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OCTOBER 29, 2026

Volume 23 • Issue 10

3rd Annual Makers Market at Wildwood of Nerstrand Saturday, November 7 from 9am-1pm *Open to the public!*

Boasting festive Christmas Market vibes nestled in a quaint small town setting. Peruse indoor and outdoor talented creators, bakers, woodsmen and metal twisters, candle makers and chocolate swirlers, crafters and inventors, tasty food vendors, live music and more!

Wildwood is located at 315 Main Street, Nerstrand. *(schedule of events on page 13)*

Two Candidates on Ballot for District 19A State House Seat



Keith Allen



Martha Brown

(see page 12)

Announcements

- **Dennison City Council** meetings are held the first Thursday of every month at 6:00 p.m. *(continued on page 2)*

Dennison and Nerstrand 2026 Election Update

The cities of Dennison and Nerstrand will be voting for council and mayoral seats this year.

In Dennison, 2 council seats are up for election, as well as the Mayor's office.

At press time, according to the MN Secre-

Annual Turkey Dinner at Dennison Sunday, November 1



The Dennison Lutheran Community Church will hold their annual Turkey Dinner

again this year, Sunday, November 1, 2026 from 11:00 to 1:00 in Dennison.

Diners can sit down and enjoy a delicious dinner and help support the community.

Take out orders are also available by calling or texting 507-645-6042 anytime ahead of the event. If you have a group coming, calling ahead to let them know is welcome.

All are welcome to enjoy this annual event! There will not be a regular church service that day. Church services at Dennison are held the second and fourth Sundays of the month.

Halloween Events in Dennison & Nerstrand

Annual traditions return to the streets of Nerstrand and Dennison this week for Halloween fun.

Friday In Nerstrand, the Nerstrand Elementary Students parade downtown with the local business and residents handing out treats to the students. On Saturday, traditional trick-or-treating around town and activities are also set up at The Methodist Church parish hall.

In Dennison, at City Hall, The Dennison Lions Club will host its annual event serving hot dogs, beverages and treats from 4:30-5:30p.m. ahead of trick-or-treating around town.

All are welcome.



Dennison Lions Turkey Bingo November 21 - 5 PM



An annual tradition continues this year the Saturday before Thanksgiving, November 21st. New this year will be a time change to 5 PM at Dennison

City Hall.

Funds raised during the event will support the Lions Club community support and events.

The club has heard over the years, as the holiday season is busier, an earlier time might allow more to attend the annual community event. The Dennison Lions Club is a Non-Profit 501 C 3 Organization serving the area.



VOTE

COLE SKADSEM

Dennison City Council

A fresh voice for our hometown!

See more information on page 3.

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Dennison

& Nerstrand

Salt and Light in Election Season

By Johann Marsland

Announcements

(continued from page 1)

• **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!

• **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. Other times available per request, 507-332-8000. October 13 meeting rescheduled to **Oct. 6**. November 10 meeting rescheduled to **Nov. 4**. December 8 meeting - no change.

• **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

Imagine a single candle lit in a dark room. Its flame does not instantly flood the entire house with brilliance, yet it pushes back the shadows nearest to it. As more candles are kindled nearby, the darkness retreats further. This is the quiet, powerful way Christian faithfulness transforms communities, cultures, and governments; not primarily through grand speeches or national campaigns, but through ordinary believers living as disciples among their friends, neighbors, and towns.

Jesus declared in Matthew 5:13-16, "You are the salt of the earth... You are the light of the world. A city set on a hill cannot be hidden." Salt preserves what would otherwise decay; light exposes what hides in darkness and guides the way. When Christians consistently practice love, integrity, and justice in daily relationships, they act as preservative and illumination in the places that matter most the communities where they live, the schools their children attend, the local businesses they support, and the conversations they share over coffee or just across the fence.

The greatest commandment, Jesus taught, is to love God and to "love your neighbor as yourself" (Mark 12:31). Neighbor-love is not abstract. It looks like showing up for the elderly widow next door, mentoring a struggling teenager, speaking truth with grace in political discussions, and modeling honesty in small transactions. These acts are the yeast Jesus spoke of in Matthew 13:33; a small

amount that works through the whole dough until the entire loaf rises. A community flavored by such love becomes less susceptible to the corruption, division, and cynicism that poison public life.

Politics does not begin in distant capitals. It begins in the character of the people in relationship with others. When Christians live as faithful witnesses refusing gossip, practicing forgiveness, caring for the vulnerable, and pursuing justice they cultivate a healthy civic environment. Proverbs 14:34 reminds us, "Righteousness exalts a nation, but sin is a reproach to any people." Righteousness is not imposed from above; it is established from the ground up through lives transformed by the gospel.

This local faithfulness has ripple effects. A community marked by mutual care and moral clarity elects better local leaders, supports wiser policies, and holds officials accountable. Over time, these local patterns influence wider spheres. The early church did not seize the Roman Empire by force; it transformed it from within through lives of sacrificial love, quiet courage, and unwavering truth. The same pattern holds today.

Yet living as salt and light is incomplete without responsible engagement in the public square God has placed us in. Scripture calls believers to seek the welfare of the city (Jeremiah 29:7) and to pray for those in authority (1 Timothy 2:1-2). Voting is one concrete expression of that calling. So is serving on school boards, attending town meetings, vol-

unteering for local initiatives, and encouraging godly candidates.

Do not underestimate the power of a life lived faithfully close to home. Light one candle. Be the salt in your street. Love your neighbors well. Then step into the public responsibilities that flow from that love. Register. Vote. Speak. Serve. Get involved in local governance. The kingdom of God advances not only through sermons and songs, but through ordinary Christians who refuse to hide their light under a basket—and who refuse to leave the stewardship of their communities to others. The transformation of politics begins right where you live.

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Ann Traxler
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AREA CHURCH DIRECTORY

Jesus, Name Above All Names

God exalted him to the highest place and gave him the name above every name, that at the name of Jesus every knee should bow. . . . — Philippians 2:9-10

There are a lot of big names out there: Zuckerberg, Apple, Xi, Trump, Oprah, Al. Does our world rise or fall with these names?

Or how about some names closer to home: Parkinson's, Alzheimer's, ALS, Down Syndrome? Or what about labels that society might apply to us: divorced, disabled, addicted, infertile, fired, foreclosed, forgotten, paroled? Do any of these have the power to make or break us?

No. Our reading today proclaims that no name, whether it carries princely power or brings us problems or roadblocks, is greater than Jesus— not even light years close.

None of those names went down low, "taking the very nature of a servant" and "becoming obedient to death" to raise us up. None of those died on a cross to give us new life.

Jesus is the only One whom God gave the name greater than any other name. He is the only One we should bow to. We can take him more seriously than any other name or label, for he himself is God, and he rules over all things.

This month, let's reflect on the various names of Jesus and what they show us about him. Each one reveals something marvelous and matchless about Jesus Christ, our Lord, to whom every knee and power and threat will bow, "to the glory of God the Father." We are in his hands, and he puts all things in their place.

Thank you, Jesus, for all you have done to give us new life and faith in the power of your name. May we honor your name above every name. Amen.

NORTHFIELD COMMUNITY CHURCH

713 Division St S, Northfield, MN 55057
Contact Us: hello@northfieldcc.org
<https://www.northfieldcc.org/>
10:30 am Worship Service (10:00 am in summer)
9:15am Sunday School

LUTHERAN

Dennison Lutheran Community Church
Pastor Dwaine Sutherland Office: 507-645-6042
P.O. Box 117, Dennison, MN 55018
Website: www.dennisonvang.org

Vang Lutheran Church

507-789-5186
www.dennisonvang.org
Rural Dennison
Weekly Sunday Service 9:00a.m.

Gol Lutheran

Joe Jorgensen, Pastor
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.

METHODIST

Nerstrand United Methodist

Gary Liker, Pastor
507-330-0025
Worship 9:00a.m.

Stanton United Methodist

Rev. Tom Countryman
Church Phone 507-321-3598
Worship 10:15a.m.

ST. JOHNS UNITED CHURCH OF CHRIST

(Wheeling Township) 19086 Jacobs Ave., Faribault
Gary Liker, Pastor
651-280-0150
www.stjohnsunitedchurchofchrist.info
Sunday School 9:30a.m.; Worship 10:30a.m.

NEW LIFE CHURCH

525 Beverly St., Wanamingo
9:00a.m. Sunday School for all ages;
10:00a.m. Worship Service
7:00p.m. Small Group Bible Studies - Sun.

HOLDEN AND DALE LUTHERAN CHURCHES, ELCA

Pastor Dustin Haider
507-789-6677
holdendalesecretary@gmail.com
Holden: 6949 County 30 Blvd, Kenyon
Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Holden Lutheran Church on Facebook
Worship Services
Nov 1: Dale 9:00, Holden 11:00
Nov 1:
All Saints Dinner Holden 12-2, 4:30-6:30
Email your church announcements, schedule, etc. to the Mainstreet Messenger at: hometownmessenger@gmail.com



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VOTE COLE SKADSEM

Dennison City Council



Hello Dennison Neighbors,

My Name is Cole Skadsem and I am running for City Council in Dennison.

I grew up on the Iron Range in Chisholm/Virginia, MN, and attended the University of Minnesota - Twin Cities where I received my Bachelor's Degree with a major in Mortuary Science. I moved to Dennison in October of 2024 with my wife of nearly a decade and our two boys under the age of two!

We chose Dennison because it truly reminds us of the home we left behind to start our lives together. Both my wife and I grew up in small towns and we gravitate toward a small(er) town feeling. I am running for City Council because of my desire to help others, which is also why I chose to become a Funeral Director. I am a Funeral Director, Mortician, & Certified Funeral Celebrant with the Bierman, Benson & Langehough Funeral Home of Northfield.

It is my understanding the City of Dennison has many decisions to make when it comes to our sewer, water and water safety systems infrastructure and upgrades, which will allow growth in our city, while also providing essential services to every resident and business in our hometown. As someone with small children, this seems like a paramount issue to tackle head-on. I see my 10+ years' operating in every aspect of a business which implicitly involves service to others, as a benefit to the City of Dennison. I am asking for your vote on November 3rd to help make Dennison a better place to live.

If you have any questions of me or my thoughts on the future of our community, feel free to reach out to me directly at cole@northfieldfuneral.com or 507-703-5618.

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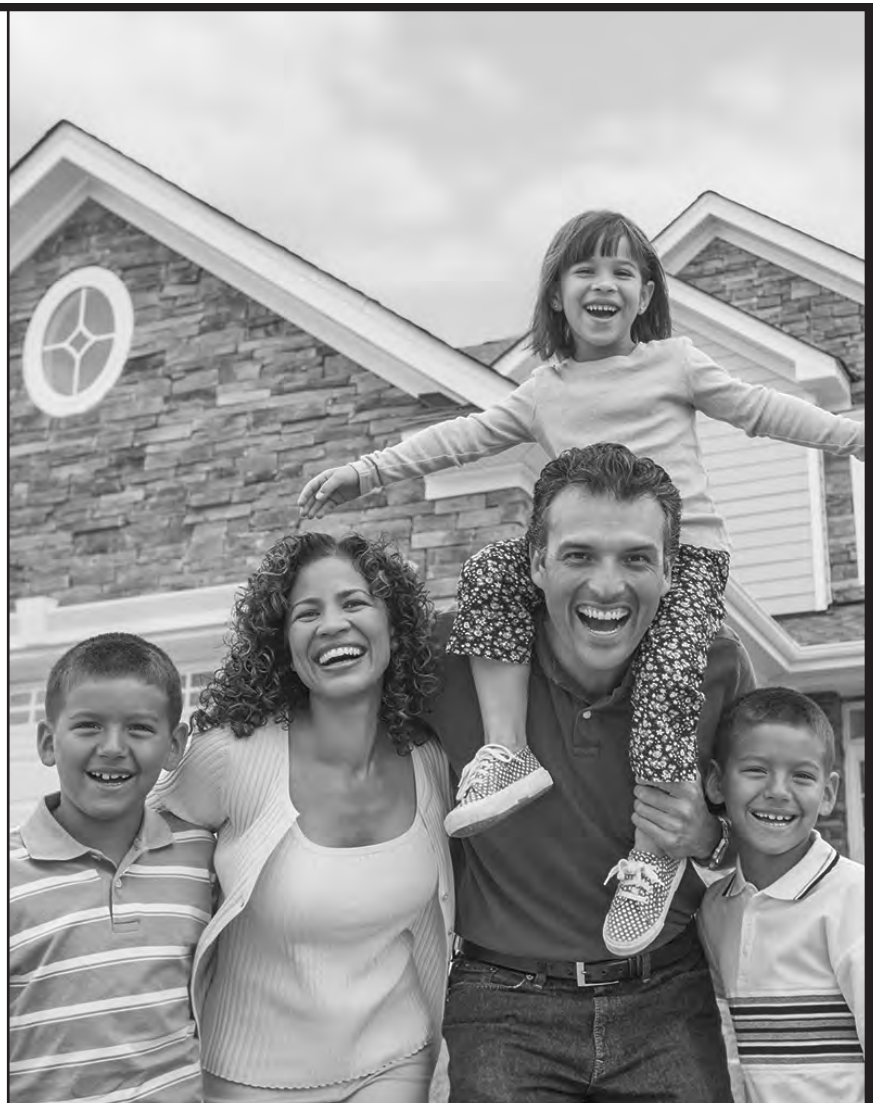
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Lois Geneva Estrem

Lois Geneva Estrem, 82, of Kenyon, died on Monday, October 5, 2026, at her home.



She was born December 7, 1943, in rural Sogn, Minnesota, to Everett and Gladys (Esterby) Hommedahl.

She grew up in Cannon Falls. She started her schooling at District #47 school

southeast of Urland Church. From there she went to Wastedo school and graduated from Cannon Falls High School in 1961. During school Lois worked at the Edgewood Restaurant. Lois was engaged on April 3 1961 to John Estrem, and they were united in marriage on Saturday, February 17, 1962, in Urland Church in Cannon Falls. They were blessed with three children, John, Troy, and Beth. As parents John and Lois were at every sporting event and concert that their children were involved in. Lois didn't just watch her kids play sports, she also watched the Timberwolves, Vikings, Twins and the Gophers.

While raising her family, Lois started working at the Wanamingo Bank and moved onto Northfield Bank, before working at the Security State Bank of Kenyon. For a couple years, Lois and John decided to manage hotels in Santa Barbra, California and Rochester, Minnesota. Lois would then return to the Security State Bank of Kenyon where she moved from teller to Assistant Vice President, later retiring after 39 years. People would wait in line just so she could be their teller so they could see her smile. They would also call ahead of time to see if she was working and if she wasn't then they would choose a different day to make their deposits. Lois was very involved with the community of Kenyon, from the Gunderson House to many different hats at church. Lois and John's generosity was felt when they opened their doors to let people live with them when they needed and place to rest their head.

Lois and John enjoyed their cabin while raising their family, sharing many memories with their family and friends. When they retired, they had a winter home in Mesa, Arizona, where they enjoyed entertaining and being snow birds. During their life they enjoyed traveling the world going to Norway, Panama Canal, Costa Rica, Hawaii and

Alaska cruises, and making it to every state but Maine.

Mom would always tell her family to give where you can because you will always get back 10 fold. She lead by example.

She is survived by her husband John Estrem of Kenyon; sons, John (and Linda) Estrem of Red Wing, and Troy (and Joy) Estrem of Kenyon; grandchildren, Thor (and Kim), and Jason; great-grandchildren, Paige (and Joshua), Carson (and Samantha), brother, Erling (and Karen) Hommedahl; son-in-law, Noah Cashman, and many nieces and nephews.

She was preceded in death by her parents, step dad (Bill Thomas), daughter, Beth Cashman; brothers, Sherman Hommedahl and Kermit Hommedahl.

The family would like to give a special thanks to Sandy Doehling, Debra Herrlich and Holly Lexvold for their professional care. We would also like to thank all the staff from the Hospice Organization.

Visitation was at First Evangelical Lutheran Church, Kenyon on Friday, October 16, 2026, from 4:00 PM to 7:00 PM. Memorial service was held on Saturday, October 17, 2026, at 11:00 AM at First Evangelical Lutheran Church, Kenyon with a visitation starting one hour prior to the service. Interment was in the Kenyon Cemetery in Kenyon. Memorials are preferred to First Evangelical Lutheran Church.

Rosella LaVerne Rodde Overby Strandemo

Rosella LaVerne Rodde Overby Strandemo, 99, of Kenyon, died peacefully with her children at her side on Wednesday, September 30, 2026, at her residence.



Rosella was born to Alfred and Marie (Langemo) Rodde on November 22, 1926, at the family farm in rural

Kenyon, the fifth of six children. After at-

tending country school, she graduated from Kenyon High School in 1945. She then went on to take a business course and worked for Butler Bros in Minneapolis. Shortly after, she returned to Kenyon, and worked for the Kenyon Creamery.

On May 15, 1948, she married Stanley Overby. Together with children Charles and Sarah, they had many wonderful times as a family, fishing, camping, and traveling. Lifelong members of Gol Lutheran Church, they also led many Luther League activities, which impacted kids' lives. Rosella also volunteered with conducting the church choir and Sunday School and VBS, and she was honored to be the secretary for the Women's Synod in the 70's.

After Stanley passed away in 1973, Rosella worked at the Kenyon Farmer's Elevator as a bookkeeper until her marriage to Alverne Strandemo on June 19, 1982. Together they enjoyed many activities, including golfing, bowling, and cross country skiing, and traveled to Arizona and Florida numerous times. He passed away in 1999.

Rosella was always physically active, preferring outside activities to being inside to her last days. She won many trophies for her bowling and golfing, and also enjoyed gardening and bird watching, with her back yard being her lifelong sanctuary.

Rosella was a quietly inspiring person who

lived with joy and optimism, despite a lot of hard times in her life. Her optimistic attitude tied directly back to her personal relationship with God, which she considered the most important thing in her life. She was a role model in every way to her children and grandchildren, and her quiet love and wicked Scrabble moves will be missed by each of us who was on the receiving end of both.

Rosella is survived by her children, Charles Overby (Laurel Flynn) of Sutton, AK and Sarah (Daniel) Jystad of Kenyon; grandchildren, Jason, Alyssa, Rachel, Adam, and Erin; and seven great-grandchildren. Rosella was preceded in death by her husband, Stanley; husband, Alverne; children, Cleone Marie, Baby Boy, and Paul Richard; parents, Alfred and Marie Rodde; brothers, Albion (Marian) Rodde, Phillip Rodde, and Fritz (Shirley) Rodde; and sisters, Aldora (Harris) Lee and Alice (Bud) Bishop.

Memorial Service was held 10:00 AM, Saturday, October 10, 2026, at Gol Lutheran Church in Kenyon. Pastor Joe Jorgensen officiated. There was a time to visit with Rosella's family following the service. Interment was in Gol Lutheran Cemetery. Memorials are preferred to Union Gospel Mission or Gol Lutheran Church. Arrangements are with Michaelson Funeral Home of Kenyon. Please visit www.michaelsonfuneral.com to leave a condolence for Rosella's family.

Everyone's Invited to our

TURKEY DINNER

Sunday, November 1st
at Dennison Lutheran Church
Serving 11:00am-1:00pm

Menu:
Turkey Roast,
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Cathie Jo Spaulding

Cathie Jo Spaulding, age 66, of Faribault, Minnesota, passed away on September 29, 2026.



Cathie was born on February 26, 1960, in River Falls, Wisconsin, to Milburn "Red" and Marlys Jackson. She grew up in Dundas, Minnesota, alongside her two older sisters, Sue

and Linda.

But Cathie's family extended well beyond the walls of her home. She was fortunate to be part of the "Dundas Crew," a close-knit group of friends who formed a special bond in their younger years—one that stood the test of time and remained a treasured part of her life. What began as childhood friendship grew into a life-long family, held together through the years by countless memories, laughter, and a connection that never faded.

Cathie married Richard Tussing, and together they shared 20 years of marriage and raised their two children, Whitney and Andrew. Although their lives eventually took them in different directions, their years together gave Cathie what would always be one of the greatest joys of her life—the gift of being a mother.

Later in life, Cathie found love again and married Thomas Spaulding. They shared their lives together until Thomas's passing in 2010.

Cathie dedicated more than 30 years to working for the State of Minnesota. She began her career as a Human Services Technician at the state hospital in Faribault and continued her work with the state through its transition to the correctional system and later in community group home settings. Caring for others came naturally to Cathie, and it was a quality that extended far beyond her career. Whether she was caring for her children and family or showing up for a friend who needed her, Cathie could always be counted on to lend a hand and be there when it mattered most.

Cathie had a generous heart and believed in helping others whenever she could. She volunteered her time delivering Meals on Wheels to older members of her community and was a faithful monthly supporter of St. Jude Children's Research Hospital. Her generosity was simply part of who she was. If someone needed help, Cathie was the kind of person who wanted to do something about it.

As much as Cathie worked and cared for others, she also knew how to enjoy life. She loved traveling and taking vacations with her family and friends—and anyone who knew Cathie knew there would be plenty of pictures to prove it! She treasured those adventures, the people she shared them with, and all the memories made along the way.

When she wasn't traveling, Cathie was perfectly happy settling in for a good thriller, an old Western, or just about any Netflix series that caught her attention.

Cathie was someone you could laugh with, have a good time with, and spend hours sharing stories and memories. She cared deeply about the people in her life and was never afraid to speak her mind. If Cathie didn't agree with you, chances are you knew it—and those who knew and loved her wouldn't have expected anything less. She was caring and generous, fun and strong-willed, honest and loyal, and always unmistakably herself.

Of all the roles Cathie held throughout her life, being a grandmother was among those she treasured most. Her six grandchildren were truly the light of her life. After being blessed with five granddaughters, she was delighted to finally welcome a grandson into the family.

Cathie made it a priority to be present in her grandchildren's lives, for both the important milestones and the ordinary moments that often become the most treasured memories. She was there to babysit when needed, cheer them on at sporting events, attend orchestra concerts, and enjoy an occasional movie and dinner together.

More than anything, Cathie gave her grandchildren her time, attention, and love. She was someone they knew they could talk to about anything—someone who would listen, offer advice when they needed it, and always remind them how deeply they were loved. The time she spent with her grandchildren brought Cathie tremendous joy, and the memories they made together will forever be a special part of the legacy she leaves behind.

Cathie leaves behind a family who loved

her dearly and will forever cherish the memories they shared with her. She is lovingly remembered by her children, Whitney (Brian) Bengen and Andrew (Abbey) Tussing; her six grandchildren, Muriel Bengen, Sophia Bengen, Sloane Tussing, Emery Tussing, Charlotte Bengen, and Case Tussing; her sister, Linda (Robin) Gillian; her niece, Holly Hubers; her mother-in-law, Sandy (Gordy) Boyle; her sister-in-law, Ramona Eads, and her children, Shane, Alex, and Cassidy; as well as many other relatives, friends, and loved ones who held a special place in her heart.

Cathie was preceded in death by her husband, Thomas Spaulding; her parents, Milburn "Red" and Marlys Jackson; her sister, Sue McCallister; and other cherished family members and friends who passed before her.

Our lives will never be quite the same without Cathie, but her presence will remain with us—in the traditions she began, the stories we continue to tell, the way we care for one another, and, most of all, in the laughter and memories she gave us.

Cathie leaves behind a lifetime of love and a family forever changed by having had her in their lives. She was deeply loved, and she will be deeply missed.

Memorial services were held at Boldt Funeral Home & Cremation Services, Faribault, on Friday, October 16, 2026, at 1:00 p.m. Private interment took place at Pine Island Cemetery, Pine Island.

Visitation was held one hour prior to the service.

In lieu of flowers, the family kindly asks that memorial contributions be made in Cathie's honor to St. Jude Children's Research Hospital, a charity that was especially close to her heart.

In honor of Cathie, her family encourages those who knew and loved her to share their favorite stories and memories of her, to laugh together, and to remember the many ways she touched their lives. In doing so, her stories will continue to be told, her laughter will continue to be remembered, and a little piece of Cathie will always remain with us.

Gilbert J. Truax

Gilbert J. Truax, age 99, of Faribault, MN, passed away peacefully surrounded by his loving family on October 10, 2026.



Gilbert was born on January 7, 1927, to Hazel and Larry Truax. He and his brothers, Donald and Clayton, moved

from their Northfield home with their mother

after she married Adolf Smith of the Dennison area. Gilbert attended Dennison Rural School and Northfield High School. At the beginning of World War II, he worked on the family farm and when he came of age, Gilbert enlisted into the Merchant Marines from 1945-1947. After leaving the service, he earned his GED and attended the University of Minnesota – Agricultural School.

Soon afterward, he met Helen Mapes at a local dance hall, and they went on to dance their way into a courtship, an engagement, and then marriage on June 25, 1949, at the Cathedral of Our Merciful Saviour in Faribault, MN. The young couple settled in Northfield, MN, and went on to have 5 children. In 1957, the family moved to Faribault, and Gilbert operated multiple service stations in the area over a period of 4 decades, retiring in 1996. He had many loyal customers who became friends over the years.

Gilbert and Helen spent their retirement traveling and camping across the United States and Canada and were active members of the Minnesota Airstream Club. They were also very involved in the church at the Cathedral, where Gilbert served as a Verger and was made an Honorary Canon. Throughout his life, Gilbert had many hobbies and interests; he was an avid fastpitch softball player and coach, a Golden Gloves boxer during his Merchant Marines days, a proficient bowler, he enjoyed fishing, hunting, and appreciated the athleticism of all sports. Gilbert also loved playing cards (3 & Up being a favorite) and horseshoes (especially at the campground). He was a devoted family man and rarely missed an opportunity to attend a recital or sporting event of one of his grandchildren or great-grandchildren. Gil was famous for his warm laugh, the popcorn balls he made at Christmastime, his bone-crushing handshake, and his welcoming nature and generosity.

The family is extremely grateful for the compassionate care that Gil received from the staff at Ivy Hill Senior Care and Brighton Hospice. His presence will be missed by the staff and the friends he made there.

Gilbert is survived by his children: Janet Freeman, Thomas (Mary) Truax, Gregory (Rhonda) Truax, and Gary Truax (Russell Faltersack); 8 grandchildren; 23 great-grandchildren; 28 great-great-grandchildren; brother, Joe (Judy) Smith; and sister, Barb Groth.

He is preceded in death by his loving wife of 73 years, Helen; father, Larry Truax; mother, Hazel Smith; stepfather, Adolf Smith; brothers, Donald and Clayton Truax; son, Charles Truax; granddaughter, Jenny Truax Erickson; brothers-in-law, Donald Mapes and Robert Groth; and son-in-law, Eugene Freeman.

Gilbert truly was a giant of a man, and he will be deeply missed by all who knew and loved him.

Memorial services were held on Saturday, October 17, 2026, at 12:00 p.m. at the Cathedral of Our Merciful Saviour, 515 2nd Ave. NW, Faribault. Interment was at the Maple Lawn Cemetery in Faribault, with military honors provided by the Rice County Central Veterans Association.

Visitation was held on Saturday from 10:30 – 12:00 p.m. at the church.

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Farm Girl Chatter

Fall Is Around the Corner... and So Is the Hay

By McKell Lemmerman

Well folks, it's that time of year again. Fall is creeping around the corner, which means harvest is coming, cattle work is picking up, and before we know it, we'll be wondering where the heck summer went.

Normally, this is when farmers start getting

ready for harvest and thinking about the long winter ahead. But this year, Mother Nature apparently decided to turn the faucet off.

The pastures are starting to look more like the African safari. Grass is drying up, growth is slowing down, and the cattle and other livestock are getting hungrier after each bite.

This means now that some livestock producers are being pushed into feeding hay much earlier than normal. Those bales that were supposed to sit perfectly stacked in the shed until winter are getting rolled out sooner than planned.

Farmers have enough on their plates already.

Soon the combines will be rolling, trucks will be hauling, and now somebody has to remember to feed hay too. It's a wonderful time of year when the days get shorter but somehow the to-do list gets longer.

For now, we'll keep watching the sky, praying for rain, and counting the hay bales.

Around here, we may not be able to control the weather, but we'll sure find a way to work around it.



My oldest cow "starving" for a sweet corn cob, and she did in fact eat it in pretty much one gulp! Haha



The front of the Nerstrand Fire Station is looking a little sharper these days with some brand-new blacktop! We want to give a big thank you to Steve with Nerstrand Public Works for his assistance in helping get this project completed. We appreciate the time, coordination, and work that went into making it happen. Projects like this are another great example of how much can get accomplished when our city departments and local businesses work together. Thank you again to Steve with Public Works for helping us keep Nerstrand Fire & Rescue operational while giving the station a much-needed upgrade!

- Courtesy of Nerstrand Fire & Rescue

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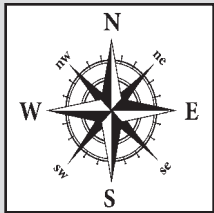
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Changes in Latitudes, Changes in Attitudes

Oh Canada



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

We took a trip up the North Shore in September to spend a night in Thunder Bay, Canada. The scenic drive was spectacular as the leaves were turning color and the weather was perfect. One of the stops we made both coming and going was Betty's Pies at Two Harbors. Betty's started in 1958 and sells 700 pies a day during the peak summer rush. The food was great as well as the pies.

I have always considered Canada to be just like northern Minnesota. I used to go skiing in Thunder Bay in the 1970's. The people seem just like us, only friendlier. We stopped at Grand Marais and exchanged our Ben Franklin's for some Canadian currency. The exchange rate was \$133 Canadian for \$100

American. But the Canadian money is so colorful. There is a different color for each denomination. And it is a durable plastic coated material with a transparent reflective band in it. The one-dollar coin has a picture of a Loon and is called a "Loonie". The two-dollar coin has a picture of a Polar Bear and is called a "Toonie".

We had to stop at a Tim Hortons as soon as we arrived. We bought a box of "Timmies", which are the donut holes. Next was supper at a Pizza parlor where we enjoyed pizza and my wife was able to watch two hockey games at the same time on the tv monitors. We stopped at a grocery store where my wife bought "Shreddies". I thought they were Wheat Chex, but north of the border they are gourmet breakfast cereal. One is allowed to return to the states with up to \$200 in groceries and we put that rule to the test.

We stopped at Split Rock Lighthouse on the way home to tour the world's most famous lighthouse. There was a movie presentation about the reasons for building the lighthouse. In 1905 there were 29 ships wrecked on the lake and the State appropriated \$75,000 to build a lighthouse, 187' above the waterline to warn ships away from the rocky shores. The 1,000 watt lightbulb cast a beam that was visible 25 miles across the water. At the time there were no roads in the area and all materials and supplies were shipped in on boats. It was completed in 1910 and the road was built in 1924. Quite impressive to tour the lighthouse and see how the staff kept the beam shining across the waves every night to protect the big ships on Lake Superior.

It was quite sobering to realize the number of ships and sailors who were lost in storms on Lake Superior. Since 1816 over 240 ships have been sunk due to storms on the world's largest freshwater lake. The last one was on November 10, 1975 and was immortalized by Canadian Gordon Lightfoot's song "The Wreck of the Edmond Fitzgerald." The winds reached 60 mph with waves up to 35' high that fateful night.

The Edmond Fitzgerald was the largest ore boat on Superior when it was built in 1958. 729' long and carried 27,402 tons of iron ore mined in Minnesota and loaded at Silver Bay. The ore boat made 748 round trips to Detroit Michigan traveling over a million miles. A round trip took 5 days. The ship's hold could be loaded with taconite pellets in 4 1/2 hours. Unloading took fourteen hours. It



could reach 16 mph even when fully loaded. The Edmund Fitzgerald had luxury state-rooms which accommodated first class passengers who were guests of the shipping company. There was no one but the 29 man crew on board on the final trip.

It was a 74 degree day and before leaving

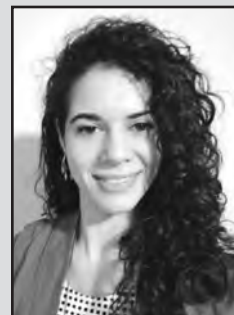
we took the hike down to the lake to admire the sight from the water's edge. My wife couldn't resist taking a swim in Gitche Gumee, an Ojibwe word for "big sea". Had to prove the world's most dangerous lake was no match for her.

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A Minnesotan: Decorations



By RosaLin Alcoser

As the days get shorter, the nights longer, and the air gets colder fall start to bring in the end of the year. While some might be eager to skip over the fall months and go straight to the Christmas holiday season fall holds my favorite month of the year. Which is of course October, because I love Halloween.

Part of what I've always liked about Halloween— and most other holidays— is decorating. And yes, my Halloween and Fall decorations have been up since per season Football started. Because if my husband is going to be watching the Vikings play in August I get to have my leave garlands and skeleton out at the same time.

Decorations are a key part of Halloween. Because decorations are part of the magic that makes Halloween magical and in some cases terrifying.

When I was a child going out to trick-or-treat, after dark it was the decorations that separated the scary houses from the none scary houses. Since even a house decorated in a way that is terrifying after dark isn't too scary during the light of day. Most houses in the area where not the scary and where easily approachable in the dark. There was one house though that scared me enough that I ran away from it crying.

I don't remember what I was that year or how old I was. I do remember wearing a jacket so it was a typical Halloween in Minnesota. What I can remember is that the whole yard was decorated like a grave yard with skeleton hands sticking up out of the ground and colored lights leading up to the grange door. Where I was terrified out of my mind by a Zombie which I fled from abandoning any promise of candy. In reality was a teenager in costume, who did feel bad about scaring me so badly that he did give my sister and extra candy for me.

If I saw that same yard display now I would think it was cool, however, then I was terrified enough to flee the seen and temporarily halt my goal of obtaining candy. Because decorations are holidays matter and at Halloween the decorations separate the mundane from the magical and the down right terrifying.



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Karyn Edelbach Robertson Ends 31-Year Career at Goodhue School

By Beth Brekke

"I don't like being the center of attention," Karyn said as she stood in the Wildcat Den after school on September 23rd. "I'm speechless," she said at her retirement party that came largely as a surprise 3 days before she finished her 31-year career as Goodhue School's main custodian.

The office paged Karyn for clean-up duty in the Wildcat Den where she was instead met by a crowd of current and former school employees wearing purple. Notice went out earlier to teachers and the rest of the school staff letting them know about the party, and that they and the students should "Dress like Karyn," whose favorite attire promotes the Minnesota Vikings. As she looked around and pieced things together, she said, "Thanks for all the Viking's wear—the school never looked so good".

Looking from the crowd to the display set up in her honor, she studied the elementary students' signatures on one poster and another

with a list of ideas on how to spend her upcoming free time. A quilt made by fellow school employee, Riley Krusmark hung as a backdrop to other gifts. The quilt was made from Goodhue Wildcat T-shirts that Karyn had donated back to the school. Riley gathered the shirts and gave them new life in the quilt that unsuspecting Karyn was happy take back home.

Guests marveled at a beautiful treat tower of macaroons created by Kris Luhman, laughed at a golden plunger and a golden mop bucket full of cards from the kids, and wondered at a jar of already-been-chewed gum. "She's scraped so much gum off stuff in 31 years, we thought we'd send some home with her," Sheila Stehr explained.

Other school employees praised Karyn's passion for groundskeeping, her school spirit when decorating the lounge, and the reliable way she showed up at 5:30 every morning. For many years Karyn also operated the flower shop downtown, working at the school from 6 AM-noon, then working at the shop into the evening and often on the weekends.

Aaron Fredrickson has been hired to fill Karyn's position and has spent time learning the duties through job shadowing but everyone agrees that it will be different without Karyn working at the school. Her last day was Friday, September 25th after which she hosted another retirement party at the Bel-lechester Tavern. Among the food and memorabilia was a poster of potential retirement jobs that included: professional dog sled racer, Vikings' cheerleader, and Jamaican tour guide. In reality, Karyn will be vacation-

ing in Jamaica in January and going on a "cousins' cruise" in February. She also plans to make quilts and spend more time with her 3 children, 7 grandchildren and 2 great-grandchildren.

Karyn describes her time at the school as having "a lot of laughter and a lot of tears," adding that she loves the kids and has so many happy memories. "I never dreamt I'd spend my whole life here." Having grown up and lived in Kellogg before moving to Goodhue, she found the same small-town atmosphere and fell in love with this community right away. She likes to visit her hometown but says Goodhue really feels like home. "I even bought a cemetery plot – I'm here to stay!"



Karyn Edelbach Robertson stands among the gifts and treats organized by Goodhue school staff and employees for her retirement party. She served as the school's custodian for 31 years.





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Apples and Healthy Weight



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You have heard the rhyme, “An apple a day keeps the doctor away.” But what does an apple really do for you? Does any apple work, or only certain kinds? A few answers can be found here.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a

day required less prescription drugs. Those who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in Molecular Nutrition Food Research by Bon-donno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were eaten. In other words, these apples improved the blood flow through the body. The darker red apples that are not too sweet are the apples with high flavonoid content.

Cholesterol - A healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the speed of sugar absorption in the intestines by closing the primary “door” that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in

Molecular Nutrition and Food Research.

Colon Health - The ability of the polyphenols of apples to “close the door” on sugar transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many “doors” to bring in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

An apple a day is a key principle for improved health. A personalized health plan that includes an apple a day as part of a whole food program will provide great ben-

efit to whole body health. Many individuals in southern Minnesota have already received their personalized plan and have observed blood sugar levels decrease, cholesterol levels improve, inflammation decrease, acid reflux disappear, and the body shift to a healthy weight.

A free online webinar with Dr. Noel Aldrich, Nutrition Specialist, will be presented on Tuesday, October 27 at 7 pm. “Feel Stuck in a Rut? How to Finally Reset Your Body and Feel Better Than You Have in Years - Without Extreme Diets.” This one-hour session will introduce you to how quality nutrition therapy can help you reach your health goals. Free registration for the webinar is available through this website link:

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

Winter gear swap designed to keep everyone warm, promote sustainability

Faribault’s River Bend Nature Center hosts a Winter Gear Swap from 10 a.m.-1 p.m. Saturday, Nov. 7, an event in which community members are asked to bring clean, gently-used winter apparel and recreational gear they no longer use and are able take home gear others have donated.

The event is being held in partnership with Rice County Environmental Services and Minnesota GreenCorps.

This event takes place simultaneously with River Bend’s Bagels & Birds gathering and will be immediately followed by Storytime with a Naturalist.

Community members are invited to participate in both the swap and River Bend’s nature events. Participants in the swap will be asked to check in, but no direct exchange is required.

“Rice County is excited to organize swaps like this one which encourage the use of secondhand items and discourage the unnecessary purchase of new items - both of which help reduce waste in our community,” said Edie Meehan, Rice County’s Minnesota GreenCorps member.

Acceptable items include all winter apparel in good condition: jackets, hats, boots, ice skates, snowshoes, sleds and skis. Damaged and/or broken items, helmets and weapons should will not be accepted at the swap. Visit Rice County’s website -- www.ricecountymn.gov/806/Community-Swaps -- for more information.

Cannot make the event but interested in donating items prior to Nov. 7? Contact Edie Meehan at 507-332-6113 or elizabeth.meehan@ricecountymn.gov for assistance.

River Bend Nature Center is located at 1000 Rustad Road, Faribault.

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Oct. 12, 2026	3:30 - 6:30pm	Goodhue Public School - 510 3rd Ave, Goodhue
Oct. 13, 2026	3:30 - 6:30pm	Goodhue City Govt Center - 509 W. 5th St, Red Wing
Oct. 21, 2026	3:00 - 7:00pm	Pine Island School - 223 1st Ave SE, Pine Island
Nov. 2, 2026	3:00 - 5:00pm	Kenyon Wamamingo High - 400 6th St, Kenyon
Nov. 12, 2026	2:00 - 5:00pm	Carroll Falls Elem. - 1020 E. Minnesota, Cannon Falls

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Rice County Public Health flu shot clinics open to public

Rice County Public Health has scheduled the following public flu vaccination clinics in Rice County. Both trivalent and high dose flu vaccine will be available. Registration for flu vaccine is onsite. Please bring your health insurance card and Public Health will bill directly to your insurance.

Free flu vaccine will also be available for those who are uninsured. All clinics will serve adults. Clinics listed with an asterisk * will also have flu vaccine for children.

***Thursday, Oct. 29, 2026 from 2 – 5 p.m. Rice County Satellite Office
1651 Jefferson Pkwy, Northfield**

***Tuesdays 1 – 4 p.m.**

Rice County Public Health Office, 320 NW Third St., Faribault

Rice County Public Health nurses can also provide flu vaccination for those who are homebound and unable to access vaccine.

Anyone with questions, or needing more information regarding eligibility guidelines or alternative vaccination dates and times should call Public Health at 507-332-6111.

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Two Candidates on Ballot for District 19A State House Seat

Keith Allen, District 19A Representative

1. Tell me more about your experience as a MN representative. What made you decide to run again?

Serving the people of District 19A in the Minnesota House of Representatives has been one of the greatest honors of my life. It has also been an incredible learning experience. When I first ran for office, I made a commitment to listen to the people I represent, work across party lines when possible, and bring some common sense to St. Paul. Those are the same principles that guide me today.

Coming from a background in agriculture and small business, I've always believed that the government should be accountable to the people it serves. During my first term, I've had the opportunity to work on legislation involving school bus safety, agriculture, higher education, consumer protections, and government accountability.

I've also learned that some of the most meaningful work happens outside the Capitol. It's sitting down with local officials, visiting businesses, talking with families, and helping constituents navigate challenges involving state government.

I decided to run again because there's still work to be done. Minnesota faces some serious challenges involving affordability, government spending, and public trust. I believe the experience I've gained during my first term will help me continue addressing those issues while making sure the people of District 19A have a voice at the Capitol.

2. What are some of the positive things you have seen happen for the District 19A area since you have been a representative? Should you be re-elected, what are the three issues you want to address or continue to address?

One of the most encouraging things I've seen is the commitment our communities have to improving themselves. Whether it's local businesses investing in their communities, cities working to address housing and infrastructure needs, or schools and community organizations finding creative ways to serve families, there's a tremendous amount of good happening throughout District 19A.

At the Legislature, I've been pleased to work on issues that have a direct impact on our communities, including school bus safety, agricultural opportunities, and efforts to improve government accountability. If re-elected, my three priorities will continue to be affordability, accountability, and strengthening our rural communities.

Affordability: Families, farmers, and small businesses are feeling the pressure of rising

costs. We need to examine the taxes, regulations, and government mandates that contribute to those expenses and find ways to make Minnesota more affordable.

Accountability: Minnesotans deserve to know their tax dollars are being spent responsibly. I've supported efforts to strengthen independent oversight, improve fraud prevention, and make state government more transparent. We need to continue that work.

Strengthening rural communities: Our communities need reliable infrastructure, quality schools, accessible health care, and opportunities for businesses to grow. I want to continue focusing on rural roads and bridges, water and wastewater infrastructure, housing affordability, and the long-term sustainability of rural health care.

These aren't simply legislative issues. They affect the everyday lives of the people I represent.

3. Tell me a little bit more about your background. What makes you passionate about District 19A?

I'm a lifelong Minnesotan, a graduate of the University of Minnesota, a fourth-generation farmer, a small business owner, a husband, and a father of two children who attend our local public schools.

My wife, Morgan, and I live near Kenyon, where we've raised our family and operated our agricultural business. I've spent much of my life working in agriculture, including crop production, livestock, and the seed business. Those experiences taught me the importance of hard work, personal responsibility, and understanding the consequences of the decisions we make.

What makes me passionate about District 19A is the people. We have hardworking families, farmers, small business owners, educators, first responders, and community volunteers who care deeply about where they live. I know firsthand what it's like to operate a business, manage expenses, deal with regulations, and raise a family in rural Minnesota. When I walk into the Capitol, I don't forget where I came from or the people who sent me there. I believe our rural communities deserve to be heard and respected, and I take that responsibility seriously.

4. What do you believe you have to offer District 19A as the representative?

I bring a combination of real-world experience, an understanding of rural Minnesota, and legislative experience. Before serving in the House, I spent years running a small business, working in agriculture, and dealing with many of the same challenges families and employers face today. That experience gives me a practical perspective when considering legislation. I also believe one of my strengths is my willingness to listen and work with people, even when we don't agree on everything. During my first term, I've worked with legislators from both political parties to advance legislation and address issues affecting Minnesotans. I don't believe every good idea belongs to one political party, and I don't believe every disagreement needs to become a political fight. My responsibility is to represent the people of District 19A, ask difficult questions, understand the consequences of legislation, and make decisions I believe are in their best interests.

5. What do you believe are the responsibilities of a MN representative? How do you

plan to approach these responsibilities?

I believe a state representative has three fundamental responsibilities: listen to the people, be a responsible steward of taxpayer dollars, and make decisions that serve the long-term interests of the district and the state.

Representing people means more than showing up at the Capitol and casting votes. It means being accessible, attending local meetings, visiting businesses and schools, and understanding the challenges facing our communities. It also means doing your homework. Before voting on legislation, I believe it's important to understand what a bill actually does, how much it costs, and what unintended consequences it might create. Having served on several legislative committees, I've seen firsthand how decisions made in St. Paul can affect local governments, businesses, schools, and families. I also believe elected officials have a responsibility to explain their decisions, even when those decisions aren't popular. Public service should never be about personal recognition or political gamesmanship. It's about earning the trust of the people you represent and remembering that the seat belongs to them, not the person occupying it.

6. What are some of the issues the District 19A community should be aware of? What can we do to support our area?

One of the biggest challenges facing our district is maintaining strong rural communities while dealing with increasing costs and changing economic conditions. Our schools, hospitals, businesses, and local governments are all facing financial pressures.

Housing affordability is another growing

concern. We need to make it easier for young families and workers to find housing in our communities without creating unnecessary costs for local taxpayers.

Infrastructure is equally important. Many communities face significant expenses related to roads, bridges, wastewater treatment, and drinking water systems.

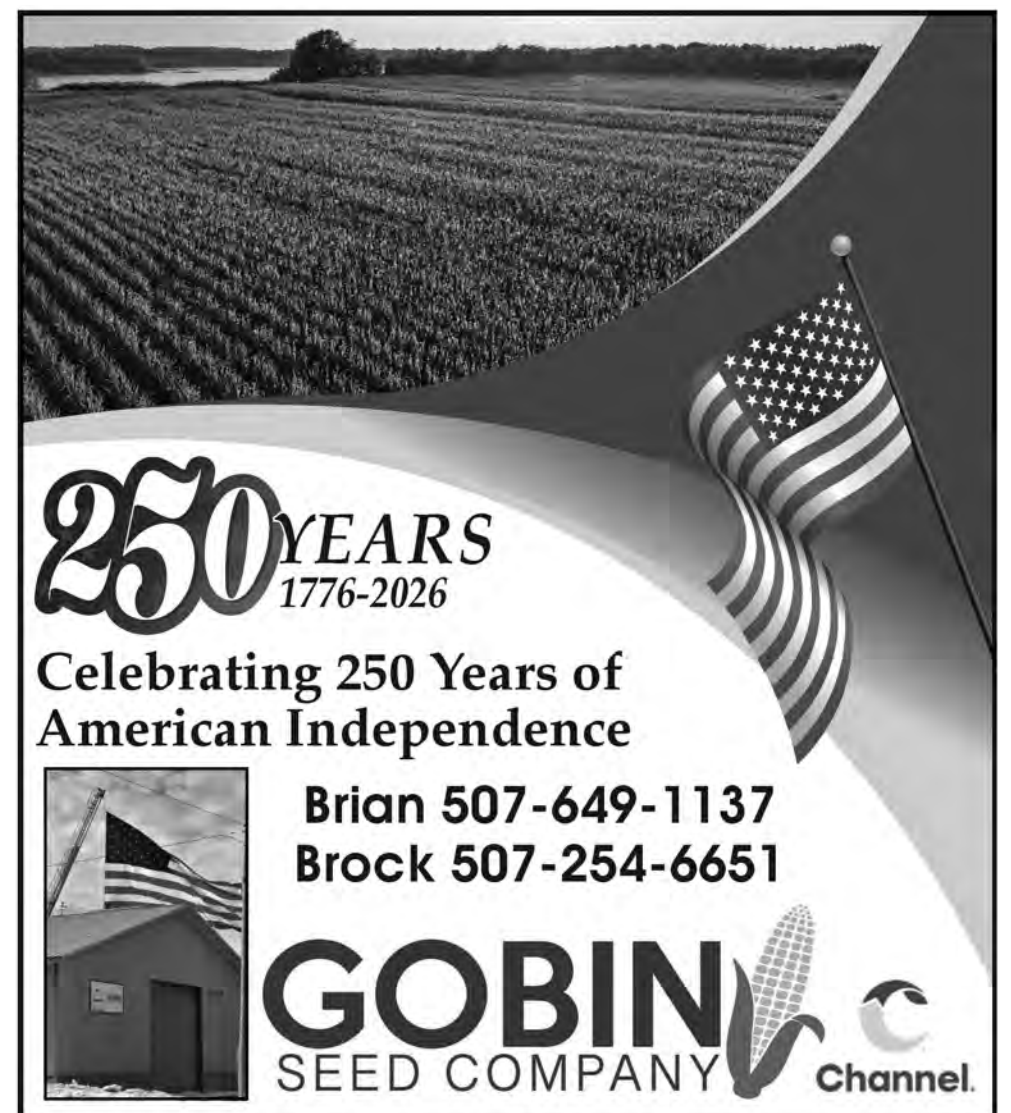
We also need to pay attention to the impact state regulations and mandates have on small businesses, agriculture, and local governments.

But I believe the most important thing people can do is stay involved. Attend a city council or school board meeting. Support local businesses. Volunteer with community organizations. Reach out to your elected officials and share your concerns. Some of the most useful information I receive as a legislator comes directly from conversations with people who are dealing with these issues every day. Good government starts with informed and engaged citizens.

7. Anything else you would like The Messenger to know?

I want people to know how grateful I am for the opportunity to serve District 19A. When I first ran for office, I knew there would be disagreements and difficult decisions. That's part of representative government. But I've always believed we have far more in common than what divides us. Most people want the same basic things: safe communities, good schools, affordable living, opportunities for their children, and a government they can trust.

I also believe we have a responsibility to the next generation. *(continued on page 13)*



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WILDWOOD

Late October & November events, happenings and goings on at WildWood!

315 Main Street | Nerstrand | WildWoodofNerstrand.com

Barre Class : October Series

Thursday, October 29 | 6:30pm | \$12 for one class or \$40 for all four
Hosted by Barre w/Greta

If you love movement, you will love this full body workout! This fitness class incorporates ballet into a 50 minute workout to improve your strength and flexibility! All materials provided — come to one or come to all!! Must pre-register online.

Halloween Cookie Decorating Class {adult/child}

Friday, October 30 | 6-8pm | \$45/ticket

Hosted by Kari of Sweet Q's Cookie Co.

Bring your little ghouls and gremlins this Halloween Eve to learn to decorate cookies with royal icing, with Kari of Sweet Q's Cookie Co.! Come and decorate your very own Halloween-themed cookies to the tune of all your favorite spooky tunes. Halloween costumes encouraged! Everything you need to learn some basic skills to decorate with royal icing will be provided. (All baking and icing prep included in the class will be done for you.) This class is geared toward kids and their adult caregivers or loved ones and is perfect for anyone from beginners looking to enhance their skills to professionals looking to just have a good time! This class is open to individuals of all ages. Participants under the age of 10 must have a ticket *and* be accompanied by an adult ticket-holder. Must pre-pay; details on the website.

Slow Flow Yoga Series

Mondays, November 9, 16, 23, 30 - Chair yoga!
6:00pm | \$15/class or \$70 for all 4

Hosted by Faith of Wild Wellness

Show gratitude for your body and join Faith for a 45 minute slow flow yoga on Monday nights in November. Bring your mat, water bottle and get ready to get your sweat rolling. Must pre-register online; walk-ins welcome 10 minutes early to register online onsite.

3rd Annual Makers Market

Saturday, November 7 | 9am-1pm | Open to the public!

Boasting festive Christmas Market vibes nestled in a quaint small town setting. Peruse indoor and outdoor talented creators, bakers, woodsmen and metal twisters, candle makers and chocolate swirlers, crafters and inventors, tasty food vendors, live music and more!

Women in Business Networking Group

Thursday, November 12 | 9am | no charge

Bring your own coffee and come mingle and learn about other women-owned/managed local businesses {or just come to meet and make some new lady friends!}.

Live Harp Rejuvenation Evening

Thursday, November 12 | 6:30-7:30pm | free-will donation

Hosted by Sarah Swan-McDonald

Escape the noise of daily life and relax during our Evening of Sound and Rejuvenation with live harp provided by Sarah Swan McDonald. Doors open at 6:30 p.m. so you can settle in and fill a cup with some warm tea before the harp music begins at 7:00 p.m. This is not a concert, but a 30-minute session of simple, quiet music designed to help you unwind. In this dimly lit space, you are invited to bring your own yoga mat, bolster, pillows, or blankets to create a comfortable spot on the floor. As the slow and meditative melodies fill the room, tension will dissolve and your mind will drift into stillness, leaving you feeling restored and refreshed. Admission is by free will donation, making this evening of rest accessible to everyone.

Sourdough 101

Saturday, November 14 | 11am-1:30pm | \$95

Hosted by Ashley of Ten Acre Baker --THIS CLASS IS SOLD OUT--

Holiday Spruce Tip Planter Workshop

Sunday, November 22 | 2-4pm | \$60/person

Hosted by Big Woods Christmas Tree Farm

Grab your favorite person and kick off the season together! Joins us for a cozy, casual workshop where you will craft a custom 12-inch winter spruce tip planter. Listening to holiday music while you create alongside your best friend, neighbor or family member -- it's the perfect way to get into the festive spirit and make something beautiful! All items provided, you just bring the holiday vibe. Limited space available, registration and prepayment required.

As always, WildWood is open for public and private rentals!

More information and event tickets available online at
wildwoodofnerstrand.com/happenings

Two Candidates on Ballot for District 19A State House Seat

(continued from page 12)

My children are growing up here, just like so many other families' children. The decisions we make today will help determine the opportunities available to them tomorrow. That's something I think about every time I walk onto the House floor.

At the end of the day, I didn't run for office because I wanted a title. I ran because I wanted to make a difference for the communities that have given my family so much. And regardless of anyone's political affiliation, my door is always open to the people of District 19A.

It's an honor to represent this district, and it's a responsibility I will never take for granted.

Martha Brown

1. Tell me more about your journey to running for representative. Why did you decide to run for District 19A this term?

I've always had an interest in running for office, and when I came to Faribault, I knew this was a place where I could make a real difference. Like a lot of people, I've watched us work harder and harder while falling farther behind because of policies and practices that have put corporate profits ahead of people for decades. I finally got fed up enough with a billionaire-driven economy that leaves working people in the dust and decided to get off the couch and do something about it—to work for changing the broken systems that aren't working for most Minnesotans. Plus - if we don't take back our democracy now, we may lose it altogether.

2. Should you be elected, what are three issues you would like to prioritize?

1) Economic fairness. To me, economic fairness means making sure the economy works for everyone—not just those at the top. That includes revamping our tax system so corporations and the wealthiest Minnesotans pay their fair share; making healthcare accessible and affordable for all; raising wages; and strengthening unions and collective bargaining.

2) Affordable housing. Too many working people, young families, and seniors are struggling to find or keep housing they can actually afford. We need to expand housing options and make sure people who work in our communities can afford to live here, as well as address the rising property taxes on seniors living on a fixed income.

3) Protecting Minnesota's resources and environment. Clean water, healthy soil, and our natural resources are essential to our communities, farms, and economy. We need to pro-

tect them while making thoughtful decisions about development and growth - especially when it comes to data centers and mining near the sacred Boundary Waters.

Of course, there are more than three. My district has many needs, and there is a lot of work to be done.

3. Tell me more about your background. What makes you passionate about District 19A?

I grew up in Millcreek, Pennsylvania, and left home when I was 18. Since then, I've lived in five states, but I never really felt like any of them were home. When I moved to Faribault, something clicked. I knew I had found my home.

I fell in love with Faribault and the surrounding communities—the wonderful people, the farms, the nature centers and parks, great restaurants, interesting small businesses, and water everywhere. Rural Minnesota is a place where I can get involved and make a difference in my community. I've gotten involved with our schools, Rotary Club, the Paradise Center for the Arts, Buckham Memorial Library, the HOPE Center, IRIS, and local governments.

I'm pretty much everywhere! And that's what makes me passionate about District 19A. I'm not just running for this community—I'm part of it.

4. What do you believe you have to offer District 19A as the representative?

I bring multiple perspectives and a big toolbox of skills to the job. I've lived in five states, traveled internationally, and worked with people and communities from a lot of different backgrounds. Those experiences have taught me to listen, ask questions, look at the evidence, and not assume there's only one way to solve a problem.

I also bring passion, honesty, integrity, and a strong moral compass. I care deeply about fairness and justice, and I believe there are times when you simply have to stand up for what is right.

Most of all, I care about people. I'm not running to be a politician—I'm running to be a good representative. I believe we should make decisions with people, not for them. If a policy is going to affect farmers, teachers, parents, small businesses, seniors, or working families, I want to hear from them before that policy becomes law. I'll invite them to the table, combine what I hear with the best available evidence, and work with the community to find solutions that make lives better.

5. What are the responsibilities of a MN Representative? How do you plan to approach these responsibilities?

A Minnesota Representative has a lot of responsibilities: listening to constituents, helping develop and evaluate legislation, serving on committees, making decisions about the state budget, voting on laws, and making sure the people of the district have a voice at the Capitol.

I would approach those responsibilities the same way I approach my other work: listen, learn, evaluate, act, and improve. I want to understand an issue before I decide how to address it. That means looking at the evidence, talking with experts, and—most importantly—talking with the people who will actually be affected by a policy.

(continued on page 14)

Two Candidates on Ballot for District 19A State House Seat

(continued from page 13)

I believe we should make decisions with people, not for them.

I also believe a representative's responsibility doesn't end when the Legislature adjourns. I will stay connected to District 19A, be accessible to constituents, and keep listening. And if something we've done isn't working, we should be willing to acknowledge it, learn from it, and make it better.

My job would be to represent the people of this district—not a political party, not special interests, and not whoever happens to have the loudest voice at the Capitol.

6. What are some of the issues the District 19A community should be aware of? What can we do to support our area?

I think District 19A needs to be prepared for some difficult years ahead. Federal funding cuts have already resulted in thousands of

Minnesota's children losing their SNAP benefits, and millions of Americans have lost their health insurance. These problems cannot be fixed easily or quickly. We need to be honest with people about that: things may get worse before they get better - and the old band-aid approach will not work. We need a systems overhaul - and it's going to take time.

Our first priority has to be keeping people housed, fed, healthy, and employed. But I also know that the organizations we depend on to help people—food shelves, nonprofits, counties, schools, and local governments—are going to be under even more pressure than they are now.

To get through this, we ALL need to come together and move beyond the racist and political divisions that have poisoned us. We are human beings living in the same communities. We need to look out for our neighbors—all of them.

If we can work together, support the organizations doing this work, share resources, and make sure people don't fall through the cracks, we can get through this difficult period. And I hope we come out the other side stronger, smarter, and more connected as a community.

7. Anything else you would like The Messenger to know?

One thing I'd like people to know about me is that I'm a creative person. I'm a professional musician, and musicians think differently—we listen, improvise, see patterns, and sometimes have to make a completely different way to get from where we are to where we need to be. I've never met a boundary I

didn't push - musically or otherwise.

I also tend to look at things from the 30,000-foot level. Although I'll be assigned to specific committees, I'll work expansively, because our problems don't fit neatly into committee boxes. We need to take a systems approach.

That means asking some basic questions about how state government works. Can departments work together more effectively? Are there opportunities to consolidate functions? Where can we make processes more efficient? What technology needs to be upgraded? How do we make sure our systems are secure?

We also need to take a hard look at unfunded mandates. If something we required counties or schools to do isn't working as planned, let's evaluate it and change it - or

end it. And if the state wants a new program or service, we shouldn't expect already-struggling counties to pick up the bill.

Minnesota has made mistakes. We need to be willing to acknowledge them, learn from them, and do better. With taxes already placing too much pressure on working people and retirees, we have a responsibility to take efficiency seriously and make sure we're getting the most from every dollar.

And that's why we need creative people like me who can think outside the box and ask, "Why can't we? What needs to happen so that we CAN?" I have no interest in the status quo. There are ways we can make state government—and Minnesota—better, healthier, and more prosperous, and I want to be a part of making that happen.



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On behalf of my family and all our staff, present and past, here at Kenyon Market, we ThankYou for your support over the years.

Although this is a bittersweet moment, it has been an honor to serve the people of Kenyon and to continue the hometown grocery we took over from Fred's.

We are grateful Barney and Laura Nesseth continue to invest in the future of Kenyon & Wanamingo and will write the next chapter of Kenyon's hometown grocery store.

Again, ThankYou
for your past patronage.

Pete Wagner

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We thank you for your support as we take ownership of the store in November.

We hope you will join as we work to build on the legacy of our hometown market, with plans for added product selection and services to serve our hometowns for many years to come. Watch our social media and The Messenger for news and updates about Viking Meats & Grocery. We will be closed November 2nd for inventory.

Barney & Laura Nesseth

**CITY OF NERSTRAND, MINNESOTA
CITY COUNCIL REGULAR
MEETING MINUTES
August 5th, 2026
7:00p.m.**

221 Main Street, Nerstrand

1. Call to Order/Pledge Allegiance
2. Roll Call: Pam Caron, Betty Voge, Gretchen Gilmore, Betty Voge, Todd Evavold, Karla Ingersoll
3. Public Hearing: N/A
4. Public Forum:

Kyle Flom from Flom Disposal was in attendance and presented a brief presentation on their history with Nerstrand and a desire to continue that relationship with Nerstrand. The City had inquired with Flom Disposal for Budgeting purposes what the rates would be for our next contract and we are looking at a

5% increase to that service.

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 July 14th, 2026
 - Special Meeting Minutes of July 21st, 2026
 - Payment of Claims
- A motion was made by Pam and vote was approved by all.
6. Monitor Revenue and Expenses

Karla has revamped the way we look at our budget and monthly expenses. She is improving the processes.

7. Staff Reports
Clerks-Sent 1 disconnect and 3 past dues. Budget Items to mention Computer and UPS. Council wants UPS to be ordered now so we do not lose any equipment to a lightning strike or power surge.

Fire Dept- 5 Calls, applying for grants, hired a new Fireman, and meeting with the townships to discuss upcoming contracts.

Public Works(PW) Dept- The City of Nerstrand's Utility systems are not at risk of being "hacked". They would need to be on-line for that to occur. Ours are not. The City Hall roof is leaking in two areas due to flashing and roof ball. July 25th PW team serviced and checked lift station pumps, found some issues but there is a plan. July 13th meet with Rural water. Aug 6th meet with Bollig. Aug13th meeting with Rural water. PW wants to know what is Councils priority on roads to be paved so they can get quotes for budgeting.

8. Ordinances-N/A

9. Resolutions

A. 2026-27 Donations for the Banners
A motion was made by Karla and a vote was approved by all.

B. Review and Finalize Financial Policy (2026-28)
A motion was made by Gretchen and a vote was approved by all.

• 2026-26 Donations for the Park-trees
A motion was made by Gretchen and a vote was approved by all.

10. New Business

A. Streets and Highways-Pothole repair-Steve had already done this ahead of the meeting without knowing it was on the agenda.

B. City Hall Capital Improvement (2nd Floor layout)-Move to unfinished business

11. Unfinished Business
A. ACH Contract-Soon the City will offer ACH for Utility Bills

A motion made by Karla and a vote was approved by all.

B. Review Snow removal contract
Minor changes to the snow contract. Ensure in front of sheils building is added and through park.

• City Hall Tuck Pointing-Chimney is in worse shape than we thought. Tuck pointers would like to know how we would like them to address the issue. A motion was made that they are to cover with cement to stop the structure degradation was made by Karla and all voted to approve.

12. Adjourn

A motion was made by Karla and a vote was approved by all.

Next City Council Meeting is scheduled for Sept 15th, 2026, at Nerstrand City Hall.

Todd Evavold, Mayor

LeAnna Anderson-Speiker, City Clerk

Holden Lutheran Church

All Saints Dinner

Sunday, November 1, 2026

Dine In: 12-2 and 4:30-6:30

Meat Balls and Gravy* Pulsa
Scalloped Potatoes * Buttered Carrots
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Fall Craft Show in Kenyon

Take a drive to Kenyon this fall for the 53rd annual craft sale and you will find hand crafted gift ideas from a hundred vendors on display for your fall decorating or gifting needs. Every year they have scarecrows on display and it is worth the drive just to see what artist's come up with. You can vote for your favorite scarecrow.

The sale is open the next three weekends, Thursday through Sunday from 10am to 7pm.

They are located just a mile north of Kenyon on Highway 56 at 45986 Hwy 56.

The items are restocked often so you will always have a great shopping experience.



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Halloween Party

Saturday, October 31
Dennison City Hall
4:30-5:30 P.M.

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 - Beverages Not Included -

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THEME: MUSICAL INSTRUMENTS

- ACROSS
- 1. Trampled
 - 5. Dashboard unit, acr.
 - 8. "Be quiet," onomatopoeically speaking
 - 11. Clean the whiteboard, e.g.
 - 12. Morally wicked
 - 13. Former anesthetic
 - 15. Bad luck precursor
 - 16. Banned apple spray
 - 17. "Ringo Starr's instrument, pl.
 - 18. "Home of the bagpipes
 - 20. Big one, at 7-Eleven
 - 21. Contemplate
 - 22. Jewelry stone
 - 23. Hindu queens
 - 26. Something earned
 - 30. Tokyo, formerly
 - 31. "Riddim pair music genre
 - 34. Spock's famous body parts
 - 35. "Animal, source of violin bow strings
 - 37. Scott Joplin's "Maple Leaf ____"
 - 38. Away from port (2 words)
 - 39. Not much (2 words)
 - 40. Post-graduate journey?
 - 42. Always, to a poet
 - 43. Baby bear (2 words)
 - 45. Beach-comber's collection
 - 47. Cholera
 - 48. Popular pie nut
 - 50. Glazier's unit
 - 52. *Flute player
 - 55. Pointy teeth
 - 56. 36 inches
 - 57. Sticky stuff
 - 59. Hot ____ buns
 - 60. Code word for K
 - 61. Mauritania's Eastern neighbor
 - 62. Soda pop container
 - 63. Ems follower
 - 64. Highest point

- DOWN
- 1. *Piano has at least ____ pedals
 - 2. Part of a glass, pl.
 - 3. Leading oil-producers' grp.
 - 4. Indicate
 - 5. Home to Teatro alla Scala
 - 6. Popular core exercise
 - 7. Deer social group
 - 8. Synagogue
 - 9. Cannabis plant
 - 10. Store posting, abbr.
 - 12. Old-fashioned carry-on bag
 - 13. Straight ones in drafter's toolbox
 - 14. *Louis Armstrong's instrument
 - 19. "And Then ____ Were None"
 - 22. "Wow!"
 - 23. User's "getaway"
 - 24. Sun-dried brick
 - 25. Water wheel
 - 26. Intense anger
 - 27. Painter's prop
 - 28. Angler's basket
 - 29. Former Russian leaders
 - 32. Snatch
 - 33. Toothy fish
 - 36. *Lute family instruments
 - 38. "Perfect" Buddhist
 - 40. Theatrical prompt
 - 41. Former Portuguese money
 - 44. Edible herb
 - 46. Brain teaser
 - 48. Like average Jane
 - 49. British peers
 - 50. Prefix for "beyond"
 - 51. Any minute, arch.
 - 52. Type of fish net
 - 53. Daytime TV program
 - 54. Enameled metalware
 - 55. Federal Communications Commission
 - 58. *Standard number of strings on guitar

9 8 1 7 6 5 4 3 2

6 5 4 3 2 8 6 9 7

7 2 9 3 4 1 8 5 6

1 9 7 6 3 8 5 2 9

4 7 6 3 4 8 2 5 9

3 8 5 2 7 1 9 6 4

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