of the shade trees like little kids trying to be first in line.

By 9 a.m., your shirt's stuck to your back, your boots feel like they're full of soup, the tractor's seat could fry an egg, and the steering wheel feels like it was forged in a blacksmith shop.

The cows stand belly-deep in the pond with that look that says, "If you need me, I'll be here until October." The horses have perfected the art of planting themselves under the one shade tree in the pasture, swishing flies and refusing to move unless grain is involved. Even they have enough sense to know when it's too hot to do anything productive.

The flies, on the other hand, always have the best summer of their lives. They don't care how much fly spray you buy or how fancy the tag in the cow's ear is—they're back before you can put the cap on the bottle. By lunchtime you've burned more calories, swatting flies than you've burned stacking hay. The livestock swish and kick at the little flying demons only to realize they're just using them for a free ride around the pasture. And don't even think about leaving the pickup windows down unless you're looking to start your own fly sanctuary.

Speaking of hay, whoever came up with the phrase "make hay while the sun shines" clearly never throws square bales in July. Nothing builds character quite like hugging



60-pound bales in 95-degree weather while itchy hay dust super glues itself to every drop of sweat you've got.

By supper time, everyone's moving a little slower. The dogs have dug themselves a hole to China just to find cool dirt. The livestock are parked around every water tank like it's happy hour, and you're on your second or third glass of iced tea wondering if sweating counts as cardio. "It's not the heat... it's humidity," like that's supposed to make anyone feel better. Still, once the sun finally drops below the trees and a little breeze rolls across the farm, it's hard to complain too much. The cicadas and frogs are singing. The best friends of the flies, yup, the mosquitoes are filing flight plans. The kids smell like sun-

screen and dirt. And the sunset reminds you why you put up with the heat, the dust, the flies, and everything else summer throws at a farmer.

Because before long, we'll be standing in chore boots three sizes too big with three layers of socks, wishing for one more long, hot summer day.

Traxler Law PLLC

traxlerlaw.com

Ann Traxler
Attorney

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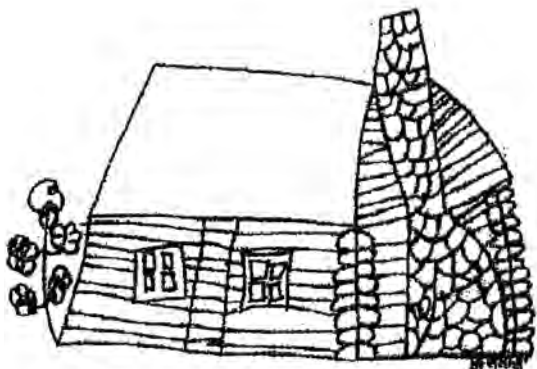


Harvest Thyme Craft Show

Saturdays: October 3, 10, 17, 24

Sundays: October 4, 11, 18, 25

Hours: 10:00a.m. to 5:00p.m.



Place:

Lori & Darwin Amy

2290 County 49 Blvd. Dennison, MN 55018

Phone: 507-649-1009

Email: cabincrew@frontiernet.net



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Free Fix-it Clinics Put Reduce, Reuse, Recycle Into Action

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Upcoming clinics are as follows:

- Saturday, Aug. 29 from 2-5 p.m. at Unitarian Universalist Fellowship, 5785 Lonsdale Boulevard E, Northfield
- Saturday, Oct. 17 from 10 a.m.-1 p.m. at Buckham Memorial Library, 11 Division St. E, Faribault.

Fix-It Clinics offer free, guided assistance

from volunteers with the skills to disassemble, troubleshoot and (hopefully) fix small household appliances, clothing, electronics, mobile devices and more.

Items are accepted on a first-come, first-serve basis. Participants may bring up to two items that need fixing or mending along with any tools or parts that might be helpful in the repair. All items must be clean.

Items commonly brought to clinics:

- Clothing or other textiles
 - Small electric devices (lamps, clocks, radios, hair dryers)
 - Countertop appliances (toasters, air fryers, coffee makers, blenders)
 - Toys
 - Vacuums
 - Jewelry
 - Items requiring minor carpentry repairs
- Learn more at www.ricecountymn.gov/807/Fix-It-Clinics.

CVEC Announces Fall Courses

Cannon Valley Elder Collegium (CVEC) announces its Fall Term courses, with classes starting September 14. Thirteen courses will be taught at Northfield locations, and two are offered online via Zoom. For nearly 30 years, CVEC has enriched the lives of Cannon River valley area seniors, aged 50+, with inspiring courses, outstanding instructors, and affordable course fees.

Scholarships are available by request.

Fall Term course topics range from German immigration, to the US intelligence community, to the science of microbes, to brass music, fiction, movies, and more, so seniors are sure to find a course of interest. Go to cvec.org for information, and to register online. Registration continues until September 25.



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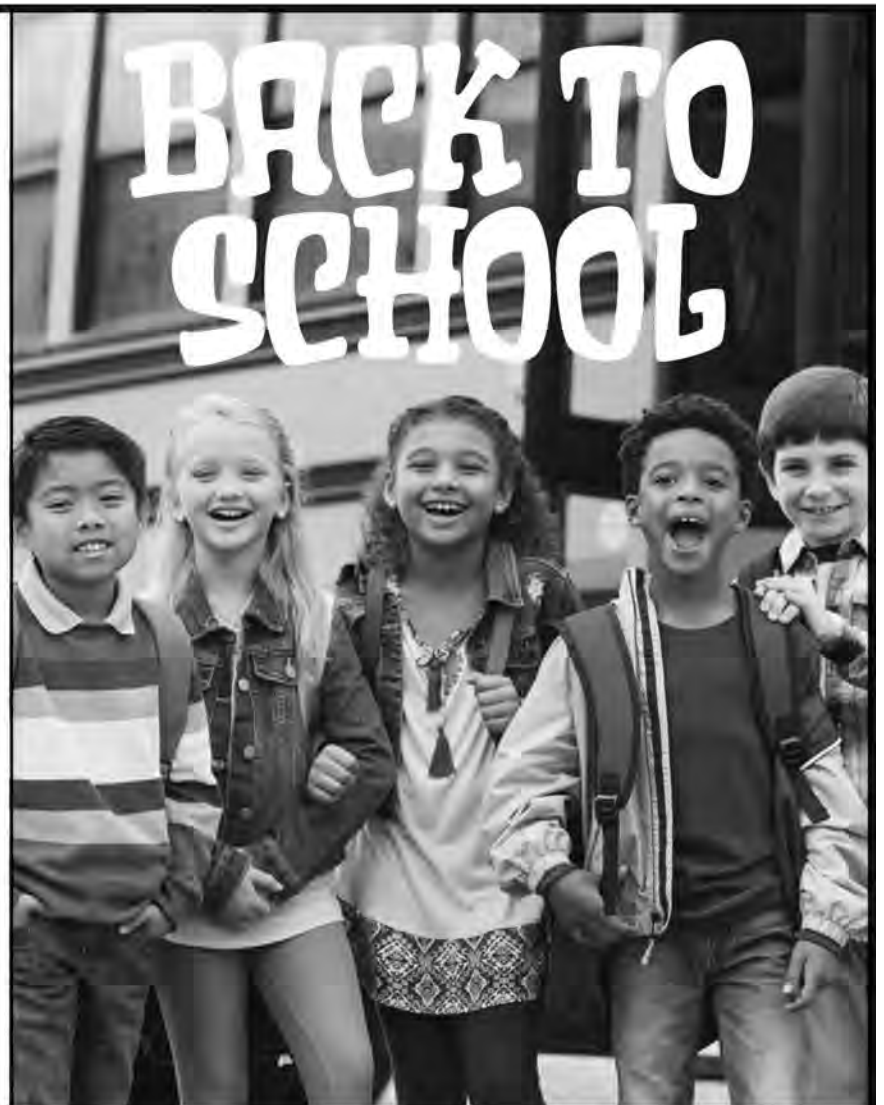
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Changes in Latitudes, Changes in Attitudes

Stories about Spirits in Bottles



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.

Growing up I used to find old bottles around the farm. There were buildings dating back to the turn of the last century for me to explore. I found many interesting bottles, some having the lettering cast into the glass. A few still had an aged cork stuck in the mouth. What a story they could tell.

My grandfather had a story that displayed his dry wit. This tale would have taken place

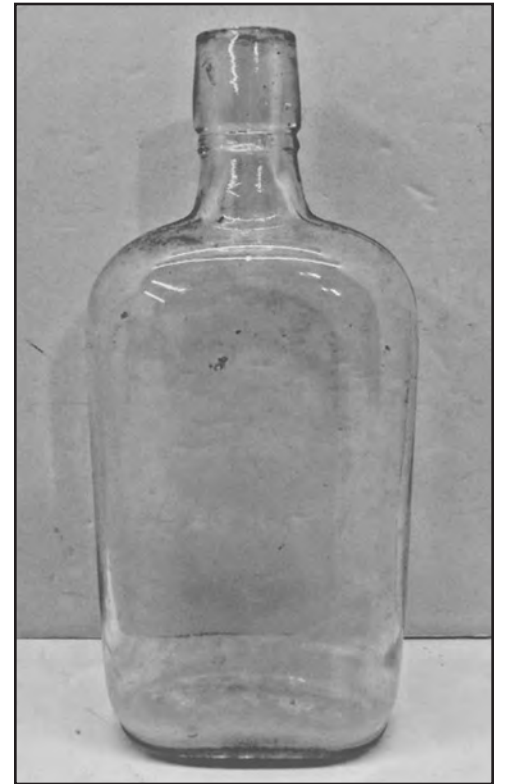
around 1920. He was not a drinker so this was an unusual story about a dry fella. My grandfather, as the story goes, was heading to Mantorville with the horse and wagon for supplies one morning. He asked the hired man if there was anything he wanted from town. Mantorville was five miles south of the farm but with a horse drawn wagon that would take over an hour and a half each way. There would be some livestock minerals, farm supplies and household goods to return with. Is quite interesting to think of Mantorville as a shopping destination where one could purchase everything needed for a farm family.

The hired man usually wanted a plug of chewing tobacco and a bottle of whiskey brought back on the weekly trip. A hired hand would usually live in a small shack or a simple room inside the farm house. Prior to the 1920's radio had not been introduced to rural America, and electricity was still a decade away. Probably not much to do for entertainment after a long day of work on the farm.

My grandfather picked up a bottle of whiskey for the hired hand, before he left town and proceeded homeward. My grandfather loved to talk. He stopped at a number of the farms along the way home to visit with the farmer and let his horse get a drink at the stock tank beside the windmill. Being a social and friendly guy, he also offered his host a nip from the bottle. At the last farm he realized that the bottle was getting about half empty. The solution was to refill the bottle from the well pump and press the cork in like nothing had happened. Once home he delivered chew and the whiskey to the hired man.

The next week when he inquired what he could pick up for the hired man in town he received the same order, but with one caveat. Please get different brand of whiskey than you brought home last week. That one was quite weak.

When I was a young lad, it was customary to give Christmas gifts to the milk hauler for the holiday. My mom usually made Christmas sugar cookies and fudge wrapped in a festive looking box. That Christmas the Maple Island milk hauler left a bottle of wine as a gift. Now my parents were teetotalers as well so the bottle was put in the back of the cupboard in the house. My curiosity got the best of me. To avoid suspicion, I knew I couldn't drink the bottle and dispose of it so I came up with a plan. I carefully opened the bottle, drank the contents and then refilled it with grape soda, sealed the cap and put it back in the cupboard. No one was every the wiser. Forty-five years later at a family gathering my sister confessed to my mother that she had opened the bottle of wine and tried it, only to find it totally disgusting. Wine may get better with age but grape soda definitely doesn't.



A Minnesotan: Jello Salad



By RosaLin Alcoser

My family has exactly one tried and true Minnesotan in it; that would be my husband. He is also the only real midwestern in the family. Since the rest of us are really transplants from the South.

Proportionally I have been here the longest of my family since I was a small child the fall of 1999 when we first came this far north. However, I am still a transplant as can be seen in my high heat tolerance and how I pronounce many words.

My husband on the other hand is born and raised Minnesotan. So you can imagine our shock when we found out that he, the man who loves hotdish, had never the other tried and true Minnesota food staple. Jello salad.

Now I have seen Jello salad's of all kinds on a pot luck table over the course of my life. Even when we would go visit family back south you would see the pink or green modeled one— you know the one with the marshmallows that was popular with the elderly who had been adults in the 1950s— on the table. Never as many as here in Minnesota, but they would be there.

I can remember whole tables of just Jello salad being out when I was little. And somehow growing up in the same state my husband had never had a Jello salad. Until my mom made one for church when she knew he'd be there.

Now like the rest of us Minnesotans he has had a Jello salad. It was one of the classic mandarin orange ones. Which he did like, mostly because he likes orange Jello and mandarin oranges. However, he did tell me afterwards that he would not count it as a salad.

Rice County Farm Family of the Year

(continued from page 1)

The event was held on the Gilfillan Estate in the Wick Buildings Farmfest Center.

The families were selected by local University of Minnesota Extension committees based on the honorees' demonstrated commitment to enhancing and supporting agriculture.

Jim and Gail Donkers' farming journey began in 1989 when Jim returned home after graduating from the University of Minnesota and took over management of the dairy herd. Gail, also a University of Minnesota graduate, joined the operation when they were married in 1993. In 2008, they sold the dairy herd, converted the milking barn into a calf barn and began finishing calves at another site.

Today, the Donkers family operates a diverse farm that includes soybeans, corn, alfalfa, finishing hogs, starting and finishing baby calves, and a sheep enterprise raising Babydoll and Dorset breeding sheep. They work closely with the local Soil and Water Conservation District to implement conservation practices and manage water to reduce soil loss. Jim and Gail farm full-time alongside their son, Mitch, Jim's father, Paul, and Jim's brother, Matt. Their son, Riley, manages the sheep operation with Gail, and their daughter, Abby, assists with sheep marketing and registrations. Their daughter-in-law, Daiton, contributes through farm photography.

The Donkers family is deeply involved in their community. Jim has served on the Richland Township board in various roles for 28 years and is also an election judge and 4-H leader. Gail serves as the Minnesota Farmers Union membership director, is active as a 4-H leader, is a member of the Minnesota 4-H Plant Sciences Steering Committee and is the Rice County Fair Sheep Superintendent. She is also secretary of the Kenyon Wanamingo FFA Alumni, serves on the Minnesota FFA Foundation Board and its Scholarship Committee, and is an All-American Junior Show Babydoll Breed representative and volunteer.

Gail was elected to the Minnesota Soybean Research and Promotion Council in 2018 and has served in several leadership roles. In 2023, she was elected to the U.S. Identity Preserved Alliance, appointed to the Soy Excellence Center board and serves on the Dakota/Rice County Corn and Soybean Growers Scholarship Committee. Jim and Gail have represented the Minnesota Soybean Research and Promotion Council internationally, traveling to South Korea, the Philippines, Canada and the Netherlands to help expand markets for Minnesota agricultural products.

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THE DEFEAT OF JESSE JAMES DAYS EVENTS

SEPTEMBER 9-13, 2026

FRIDAY, JULY 17

PRINCESS PARTY 5:30pm-8:30pm For ages preschool-4th grade.
United Methodist Church, 1401 Maple St. Admission \$25 in advance, \$30 at door.

FRIDAY, AUGUST 7

MEET THE CANDIDATES PROGRAM 5pm **BUTTON EVENT**
United Methodist Church, 1401 Maple St.

SUNDAY, AUGUST 16

AMBASSADOR PANCAKE BREAKFAST FUNDRAISER
8:30am-NOON, VFW, 518 Division St. S. Admission \$10 / free under age 5

MONDAY, AUGUST 31

GOLF TOURNAMENT Willinger's Golf Course, 2-person Best Shot.
Tee Times 8am-4pm Open Division & Senior Division (both players over age 60)

SEPTEMBER 2-6

HORSESHOE HUNT Remember to register your button before the hunt to be eligible to claim the full \$2,150 prize. (Please read the rules and instructions before hunting at djjd.org/horse-shoe-hunt.)

WEDNESDAY, SEPTEMBER 9

JOSEPH LEE HEYWOOD GRAVESIDE MEMORIAL SERVICE
NOON Northfield Cemetery, South Division across from High School
JOSEPH LEE HEYWOOD DISTINGUISHED SERVICE AWARD BANQUET
6:30pm (doors open 5pm) **BUTTON EVENT** Northfield Ballroom, Highway 3 North. Prepaid Reservations - \$30, email heywood@djjd.org, \$125 Pin Drawing, Auction of Defeat of Jesse James Days Collector Buttons Numbers 1 through 5

THURSDAY, SEPTEMBER 10

ENTERTAINMENT CENTER "The Original DJJD Townie Night"
5pm-12am **BUTTON EVENT** 5th & Water Street (valid ID req'd)
5pm-8pm Beer pouring by Past DJJD General Chairs and Past DJJD Ambassadors
8pm-12am *Russ Franek & The Biscuits Tribute Show*
NORTHFIELD HISTORY CENTER TOWNIE NIGHT FREE RECEPTION 4-8pm
408 Division St. Free museum entry and tours, local history tent featuring Maggie Lee's local community resident files, Northfield Middle & High School yearbooks and free refreshments.
CLASSIC CAR CRUISE 5pm line up on Division St. between 2nd and 4th streets
6:00pm 1-hour cruise begins. Free-will donation welcome. Route info at www.djjd.org
CARNIVAL 5pm Highway 3 & 5th Street
6-10pm "Wrist Band Night" See www.djjd.org for ticket sale locations
PEDAL TRACTOR PULL 5:30pm Between 4th & 5th Streets on Division
BINGO ON BRIDGE SQUARE 6pm-Midnight
THURSDAY NIGHT THUNDER Division between 5th & 6th Streets
6-8pm Meet local motorsport racing teams, family fun with autographs and games.

FRIDAY, SEPTEMBER 11

AMBASSADOR/JAMES GANG SCHOOL VISITS 9am-3pm
ENTERTAINMENT CENTER 4pm-1am **BUTTON EVENT**
5th & Water Streets (valid ID req'd)
8:30pm-12:30am *Legacy of the Lord*
CARNIVAL 5pm Highway 3 & 5th Street
BINGO ON BRIDGE SQUARE 6pm-MIDNIGHT
P.R.C.A. PROFESSIONAL RODEO 8pm Jesse James Arena, Hwy 3 South
"TRIBUTE TO 1ST RESPONDERS" NIGHT. General admission **presale tickets**: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket and Ziggy's. **Same-day tickets**: available at Rodeo grounds 2 hours prior to performance.
RODEO GROUNDS BEER GARDEN open before/during/after rodeo (valid ID req'd).

SATURDAY, SEPTEMBER 12

NORTHFIELD ROTARY BIKE TOUR 7am
Start and finish at the Dundas Dukes Ballfield, 214 S. 1st St., Dundas
Multiple route lengths, paved and gravel and family fun ride. Sponsored by the Dundas Dukes and Chapel Brewing. Food and beverages served at the end of ride. Fully supported rest areas and SAG drivers. Check-In begins at 6:30am. Registration and start times here: northfieldrotary-bike-tour
RAIDER DERBY Registration 7:30am, Race begins 9am
BUTTON EVENT Soapbox car racing, 3rd & Orchard St.
Button required for all participants
DEFEAT OF JESSE JAMES DAYS CAR SHOW 9am-3pm
BUTTON EVENT Sundowner Car Club, Riverside Park. Admission: \$2; 15 and under free with paid adult.
ARTS, CRAFTS & GIFT SHOW
9am-5pm Central Park, 4th & Winona Streets
KIDDIE PARADE 9:30am 6th & Division Streets

SATURDAY, SEPTEMBER 12 CONT.

NORTHFIELD ARTS GUILD RIVERFRONT FINE ARTS FESTIVAL
10am-5pm Cannon River Walkway. More info at northfieldartsguild.org
CARNIVAL 11am Highway 3 & 5th Street
BINGO ON BRIDGE SQUARE NOON-MIDNIGHT
CORNHOLE TOURNAMENT NOON **BUTTON EVENT**
Entertainment Center. **Must pre-register through Scoreholio.** Competitive and social brackets available. (Teams limited.) Proceeds benefit Give Cancer the Boot.
ENTERTAINMENT CENTER NOON-1am **BUTTON EVENT**
5th & Water Streets (valid ID req'd)
8:30pm-12:30am *Smokescreen*
P.R.C.A. PROFESSIONAL RODEO 2pm Jesse James Arena, Highway 3 South
Free cowboy hat to first 400 paid kids admissions from Edina Realty. General admission **presale tickets**: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket and Ziggy's. **Same-day tickets**: available at Rodeo grounds 2 hours prior to performance.
DJJD BEARD CONTEST 6pm **BUTTON EVENT**
Division Street (following final bank raid re-enactment), \$10 entry fee, see djjd.org.
CANNON VALLEY REGIONAL ORCHESTRA 7pm **BUTTON EVENT**
St. John's Lutheran Church, 500 3rd St. W. Admission: \$10
The Swede, Nicholas Gustafson, a victim during the Jesse James bank raid of 1876, was an example of the many immigrants coming to Northfield during those years. John North himself was an immigrant from the eastern US. Our concert celebrates the musical heritage of the Swedes, Norwegians, Bohemians, Germans, and more recently, Latinos, who make up our wonderful community.
P.R.C.A. PROFESSIONAL RODEO 8pm Jesse James Arena, Hwy 3 South
"GIVE CANCER THE BOOT" NIGHT Fundraiser for Northfield Hospital Foundation to support cancer care and treatment. Special giveaway to the first 300 paid admissions, sponsored by CarTime Auto Center and Megan Culhane - Weichert Realtor Heartland. General admission **presale tickets**: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket and Ziggy's.
Same-day tickets: available at Rodeo grounds 2 hours prior to performance.

SUNDAY, SEPTEMBER 13

5K/15K RUN-WALK
4th St. and Washington St.
Hosted by the Northfield Area Family YMCA/Northfield High School Track & Field and Cross-Country teams. Same-day registration 6:30-7:30am, 8am start time for both distances. \$35 for Northfield Y Members/\$40 for all others. More information and registration at northfieldymca.org
ANTIQUE TRACTOR & TRUCK PULL Registration: 7am, Pull: 9am
BUTTON EVENT Jesse James Arena, Hwy 3 South
VFW BREAKFAST 7:30-11am Adults \$12, Children (5-10) \$6, Under 5 free
AMBASSADOR VIP RECEPTION 9:30am Northfield Middle School
NORTHFIELD ARTS GUILD RIVERFRONT FINE ARTS FESTIVAL
10am-5pm Cannon River Walkway. More info at northfieldartsguild.org.
ARTS, CRAFTS & GIFT SHOW
11am-4pm Central Park, 4th & Winona Streets
CARNIVAL NOON-6pm Highway 3 & 5th Street
BINGO ON BRIDGE SQUARE NOON-8pm
ENTERTAINMENT CENTER NOON-6pm 5th & Water Streets (valid ID req'd) Special appearance after the Grand Parade by the "Minnesota Pipes & Drums"
GRAND PARADE 2pm Division Street
RESCUE SQUAD DUCK RACE 15 minutes after parade 4th Street Bridge
\$5 tickets available at Bingo Stand. 1st place prize \$1000, 2nd \$300, 3rd \$150.
AMBASSADOR CORONATION 5pm **BUTTON EVENT**
Northfield Middle School. Admission \$10, Children under 5 free

Bank Raid Re-Enactments

BUTTON EVENT = Buttons required for bleacher seating

408 Division Street

Friday 6pm & 7pm, Saturday 11am & 1, 3, 5pm,
Sunday 11am & 12:30pm
(Limited bleacher seating available for 12:30 raid)

American Sign Language Interpreted Raids:

Saturday 11am, 1pm and 3pm
Sunday 11am

(for ASL, check in at Info Booth 20 minutes before re-enactment)



Spanish Interpretation Script available at all raids
visit the Info Booth or scan QR code

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

(continued from page 1)

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 exhibits are many, including antique tractors, classic cars and trucks along with draft horses.

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.



file photo

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



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* PARADE OF TRACTORS - DAILY @ NOON

* TRACTOR PULL - Sunday 9:00 am

* KIDS PEDAL PULL - Saturday 2:00 pm

* RAILROAD TRAIN RIDES - 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**

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

INFORMATION ON OUR WEBSITE AND FACEBOOK:
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September 26

An organized run through the Big Woods State Park is happening again this year! St John's United Church of Christ is once again planning the Big Woods Run, a race that was first run in 1996.

The course takes runners through one of the best hardwood forests in southern Minnesota. Saturday, September 26, 2026 is the date to pull on your running shoes and enjoy this scenic trek. The Big Woods should be in prime color for the runners and spectators.

The schedule of events includes a half marathon, 10k, 5k and a Kids Fun Run. The half marathon will take runners through beautiful wooded scenery with challenging hills. The 10k and 5k runners will enjoy a fairly flat wooded trail course. The half marathon and 10k races begin at 9:00am at St John's UCC,



19086 Jacobs Ave, Faribault. 5k runners will take a shuttle bus from the church to the starting line in the middle of the park. 5k runners must be on the bus no later than 8:40am. Kids Fun Run begins at the church at 10:30am. Runners can register online at www.finalstretch.com. Race day registration is 7:15am-8:45am at the church.

Proceeds from the Big Woods Run are donated to local charities. Over \$150,000 has been distributed in the 30 years of the event!

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Stroke Risk, Watermelon and Condiment Ingredients to Watch Out For



By Shauna Burshem, D.C.

Stroke Risk: Before you've even had your first sip of coffee, your body is already making important adjustments for the day ahead. As you wake, hormone levels shift, blood pressure naturally rises, and your blood becomes slightly more likely to clot. Researchers say these normal morning changes may help explain why strokes seem to occur more often during the early hours. Although a stroke can happen at any time, experts believe the body's internal clock plays a meaningful role in cardiovascular health, especially during the transition from sleep to wakefulness

when the heart and blood vessels face new demands.

This is a useful reminder that circadian rhythm affects much more than sleepiness — it influences many of the body's essential biological processes, including heart and brain health. Supporting cardiovascular wellness starts with daily habits, not just reacting when symptoms appear. Restorative sleep, healthy blood pressure habits through good nutrition and regular movement, stress management, and exposure to natural morning light can all help maintain a healthy circadian rhythm. Since your body starts preparing for the day before you even get out of bed, giving it the right support may be one of the simplest ways to protect long-term heart and brain health.

Watermelon is very good for you: Watermelon is so much more than a sweet treat on a hot afternoon. This juicy fruit comes loaded with nutrients that support hydration, circulation, and your overall well-being. You get vitamins A and C, potassium, and the powerful antioxidant lycopene in every bite. Watermelon also gives you L-citrulline, an amino acid that helps your body make nitric oxide, which keeps your blood flowing smoothly and your blood vessels working well. The benefits go far beyond simply quenching your thirst. Its high water content keeps you hydrated, while its antioxidants help shield your cells from oxidative stress. Research has connected regular watermelon consumption to healthier blood pressure, stronger cardiovascular function, faster muscle recovery after a workout, and better digestive health

thanks to its water, fiber, and natural prebiotics.

For most folks with healthy metabolic function, ripe watermelon is a wonderful source of carbohydrates that also delivers valuable vitamins, minerals, and protective plant compounds. That said, if your gut isn't running at its best, your body may struggle to handle larger amounts of complex carbohydrates right away. This is where supporting your mitochondrial and gut health really pays off. When those systems are working well, your body can better use the nourishment that whole foods like watermelon provide, helping you get the most out of what nature so generously offers.

Condiment Use Can Be a Problem: Most of us don't give a second thought to the toppings we pile onto our meals, but those little extras can quietly shape our health over the years. Processed meat-based condiments, like bacon bits and bacon jam, are worth cutting back on. Eating processed meats regularly has been consistently tied to a higher risk of colorectal cancer, which makes those seemingly harmless sprinkles more concerning than they appear. The trouble comes from what's inside them: nitrates, nitrites and other preservatives that can form potentially harmful compounds during processing and cooking.

Many store-bought barbecue sauces call for the same careful look. They're often packed with added sugars, high-fructose corn syrup and a long list of ultra-processed ingredients. Over time, that combination can contribute to metabolic problems while adding to your



body's overall toxic load. The real issue isn't enjoying a favorite sauce now and then on a special occasion. It's the daily pattern of reaching for these products that adds up, giving you plenty of refined sugar and artificial additives with little real nutrition in return.

The good news is that flavor doesn't have to come from a factory. Turning back to simple, whole-food ingredients is one of the easiest ways to brighten a meal without the unwanted extras. Fresh herbs, garlic, onions, homemade salsa and a good mix of spices can transform your food naturally. These small swaps might feel insignificant in the moment, but over the years, choosing real ingredients over processed toppings becomes a meaningful part of supporting your long-term health.

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

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Fatigue



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

This time of year, the outdoor temperatures are rising higher and the need for some cool, refreshing beverage is obvious. The human body is about 70% water, and maintaining this level of water in the body becomes a life-long practice. Water is important for all the chemical processes that are happening in the body every minute. When water concentration decreases the chemical process will slow down waiting for the right amount of water to be available. One of the primary causes of fatigue and lack of energy may be the lack of water inside the body.

Brain function and clarity of thinking can decrease when not enough water is consumed. A study published by BMC Medicine in 2023 followed almost 2000 participants who were 55 – 75 yrs old. Eighty percent of

the participants met the standard for adequate water intake, but the measure of water in the blood serum of fifty-six percent of the participants were at dehydration levels. There was a strong association between dehydration and lower brain function.

This study shows us that even though water was consumed, there were not enough minerals in the water to help properly balance the water inside the cells of the body compared to outside the cells. The difference in the amount of water inside the cell compared to outside the cell is controlled by the electrolytes. When the electrolytes are provided through quality foods and seasonings, the water balance will reach optimum levels that result in energy production. Energy cannot be produced without a proper water balance.

While water is the primary molecule in the body, there is a balance of minerals in the water that make the chemistry work. Calcium, magnesium, sodium, potassium, and carbon dioxide are the primary minerals used in the body for healthy cell communication. These electrolytes are very carefully controlled by the body because an imbalance of any of these minerals can cause communication problems between the cells of the body. Electrolyte imbalances are related to heart problems, kidney problems, and brain disfunction as noted in the study above.

Some will reach for coffee or a caffeinated drink to achieve an energy boost. While a brief boost will be generated from the body's urgent response to get rid of the caffeine, the long-term result will be greater dehydration. Coffee and caffeinated drinks cause the body to become more dehydrated over time be-



cause these drinks do not provide water but stimulate the kidneys to get rid of more water. Over time fatigue increases with greater dehydration.

To promote greater energy and hydration, consider the following points:

- Make a habit of drinking water throughout the day. A general guideline is to drink half of your body weight in fluid ounces. (A person weighing 128 pounds would drink 64 oz = 8 cups)
- If your urine is dark yellow, this is a sign of dehydration. More water is needed
- Consume fresh foods that contain water like cucumbers, melons, berries, and salads
- Consider quality salts – Himalayan, Celtic, Sea salt – to be added to foods or water

• Identify an electrolyte mix that contains calcium, magnesium, sodium, and potassium without any added sugar. This electrolyte mix may be used once a day to improve electrolyte balance and water absorption inside the body

If you are struggling with fatigue and lack of energy, I can help identify the cause and provide support for improving your quality of life. 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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National Breastfeeding Month: Lactation Counselors Support Families

By Rice County

National Breastfeeding Month: lactation counselors support families

The U.S. Breastfeeding Committee announced that the theme for National Breastfeeding Month in 2026 is RISE, which stands for Resilience, Interdependence, Self-determination, and Empowerment. The theme highlights the heart and strength of the First Food field and the network's advocacy work to create a landscape of breastfeeding support for every family.

Rice County Public Health's lactation counselors do just that. They strive to meet families where they are at in their feeding journey and support them to meet their feeding goals. The team consists of six members: Fae Schumacher, Kiera LaRoche, Heather Luethje, Hannah Stimson, Kathy Neirby, and Amanda Johnson.

Lactation counselors have special training and competence in lactation skills. They are able to assess the latch and feeding process and can counsel mothers and provide corrective interventions to commonly encountered situations such as breast/nipple issues, feeding problems, and breastmilk management is-

sues.

The American Academy of Pediatrics (AAP) recommends that infants be exclusively breastfed for the first six months after birth. At six months breastfeeding should continue while introducing solid foods until the infant is one, and as long as mutually desired by mother and child for 2 years or beyond.

The Minnesota Department of Health lists several reasons why breastfeeding is beneficial. Breastfeeding is healthy for babies, good for moms, and helps families.

Visit health.state.mn.us/people/breastfeeding/whybf.html for more information and answers to common questions as well as information about Minnesota laws protecting breastfeeding.

When it comes to breastfeeding, Rice County Public Health takes a family-centered approach.

Schumacher, LaRoche, Luethje, Stimson and Johnson are registered nurses and are available for prenatal and postpartum visits with families to answer any breastfeeding questions or concerns they may have from the comfort of their home. Neirby is a dietitian and the Women, Infants and Children (WIC) coordinator at Rice County Public Health, providing education and support to WIC families.

In addition, staff attend free weekly baby support groups, working collaboratively with local Early childhood Family Education programs in Northfield (Baby Talk 10:30 a.m. – noon every Wednesday) and Faribault (Baby Stop 10:30 a.m. - noon every Thursday). Northfield Hospital and Clinics' Lactation Consultant, Nicole Martens also attends. These groups support parents with babies from 0 -12 weeks, and are a time for sharing joys and challenges, and answering questions. Babies can also be weighed.

All staff in the Family Child Health and WIC units at Rice County Public Health have



Rice County Public Health has six certified lactation counselors: Fae Schumacher, Kiera LaRoche, Heather Luethje, Hannah Stimson, Kathy Neirby and Amanda Johnson who is not pictured. (Rice County photo)

extensive training and experience with breastfeeding and can serve as a resource to Rice County families to support breastfeeding mothers.

Individuals may self-refer or ask their provider to refer them for Public Health serv-

ices.

For more information, call 507-332-6111 and ask for a Family Child Health nurse or complete an online referral form at https://bit.ly/RiceCo_PublicHealthReferral.

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The face of HOPE

(continued from page 1)

The award recognizes those doing outstanding work to support survivors of sexual violence and create safer communities.

“Erica Staab exemplifies what it means to be a visionary voice in the movement to end sexual violence,” wrote Megan McKinnon with the Minnesota Coalition Against Sexual Assault in her award nomination. “What sets Erica apart is how she shows up for people. She brings presence and care to every interaction and holds deep respect for the humanity of those she encounters. Erica listens closely and asks thoughtful questions. Her leadership

is human-centered, calm and grounded in values.”

Zen. Peacefulness. Steadiness. Integrity. Caring. Trustworthy. Focused. All words regularly used to describe with Staab, whose work often involves clients in crisis and constant pressure. Both McKinnon and Capt. Nathan Budin with the Rice County Sheriff’s Office say it’s because she prioritizes people and relationships.

Budin, who headed the Sheriff’s Office Investigations Unit for nearly seven years, often worked with Staab especially as a member of the county’s Sexual Assault Multidisciplinary Action Response Team (SMART team). He call Staab an “unbelievable collaborator,” adding how she asks questions about how other team members do their jobs so she knows how to work with them to benefit victims.

Staab’s commitment to the field is longstanding and multifaceted. The Faribault na-

tive, who studied social work at University of Wisconsin-River Falls, had just gone back to school after working the summer of 1996 at a local bank when a coworker, Julie Carroll, who’d she’d become close to, was shot and killed by her estranged boyfriend. Carroll’s 10-year-old child was also shot, but survived.

Carroll’s murder is one reason Staab moved into her current line of work. “I didn’t want any other family to go through what she went through,” she said.

She left Minnesota for a few years, serving as a prevention coordinator with the South Carolina Coalition Against Domestic Violence and Sexual Assault, even working with then U.S. Sen. Joe Biden’s office on the federal Violence Against Women Act, but returned to Faribault in 2008.

In addition to her work at HOPE Center, Staab often serves as an expert witness, help-

ing juries better understand the dynamics of sexual and domestic violence.

She’s also helped lead training sessions to keep youth safe online and for the county’s first responders so they can better assist sexual and domestic assault victims.

“Erica is a genuinely exceptional human whose voice has strengthened organizations, shaped communities and inspired the movement. She embodies the spirit of the Visionary Voice Award,” wrote McKinnon.

Budin sees Staab as the hub — working with prosecutors, investigators, probation officers, nonprofits and the community — to ensure victims and get the care and support they need.

“It is an incredible honor,” Staab said of the award. “It has been an incredible joy and a privilege to work with people who continue to show me courage and resilience, and to be surrounded by other advocates who do this work.

“To know I’m not alone, those moments make it worth it. Listening and being present for victims. It’s sacred work.

If you or someone you know has been impacted by sexual and/or domestic violence and needs help, visit hopecentermn.org or call 507-332-0882 weekdays or use its 24-Hour SafeLine: 1-800-607-2330.

First Half Mobile Home Property Tax Payments Due Aug. 31

(continued from page 1)

Property taxes may be paid online at the Rice County website, www.ricecountymn.gov, or by phone at 877- 690-3729 using the jurisdiction code 3321. Paying from a checking or savings account is free of charge. A convenience fee does apply to all credit/debit card payments.

Property tax payments can continue to be mailed to the Rice County Property Tax & Elections Office. Anyone paying in person may do so via cash, check or money order at the Property Tax & Elections Office, 320 Third St. NW, Faribault, MN 55021. Hours are 8 a.m.-4:30 p.m. Monday-Thursday and 8 a.m.-noon on Friday.

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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.

Urgent Care Northfield moves to Jefferson Road Clinic

(continued from page 1)

Urgent Care begins in the Jefferson Road Clinic on Thursday, September 17.

The move is part of NH+C's purchase of the Jefferson Road Clinic from Allina Health.

Urgent Care Northfield
1400 Jefferson Road

Mon - Fri: 8:30 am-7:30 pm

Sat - Sun: 8:30 am-3:30 pm

Urgent Care will be in a bigger space with a broader range of services, and convenient referrals for follow up care.

"We know we've got large demand for our urgent care services in Northfield, and this will allow us to increase that capacity," says NH+C CEO Zander Abbott.

Another benefit: Jefferson Road Clinic is on the Northfield-Hiawatha Land bus line, so this move puts Urgent Care on the Northfield bus line. "We're excited about making our Urgent Care location even more accessible," Abbott says.

Urgent Care will be closed Sept. 15-16 for the move.

If you need urgent care those two days:

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Urgent Care Lakeville:

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