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NERSTRAND

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NOVEMBER, 2023

Volume 21 • Issue 2

Rep. Rod Hamilton and FFA Advisor Ed Terry Receive Minnesota Farm Bureau Distinguished Service to Agriculture Award

Bloomington, Minn. – Former state Representative Rod Hamilton and former Randolph FFA Advisor Ed Terry received the Minnesota Farm Bureau Distinguished Service to Agriculture Award at the organization's 105th Annual Meeting Awards Banquet Nov. 17 in Bloomington.

(continued on page 15)

Dennison Days 2024 Date Change



The Dennison Lions Club, organizers of the annual Dennison Days town festival has announced that the date for the 2024 festival will be moved

from the first weekend of August to June 21 & 22, 2024.

Event organizers stated the reason for the change is the fact that there are so many more events competing with the August date than

there used to be.

Further information will be in future issues of the Messenger and on the Lions Club Facebook page.

Anyone with questions or suggestions for events for the 2024 festival should contact Lions Club President Diane Ruddle.

2024 Flake Out Festival Planned for February 3rd

The Dennison Lions Club is planning the 2023 Flake Out Festival & Winter Parade for Saturday, February 3rd.

The club is holding a raffle in conjunction with the days events to raise funds to support Lions Clubs activities and help support other

area non-profit entities and those in need that the club donates to and supports throughout the year. A \$500 1st Prize, plus other cash prizes will be given away.

Watch for a full schedule of events coming in December.

Christmas and New Years Eve Service Times Announced for Dennison and Vang

Because Christmas Eve is on Sunday this year, both churches will NOT have regular morning service.

Christmas Eve Services will be at 5:00pm at Dennison Church and 8:00pm at Vang.

New Years Eve will be a combined service, at 9:00am at Dennison.

Former Rubey's Building Sold



The former Rubey's Liquors building on main street in Dennison sold in early November.

The former Rubey's Liquors building in Dennison has new ownership.

(continued on page 7)

Announcements

• **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!

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

• **The Nerstrand City Council** meets the second Tuesday of every month at 7p.m. at the Nerstrand City Hall. Office hours are: Monday 8:30-11:00; Tuesday by appointment; Wednesday 8:30-11:00; Thursday 5:00-7:00; Friday by appointment. 507-332-8000.

• **Warsaw Township Meeting** is held the 2nd Monday of each month at the Warsaw Township Hall. Meeting time is 6:00p.m.

• **The Wheeling Township meeting** will be held on the second Monday of each month at 8:00p.m. at the Wheeling Township Hall. Contact Rebecca Vergin, Township Clerk.

Do you have an announcement?

Email: hometownmessenger@gmail.com

Dennison Lions Turkey Bingo



The Dennison Lions Club held their annual turkey bingo event earlier this month, raising funds for local community needs.

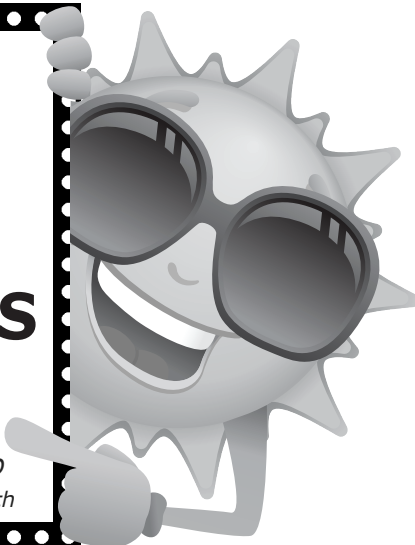
The club was able to make donations to the local food shelves in Kenyon, Northfield, Randolph and Cannon Falls.

Save the Date!



DENNISON DAYS JUNE 21-22, 2024

Be Part of the 2024 Celebration!
Contact The Dennison Lions Club
Meetings Held The Third Tuesday of The Month



SUNDAY SUPPER IS BACK!

Sunday Kitchen Hours:
9:00AM-8:00PM
(Bar Open Later)



Reservations Strongly Suggested, Call 507-645-9992

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Open Wednesday-Thursday 11:00am-8:30pm *(Bar Open Later)*

Friday-Saturday 11:00am-9:30pm *(Bar Open Later)*

Sunday 9:00am-8:00pm *(Bar Open Later)*

www.firesidelounge.net



Count Your Blessings

What are you thankful for? Family, friends, job, home, heat, gas, food, clothes, freedom, Being thankful is a guaranteed way to cure envy and jealousy. When we are grateful for what we have and who we are and the people in our lives- we aren't envious of others. We learn as Paul taught us that we can be 'content in every situation.'

Sometimes we need to give ourselves a good talking-to. Psalm 103 is a prayer by David in which he talks to his own soul and reminds himself to "bless the Lord" and "forget not all his benefits." Most of us are better at criticism than at praise. We've all had people in our lives that seem to be quicker to criticize than to encourage us. We may even find ourselves being overly critical of others and falling into this same trap. The sad part is that it takes only one hurtful, critical thing to destroy many, many good things in our spirits. It is much easier to break somebody's spirit that it is to build them up.

I wonder how many of us could give God a "one-minute praising" for all his blessings. We're sure good at telling the Lord what we want him to do for us. We need a good dose of Psalm 103 to wash out that complaining spirit and replace it with a heart of gratitude to the Lord. "all my inmost being praise his holy name." "Forget not all his benefits." We must think before we can thank. We must ponder before we can praise. We must remember before we can rejoice.

Here are five blessings of the Lord that we must not forget.

- Forgiveness: "He forgives all your sin." God will forgive our past sins and all

those that we bring to Him now and into the future. 1 John 1:9 reminds us, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." We are thankful for God blessing of forgiveness.

- Healing: "Who heals all your diseases." After doctors and nurses have done all, they can do, and after we have used all the latest technology and taken the newest drugs, healing must come from the Lord. That's why we pray for the sick. They may be healed by medicine or by surgery or by some other course of treatment or they may find healing through prayer or by a miracle from the Lord. All those things are possible, and they are not mutually exclusive.

- If you were sick and are now healthy, give thanks to the Lord.

- If your cancer is in remission, give thanks to the Lord.

- If you nearly died after an accident but somehow survived, give thanks to the Lord. I've had people ask; "Do you believe in divine healing?" Truly that is the only kind there is. Give thanks to the Lord for every bit of healing you experience. Good medicine and good prayer go together.

- Deliverance: "Who redeems your life from the pit." To redeem means to rescue from danger in the time of trouble. The "pit" refers to death itself.

We'll all die someday, and when the moment comes, we have the assurance of His grace to take us home if we have placed our

trust in Him. It is never too late to accept Jesus Salvation for us.

There are so many things in this world that can happen- we can see God's protection and provision every day when we get up and when we arrive home. Think of all the things that that didn't happen: No one robbed you. No one shot you. You weren't fired. Your arthritis didn't flare up—or if it did, you made it through the day. A truck didn't hit you. You weren't rear-ended. No one scammed you on the Internet (though some people tried). Your identity wasn't stolen (as far as you know). Your wife still loves you. Your husband is still happy to see you. You don't have cancer—or if you do, you're not dead yet. You've got your health (what there is of it), your friends (most of them, anyway), your money (maybe not as much as a three months ago but you're not broke), your job (if you don't get let go tomorrow), and on and on it goes. Think of all the bad things that could have happened to you today that didn't. The fact that you think nothing happened today means that God has been doing his job! Thank-you God for redemption.

- Coronation: "Who crowns you with love and compassion." It's the loyal, unending, unchanging love of God toward us. He heaps up his blessings—and then he pours them out on us.

He hears your prayer, and He answers- As He has compassion on us and his mercy is given- our thanks for those blessings must

be uppermost in our hearts and minds. He loves us, not because we deserve it, but because He does! We are His creation, and He is not willing that any should perish but all have the chance to receive and to know Him. Our thanks to God whose love and compassion is new every morning!

- Satisfaction: "To be satisfied means to be so full that you need nothing else. It's what happens at the end of Thanksgiving dinner when you simply cannot eat anything else. You have had two helpings of everything and even though there is more food on the table, you cannot eat any of it. If you are hungry, to be full like that is a wonderful sensation. But that satisfaction eventually wears off and you must eat again. To be satisfied means to be so full that you need nothing else.

Jesus said, "I have come that they may have life, and have it to the full." Jesus desires that we have a 'full life' abundant and overflowing with His blessings! He says, "I want to satisfy you—not with gold but with good." Not with those things which glitter today and are gone tomorrow

Clovis Chappell says that on the west coast of England there is the grave of a man who was much loved by all who knew him. When he died, these words were inscribed on his headstone. "Here lies a man who was satisfied with Jesus." Chappell then adds this benediction: "If that can be said of us, we have sufficient to make all of time and eternity one great Thanksgiving Day."

LUTHERAN

Dennison/Vang Lutheran Parish
P.O. Box 117, Dennison, MN • 507-645-6042
Website: www.dennisonvang.org
Email: dennisonvangoffice@gmail.com
Pastor Paul A. Graham

Worship on Sunday mornings at Vang at 9 a.m. and Dennison at 10:30 a.m. This year, our focus is "We Make the Road by Walking." All are welcome, come as you are.

Gol Lutheran Marv Kormann, Pastor
Marv Kormann, Pastor • 507-789-6311
Sunday Worship 9:30 a.m.

Grace Lutheran, Nerstrand
Mike Ahrens S.A.M.
Service 9 a.m.; Coffee Hour 10:00 a.m.
Sunday School 10:15 a.m.

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

Hegre Lutheran
Pastor Chris Brekke
Sunday School 9:15a.m.; Worship 10:30a.m.

Moland Lutheran
Nancy Edvardson, Pastor • 10:30 a.m. worship

First Ev. Lutheran
Luther Mathsen, 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.

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

AREA CHURCH DIRECTORY Ark of the Church

In [the ark] only a few people, eight in all, were saved through water, and this water symbolizes baptism that now saves you also. . . — 1 Peter 3:20-21

In our reading for today, the apostle Peter mentions Noah and the ark, which we discussed on October 4 (Genesis 8). Do you remember another story this month that also pointed to the ark? In Exodus 2 (Oct. 5), as you may recall, Moses' mother places him as a baby in a "basket," and the Hebrew word for that can also mean "ark." Moses' mother did this, in faith, hoping that her little boy would escape the murderous reach of Pharaoh, the king of Egypt (see Exodus 1:22).

In the New Testament, the apostle and fisherman Peter states that just as God rescued Noah and his family "through water" while other people were swept away in judgment, Christians are rescued from judgment by Christ's death and resurrection, which is symbolized in baptism. If believers in Christ are symbolically rescued (like Noah and his family) "through water" (baptism), then what is the "ark"? What is the vessel of God's rescue for us and indeed for the whole creation? It seems that this would be the church, the community of faith. Remember, baptism places us in the nurturing community of the people of God with its worship, prayers, sacraments, and fellowship. In this "ark" we are on the way to the resurrection and full life in God's renewed world.

Lord, we praise you for the church, which, though it can be rocked by powerful winds and waves, is nonetheless piloted by you and is the place of your grace and salvation. Amen.

METHODIST

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

Stanton United Methodist
Rev. Tom Countryman
Worship 10:15a.m.
Church Phone 507-263-4063

ST. JOHNS UNITED CHURCH OF CHRIST

(Wheeling Township) 19086 Jacobs Ave., Faribault
Gary Liker, Pastor • 507-330-0025
www.stjohnsunitedchurchofchrist.info
Sunday School 9:30a.m.; Worship 10:30a.m.

NEW LIFE CHURCH

Colin Reuter, Pastor
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-DALE PARISH

Pastor Dustin Haider • 507-789-6677
Email: holdensecretary@gmail.com
Worship schedule found at:
www.holdenlutheranchurch.org
Holden/Dale Facebook



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Dennison Lions Turkey Bingo

November, 2023

- MAINSTREET MESSENGER -

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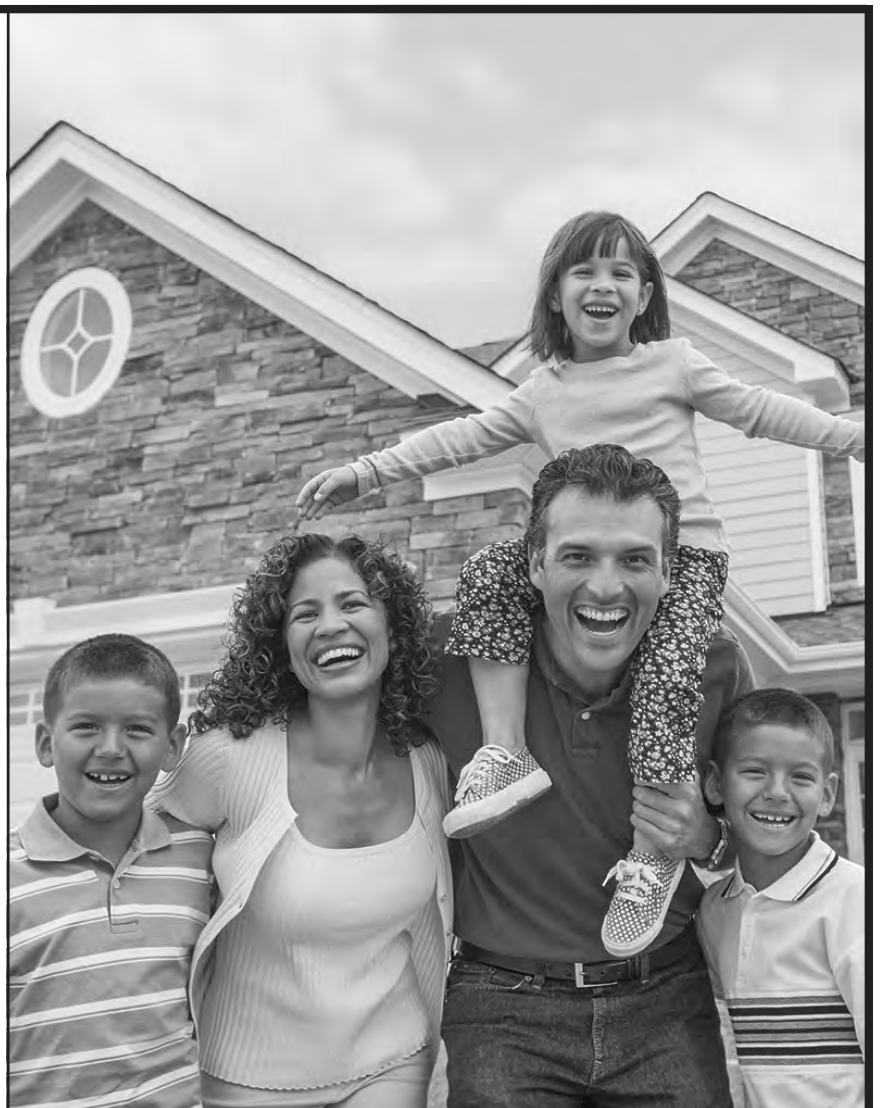
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Dennison Lions Halloween



Warm Wishes at
Thanksgiving



All of us at
Mainstreet Publishing Minnesota Inc.,
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thank you for your readership and support.
HAPPY THANKSGIVING!



SAVE THE DATE!  SAVE THE DATE!

*Flake Out Festival
& Winter Parade*
Saturday, February 3, 2024

CHILI COOK OFF

10th Annual DENNI DAZZLE PARADE

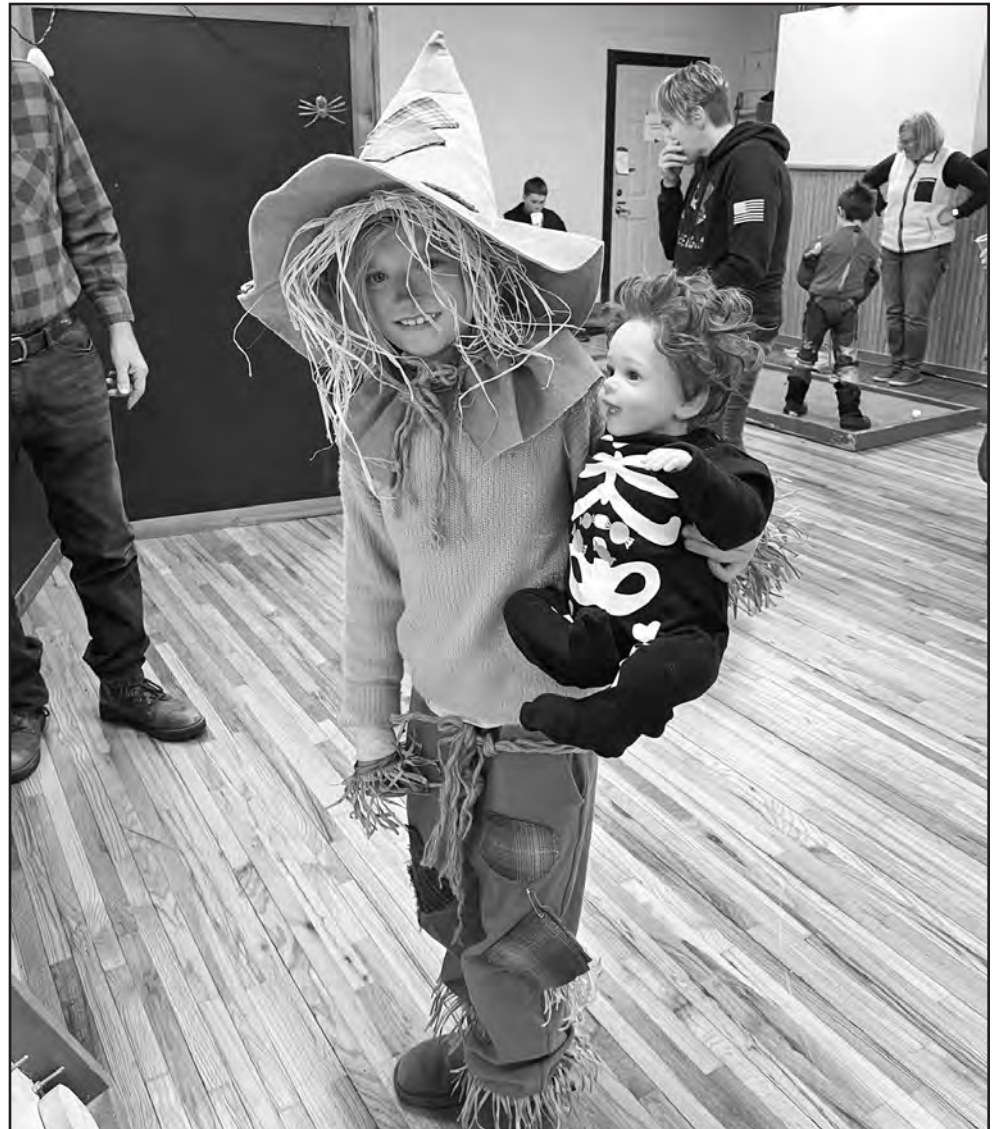
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Dennison Lions Halloween



The
Christmas
in the
Village
Event

DECEMBER
2,3,9 AND 10

FROM 3-8 PM
at Dakota City Heritage
Village on the Dakota
County Fairgrounds
in Farmington

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The Christmas in the Village Event

FARMINGTON, MN: Dakota City Heritage Village at the Dakota County Fairgrounds in Farmington is preparing for their annual welcoming holiday event on two upcoming weekends, Saturday and Sunday, December 2, 3, 9 and 10 from 3-8 pm.

Village Volunteers are busy decorating the buildings inside and outside with holiday lights and decorations. Visitors will experience the sights, scents, and sounds of the season through the village's dazzling lights, Christmas music in the church, the smell of wood burning stoves and the sound of horses and their jingle bells as they pull trolleys through the village. Old fashioned chores will be demonstrated in the Millinery Shop and the Harris House. There will also be old-fashioned candy and goods for sale at the Gift Shop and General Store. Refreshments like hot chocolate, cider and warm soups will be available in the Drug Store.

Children are invited to bring a letter to Santa and leave it at the Dakota City Post office, in a stamped, self-addressed envelope. Envelopes should not be sealed as Santa's helpers will read the letters and share them with Santa. Children will receive a letter back from the North Pole and Santa in December. Santa will be also visiting with children in the Depot. New this year is a model railroad display with holiday themed trains running around a festive winter scene in the village library, courtesy of the Minnesota Garden Railway Society.

Admission is \$5 with children under 5 FREE.

Tickets are available at the gate, online at www.dakotacity.org or by calling (651) 460-8050 x 1.

Dakota City was established at The Dakota County Fairgrounds in 1978, and is a 1900's era agricultural village and museum. 22 buildings, including an operational blacksmith shop, newspaper office, train depot, barber shop, family home and more represent the business and rural social life of a rural early 1900's community. Dakota City is a 501(c)3 non-profit organization that strives to preserve rural heritage and connects, through education and interpretation, current generations to life and agricultural heritage of the early twentieth century. Updated schedules and information are available at www.dakotacity.org, and on their Facebook page.

Use Wild Rice to Turn Your Leftover Turkey Into a Scrumptious New Meal

By Minnesota Wild Rice Council

No other holiday is more closely associated with a specific meal than Thanksgiving – a radiant, golden-brown turkey, piping hot mashed potatoes and gravy, cranberries, and a delicious pumpkin pie topped with a dollop of whipped cream – mouth-watering to be sure. And while we all look forward to this holiday classic, many of us are just as excited about the following week’s-worth of Thanksgiving leftovers – everything from soups, to sandwiches, to casseroles that are enjoyed almost as much as the Thanksgiving meal itself.

Wild rice is an “all-purpose” ingredient, versatile enough to be used in virtually any type of recipe. Its great taste and distinctive flavor is a great way to add flair and elegance to your holiday leftovers. Try incorporating the unique flavor of wild rice into your Thanks-

giving leftovers by trying some of these easy-to-prepare recipes:

Classic Creamy Wild Rice Soup

The ideal way to use turkey leftovers is in one of America’s favorite soups – Classic Creamy Wild Rice Soup. Hearty, simple, and extremely flavorful, this comforting soup blends the great flavor of wild rice with turkey, onion, sherry, and almonds. It also freezes well to allow you to enjoy it long after your holidays are over.

Turkey & Wild Rice Quesadillas

Adding some flair to an ethnic favorite, Turkey & Wild Rice Quesadillas combines wild rice with succulent turkey breast, corn, spinach, pepper, onion, and cheese for a ‘wild’ twist on an old favorite. Turkey & Wild Rice Quesadillas make a perfect appetizer or a hearty main course.

Roasted Poblano Turkey Wild Rice

Roasted Poblano Turkey Wild Rice features wild rice with tender turkey breast, roasted poblano peppers, onion, garlic, corn, and shredded Mexican cheese for an exotic blend of flavors. The unique combination of roasted peppers and wild rice give this dish a distinctively smoky flavor unlike anything you’ve tried before.

Turkey Thai Wild Rice with Peanut Sauce

This super-easy casserole offers healthy monounsaturated fat from the peanut butter, whole grains from the wild rice, and lots of veggies. Turn your turkey into a prize-win-

CLASSIC CREAMY WILD RICE SOUP

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded carrots
- 1 cup cooked, cubed turkey breast
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry

In large saucepan, sauté onion in butter. Add flour, stirring until bubbly; gradually stir in broth. Stir in wild rice, carrots, turkey, almonds, and salt; simmer 5 minutes. Stir in half and half and sherry; heat through. 6 servings.

TURKEY & WILD RICE QUESADILLAS

- ¾ tsp ground Mexican seasoning
- ½ lb cooked turkey breast, cut in bite-size pieces
- 1 tbsp canola oil
- 1 pkg (12 oz) frozen corn, prepared as directed on pkg
- 1 pkg (9 oz) frozen chopped spinach, prepared as directed on pkg, squeezed to remove moisture
- ½ cup diced red pepper
- ½ cup diced red onion
- 1 tsp minced garlic
- 1 cup cooked wild rice
- 8 6" flour tortillas
- 1 cup shredded Mexican cheese
- ½ cup sour cream
- ½ cup salsa

In large skillet, season turkey with Mexican seasoning; cook in oil. Add corn, spinach, red pepper, onion, garlic, and wild rice; heat through. Divide mixture on 4 tortillas, sprinkle with cheese; top with remaining tortillas. In another large skillet, cook each quesadilla 3-4 minutes on each side. Top with sour cream and salsa. 4 servings.

ning family dinner – they won’t even realize they’re eating leftovers.

For even more great recipe ideas to turn your holiday turkey leftovers into an unforgettable meal, search the world’s largest wild

rice recipe library at www.mnwildrice.org/search.php. Enter the keyword “turkey” and search to see all the delicious ways to prepare new and creative turkey-wild rice combinations.

ROASTED POBLANO TURKEY WILD RICE

- ½ cup chopped onion
- 1 tsp minced garlic
- 2 tbsp butter with canola oil
- 1 cup cooked, cubed turkey breast
- 1 cup cooked wild rice
- 1 pkg (9 oz) frozen corn, prepared as directed on pkg
- 2 large deveined, chopped, roasted poblano peppers
- 2 tbsp sour cream
- ¼ cup chicken broth
- ½ cup shredded Mexican cheese
- salt and pepper to taste

In large skillet, sauté onion and garlic in butter. Stir in remaining ingredients; heat through. 4 servings.

TURKEY THAI WILD RICE WITH PEANUT SAUCE

- 1 cup each: shredded carrots and zucchini
- 1 red bell pepper, sliced
- 1 tbsp canola oil
- 2½ cups cooked, cubed or shredded turkey breast
- 4 cups cooked wild rice
- ¼ cup thinly sliced green onion

Peanut Sauce (whisk together, set aside):

- ½ cup crunchy peanut butter
- 4 tbsp brown sugar
- ½ cup soy sauce
- 2 tbsp each: lime juice and sesame oil
- 1 tsp minced garlic

In large skillet, sauté carrots, zucchini, and red pepper in oil until tender. Add turkey, wild rice, and sauce; heat through. Top with green onion. 4-6 servings.

Northwood Pines

Active, Independent Living in Beautiful Northfield

Low-cost market rate 55+ apartments now available for individuals or couples! Enjoy freedom from home and yard maintenance, make friends, and participate in a variety of daily activities.




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Northwood Pines includes luxurious finishes and is situated in a controlled-access, 10-apartment building offering spacious one-bedroom plus den apartments ranging from 588 to 742 square feet. Apartments feature large windows allowing for sunlight, private bathrooms and access to complimentary laundry facilities.

Northwood Pines residents have access to an array of campus amenities, including:

- Spiritual care and Chapel services
- Fitness facilities and exercise classes
- Media center including local newspapers
- Salon for hair and nail services
- Movie theater with scheduled showings



Rooted in Christian values, Northfield Retirement Community supports independence, dignity and quality of life for the aging by providing innovative living options.

Interested in learning more about NRC and independent living? Visit northfieldretirement.org or call 507-664-3466 for availability and to schedule a campus visit.



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Firehouse Liquor Celebrates 40 years on Hwy 3

November marks the fortieth anniversary of Firehouse Liquor in their current location. Jerry and Karleene bought the on/off sale business back in 1972, when it was located in the old bank building on Railway Street where Dawn's Corner Bar is now. In 1983 they moved the off sale to a 4,200 square foot location on Hwy 3 where Aldi's is now located.

In 2000 Sean bought the business from his parents and moved to the present building, which had formerly housed the C.T. Farm Supply. This new 10,000 square foot building has allowed them to grow. "We have expanded over the years and our inventory is now twenty-fold what it was when we purchased it in 2000", Sean commented. "There are always new items."

Firehouse liquor is open everyday except for Thanksgiving, Christmas and Easter.



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Former Rubey's Building Sold

(continued from page 1)

Complete details of plans for the property were not available at presstime.

The building, which housed another bar for some time, closed and had been for sale for several years.

The new owners, T L Properties Dennison are reviewing the options for the building and consulting with county building officials to see what structural issues will need to be addressed to bring the building up to code for commercial use.



PICTURES WITH
SANTA



The Dennison Lions
and Heritage Bank Invites You to

Come Take Pictures
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Saturday, December 9
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Everyone is welcome to stop by
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Flu Prevention Strategies and Flu Vaccine Dangers



By Shauna Burshem, D.C.

The flu vaccine is recommended for pregnant women even though there exists evidence that the vaccine could place their pregnancy at risk. Research funded by the Center for Disease Control (CDC) found a link between being vaccinated for the flu during pregnancy and increasing the risk of miscarriage (8 fold). In general, data from the federal Vaccine Injury Compensation Program shows that the flu vaccine is now the most compensated claim filed. Between January 1, 2006 and December 31, 2019 five thousand four hundred and seven injury claims were filed for the flu vaccine. In addition, CDC data demonstrates that the flu

vaccine is less effective for senior citizens. According to the CDC data, the influenza A and B vaccine had an effectiveness rating of 12% for those over the age of 65. Statistically, the CDC includes death from secondary infections (like pneumonia, sepsis and other respiratory infections) in the total mortality rate from the flu. These secondary infections account for the majority of deaths attributed to the flu each year.

Boosting your immune systems capabilities have been shown to be way more effective than the flu vaccine for preventing the flu or increasing the likelihood for a mild case and or quicker flu illness recovery. Vitamin D3 taken with vitamin K has been shown to lower your risk of flu illness. Vitamin D is the sunshine vitamin. Sun exposure naturally produces vitamin D in the body. This is why flu season is in the fall and winter months. People have lower levels of vitamin D when not able to be out in the sunshine with safe sun exposure. Taking a vitamin D supplement throughout the fall and winter (and even summer if you do not have adequate sun exposure) will boost your immune system function. Functional medicine and nutritional experts have found that the proper dose of vitamin D in the winter season is 30

units per pound of bodyweight. This means if you weigh 150lbs your D supplementation should be 4,500 units per day. People whose levels are below the normal range are at risk for becoming sick with illness and if exposed to covid-19 they are also at a higher risk for hospitalization and death.

In addition to vitamin D (and K), your flu prevention medicine chest should contain elderberry extract and vitamin C (1000mg capsules). If you start to feel the signs of illness coming on begin taking elderberry extract 3 x per day. Elderberry boosts immune function but also has a high amount of antiviral properties and works really well with respiratory infections. Also, increase your vitamin C consumption to 3000 mg and take your C 3-4 times per day, every 3 to 4 hours. Do this until

you feel better.

Lastly, chiropractic spinal adjustments have a positive effect on increasing immune system function. Mid back adjustments to the thoracic spine have an immediate effect on white blood cell production. White blood cells are your infection fighting cells. Research has also shown that chiropractic spinal adjustments increase the rate at which your body's DNA repairs itself. DNA repair is an important marker for immune system function. Additional research has also shown that people who receive regular chiropractic care (at least 1 adjustment per month, every month) have higher resistance enzyme levels than people who do not receive chiropractic care.

DO YOU HAVE AN ANNOUNCEMENT FOR THE MESSENGER?

Email: hometownmessenger@gmail.com

KENYON VFW POST 141

HAPPY HOUR: Monday-Saturday from 4-7 PM

DAILY SPECIALS

BURGER TUESDAY 5:30-7:30pm	WEDNESDAY WINGS 6:00-8:00pm	FRIDAY NIGHT MEAT RAFFLE 6:00-8:00pm Tap Specials
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Coffee: Pros and Cons



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the concept that food can be used as medicine. I presented some ideas for managing acid reflux. In that article, I mentioned that coffee can be a trigger for acid reflux. So how does coffee relate to nutrition? What are the positive aspects of coffee and what are the negative considerations? Can a person use coffee as medicine?

First, a little history. As reported by Tori Avey in "The Caffeinated History of Coffee," the first reports of coffee originate around Ethiopia and Yemen. The ripe coffee fruit is red, and the coffee bean is the seed of the fruit. Roasted coffee beans were first produced by Arabs and the Arab community had control of the coffee market until the Dutch were able to acquire some seed and start plantations

around the world. In 1773, when Americans were revolting against the tax on tea, coffee became the acceptable, patriotic choice.

According to the National Coffee Association, more than 65% of Americans drink coffee each day. The average American consumes just less than 3 cups of coffee per day. The United States is the top coffee consuming country in the world with coffee being the first-choice beverage over tea, soft drinks, and juice. Berkeley, California wins the prize for the most coffee shops according to ApartmentGuide.

So, with all this coffee consumption what are the PROS or CONS of coffee consumption?

- PROS –**
- Moderate coffee consumption (1 – 4 cups per day) is linked to longer life
 - Decreased risk of liver cancer
 - Decreased risk of Parkinson's disease
 - Improved clarity in thinking
 - Improved regularity of bowel movements
- CONS –**
- Inflammation (measured as CRP) can increase with more than 1 cup of coffee per day
 - Heart and neurological challenges among infants of mothers who regularly consumed coffee during pregnancy
 - Anxiety increased with excessive consumption of coffee
 - Difficulty sleeping associated with coffee consumption
 - Trigger for diarrhea episodes
 - Can promote fatigue through caffeine addiction

Coffee can be a powerful medicine. Caf-

feine is one of the active ingredients, but there are additional compounds that demonstrate antioxidant and stimulant activity. An important note to understand is that coffee does not produce energy. A black cup of coffee has almost no calories at all. The energy boost from coffee comes from the body response to caffeine, which stimulates the adrenal glands to produce epinephrine. The release of epinephrine causes the body to release more energy from its storage areas, in the same way a whip will cause an animal to move that was not moving before. For an individual who is extremely tired in the morning and "needs" the cup of coffee to get started for the day, this individual is battling a fatigue that is only increased by the regular consumption of coffee.

Coffee can be a good aid for digestion. A small cup of black coffee with a meal will stimulate the digestive process and increase the acidic mixture in the stomach. Between meals only water should be consumed to allow the digestive system to rest. There is no need to stimulate digestion by drinking coffee between meals.

An additional use of coffee by health practitioners throughout the centuries has been the use of coffee as an enema. A properly prepared coffee solution carefully introduced into the rectum has been an effective way to remove constipation and blockages in the colon. Reportedly, this enema was effectively used during World War 1 in the military hospitals when nurses used the coffee enema to aid the recovery of recovering wounded in the military hospitals.



Overall, pay attention to how your body responds when you consume a cup of coffee. Consider what other ingredients such as cream, sugar, or other flavors are being added. What happens if you stop drinking coffee for a day or two? You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: nutritionproportion@gmail.com

If you would prefer to meet for a personal consultation, you can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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Down on the Farm/ Up at the Cabin Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

By Claudia Vanderborght

For years, friends and acquaintances had encouraged Monica to write down the saga of starting a farm from scratch – with no experience or knowledge – just a love of learning and adventure. Well, here it goes.

Monica taught elementary school in Apple Valley for 28 years. Additionally, she worked as a Navy Reserve Analyst for 21 years – nearly five of those years deployed to Tampa, Norfolk, and Qatar. In 1999, after purchasing a Jeep Wrangler, Monica joined a 4WD club and – under their tutelage – explored off-road trails in several states (once disemboweling a shock on some rocks). She also owned several motorcycles and, taking advantage of the school summer vacations, explored 49 states on motorcycle (all but Alaska). Once, she even jumped out of a perfectly good airplane (once was enough). It was time to delve into an entirely new adventure.

Claudia, Monica's sister, moved from Minnesota to Vermont, to Massachusetts, to northern New York, back to Minnesota, and finally

now to Wisconsin. She has worked as a high school science / math teacher, a secretary, an analyst for pharmaceuticals, delivered newspapers, wrote articles for kids magazines, started a tutoring service, and – semi-retired – substitute taught at local middle and high schools. Claudia was up for a new adventure at any time.

Monica was a bit envious of her teacher colleagues who would go to the cabin on weekends. But maintaining a second residence several hours away from her Farmington home just didn't appeal to her. What Monica really wanted was a "cabin" that she could live in full-time while continuing to work in Apple Valley. But what to do?

The options were endless! Monica motorcycled around that summer asking God, "Now what? Travel? Join a club? Come up with a new hobby?"

"Stay home and dork around..." was the only answer she got.

Yes, God talks to Monica in the vernacular, so she started thinking about what "staying at home and dorking around" might mean. Having several years before she could retire, to move and to commute was a issue.

There were a few things that were immediate, important considerations: a 45-minute commute to Apple Valley, a location east of 35W (Monica – a mosquito magnet – heard that the limestone geography east of 35W inhibited mosquito breeding), two miles off asphalt (keeps the riff-raff away), a four-bedroom split-entry house with a two-car attached garage. 20 acres (probably beyond the budget) with some open pastureland and some woods would be nice; interesting



topography (not flat, but not crazy-steep either). And some kind of outbuilding. Quite the wish list to say the least!

Hunting for the perfect farm was an adventure in and of itself ... a story for another day.

But there it was: 20 acres with a house and a 40' x 90' pole building, pasture and woods, in Wanamingo township. Once a hog farm, now completely overgrown. But the house and pole building had "good bones" and it was just within the budget. A year later, Claudia came to help on the farm. Quickly, we all learned some important lessons:

It is not a hobby farm. It is a small farm. (You cannot take tax write-offs for capital

improvements if you call it a hobby farm.) Goats are naughty. They will always find their way out of the fence and into the neighbor's cornfield. Or your sister's garden. Always.

Fence posts must be pounded in all going the same direction. Stringing the electric fencing will be so much easier that way.

Be prepared for numerous donations from the family cats: dead (or not) voles, mice, chipmunks, gophers, birds, an occasional rat, and (too frequently) vomit.

(continued on page 12)

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Down on the Farm/ Up at the Cabin

Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

(continued from page 10)

Even small Dexter cattle can hurt you if they all want to go through the same opening at the same time and you don't jump out of the way fast enough.

Convincing the county that you are – indeed – going to farm the property (to pay \$40 in-

stead of \$500 for a building permit) may require some convincing.

The disgusting smell from the corner of the barn is not a skunk. The chickens are hiding their eggs again.

Cheap, suburban cell phone service does not work well down on the farm. It would be far more convenient researching goat bloat in the dry, cozy barn than sitting on an ATV at the top of the hill in the rain.

Dirt is a color. No matter what color your car is, by the time you get home after the car wash it will be the color of dirt.

If you are going to have livestock, you need to accept the fact that you will have dead stock.

You don't know what you don't know. And we didn't know much about anything.

But farmer neighbors are great – answering innumerable questions, herding livestock home with the ATV, winning the skid loader

out of the spring mud, or simply sharing a cup of coffee and a piece of pie at their kitchen table. Thank you, my friends.

Next time: Buying a farm is a bit different than buying a suburban home in Farmington.



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The Law of Vibration: Unveiling the Hidden Harmony



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In the vast tapestry of the universe, there exists a symphony of vibrations that weave through the fabric of reality. This intricate dance is governed by the second universal law, the Law of Vibration. As we explore this cosmic principle, we delve into the profound concept that everything is in a constant state of motion, emitting its unique vibrational frequency.

At its core, the Law of Vibration posits that all matter is in a perpetual state of motion, oscillating at a specific frequency. This concept has ancient roots, echoing through various philosophical and spiritual traditions. In essence, it suggests that nothing rests; everything moves, and each entity carries its own vibrational signature.

One of the key tenets of the Law of Vibration is the interconnectedness of all things. Every particle, every atom, every living being resonates with a distinctive vibrational frequency. This interconnected web of vibrations forms the basis of the intricate dance of existence. It implies that there is a hidden harmony that unites all elements in the cosmos.

Moreover, the Law of Vibration extends beyond the physical realm into the realm of thoughts and emotions. It suggests that our thoughts and feelings also emit vibrational frequencies, influencing the overall vibrational tapestry of our personal reality. This principle underscores the importance of mindfulness and the impact of positive or

negative energy we contribute to the collective vibration.

The ancient wisdom of the Law of Vibration finds resonance in modern science, particularly in quantum physics. Scientists have discovered that at the subatomic level, particles are not static entities but exist in a state of constant motion and vibration. This scientific revelation aligns with the age-old spiritual understanding that everything is energy in motion.

Understanding and harnessing the Law of Vibration can empower individuals to navigate their lives with greater awareness. By cultivating positive thoughts, emotions, and actions, one can elevate their vibrational frequency and attract corresponding positive experiences. Conversely, dwelling in negativity can lower one's vibrational state, leading to a magnetism for less desirable outcomes.

In essence, the Law of Vibration invites us to become conscious co-creators of our reality. By aligning our thoughts, emotions, and actions with higher vibrational frequencies, we can harmonize with the cosmic dance of existence and unlock the latent potential within ourselves. It's a reminder that, in the grand orchestra of the universe, each of us plays a unique note, contributing to the symphony of life.

Integrating the Law of Vibration into daily life involves adopting mindful practices and cultivating awareness of the vibrational energy one emits. Here are several practical steps to help individuals align with this universal law:

- Mindful Awareness:
 - Begin each day with a few moments of mindfulness. Reflect on your thoughts, emotions, and the energy you carry into the day.
 - Throughout the day, periodically check in with yourself. Notice the quality of your thoughts and feelings. Are they positive or negative? What kind of vibrational energy are you emitting?
- Positive Thinking:
 - Practice positive affirmations. Consciously choose thoughts that uplift and inspire. Affirmations can help shift your vibrational frequency towards positivity.
 - Avoid dwelling on negative thoughts. When negativity arises, acknowledge it, but then consciously choose to redirect your focus to more positive and constructive thoughts.
- Gratitude Practice:
 - Cultivate a habit of gratitude. Regularly

express appreciation for the positive aspects of your life. Gratitude carries a high vibrational frequency and can attract more positive experiences.

- Keep a gratitude journal and write down things you are thankful for each day.
- Conscious Communication:
 - Be mindful of the words you use. Words carry energy, and their vibrations can impact both you and those around you.
 - Strive to communicate with kindness and positivity. Choose words that uplift and inspire rather than words that convey negativity or criticism.
- Emotional Regulation:
 - Develop emotional intelligence. Understand and accept your emotions but strive to respond to challenging situations with calm and centeredness.
 - Practice techniques such as deep breathing or meditation to maintain emotional balance.
- Energetic Environment:
 - Surround yourself with positive influences. Be conscious of the people, environments, and media you expose yourself to.
 - Create a positive and harmonious living and working space. Decluttering and organizing your physical space can also have a positive impact on your energy.
- Self-Care:
 - Take care of your physical well-being. Exercise, proper nutrition, and adequate rest contribute to a higher vibrational state.
 - Engage in activities that bring you joy and fulfillment. The energy associated with activities you love can enhance your overall vibration.

- Visualization and Meditation:
 - Incorporate visualization and meditation into your daily routine. Envision the positive outcomes you desire and feel the corresponding emotions.

• Meditation can help quiet the mind, allowing you to connect with your inner self and the higher vibrational frequencies of the universe.

Remember that integrating the Law of Vibration is a continuous practice. It involves a conscious and intentional approach to thoughts, emotions, and actions. By making these practices a part of your daily life, you can elevate your vibrational frequency and align more harmoniously with the cosmic dance of existence.

Life coaching serves as a guiding light on the journey to integrate the profound principles of the Law of Vibration into one's daily life. A skilled life coach provides the support and tools needed to navigate the intricacies of mindful living, helping individuals to cultivate positive habits and align with higher vibrational frequencies. Through personalized guidance, a life coach empowers individuals to overcome challenges, break through limiting beliefs, and foster a deeper understanding of themselves. This transformative process not only enhances personal well-being but also ripples outward, positively influencing relationships, career, and overall life satisfaction. Life coaching becomes a catalyst for self-discovery and empowerment, offering a roadmap to unlock the immense potential within, and inviting individuals to dance in harmony with the universal rhythms of existence.

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Rep. Rod Hamilton and FFA Advisor Ed Terry Receive Minnesota Farm Bureau Distinguished Service to Agriculture Award

(continued from page 1)

Hamilton served as a voice for Minnesotans and agriculture in the Minnesota House of Representatives from 2005 until his retirement earlier this year. He found his passion for agriculture working at Christensen Farms, working his way up from a herdsman to holding several different roles in the organization. His involvement both with Farm Bureau and the Minnesota Pork Producers Association provided a catalyst for his involvement not only advocating for agriculture, but also playing a role in the development of policy. Elected to the House of representatives in 2004, he served on a variety of agriculture committees including: Ways & Means - Agriculture and Food Finance & Policy Division; Chair of Agriculture Finance; Agriculture Policy; Environment, Natural Resources and Agriculture Finance; Chair of Agriculture and Rural Development Policy and Finance; Agriculture, Rural Economies and Veterans Affairs; and

Agriculture and Rural Development. He also was a member of the Minnesota Governor's Livestock Task Force.

Hamilton's Farm Bureau experience was plentiful, taking part in many Day on the Hill and Farmers to D.C. trips. He was also the winner of the Young Farmers & Ranchers Discussion Meet competition in 2001.

He and his wife Lynee live near Mountain Lake and have two children, and are active in giving back to their community.

Ed Terry built a career in agriculture and education. He retired after teaching agriculture and serving as an FFA advisor for 51 years. He started teaching in Farmington in 1968. In 1977, he started an ag/FFA program in Randolph. His program included students from a co-op program with Northfield, launched in 1994, and students from an evening outreach program he started in 1997, serving seven other schools where ag/FFA were not offered. More than 50 of his students earned their American FFA Degrees.

Terry holds both State and American Honorary FFA Degrees and is in the Minnesota FFA Hall of Fame.

Terry's impact reaches beyond the classroom. He was a township supervisor for 12 years. He served on the Minnesota Forage and Grasslands Council board for nine years, two terms on the Dakota County Extension Committee and 33 years on the Rosemount Experiment Station Advisory Committee. He was named Outstanding Ag Educator by the Minnesota Association of Agricultural Educators in 2019 and the Minnesota Farm Bureau FFA Advisor of the Year in 1998. In 1995, he, his wife Carol and brother David



were the Dakota County Farm Family of the Year. He received the Lifetime Achievement Award from the U of M College of Food, Agricultural and Natural Resource Sciences. He currently serves on the Dakota County Farm Bureau board and has been an active member for over 50 years. Married for 53 years, Ed and Carol have two children: Lisa and Mike. Ed and Carol reside on and farm the sesquicentennial farm east of Northfield. Lisa, her husband Todd and two sons live in Forest Lake. Mike farms

on the family farm and lives nearby with his son.

About the Minnesota Farm Bureau Federation

To ensure Minnesota's agricultural vitality, the Minnesota Farm Bureau amplifies its members' voices through engagement, grassroots advocacy, and agricultural awareness. Learn more about our efforts as an advocate for our 30,000 members and 78 county Farm Bureaus at www.fbmn.org.

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Kenyon's Depot Park Undergoes Revitalization Effort

By Joshua Schuetz



In a bid to breathe new life into the city of Kenyon's historic Depot Park, local volunteers and students from Minnesota State University, Mankato have joined forces for a much-needed renovation project. CEDA team member Cora Boelman, emphasized the sig-

nificance of this endeavor, stating, "The structure itself hadn't been painted since the '90s and we received grant funding from SMIF to make it happen, so it was something we could do to make a change."

The project has faced its share of challenges, notably in rallying volunteer engagement. However, recent efforts have seen 15 dedicated volunteers come together to tackle the renovation. The interior has been painted a shade of green to match the nearby Goodhue Depot, preserving its historical charm. Depot Park has long served as a venue for family reunions, baby showers, and community events, including the upcoming "trunk or treat" celebration.

The revitalization effort has not stopped at the building itself; it has sparked discussions about the underutilized green space surrounding Depot Park. Plans are underway to explore additional enhancements and amenities for the park, with the aim of making it more attractive and accessible to the com-



A local volunteer helps give the Kenyon Depot a new coat of paint.

Christmas in Kenyon



By Cheri Roshon

Christmas in Kenyon is a magical time. Trees adorned with lights, and snow filled streets make this small town community shine! This tradition that community members and businesses have come to anticipate will spread the Christmas Spirit! We have a day filled with activities for children and adults that are sure to bring our community together this joyous time of the year. Following is a list of some of the events you can participate in, more items to be added, so be sure to check back periodically on the Kenyon website. Bring your family and friends to join in the fun! Happy Holidays from Kenyon Park n Rec!

Crafts, games and activities for the kids at the library from 9 to 12

Bloody Mary bar and Mimosas at VFW 10 to 1

Craft Vendor event 10 to 3

Horse and Wagon Rides 3 to 5

Visits with Santa

School Carolers throughout the town

Shop Local Stores

Food trucks

Letters to Santa drop box

Gunderson House cookie sales/tours 10 to 1

Cookie frosting and games at Catholic Church 12 to 2:30

Wine Tasting 1 to 3 (depot fundraiser)

Gift Wrapping (pool fundraiser) 1 to 3

Community Tree Lighting Ceremony 5 pm

Lighted Parade (after tree lighting)

Music at Mui 8 to 12

Gingerbread House Contest at Angie's

All this conspires on Saturday, December 9, 2023 from 9 am to 11:59 pm!! Dress warm and come on out to see your friends and neighbors. and Happy Holidays to all!!

munity.

CEDA Vice President Chris Giesen has been designated as the main point of contact for the project, while graduate students from Minnesota State University, Mankato are collaborating to devise various layout and improvement ideas for the park's exterior. Boelman noted, "It's a stepping stone for us" highlighting the potential for further transformation in the future.

The project has been made possible through grants for gallons of paint and community support, helping to offset costs and provide the necessary supplies. Located near downtown and boasting amenities like a disc golf course, Depot Park is poised to regain

its status as a central hub for the community, thanks to the dedicated efforts of local volunteers and students alike.



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Giving a Voice to Rural Entrepreneurs



Tim Penny
So. MN Initiative Foundation

As a fifth generation southern Minnesotan, I like to say that I “bleed rural.” Not only have I lived here my entire life, but I have had the great fortune of serving rural Minnesota throughout my career – first during my time in the U.S. Congress, and now as president and CEO of Southern Minnesota Initiative Foundation (SMIF).

Living in rural Minnesota comes with many benefits that have tied me to this place for so long. Even in the relatively larger cities of our region, like Owatonna where I live, there is a neighborly feel – I like that I can stop by the grocery store or the local brewery and run into people I know. We’re surrounded by natural beauty – from bluffs to lakes – and the cost of

living is much lower than in larger cities.

In fact, a 2020 report from the Center for Rural Policy and Development found that wages in rural Minnesota can go further in meeting the cost of living compared to the seven-county metro area.

Despite the many benefits of living here, there are challenges, too, and it can feel like the “rural voice” is diminished or misunderstood. The Rural Voice, a statewide series supported by SMIF, three other Minnesota Initiative Foundations, Compeer Financial and Otto Bremer Trust, was created to act as a town hall style forum for community members to discuss and be heard about topics that are top of mind to those living in Greater Minnesota: workforce, health care, mental health, social isolation and business development. Hosted by Kari Miller from Minnesota Public Radio, the most recent Rural Voice event was held at Schell’s Brewery in New Ulm about what it takes to build a business in rural Minnesota.

One of the things that we heard in this meeting is that rural entrepreneurs need mentors, financial resources, education and networks to support growth. Fortunately, SMIF, in addition to our partners at the Small Business Administration, SCORE and the Small Business Development Centers, Region Nine Development Commission and local chambers of commerce (to name a few) are well-positioned to help entrepreneurs in all of those areas, either through our own programming or as a connector to our partners. At SMIF, we offer lending and equity opportunities, technical assistance and peer networks, supporting nearly 1,000 entrepreneurs



annually.

Another thing that stood out to me during this session was the number of young people who either decided to stay in rural Minnesota or moved here. For some, work from home opportunities have allowed them to live where they want to live instead of where their work is located. For others, like Tristan Blue, owner of Big Hitter Games in Lafayette, rural living has drawn them to the region to start businesses. Tristan shared that his desire to be closer to his family brought him from Minneapolis and Milwaukee to the Mankato area in 2014.

When the pandemic began, he began reevaluating his career (he had been working in the service and construction industries while also performing as a musician). Tristan used the time as an opportunity to explore his childhood dream of creating video games which eventually turned into a business. Due to the online accessibility of partnerships for indie game developers, Tristan found rural Minnesota an easy place to locate his business. When he and his wife had their first child in 2021, they were ready to buy a home and were motivated to move to Lafayette due to the affordability, proximity to his wife’s job in St. Peter, the geography and history of the area, and the small town experience for raising a family. This is one example of many en-

trepreneurs moving to the region that I have heard in recent years.

I was also struck by the number of newer businesses that draw tourists to rural Minnesota – breweries, distilleries, wineries. Those types of businesses, combined with the natural beauty of our region, and our charming downtowns, can culminate in an economic boost for small towns. According to Explore Minnesota Tourism’s Leisure and Hospitality Industry report, our 20-county southern Minnesota region generated \$2.7 billion in gross sales and \$93 million in state sales tax in 2021, supporting 28,000 private sector jobs. At SMIF, we have seen the success of tourism businesses through many of our loan clients – from Pleasant Grove Pizza Farm in Waseca to Black Frost Distilling in New Ulm. I’m convinced that the more people who visit here, the more people who will want to move here.

Whether you move here to start a business, or are an entrepreneur already living in southern Minnesota, SMIF is here to play a supporting role. Entrepreneurs are going to keep our corner of the state vibrant – they will create the jobs of the future. Personally, there is no place I would rather be than in rural Minnesota.

You can listen to a recording of the Rural Voice event at mprnews.org.

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Power of Rural: Empowering Healthier Communities in Rural Minnesota



By Colleen Landkamer,
USDA Rural Development
Minnesota State Director

People, no matter where they live, should have access to high-quality healthcare services and healthy food options to put on the table.

In Minnesota, we work hard to empower rural people and organizations with the information they need to take full advantage of the USDA Rural Development programs that are specifically designed to support healthy rural communities.

As we celebrate National Rural Health Day this year, we are reminded that a strong community is rooted in its people. The theme "Power of Rural," reminds us that rural communities are fueling an innovative rural health infrastructure.

As I've traveled across Minnesota, I've seen and heard firsthand the unique challenges people in rural communities and remote parts of the state have in accessing modern healthcare resources they need and deserve. I was fortunate enough to have visited the new state-of-the-art Astera Health facility in Wadena several times throughout the construction process and was honored to help celebrate the grand opening. Throughout my multiple visits, I heard from many people about how some of the services now provided in this location will help reduce multi-hour drive times for folks in the surrounding areas. The improvement in quality of life in this region of the state, thanks to this new facility

and the health care services it provides, will be invaluable to this area's well-being and growth.

Finding local, modern health care is especially true for people living in our nation's Tribal communities who have been underserved for far too long. I am extremely proud of the relationships that our staff have with Minnesota's tribal communities and their efforts to help address the unique needs of these areas. We look forward to continued opportunities to better serve these communities.

Working with our partners like the National Rural Health Association (NRHA) is important for ensuring people in rural areas have access to the care they need. For instance, USDA is partnering with NRHA to provide technical assistance to rural hospitals across the nation.

At USDA Rural Development, we are committed to making sure that everyone in rural America has access to high-quality and reliable healthcare services like urgent care, primary care, dental care, and more.

Through the Emergency Rural Health Care Grant (ERHC) Program, Rural Development helped rural healthcare organizations across the state purchase supplies, deliver food assistance, renovate healthcare facilities, and provide people with reliable medical testing and treatment. For example, a \$62,000 ERHC grant allowed the Red Lake Falls Volunteer Ambulance Association to replace a 25-year-old vehicle with several mechanical issues. Through this investment, first responders can continue providing safe and reliable care to area residents.

We've also supported communities through the Community Facilities Programs, Distance Learning and Telemedicine Grants Program, and Water and Environmental Programs. For example, a \$6 million Rural Development grant through the Water & Waste Disposal

Loan and Grant Program helped address health and sanitation concerns in Mazeppa. Due to deteriorating water distribution lines, the city no longer met regulatory limits. With the help of this investment, the community is able to replace the aging infrastructure by constructing a new wastewater treatment facility and improving water distribution and sewer collection systems.

We also recognize that people in our state's most rural and remote locations lack access to healthy foods. Recent supply chain disruptions have made access even more challenging and have shown just how critical it is to invest in the agricultural supply chain here at home.

That's why we remain committed to creating local and regional food systems that benefit all Americans, from farmers and ranchers to small businesses and families, who currently need to travel far from home to find fresh, nutritious food.

Through programs like the Meat and Poultry Processing Expansion Program, the Meat and Poultry Intermediary Relending Program, and the Food Supply Chain Guaranteed Loan Program, USDA works to create stronger food supply chains that benefit American producers, meat and poultry processors, and consumers.

For example, a Food Supply Chain loan guarantee of \$9.3 million helped promote the expansion of Manea's Meats, a second-generation and family-owned meat market in Benton County. With the help of the loan, Manea's Meats significantly expanded the square footage of their meat processing facility, creating 17 new jobs.

In Minnesota, we at Rural Development know that partnerships are crucial to the success of ALL investments and community development. Recently, a partner that we work with quite regularly to bring affordable financing options for economic development, housing, and more was named USDA's North Central Regional Food Business Center. Administered through USDA's Ag Marketing Service, Region Five Development Commission will focus on expanding small and mid-sized agricultural value chains in Minnesota, North Dakota, and South Dakota, with the goal of transforming a region that primarily focuses on commodity and large-scale agriculture into an area that also supports smaller, more resilient farm and food practices, specifically focusing on the development of critical infrastructure for small and mid-size livestock processing, fruit and vegetable processing, and warehouse space and storage operations. This is a great example of USDA's dedication to partnerships and improving health through safe food options in rural areas.

Throughout November, USDA Rural Development is celebrating National Rural Health Day by sharing success stories and the resources we have available to champion communities working tirelessly to support rural health across the country.

USDA Rural Development is a partner that invests in keeping rural people healthy. You can learn more about our programs by visiting www.rd.usda.gov/mn, following @RD_Minnesota on X (formerly known as Twitter), or by calling 651-602-7800.

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MDA Awards Grants to Strengthen Support for Emerging Farmers

Eight Minnesota organizations receive over \$550K in one-time funding

As part of a continued effort to strengthen support available to Minnesota's emerging farmers, the Minnesota Department of Agriculture (MDA) has announced recipients of grant funding for organizations that provide business and technical support to farmers from historically underserved communities.

Through the Emerging Farmer Technical Assistance Grant Program, eight organizations have received a total of \$554,920 in one-time grants. Grant funds can be used to

provide technical and culturally appropriate services to emerging farmers, and to pay up to 65% of emerging farmers' premium expenses under the USDA Micro Farm Crop Insurance Program.

"Agriculture is a cornerstone of Minnesota's economy, but it can be hard to find an entryway to this important and fulfilling work for beginning and emerging farmers," said MDA Assistant Commissioner Patrice Bailey. "We're thankful for these eight organizations and their efforts to provide technical assistance to Minnesota's emerging farmers, helping them overcome barriers and challenges in farming."

Forty percent of this funding will go directly to farmers supported by these organi-

zations in the form of scholarships, stipends, mileage reimbursements, and crop insurance premium payments. A full list of grant recipients and their support activities can be found below.

The funding comes in response to the MDA's Emerging Farmers' Working Group and first-of-its-kind Emerging Farmers Office, which have identified technical assistance as one of the top needs for emerging farmers. Technical assistance includes helping with record keeping, financial statements, business plans, licenses and regulations, land access, applying for grants and loans, sales and marketing, and other business support.

Emerging farmers include farmers who are American Indian or Alaskan Natives, Black

or African American, Hispanic or Latino, Asian, Pacific Islander, members of a community of color, women, veterans, persons with disabilities, LGBTQIA+, or any other emerging farmers as determined by the commissioner of agriculture.

Visit the MDA website for more information on the Emerging Farmer Technical Assistance Grant Program.

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City of Dennison Regular Council Meeting September 7, 2023

The September Dennison City Council meeting was called to order by Mayor Jeff Flaten on Thursday, September 7th, 2023 at 7:00 pm. Present were Councilors Heidi Cooke, Nichole Schloesser and Kaylyn Nygaard and clerk Jessica Page.

Councilor Schloesser move to approve the regular meeting minutes for the regular August meeting, and the special meeting on August 15th. Councilor Ruddle second. Motion passed 5:0. Councilor Cooke move to approve the Treasurer's report. Councilor Schloesser second. Motion passed 5:0.

Old Business/Committee Reports/Building Permits:

Deck Permit: Jeremy and Jennifer Schwiem would like to add a deck to their home. Councilor Schloesser move to approve contingent on the setbacks being within the established requirements. Councilor Nygaard second. Motion passed 5:0

Administrative Issues:

1. Bollig Engineering. City has been getting information to them on infrastructure items to help prepare the report for the City.

2. Dennison Days and working together. Neal Wilson present to talk about possible suggestions. Can the City become a partner with the Lions Club to bring in more people. Bonus would be possibility of better insur-

ance rates for their truck pull. More people involved would bring more people in. Idea was brought up to have the City create a committee that would bring back more kids activities.

3. Preliminary Levy amount recommended \$190,000. Councilor Ruddle move to pass the resolution. Councilor Schloesser second. Motion passed 5:0.

4. To avoid late fees when making bond payments for the phosphorus reduction shed, the bank suggested enrolling in automatic payments. Payments would be taken out of the account on the 1st day of February and August, till the bonds are paid off. After discussions with the bank, this appears to be the easiest solution to the problem. Mayor Flaten moved to have automatic payments through the bank for the bond. Councilor Schloesser second. Motion passed 5:0.

Xcel Energy was contacted regarding the demand charges on the Pump House bill as they usually double the bill for a very small usage of on demand power. The question was asked as to how the City could reduce the demand charges at our well house. The City can request to have the rate changed from A41 Municipal Pumping Service rate to A40 Small Municipal Pumping Service rate. There's a potential savings of 40% by changing rates. Mayor requested rate change, effective on 8-28-23. The city needs to remain below a certain level of demand usage while

on this program, and if it isn't met, the rates will return to the higher rates.

5. Updated Joint Powers Agreements. The State of Minnesota acting through it's Department of Public Safety, Bureau of Criminal Apprehension and the City of Dennison on behalf of it's Prosecuting Attorney (Goodhue County). Agreement is good for 5 years. Resolution 9-2023-1 Councilor Ruddle move to approve Resolution 9-2023-01. Councilor Cooke second. Motion passed 5:0.

6. Further discussion and implementation of new utility bill system. Will have a catch up bill go out with a letter in October.

7. Put out for bid the snowplowing for the upcoming winter season. Jeff can put out on website, keep dates, FB page, put in the paper that we are requesting bids. Move the meeting to October 12th to have more time for snow plow bidding. Councilor Ruddle move to put out a request for bids for snowplowing for the upcoming snowplowing season. Councilor Schloesser second. Motion passed 5:0. Send in a pdf format to Cannon

Falls and Northfield papers. Due by noon on the 12th to the clerk.

8. Property compliant updates: Appears Mark Weatherford has removed the two vans and boat from his property. Has not contacted the City. His complaint has been satisfied.

Neal Wilson's second property, any further progress? Unregistered/licensed boat still appear on property. Classic plates for his Volkswagen are coming. Boat is getting torn apart. Paul has cleared the frame away. And the other junk was moved. This one was satisfied.

Nate Sparrow's property, progress. Nate said tabs are taken care of. Motorcycle has been removed and the snowmobile has been removed. Metal desk taken care of and red vehicle has tabs on it. Black one has tabs. This one is satisfied.

Joe Stanke property, progress? Will ask for another inspection to be done soon. Trailer with carpet is gone. Continues to remove stuff. Need to go look again.

(continued on page 21)

Goodhue County Republicans Collecting Toys for Tots

The Goodhue County Republicans will be collecting Toys for Tots at their monthly Meetings till the end of the year. We meet the third Thursday of every month at 1549 E. Ave. Zumbrota MN.

Every year the Marine Toys for Tots collects new and unwrapped books, toys, games, and stocking stuffers for disadvantaged children. Volunteers from Goodhue pack up and distribute the gifts to families all over Goodhue County. There are drop off centers in Red Wing, Zumbrota, Goodhue, and Cannon Falls. Please consider donating a new unwrapped item to the toy drive, signing up to be a collection center, or volunteering your time to this worthy cause. Discover ways to help at red-wing-mn.toysfortots.org or find them on Facebook at Toys for Tots Goodhue County.

“ASK A TROOPER”

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: The first snow storm of the season seemed to catch a lot of us by surprise. Can you talk about what to do to be ready for winter travel? Thank you and be safe.

Answer: You are correct and it comes down to being prepared. While summer months are the deadliest on Minnesota roads, wintertime leads to the most crashes and poses safety risks and hazards.

Here are some tips to help stay safe on the roads in the winter:

- Avoid unnecessary travel if conditions are too poor.
- Buckle up, and make sure child restraints are secured tightly. It is recommended to use bulky clothes and blankets on top of the child restraint harness, not beneath, to ensure harness restraints fit properly.
- Drive at safe speeds according to road conditions, and provide for plenty of travel time.
- Increase safe stopping distance between vehicles.
- Use extra precautions when driving around snowplows by keeping at least five car-lengths behind plows.
- If skidding, remain calm, ease foot off the gas, and turn the steering wheel in the direction you want the front of the vehicle to go.
- If vehicle has an anti-lock braking system, apply a steady firm pressure to the brake pedal. Never pump anti-lock brakes.
- Clear snow and ice from vehicle windows, hood, headlights, brake lights and directional signals.
- Headlights must be turned on when it is snowing or sleeting.
- Do not use cruise control on snow-covered, icy or wet roads.
- Equip vehicles with a scraper and brush, small shovel, jumper cables, tow chain, and a bag of sand or cat litter for tire traction. Blankets, heavy boots, warm clothing and flashlights are also important, as are storing high-energy foods such as chocolate or energy bars.
- Be sure cell phones are charged for long trips, and inform family of destination plans and schedule.
- If stranded, stay in the vehicle.
- Parents of teen drivers should make sure new motorists experience snow and ice driving in a safe environment, such as an empty parking lot.
- For weather-related road condition information, call 5-1-1 or visit www.511mn.org.
- You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson – Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)



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Nerstrand City Council Meeting October 10, 2023, 7:00 PM

PRESENT: Mayor Todd Evavold, Council Members Dan Pflieger, Monica Gernandt, John Harris

ABSENT: Council Member Kevin O'Brien

ALSO PRESENT: Public Works Steve McDowell, Fire Chief Joe Johnson, Sandy Borders, Interim City Clerk

APPROVAL OF AGENDA:

MOTION: Motion to approve the agenda as presented.

Motion made by Council Member Gernandt, second by Council Member Pflieger

Ayes: Evavold, Pflieger, Gernandt, Harris Nays: None

CONSENT AGENDA:

A. Regular Meeting Minutes of September 12, 2023

B. Budget Meeting Work Session Minutes of August 29, 2023

C. Payment of Claims dated:

1. October 10, 2023

MOTION: Motion to approve the Consent Agenda as presented.

Motion made by Council Member Gernandt, second by Council Member Harris

Ayes: Evavold, Pflieger, Gernandt, Harris Nays: None

LP Gas Pricing – Council Member Gernandt

Council Member Gernandt clarified that the LP Gas pricing from Community Co-op would be \$1.38 per gallon. The check for the prepayment was corrected to \$2,500 because the city has a credit there already.

Council Member Gernandt mentioned that the Sandy Borders, Contracted worker would need either insurance or she would be classified to receive work comp insurance. Borders informed the Council that as a vendor she would be receiving a 1099 Misc. form at the end of the year. Staff will check with the League of MN Cities regarding the work comp insurance.

Interviews for City Clerk Position:

The council has received eight applications for the City Clerk position. There was discussion and decided that they would interview all of the candidates. Interviews will be held on Tuesday, October 24, 2023 starting at 6:30 pm with 20 minutes between the interviews. Staff will contact the applicants.

Fire Department Event

Fire Chief Joe Johnson informed the Council that the Fire Department will be doing standby first aid at a wrestling event in Northfield. The event will be compensating the department for their time.

Consensus of the council to allow the Fire Department to participate in the event in Northfield.

Delinquent Utility Accounts

The council was presented with a listing of delinquent utility accounts. Letters will be sent to the accounts that the water would either be shut off or certified to the property taxes if not paid by November 4th. Accounts that will be certified will have a 10% interest cost added and would be for one year.

New Computer / Computer Software

Mayor Evavold introduced the item for discussion. He received a quote for computer equipment from Aldrich Technology Consulting in Northfield regarding the replacement of the existing computer. The quote included monitor, computer (either new or refurbished), and Microsoft 365 Business. There was discussion that currently there is Google software.

MOTION: Motion to Table the computer / software and get a new quote.

Motion made by Council Member Harris, second by Mayor Evavold

Ayes: Evavold, Pflieger, Gernandt, Harris Nays: None

Inactive Checking Account

Mayor Evavold brought it to the attention of the council that the city has an inactive checking account held at Lake Community Bank. There was discussion regarding moving the money from the checking account to a CD account because of the interest rates. The bank is currently offering a CD at an interest rate of 4.5%. Staff will check as to what the city can invest the money in.

MOTION: Motion to Table checking account discussion.

Motion made by Council Member Harris, second by Council Member Pflieger

Ayes: Evavold, Pflieger, Gernandt, Harris Nays: None

Public Works Director: Steve McDowell

McDowell reported that he is working on some drainage issues; meter reading will be done next week. McDowell also stated that the PCA will be doing an on-site inspection on Thursday. This is response of the report regarding nitrates in the water.

Mayor Report:

Mayor Evavold reported that the City of Nerstrand is the only city in Rice County that didn't increase their levy for 2024. The report showed that the other cities in Rice County had a levy increase anywhere from 3.5%-11.4%.

Next City Council Meeting is scheduled for November 14, 2023 at Nerstrand City Hall

Motion Adjourn:

MOTION: Motion by Council Member Harris, second by Council Member Pflieger to adjourn.

Ayes: Harris, Evavold, Pflieger, Gernandt, Harris Nays: None

Mayor Todd Evavold

Sandra Borders, Interim City Clerk

City of Dennison Regular Council Meeting September 7, 2023

(continued from page 20)

Joe Stanke was called and he said to go look.

Pete Lee building update. Letter sent to Mr. Lee was received. He has been communicating with the County on the situation. Pete said he did some repairs. Spoke with Doug Morem. More stuff needs to be removed. In the process of selling the building to someone.

Jim Malecha's property, progress? Some pallets are gone. Check before next meeting on progress.

New complaint forms, need to send out new letters.

9. Donation from the Pflaum family to restore the backstop at the City park. Mayor has reached out to Tatge Jewelry in Kenyon to design/order a plaque for the backstop. Initial discussions estimate the cost will be in the \$100 to \$120 range to order the plaque. Would the Lions be willing to pay for the plaque? It would be attached to the fence. City will pay for the plaque and use Park funds \$179 mounted to the fence. Probably take a month to get it.

10. Trees removed from 3rd Avenue and the City Park on 8-17. Larson's walnut tree also trimmed that day, too. Two stumps to grind up. Cost to do that would be \$300. Wait on those? Councilor Schloesser move to have them ground up and use the park fund to pay for the park tree. Councilor Cooke second. Motion passed 5:0.

Tree in the park that needs to be taken down. Will look at that next year to take out.

11. Mayor willing to donate a white oak tree to replace the walnut that was taken down in the City Park. He is able to water to keep alive the next year. Mayor Flaten move to accept the donated tree for the park. Councilor Nygaard second. Motion passed 5:0.

Question was asked if the water from the Pump in the City Park is potable water? Yes, it is. (city water)

12. Joe Amy has three school type lockers that he wondered if the City would have a use for? Ask Nate or fire department if they want them.

Citizens Issues:

Fireside is having their roof done this fall. (Building permit will need to be filled out and submitted.)

Mayors Issues:

Utilities:

Update from Nate: All samples were done for the water test that were needed in August.

1. Lyle Koester's water meter replaced on 8-9. Previous attempt last year, City paid for moving the outside reader to the east side of the house. Meter was still working at that time. Does Council want to bill Lyle for the work this time around? Lyle needs to insulate the pipes underneath also to prevent freezing. Councilor Schloesser move to send a bill to Lyle and send him a letter to tell him to insulate the pipes underneath the trailer and he will be responsible for any issues. Motion was seconded. Motion passed 5:0.

2. Empire was in town to televise and clean sewer mains on 8-11, 8-14 and 8-15. Issues with the camera working on 8-11. City asked Empire to televise the sewer main to find the clean out behind Charlie Helcl's property. City couldn't locate it. Televised from MH 14 to the end of the sewer line behind the Can-

non Tackle property. Televised from MH 28 to MH 34 to the top of the hill. No breaks in the sewer lines were noted. Empire came back on the 15th to clean out a debris clog which occurred on First Ave. Court, in the area across from the School Apartments building.

3. City lights replaced by Jamie Craig for the front of City Hall and the flagpole light for the City Shop/fire station. Fire chief said they are installing a fan in the fire station. They are paying for the cost of the fan and donated labor.

4. KLM cleaned and disinfected the water tower on 8-28. There were issues with the liner being damaged. They will be sending a report later.

5. McCarthy Well Company to do their annual inspection of the well pump on 9-7. Expansion tank is ok. Bottom of the pipe is rusting out on the bottom. Requested estimate to replace. Mayor thinks he may be able to get some grant money for at least a portion of this repair.

6. Further discussion on saving costs for sewer/water samples. Nate wasn't in attendance during the last regular council meeting. Mayor had talked with UC laboratory in Janesville in order to reduce costs/save Nate and Jessica time, if possible. UC Labs mentioned dropping samples off at the Faribault Treatment Facility in order save the City money and time. UC picks up samples at the Faribault Treatment Facility every Tuesday, Wednesday and Thursday. The City would need to drop off samples there by 10 AM to be taken to Janesville, free of charge. Mayor also asked UC to put together a schedule of tests the City needs to do, based on our permit. A more simplified schedule was forwarded to Jessica and Nate. UC also developed a digital version of the chain of custody form, which has only been available in a carbon copy form. The collection process and the chain of custody would stay the same, but City employees could take the samples to Faribault. To save the City money, the mayor is willing and able to drive water samples to Faribault, and only asking to be paid for his time, no mileage reimbursement.

Discussion on if it works with testing sample needs. Should use the option when it works, but it won't work all the time.

Reminder that the manhole at the water tower is a confined space. Need two people on site, or vent, or use the meter. Extension could be put on the things. There is a tripod and a harness that could be used and a second person there. It's in the generator building. New lock on the water tower that is for the hatch. KLM cut it off. So there is a new key for that.

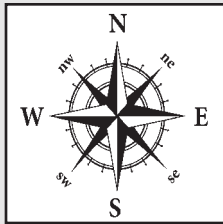
Probably need to put new padlocks on the gate as the one on it currently is too old that it can't have new keys made. (Mayor tried to get new keys made.) Mayor Flaten move to buy a new pack of padlocks. Councilor Cooke second. Motion passed 5:0.

Councilor Cooke move to pay the bills. Councilor Schloesser second. Motion passed 5:0.

Councilor Cooke moved to adjourn the meeting. Councilor Schloesser second. Motion was adjourned at 8:45 pm.

Next meeting: Regular meeting is moved to Thursday October 12th, 2023 at 7:00.

Changes in Latitudes, Changes in Attitudes My Grandfather, Otis.



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.

I never knew my grandfather, Otis Campbell. He passed away the year I was born. But my grandmother and father told me many stories about him that just piqued my interest in him. I always enjoyed the character by his name in the Andy Griffith show, but unlike the Mayberry Otis Campbell, my grandfather was stone sober.

Most people remembered him for his dry wit. The only tangible evidence I had of that was the story my dad relayed about the day my grandpa almost ran over Elvis. It was written in pencil on the granary wall and mostly faded from sight by the time I was a kid. Turns out Elvis was the family dog, but it made a great story.

Harold Avery was a friend of Otis, and they were members of the Concord Church. When a new preacher was hired, Harold volunteered to take his livestock truck out to the western part of the state to move the new minister back, and Otis rode along to help. As the two filled the box of the truck with the new parson's household belongings, they constantly harped on each other over how to load each item. Once loaded the new pastor climbed in the truck cab between the two bickering furniture movers and had to endure the constant insults they plied each other with. His concern was that they may stop the truck and come to blows from the endless feuding. He was starting to reconsider the wisdom of coming to a church where two of the good members seemed to dislike each other so much. He later learned that they each loved to rib each other mercilessly and were in fact best friends.

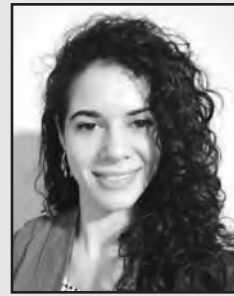


The church had an old coal furnace in the basement and one cold winter day it broke down. A couple of the men took turns laying on their backs inside the firebox and hammering with a cold chisel to remove the broken part. Dean Loquai told me years ago about the day in question, how the minister came over to see how they were coming along. Dean told him to head back to the parsonage as they were some words coming out of the furnace he might not want to hear.

My grandfather's hired man was Perry Bartholomew and one evening Otis stopped by their house on the farm to visit. Perry's wife loved the suspense theater on the radio and was sitting on a kitchen chair listening to the radio show with rapt attention. At the precise time, Otis reached out and put his hand on her shoulder. Her reaction was more than he expected as she jumped, sending the chair backwards, where the rear leg caught in a knot hole in the wood floor and she nearly fell onto the floor. She was not as amused as the two men were.

One evening Otis and a younger hired man had walked down to the country schoolhouse for a community meeting. As they walked back along the dark and deserted gravel road in the dark, a sound came from the cornfield to their right. It was the sound of cornstalks being broken and knocked down by a large and rapidly approaching object. The hired man in his terror took off running for the farm, leaving his older boss in his dust. Otis simply stopped and waited as a large buck deer burst out of the corn rows and raced across the road in front of him. My grandfather thought the whole event was too funny to be mad at the poor kid.

A Minnesotan: Thanksgiving Traditions



By RosaLin Alcoser

Across the country every family has their own Thanksgiving Day traditions. Holiday traditions are a great way to bring families closer together on the holiday as everyone has something to look forward to knowing that no matter what that one thing will take place on that day. It can even be a good way to feel connected to your family on the holidays if you are far away from them during the holidays. As you can at least do that one thing knowing that your loved ones are also doing it at the same time.

Some families cook the same meal every year, or watch football, others go outside to play football, while others do Turkey

Trots or volunteer at soup kitchens. My family does none of these things.

Over the years we've done a number of things on Thanksgiving Day over the years. There have been years when we had venison or ham instead of turkey. There have been years that it was warm enough for us to go for a walk after dinner or where we had gone back south and could do that. While there have been other years where we talked about how if it wasn't snowing we could go for a walk. Mostly though we have no strong traditions that we have to do on Thanksgiving Day no matter what.

Except for one. Every single year we all watch the Macy's Thanksgiving Day Parade no matter where we are. There isn't a single year in my entire life that I can recall not watching that parade on Thanksgiving Day. Even though we can't all be together on Thanksgiving Day every year, which is most of it these days, we all make sure that we are up and watching the parade at the same time.

For my family at least, watching the parade has given us all something in common about the holiday while apart for over a decade now. Which means at the end of the holiday we all have at least one shared experience to talk about no matter what else happened allowing for that feeling of togetherness that traditions create.

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