



## Journey with John



By Colin Rueter

As I have had the privilege to continue to write articles, I have decided that, Lord willing and as I am able, I would like us to walk through God's word again. I have been encouraged by emails from many over the last month sharing how God has used articles for His glory and the good of His people. Though not using the previous template of an overview of each book, I will walk us through one book at time, 1 John, in an expository way, verse by verse. This letter, doctrinal (teaching) letter, from the Apostle John presents theology that should ground the believer, convict the believer, and give the believer discernment about false doctrine which creeps into our minds so easily. He brings us back to three basics of Christian life: true doctrine, obedient living, and enthusiastic devotion to Jesus. Even in our communities, I see a rise in false teaching that can lure people away from the core doctrines of faith into myths and sooth itching ears and, therefore, I desire to point each of you back to the solid foundation of God's word (2 Timothy 4:1-5). My hope is that even if you are not believing in Jesus as Lord and Savior, that you may be enlightened to His grace. So, let's look at this letter.

Our author is John the Apostle, the same John that wrote the familiar Gospel of John. He probably wrote this letter around the same time as Revelation while he was exiled on the island of Patmos. John writes this to be a summary that assumes knowledge of the gospel as written by John and offers assurances for faith in Christ. This letter indicates that the audience of this letter were confronted with the error of Gnosticism, which became a more serious problem in the second century and still pervades our beliefs and culture today. As a philosophy of religion, Gnostics held that matter is evil and spirit is good. The solution to the tension between these two was knowledge, or gnosis, through which man rose from the common world to the spiritual. In the gospel message that was shared by those who held this belief, this led to two false theories concerning the person of Christ. Docetism, regarding the human Jesus as a ghost and Cerinthianism, making Jesus a dual personality, at times human and at times divine. This belief is heresy, false, and is to be rejected, friends. The key purpose of 1 John is to set boundaries on the content of Christian faith (core doctrine) and to give believers assurance of their salvation. As we walk through this letter, I wanted to provide a brief overview and give you a challenge at the end of this article.

John's letter is about the basics of faith in Christ, it helped the audience reflect honestly on their faith. It helped them answer the question, Are we true believers? John told them that they could tell by looking at their actions. If they loved one another, that was evidence

of God's presence in their lives. But if they bickered and fought all the time or were selfish and did not look out for one another, they, in fact, did not know God. That did not mean they had to be perfect. In fact, John also recognized that believing involved admitting our sins and seeking God's forgiveness – repenting of their sin and wrongs against God and other Christians. They must depend on God for their cleansing from guilt, along with admitting wrongs against others and making amends, as another important part of growing in relationship to God. Back then, as today, we can observe many churches and people within local gatherings that do not seem to be believers. This letter calls us to self-evaluate first, then engage others in their supposed faith to see if it is genuine (Matthew 7:1-5; 15-23).

Here is John's outline in themes: The one, eternal God became incarnate as His Son, Jesus Christ, who is true God and eternal life. All mankind (humanity) is sinful under the wrath of God, but through faith in Jesus Christ alone receive salvation and adoption in fellowship with God as Father, with Jesus, and right fellowship with one another as new creations in Christ. Jesus alone is our advocate with the Father and propitiation for our sins. Those who truly know Christ forsake sin, pursue holiness and obedience in God's commands, particularly love for God and one another in truth. Denial of Jesus, obedience in repentance, and following the God's commandments is fruit of true faith. This faith in Jesus results in forgiveness of sins by God, eternal life, confidence in prayer, protection

from the evil one, and understanding and knowing the true God.

### So What?

Your theology (belief about God) matters and you have a theology. It is what can bring you to Christ and fullness of joy or keep you on the path of destruction that leads to Hell and wrath. I may not know you personally, but God has given me an opportunity to share these truths on this platform, I desire to fulfill the command to proclaim Good News to my neighbors (Matt. 28:18-20). Love compels proclamation. This is not love as the world speaks of it, but it is the same love that comes from God who is love (1 John 4:7-21).

John concludes his introduction in verse 4 that these things are written so that "our joy is complete." Joy here is lasting, unchanging happiness in Jesus. John writes these truths because they will be for the joy of others and their joy is also his own joy, therefore together, seeing others treasuring Christ, while he also treasures Christ, brings joy that is complete. Your pursuit of joy in Jesus and others pursuit of joy in Jesus is not in competition with one another, but is a labor of mutual encouragement towards bringing glory to God. So, be in the bible often, reading and studying to grow in your faith and knowledge. Gather with believers who bear fruit according to the gospel in a local church. If you must drive to find a faithful church, do so, for it is better to travel and have a faithful church that attempt to walk faithfully alone (which is unbiblical). Walk worthy in your life according to Jesus Christ and His gospel.

(continued on page 3)



**Mainstreet Publishing Minnesota, Inc.**

P.O. Box 125  
Dennison, MN 55018

**Phone or Text 507-649-3327**

**Fax 507-645-9878**

**www.kenyonmn.net**

**E-mail:**  
hometownmessenger@gmail.com

Published in cooperation with  
Mainstreet Publishing Minnesota, Inc.  
© 2024. Kenyon Messenger.  
All rights reserved.

**For advertising information**  
**E-mail:**  
hometownmessenger@gmail.com  
or call 507-649-3327



**DENNISON/VANG LUTHERAN PARISH**

Pastor Paul A. Graham  
(C) 507-269-5997 • Office: 507-645-6042  
P.O. Box 117, Dennison, MN 55018  
Website: www.dennisonvang.org  
You can join us for Worship online at  
<https://www.facebook.com/groups/167136242800>

**ASPELUND EMMANUEL LUTHERAN**

Church 507-824-2307 • Parsonage 507-789-5851  
9:00a.m. Sunday School; 10:00a.m. Coffee Time  
10:30a.m. Worship Service

**FIRST EV. LUTHERAN**

Julie Rogness, Pastor  
309 Forest Street, Kenyon • 507-789-5261  
Sunday Worship 9 a.m., Wed. Evening Worship 6:00 p.m.

**GOL LUTHERAN**

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

**GRACE LUTHERAN CHURCH,  
NERSTRAND**

Mike Ahrens S.A.M.  
Service 9am. Coffee hour follows @ 10 am  
Sunday School 10:15 am

**HAUGE LUTHERAN**

Larry Grove, Pastor • 507-271-9761  
302 Bullis Street, Kenyon  
Sunday Worship 10:00a.m. with lunch following

**WANAMINGO LUTHERAN**

507-824-2457  
130 West 3rd Street, Wanamingo



**AREA CHURCH DIRECTORY**

**Jesus Recreates Us**

*If anyone is in Christ, the new creation has come: The old has gone, the new is here! — 2 Corinthians 5:17*

God loves, reasons, and creates. So do his children, made in his image and likeness. But instead of honoring the good, doing the right, and creating the lovely, we fell into sin (Genesis 3). As a result, we despise, pervert, and destroy our world and our relationships. Though we are still able to do some good (by the grace of God), it is painfully obvious that we do not live up to our created potential. We willfully do wrong, hurt others, and destroy.

It is hard to imagine the disappointment and heartbreak God must have felt when we first turned against him. God might well have destroyed humanity and started over. And in a way he did make a new start. God sent his Son, Jesus, to bear his image without falling into sin; Jesus was fully human, like us in every way (see John 1:14; 3:16-18; Hebrews 2:17; 4:15). He loves and thinks and creates as a human made in God's image should. He hit the restart button on human nature.

The miracle of salvation through Jesus is that we can become part of the new creation and the new world he creates. We can become part of God's family again. With the new life he makes possible for us, Jesus saves!

*Dear Jesus, thank you for being the first responder for all of creation. You have given us a new start. Help us to live faithfully in your name. Amen.*



**Security State Bank of Kenyon**

602 Second Street • P.O. Box G  
Kenyon, Minnesota 55946  
507-789-6123 Toll Free 1-888-789-6123  
Visit our website: [ssbkenyon.com](http://ssbkenyon.com)

Member FDIC

**DENNISON FEED  
AND FARM SUPPLY, INC.**

DENNISON, MINNESOTA 55018  
Tim Murry *Agronomy Sales & Service*  
507-581-6218

**HOLDEN/DALE**

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

**MOLAND CHURCH**

Nancy Edwardson, Pastor • 507-789-6661  
Sunday School 9 a.m.

**NERSTRAND UNITED METHODIST CHURCH**

Gary Liker, Pastor  
12 Maple Street • 507-330-0025  
Worship 9:00 a.m.

**NEW LIFE CHURCH**

525 Beverly Street, Wanamingo • 507-824-3019  
10am Worship Service

**ST. JOHN'S UNITED CHURCH OF CHRIST**

Lora Sturm, Pastor • 507-330-0025  
[www.stjohnsunitedchurchofchrist.info](http://www.stjohnsunitedchurchofchrist.info)  
19086 Jacob Avenue, Faribault  
Sunday School 9:30a.m.; Worship 10:30a.m.

**TRINITY LUTHERAN CHURCH**

507-824-2155

**UNITED METHODIST CHURCH**

Jef Olson, Pastor  
429 4th Street, Kenyon • 507-951-1271  
Worship 9 a.m.

**ST. MICHAEL'S CATHOLIC CHURCH**

Father Cory Rohlfing • Deacon Newell McGee  
108 Bullis St., Kenyon  
Sunday Mass 8:00a.m.  
Wednesday Mass 5:00p.m.

*E-mail your church announcements, schedule, etc.  
to the Kenyon Messenger at:  
[hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)*

## Louis William "Skeeter" Berg



Louis William "Skeeter" Berg, 87, of Mazeppa, passed away peacefully on Tuesday, February 20, 2024, at the Zumbrota Care Center surrounded by his family. He was born in Mankato on



August 12, 1936, to Lyall and Marie (Marzinske) Berg. He graduated from High School in New Richland, MN in 1954. He served in the United States Army Reserve from 1954 until his honorable discharge in 1962. On June 9, 1955, he married the love of his life, Elaine Sable in New Richland. They lived in New Richland until moving to Mazeppa in 1960. They shared 59 years of marriage before Elaine's passing on February 22, 2015. Skeeter worked for S&S Step Company while also driving school bus, retiring in 1986. He and Elaine were also part owners of the Coffee Cup Café in Mazeppa for 13 years. In the late 60's, Skeeter started the Skeeter & the Sundowners Band playing at numerous weddings and social events over the years. His favorite past times included music, dancing, bowling, attending his grandchildren's sporting events, and tinkering with broken things. He was a fan of the Minnesota Vikings and Twins. He enjoyed huggy-buggies with his grandchildren and going for rides to get the newspaper, which soon turned into family events. Skeeter was a member of St. John's Lutheran Church in Mazeppa and the Mazeppa American Legion Post 588.

He is survived by his six children, Denise (Bob) Poncelet of Mazeppa, Dennis (Colleen) Berg of Mazeppa, DeAnn (Mike) Horsman of Mazeppa, Debbie (Dan) Dettmer of Zumbro Falls, Delane (Jon) Liffrog of Mazeppa, and Daryl Berg of Rochester; 24 grandchildren; 26 great-grandchildren; sisters-in-law, Kathy Berg of New Richland, Sylvia Berg of New Richland, Evelyn Berg of New Ulm, and Doris Klein of Mazeppa;

brothers-in-law, Dennis Grunwald of Ellendale and Harold (Linda) Sable of Red Wing; and many nieces and nephews.

He was preceded in death by his wife, Elaine; son, Dean; grandson, Trevor Dettmer; parents, Lyall and Marie; sister, Barb Grunwald; brothers, Stan, Robert, and Bill Berg; in-laws, Fred and Irene Sable; and brother-in-law, Duane Klein.

Funeral Service were at 11 a.m. on Monday, February 26, 2024, at St. John's Lutheran Church in Mazeppa. Reverend Alan Horn officiated. Visitation was from 2 until 5 p.m. on Sunday, February 25, 2024, at the Mahn Family Funeral Home in Zumbrota and for one hour prior at the church on Monday. Burial was at the Mazeppa Cemetery with military honors provided by the Mazeppa Honor Guard. A celebration of Skeeter's life followed the funeral service on Monday, at the Mazeppa Community Center from 12 until 4 p.m.

## Lorrie Jo Iverson

Lorrie Jo Iverson, 61, of Raleigh, NC, passed away peacefully on February 14, 2024.



Lorrie was born on March 27, 1962, in Zumbrota, Minnesota. She excelled in high school and was named Salutatorian of her 1980 graduating class in Wanamingo, MN.

She played on her school's basketball and

volleyball teams, and participated in band and choir.

After graduating with her MBA from the University of Minnesota, Lorrie embarked on a successful career at IBM & Toshiba until 2019.

Lorrie enjoyed attending concerts of local bands and national artists, and cheering on the Minnesota Vikings and the Carolina Panthers. She was a skilled cook who explored new recipes and foods. Lorrie loved her neighborhood, participating in local events and advocating for causes that impacted her community.

Lorrie is survived by her son Derek, daughter Leah, their father Gerry, mother Joan, brothers Dennis and Clifford, and sister Sally. She also leaves behind beloved nieces and nephews, cousins, and extended family members. Lorrie was preceded in death by her father Charles, brother David, and grandparents.

Memorial services for Lorrie was held in North Carolina on Friday, February 23, 2024, at 1:30 pm at Brown-Wynne Funeral Home, located at 300 Saint Mary's Street, Raleigh, NC 27605, and in Minnesota, her final resting place, at a date to be determined.

Lorrie will be deeply missed by all who knew and loved her. She will be forever in our hearts.

*(obituaries continued on page 4)*

## Journey with John

*(continued from page 2)*

So, friends. This letter (in fact the whole Bible) guides in discernment of truth – what is true vs what is almost true. God's word is true, infallible, inerrant, inspired by God. Live in it. Sure, read other books, but live in the greatest Book. For it gives you all things for life and godliness (2 Peter 1:3). My challenge to you is 3-fold: read John's gospel and may you behold Jesus as He is. Next read through 1 John as we journey through the word together. Finally, trust that God through the power of the Holy Spirit will bring you to treasure Jesus above all else. Next month we will look closer at the text in Chapter 1, verses 1-4. Until then, may God be with you in spirit and truth through His word.

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

## WE'RE HERE FOR YOU!

We're local, qualified and ready to help you achieve your dreams!

Talk with a lender today!

### • Our Services Include: •

**Personal Banking:** Ag Lending, Personal Checking, Ready Reserve, Personal Savings, iHelp Student Loans, Safe Deposit Boxes, Personal Loans, Mortgages, Construction Loans

**Business Banking:** Business Checking, Business Savings, Business Financing, Night Deposit, Teleserv (24 Hr. Phone Banking), Internet Banking, Direct Deposit, ACH Processing



Lake Country Community Bank  
Banking on Relationships

www.lccbank.com

Nerstrand Lobby Hours: 9am-2pm M-F

313 Main Street • (507) 333-2500

- ATM AVAILABLE AT PARKSIDE -



## CELEBRATING OUR AREA FARMERS

National Agriculture Week March 17-23



## John A. Flom

John A. Flom, age 77, of Faribault, formerly from Wanamingo, died on February 12, 2024, at the Tuscan Medical Center in Tuscan, AZ.



Memorial services were held at the Boldt Funeral Home, Faribault, March 2, 2024, at 10:30 a.m.

with interment and veteran's military rites provided by the Rice County Central Veterans Association at Maple Lawn Cemetery, Faribault.

A memorial visitation was held at the Boldt Funeral Home, Faribault for one hour prior to the service on March 2, 2024.

John Allan, the son of Johnny and Marion (Eggum) Flom was born on July 1, 1946, in Northfield. He graduated from Wanamingo High School and Dunwoody Institute. John served in the U. S. Army as an MP during the Vietnam Conflict. He married Diane Burmeister on July 25, 1970, their enduring love lasting more than 53 years. For more than 50 years John worked for GM dealerships, including Dablow Chevrolet, Haller Chevrolet, and Grover Auto. John loved farming and fixing things, especially cars and tractors. He enjoyed working with people to solve the mechanical problems they were having. He was a true giver of his time, talents, and abilities. He most loved spending time with his family. John volunteered at the Wanamingo food shelf and Rice County Historical Society and enjoyed working at the Faribault House. He was a Wanamingo School Board member and served as President of Wanamingo Lutheran Church. John enjoyed fishing, boating and the outdoors, especially fishing in Canada. John and Diane enjoyed many adventures in their RV and treasured those with their daughters and grandkids. John also loved flying and military aircraft and had the opportunity to fly in a B24 Bomber, the same WW II plane Diane's Dad flew in.

He is survived by his wife, Diane; two daughters, Amy (Aaron) Hinz of Goodhue and Anne (Kevin) O'Banion of Faribault; five grandchildren, Emma and Hayden Hinz, Trigg (Callie) Sellers, Tyler (Slade) Benda and Olivia O'Banion; four great grandchildren, Colbie and Crew Sellers, Hendrix and Hudson Benda; five siblings, Leslie (Linda) Flom, Gail Flom, Bonnie (Mark) Thompson, Dennis Flom and Darryl (Cynthia) Flom.

John was preceded in death by his parents.

## Robert Duayne Noah

They say a real newspaperman has ink in his blood, and that was true for Robert Duayne Noah who left this mortal earth on February 20, 2024, to join the great newsroom in the sky after a three-year battle with cancer. He was 85 years old.



Born in Salem, Nebraska, in 1938, he

was one of six children of Thomas and Beulah Noah who enjoyed the Good Life of Nebraska, where he relished the outdoors and excelled at high school sports. It was during this time he got a job as a printer's devil at the Nemaha County Herald newspaper in Auburn, Nebraska, and began his love of the newspaper business.

After high school, Bob spent a year at Peru State College in Peru, Nebraska, before transferring to and graduating from Kearney State University (now known as the University of Nebraska at Kearney) with a degree in math. In his senior year at Kearney, he met Carol Martin. She had completed her education at Doane College and was teaching in the elementary school in Kearney.

Bob's post-graduate career began in the classroom where he taught English, journalism, and media relations at York Community High School in York, Nebraska, while Carol was still teaching in Kearney. They were engaged and then married December 28, 1960, during Christmas break. Carol resigned her position at Kearney and was able to get a teaching job in York as well. They were married for almost 55 years and raised three children, David, Nancy and Doug.

After a short teaching career, Bob became news editor at the Aurora News-Register working for publisher Gerald Bremer, a stereotypical newspaper editor with a bottle stashed in the bottom drawer of his desk. It was the glorious chaos of this newsroom where he continued to grow his passion for newspapers.

But newspaper editors earned only slightly more than teachers in those days, so in 1964, Bob took a job in public relations at Northern Natural Gas in Omaha before he and his family were transferred to the company's Minnesota office where he worked for four years.

When Bob saw a notice that the weekly newspaper in Kenyon, Minnesota, was for sale, he convinced Carol to pack up the family and resume his passion as a newspaperman. Bob published The Kenyon Leader from 1971 until 2001 when he sold the newspaper to his son, Doug. During those 30 years he worked many nights and weekends reporting on city council and school board meetings, high school sporting events, community celebrations and occasional tragedies. He also wrote his weekly column, the Ark-Ives, that often chronicled the sometimes-embarrassing moments of his children's lives.

Bob made sure the paper was published every single Wednesday during his 30-year career come hell or high water. It's no wonder that one of his favorite songs was Johnny Cash's How High's the Water, Momma!

In 1992, Bob decided to serve his community in an additional role by winning a seat as a Goodhue County Commissioner and serving a total of 12 years at the post during which time he helped oversee the improved delivery of county services and the construction of a new county jail, law enforcement center, and courts facility.

Bob loved his family and enjoyed spending time with his children and grandchildren. After retirement he and Carol loved to drive around the country with Carol's sister and brother-in-law, Dianne and Dave Barker, seeing new sites, playing golf, and enjoying a cocktail. After Carol's passing in 2015, he

spent time with his good friends in Kenyon and indulged his love of reading with the help of the wonderful librarians at the Kenyon Public Library who always had his next book waiting for him to read.

Bob was preceded in death by his wife Carol, parents Tom and Beulah, brothers Don and Dennis, sister Mavis, and brothers-in-law Bob Metzel, Les Martin, Lanny Martin, and Dale Benson. He is survived by his three children, David (Lisa), Nancy (Jay) Wobig, and Douglas (Jena); seven grandchildren, Josh (Kelsey), Becky, Nick (Tina) Wobig, Sara (Arik) Jacquart, Ryan (Samantha), Kelsey (Chaz) Stuve, and Shelby; three great grandchildren, Jameson Wobig, Elliot Noah, and Braylin Stuve; his sister Jean and brother Dean; sisters-in-law, Karen Noah, Pam Noah, Vera Martin, Sharon Martin, Dianne Barker, Kathy Martin, Rachel Noah and Janet Benson; and brothers-in-law, Dave Barker and Tom Martin.

The family hosted a celebration of Bob's life on Friday, March 1st, 2024 at 11AM at Kenyon United Methodist Church. Visitation was at Michaelson Funeral Home in Kenyon on Thursday, February 29, 2024 from 4PM-6PM.

The family asks that in lieu of flowers donations be made to the Alzheimer's Association, the Kenyon Public Library, or your favorite charity.

## Robert "Bob" B. Larkin

Robert "Bob" Bryan Larkin, 83, of rural Kenyon, died of natural causes, Thursday, February 29, 2024 at his home.

He was born January 12, 1941 in Faribault, Minnesota the son of Harold and Jeanne (Beaupre) Larkin. He grew up in Kenyon and graduated from Kenyon High School.

He joined the United States Navy immediately following his high school graduation and served for 20 years and various locations along the East Coast.

On October 23, 1971, he married Patricia Nelson in Kenyon. The couple lived on a farm in Cherry Gove Township.

Bob enjoyed the outdoors, especially hunting, fishing and having his dogs in AKC Hunting Retriever Tests. He owned an operated Cherry Grove Kennel for several years raising Labrador Retriever's. He was a member of the Southern Minnesota Hunting Retriever Association.

He is survived by his wife, Patricia Larkin

of Kenyon; daughter, Judie Musgrave of Bonney Lake, WA; granddaughter, Sarah Musgrave of Bonney Lake, WA and grandson, Luke Musgrave of Bonney Lake, WA, and brother, Tom (Ann Dee) Larkin of Kenyon.

He was preceded in death by his parents, Harold and Jeanne Larkin.

A Memorial Service was held at 10:00 AM Tuesday, March 5, 2024, at Michaelson Funeral Home in Kenyon with visitation one hour prior. Military Honors were provided by the Kenyon Color Guard.

## Richard "Rick" William Walker

Richard "Rick" William Walker, 55, of Kenyon, died of natural causes Tuesday, March 5, 2024 at his home.



He was born December 9, 1968 in Faribault, Minnesota the son of William and Darlene (Klatt) Walker. He attended

school in Kenyon and graduated from Kenyon High School, Class of 1987.

Shortly after high school, Rick enlisted in the United States Army. He spent time in Germany and finished his service career as a Sergeant in Georgia.

Rick worked at Cabela's and most recently at Lowe's in Owatonna. He was a fan of SIFT and helping his Uncle Doug and Aunt Mary.

Rick enjoyed the outdoors, hunting, sight seeing and sharing his great sense of humor.

He is survived by his mother, Darlene Walker; brother, Chad; special friend, Donna Foster and many aunts, uncles, nephews, nieces and cousins.

He was preceded in death by his father William "Bill" Walker (1994) and his grandparents.

Visitation was at Michaelson Funeral Home, Kenyon on Sunday, March 10th from 4:00 - 7:00 PM and one hour prior to the service Monday, March 11, 2024, at 11:00 AM at Michaelson Funeral Home in Kenyon. Burial was in Kenyon Cemetery with military honors by the Kenyon Color Guard.

## John Edward Shelstad

John Edward Shelstad passed from his earthly life at Luther Haven Nursing Home in Montevideo, Minnesota on March 5, 2024, at the age of 98 years and 9 months. John Shelstad was born at home in Doran, Minnesota on June 3, 1925, to Edward and Myrtle (Kerch) Shelstad. He was baptized and confirmed at Vukku Lutheran Church in Foxhome, Minnesota. At the time of his death, John was a member of First Evangelical Lutheran Church in Kenyon, Minnesota.

John spent one year at Morris West Central Agriculture School before graduating from Breckenridge High School in 1943. After attending Augsburg College for 2 years, he graduated from North Dakota Agricultural College (North Dakota State University), in 1951 with a degree in Agriculture. When John's long-term substitute teaching position in Mayville, North Dakota became full-time, and he stayed two more years teaching Agriculture. In 1953 John accepted a position in Kenyon, Minnesota teaching Vocational Agriculture. His storied career as a teacher and Future Farmers of America (FFA) Advisor spanned four decades and lasted until his retirement in 1990. John earned a Master of Arts from the University of Minnesota in 1962.

During his years teaching in Kenyon, John's students won many awards at the state and national level; his students won the Minnesota State Premier Exhibitors Trophy numerous times. John received many individual awards including the Minnesota Vocational Agriculture Teacher of the Year (1987); induction into

the Minnesota FFA Hall of Fame (2004); and Minnesota Livestock Breeders Hall of Fame (2013). He was awarded the Minnesota State Fair 50 Year award (1989) and received National, District, and Minnesota FFA Honorary degrees; John was also recognized with the Minnesota Pork Producers Swine Honor Roll Education Award; WCCO Good Neighbor Award (1987); and Kenyon Citizen of the Year (1988).

John met the love of his life, Norma Jeanne Twait, in 1946 at a softball game, and they were married New Year's Day, 1949. John and Norma had seven busy children. In 1971, a move to their farm north of Kenyon allowed him to do a little farming and raise hogs. John loved a party, and that farm was the scene of many large gatherings over the decades as they entertained family and friends. John adored children and enjoyed having his grandchildren visit, all of whom retell stories about their adventures playing around the barn, feeding the hogs, shooting pheasants, being snowed in at the farm over Christmas 1978, and playing hide-and-go-seek in the large house with many rooms and secret places. John and Norma were rarely apart; they were only separated by her death in 2013 after 64 years of marriage.

John never met a stranger and talked to anyone who would listen. He was as quick with a laugh as he was a story; a great storyteller, he endlessly spun yarns for children and grandchildren's entertainment. John was a voracious reader, especially of local news and sports, and had a memory like a steel trap; he could recite stories from family gatherings decades in the past with exceptional detail. John had a competitive spirit and could frequently be found winning a game of cards, cribbage, or backgammon; sometimes in the middle of the night when he and Norma couldn't sleep they could be found playing Skip-Bo at the kitchen table. They

enjoyed countless games over the years. John enjoyed food, and with Norma's help made sure everyone who visited his home was well-fed. John was an avid fisherman and took annual fishing trips with the FFA as well as with various friends. He also enjoyed hunting with friends and relatives. John was a sports fan his entire life, loved watching his grandchildren's games and rarely missed a televised game when available for viewing.

After his retirement in 1991, John and Norma purchased property on Otter Tail Lake, the lake held great memories from John's youth. His dream was to make the same kind of memories for his children and grandchildren. John was very proud of his location for prevailing winds, sandy beach, and access to walleye. Like the farm, the lake became a gathering place for family and friends and fun times. His early summer birthday offered a great excuse for a party and one of his favorite annual cabin events was putting on an impressive fireworks show the Fourth of July.

John is survived by 3 daughters: Koreen (Dale) Harstad, Weimar, Texas; Kaia (Bruce) Bergeson, Montevideo, Minnesota; Karla (Jeff) Siem, Falcon Heights, Minnesota; and son-in-law Scott Hilleren, Duluth, Minnesota. John was Grandpa to thirteen grandchildren: Brian (Tammy) Harstad, Kirk (Lisa) Harstad, Kaaren (Paddy) Magliolo, Jill (Jeremie) Oliphant, Cindy (Dave) Ackley, Amy (Mike) Ratajczak, John (Taylor) Hilleren, Heidi (Mike) Dockery, Mark (Brittany) Hilleren, Bryant (Rachel) Bergeson, Darin (Keri) Bergeson, Todd (Emily) Bergeson, and Brett (Courtney) Bergeson. He is survived by 30 great-grandchildren and two great great-grandchildren. John is also survived by brothers Roger (Eunice) Shelstad, Kenneth (Roxanne) Shelstad, sisters Marlys Jackson and Carolyn Ellingson, numerous nieces and nephews.

John was preceded in death by his parents, wife Norma, daughters Kerry Hilleren and Kirsten Shelstad, sons Daniel Shelstad and Rolf Shelstad, sisters Irene Henjum, Eleanor Burgett, and brothers-in-law Reynold Ellingson, Arnold Henjum, William Burgett, and Dale Jackson.

Funeral Service will be held at First Evangelical Lutheran Church, Kenyon, Minnesota, at 11:00 am, Wednesday, March 13, with visitation one hour preceding the service. Internment will take place at 11:00 am,

Thursday, March 14 at Vukku Lutheran Church Cemetery, Foxhome, Minnesota. Memorials may be sent to First Evangelical Lutheran Church, 309 Forest Street, Kenyon, MN, 55946.

## Evelyn A. Kunde

Evelyn A. Kunde, 86, of Kenyon died Friday, March 1st, 2024 at Three Links Care Center in Northfield, MN.

Evie was born on February 9th, 1938 in Wanamingo Township on the family homestead. She attended country school through 8th grade and graduated

from Wanamingo High School in 1955. After high school, she moved to the Twin Cities where she worked for the State of Minnesota for 3 years. On May 2nd, 1959 she united in marriage to Lloyd Kunde at Hauge Lutheran Church in Kenyon. They made their home in the rural Kenyon area, where she helped on their dairy farm for 14 years before going to work for Foldcraft Company in Kenyon in 1967 until the birth of her youngest, Steve, and then returned to the company shortly after and continued to work there until her retirement in 2006. Evie's pride and joy was her family. She so enjoyed when her grandchildren and great grandchildren came to visit. She loved getting together with extended family for birthdays, anniversaries, reunions, or really any kind of celebration. She enjoyed the many trips with Lloyd throughout the country using their timeshare weeks, especially when they traveled to Hawaii for 2 weeks. Perhaps the highlight of those travels was their trips to Florida with their grandchildren. She was a fan of the local high school sports teams and attended the state boys basketball tournament for many years. She also was a fan of all the Minnesota sports teams and especially enjoyed watching the Vikings, Twins, and Gopher teams. She was a member of the Kenyon Booster Club for many years, even being named as Booster Family of the Year once.

Evie is survived by her husband of 64 years, Lloyd, her children, David (Darcy Roy), Mark, and Kathleen, all of Kenyon, daughter-in-law, Francine of Chaska, grandchildren, Brian Bartel of Zumbrota, Jennifer Kunde of Rochester, and Sage Kunde of Kenyon. Great-grandchildren, Shontell (Kaden) Lukes, Joe Murdock, and Jaxson Smidt, all of Rochester, Maxwell Feasel of Kenyon, and Calvin Feasel of Deland, FL, sister-in-law Peggy Nelson. She was preceded in death by her parents, Henry and Helen Nelson, son Steven Kunde, sisters Stella Berg, Gladys Ullevig, and Grace Nelson, brothers Harris Nelson and Roger Nelson, brother-in-laws Alvin Berg and Robert Ullevig, sister-in-law Henrietta Nelson, nephew Gary Berg and niece Susan Berg. Funeral services were held at 1:00 PM on Friday, March 8, 2024, at Holden Lutheran Church. Visitation started at 11:00 AM on Friday the 8th at the church. Burial was in the Holden Lutheran Cemetery.



**GOODHUE COUNTY LOCAL HVAC EXPERTS SINCE 1991**

**LINDELL**  
Heating & Air Conditioning, Inc.

- Residential & Commercial Heating & Cooling Experts
- Furnace, Boiler, Air Conditioner, Heat Pumps, Ductless Mini-Splits
- Affordable, Professional Repairs, and Replacements
- Professional Air Duct Cleaning & Sanitization
- Repair & Replace Water Heaters

Trusted throughout Goodhue County for Over 30 Years!

**Call Matt Lindell Today!**  
**507-263-3419**  
[www.lindellheating.com](http://www.lindellheating.com)



## Toro 77501 Timecutter Max

- 50" deck iron forged fabricated deck 10 g. steel
- 23 hp Kawasaki V-twin
- 5 gallon fuel tank
- 18" comfortable gaming style seat

**\$3,899.00**

Check out our full line of 60v Lithium Ion cordless tools and accessories.

Includes: string trimmers, edgers, chainsaws, hedge trimmers & more



502 Huseth St., Kenyon  
**507-789-6321**

## Tiny Super Heroes

(continued from page 1)

When you think of a SuperHero, you can see that they have capabilities beyond the normal human. They are strong, helpful, smart, and always a positive influence on others. Super Heroes wear capes that give them special powers to help others. The cape is meant to distinguish the one who wears it as a person who overcomes adversity, and this is what the program is all about. There are about 130 special needs children in the K/W school system currently, and I dare say every one of them deserves a cape!

This past February, Stephanie nominated Keshawn, a student with Down Syndrome and alopecia, to the Tiny SuperHeroes Capes and Community Program.

This program empowers extraordinary kids as they overcome illness and disability. The Tiny Super Heroes Program was started a few years ago by a mother with special needs children. The program is meant to show the kids that they can be superheroes, and that everyone has a special gift to share with the world. To read more about this program, you can visit [Tinysuperheroes.com](http://Tinysuperheroes.com). The Tiny Super Hero Squad is over 100,000 children from 28 different countries strong, and has been featured on several popular television shows to bring awareness to the needs of children with disabilities, and those who have debilitating illnesses to overcome.

I asked Stephanie to tell me about Keshawn and the impact the Capes program had on him. "Keshawn is a vibrant 5-year-old Kindergarten student who brings joy to everyone he comes in contact with. Keshawn's family moved here last year when he was in preschool and very quickly became part of the KW family. I heard about Tiny Superheroes through a former coworker and Keshawn was the first student that came to mind. Keshawn is a student with Down Syndrome & alopecia, but first and foremost he is a little boy who lights up a room. He is so full of joy and happiness, he continues to raise the bar in all he does, and he just overwhelms me with happiness. When I first started working with Keshawn, he wasn't communicating or



interacting very well. Fast forward to now, and he is doing both so wonderfully. It is a heartwarming victory to watch him learn and grow. Keshawn's Tiny Superhero Cape represents his extraordinary qualities that make him different from others, and reminds us to celebrate the differences that make him unique. His campaign was launched on February 8th, and his cape was funded within a few hours of being live. Once his cape was funded with \$30, the money that is raised beyond that goes to personalize his cape with patches chosen unique to him & also to sponsor capes for other amazing kids like Keshawn. We recently met our next goal of \$200 which allowed other capes to be sponsored and also allowed me to order patches to add to his cape." It sounds like the Cape's program is working for Keshawn!

If you would like to sponsor a child for the Tiny Superhero cape program in the K-W school system, you can contact Stephanie at [swunderlich@gced.K12.mn.us](mailto:swunderlich@gced.K12.mn.us) to learn more about sponsorship. If you have a desire to sponsor a child outside of K-W, there are forms on the Tiny Super Hero website for you to make your contribution.

March 21st is the Down Syndrome Awareness Day. In honor of this day, all students



and faculty of the K-W schools are asked to wear brightly colored socks to commemorate this day...so let's Rock Your Socks, people!

Congratulations to Keshawn on his new

cape, and to Stephanie for her ongoing commitment to helping those lucky kids in her care!

**WE'RE ONLINE!**  
**Keep Up-to-Date Between Print Issues**

**Kenyon Messenger**

[www.kenyonmn.net](http://www.kenyonmn.net)

**Heating, Cooling, Plumbing & Water PROFESSIONALS**

**\$50 OFF ANY REPAIR** Valid through 3/15/24

**Luiken's Mechanical Heating, Cooling, Plumbing & Water**

1001 Division Street W  
Faribault, MN 55021

**507-332-7802**

[nate@luikensheatingmn.com](mailto:nate@luikensheatingmn.com) • <https://luikensheatingmn.com>

**CFS** Trusted Service. Cooperative Value.  
CENTRAL FARM SERVICE

**Abundant Thanks to Our Nation's Farmers**  
*Proudly Celebrating National Ag Week*

[cfscoop.com](http://cfscoop.com)

## A Spring Adventure

(continued from page 1)

For instance, there will be an Easter Egg Hunt on March 30th that has been very popular in past years, and on April 7th and 14th, you can experience Goat Yoga!!! If you have never heard of that particular type of yoga, it is an interactive yoga class with goats who like to participate with you, and sometimes, on top of you!!! You have to see it to believe it! Next up is the Truck and Tractor Days on

June 14th and 15th. Come and explore what promises to be a fun weekend!

Colleen and her crew are always coming up with new ideas for learning and for good old fashioned fun! To find out more about their upcoming classes, etc, you can call them at (507) 581-9248. They have facilities for birthday parties, family reunions, field trips, and family fun days. You can purchase one time passes, or seasonal passes if you want to come more often. You can also see what they are up to at [windywillowfarmadventure.com](http://windywillowfarmadventure.com) for a list of activities and upcoming classes. It is a truly unique venue, and you will be glad you checked it out!

**Farm Day Camp**  
 Ages 5-7: June 11<sup>th</sup>-13<sup>th</sup>  
 8-11: June 18<sup>th</sup>-20<sup>th</sup>  
 Hands on learning  
 - Animals  
 - Crafts  
 - Gardening  
 - Free Play  
 - So much more!  
 Register Online Today!  
[www.windywillowfarmadventure.com](http://www.windywillowfarmadventure.com)

**Upcoming Events**  
 Feb 9<sup>th</sup> Pour your own Epoxy  
 Feb. 11<sup>th</sup> Bunny Bonanza  
 Feb 17<sup>th</sup> Farm Animal Day  
 Feb. 24<sup>th</sup> String Art Workshop  
 March 2<sup>nd</sup> Barn Quilt Class  
 March 30<sup>th</sup> Easter Egg Hunt  
 For more information visit our website!  
[www.windywillowfarmadventure.com](http://www.windywillowfarmadventure.com)  
 (Sign up for classes here too!)

## Winter cold keeping you in bed? We are here to help.



Call us today. 507-623-0123

**Kenyon Clinic**      Wednesday: Closed  
 Monday: 8 a.m. to 4:30 p.m.      Thursday: 8 a.m. to 4:30 p.m.  
 Tuesday: 8 a.m. to 7 p.m.      Friday: 8 a.m. to 2:30 p.m.



**Admission**

General: \$15	Season Passes
Senior: \$12	Individual Pass: \$40
Under 2: Free	Family Pass: \$150

*\*Times & Conditions listed on website\**

Windy Willow

**What's Outside?**

Farm Animals	Pedal Carts
Farm Equipment	Bubble Station
Giant Cornhole	Photo Boards
Tire Mountain	Lucky Duck
Giant Connect 4	Sensory Tires
Ball Maze Game	Playground
Spider Climber	Tether Ball
Tug-O-War	Culvert Slides
Scavenger Hunt	Rock Painting
Corn Maze	Giant Jenga
Patio & Fire Pit	Play Houses
Fairy Garden	Grain Display
Busy Boards	Train Rides
Lasso Ponies	Garden Beds
Sunflower Field	Corn Pit
Teeter Totters	Stick Ponies
Hay Ride	

**& More!**

*\*Some with admission by seasonal\**

## RIVER COUNTRY COOPERATIVE



"Established 1935"

**Fertilizer • Seed  
 Soil Sampling • Chemicals  
 Custom Application  
 Field Scouting  
 Bulk, LP,  
 Gas and Diesel Fuel**

Kenyon  
507-789-6201

Hastings  
800-349-5743

Randolph  
800-657-3285

Hampton  
800-225-4316

## Holden Community Park Accepting Reservations



The Holden Community Park is now accepting reservations. This is a gathering place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

The park building is equipped with AC, refrigerator, stove, microwave and indoor bathrooms. Folding tables and chairs which are available for use within the facility. Picnic tables, playground equipment and a fire pit are also located just outside the back entrance. A prayer path also winds through the woods.

Please contact Peggy Kroenbach if you would like to reserve the building. (p\_kronbach@yahoo.com, # 507/227-4992)

*Letter from the Superintendent*

## The Pros and Cons of a 4-Day School Week for K-12 Students



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

Recently we are seeing more and more conversation, and news stories about the concept of implementing a four-day school week. This has sparked discussions within superintendent and school circles, leading to debates among educators, parents, and policymakers. Advocates argue that it brings forth various advantages, while critics express reservations about potential drawbacks.

There are several obvious benefits. The first being improved student attendance. The lat-

est data indicate that a four-day school week basically condensing the school week can result in increased attendance. With an additional day off, schools are seeing a decrease in absenteeism and less days missed due to doctor appointments, vacations, and other excused absences.

Enhanced focus and productivity have been cited as a huge benefit from schools that use modified calendars. The compressed schedule encourages better time management, allowing for more efficient use of classroom hours. Most schools note that teachers may also benefit from a four-day school week, experiencing improved morale and job satisfaction. Although the hours are the same, the day off allows for greater work-life balance, potentially reducing teacher burnout and turnover rates which is at a critical tipping point for most districts. The need for substitutes also reduces greatly.

For Kenyon-Wanamingo it is worth reviewing for the potential cost savings. Research now suggests that a four-day school week could lead to cost savings. With one less day of operation, schools may reduce expenses related to utilities, substitutes and transportation. For our district it could be close to \$300,000 a year in these basic sav-

There are also noteworthy disadvantages including longer school days. One of the primary concerns surrounding a four-day school week is the need for longer daily sessions to meet the required instructional hours. Extended school days can be tiring for students, potentially impacting their ability to concentrate during prolonged periods.

Under HF1242A the school calendar must include 935 hours of instruction for a student in grades 1 through 6, and 1,020 hours of instruction for a student in grades 7 through 12. The calendar for all-day kindergarten must include at least 850 hours of instruction for the school year. Even though the learning hours and requirements would remain the same in a four-day schedule, the bill would now have the calendar approved by the local school board, versus the current method of approval through the Commissioner of Education.

Another roadblock is childcare challenges. It is vital that schools provide childcare for their communities for working parents who rely on the traditional five-day schedule. Finding suitable childcare options for the extra day off can be difficult.

Critics argue that a shorter school week may result in learning loss over the long term. With fewer instructional days, students

may not receive the same amount of educational content as they would in a traditional five-day week, potentially affecting academic outcomes. Although, the schools in Minnesota that are providing the alternative calendar are not seeing a decline in scores. There are so many holidays and professional development (early out days) that those become a moot point in the total days anyway.

I am not sure where I stand on this trendy new topic, certainly many advantages and disadvantages to think about. While advocates emphasize potential benefits such as improved attendance and cost savings, critics express concerns about longer school days, childcare challenges. As the debate continues, it remains crucial to consider the unique needs and circumstances of each school community when evaluating the feasibility of such a schedule.

Thanks for the calls on this topic, I appreciate the dialog. If you have any questions or other ideas for me to research, please contact me at [bgiese@kw.k12.mn.us](mailto:bgiese@kw.k12.mn.us)

## K-W School board Makes cuts to Budget

(continued from page 1)

\$105,561 is cut by eliminating two vans. Each van was only transporting one student. Another proposal will be to cut one school board position. Currently there are seven school board members. A school board member is paid \$1,000 per year. This decision will be put up to a vote in November.

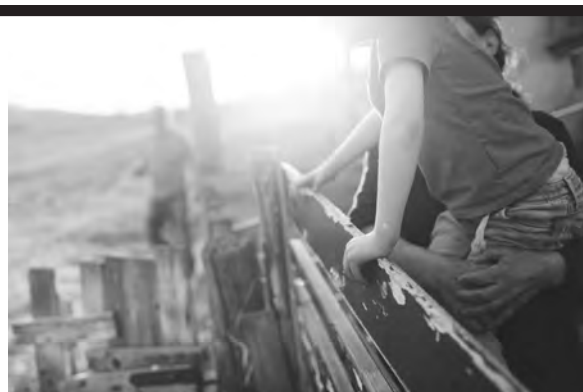
K-W superintendent Beth Giese also announced plans for a home construction class for the next school year with the project to build a Habitat for Humanity house in Kenyon. This allows students to get hands on experience in the building trades.

### TIPPING OUR CAPS TO FARMERS EVERYWHERE NATIONAL AG WEEK MARCH 17-23, 2024

Thank a farmer this spring for helping ensure we can all eat tomorrow. We're proud to provide many local farmers with the coverage they need to keep growing. Trust in Tomorrow.®



"Trust in Tomorrow." and the "A Grinnell Mutual Member" mark are property of Grinnell Mutual Reinsurance Company. ©Grinnell Mutual Reinsurance Company, 2020.



### KELLER INSURANCE AGENCY

Your FarMutual Agent  
305 Main Street, Nerstrand, MN 55053  
507-334-6550

Saturday May 18

# Nerstrand Night out

5:00-10:00 PM

## Hog Roast

At the Nerstrand Fire Hall

Proceeds benefit Nerstrand Charter School 18+

Advance \$20 \$25 at the door.

Food/Drinks Auction Beer/Wine Pull Music Dancing

## 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!**

# 2024 SKYWARN Training Schedule

(subject to change—please check [www.Sogn.us](http://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](http://www.Sogn.us)

**APRIL**

4 Thursday — **Online Webinar** begins at 6:30pm  
Pre-registration required. Sign-up on [www.Sogn.us](http://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 ★





## Kenyon-Wanamingo Noble Knights of the Week



**KW Noble Knights of the Week  
for February 16, 2024**

Front Row: Christian Ruther, KG, Ms. Madi Andrist; Waylon Benson, KG, Mrs. Tanya Short; Ella Hernandez-Washington, Gr. 1, Mrs. Katie Benbrooks; Rory Hanson, Gr. 1, Mr. Tony Donkers. Back Row: Mark Dressel, Gr. 2, Mrs. Deb Hinrichs; Harper Caron, Gr. 2, Mrs. Megan Jordan; Tarynn Houglum, Gr. 3, Ms. Val Ashland; Bree Helgeson, Gr. 3, Ms. Sandy Sahl; Leila Macho, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week  
for February 23, 2024**

Front Row: Thomas Thoreson, KG, Ms. Madi Andrist; Cooper Bauer, KG, Mrs. Katie Valek; Nola Otte, KG, Mrs. Katie Valek; Jaxon Johnson, Gr. 1, Mrs. Katie Benbrooks; Shia Even-son, Gr. 1, Mr. Tony Donkers. Back Row: Kendall Foss-Kennedy, Gr. 2, Mrs. Deb Hinrichs; Nova Christensen, Gr. 2, Mrs. Megan Jordan; Gretta Haugen, Gr. 3, Ms. Sandy Sahl; Thorn Wolf, Gr. 4, Thorn Wolf



**KW Noble Knights of the Week  
for March 1, 2024**

Front Row: Tobias Smith, KG, Ms. Madi Andrist; Eden Lexvold, KG, Mrs. Tanya Short; William Cato, KG, Mrs. Katie Valek; Wyatt Caron, Gr. 1, Mrs. Katie Benbrooks; Landon Evert, Gr. 1, Mr. Tony Donkers; Kiley Hedeem, Gr. 2, Mrs. Deb Hinrichs; Kain Wood, Gr. 2, Mrs. Megan Jordan; Karter Drum, Gr. 3, Ms. Val Ashland; Brody Wagner, Gr. 3, Ms. Sandy Sahl; Hannah Edwards, Gr. 4, Mrs. Chloe Gohman; Aria Amiot, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week  
for March 8, 2024**

Front Row: Layla Amundson, KG, Ms. Madi Andrist; Mya Hernandez, KG, Mrs. Katie Valek; Fatima Estevez Lima, Gr. 1, Mrs. Katie Benbrooks; Caleb Beardsley, Gr. 1, Mr. Tony Donkers; Eleanor Johnson, Gr. 2, Mrs. Deb Hinrichs; Brookelynn Cato, Gr. 2, Mrs. Megan Jordan. Back Row: Isabelle Hanson, Gr. 3, Ms. Val Ashland; Maya Ramirez, Gr. 3, Ms. Sandy Sahl; Emmett Peterson, Gr. 4, Mrs. Chloe Gohman; Hunter Aronson, Gr. 4, Ms. Rhonda Thesing

## Huge Food Drive - Double Your Gift

(continued from page 1)

Wangen Prairie Church is "blessed to be a blessing to others", continually looking for ways to love our neighbors through practical actions. Last fall, the Church provided almost 400 winter coats to those in need in the local community, and over 200 blankets and quilts, many hand made by the congregation and (pictured).

Food prices have gone up an average of 7% in each of the last two years (versus an annual average increase of 2% in the prior 20 years), so the need is great. All Seasons serves residents living in Nerstrand, Wanamingo, Denison and West Concord, as well as Kenyon.

The Food Shelf especially needs hearty soups; canned vegetable, fruit and chicken; pasta and spaghetti sauce; Hamburger Helper; canned or boxed main dishes; rice and rice side dishes; peanut butter, jelly and crackers; coffee, cocoa and tea; pudding and Jello mixes; cereal and oatmeal; cake and cookie mixes; snacks; deodorant; shampoo and conditioner; dish and hand soap; and toilet paper and paper towels.

Contact Pastor Shannon Bauer (507-298-7719) or Lori Pasch (507-298-7282) for more information and upcoming "adventures" in serving our community. Join us!



# Milo Peterson Ford Co.



## SAVE SOME GREEN WITH A FORD FROM PETERSON

	<b>2021 FORD F-150 XLT 4WD</b>		<b>2022 FORD BRONCO SPORT BADLAND 4x4</b>		<b>2022 FORD EDGE SEL AWD</b>		<b>2022 FORD ESCAPE TITANIUM AWD</b>
4 door super crew cab, 5.5' box, 25,150 miles, rapid red, 2.7L ecoboost V-6 #23067U		6,620 miles, carbonized gray metallic, ecoboost 2.0L I4, turbocharged #23158U		14,248 miles, stone blue metallic, ecoboost 2.0L I4 turbocharged #23213U		25,400 miles, star white metallic, ecoboost 2.0L I4 turbocharged #23189U	
	<b>2021 FORD RANGER LARIAT 4WD</b>		<b>2022 FORD MAVERICK XLT 4WD</b>	<div style="display: flex; justify-content: space-between; align-items: center;"> <h2 style="margin: 0;">Spring Car Care</h2> </div> <p style="text-align: center; font-size: small;">At Milo Peterson Ford Co., our highly qualified technicians are here to provide exceptional service in a timely manner.</p> <p style="text-align: center; font-size: x-small;">From oil changes to transmission replacements, we are dedicated to maintaining top tier customer service, for both new and pre-owned car buyers! Allow our staff to demonstrate our commitment to excellence. Call our service department to schedule your maintenance needs. Open Monday thru Friday 7:30am to 5pm.</p>			
Super crew cab, 5' box, 4 door, 17,475 miles, oxford white, 2.3L ecoboost, turbocharged #23209U		Super crew cab, 4 door, oxford white, 9,130 miles, ecoboost 2.0L turbocharged #23207U					

**SEE OUR COMPLETE INVENTORY AT [WWW.MILOPETERSONFORD.NET](http://WWW.MILOPETERSONFORD.NET)**

3020 457th Street Way, Kenyon • 507-789-6113 • SALES HOURS: M-T-Th 7:30a.m.-8p.m.; W-F 7:30a.m.-6p.m.; Sat. 8a.m.-4p.m.

## Shane Martin Band to Perform at Dennison Days June 21 & 22



The Dennison Lions Club, organizers of the annual Dennison Days town festival announced late last year that the date for the 2024 festival will move from the first weekend of August to June 21

& 22, 2024.

Event organizers stated the reason for the change is the fact that there are so many more events competing with the August date than there used to be. Minnesota artist Shane Martin will perform Saturday June 22nd, including his Alabama "Songs of The South" Tribute as part of the evening performance. More information can be found here at [www.shanemartin.com](http://www.shanemartin.com). Additional events as well as the Friday night line up of events and live music will be announced soon. Watch [www.dennisondays.org](http://www.dennisondays.org) for updates to the schedule.

Other events making a return this year are the Classic Car Show, Truck & Tractor Pull, Bingo, Pancake Breakfast and more.

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



**Our advertisers appreciate your business!**

*Tell them you saw their ad in the Kenyon Messenger*

# Business Link

• Bellechester • Castle Rock • Claremont • Dennison • Dodge Center •  
 • Dundas • Goodhue • Hampton • Kenyon • Mazeppa • Nerstrand •  
 • Randolph • Wanamingo • West Concord • Zumbro Falls •

<p><b>LODERMEIER'S</b> STEEL &amp; WOOD FRAME BUILDINGS</p> <ul style="list-style-type: none"> <li>• Machinery Storage</li> <li>• Commercial</li> <li>• Livestock Buildings</li> <li>• Garages</li> </ul> <p>38241 County 6 Blvd, Goodhue  <b>651-923-4441</b>  <a href="http://Lodermeiers.net">Lodermeiers.net</a></p>	<p><b>fw</b></p> <p>Flat Water Futures, LLC  <i>Grain and Livestock Hedging</i></p> <p><b>Todd Ryan</b>  <b>651-764-5590</b>  <a href="mailto:tryan@flatwaterfutures.com">tryan@flatwaterfutures.com</a>                  Goodhue, MN                  Branch Office</p>	<p>DODGE, GOODHUE,                  WABASHA, AND RICE                  COUNTY AREA FARMERS</p> <p><i>Losing soybean yield to                  White Mold and                  Sudden Death Syndrome?                  We can help!</i></p> <p>Call Colin at 1-306-716-4964  <a href="http://www.headsupST.com">www.headsupST.com</a></p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p><b>Real Estate Auctions</b></p> </div> <div style="text-align: center;"> <p><b>A</b>uction Real Estate Appraisal Personal Property Analysis  <small>Work in Progress Testimonial</small></p> </div> <div style="text-align: center;"> <p><b>Live and Sealed Bids</b></p> </div> </div> <p style="text-align: center;"><i>Best Fertilizer for Land is  of the Owner</i></p> <p style="text-align: center;"><b>Ron Sheridan</b>  <small>Since 1944                  Service is on the House</small>                  Zumbrota / Rochester</p> <p style="text-align: right;"><a href="http://www.drsquarefoot.com">www.drsquarefoot.com</a>  <b>651-246-4146</b></p>	
<h2 style="margin: 0;">Let's talk fence</h2> <p>Alpacas, Apples, Beef Cattle, Deer, Dairy Cattle, Elk, Emus, Gardens, Goats, Grapes, Gorillas, Horses, Lions, Llamas, Ostriches, Ponies, Raccoons, Sheep, Trout, Tigers, Yak</p> <p>62411 386th Ave., Zumbro Falls, MN                  Phone 507-753-2943 • <a href="http://www.kfence.com">www.kfence.com</a>  <b>Free Estimates • Free Catalogs</b></p>	<p><b>KAHN</b> Tile Supply LLC</p> <p><b>SPECIALIZED LUBRICANTS</b></p> <p><b>Bruce Freerksen</b>  <b>(507) 273-9110</b>  <a href="mailto:brucewithschaefferoil@gmail.com">brucewithschaefferoil@gmail.com</a>                  West Concord, MN</p>	<h2 style="margin: 0;">Tatge Jewelry</h2> <p>Awards By Tatge</p> <p><i>Since 1975</i></p> <p>625 2nd Street, Kenyon, MN                  (507) 789-6522</p>	<p><b>BAKER'S TIRE SERVICE</b>  <b>507-824-2264</b>                  11361 Hwy. 60 Blvd                  Wanamingo</p> <p><b>CERTIFIED FARM TIRE DEALER</b></p>	<p><b>SIFT</b> (SAVE IT FROM TRASH)  <b>THRIFT STORE</b></p> <p>26 RED WING AVE Kenyon, MN</p> <p>Hours: Thur &amp; Fri 12 to 8pm,                  Saturday 9am to 5pm</p> <p>DOUG AND MARY KLATT  <a href="http://www.sift4you.com">www.sift4you.com</a>  <b>Call us today! 507.259.2386</b></p>

**PLACE YOUR AD ON THIS PAGE**  
 Call Terry at 507-951-7417  
 or Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

**PLAZA MORENA**  
CAMPESTRE GRILL

**DINING ROOM**  
Open 7 Days a Week  
11:00am-10:00pm

**5% OFF MEAL PURCHASE**  
Expires March 31, 2024  
Does not include alcohol.  
Not valid with any other offer.

160 26th St NE, Owatonna  
507-413-0819  
www.plazamorena.com

**623 BAR AND GRILL**  
EST. 2023

**MEAT RAFFLES Sundays at 4PM**  
**BINGO Tuesdays at 6PM**

Dennison Lions Club Charitable Gambling Permit #2762

**E-TABS, PULL TABS EVERYDAY!**  
**FOOD SPECIALS!**

**ROASTED CHICKEN**

Watch Our Facebook Page for Updates!  
- ON/OFF SALE -

Mon. Closed  
Tues.-Fri. Bar: 4PM-Close; Kitchen: 4-8PM  
Sat. Bar: 11AM-Close; Kitchen: 11AM-9PM  
Sun. Bar: 1-9PM; Kitchen: 1-8PM  
Main Street, Dennison • Phone 507-782-9061

Take a Short Drive to Delicious

**The Fireside**  
LOUNGE and SUMMER GRILL

**SUNDAY SUPPER IS BACK!**

**DAILY FEATURES**

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

THURSDAY \$3.50 All Tabs, Domestic Bottles, Rail Drinks!  
Taco Specials! Fajita Specials! 16oz. Margarita Special

FINALLY FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m. and Sunday Pasta Features

37540 Goodhue Ave., Dennison, MN  
Hours: Wednesday & Thursday 11:00 AM-8:30 PM  
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM  
Bar Open Later  
RESERVATIONS STRONGLY SUGGESTED. CALL 507-645-9992.  
www.firesidelounge.net

**Center Restaurant**  
30 Main Street  
Dodge Center, MN 55927

**Breakfast, Lunch & Dinner**  
Generous portions, friendly service and delicious homestyle cooking anytime!

**10% OFF** With this ad  
Good Monday-Friday. Expires March 31, 2024.

Hours: Sunday-Thursday 7am-3pm  
Friday-Saturday 7am-8pm  
507-633-3333

**House Smoked BBQ Food, Cold Drinks and LIVE MUSIC!**

Watch our Facebook Page Daily  
Specials & Weekend Entertainment!

Check Out Our Website!  
**RBAR-RANDOLPH.BIZ**  
Great Way to Keep Up on All Our Live Events!

**THE R BAR**

4354 292nd St E, Randolph  
507-646-0107  
rbar.randolph@gmail.com  
Monday 3:00pm-9:00pm  
Tuesday-Thursday 11:00am-11:00pm  
Friday & Saturday 11:00am-1:00am  
Sunday 11:00am-9:00pm

**AREA DINING & ENTERTAINMENT**

**SMOKIN' GOOD BBQ**

Brisket • Pulled Pork  
Pulled Chicken • Smoked Corn Beef  
Pork Belly • St. Louis Ribs • Beef Ribs  
Burgers • Nachos • Tacos

Dine In ~ Takeout ~ Delivery

Order online from our website for takeout and delivery.

**THE SMOKIN' SILVERBACK**

smokinsilverback.com

1832 South Cedar Owatonna MN • 507-214-0701  
Monday-Thursday 11am-9pm; Friday-Saturday 11am-10pm; Sunday 11am-7pm

**SANDWICHES • BURGERS**  
**BBQ**

**THE SMOKIN' SILVERBACK**

1832 South Cedar Owatonna MN  
507-214-0701  
Monday-Thursday 11am-9pm  
Friday-Saturday 11am-10pm  
Sunday 11am-7pm

**And 57 COFFEE & cafe**

Where Good Coffee and Good Friends Meet!

M-F 7:30am to 7:30pm  
Sat. 7am to 2pm; Closed Sundays

125 Main Street, Wanamingo, MN  
507-824-2969

**TOREY'S**  
Restaurant & Bar

TOREY'S IS ENHANCING YOUR DINING EXPERIENCE  
Come check out our expanded menu, extensive drink selection and new renovations.

MONDAY-TUESDAY-WEDNESDAY-THURSDAY 11:00AM-8:00PM  
FRIDAY 11:00AM-9:00PM • SATURDAY 3:00PM-9:00PM • SUNDAY CLOSED

**TOREYS.NET**

**BOOK YOUR SPRING & SUMMER EVENTS**  
Banquet Hall, Seating Up to 300  
Full Bar • Full Restroom Facilities • Complete Catering Services

208 North Cedar, Owatonna  
507-455-9260

**East Wind 東風 Buffet**

**15% OFF** Wednesday, Thursday with ad

**10% OFF** Friday, Saturday, Sunday with ad

**MENU OR BUFFET**

Hours: Monday: 11am-10pm  
Tuesday: Closed  
Wed.-Sun.: 11am-10pm

Cannot be used with other offers.  
**507-451-9666**  
1015 W. Frontage Rd., Suite 103, Owatonna • South of Lowe's  
Dine In Only • Expires March 31, 2024

**TAMMY'S PLACE**  
Restaurant & Bar  
Kasson, MN

DRINKS • APPETIZERS  
SANDWICHES • BURGERS  
SALADS • WRAPS • DESSERTS

**DAILY SPECIALS**

Closed Mon.; Tues-Thu 11am-9pm; Fri-Sat 11am-10pm  
Sun 11am-8pm  
111 West Main Street, Kasson, MN  
507-634-3133

**BREAKFAST, LUNCH, DINNER**

BURGERS  
ESPRESSO  
HOTDISH  
ICE CREAM

Try our daily specials!

**ANGIE'S Restaurant**

635 2nd Street, Kenyon  
Hours:  
Tues.-Sat. 7am to 8pm  
Sunday 8am to 1pm  
Closed Mondays  
507-789-1100

**Olivia's FAMILY RESTAURANT**

Family Fare at Great Prices

Breakfast  
Daily Specials  
Weekend Breakfast Buffet

**10% OFF** with this ad  
Good Monday-Friday. One coupon per meal.  
Expires March 31, 2024

Hours: Sunday-Wednesday 6:00am-3:00pm  
Thursday-Saturday 6:00am-8:00pm  
1160 Frontage Road, Owatonna • 507-444-4000

## Down on the Farm/ Up at the Cabin How to Make Friends in a New Community: Being Helpful

By Monica & Claudia Vanderborght

When all is said and done, it still takes time for a home purchase to close. Monica finally had a purchase agreement on a small farm: 20 acres with rolling topography and some fenced pasture, a barely nice four-bedroom home with attached garage, and a huge 40' x 90' pole barn. And still some summer re-

mained to make local friends before her teaching job began in September.

Monica's daughter was grown with a family of her own – it's difficult to make friends when your kids are adults. But church would be a key to meeting some local folks and maybe some farmer friends. (Farming sounded like fun, but Monica realized that she knew nothing and would have a lot to learn.)

Monica settled into a local community church. Although the congregation was small, it was welcoming. With instant friends: there were two female veterans, a single middle-aged teacher, and a few families who farmed. Having time on her hands before house closing and school starting, Monica offered to help her new friends with

whatever was needed. One family invited her to help trim grape vines in their vineyard; it was hot, sweaty work, standing on a steep hillside -- but Monica liked being outdoors and loved learning new skills.

One Sunday, Monica listened to the teacher exclaiming frustration about her basement renter: the gal was behind on rent, causing problems, and refusing to leave. Monica had heard many stories from her dad about how difficult it was to evict tenants, usually costing thousands of dollars and causing months of frustration. Monica is a problem solver, had experience with renters, and loves to help others; she offered her new friend help in evicting the tenant.

"Let's make this official," Monica suggested. "Write up a lease and I will pay you \$1 in rent to make the contract legally binding."

Contract in hand, Monica packed a few clothes, her cooler and grill, the air mattress, a few miscellaneous essentials, and moved into the other basement bedroom. The difficult tenant had gone away for the weekend, so while she was gone Monica helped pack her belongings.

Anything that might be used as a weapon (knives, tools) were stored at the bottom of the box, clothes and dishes on top. Two days later, the delinquent renter returned and discovered Monica -- her new, helpful roommate.

The shouting and cursing began, including pleas like, "Where I am supposed to go? I have nowhere to live! How am I supposed to move? I have nowhere to go..."

After pointing out that this was not the

homeowner's or Monica's problem, Monica ignored her. The homeowner simply repeated her requests for rent owed.

Knowing that possession is nine-tenths of the law, Monica was careful not to leave the apartment. When dinner time came and she wanted to use the grill, Monica simply locked the bedroom door and climbed in and out of the window!

The tenant was – of course – furious and threatened to call the police. Both the homeowner and Monica agreed that was a wonderful idea (much to the chagrin of the apartment squatter). A very nice officer came to the home, understood the dilemma, and asked to speak with each person individually.

When it was her turn, Monica presented her driver's license and military identification (knowing that many officers had served in the military).

"I have my own home," Monica explained, "but I am just trying to help my friend, the homeowner."

"You know this isn't the normal way of doing things," the officer said.

To which Monica completely agreed. So the officer phoned the chief for advice on the legalities of the situation.

"Good news and bad news," the officer told the young lady. "No, the homeowner cannot force you to move out. You have a legal right to stay and make the homeowner go through the normal eviction process. The bad news is that Monica, having a legitimate lease, also has a legal right to stay."

Within 24 hours, still shouting and cursing, the delinquent renter packed up the rest of her belongings and moved out. Monica left a day or so later.

## Save the Date!



### DENNISON DAYS

#### JUNE 21-22, 2024

*Be Part of the 2024 Celebration!*  
Contact The Dennison Lions Club  
Meetings Held The Third Tuesday of The Month  
Watch for updates at [www.dennisondays.org](http://www.dennisondays.org)



## Keep Your Farm Moving in the Right Direction

The right insurance coverage can go a long way toward protecting the best interests of your farm and money.



**CELEBRATING OUR  
AREA FARMERS**  
National Ag Week March 17-23



**COMMUNITY GROWN  
INSURANCE**  
*...you're covered!*



**GRINNELL  
MUTUAL**

Trust in Tomorrow.

<p style="text-align: center;"><b>Security Agency Kenyon</b></p> <p style="text-align: center;">600 2nd St, Kenyon MN 55946 Phone: 507-789-6366 Email: <a href="mailto:info@securityinsurancekenyon.com">info@securityinsurancekenyon.com</a></p>	<p style="text-align: center;"><b>Keller Agency</b></p> <p style="text-align: center;">305 Main St Nerstrand MN 55053 Phone: 507-334-6550</p>
<p style="text-align: center;"><b>Sviggum Agency</b></p> <p style="text-align: center;">133 Main Street Wanamingo MN 55983 Phone: 507-824-5105 <a href="mailto:agent@svigguminsurance.com">agent@svigguminsurance.com</a></p>	<p style="text-align: center;"><b>Castle Rock Agency</b></p> <p style="text-align: center;">27925 Danville Avenue Castle Rock Phone: 651-463-7590 Email: <a href="mailto:michelle.kreisler@castlerockbank.net">michelle.kreisler@castlerockbank.net</a></p>

## For Dependable Home Heating & Commercial L.P. Gas...

### Call Community Co-op Today!



## Experience the Difference

- Regular Scheduled Delivery Option
- Commercial & Ag
- Budget Pay Plan Available
- Online Ordering Available
- 24-Hour Emergency Service
- Online Bill Pay Available
- Tank Installation
- Contracting Open Year-Round
- Residential

**Proudly Serving You Since 1925**



9 Central Avenue  
Faribault, MN 55021  
**(507) 334-8642**  
**800-COOP OIL**  
**(800-266-7645)**  
[www.fbocoop.com](http://www.fbocoop.com)

*Proudly Serving You Since 1925*

## Fasting



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist



SCAN ME

March is a month of new beginnings and this year the beginnings seem to be coming earlier than previous years. The official start of the spring season will come this month and the month will conclude with the celebration of Easter. During this month, some will choose to abstain from a select food or activity in observance of Lent. Choosing to abstain from something can be a good exercise in self-control. This type of practice

helps an individual to understand how much something truly influences their life. Perhaps during this season, you may consider the activity of fasting.

Fasting can take many forms from abstaining from one meal to not eating any food for a few days or up to 40 days. Various religious practices around the world have incorporated fasting as a way to focus more attention on spiritual activities and less time on physical activities. However, there are some significant benefits to the physical body when a healthy fast is practiced.

A simple, healthy fast would begin in the evening after your final meal of the day. Once dinner time is complete, the fasting clock begins. No midnight snacks, only water as needed and go to bed. The majority of the first 12 hours of fasting will be spent sleeping through the night. The next day only drink water, a small amount of herbal tea, or possibly some vegetable broth, if needed. By the time you reach the next dinner hour you have stayed away from food for 24 hours. Continue drinking water only and go to bed. By the next morning, you will have completed almost 36 hours of fasting and now is a good point to break your fast with a healthy breakfast. This 36 hour fast is a good first step to practicing what fasting on a regular schedule may look like.

- Benefits of fasting include:
- Reduces high blood sugar levels

- Decreases high insulin levels and reduces insulin insensitivity
- Increases immune cell activity
- Improves clarity of thinking
- Can reduce inflammation
- Stimulates detoxification systems in the liver and kidneys

When you go into a fasting season, you force the cells of your body to do some clean up work. Activity inside the cells will remove anything that has become non-functional or is unhelpful. With this activity, cleaning helps the cell to prioritize healthy activity. This can be a helpful activity when your body is recovering from an illness. Improving healthy activity at the cellular level is what fasting stimulates.

A variation of fasting is becoming popular with many individuals called Intermittent Fasting. The general concept is reducing the window of time each day when food is consumed. Instead of eating food within a 12 hour window of the day, the time frame may be reduced to only 6 hours in the day. The remaining 18 hours of the day would only drink water or sleep. Some individuals reduce the eating more strictly to only 4 hours per day for eating, or only eating every other day. Intermittent fasting has gained popularity since 2010 when research studies on animals observed the animals living longer when their food intake was restricted.

While fasting may seem the exact opposite of living a full life, consider how the alternative has affected our society. We live in a cul-

ture where no restriction is given. You are encouraged to eat at all times of the day and to eat whatever you want. Grocery stores are filled with more choices than you know what to choose. The result has been increased obesity, increased diabetes, chronic inflammation, and a generation that does not know how to prepare healthy food. An occasional season of fasting can help bring clarity and focus to food preparation and a healthy lifestyle.

I invite you to join me this spring at the Northfield Holistic Health Summit "New Beginnings" Saturday, May 4, 2024, to learn more about healthy lifestyle choices and the resources available to you. Ten local health practitioners will be presenting information on – herbs, homeopathy, acupuncture, toxins, neurology, allergy therapy, and more. Come join us for the day and enjoy a healthy catered meal by Café Shawn. More information at <https://www.nutritionproportion.net/health-summit2024> or scan the QR code.

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. 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](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net)

*Join Us for Our Special*  
**Easter Brunch Menu**  
**Sunday, March 31<sup>st</sup>**

**Serving 9:00a.m.-3:00p.m.**  
**Reservations Required**  
Call 507-645-9992  
or Email: [firesideloungedennison@gmail.com](mailto:firesideloungedennison@gmail.com)  
to Make Your Reservation  
(Put "Reservation Request" in the subject line)

Regular Menu Not Available Easter Sunday

*Happy Easter From All of Us at The Fireside!*

**WE WILL  
CLOSE AT 4PM  
EASTER SUNDAY  
SO OUR STAFF CAN ENJOY  
THE EVENING WITH  
THEIR FAMILIES**

**The Fireside**  
LOUNGE and SUPPER CLUB

Open Wednesday-Thursday 11:00am-8:30pm  
(Bar Open Later)  
Friday-Saturday 11:00am-9:30pm (Bar Open Later)  
Sunday 9:00am-8:00pm (Bar Open Later)  
37540 Goodhue Ave., Dennison, MN  
507-645-9992  
[www.firesidelounge.net](http://www.firesidelounge.net)

## DON'T LET HEARING PROBLEMS SLOW YOU DOWN!

<b>FREE</b>	<b>FREE</b>	<b>FREE</b>	<b>HUGE</b>	<b>BLUETOOTH</b>
<b>Hearing Exam</b>	<b>Consultation</b>	<b>2 Week Trial</b>	<b>Selection (In-Ear &amp; Behind Ear)</b>	<b>Models available (Phone &amp; TV)</b>

**Call today for your FREE, No Pressure, No Obligation Consultation**

## Advantage Care Hearing Center

*Jayne Bongers* Owner/MN Certified

**507-412-9813 • [advantagehearingcenter.com](http://advantagehearingcenter.com)**

ZUMBROTA: 1605 Main St, Suite 200 • CANNON FALLS: 100 South 4th St.  
FARIBAULT: 1575 NW 20th St

## 35,000 Die from Antibiotic Overuse, Helium Shortage



By Shauna Burslem, D.C.

An estimated 35,000 Americans die each year from antibiotic resistant infections. Worldwide, the number rises to 4.95 million. Antibiotics are extremely overused in medical practice. Antibiotics are only useful for bacterial infections, they are useless for viral infections such as colds and flu. As far as childhood ear infections goes, 70% of ear infections clear up in 3 days without treatment and 80% clear up in 10 days without treatment. In addition to risks of developing antibiotic resistant germs in your body, the floxacin variety of antibiotics (the drug names that end in with the word floxacin), can increase your risk of aortic rupture and have been linked to kidney stones, colorectal can-

cer and inflammatory bowel disease. Most antibiotics end up in our bodies not from medical prescription but from animal meat consumption. Animal meat that is not antibiotic free becomes contaminated and a source of antibiotic resistant infections. This is just one of many reasons to only eat organic chicken, beef, pork and fresh fish that is not farm raised. If you have minor bacterial infections, there are natural antimicrobials that do not cause drug resistance. Garlic, ginger, echinacea, goldenseal, oregano oil, olive leaf extract and liposomal vitamin C to name a few. Antibiotic medical prescriptions are needed to save lives in an extreme bacterial situation and are one of the most important drugs ever discovered. Taking these drugs unnecessarily and frequently will lead to a situation that when you actually need an antibiotic for a bacterial germ, the antibiotic will not work for you.

Sauna use four to seven times per week decreased the risk of dementia by 66% and 65% for Alzheimer's disease. Sauna use appears to boost brain health by lowering inflammation and blood pressure and improving vascular function.

Did you know that the gas helium used to fill up our balloons is mined from 3000 feet underground in a natural geologic formation called the helium reservoir? The Cliffside Gas Plant in Amarillo, Texas produces up to 30% of the nation's helium supply and 9% of the global supply. Helium is now in short supply which has the healthcare industry worried. Helium is the coldest element on Earth and is used to keep MRI machines cool. Without helium, MRI machines will not work. Three out of the five U.S. helium

suppliers are now rationing helium so that MRI machines take priority over parade and party balloons. It sounds like this is the time to start blowing up balloons the old fashioned way, with our breath.

It appears that the "conspiracy theory" that Covid-19 coronavirus was developed in a lab in China is not a theory any longer. Evidence gathered through the Right to Know Act shows that the ECOHealth Alliance in 2018 proposed gain of function research (this is the type of research used to develop vaccines) on bat coronaviruses. Documents show that American scientists planned to work with China's Wuhan Institute of Virology to engineer coronaviruses with SARS\_CoV-2 features the year before the virus emerged from the city. In his new book, Senator Rand Paul states that the COVID-19 pandemic was the result of Anthony Fauci's decision to fund the bat coronavirus gain of function research in China. This research was banned in the U.S. at the time. Paul goes on to say that Fauci profited from the Covid-19 pandemic disaster in the amount of 5 million dollars. In an interview on the Tucker Carlson show, Paul states that the pandemic killed millions of people and Fauci should serve prison time.

Vitamin D3, sometimes known as the "sunshine vitamin", is more than just one of the many supplements on the shelf—it's a powerful player in our overall health. Vitamin D

is essential for the health of our bones, but did you know that Vitamin D3 also plays a crucial role in strengthening our immune system? This is why there are less cases of colds and flu in the summertime when more people are exposed to sunshine. Then there's the topic of cancer prevention. While we don't have all the answers, research suggests that Vitamin D3 might help out again by putting up a fight against certain types of cancer cells including colorectal cancer. So, please consider how Vitamin D3 supplementation could be a simple, yet effective addition to your daily routine. It's all about giving your body a bit of extra support so that it can take care of you better.

### Teddy Bear Puppies for Sale



Family raised Havanese, wormed, vaccinated, 1 yr. health guarantee

**507-951-7417**

### DO YOU HAVE AN ANNOUNCEMENT?

Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## Thank You, Farmers!

National Ag Week March 17-23



**Dubbel's Truck Wash**  
Randolph, MN

Removing the Grime. Revealing the Shine  
507-663-9006

Email: [info@dubbelstruckwash.com](mailto:info@dubbelstruckwash.com)  
[www.dubbelstruckwash.com](http://www.dubbelstruckwash.com)  
5224 284th St. East, Randolph

Mon.-Fri. 8am-6pm; Sat. 9am-Noon; Sun. Closed  
After Hours by Appointment

MPCA Monitored • EPA Compliant • DOT State Regulated

**RANDOLPH STORAGE, LLC**  
HAMPTON STORAGE

RANDOLPH HAMPTON  
5320 284th Street East 23450 Emery Avenue  
507.649.1258 507.649.1258

**Safe. Affordable. Easy.**

[www.randolphstoragellc.com](http://www.randolphstoragellc.com)  
[info@randolphstoragellc.com](mailto:info@randolphstoragellc.com)

## Rice Soil and Water Conservation District

### Women Landowners & Farmers Invited to Land Management Meeting

Women who own, manage, or actively farm agricultural land are invited to attend the Women in Agriculture – Managing Your Land: Expert Advice for Women Producers & Landowners meeting on Saturday, March 16th in Faribault.

Martha McFarland, a buffalo/cattle rancher and a Senior Farmland Viability Coordinator with the Practical Farmers of Iowa will share her experience with her family's farm transition and land management considerations that affect farm families.

"More and more women are owning agricultural land or taking part in farm operations in Minnesota," said Teresa DeMars with the Rice SWCD. "This will be a great opportunity for women to connect with other women involved in agriculture and learn about key concepts to manage and protect their land for future generations. Whether you rent your farmland out or are actively farming, you are invited to attend."

The meeting will be held at the Faribault Family Restaurant, 2519 Lyndale Avenue North in Faribault from 10:30 am to 1:30 pm. Lunch and refreshments will be provided.

The event is FREE but registration is required to plan for the food purchase. Register at <https://donorbox.org/events/560715> or by contacting Teresa DeMars with the Rice SWCD at 507-332-5408 or [teresa.demars@riceswcd.org](mailto:teresa.demars@riceswcd.org). Space is limited.

The event is sponsored by the Izaak Walton League Upper Mississippi River Initiative, Practical Farmers of Iowa, and the Rice Soil and Water Conservation District.

### Score Your Shore Webinar Planned for Lakeshore Homeowners

Join the Cannon River Watershed Joint Powers Organization as they host the final session of the virtual learning series Land to Lake Lectures. Research Scientist Paul Radomski with the Minnesota Department of Natural Resources Lake Ecology Unit will discuss the Score-Your-Shore survey protocol and the Lake Steward Survey App. These tools allow homeowners to assess the quality of their shoreland habitat and provide productive feedback on actions that could be taken to improve lake stewardship for habitat and water quality. This series is offered in collaboration with the University of Minnesota-Extension.

The free webinar will be held on Monday, March 18, 2024 at 12:00 pm over the lunch hour. Register for the webinar at <https://z.umn.edu/ScoreYourShore>. For those who cannot attend, you can still register for the session and a recording of the webinar will be sent to you after it airs. The video will also be posted on the CRWJPO's website at <https://www.cannonriverwatershedmn.gov>. For more information contact Emmie Scheffler at (507) 332-5408 or [Emmie.scheffler@riceswcd.org](mailto:Emmie.scheffler@riceswcd.org).

## Funds Available to Boost Minnesota Livestock Product Sales

*Meat, poultry, egg, and milk processors focus of MDA grant program*

Minnesota livestock product processors seeking to start-up, modernize, or expand their businesses are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Meat, Poultry, Egg, and Milk Processing (MPEM) Grant.

Funded through the Minnesota Department of Agriculture (MDA), the intent of the MPEM Grant is to increase sales of Minnesota-raised livestock products by investing in equipment and physical improvements that support processing, capacity, market diversification, and market access.

The MDA anticipates awarding up to \$750,000 in 2024 MPEM Grants using a

competitive review process. The maximum award amount is \$150,000, and the minimum award amount is \$1,000. Grantees are responsible for 50% of the first \$50,000 of project expenses, and 75% of the total remaining costs above \$50,000.

Individuals (including farmers), businesses, agricultural cooperatives, nonprofits, educational institutions, local unit of governments, or tribal governments that intend to be or are engaged with livestock slaughter or processing are eligible for the MPEM Grant. Projects focused on meat and poultry processing, especially slaughtering, will be prioritized in this round of funding.

Grant applications will be accepted until 4 p.m. on Tuesday, April 9, 2024. For further information and to submit your online appli-

cation, visit the AGRI Meat, Poultry, Egg, and Milk Processing Grant web page.

This call for MPEM Grant applications follows a previous round of applications announced in fall 2023. Recipients of the 2023 MPEM Grants will be announced at a forthcoming date.

Funding for the MPEM Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

## MDA Offers Mini-Grant for Produce Growers

*Reimbursement possible for water testing, harvest supplies, and other expenses*

Minnesota produce farmers who improve their on-farm food safety systems may be eligible to reimburse those expenses through the Minnesota Department of Agriculture's (MDA) 2024 Produce Safety Mini-Grant, which is now accepting applications.

The Produce Safety Mini-Grant will distribute a total of approximately \$33,600. Awardees will receive up to \$800 per farm. No matching funds are required.

To be eligible, applicants must be produce growers farming in Minnesota, who grow and sell one or more of the following crops: leafy greens, apples, berries, carrots, cucumbers, garlic, green beans, herbs, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, or tomatoes.

Applicants must also have completed the Minnesota Department of Agriculture Produce Safety Program Grower Questionnaire at least once between 2021-2024.

Expenses must occur on or after October 1, 2023 or be planned to take place before August 2, 2024. Examples of eligible expenses include:

- Supplies to build or purchase a portable handwashing station
- Harvest totes or collection tools
- Water testing for generic coli
- Consultation fees for developing an on-farm food safety plan
- Waxed boxes and market containers

Additional information and the online application are available on the MDA website.

Farmers can contact the MDA Produce Safety Program at 651-539-3648 to request a paper copy. Applications will be accepted through 11:59 p.m. on March 30, 2024.



## Traxler Law PLLC

traxlerlaw.com

**Ann Traxler**  
Attorney

### PRACTICE AREAS

- Wills, Trusts, & Estates
- Farm and Business Transition Planning
- General Practice
- Probate

4359 Cty. 11 Blvd.  
Kenyon, MN 55945  
507-405-0420  
ann@traxlerlaw.com



**WE'RE ONLINE**  
[www.kenyonmn.net](http://www.kenyonmn.net)



**Proudly Supporting Our Area Farmers**  
National Ag Week • March 17-23, 2024

**RIVER COUNTRY COOPERATIVE**



*"Established 1935"*

Fertilizer • Seed • Soil Sampling • Chemicals • Custom Application • Field Scouting  
Bulk, LP, Gas and Diesel Fuel

Kenyon 507-789-6201	Hastings 800-349-5743	Randolph 800-657-3285	Hampton 800-225-4316
------------------------	--------------------------	--------------------------	-------------------------

## Capital CONSTRUCTION

**Residential & Multi-Family Contractor**

Roofing | Siding | Gutters | Windows



*Free Inspections*

**952.222.4004**

[www.CapitalMN.com](http://www.CapitalMN.com)





## Landowner Enrollment Begins for Walk-In Access Program

By Minnesota DNR

Enrollment is open for Minnesota's 2024 Walk-In Access program, which pays landowners to allow public hunting on private lands.

Since 2011, the Walk-In Access program has enrolled parcels of 40 acres or larger with high-quality natural cover. Land enrolled in conservation programs like the Conservation Reserve Program or Reinvest in Minnesota is preferred, but is not a requirement. The program is currently ten thousand acres under its cap, so there is room to grow within counties that are eligible. Contact your local soil and water conservation district office to see if your county is in the program or could be added. This year, landowners can receive \$18 per acre enrolled. For more information about what land is eligible for this program, visit the Minnesota Department of Natural Resources website.

A \$3 validation fee paid when purchasing a hunting license allows a hunter to access enrolled parcels, which are marked with highly visible signs posted by Minnesota DNR staff. Walk-In Access is often seen as a win-win for hunters and landowners, said Amber Knutson, Walk-In Access program coordinator.

"Hunters have 29,000 acres of privately-owned Walk-In Access land available to them," Knutson said. "Hunters can have confidence that they're welcome on these parcels."

Participating hunters can access Walk-In Access parcels Sept. 1 through May 31. Hunting laws are enforced by Minnesota DNR conservation officers. Landowners aren't required to purchase additional liability insurance since enrolled lands are covered by recreational use laws under Minnesota state statute.

This program is primarily funded through a Voluntary Public Access grant through the U.S. Department of Agriculture. Additional funding sources come through a \$5 surcharge on all nonresident hunting licenses, Walk-In Access validations, and donations made by hunters purchasing deer and small game licenses.

Landowners can sign up for the program at their local soil and water conservation district office or by contacting Amber Knutson at 507-706-6172. More information is available at the Minnesota DNR's Walk-In Access webpage.

## Rainfall Monitoring Network Seeks Volunteers

Participants provide important data about precipitation, climate trends

By Minnesota DNR

The Minnesota State Climatology Office is seeking rainfall monitors for the Community Collaborative Rain, Hail and Snow Network. The network includes more than 20,000 volunteers nationwide who measure precipitation in their backyards using a standard 4-inch diameter rain gauge.

Participants submit their precipitation reports online. The data from backyard rain gauges are a critical source of information and it's beneficial to add more volunteer weather observers each year, even in areas where there are already volunteers.

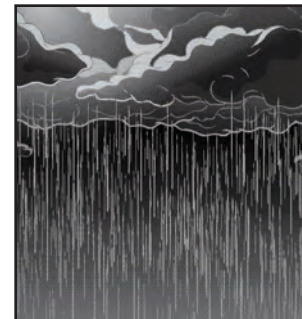
"Rainfall and snowfall amounts can vary widely over a short distance, so a variety of reports is helpful in the same community or area," State Climatologist Luigi Romolo said. "We have some areas in greater Minnesota that have very few reporting stations. The more we have across the state, the better information we all have."

"Over time, as more volunteer reports make our precipitation maps more accurate, these observations provide critical guidance on Minnesota's changing climate," Romolo added. "This is also a great educational activity for families with kids and a rewarding hobby for anyone interested in weather or climate."

Volunteers are particularly needed outside the immediate Twin Cities metro area. Volunteers receive training on how to observe weather trends and how to submit their precipitation and weather event reports. All training material is available online. Participants must purchase or provide a standard 4-inch diameter rain gauge (available at discount through CoCoRaHS) and have internet access to submit reports.

For the past four years, Minnesota has won the "CoCoRaHS Cup" for recruiting the most new volunteers of any state. "We're hoping Minnesotans will again come through in 2024 to keep the cup in Minnesota and, more important of course, to improve our state's precipitation recording," Romolo said.

To sign up or for more information, visit [CoCoRaHS.org](http://CoCoRaHS.org) opens in a new browser tab or contact Luigi Romolo at [luigi.romolo@state.mn.us](mailto:luigi.romolo@state.mn.us) opens in a new browser tab.



**Wanamingo Mutual Insurance Co.**  
est. 1876

- Homeowners
- Farm
- Workmen's Comp
- Inland Marine
- Auto
- Commercial

Office open in Wanamingo  
Monday through Friday

**507-824-2912**

## A Salute to Agriculture!

**National Agriculture Week**  
March 17-23

**Nerstrand**  
Cannon Falls-Randolph-Byron

www.nerstrandag.com

**Nerstrand Agri Center**  
415 Main St, Nerstrand  
507-645-7972

**Cannon Falls Agri Center**  
216 Dakota, Cannon Falls  
507-263-2140

**Byron Agri Center**  
302 Byron Ave N, Byron  
800-944-2297

## That's the Latest Music



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.*

As I listen to music driving down the road, I got to thinking about how music is an integral part of our lives whether we realize it or not. I am always quoting lines from songs and from sitcoms. In an email or text I will write something like: I'll be there! Michael Jackson 1970.

I recently signed up for a year of Sirius XM Radio where they have any genre of music you want plus sports and news and more. One of the liners they use on The Bridge, a channel devoted to light rock from the 70's and 80's, goes like this. You can't go back to the

past but you can rediscover the soundtrack. I thought that was profound. I know for me, probably you too, that songs from our high school days or college days are indeed the soundtrack of our lives from that time in our life. Country singer Clint Black has a chorus in the song 'State of Mind' that goes like this:

Ain't it funny how a melody can bring back the memory

Take you to another place in time. Completely change your state of mind.

Clint Black is one of several country artists I've seen in concert. In my years of working in radio stations, many were country stations so I got hooked on country music from the 80' and 90's. I got to meet a number of these country artists too. Alan Jackson, Kenny Rogers, Lee Greenwood. I did not see the Michael Martin Murphy concert when he played in Kansas City at the American Royal, but he did come and party with us farm broadcasters in a hospitality room at the Westin Crown Center during our convention. There are a lot more country artists that I've not met but seen them in concert. Dolly Parton, Reba McEntire, Garth Brooks, Charlie Daniels, Travis Tritt, Nitty Gritty Dirt Band, Terri Clark among them. I've also been to the Grand Ole Opry a few times.

Marilyn Sellers did a song called One Day at a Time. When I was at KDHL, I got to do a half hour interview with her and then later at the Rice County Fair, she recorded a music video where I was in the crowd. So I put that on my resume that I was part of a country music video. I also did a half hour interview with Dan Seals. Dan started his career as part of the soft rock duo England Dan and John

Ford Coley. Then Dan went solo and changed genres to country where he had 11 number one hits. There was another duo called Seals and Crofts. That was Dan's older brother Jim Seals.

The first country concert I went to was when I was working at KOWO radio in Waseca. Rob 'the Beav' Henry and I went to Minneapolis to see Waylon Jennings and Don Williams. The first rock concert I went to was in 1971 to see the group Chicago at the old Met Center. The second rock concert I saw was also at the Met Center when I saw Joe Cocker. The opening band for him that night was Dr Hook and the Medicine Show. In the mid 70's I also saw Elton John at the Met Center.

Beav and I saw the Eagles when they were not the headline act. They opened for a group called Yes. The Eagles went on to be headliners, in fact still are today. They are headlining their farewell tour. When people ask me what was your favorite concert you attended, I always say Harry Chapin who played in Mankato when I was going to college there. David Bromberg opened for him and that, for me, was the best one I saw.

The best concert I did not see, even though I had a ticket for it, was the Moody Blues. I still have the ticket, a \$5 ticket that was not used. This would have been the fall of 1975. It was a Sunday night. We were harvesting corn and drying corn and just couldn't get

away to go party at a concert.

There are some artists that I wish I had seen in concert. Among them; Dan Fogelberg; John Prine; Crosby, Stills and Nash; and Toby Keith. Toby just passed away recently and I was sorry I never got to see him in concert. He recorded 21 albums with 69 singles, 20 of which were number one on the charts. He had one of the most profound lines I've ever heard in one of his songs called 'Who's That Man'. The line is a twist to an old saying but Toby's line goes like this: 'I guess the less things change, the more they never seem the same. You have to think about it but after a while, it makes sense.'

**Family Farming Since 1876**

# Celebrating National Ag Week

March 17-23, 2024

## HOLDEN farms

Northfield • 507-663-0003  
www.holdenfarms.com

Dennison Lions Club

# ANNUAL SPRING BREAKFAST

Sunday, March 24, 2024  
8:00a.m.-12:00p.m.  
at Dennison Lutheran Church, Dennison

All You Care to Eat  
Pancakes, French Toast,  
Eggs, Sausages,  
Juice, Milk, Coffee

Adults \$10.00 Kids \$5.00 (Kids under 3 Free)

Proceeds will benefit the Dennison Lions Club and  
Dennison Community Church activities

Dennison Lions Club is a non-profit organization.

## Thank You, Farmers!



### Celebrating 2024 National Ag Week

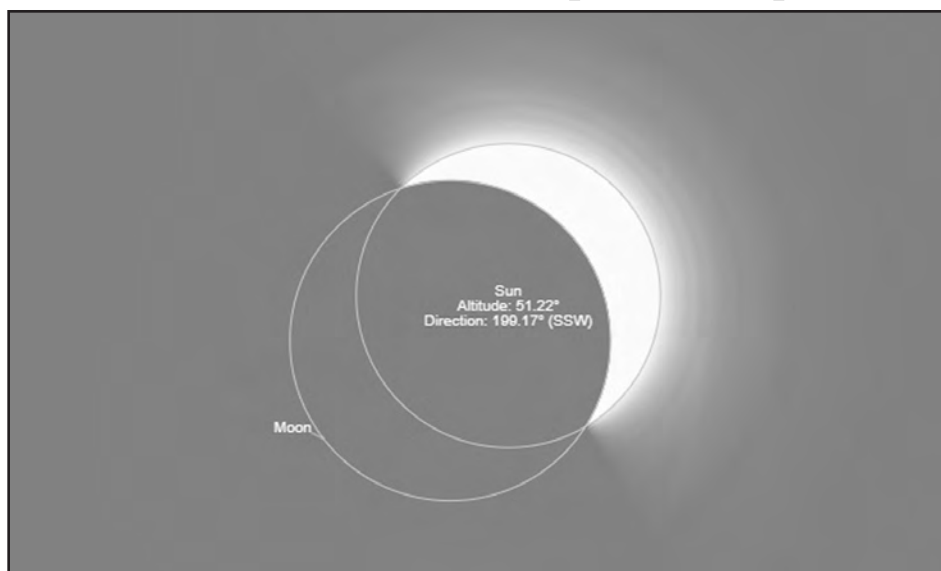


[www.CannonFallsTrailers.com](http://www.CannonFallsTrailers.com)

Phone: 888.263.7212 Fax: 507.263.9131

28730 Rochester Blvd. • PO Box 7  
Cannon Falls

## Watch for the Solar Eclipse on April 8th



Picture shows approximate coverage of sun during eclipse

A solar eclipse will be visible in Minnesota on Monday April 8th, (weather permitting). This eclipse which crosses the continental United States will be about 75% complete in southern Minnesota and start at 12:45pm that Monday with maximum coverage at 2:02pm. The eclipse will end by 3:14 pm have taken about two and a half hours to transpire. The solar eclipse will be visible with 100% coverage in a band across the southern portion of the country. This includes San Antonio Texas, Little Rock Arkansas, Indianapolis Indiana and Cleveland Ohio.

The next full solar eclipse in this area will take place on September 2099, at 9:37am in case you miss this one. Solar eclipses take place at least twice each calendar year somewhere and repeat in the same location about every 375 years. A solar eclipse occurs when the moon passes between the earth and the sun. A lunar eclipse is more common and occur when the earth passes between the sun and the moon.

Certified eye protection is required for viewing the solar eclipse to prevent permanent vision damage.

## Proud to Support National Ag Week

We are proud to show our gratitude to the many men and women who make agriculture possible.

We know that food doesn't just arrive at the grocery store or magically appear on our dinner table. There's an entire industry dedicated to providing plentiful and safe food for consumption.

And it's important to remember that American agriculture is not just doing it, but doing it better and more effectively!

Consider this:

- Each American farmer feeds about 165 people.
- Agriculture is America's #1 export.
- New technology means farmers are more environmentally friendly than ever before.



# syngenta

## SEEDS

# THE SEEDCARE INSTITUTE™

[www.syngenta.com](http://www.syngenta.com) • Stanton, MN

# Open Grants Support Literacy and Community Beautification



**Tim Penny**  
So. MN Initiative Foundation

Since 1986, Southern Minnesota Initiative Foundation (SMIF) has invested \$56.9 million in grants in our 20-county region. While these grants support a wide range of projects – from providing books to young children to supporting small town growth – they each have had a transformative and long-term impact on the future of southern Minnesota. Two grant opportunities are open now.

We are currently accepting applications for our Early Literacy Grant program. More than 100,000 children have been impacted by this

grant which aims to enhance school readiness for children from birth to age eight by providing books to families. Schools, libraries and other early childhood-focused organizations have received this grant in the past which has been essential for building children’s confidence as readers throughout the region. The program receives books through partnerships with publishing companies, Capstone and ABDO, which helps ensure a diverse selection of books are available for families to read to their children. Applications are due March 5, 2024. Contact Heidi Coulter at heidic@smifoundation.org with questions.

I always look forward to the Paint the Town Grant cycle which offers free paint for various community beautification projects. In Peterson, the public library now has a mural on the side of the building that depicts a gnome mailing a letter, adding to a community-wide gnome theme which draws tourism to the area. In Elmore, a mural was created by keeping most of the design low to the ground. This enabled people to sit down while painting, making an inclusive process for those unable to climb ladders. By making this grant specific to towns under 10,000, SMIF can help small communities access resources that are sometimes limited.

In the past, the Paint the Town Grant has been made available for murals, historic structures and welcome signs. I am excited for a new component that communities can apply for this year: the ability to use paint for public art and creative placemaking projects. I look forward to seeing what projects communities use paint for that contribute to the



vibrancy of their town. Applications for this program are due by March 28, 2024. Contact Alissa Oeltjenbruns at alissao@smifoundation.org with questions.

Several more grants will open up later this year. During the summer, we will open up the Small Town Grant program which supports communities with populations of 10,000 or less with projects that impact the culture, education, economy and social aspects of the town. In the fall, the Early Care and Education Grants will open, which support important services for children birth to age five. Around the same time, the Inclusive and Equitable Communities Grant will open,

which supports equitable entrepreneurship. To learn more about these grants, visit [smifoundation.org/grants](http://smifoundation.org/grants).

Over the past 38 years, SMIF’s grants have been able to make significant, and sometimes even visible, progress in southern Minnesota, contributing to early learning, economic development and community vitality. I can’t wait to see how organizations use this year’s grants to make our region an even better place to call home.

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

## Traveling through Nerstrand? We're on your way!

**HOPE BUTTER**

**SOGN VALLEY HONEY**

*Several Sizes Available*

**RANDY'S FROZEN PIZZAS**

*Locally Made in Faribault, MN*

**FARM FRESH EGGS**

**We Proudly Carry Select NERSTRAND MEATS**

*Including Snack Sticks, Wieners & Bacon*

**GREETING CARDS**

**ICE**

**HARDWARE**

**NERSTRAND CLOTHING**

**MILK**

*Locally Produced & Bottled from Hastings, MN*

Gallons

**Forget Something? Yes, We Have That Too...**

Automotive Supplies • Minnesota Lottery • Camping Supplies • Greeting Cards • Ice

Firewood • Propane Exchange • Milk • Bread • Hardware • Pop • Snacks

**Plus - Select School Supplies!**

Monday-Friday 6am-8pm  
Saturday-Sunday 7am-7pm  
230 Main St, Nerstrand  
507-332-8626  
[parksidenerstrand@gmail.com](mailto:parksidenerstrand@gmail.com)

**Parkside General Store**

**~ Gas & Groceries ~**

*"The Little Store with More!"*

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 13th day of February 2024. The meeting was called to order by Mayor Henke.

The following members were present: Mayor Doug Henke, Council Members Kim Helgeson, and Lee Sjolander

Absent: Mary Bailey and 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 Joe Sathe, Don Kirchmann, Ron Friedrich, and Stephanie Brezina

The meeting opened with the Pledge of Allegiance.

## CITIZEN COMMENT ADOPT AGENDA

Addition: / X / Old Business / B / 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

Motion by Helgeson second by Sjolander to approve the amended agenda. Motion carried 3-0-0.

## CONSENT AGENDA

Motion by Helgeson second by Henke to approve the Consent Agenda, which includes payment of check numbers, 75675 through 75791; 4836E through 4861E.

Motion carried 3-0-0.

## PRESENTATIONS/

## PUBLIC HEARINGS/RECOGNITIONS/ PROCLAMATIONS

Police Chief Sjoblom read the "School Bus Driver Appreciation Day" proclamation.

## ENGINEERING

### 2024 Asphalt Rejuvenator Project

Engineer Olinger stated that one quote from Corrective Asphalt Materials was received for the 2024 asphalt rejuvenator project. The quote was lower than the engineer's estimate.

Motion by Henke second by Helgeson to approve Corrective Asphalt Materials quote of \$16,188.30 for the 2024 street rejuvenator project. Motion carried 3-0-0.

### Parks Board Discussion – Depot Park

City Engineer Olinger stated that the park board is working on prioritizing the improvements to Depot Park. Once that is completed, a funding plan will be created. A trail committee has been established. The first meeting will be on Tuesday, February 27th.

## LEGAL

## OLD BUSINESS

### Discuss Status of Payroll Processing Service

Finance director Kylo provided an update on the payroll processing with Paycom. There continue to be issues with their service. Other payroll options are being explored.

### 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 this item was tabled last month. Stephanie Brezina explained the plan for the building she owns. Vahlsing stated the ordinance could be revised to require a conditional use permit which would be issued on a case-by-case basis with a public hearing being held for each case.

Motion by Sjolander, seconded by Helgeson to instruct the city attorney to draft a zoning ordinance to allow apartments in the rear half of first floor buildings. Motion carried 3-0-0.

## NEW BUSINESS

### Appoint Election Judges for 2024 Resolution 2024-04: A Resolution of Adoption of Election Judges for 2024

Motion by Henke seconded by Sjolander to adopt Resolution 2024-04: Appointing Election Judges for 2024.

Motion carried 3-0-0.

### Schedule Spring Clean-Up Day April 13 or 27

Administrator Vahlsing stated that the Park Board requested that the Council check out holding a Spring Clean-up Day in April. Flom Disposal indicated that they would participate in the clean-up day again this year. Kim Helgeson is willing to work that day.

Motion by Helgeson, seconded by Sjolander to approve a spring clean-up day for Saturday, April 27 from 9 am to noon at the pool parking lot for city residents for a fee. Motion carried 3-0-0.

### Purchase Lawn Mower – Wayne Ehrich – Public Works Superintendent

Director Ehrich stated that two quotes were received to replace the 72" Cub Cadet mower. The quotes varied in price by approximately \$2,500. The mower purchase is on a three-year rotation schedule and was included in the 2024 budget.

Motion by Henke seconded by Helgeson to approve the purchase of the quoted Toro lawn mower from Traxler Equipment. Motion carried 3-0-0.

### Review Quotes for replacement of Council Room Sound System

Administrator Vahlsing stated that two quotes were obtained to replace the sound system in the council room. Sim Sound at \$17,026.29 and EPA Audio Visual at \$23,246.00.

Motion by Sjolander seconded by Helgeson to accept the Sim Sound quote of \$17,026.29 to replace the city council room sound system. Motion carried 3-0-0.

### Update Personnel Policy - Grievance Policy

Administrator Vahlsing recommended adopting a new grievance policy. The policy will be reviewed by the personnel committee, then presented at a council work session.

### Review 2024 Pool Rates

Administrator Vahlsing stated that he and Pool Manager Brandi Kylo looked at the pool rates and recommended increases for the upcoming season.

Motion by Helgeson seconded by Henke to approve the 2024 pool rates as stated. Motion carried 3-0-0.

### Approve Transfer of Park & Rec 5K Run Remaining Funds of \$4,594.59 as of January 31, 2024 to Park & Rec Depot Park Fund

Administrator Vahlsing stated that the Park and Rec Committee had approved transferring the remaining 5K Run Funds to the Depot Park Fund.

Motion by Sjolander seconded by Henke to approve the transfer of \$4,594.59 from the Park and Rec 5K Run Fund to the Park and

Rec Depot Park Fund. Motion carried 3-0-0.

### Approve Transfer of Park & Rec Carriage & Cutter Remaining Funds of \$2,750.41 as of January 31, 2024 to Park & Rec Depot Park Fund

Administrator Vahlsing stated that the Park and Rec Committee had approved transferring the remaining Carriage and Cutter Funds to the Depot Park Fund.

Motion by Sjolander seconded by Helgeson to approve the transfer of \$2,750.41 from the park and Rec Carriage and Cutter Fund to the Park and Rec Depot Park Fund. Motion carried 3-0-0.

### Fire Relief Association Request for Approval of Raffle at Hall in 2024

Resolution 2024-06: Approving the Lawful Gambling Premises Permit Application for the Kenyon Firemen's Relief Association to Conduct Lawful Gambling at the Kenyon Fire Hall Located at 620 Centennial Drive, Kenyon, Mn 55946

Motion by Sjolander seconded by Helgeson to adopt Resolution 2024-06. Motion carried 3-0-0.

### Muni Furnace Replacement Quotes

Administrator Vahlsing stated that the Liquor Store manager requested council approval to replace the HVAC and Mini Split Systems. Two quotes were received. Action Plumbing and Heating quoted \$11,485 for the heating and air conditioning and Luikens quoted \$6,995 for the mini split. The 2023 budget included \$10,000 for the mini-split and the 2024 budget included \$10,000 for the HVAC.

Motion by Helgeson seconded by Sjolander to accept the quote from Action Plumbing and Heating for the heating and air conditioning. Motion carried 3-0-0.

Motion by Henke seconded by Helgeson to accept the quote from Luikens for the mini split.

Motion carried 3-0-0.

### Fire Department 2024 Freightliner Chassis Quotes

Attorney Sathe pulled this item from the agenda due to not following the public bidding rule. Mayor Henke tabled this item.

### Schedule of Upcoming Meetings

KMU Meeting: Tuesday, February 20th @ 4:00 p.m.

Trail Committee – Tuesday February 27, 2024 @ 5:00 pm

City Council Meeting: Tuesday, March 12th @ 7 p.m.

## COUNCIL AND STAFF GENERAL COMMENTS

Council Member Sjolander stated that the city has amazing staff. He commended Mr. Ehrich for doing a wonderful job with what he has to work with, thanked Officer Homeier for delivering a message to him, thanked KMU for their work, and thanked Mr. Bartel for doing a good job with pricing and stocking in the Muni.

Council Members Helgeson noted that Park and Rec are sponsoring a "Paint and Sip" on Friday, March 8.

Mayor Henke stated he doesn't understand the meaning of the new state flag except for the star. He stated that other cities are looking at running the cannabis business in the city, maybe this is something we could look into then we would have control and be making the money.

Motion by Helgeson second by Henke to adjourn the meeting at 8:06 p.m.

Motion carried 3-0-0.

Holli Gudknecht, Administrative Assistant Douglas Henke, Mayor

**HAPPY ST. PATRICK'S DAY**

**Come In for  
Corned Beef  
and Cabbage  
Friday-Saturday-Sunday  
March 15 - 16 - 17  
Open at 11:00 AM**

**The Fireside**  
LOUNGE AND SUPPER CLUB

Open Wed.-Thurs. 11:00am-8:30pm (Bar Open Later)  
Fri.-Sat. 11:00am-9:30pm (Bar Open Later)  
Sun. 9:00am-8:00pm (Bar Open Later)  
37540 Goodhue Ave., Dennison, MN  
507-645-9992  
www.firesidelounge.net

# Changes in Latitudes, Changes in Attitudes Self-Checkouts and the "Pig"



By Terry Campbell

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



I do not care for self-checkouts. I never wanted to be a cashier at Dollar General. When I go to a store I expect to be waited on. I stop at the Piggly Wiggly in town. The "Pig" was the first self-service grocery store in the country. It started in 1916 in Tennessee, and

no one knows why the name. But down here everyone loves them and refers to them as the "Pig". Originally no one shopped for groceries. You gave your list to the clerk, who filled your order. The Piggly Wiggly changed all that.

There are always a couple smiling faces from the clerks standing at the checkout lines. They are genuinely friendly and talkative. Southern kids seem more respectful and courteous. They check the egg carton for cracked eggs. The other night the young girl went to ring up my groceries and she noticed a rip in the brown sugar bag. I never saw it, but she ran off to get another one off the shelf before finishing up my purchase. They have carry-out kids as well. They put the bags in the cart and start for the door. You just walk behind them and point them to your vehicle. They ask about your day, talk about the weather, inquire about your plans for the weekend. It is refreshing to have a pleasant visit. I usually have my old black lab in the back seat of my pickup and they say hello to my dog and tell me about their pet, while stacking the bags in the front seat. I don't ever expect Piggly Wiggly will have self-checkouts.

One evening I had to drive to Clarkesville to get dog food. I feed NutriSource dog food.

It is a high-quality food and that was the closest store that sells it. It's a forty-five minute drive to J-M Petland. I take State Hwy 79 into Clarkesville and turn on Charlemagne which intersects Fort Campbell Boulevard. Charlemagne Blvd is where the tornado hit Clarkesville in December of 2023. Over ninety homes were destroyed along that road.

I don't go up Fort Campbell Blvd very far. It will take you right into the Army base. I tried going to Fort Campbell one time to get an item my wife bought off marketplace. I had to stop at the guard shack to get permission to enter the base. They asked for driver's license, proof of insurance and vehicle registration. There was a very grumpy guard on duty. My insurance card had my name, address, vehicle information and VIN. He asked where my vehicle registration was and I said the info was on my insurance card. He wouldn't even look at it. He just looked at me and barked back that shouldn't even show up without the proper documentation, I was told to leave immediately and "Next". I left feeling fortunate I wasn't shot over this infraction.

On my way back from the pet store I stopped at the Dollar General outside of Woodlawn. I recall a red Mustang convertible leaving as I pulled in. I went in to get some plastic flowers for a window box on our house. We don't plant real flowers so we don't have to water them. I selected my red, blue and yellow flowers and looked for a clerk. No one was to be found. I went to the self-check out and rang up my order, paid with my card and looked around before leaving. It was after 9pm and no one in the store. I walked out to my pick-up and then noticed there wasn't another vehicle in the parking lot. I had just shopped at a non-staffed store. Maybe the girl in the red Mustang was the employee and just decided to go home early for the night.

As I drove home, I pondered this experience. There are big cities where people loot stores and shoplift merchandise at will. Some stores have to lock up items to keep them from walking out with light fingered shoppers. I am so happy to live in a place in Tennessee where people have integrity and be part of a community where the honor system works because the people there can be trusted. Nationwide the trend for self-checkout seems to be reversing. Todd Vasos, Dollar General CEO just announced that a number of stores opened in the last year with self-checkout only, will be converted back to conventional clerk checkout shortly. It seems that shrinkage at these un-manned stores is more than double the national average. I stopped by at the local DG the other day to buy an electric shaver. After I completed my task as a checkout clerk, I headed out. I hadn't been trained on how to deactivate the magnetic tab on the box. That is where the alarm went off. I had tripped the theft alarm at the front door with my shaver purchase. I

wasn't paid to be part of the loss prevention team so I just walked to my car with the

alarm bell ringing in my ear.

# A Minnesotan: Easter Bunnies



By RosaLin Alcoser

There are many things to be said about Easter Sunday. From egg hunts to new Easter hats to funny Easter morning sermons that we've all heard at church. All of which I could go on and on about.

One of the things that has always been my favorite since I learned about chocolate has been Chocolate Easter Bunnies. But my love for them is nothing compared to the love my father has for chocolate bunnies. He loves them so much that I have seen him sing about them as he does a little dance. What he especially loves to do is to bite their ears off.

About two Easters ago my father, the

pastor, was given multiple chocolate Easter bunnies by members of his churches. He was probably given about four or five bunnies that year from church members plus the one that we had already gotten for him.



The fact that he had multiple bunnies excited him to no end and that afternoon he felt he needed to bite the ears off of each chocolate bunny in succession. So we stood with the camera ready to watch him do just that, because one of those church members who had given him a bunny asked to get a photo when he went to bite the one she gave him.

So, he went down the line biting into the ear of each chocolate bunny and then he got to that last one that we had been asked to take the photo of. And when he bit into it, it wasn't chocolate, but instead was hollow plastic. It looked so much like it was real chocolate he didn't even suspect that it wasn't real. After that he started to shake it and take it apart in hopes that there would be candy inside of the plastic bunny.

However, it was much like the tomb when he opened it up there was nothing there. The disappointment painted across his face when it dawned on him that he had been tricked was like no other. It was also the exact reason we were asked to photograph the moment.

*A legendary musical experience*

# ★ ICONIC FEST ★

EST. 2015

EARLY BIRD TICKETS ON SALE NOW!

## Friday & Saturday JULY 12 & 13 2024

### Friday, July 12

Aaron Tippin

Neal McCoy

T. Graham Brown

Will Gray's Country Imbroglio

### Saturday, July 13

Dudley Michaels

## 2 DAY OUTDOOR MUSIC FESTIVAL!

Held at the Green Lantern 9 miles East of Dismal on Hwy. 78

For More Information & to Order Tickets Go To [www.iconicfest.com](http://www.iconicfest.com)

Tito's HANDMADE YODKA Budweiser 102.5 DUKE FM 96.1 DUKE FM SGO The Messenger BOB TOTAL & COUNTRY

# HAPPY EASTER

WISHING YOU AND YOURS A  
WONDERFUL HOLIDAY!

From All of Us at the Kenyon Messenger

### CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19					20			21	22					
			23					24						
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				

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

SUDOKU ANSWERS

S	E	S	E	S	E	S	E	S	E	S	E	S	E	S
N	A	N	A	N	A	N	A	N	A	N	A	N	A	N
O	A	T	E	N	O	A	T	E	N	O	A	T	E	N
C	A	R	O	B	I	R	E	C	A	R	O	B	I	R
A	R	I	Z	O	N	A	Z	O	N	A	Z	O	N	A
R	E	N	T	R	E	N	T	R	E	N	T	R	E	N
F	O	U	R	T	H	E	D	G	E	F	O	U	R	T
F	L	E	A	S	A	L	E	E	F	L	E	A	S	A
A	L	I	T	S	L	U	E	S	A	L	I	T	S	L
H	O	S	O	C	A	S	C	A	R	A	T	H	O	S
C	P	A	W	H	U	P	S	I	N	G	L	E	C	P
H	O	T	E	M	I	T	H	O	T	E	M	I	T	H
B	R	A	C	K	E	T	S	H	I	N	I	N	G	B
M	A	N	T	A	L	E	I	R	A	V	E	N	M	A
O	G	L	E	R	A	C	R	O	G	L	E	R	A	C
C	A	L	K	S	A	P	C	A	L	K	S	A	P	C

## We Want Your News!

## Got News?

**Help Us Get the Word Out!**

**News, Photos, Events...**

Email your news to:  
[hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

CALL CONSUMER CELLULAR **888-804-0913**

Off First Month  
of New Service!

USE PROMO CODE: **GZ590**

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

- © StatePoint Media
- THEME: MARCH MADNESS
- ACROSS**
1. Window addition?
  6. Huge software company
  9. Spill the beans
  13. Watcher
  14. Acronym, abbr.
  15. Words to live by
  16. Ocean-dwelling \_\_\_\_ ray
  17. Polynesian necklace
  18. "Once upon a midnight dreary" bird
  19. \*Fill-in-the-blanks, March Madness style
  21. \*"One \_\_\_\_ Moment"
  23. Like jalapeño
  24. Give off
  25. Bean counter?
  28. \*Dominate opponent, slangily
  30. \*\_\_\_\_-elimination tournament
  35. Bricklayers' carrier
  37. Wood sorrels
  39. Jeweler's unit
  40. Alight, past tense
  41. Swings around
  43. Spice Girl
  44. Bubonic plague carriers
  46. Away from wind
  47. D'Artagnan's sword
  48. \*Elite Eight, or the \_\_\_\_ round of tournament
  50. Bono's bandmate, with The
  52. Make a mistake
  53. Landlord's due
  55. Small lump
  57. \*State Farm Stadium state
  61. \*Not pro
  65. Chocolate substitute
  66. Hot temper
  68. Derived from oats
  69. Cuckoo
  70. Sir George Ivan Morrison's stage name
  71. Baby at a recital
  72. Have supper
  73. Young newt
  74. Many affirmatives
- DOWN**
1. Brush alternative
  2. Culture-growing turf
  3. Long forearm bone
  4. Satyr
  5. City in Poland
  6. \*Delta Center location: \_\_\_\_ Lake City
  7. Hole-in-one
  8. Type of polyhedron
  9. Raisin's breakfast companion
  10. Denim innovator
  11. Port in Yemen
  12. Toker's pipe
  15. Professional reviewer
  20. Not pathos
  22. Not hers
  24. Shoulder rank display
  25. Winnowing leftovers
  26. Chicken in Mexico
  27. Farewell in Paris
  29. \*School with most NCAA basketball titles
  31. Back of the neck
  32. Search blindly
  33. Lightsaber beam
  34. Olden days anesthetic
  36. \*\_\_\_\_ player
  38. Garden starter
  42. D.S., in sheet music
  45. Dance club light
  49. Female chicken
  51. Speech at a funeral
  54. Lacking guile
  56. What speakers do
  57. LSD, e.g.
  58. Indian princess
  59. Turkmenistan's neighbor
  60. \*Type of defense
  61. One tenth of a dime
  62. Airline postings, acr.
  63. Type of pool
  64. What means justify
  67. Churchill's "so few"

### SUDOKU

Call today and receive a  
**FREE SHOWER PACKAGE**  
**PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB** **1-855-576-5653**

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

© StatePoint Media

**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.**

# Looking to lower your tax bill?



***It's not too late to reduce your taxable income for 2023 with a contribution to your retirement account.***

Whether you have an existing account or would like to open a new Traditional or Roth IRA, there's no time like the present to start planning for the future. We offer a wide range of investment choices and expert guidance to help you make the most of your retirement savings.

***Call or stop in today!***

***There's still time to make a contribution to your IRA for the 2023 tax year.***

## ***PLANNING A SPRING PROJECT?***

**See us for all your Spring home improvement loan needs!**



# HERITAGE — B A N K —

[www.heritagebankmn.com](http://www.heritagebankmn.com)

DENNISON: 37470 1st Ave. Ct. 507-645-5929

NORTHFIELD: 1520 Clinton Lane 507-645-6736

WEST CONCORD: 181 Main Street 507-527-2236

