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FEBRUARY 14, 2024

Volume 17 • Issue 2

Lent 2024 at Vang Dennison Lutheran

Lent begins on Ash Wednesday, February 14. Soup suppers begin at 6:00, and worship is at 7:00. All soup suppers and worships will be at Dennison Lutheran.

Come worship and pray with Holden Evening Prayer. The Lenten focus this year will be "Alive in the Adventure of Jesus."

Feb. 14 – Ash Wednesday

Feb. 21 – "Making it Real"

Feb. 28 – "A New Identity"

March 6 – "A New Path to Aliveness"

March 13 –

"Why We Worry, Why We Judge"

March 20 – "The Choice is Yours"

All are welcome!

Announcements

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$4.50 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriverscap.org

• **Hiawathaland Transit:** Service hours are 7:30am-4:30pm Monday through Friday. Call dispatch at 866-623-7505 Monday through Friday 6am-9pm and Saturday 7:00am-5:00pm. Visit threeriverscap.org for more information.

Do you have an announcement?
Email: hometownmessenger@gmail.com

New HVAC in Kenyon Area

By Cheri Roshon

A new generation is taking over not one, but two Heating and Cooling businesses in our local area. Nate Stenzel is the proud owner of both Luiken Heating and Cooling and Jandro Heating and Air. I was able to talk to Nate about his decision to take on both businesses, and asked him what brought him to this decision.

"I was originally going to go to school to be a Wind Turbine technician. I grew up on a farm so I knew I wanted to do something with my hands. I soon realized that this required a lot of travel and decided it would not be a good fit for being away from the farm. A good friend of mine who was currently in the HVAC industry recommended checking out the HVAC department at South Central College in Mankato.

(continued on page 9)



School Bus Driver Appreciation Day 2024

Almost every day, our hardworking and highly trained Minnesota school bus drivers safely transport more than 682,000 cherished students to and from school and activities.

(continued on page 5)

Pictured to the left: Held Bus Service accepting School Bus Driver Appreciation Day proclamation from Kenyon-Wanamingo Superintendent Beth Giese. L to R: Lorin Pohlman, Supt Giese, Jon Held

Baseball Team Heads to Florida

By Cheri Roshon

This year, from March 20th to the 24th, the Kenyon/Wanamingo baseball team will do something they have never done before!

(continued on page 8)

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Faith



By Colin Rueter

How's your faith? It does not matter if you are an atheist, theist, new age mystic. Doesn't matter if you're religious, a church-going person, or a Christian; yes, there's a difference. You have placed faith in something or someone. You may say, "Well, I don't have faith, I have my self-reasoning and confidence in where I place my trust and hope." This would make for a longer conversation, but since this is an article, might I ask, "How can you trust your reasoning?" I would also say that the word confidence comes from the Latin words, *con fide...* 'with faith'. So, friends, we all have faith, the question is whether it is set upon solid ground or shifting sands.

First, let's define "faith." The Oxford dictionary defines faith as "complete trust or confidence in someone or something." I would add details needed for those who claim to be Christian that our faith is complete trust in the Son of God, Jesus Christ, for our salvation, adoption, and future hope. Simply put, the biblical definition of faith is "trusting in something you cannot explicitly prove" (Hebrews 11:1). This definition of faith contains two aspects: intellectual assent and trust. Intellectual assent is believing something to be true. Trust is relying on the fact that the something is true. A chair is often used to help illustrate this. Intellectual assent is recognizing that a chair is a chair and agreeing that it is designed to support a person who sits on it. Trust is sitting in the chair. Understanding these two aspects of faith is crucial.

Many people believe certain facts and intellectually agree with biblical facts about Jesus Christ. But knowing those facts to be true is not what the Bible means by "faith." The biblical definition of faith requires intellectual assent to the facts and trust in the facts. Honestly, we can believe certain things to be true, yet they are not, no matter how hard we believe in them. Hence, the truth of those facts and acting on that truth is crucial. Simply believing the facts that Jesus is God incarnate who died on the cross to pay the penalty for our sins and was resurrected is not enough to be saved. We must personally and fully rely on the death of Christ as the atoning sacrifice for our sins. The faith God asks of us for salvation is belief in what the Bible says about who Jesus is and what He accomplished and fully trusting in Jesus for that salvation (Acts 16:31). Biblical faith is always accompanied by repentance, a turning away from your sin towards Jesus (Matthew 21:32; Mark 1:15). In addition, we are to believe what the Bible says, and we are to obey it. We are to agree with the truth of God's Word, all of it, and we are to seek transformation by it (Romans 12:2). Without faith, it is impossible to please God (Hebrews 11:6). Without faith, we cannot be saved (John 3:16). Without faith, life cannot be what God intends it to be, abundant and full of joy (John 10).

I will simply say here that if your faith is grounded in anything or any person other than Jesus Christ for your hope, happiness, significance, or security, you are in trouble deep, both today and into eternity. Placing

your faith, complete trust, in Jesus is the only solid ground to be assured of your needed salvation, but also to navigate through life in this broken world and into heaven (Matthew 7:24-27).

So What?

Faith matters. The question is: Does it matter to you and where is it placed? We live in an age where faith has a place, for it does in the life of every human on earth. Yet, how you answer the question above indicates whether your faith is built on something solid or whether it teeters on the wavering sands of self, culture, or ever-changing worldly ideologies, which are as secure as Jell-o hammered to the wall.

Friends, place your faith in the one place where it will make a difference, Jesus Christ as He has been revealed in scripture, and you will have life. Do not adjust Jesus to fit your life, but transform your life to follow Jesus. Just as the first disciples dropped everything, counted the cost, and followed Him, so must you consider and decide. God has revealed enough about Himself through His creation (Romans 1:18-21), through His written Word, the Bible (2 Timothy 3:16-17; 2 Peter 1:16-21), and through His Son (John 14:9), that we can enter into a meaningful and saving relationship with Him. Once you have placed your faith in Jesus, you are saved (John 10:7-16; Acts 4:12; Romans 10:5-13). Once saved, you live your life to the glory of the God who saved you (1 Cor. 10:31). This means attending and becoming a member of a Bible preaching/believing church, setting your love upon God's people in word, deed,

and prayer, and sharing the gospel (good news of Jesus) with others around you. Lastly, this means that you live your life, with all the trials, temptations, joys, and hope, looking to Jesus who is the author and perfecter of your faith (Hebrews 12:2). It is good to "examine yourselves to see whether you are in the faith; test yourselves" (2 Corinthians 13:5). If you question whether you are a Christian, then self-examination is in order. Doubts about our salvation can be troubling, but false assurances are worse. You are not saved by church attendance, being baptized, being 'good', or 'being one with nature.' Thankfully, we have Scripture as our guide. There are specific things we can look for when determining the validity of our profession of faith: trust in Christ, obedience to His Word, love for God's people, and continued spiritual growth. We don't need to live in doubt about tomorrow. We can navigate our life with living hope (1 Peter 1:3-9), even as we endure wounds from those who might call themselves Christians, navigate rejection by family and friends when we proclaim that Jesus is the only way to be saved from God's wrath (John 14:6), and when your hopes for this life fall short. When you trust Jesus by faith and live to please and honor Him, you can know beyond a doubt that you are a Christian and that you have a glorious future in the life to come (John 14:15-17; Revelation 21:22-27, 22:1-5).

As always, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com



Mainstreet Publishing Minnesota, Inc.

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Dennison, MN 55018
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AREA CHURCH DIRECTORY

Greeting

John, to the seven churches in the province of Asia: Grace and peace to you from him who is, and who was, and who is to come, and from the seven spirits before his throne, and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth.

— Revelation 1:4-5

John is writing a letter, so he begins here with a greeting. Though he is writing to seven churches in the Roman province of Asia (present-day Turkey), this letter is not limited to those seven churches. Written under the guidance of the Holy Spirit of God, this letter is meant for the entire church of Jesus Christ. The church is made aware of God's grace in Christ to strengthen its faith in times of challenge and hardship, including physical persecution that will come its way. God has provided Jesus as the Savior, "the ruler of the kings of the earth." Knowing this helps us to put all things into perspective as history unfolds. John greets his readers with grace and peace from the God who is, was, and always will be—in the name of Jesus, the Christ (Messiah). Jesus is the faithful witness to all that God provides for the church. Jesus alone is the "firstborn from the dead," and he is the exalted King over all kings (see also Colossians 1:15-20; Psalm 89:27), whether they be emperors, monarchs, presidents, prime ministers, CEOs, or chairs of the board. To Jesus, "who loves us and has freed us from our sins by his blood," belong all glory, power, and praise forever!

Lord and God, thank you for helping us know you as our Savior and King. May we rest in you alone and honor you each day. Amen.



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*E-mail your church announcements, schedule, etc.
to the Kenyon Messenger at:
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2024-A Year Of Revitalization

By Pastor Larry Grove

As we embark on this New Year I am excited to see what the Lord brings our way.

My name is Larry Grove and I am the pastor at Hauge Free Lutheran Church in Kenyon. My wife Joan and I have been in this position since October of 2021.

The challenges that churches have been facing since the start of this decade have been devastating and heartbreaking. Covid had a catastrophic impact on churches as faithful

attendees were encouraged to stay home and protect themselves. As the pandemic eased its grip on people, many became comfortable in their new way of worship or found other things to busy themselves with on a Sunday morning. The scheduling of sporting events and tournaments on weekends has also proved to be detrimental to church attendance as we all want to support and follow our children and grandchildren in their efforts to compete in these activities.

At Hauge we have been praying that God would bring about spiritual revitalization and renewal in the hearts of the people in Kenyon and the surrounding area. Our goal is not to take members from other churches. Quite the contrary. We are wanting to see God draw



Larry and Joan Grove



Loren and Sarah Bauer

people closer to Himself and get back to their churches and get involved. The ultimate objective is to see the body of Christ grow and mature and watch as God adds to His numbers those that are being saved.

If you have not been attending church services recently or have never attended church on a regular basis, come and join us in worship. Our services are at 10:00 A.M. on Sunday morning. We have implemented serving a meal that follows each service. This has

been an integral part of the growth and excitement we have experienced.

We are adding an assistant pastor to our staff. His name is Loren Bauer and he is an alumnus of Kenyon High School and grew up in Hauge. He will be working at getting a praise and worship team going and will fill in on the occasion of my absence. He is involved in leading Bible Studies and is an encourager of growing deeper in your walk with Christ.

Please let us know how we can be praying for you individually or as a church so we can be most effective in ministering to the community. Contact me at grove.larry55@gmail.com

Our services are streamed on YouTube at Hauge Lutheran Church, Kenyon, Mn.

May God richly bless the Kenyon area as He brings about renewal and revitalization in all the local churches.

Sincerely in Christ,
Pastor Larry Grove and Joan
Hauge Free Lutheran Church





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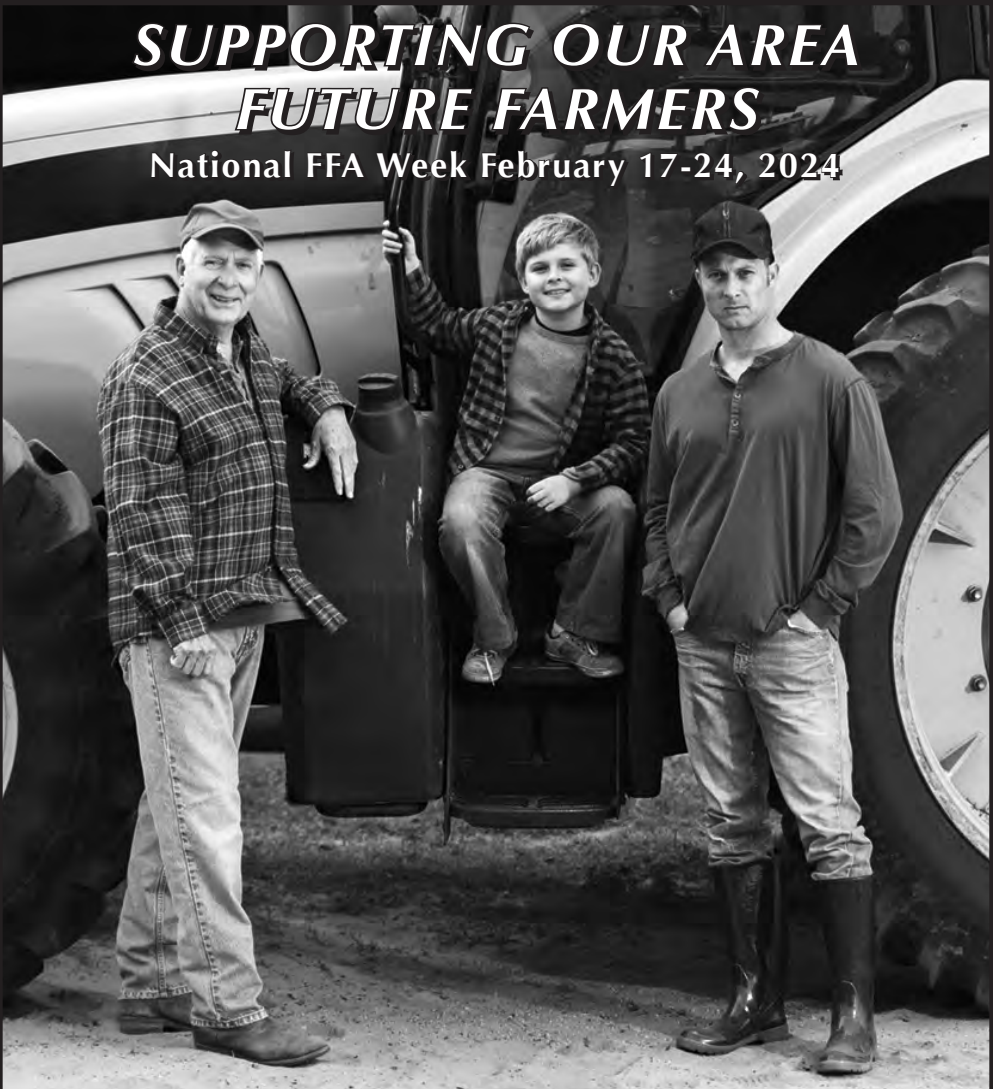
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National FFA Week February 17-24, 2024



William Rick Ellis

William Rick Ellis, 80, of Wanamingo, passed away on Tuesday, January 2, 2024, at the Mayo Clinic Hospital, Methodist Campus in Rochester. He was born in Yauco, Puerto Rico on May 18, 1943, to William and Luza (Ramirez)



Ellis. He graduated from high school in Crescent City, FL in 1962. He enlisted in the United States Marine Corps and served in the 12th Marine Regiment, 3rd Marine Division and was stationed in Vietnam from 1965-1967. There he received the Vietnamese Service Medal, the Vietnamese Campaign Medal, the National Defense Service Medal, the Rifle Badge M-14 Marksman commendation and the Good Conduct Medal. He then re-enlisted in the United States Army and served until 1976. He then re-enlisted in the United States Air Force National Guard, retiring in 1992. He then relocated to Wanamingo where he had many friends. He enjoyed old movies, researching the Doolittle Raid, playing flight simulator games, and spending time with his friends. He was a member of the VFW.

He is survived by one daughter, Julie (Kent) Breu and two grandchildren, Mitchell and Ainsley Breu. He was preceded in death by his parents.

A celebration of life will take place at 4:30 p.m. on Friday, February 16, 2024, at the New Life Church of Wanamingo. Arrangements made by the Mahn Family Funeral Home, Larson Chapel in Zumbrota.

Beverly Fay (Flom) Sviggum

Beverly Fay (Flom) Sviggum died at the age of 92 at Cannon Rivers Senior Living on January 25, 2024 where she had lived and had been lovingly cared for since July 2023. After her marriage in 1951, she and Peder lived on the farm in Sogn Valley where they raised their children. Bev was a farming partner, mother, grandmother, great-grandmother, church and community member. Losing her husband Peder of 36 years in 1987 was difficult. Living as a widow for the next 37 years brought strength and perseverance to the matriarch of the Sviggum family.

She deeply loved her family, neighbors, and friends. According to her, there were none better. She did not drive for 25 years and she, as well as her family, were extremely grateful for her "village" who helped with rides, groceries, and visits.

Her favorite musical group was the Statler Brothers and, as they sang, she relished her "place here in this world" and gave "the very best she could". All one had to do was taste her lemon meringue pie or cookies to know her best was blue ribbon worthy, but her contributions went far beyond her baking skills.



Bev's life echoed the song, "thank you world for lettin' me contribute to the cause".

She was known throughout the community as Grandma Sviggum and continued to support K-W activities even after her children and grandchildren graduated. She loved attending games, concerts, and other K-W school functions. Her support of the school, Vang Lutheran Church, and community events was steadfast. For decades Bev was the lutefisk expert at Vang's annual event in October. She was a long-time leader in 4-H and enjoyed being part of her Extension group.

Bev would dash off if there was any opportunity to see friends, go to a ballgame, or get ice cream. She often said a clean house was a sign of a misspent life. The dishes could wait. She loved her books, one which emphasized taking the time to be with people and cherish relationships; she knew that was the most important gift she could offer.

While she is no longer with us, Beverly's legacy looms large in the many lives she touched, especially in her five children: Steve (Deb), Jim (Sandy), Dick (Ann), Beth (Steve), and Missy (Dan). Her 11 grandchildren were so fortunate to have such an involved, caring, and loving grandma: Hans (Rachel), Erik (Cortney), Marit (Eric), Peder, Siri, Connor (Rachel), Michael, Kasey, Colin, Will, and Riley. She was blessed to know and be loved by 15 great-grandchildren. She will be deeply missed by her family.

The future of not seeing Bev, giving her a hug, or having her say "Love you, bye", is a sad one, but her love will live on in our hearts.

Ralph Waldo Emerson said the purpose of life is to have it make some difference that you have lived and lived well. Beverly made a difference.

Visitation was at Vang Lutheran Church on Friday, February 2nd, 2024 from 4PM to 8PM. Funeral services were held on Saturday, February 3, 2024 at 11AM at Vang Lutheran Church with a visitation one hour prior to the service. The Reverend Paul Graham will be officiated. Interment was in the Vang Lutheran Church Cemetery in Dennison. In memory of Beverly, the family requested that you send flowers to your loved ones

Richard C. Overholt

Richard Charles Overholt, 80, of Kenyon, died Tuesday, February 6, 2024 at St. Mary's Hospital in Rochester.



He was born August 5, 1943 in Faribault, Minnesota the son of Leon and Ethel (Steinberg) Overholt. He grew up in Kenyon and graduated from Kenyon High School. He continued his education at Mankato State where he earned a bachelor's degree in art.

While in college, he married Pamela Jordan. The couple was blessed with two sons, Cjon and Dyronn and later divorced.

Richard's career in teaching was mainly spent in Davenport, Iowa where he taught Art. In 2000, he retired and moved back to

Kenyon.

Richard was involved with Boy Scouts in Davenport and loved socializing with everyone.

He is survived by sons, Cjon Overholt of Kenyon and Dyronn (Susan) Overholt of West Concord; grandchildren, Alexis (Jon) Aumann, Anabella Overholt, Derrikk Overholt, Lyranna Overholt, Alexandra Overholt, Serenity Overholt, Greyson Overholt and Chrysanthemum Overholt; sister-in-law, Pat Overholt of Chico, CA and other relatives and friends.

He was preceded in death by his parents, Leon Ethel and brothers, James, Robert and Thomas.

Mass of Christian Burial was held at 11:00 AM Saturday, February 10, 2024, at St. Michael's Catholic Church in Kenyon with visitation one hour prior. Burial was in the Kenyon Cemetery in Kenyon.

Gayle Georgeanne Claxton

Gayle Georgeanne Claxton, 76, of Kenyon, passed away on Friday, January 26, 2024 at Three Links Care Center.



She was born August 11, 1947 in Stillwater, Minnesota, the daughter of Hans and Fern (Elftman) Tollefson. When Gayle was eight years old the family moved to South St. Paul, and she later graduated from South St. Paul High School.

While in school she met David Claxton and they were later married on August 16, 1966, and they were able to have 57 years together. Gayle attended cosmetology school before working at St. Olaf College and later for Van Clemens as a stockbroker. David and Gayle later moved to the Northfield area and Gayle started Helping Hands, a handyman service.

Gayle always stayed in touch with her family, calling them on the phone to hear about their day and listen to them. You could find her going around looking at garage sales, out in her garden, crafting, or sitting down relaxing with a crossword puzzle. Gayle loved to travel with Dave and her children. She loved going to Washington and Oregon catching crab and having fresh crab meals.

She is survived by her husband David Claxton of Kenyon; children, Ryan Claxton of New York, Rachel (and Bill) Wesbur of Kenyon; sister, Carmen Tollefson of Kenyon.

She was preceded in death by her parents, Hans and Fern Tollefson; sister, Cheryl Willis.

Visitation was at Michaelson Funeral Home, Kenyon on Saturday, February 3rd, 2023, from 2PM to 5PM..





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School Bus Driver Spotlight

Vicki Erickson



Vicki Erickson has driven school bus for over 35 years, all within the same school district. She began driving in 1989 for Denny Bengston, who had the busses for the Wanamingo school district. Her father-in-law, a bus driver in Cannon Falls at the time, told her if she could drive a grain truck she could certainly maneuver a school bus.

School busses at that time were not as convenient as now, having no power steering, no power brakes, manual transmission, and typically 48 or 54 passenger. She and her husband were also dairy farmers at that time, plus she worked at the school as maintenance/ custodial.

When the Kenyon and Wanamingo districts merged to become Kenyon-Wanamingo Schools, Howard Held purchased the Wanamingo busses from Bengston, so she then began driving for Held Bus Service. She has always loved working for Howard and Jon Held.

Vicki has driven a lot more than just routes over the years. She did a lot of sports trips, being able to see her own sons play football and baseball, plus wrestle. She also did a lot of field and class trips. She never minded the challenge of driving in the Twin Cities. Some of her early co-workers included Sigurd Ree, Roger Floan, Don Greseth, Bonnie Greseth, and Gary Peterson. She retired from the school in 2021.

Vicki is now driving many second-generation students. She enjoys it because of the kids, saying they become "your kids". Most kids are respectful, friendly, and helpful. A driver need not yell, just properly explain why they should or shouldn't do something.



Do You Have an Announcement?

Email:

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KENYON VFW POST 141

HAPPY HOUR: Monday-Saturday from 4-7 PM

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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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Snow doesn't bother her, but it can be hot in the driver seat on hot days.

She has not experienced many stop-arm violations, and noted that the roundabout in Wanamingo has made that intersection so

much safer.

Thank you, Vicki, for your service in transporting the world's most precious cargo- our youth for all of these years.

School Bus Driver Appreciation Day 2024

(continued from page 1)

On February 21, 2024, Held Bus Service, Kenyon-Wanamingo Schools, and the entire state of Minnesota are celebrating School Bus Driver Appreciation Day to recognize these awesome professionals. You may recognize

those that drive the big yellow school busses, but those that drive our transportation vans (Type III school bus) are also school bus drivers.

Kenyon-Wanamingo Schools, as well as the City of Wanamingo and the City of Kenyon, are approving proclamations in honor of our school bus drivers.

This event is coordinated with the Minnesota School Bus Operator's Association (MSBOA) and the Minnesota Association of Pupil Transportation (MAPT).

Be sure to reach out to your favorite bus drivers, and thank them for their service.

2024 SKYWARN Training Schedule

(subject to change—please check www.Sogn.us prior to attending any session for last-minute class updates)

MARCH

26 Tuesday — **Online Webinar** begins at 6:30pm
Pre-registration required. Sign-up on www.Sogn.us

APRIL

4 Thursday — **Online Webinar** begins at 6:30pm
Pre-registration required. Sign-up on www.Sogn.us

13 Saturday — **Cannon Falls** (Christ UMC) beginning at 9:00am
(29470 Gaylord Ave. — church located just west of the Cannon Golf club)

FREE 17 Wednesday — **Nerstrand** (Fire Department) beginning at 6:30pm
(Located two blocks south of Hwy. 246 on Cherry Street)

22 Monday — **Zumbrota** (Fire Department) beginning at 6:30pm
(Located at 1400 Jefferson Drive — northeast of Zumbrota Ford)



SCAN FOR MORE INFO.

★ Class length 2½ hours | Seating may be limited at some venues | Everyone welcome | Certification cards issued at completion ★

KABA KASH NOTICE

The Kenyon Commercial Club is disbanding, thus discontinuing the KABA KASH program. Any outstanding KABA KASH will **ONLY** be redeemed for cash by bringing directly to Security State Bank of Kenyon. **DEADLINE** for cash refund of KABA KASH is **5/1/2024**.

NO KABA KASH will be honored after this date!

Letter from the Superintendent

Honoring Bus Appreciation Day and Safeguarding Our Students



By Beth Giese MA, Ed.S
Kenyon-Wanamingo Public Schools
District Superintendent

As we approach Bus Appreciation Day on February 21st, my heart is filled with appreciation for the bus drivers and transportation teams who ensure the safe journeys of our children. This sentiment runs deep within me, as my grandfather, Ralph Stussy, served as the Director of Transportation for Pine Island Schools for several decades, and my grandmother dedicated years as a bus driver. Holding a bus license myself, I am proud to continue this legacy, having jumped behind the wheel whenever the need has presented itself.

The significance of Bus Appreciation Day extends beyond a mere celebration; it is a reminder of the indispensable role school buses play in our communities. Serving as symbols of reliability and safety, these buses transport millions of students each day.

Bus Appreciation Day is not just a date on the calendar; it is an opportunity to express gratitude to the dedicated drivers who navigate our streets with the precious cargo of our children. It is a call to raise awareness about the importance of adhering to traffic rules, particularly when it comes to respecting the school bus stop arms.

The stop arm on a school bus is not just a mechanical extension; it is a crucial safety feature signaling when students are boarding or disembarking. The law clearly states that when the stop arm is extended, it is illegal to pass the bus from either direction. Yet, despite the clear signals and the potential consequences, instances of cars violating these warnings continue all over Goodhue County.

In Kenyon-Wanamingo, stop arm cameras have become a vital tool. These cameras serve as a watchful eye, identifying those who disregard the safety measures put in place for our children. Our transportation department has witnessed far too many instances of drivers ignoring the extended stop arm, putting young lives at risk.

As we celebrate Bus Appreciation Day, let us also use this occasion to renew our commitment to school bus safety. Whether you are a parent, a fellow driver, or a pedestrian, we all play a pivotal role in creating a secure environment for our children. Let us collectively pay attention to school bus stop arms, follow traffic rules, and promptly report any violations to the authorities.

A special thanks to the memories my grandparents gave me in the transportation world, Jon Held, at Held Transportation and all of the transportation team that transport our amazing kids at Kenyon-Wanamingo Schools!

2024-25 Kenyon-Wanamingo Kindergarten

An informational meeting for parents of 2024-25 Kindergarten students will be held on Monday, March 11, 2024 at 6:00 pm at the Kenyon-Wanamingo Elementary School in Wanamingo. Free childcare for children aged 33 months and older will be provided. Information covered during the meeting will include Kindergarten Readiness, health and immunizations, transportation and curriculum. A tour of the elementary school will be offered.

The Kindergarten Roundup Mini-Session for 2024-25 Kindergarten students will be held on Friday, May 10, 2024. Students will attend a short classroom session with their teacher and classmates.

If you have a child who will be age 5 on or before September 1, 2024 and have not yet been contacted by the school district, please call the K-W Elementary School Office at 507-824-2211.

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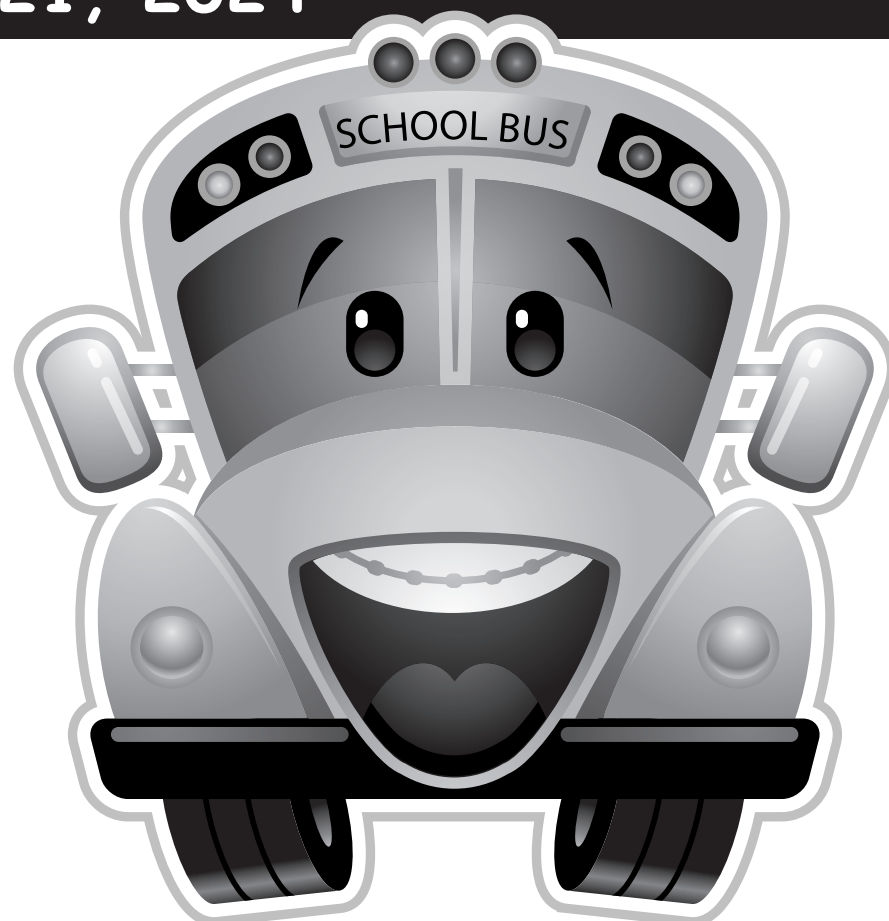
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Kenyon-Wanamingo Noble Knights of the Week



**KW Noble Knights of the Week
for January 19, 2024**

Front Row: Axton Porras, KG, Ms. Madison Andrist; Micah Salvesson, KG, Mrs. Tanya Short; Eden Luedtke, KG, Mrs. Katie Valek; Braeden Steinberg, Gr. 1, Mrs. Katie Benbrook; Marissa Samlaska, Gr. 1, Mr. Tony Donkers. Back Row: Lola Hernandez-Washington, Gr. 2, Mrs. Deb Hinrichs; Hudson Prondzinski, Gr. 2, Mrs. Megan Jordan; HunterMae Wetzstein, Gr. 3, Ms. Val Ashland; Aubree Cagle, Gr. 3, Ms. Sandy Sahl; Bayleigh Bradford, Gr. 4, Ms. Chloe Gohman



**KW Noble Knights of the Week
for January 26, 2024**

Front Row: Brandon Swan, KG, Ms. Madi Andrist; Marley Lurken, KG, Mrs. Tanya Short; Ava Cline, KG, Mrs. Katie Valek; Toby Edwards, Gr. 1, Mrs. Katie Benbrooks; Drew Anfinson, Gr. 1, Mr. Tony Donkers. Back Row: Bexley Otto, Gr. 2, Mrs. Megan Jordan; Asher Porras, Gr. 3, Ms. Val Ashland; Maverick Moechnig, Gr. 3, Ms. Sandy Sahl; Nori Fleming, Gr. 4, Mrs. Chloe Gohman; Korbyn Meyers, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week
for February 2, 2024**

Front row: Violet Sjoblom, KG, Ms. Madi Andrist; Eden Lexvold, KG, Mrs. Tanya Short; Nicholas Hargarten, KG, Mrs. Katie Valek; Alex Varanelli, Gr. 1, Mrs. Katie Benbrooks; Martin Tangen, Gr. 1, Mr. Tony Donkers. Back Row: Korra Vodovnik, Gr. 2, Mrs. Deb Hinrichs; Roman Johnson, Gr. 2, Mrs. Megan Jordan; Adrian Moreno, Gr. 3, Ms. Val Ashland; Ezra Noerenberg, Gr. 3, Ms. Sandy Sahl; Elliott Wieme, Gr. 4, Mrs. Chloe Gohman; Henry Ellingsberg, Gr. 4, Ms. Rhonda Thesing

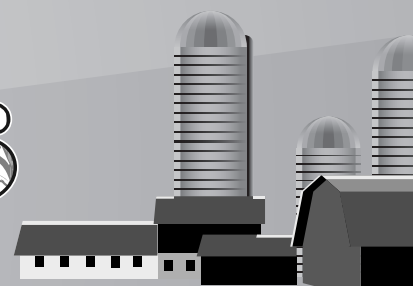


**KW Noble Knights of the Week
for February 9, 2024**

Front Row: Scarlett Baalson, KG, Ms. Madi Andrist; Reyna Dressel, KG, Mrs. Tanya Short; Caden Fortsch, KG, Mrs. Katie Valek; Tyler Greseth, Gr. 1, Mrs. Katie Benbrooks; Cecelia Jandro, Gr. 1, Mr. Tony Donkers. Back Row: Parker Sletten, Gr. 2, Mrs. Deb Hinrichs; Elijah Rodriguez, Gr. 2, Mrs. Megan Jordan; Lyra Blakstad, Gr. 3, Ms. Val Ashland; Tatum Brandon, Gr. 3, Ms. Sandy Sahl; Sawyer Hanson, Gr. 4, Mrs. Chloe Gohman; Zachariah Strusz, Gr. 4, Ms. Rhonda Thesing

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National FFA Week February 17-24, 2024



Baseball Team Heads to Florida

(continued from page 1)

They have been raising money to go to Cocoa Beach, Florida to scrimmage against several teams from the USA and Canada. Fourteen students and 3 coaches are heading south to sharpen their skills for the upcoming season. This promises to be a lot of fun as well.

About a year ago, Head Coach Kirby VanDeWalker and a group of parents began exploring the idea of going to a warmer climate to experience scrimmaging other teams before the season opener. Some schools do this every two years. They spoke with teams from JWP, Hayfield and Stewartville about their experiences, and found a company called Cocoa Beach Space Coast that services trips like this for the kids. The company lines up the hotels, fields, umpires, and sets the schedule for the scrimmages to play.

Next on the to do list was to raise the money to support the students who chose to go, so they have spent the past year doing just that. Last summer, they sponsored a Youth Camp for the older players to teach younger kids how to hit and catch a ball, and the rules of the game. They hosted a 15u end of season

tournament where the players would umpire, prep the fields and run concessions. They spent a few nights this winter running the concessions for winter events at the high school. Now they are ready to go and have the experience of a lifetime. Some of the kids will be driving with their parents, others will be flying down with the coaches. Kirby as head coach, and Scott Van Epps and Dylan Craig as assistant coaches, will be running practices and managing scrimmages while in Florida. They want to say a big thank you to Tonya Craig for all help in organizing the fundraisers.

The team will practice at 8 am every morning, and scrimmage against 2 teams in the afternoon/evening. The teams they will scrimmage are 3 High School teams from De Mortange High School from Quebec, Island Trees High School from New York, and Ransom Everglades High School from Miami, Florida. They will be working on sharpening their skills of pitching and hitting, and I am sure will have a little time to enjoy the warm weather as well!

The regular season starts with practice on March 11th and the opener game is on April 4th. These games are free to attend and open to the public, so come out and support our teams this year, and grab some concessions to munch on while you watch them play, and cheer loudly! Take me out to the ball game..... Hope to see you there!

Pasta Anyone?

By Cheri Roshon

Well, I hear it's that time of year when the Pasta Dinner rolls around. In fact, this year marks the 25th year of eating pasta to support the Kenyon Wanamingo Memorial Field Fundraiser. This fundraiser helps maintain the Varsity Baseball/Softball fields in Wanamingo. It will be held at the Wanamingo Community Center on Main Street from 5 to 7 pm on March 14th. Catered by our own Area 57 Cafe once again, the menu consists of a rigatoni pasta with red sauce and meat, Caesar salad, French bread, dessert, and a beverage of choice. The beverages include water, lemonade and coffee. This dinner is a free will donation, and you can choose to dine in, or take out. For the drive up, just pull up in front of the Community Center, tell them how many meals you need, and they will bring it out to your car. Doesn't get any easier than that!

Speaking with Head Coach Kirby VanDeWalker, I found out there is a lot to do to maintain the fields, and it takes a lot of money to do it right. This is one of the only fundraisers to keep it well groomed, and to pay for all the extras that keep the fields safe, and the equipment up to date. Our kids deserve to play on a well groomed field with safe equipment, and since the games are free to the public, supporting the teams in this way helps defray the costs. Of course, while you are at the games, be sure to stop by the concession stand for snacks to munch on while you cheer them on!

In any case, bring the family out for a nice dinner to support this worthy cause! Hope to see you there!

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New HVAC in Kenyon Area

(continued from page 1)

After the visit, I immediately knew this is what I wanted to do and here I am. We offer heating, cooling, plumbing, and water systems. water softeners, drinking systems, etc.."

Nate took over for Brad Luiken in May of 2023. Brad was the original owner, and was in business for over 35 years. Nate will be taking over for Joe at Jandro Heating and Air in February. Joe was in business for a long

time, and was looking to retire. He wanted someone to take over his business. After meeting with Joe, both Joe and Nate decided it would be a good fit to combine both companies, and that's how the two very successful businesses became one. The business is located in Faribault.

They have a 45 minute service radius. Kenyon, Wanamingo, Zumbrota, and Pine Island are included in their service area. They also serve south metro. Lakeville, Prior Lake, Shakopee, Burnsville, Savage, Apple Valley, Farmington, New Elko Market, Rosemount, Owatonna and south as well, all the way to Albert Lea.

When a business grows and changes hands, there are always modifications to make things

fit. I asked Nate what he foresees in the future as he gets the two companies working together as one.

"The biggest changes will be the plumbing side. We will introduce plumbing this spring with our Master Plumber. We are currently doing water heaters and water softeners, but we will have a full plumbing service by this spring."

"And since you are new in this business, why should people want to work with you, as opposed to other HVAC services?" I asked.

"They should choose to work with us because we are a locally owned, family run business. I have 12 years of experience in HVAC, and with my crew, we have over 50 years of experience in the field. We believe

in hard work and honest craftsmanship, and are passionate about what we do. Some of our employees grew up in Kenyon, so we are local. Unfortunately, there are companies that treat you like a number, and only want to sell you things. We are here to tell you that we are not like that. We believe in treating our customers the way we would like to be treated. Let us show you what an HVAC and plumbing company is supposed to be. Unfortunately, a lot of the bigger corporate companies are price gouging, and like to sell anything they can, ultimately lying to the homeowner. This is very frustrating on my end. I just believe people deserve to know what is really going on in our industry. We are here to bring back old fashioned values, and will do everything we can to keep our customers happy."

Well, there you have it. I look forward to watching this company grow, and bring back value and affordability to one of the most expensive fixes homeowners face every day. Good luck to Nate and his crew. Be sure to check out his ad in this month's Messenger.

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Down on the Farm/ Up at the Cabin Tippie the Bathtub Cat

By Claudia Vanderborght

When Monica moved to SkyMar Ranch, she understood that farm pets would be helpful. Mocha, a lab/shepard mix, could hardly believe her good fortune being able to roam the farm without a leash or tether. Four kittens – each named by a different grandchild – were slowly given greater outdoor freedom

as they grew.

It was very sad when the siblings, Shelley and Oliver, died from feline leukemia (passed on by their mother). Their funerals were well attended.

Cuddles and Tippie – also siblings – were healthy and happy, lively and curious. Mice were fun to chase. Goats would chase cats (not so fun). Chickens would peck at you if you got too close. Gopher holes could fascinate for hours. And in the house there was always a warm, sunny cushion to have a thorough wash and a comfy nap.

Before long, Tippie (named for her blond tippie toes and her blond tippie tail) demon-

strated a complete understanding of her job. Headless mice began decorating the driveway. A well-placed gall bladder squished wetly under a bare human foot. Dried vomit marked Monica's favorite chair. But those especially active critters – the birds, chipmunks, once even a bunny – deserved special treatment.

Monica's shower curtain was always kept closed (due to the circa 1972 bathtub – robin's egg blue). Tippie discovered that rodents could not escape the slippery tub walls; birds could not fly through the closed shower curtain. Tippie could play with her new friends for hours until their poor little hearts finally gave out.

Claudia's heart was subjected to Tippie's attacks once or twice. Tippie liked to hide in the tub and when Claudia walked by, Tippie would launch herself at the curtain scaring the bejesus out of Claudia. When Claudia explained her near heart attack to Monica, Monica just replied, "Oh yeah. She does that."

Good to know.

Now Monica is one tough cookie. She will scoot under a tractor in the mud to connect the PTO shaft. She will take apart the side panel of a full, gloppy manure spreader to reattach the drive belt. She will reach elbow-deep into a heifer's birth canal to help deliver a calf.

But she doesn't like snakes and she doesn't like rodents.

Monica got pretty used to the bathtub presents left by Tippie. She'd simply pluck the tail feathers or tiny rodent pieces from the tub before stepping in. Not a big deal. However



one day, Mocha was sniffing and snuffling at the shower curtain. Expecting the usual, Monica casually slid back the curtain ...

Monica's ear-piercing shriek brought Claudia running to the bathroom, passing Mocha scampering the other way. What on earth????

There Monica stood at the bathtub, still clutching the shower curtain. Both ladies stared, dumbstruck, at the eight-inch long roof rat laying dead on the tub floor. Beady black eyes staring lifelessly.

For weeks, Monica carefully entered the bathroom and pulled the curtain back ever-so-slowly. Fortunately, Tippie returned to hunting more reasonably-sized prey.

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mestic and foreign markets.

The Specialty Crop Block Grant Program (SCBGP) funds projects focused on marketing and promotion, research and development, expanding availability and access, and addressing challenges confronting producers of specialty crops. The MDA anticipates awarding approximately \$1.25 million in this round of grants using a competitive review process, with a maximum award of \$125,000 and a minimum award of \$20,000.

Nonprofits, producer organizations, govern-

ment agencies, tribal organizations, universities, and other organizations involved in Minnesota agriculture are encouraged to apply for grant funding. Individual producers, for-profit businesses, and commercial entities are also eligible to apply as long as projects provide a sector-wide impact.

Grant funding for the SCBGP is provided annually by a United States Department of Agriculture (USDA) Block Grant under the legislative authority of the Farm Bill. USDA defines specialty crops as fruits and vegeta-

bles, tree nuts, dried fruits, horticulture and nursery crops, floriculture, and processed products that have 50% or more specialty crop content by weight, exclusive of added water.

Applications for 2024 SCBGP funds must be submitted by 4 p.m. Central Time on Thursday, March 21, 2024. Full program details and application materials, as well as information on previously funded projects, can be found on the MDA's Specialty Crop Block Grant Program web page.



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Avoid baby carrots. Ice baths, cold showers for health!



By Shauna Burshem, D.C.

One of the most popular events surrounding the annual New Year's celebration is the Polar Bear Plunge. Thousands of people brave the icy cold water for the thrill and celebration of the new year. As crazy as this seems to people observing on television from the warmth of their living room, science confirms there are many benefits to a daily ice bath or taking a cold shower. Athletes around the world use ice baths for muscle recovery and professional sports leagues all utilize the

ice bath (NFL, NBA, NHL, MLB). One of the major non-sports related benefits has to do with mental and emotional health. Ice baths release neurotransmitters (hormones such as serotonin, cortisol, dopamine, nor-epinephrine and B-endorphin). These chemicals play a crucial role in emotion regulation, stress regulation and reward processing (which helps in the engagement of goal directed behavior). Ice baths will increase the dopamine concentration levels in the body. Dopamine is the happiness hormone. Studies show that 30 days of cold showers will equip your body to better handle stress, leading to an increase in resilience. Ice baths and cold showers may help reduce anxiety symptoms over time.

Raw carrots are a popular, sweet and healthy snack that is easy to prepare. They not only go great with dips and sauces, but are enjoyable as is. Carrots are low in calories, nutrient dense and have a significant amount of fiber. Most people choose a bag of baby carrots for their convenience, unfortunately baby carrots are bathed in chlorine before sale which increases your risk of chemical byproduct exposure. The best carrots to enjoy are organic whole carrots. Science shows that the act of actually cutting the carrots with your kitchen knife increases the release of healthy antioxidants in the vegetable.

On the topic of healthy snacks, sweet cherries are high in potassium which is important in maintaining healthy blood pressure levels. Cherries also contain a number of strong an-

ticancer nutrients. Tart cherries help with inflammation and can help prevent arthritis and relieve symptoms of gout. To avoid harmful pesticides, purchase organic cherries. Or better yet, plant your own cherry tree.

One of the more common conditions that presents in our chiropractic office, is plantar fasciitis. Plantar fasciitis is foot pain that occurs on the bottom of the foot. This condition develops in runners and people who walk a lot or stand on their feet all day. The fascia is a soft tissue covering of the bottom of the foot. Plantar fasciitis is inflammation or microtears in the fascia. Fasciitis can also be caused by stress fractures in the foot, a tight Achilles tendon and a decrease in the arch support of your feet. Typically, the onset of symptoms is gradual and noticeable on your first few steps getting out of bed in the morning. The condition can worsen to the point that every step is a sharp, constant pain.

Treatment for plantar fasciitis is based around stretches, ice massage or wearing a splint that prevents foot flexion. In our chiropractic office we treat fasciitis with adjustments of the bones in the foot that make up the arch (metatarsals). Ice massage performed at home involves freezing a plastic water bottle or a golf ball and rolling your foot over top.

Pregnancy Prenatal Chiropractic Care Info: People may use the terms "unmedicated" or "natural" birth to refer to a vaginal birth without an epidural or other pain medication. An epidural involves a healthcare professional placing a catheter in between the

vertebra in the space below the spinal cord to administer doses of anesthetic. The anesthetic blocks pain signals from the spine to the brain, preventing the person from feeling pain in the lower body during labor and delivery. The pros of epidural injection include: Fast, effective pain relief. Pain relief is adjustable. An epidural with a preplanned cesarean delivery may be less stressful than a vaginal birth or emergency cesarean delivery. An epidural may help a person have a less stressful, traumatic, and exhausting birth experience. The cons of a pregnancy epidural injection include: Inability to walk around, risk of low blood pressure (which may affect the baby's heartbeat), headaches, backaches, nausea, risk of higher risk of medical intervention and assisted birth, difficult to push during the final stages of a vaginal birth, risk of nerve damage, puncture of the spinal cord dura mater, temporary loss of bladder control, difficulty urinating, fever, itchy skin, very low risk of convulsions, difficulty breathing, and death. Published research papers show that regular prenatal chiropractic pregnancy care can shorten labor and lessen the need for medication, including the risk of side effects mentioned above from epidural injections.

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Healthy Oils



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Last month, I presented the idea of some healthy sugar sources to replace the nutrient deficient white sugar. The next category to review is healthy oils. Oils and fats are an important nutrient for our bodies. The nerve tissue conducting information throughout our body is made up mostly of fats. Your heart prefers fatty acids as a fuel supply and a

proper balance of fat reserves is necessary for the ability to produce healthy children. So quality oils and fats are needed for healthy nerve communication, a healthy heart, and healthy children.

The early 1900s saw a significant increase in the understanding of chemistry and how different chemicals interact. During this time, most of the vitamins were discovered and the structure and importance of each vitamin was learned. Fats and oils were also carefully analyzed, and we learned how these important molecules are used in the body.

Some of this chemistry worked on how to extract oils from seeds. All seeds have some oil in them because oil is important for starting new plant growth. Some of the primary types of oil in seeds are called Omega-3 and Omega-6 fatty acids. Our body uses both of these types of fatty acids to manage important functions in the body.

Over the years, this extraction process has been perfected to maximize oil production and provide a product to the consumer. Busi-

nesses and health services have marketed these oils as healthy, plant based, unsaturated fats. The marketing has worked very well, but the health results have not been positive.

The current Omega 6 to Omega 3 intake ratio among average Americans is at least 12 to 1 with some sources stating the ratio is more like 20 to 1. A healthy balance should be about 2 to 1 of Omega 6 to Omega 3. This imbalance is due to the high consumption of corn oil, soybean oil, and vegetable oil, which are high Omega 6 sources. These oils are the primary oils used in fried foods at restaurants and homes because they are the least expensive oils on the market. When consumption of Omega 6 is high and the consumption of sugar is high, the end result is inflammation, excess weight, and diabetes. The current intake needs a significant shift to more Omega 3 for improved health and well-being.

So, what are the healthy oil options? What changes can be made in the home to improve health? The first step is to remove corn oil, soybean oil, and vegetable oil from the cupboard and commit to using healthy fats for any heating on the stove or oven. These healthy fats include coconut oil, ghee, butter, lard, and tallow. These were common fats used in the early 1900s before chemistry made the other oils available. These healthy fats do not change their chemistry when heated and do not produce chemicals that can promote inflammation. These saturated fats have been used for centuries to support generations of healthy populations.

Second, add healthy oils at the table for in-

creased intake of healthy Omega-3. These oils include Extra Virgin Olive Oil, Flaxseed oil, Hemp seed oil, and Walnut oil. These oils should not be heated, but generously used at the table on your food. An increased intake of Omega-3 oils over your vegetables, salads and bread will help to decrease inflammation and improve the balance between Omega-6 and Omega-3. A favorite way to use these oils is to make your own vinaigrette dressing, mixing olive oil and vinegar together with some additional spices. Homemade vinaigrette has excellent flavor, and you can create a variety of dressings using apple cider vinegar, various balsamic vinegars, red wine vinegar, or lemon juice. A recommendation of at least 3 tablespoons each day of these healthy Omega 3 oils will help to reduce inflammation and improve health.

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. Changing your oil sources can be one of those little changes. If you would like to pursue a healthy lifestyle and increase longevity, I can help you start a plan.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.



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MDA Now Accepting Applications for 2024 Beginning Farmer Tax Credit

Eligible parties are encouraged to apply early for funding

The Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) is now accepting applications for the 2024 Be-

ginning Farmer Tax Credit, an annual program available to landlords and sellers (asset owners) who rent or sell farmland, equipment, livestock, and other agricultural assets to beginning farmers.

Total funding available for the 2024 Beginning Farmer Tax Credit program is \$4 million. The credits are funded in a first-come, first-served manner, so applicants are highly encouraged to apply early in the year before the stated deadlines. Both the asset owners and beginning farmers must submit applications with lease and/or sale documents to be eligible for funding and to hold their place in

Asset owners can claim credits in one of the following categories in a given tax year for each beginning farmer they lease/sell to:

	Tax Credit Amount	Maximum Tax Credit	Application Due Date
Cash Rentals	10% of annual rental income	\$7,000	July 17, 2024
Share Crop Rentals	15% of annual rental income	\$10,000	July 17, 2024
Farmland Sales	8% of sale price (12% if the buyer is an emerging farmer)	\$50,000	November 1, 2024
All other sales (equipment, livestock, etc.)	5% of sale price	\$32,000	November 1, 2024

Updated Minnesota Groundwater Protection Rule Map Now Available

Restrictions begin September 1 of each year

The Minnesota Department of Agriculture (MDA) has issued an updated map that will help farmers across the state comply with the Groundwater Protection Rule. The rule restricts fall application of nitrogen fertilizer in areas vulnerable to groundwater contamination, and it outlines steps to reduce the severity of contamination in areas where nitrate is already elevated in public water supply wells.

The MDA has made changes to the Fall Nitrogen Fertilizer Application Restrictions Map which is accessible on the MDA website. Three Drinking Water Supply Management Areas (DWSMAs) were removed from the map, and none were added. Two of the DWSMAs were found to have non-agricultural sources of nitrate, while the third was removed after further sampling data indicated the nitrate levels were below the threshold for inclusion. Additional information on the fall application restrictions and exceptions to the restrictions can be found on the MDA's website.

The restriction of fall application of nitrogen fertilizer on these acres will begin September 1, 2024. Farmers are encouraged to check the new map prior to fall 2024 to determine if their fields are subject to these restrictions.

For more information on the Groundwater Protection Rule visit www.mda.state.mn.us/nfr.

line. They may apply before sales close, if needed.

Qualifying asset owners can include individuals, trusts, or qualified pass-through entities renting or selling land, livestock, facilities, buildings, or machinery used for farming in Minnesota to a beginning farmer. Through changes made to the program during the 2023 legislative session, parents, grandparents, and siblings are now eligible for the tax credit if they sell farmland to a direct family member. However, this does not apply to leases or non-land sales (e.g., livestock, vehicles).

A beginning farmer is defined as a Minnesota resident with the desire to start farm-

ing or who began farming within the past 10 years. They must provide positive projected earnings statements, have a net worth less than \$979,000, and enroll in, or have completed, an approved farm business management (FBM) program.

Beginning farmers are also eligible for a nonrefundable Minnesota tax credit equal to the amount paid for FBM tuition, up to a maximum of \$1,500. This tax credit is available for up to three years.

Full eligibility requirements and application materials can be found on the Beginning Farmer Tax Credit web page. Questions may be directed to Jenny Heck at Jenny.Heck@state.mn.us or 651-201-6316.

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New Data Sheds Light on Minnesota's Local and Regional Ag Markets

The three-year project led by the MDA and UMN will inform equitable market development

The Minnesota Department of Agriculture (MDA), University of Minnesota (UMN), and members of the Statewide Cooperative Partnership for Local and Regional Markets have concluded a three-year project to collect baseline data on Minnesota's local and regional agricultural markets. The data, along with a new strategic framework for market development, are now available for public use.

"We are grateful for the many partners that played a role in the Statewide Cooperative Partnership over the last three years," said Minnesota Agriculture Commissioner Thom Petersen. "Never before have we had this level of information to guide our work on local and regional markets. The data and

strategic framework that came out of this project provide us with new perspectives on how we can equitably support farmers and producers, retailers, public institutions, and consumers in Minnesota."

Funded by a three-year grant from the USDA Federal State Marketing Improvement Program (FSMIP), the MDA, UMN, and over 40 partner organizations surveyed Minnesota producers, supply chain partners, and consumers in 2022 to supplement data from the USDA's National Agricultural Statistics Service Agricultural Census.

"The data from our surveys and outreach help tell a more holistic story of the experiences of small and medium-sized farmers in Minnesota and pathways to effectively support them, in a structured way for the first time," said Dr. Hikaru Peterson, the lead researcher for the project and a professor of applied economics in the UMN College of Food, Agricultural, and Natural Resource Sciences. "We look forward to using these findings to expand collaborative efforts to strengthen Minnesota's local and regional markets."

Thanks to outreach efforts of partners around the state, the producer survey reached many small, mid-sized and emerging farmers not previously represented in Minnesota's agricultural data. Of the 497 Minnesota producers who completed the survey, only 37% were represented in the 2017 Census of Agriculture. The supply chain survey and consumer survey collected additional information to better understand purchasing factors, preference and demand for Minnesota products, and barriers to buying local.

The Partnership used data from all three surveys to develop a framework of seven priority areas and twenty strategies for building market opportunities for Minnesota producers, supply chains, and consumers. The priority areas include procedural equity; relationship building with tribal nations; outreach, education, and engagement; and built and organizational infrastructure.

Examples of specific strategies under the seven priority areas include:

Provide more technical assistance, training, and information for emerging farmers that are culturally appropriate and offered in multiple languages;

Sustain and expand programming aimed at getting more local food into institutions, retail stores, regional distributors, and places where consumers already shop; and

Collaborate with USDA to increase producer participation in the Census of Agriculture, and identify and invest in ways to collect supplemental data every few years that is needed to support local and regional market development in Minnesota.

The full data reports and action framework can be accessed through the Statewide Cooperative Partnerships website. The MDA and UMN also hosted a webinar to introduce the findings, which can be viewed on the MDA's YouTube channel.

The Statewide Cooperative Partnership will continue to meet regularly to discuss local and regional market data and needs, pursue collaborative approaches to market development and support, and nurture relationships across our food system. These meetings are open to all who are interested in supporting and expanding this work.

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That's the Latest Tommy Kramer



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. He's a 1971 graduate of West Concord High School. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.

Tommy Kramer, one of the great quarterbacks for the Minnesota Vikings, was in West Concord in November, 2022. He spoke at the Legion Club and then stopped in the Muni to sign autographs and visit with people. I was not around to see him when he was there. But when my two sons and I went to Las Vegas for the weekend of the Vikings game against the Raiders last month, TK was visiting with people at the Treasure Island Casino in Vegas so we had a nice conversation with him. In fact we were the only ones there for about 15 minutes so we had a long conversation.

I got talking with him about one game in particular that I attended at the 'old Met.' December 4th, 1977, the rookie Kramer, came in the game in the 4th quarter against the 49ers after starter Bob Lee could not get the Vikes offense going. That sounds eerily familiar to this past season. The Vikes were down 24-7 when TK entered the game. In only one quarter, the former first round draft pick from Rice University, completed 9 of 13 passes for 188 yards and 3 touchdowns to pull out a 28-27 win. Rob 'the Beav' Henry was with me for the game sitting in the north end zone bleachers. Beav said that game could not be topped and he decided he would not go to another Vikings game again. And to this day, it's the only Vikes game he has seen live. 'Two-Minute Tommy', a nickname he got for all the comeback victories over his 11 year Viking career, had numerous injuries including many concussions and a spine injury that he has said ultimately led to his retirement.

The soon to be 69 year old still has strong hands and forearms as his handshake is very firm, to say the least. It was a lot of fun to visit with him.

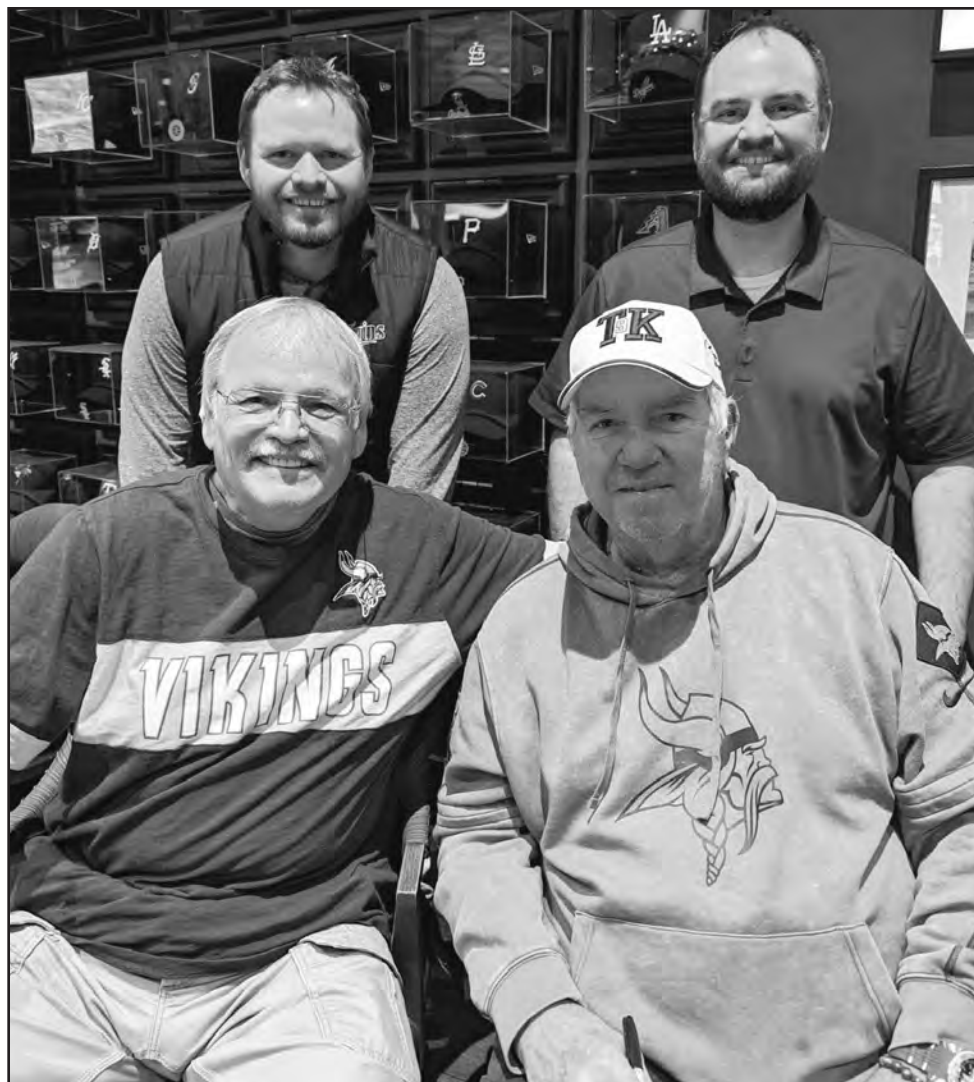
The very first Viking game I went to at what Howard Cosell referred to as 'Venerable Metropolitan Stadium' was to the day, exactly 11 years prior to the Tommy Kramer game. It was December 4th, 1966. I got two free tickets as I was a member of the WDGY Huddle Club. My classmate Dan Miller went with me as my dad drove us to the stadium. Dad needed a ticket so we found a guy who wanted to sell the second of two season tickets he had. His wife evidently did not want to sit in a cold rain. I remember getting the ticket for face value, a whopping \$5.00. Nowadays, the decimal point is moved over to the right a couple places.

It was memorable as it was a cold rainy December day and we were hoping to see Fran Tarkenton in person. Well we saw him but not in the game. Fran was sitting on his helmet along the bench as Coach Norm Van Brocklin benched him. After the 4-9-1 season, Tarkenton was traded to the NY Giants and Van Brocklin was fired. Bud Grant came in the next year.

Leon (Charly) Charleton had season tickets to the Vikings game for many years. He had access to extra tickets so many West Concord people went to games and sat near the north endzone. I was in those very bleachers when on Dec 28th, 1975, at a playoff game against Dallas; the very first 'Hail Mary' pass was completed. Unfortunately, it was the Cowboys QB Roger Staubach who completed the pass in the south end zone as they stole the victory from the Vikings. From our vantage point on the opposite end, we first saw an orange thrown out on the field and we all thought it was a penalty flag. No such luck. Pretty soon a glass pint bottle was thrown and hit referee Arman Terzian right in the face. Rob Henry reminded me it was a Snoshoe Grog bottle if you ever need that piece of trivia.

At the time, most of the fans in the north end zone were getting ready to jump on the field to celebrate but as we saw what happened, we all stood in stunned silence. And that my friends, is why the Dallas Cowboys are not a much liked team in these parts. On any given day during the season I cheer for the Vikings and whoever is playing against the Cowboys.

The next year though, I was back in those same bleachers for two playoff games. The Vikes beat Washington 35-20 and then the next week they beat the Rams 24-13 to win



Emery and his sons Caleb and Isaac visited with former Vikings QB Tommy Kramer while in Las Vegas for this year's Vikings game against the Raiders

what would be the last playoff game played at Met Stadium. We did get to jump on the field after that game and in a frame on my wall in the mancave; I have a piece of purple sod that was used to cover up the infield dirt around 3rd base. And as we remember all too well, the Vikings went on to lose their 4th

Super Bowl to Oakland. But like a good Viking fan, we black out when we talk about Super Bowls but we remember all the victories that led us to get to four Super Bowls.



Tommy autographed Emery's shirt while at the Treasure Island Casino in Las Vegas



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SEMCAC Announces March 1 Grant Application Deadline

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative

appropriation from the arts & cultural heritage fund.

The Southeastern Minnesota Arts Council announces a call for arts programming proposals by nonprofit organizations. Proposed grant activities must begin no earlier than May 1, 2024 and be completed within twelve months, culminating with a capstone event that is accessible and open to the public. Online applications will be available throughout February for the March 1 grant deadline.

SEMAC, a non-profit arts agency, is designated by the State of Minnesota Arts Board as the regional arts council for eleven southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona.

For information about the grant application process, eligibility, or assistance, contact the SEMAC office at 2778 D Commerce Dr NW, Rochester, MN 55901 or call 507-281-4848. Information may also be found on our website at semac.org. With limited funding avail-

able each fiscal year, every SEMAC grant category is competitive and includes an LOI stage used as an initial screening for eligibility.

ORGANIZATIONAL GRANTS

Online grant applications are in two parts. The LOI stage (part 1) for all organizational grants is due no later than March 1, 2024. This stage will require applicants to provide programming data and declare their intent to apply for one of the following grants. Upon approval of the LOI, part 2 of the application will be released, with a March 11, 2024 final submission deadline.

1. Legacy Grants

Proposals for Legacy Grants are accepted from qualified nonprofit organizations located in the SEMAC Region. Matching funds are not currently required.

The Arts and Cultural Heritage Fund will support arts focused activities in three key areas: 1) Arts and Arts Access, 2) Arts Education, and 3) Arts and Cultural Heritage. SEMAC encourages applicants to research and develop proposals that incorporate two or more of the key areas with an emphasis on creating lasting partnerships among regional nonprofit arts organizations and other nonprofit groups. In addition to eligible arts organizations, nonprofits that do not have arts as a primary focus, such as schools, senior centers, community education, cultural groups and colleges are invited to apply for \$5,000.

Future funding of Legacy Grants depends on appropriate use of current funding. SEMAC urges arts organizations, non-arts organizations with an arts component, and

government entities to apply. This is a highly competitive category.

2. Programming Grants for Arts Organizations

Proposals for Programming Grants offer funding of \$5,000 to qualified applicants located in the SEMAC Region. Matching funds are not required at this time.

Programming may be in one of two forms: Production Assistance is designed to support activities by arts organizations directly involved in the creation, performance, publication, and exhibition of art. Presenter Assistance helps regional arts organizations and public or non-religious private K-12 schools sponsor appearances by touring artists or companies who have demonstrated high levels of artistic quality. These grants cannot be used for artist residencies in schools.

3. Small Towns/Rural Areas Grants

The Small Towns/Rural Areas grants offer funding of \$5,000 to qualified applicants located in areas of the SEMAC Region with populations under 7,500. No matching funds are currently required.

SEMAC wishes to support and encourage the creation and development of art and arts organizations in communities with populations under 7,500. This support may be used for assistance in activities which directly involve the creation, performance, publication, or exhibition of art. Applicants may include arts organizations, local government entities and public or non-religious private K-12 schools, either individually or in cooperation.

These grants cannot be used to cover the costs of school residencies.



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NATIONAL FFA WEEK February 17-24, 2024



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An Important Tool for Economic Development



Tim Penny
So. MN Initiative Foundation

Imagine that your community needs funding to build a trail system which will draw tourism to the area. Or perhaps your town needs better broadband access, or a housing plan. Whatever economic development initiative your city or county is working on, there is a good chance you will need to use an important tool, called the Comprehensive Economic Development Strategy (CEDS), to achieve your goal. Southern Minnesota Initiative Foundation (SMIF) recently worked with numerous regional partners to develop a new CEDS plan for southeastern Minnesota.

The CEDS is a strategic economic plan developed for a region. Not only does it provide a roadmap for local economic growth, but it helps communities determine ways to mitigate risk that can result from economic shocks or natural disasters. Having a CEDS is a nation-wide requirement for communities to qualify and apply for federal economic aid through the U.S. Economic Development Administration (EDA). Having a CEDS is also a prerequisite for designation by the EDA as an Economic Development District.

In rural Minnesota these plans are typically developed by regional development commissions. In the southwestern portion of SMIF's 20-county service area, Region Nine Development Commission (RNDC) holds the CEDS document. In the southeastern part of SMIF's region, there are 11 counties that are

not represented by a regional development commission. On behalf of those 11 counties, SMIF has helped draft the CEDS plan for the past fifteen years.

One of the benefits from creating a CEDS, which needs updating every five years, is the collaboration that it entails. During our most recent update, SMIF leveraged the talents of many community leaders and helped lead a robust two-year strategic planning process. This allowed stakeholders to do a deep dive on economic priorities for the region, creating a blueprint for future growth.

The CEDS can be used in many ways, by many different entities. On February 5 in Rochester, one of the key partners on the CEDS Strategy Committee, SE MN Together, will be holding a meeting for economic and community leaders to learn more about using the CEDS document. At this event, Nicole Griensewic, executive director of RNDC, will highlight how Region Nine has successfully leveraged their CEDS. Additional panelists will share practical applications, resources and funding ideas to assist each entity in accomplishing its goals.

The efforts of many community leaders went into the development of this important tool. I encourage you to take a look and see how the CEDS can benefit your town. The CEDS document for our 11-county southeastern region can be downloaded at smifoundation.org/ceds. The CEDS document for Region 9 can be found at rndc.org.

As always, I welcome your comments and questions. You can reach me at timp@smifoundation.org or 507-455-3215.



Kenyon City Council Meeting January 9, 2024

Pursuant to due call and notice thereof, a City Council Meeting was duly held in the City Council chambers at 7:00 p.m. on the 9th day of January 2024. The meeting was called to order by Mayor Henke.

The following members were present: Mayor Doug Henke, Council Members Kim Helgeson, Lee Sjolander, Mary Bailey, Molly Ryan


Also, present: City Administrator Mark Vahlsing, Administrative Assistant Holli Gudknecht, Police Chief Jeff Sjoblom, Engineer Derek Olinger, Finance Clerk Whitney Kylo, Public Works Director Wayne Ehrich, City Attorney Scott Riggs, Officer Brian Homeier, Josh Johnson, Jed Johnson, Caleb Langer, Isaiah Thompson, Logan Meyers, Jeremy Egger, Diane Barrett, Scott Quamme, Todd Greseth, Zach Bubany, Chris Giesen, Ron Zeigler, Brett Reese, Jana Viscomi-Reese, Alex Baraniak

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Goodhue County Commissioner, Todd Greseth, gave an update on what's happening in the County. The commissioners have a goal session tomorrow night if we want anything added.

(continued on page 21)



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Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I was recently the victim of identity theft. My driver's license was among the items stolen. I am concerned that this person will use my identification to drive, among other things. What can I do in regards to my license?

Answer: I am sorry to hear about your situation. This is not my area of expertise but the Minnesota State Patrol is part of the Minnesota Department of Public Safety (DPS), which includes the Driver and Vehicle Services (DVS) division.



I reached out to someone there, and they provided the following information:

If you believe you were the victim of identity theft, contact DVS for a "Law Enforcement Alert for Victims of Identity Theft" Form, found here: <https://dps.mn.gov/divisions/dvs/forms-documents/Documents/VictimofIdentityTheft.pdf>.

You can submit the form:

- By mail to Driver and Vehicle Services, 445 Minnesota St. Suite 175, St. Paul, MN 55101.
- In-person at any driver exam station or driver license office that accepts driver license applications.

DPS recognizes that the misuse of your identity by someone else is a serious problem. Upon receipt of this completed form, an entry will be made on your driving record. This entry will alert law enforcement officers that someone else may be using your identity. This entry should prevent someone from using your name when involved with law enforcement.

It is important for you to know that this entry may cause you inconvenience if you have contact with law enforcement personnel as they will specifically request your identification. For your own protection, it is recommended that you have your Minnesota driver's license or identification card with you at all times.

This form will not prevent the use of your name in financial matters, such as establishing credit or other accounts. You should reach out to each of those directly.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, 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 Trp. 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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Kenyon City Council Meeting

(continued from page 20)

An ordinance was passed for a transfer station in Goodhue County. This is open to anyone who wants to apply.

ADOPT AGENDA

Motion by Bailey second by Ryan to approve the agenda.

Motion carried 5-0-0.

CONSENT AGENDA

Motion by Ryan second by Bailey to approve the Consent Agenda, which includes payment of check numbers, 75571 through 75675; 4809E through 4835E.

Motion carried 5-0-0.

PRESENTATIONS/

PUBLIC HEARINGS/

RECOGNITIONS/PROLAMATIONS

Fire Chief Wayne Ehrich introduced the new Fire Department members: Josh Johnson, Jed Johnson, Caleb Langer, Isaiah Thompson, and Logan Meyers.

Brett Reese – Rebound Partners –

Update on Kenyon Senior Living Project

Brett Reese and Jana Viscomi-Reese of Rebound Partners shared their future vision of the former Sunset Home property. They are looking at having 35-36 new apartments with possible underground parking. The older, original Sunset Home building may be demolished due to the high cost of renovating it.

ENGINEERING

Pearl Creek Sanitary Sewer

Improvements

Engineer Olinger stated that the electrical subcontractor was able to get some of the electrical service installed along Gates Avenue and Pine Street due to the warmer weather this winter. These costs are included in pay request #3.

Approve Pay Request #3- BCM

Construction- \$16,078.75

Motion by Ryan second by Bailey to approve pay request No. 3 to BCM Construction in the amount of \$16,078.75 for work completed through December. Motion carried 5-0-0.

Infrastructure Projects Update

City Engineer Olinger stated that the LRIP application for 6th Street was submitted in December, but we may not hear back on funding awards until April. Olinger outlined the infrastructure plan for 2025 that includes parts of CSAH 12, Langford Avenue, and 5th Street and the sanitary sewer lining on Forest, Pine,

and Pearl Creek.

GIS

Approve GIS Summary

City Engineer Olinger explained how the GIS mapping works and outlined the advantages of using the services provided by Bolton & Menk versus the County. Public Works Director Ehrich recommended switching to this system.

Motion by Helgeson seconded by Ryan to approve the proposal from Bolton & Menk for the GIS web application development. Motion carried 5-0-0.

Approve Increase to General Engineering Rates

City Engineer Olinger requested a \$10 per hour general engineering rate increase for 2024.

Motion by Bailey seconded by Helgeson to approve the increase in the general engineering rate.

Motion carried 5-0-0.

2024 Streets Seal Coating

City Engineer Olinger reviewed the proposed street sealing plan for 2024.

Motion by Henke seconded by Ryan to direct the city engineer and staff to solicit quotes for the 2024 street sealing project. Motion carried 5-0-0.

LEGAL

2024 Appointments and Designations

Library Board – 3 Year Term – Bev Emerson, Cathy Whipple

Planning Commission – 2 Year Term – Jerry Barrett, Dennis Wickum, John Cambronne

Historic Preservation Commission (HPC) – 3 Year Term – Kevin Anderson

Park & Recreation – 3 Year Term – Melissa Bartel, Tedd Pederson, Vacant, Vacant

Acting Mayor – Mary Bailey

Legal Newspaper – Kenyon Leader

Depository – Security State Bank of Kenyon, 4M, Northland Securities

City Attorney – Scott Riggs, Kennedy & Graven Chartered

Prosecuting Attorney – David Jacobsen, Jacobsen Law Firm

City Engineer – Derek Olinger, Bolton & Menk

City Auditor – Abdo Eich and Meyers

Financial Consultant – George Eilertson

Northland Securities

Investments – As Allowed Per Minnesota Statutes

Deputy Clerk – Holli Gudknecht

Weed Inspector – Doug Henke

Audit Committee – Doug Henke, Molly Ryan, Mark Vahlsing

Personnel Committee – Doug Henke, Molly Ryan, and Mark Vahlsing

Liquor Committee – Doug Henke, Lee Sjolander, Mark Vahlsing

Kenyon Fire Relief Association – Doug Henke and Mark Vahlsing

Motion by Henke seconded by Helgeson to approve the 2024 committee appointments and designations.

Motion carried 5-0-0.

Resolution 2024-01: Establishing License Fees and Compensation

Administrator Vahlsing stated that the 2024 fee schedule had a few increases from last year.

Motion by Bailey second by Ryan to approve Resolution 2024-01 with change in the fee for depot rent.

Motion carried 5-0-0.

Annual Refuse Licenses

Flom Disposal Inc., Waste Management, Veit Container Corp, LRS of Minn (Commercial, Temporary roll off, dumpster)

Annual Recycling Licenses

Flom Disposal Inc., Goodhue County Public Works, Waste Management (Commercial Recycling).

Annual Sidewalk Obstruction Licenses

Kenyon Ace Hardware, Kenyon VFW Post 141, Mary's Rustic Rose, Twice Found, D&S Banner, Taco Express, Angie's

Annual Dance License

Kenyon VFW Post 141

Annual Mobile Merchant License

Che Che's Lunchera, Taco Express

Motion by Helgeson second by Bailey to approve the annual refuse, recycling, sidewalk, dance, and mobile merchant licenses. Motion carried 5-0-0.

Kennedy & Graven 2024 Rates for Legal Services

Attorney Riggs reviewed the rates for legal services for 2024. This increase would raise the hourly base rate for general civil and prosecution matters from \$188.00 to \$196.00 an hour.

Motion by Henke seconded by Helgeson to approve the 2024 rates for legal services. Motion carried 5-0-0.

OLD BUSINESS

Muni Roof and Flooring Replacement Quotes

Administrator Vahlsing stated that two quotes were received for commercial flooring in the Muni. He recommended accepting the quote from Hamernick's. He is still waiting for a second quote on the roof.

Motion by Bailey seconded by Ryan to accept the quote for flooring in the Muni from Hamernick's.

Motion carried 5-0-0.

NEW BUSINESS

Resolution 2024-02: A Resolution Authorizing Acceptance of 2023 Donations

Motion by Helgeson second by Bailey to approve Resolution 2024-02 authorizing the acceptance of the

2023 donations of \$78,672.57. Motion carried 5-0-0.

CEDA Contract Services

City Administrator Vahlsing stated that the contract with CEDA needs to be renewed. The council members stated that they would

like to receive quarterly reports on CEDA's projects and services.

Motion by Ryan seconded by Bailey to approve the 2024 CEDA contracted services. Motion carried 5-0-0.

Premises Gambling Permit for Kenyon Snowdrifters

Resolution 2024-03: Approving the Lawful Gambling Premises Permit Application for the Kenyon Snowdrifters to Conduct Lawful Gambling at the Kenyon VFW Conrad Os-thum Post #141 Located at 601 2nd Street, Kenyon, Mn 55946

Motion by Sjolander seconded by Ryan to adopt Resolution 2024-03. Motion carried 5-0-0.

Set Council Work Session Date to Review Salary Compensation Study

Motion by Ryan seconded by Helgeson to set a council work session for 1:00 pm on Tuesday, January 30 with Bjorklund to review the salary compensation study. Motion carried 5-0-0.

Resolution 2024-04 Resolution approving Preliminary and Final Plat Sunrise 2nd Addition.

City Engineer Olinger stated that the Planning Commission had held a public hearing on the preliminary and final plat of Sunrise 2nd addition and recommended approval.

Motion by Bailey seconded by Ryan to adopt Resolution 2024-04. Motion carried 5-0-0.

Request to amend Zoning Ordinance to allow apartments on the rear 1/2 of the first floor of buildings in the C-1 district. –Zoning Ordinance Section 515.15 Subd. 3 a) - Stephanie Brezina

Administrator Vahlsing stated that Stephanie Brezina had made a request to the Planning Commission to allow apartments in the rear half of first floor buildings in the C-1 district. Currently, apartments are only allowed on the second floor in the C-1 district. The Planning Commission recommended the change. The council discussed the pros and cons and options to allowing apartments in the rear half of the first floor. This was tabled until February.

Update Administrative Policy 23 – Fund Balance Policy

Finance Director Kyllö stated that Policy #23 Fund Balance was vague and incomplete. She proposed an updated policy that was approved by our auditors.

Motion by Ryan seconded by Bailey to approve the updated Administrative Policy #23. Motion carried 5-0-0.

Schedule of Upcoming Meetings

KMU Meeting: Tuesday, January 16th @ 4:00 p.m.

EDA Annual Meeting: Tuesday, January 30th @ 9 a.m. at Foldcraft

City Council Meeting: Tuesday, February 13th @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Council Member Sjolander thanked the Fire Department members for all they do.

Council Members Bailey welcomed the new firefighters and thanked Whitney Kyllö for all her work.

Motion by Helgeson second by Bailey to adjourn the meeting at 8:53 p.m.

Motion carried 5-0-0.

Holli Gudknecht, Administrative Assistant Douglas Henke, Mayor

Commissioners Corner

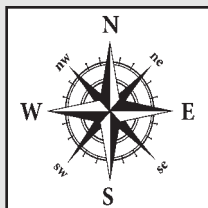
Hello everyone, sorry I missed a few months of commissioners corner. I do enjoy tearing January off of the calendar, I can't believe it is February already. As we move forward with 2024 we start looking at our construction season and with several projects on the list we ask for your patients and understanding as we work to improve our county roads and bridges. I want to put out a thank you to all of our Township supervisors and township officers, I want to remind all of our township residents that March 12th is Township day in Minnesota. All of our townships will hold their annual meetings with some townships also holding election of officers. Please find your meeting time and consider attending. Goodhue county did have to close the demolition landfill last year and now we have a county ordinance that allows for a transfer station. We are looking at all options moving forward as to the handling of this by-pass materials. This is already my 4th year as your county commissioner and I am serving as the board Chair this year. As always please let me know if you have any questions or concerns.

Thank you. Todd Greseth



Todd Greseth
Goodhue County
Commissioner
District 3

Changes in Latitudes, Changes in Attitudes Power Outages and Why



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.

Power outages can be frequent in Western Tennessee. Virtually everyone has a generator. I had a generator at the construction site because I built for the first year without service to the address. I just always keep it fueled up and plenty of gas in reserve. Windstorms or tornadoes seem to happen about 12 months out of the year down here.

We have had a number of close calls with windstorms but they always just missed us. One night about five years ago, we had just arrived at our cabin in Big Sandy to do some maintenance. I hadn't even got the tools out of the truck when the rain struck. It usually rains with a vengeance, and wind. We re-

treated to the house and shortly after the power went out. When the storm passed, we headed back home, only to find a big tree over the road, blocking our path.

In 2020 we went to Nashville on March 2nd to see Collective Soul at the Ryman. After the concert we discussed stopping at one of the restaurants on Broadway for dessert but decided to head home. On the drive home I could see an angry lightning storm behind us. When we turned on the news at home, we saw that a tornado had struck about two blocks from the concert venue we attended.

Three years ago, while we still lived on the Cumberland River and had just started building our new house on the Tennessee River, a big storm came through. The tornado passed within a mile of our home under construction, jumped the river and tore up a path heading east, destroying homes within in a couple miles of where we lived twenty miles away. We were in Minnesota at the time and were quite surprised at the devastation when we returned. I recall driving down Cypress Road and observing the trees flattened out across the landscape, thinking I was going to be cleaning up debris instead of building a house.

Last winter we were in the yard putting chairs away because wind gusts were forecast within the hour. We stood and watched as one tree toppled over in the woods across the road. Then we heard a crash about a quarter mile down the road. We could see the power line on the ground and knew what the outcome would be. I pulled the generator up from the garage and plugged it in and fired it

up.

So, this December when I arrived, I had to reset all the digital clocks in the house. It is just a fact of life. I had only been home one day, when the following evening the lights flickered and went off. After lighting a couple candles, I decided to go to bed rather than start the generator. I woke up a couple hours later and the power was back on. The next day I was talking to my neighbor Harry, who lives about a mile down the road. Since there was no wind that night, we supposed it was one of the local boys with too much beer and too little common sense behind the wheel of his pickup who had run into a power pole somewhere.

A couple days later I was walking my dog

and I stopped to visit with my neighbor, the mayor. Before he retired, he was the mayor in Pulaski, Tennessee, so everyone calls him the mayor. He asked me if I saw what caused the electrical outage. He had the pictures on his phone. He was coming home that Friday evening and a guy had just hit a power pole in the ditch. It sheared off the pole and he continued down the ditch a hundred yards before crashing into a house and the vehicle was lodged in the living room. All that was visible was the rear end of the car framed by the red bricks of the house. Was a Friday night so I guess one could expect it. The funny part of all these intoxicated mishaps is that after living in Stewart County for five years I learned it was a dry county.

A Minnesotan: -10 Degrees or Colder



By RosaLin Alcoser

As Minnesotans we are prepared for the cold and those harsh bitter sub zero days. To the point where for some seeing who can go the longest without switching to jeans and a coat is a thing of pride. We all know at least one of those people who is fine in shorts and a sweatshirt until it is nearly -10 degrees F outside and wonder how in the world they do that while the rest of us are pulling out our heaviest winter parkas.

Whether you are taking pride in not wearing a parka or are safely bundled up in one we are all prepared to face those sub

zero days. Or at least we are when we go outdoors.

The first of the super cold days we had this January were the wind chill and the temperature dropped well below zero. I like many donned my parka and made my way into what should have been the warmth of the office.

My desk is currently right next to the window which is less than ideal in the winter. However, it is also right under a heating vent. So naturally I was expecting to spend the bitterly cold day nice and warm under that vent.

Instead it was spent freezing as the heat in my section of the building was not operating at full capacity. Which made our little corner of the office really, really cold.

I spent half the morning half nestled in my parka to keep from shivering while I worked until I finally couldn't take it anymore and temporarily took over a coworker's desk, who was away for the rest of the day.

The next day Mathanice informed us that not only was our heating vent out but there is also a leak in the window letting in a daft. So those of us who are right next to the window had been sitting in 9 degrees F while inside of the building.

Thankfully now the window has been patched and the vent has been fixed. All in time for things to be a little bit warmer for at least a couple of days.

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 9. Tucked in
 13. Whatchamacallit
 14. Robert Redford's Sundance ____
 15. In a cold manner
 16. Tiny island
 17. Mad King George's number
 18. Hearing, e.g.
 19. *Love's late Nirvana husband
 21. *Star-____
 23. *Air Supply's "Making Love Out of Nothing at ____"
 24. Elementary particle
 25. Tire meas.
 28. Land of Israel
 30. *Joe Cocker and Jennifer Warnes: "Love lifts us up where we ____"
 35. Ladder crosspiece
 37. Frenzied
 39. London's Thames, e.g.
 40. ____-European language
 41. Call it quits
 43. Very bright star
 44. What procedural and epidural have in common
 46. Crosby's and Still's partner
 47. Mountain valley
 48. Final words
 50. Future J.D.'s hurdle
 52. Food scrap
 53. Tax
 55. Pen point
 57. *"All You Need Is Love" band, with The
 61. *Letters to Juliet destination
 64. Habituate
 65. NHL surface
 67. Ancient marketplace
 69. Like many bathroom floors?
 70. Blunderbuss, e.g.
 71. Entrenched (2 words)
 72. Whirlpool
 73. Volleyball court center
 74. English homework assignment
- DOWN**
1. Computer-related imaging acronym
 2. CISC alternative
 3. Capital of Norway
 4. Single-cell protozoan
 5. Bottom lines
 6. Similar
 7. One of the Tudors
 8. Authoritative proclamation
 9. Single pip cards
 10. The Container Store purchase, pl.
 11. "What ____ can I say?"
 12. T-shirt, after tied
 15. Chemical cousin
 20. Homer's epic
 22. Actor Lowe
 24. Deviation from the norm
 25. *U2's "In the Name of Love" song
 26. First light of day
 27. Lemur from Madagascar
 29. Damien's prediction
 31. Ding-a-____
 32. Convex molding
 33. *"Love means ____ having to say you're sorry"
 34. *"Love Actually" star
 36. Hockey score
 38. *True Love's ____
 42. Feudal lord
 45. Loafed
 49. "Holy moly!"
 51. Rant
 54. "Peace" with fingers (2 words)
 56. Phony
 57. Teeth mark
 58. Children's writer Blyton
 59. Old, in Scottish
 60. Three pointer
 61. Heater outlet
 62. Wooden pegs
 63. Rigoletto's "La donna mobile," e.g.
 66. Pool tool
 68. One or some

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

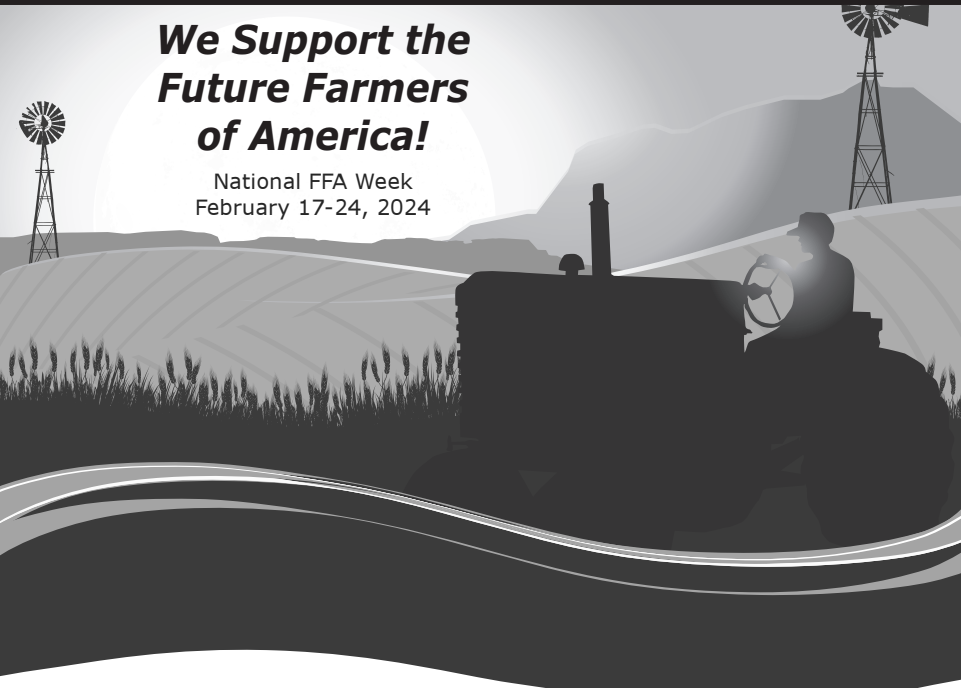
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