

# KENYON • WANAMINGO Messenger

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## Announcements

• **Vang Lutefisk Supper 2024.** Save the date - Saturday October 5, 2024. New times: 11:00am, Noon, 1:00pm, 4:00pm reservation. Price: \$26.00 per meal (cash and check only.) More information coming soon.

• **OPEN INVITATION: All are welcome to breakfast, fellowship, bible study, and prayer time every Saturday morning at Hauge Lutheran Church in Kenyon.** Breakfast and fellowship start at 8:00 am. Followed by a verse by verse bible study. Finishing with prayer time at 10:00 am. All are welcome (men, women, and children) each Saturday morning!! Any questions, please contact Loren Bauer: 507-450-6623.

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@three-riverscap.org

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

• **Wanamingo Veterans Honor Guard invite you to become a member.** Join us and help us make the Wanamingo Veterans Honor Guard an even bigger success. WVHG meets the third Tuesday of each month at the Wanamingo Community Center. The VFW will meet from 7-7:30p.m. The Honor Guard will meet from 7:30-8:30p.m. For more information contact Eric Dierks 507-321-1967, Gary Floan at 507-732-7740, or Larry Van De Walker at 507-421-4674.

Do you have an announcement?  
Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## SIFTing Through It!

By Cheri Roshon

One of my favorite places to shop for "stuff" I didn't know I needed is located at 26 Red Wing Avenue in Kenyon. Owned by Doug and Mary Klatt, it has a colorful his-

tory and is a delight to visit, whether you need something or not! SIFT is an acronym for Save It From Trash, and is appropriately named. Reduce, Reuse and Recycle thrives here. You can bring in usable items you no longer need, to save it from the landfill. Or you can pop in to check out the new things arriving daily. But if you see something you really want, best grab it, because nothing stays around for long! (continued on page 12)



**Blood Drive at Vang Lutheran  
July 24 from 12:00 – 6 PM.**  
The goal is collect 38 pints of blood.

**Blood Drive at Kenyon VFW  
Monday, August 5 from 1:00-7:00 PM**



### Kenyon/Wanamingo Messenger copies available locally

The Kenyon/Wanamingo Messenger is available free of charge at the following locations. Security State Bank of Wanamingo and the Security State Bank of Kenyon. The Kenyon/Wanamingo Messenger is published twice each month on the second and fourth Wednesday. (continued on page 4)



## From Eastern Europe to Your Door, College Student sells educational aids



Mariya Zhukova

Each summer 100,000 college students from 1,600 campuses in over 50 countries go selling educational books from door to door.

(continued on page 4)

## Money Money Money




Scott Peterson

By Cheri Roshon

In these days of trying to get back to "normal" after all that has gone on in the past 4 years, Money is a subject that gets brought up a lot. Many people I have had these conversations with are puzzled when it comes to talk about Bit Coin, or investing in gold and silver. There seems to be a lot of conjecture as to whether the banks of the world will change the monetary system, and what will happen to our dollar when it comes to its valuation.

We are told that the banks are safe because of the FDIC "insurance" they claim will save us, up to \$250,000.00 if they go bankrupt, yet we wonder...If they are bankrupt, how can this be? (continued on page 5)



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## KENYON VFW POST 141

HAPPY HOUR: Monday-Saturday from 4-7 PM

### DAILY SPECIALS

<b>BURGER TUESDAY</b> 5:30-7:30pm	<b>WEDNESDAY WINGS</b> 6:00-8:00pm	<b>FRIDAY NIGHT MEAT RAFFLE</b> 6:00-8:00pm Tap Specials
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NEW MEMBERS WELCOMED AND VOLUNTEERS NEEDED

Conrad Osthum Post 141

### Veterans of Foreign Wars

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## This World Is Not Our Home

By Pastor Larry Grove  
Hauge Free Lutheran Church

This mindset is what the Apostle Paul was telling the believers in Phillipians that they needed to have in the situations they were facing. All through the book of Phillipians he is exhorting them to always try to see the best in every circumstance and trial they encountered. In spite of the difficulties they faced, Paul encouraged them to meditate on the positive and not dwell on negative thoughts. This same mindset is significant for us as Christians today as well. There is so much around us that can cause us to lose heart, to become anxious or critical. We are God's avenue to bring hope to this world and it won't happen if we, as believers in Christ, cannot articulate that hope in a winsome fashion. Albert Brumley was born in 1905 and he grew up in Oklahoma and helped pick cotton as a youngster. He never complained but realized he wanted more than the life of a cotton picker. So he started writing music. He wrote a song in 1919 called "This World Is Not My Home". This song tells of his desire to look past the cares of this world and look to the promises we have in Christ. Albert had grown up in poverty, and would witness 2 world wars and the Great Depression. Life would never be "easy", but Albert would learn life is easier when you allow Jesus to walk beside you. 2 themes seem to pop up in Albert's songs over and over again; Heaven and Jesus. Having a personal relationship with Jesus brings a lit-

tle bit of Heaven here to earth. This is the first verse in the song he wrote.

This world is not my home I'm just a-passing through

My treasures are laid up Somewhere beyond the blue

The angels beckon me From heaven's open door,

And I can't feel at home In this world anymore.

Paul is attempting to convey this same type

of mindset to the Christians in Phillipi. It is my longing to see the body of Christ perpetuate that perspective in our daily walk as well. Setbacks and suffering have a debilitating effect on us when we are in a vulnerable state. This can cause us to look to various vices to help alleviate the pain or stress. Reliance on these vices can lead to addictive behavior and loss of control. To help people dealing with any type of addictions, Hauge Lutheran Church has welcomed the Life Re-

covery Ministry. This is what Dave L. would like people to know about this endeavor. He sends out these words. "I have jotted some notes about the program 'Steps to Freedom', which Hauge Lutheran so graciously supports, both in facility and in prayer. Hauge people as a whole are non-judgmental and have a genuine compassion for those who suffer. This is an open meeting and seeks to help people recover from addiction.

(continued on page 3)

### AREA CHURCH DIRECTORY

#### Sleep of Exhaustion

*He lay down under the bush and fell asleep. — 1 Kings 19:5*

Yesterday I mowed our overgrown lawn, cleaned our cluttered garage, and washed some of the filmy windows on our house. Physically exhausted at the end of the day, I fell asleep as soon as my head hit the pillow.

In our reading for today, Elijah is exhausted and falls asleep under a bush in the wilderness. But Elijah isn't exhausted from doing chores. He has just had a dramatic confrontation with the priests of Baal (see 1 Kings 18:16-46), and now he is fleeing for his life from King Ahab and Queen Jezebel. Totally shattered—physically, emotionally, and spiritually—Elijah asks God to take his life.

Yet God doesn't answer his plea. Instead, through an angel, God provides Elijah with sustenance for the road ahead. Then, after some more restful, restorative sleep and more food and drink from the angel, Elijah sets out on the journey ahead of him.

What can this extraordinary story teach us? We are reminded of our basic need for sleep and its restorative benefits. Even more importantly, we see that God tenderly cares for us, feeds us, and watches over us—even in our deepest, darkest moments. Though our own story may not be as dramatic as Elijah's, God will provide what we need so that we too can take up the journey ahead of us. In fact, God has already provided for us through his Son, Jesus, who invites us to come and rest in him (Matthew 11:28-30).

*Lord, our only hope for true rest is in you. As you reach out to us, help us to come to you. Amen.*

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**TRINITY LUTHERAN CHURCH**  
301 2nd Avenue, Wanamingo  
824-2155

June 30: 9:00a.m. Worship at TLC  
July 7: 9:00a.m. Worship with Holy Communion at Riverside Park  
July 14: 9:00a.m. Worship at WLC  
July 21: 9:00 a.m. Worship at WLC with Holy Communion  
July 28: 9:00a.m. Worship at WLC

**WANAMINGO LUTHERAN CHURCH, ELCA**

130 West 3rd St., Wanamingo  
824-2457  
[www.TrinityWanamingo.org](http://www.TrinityWanamingo.org)

June 30: 9:00a.m. Worship at TLC  
July 7: 9:00a.m. Worship with Holy Communion at Riverside Park  
July 14: 9:00a.m. Worship at WLC  
July 21: 9:00 a.m. Worship at WLC with Holy Communion  
July 28: 9:00a.m. Worship at WLC

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Rob Edwards, Pastor  
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[www.emmanuelaflc.org](http://www.emmanuelaflc.org)  
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**

Joe Jorgensen, Pastor  
507-838-2100  
Sunday Worship 10:30a.m. July-August



**GOSPEL OF LIFE FAMILY CHURCH**

Pastor Steven G. Roberts  
[www.gospeloflifechurch.org](http://www.gospeloflifechurch.org)  
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Wanamingo - Wednesday 7:00p.m.

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

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Sunday School 9:30a.m.; Worship 10:30a.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

**LANDS LUTHERAN CHURCH, ELCA**

David Krinke, Pastor  
16640 Hwy. 60 Blvd.  
[www.landslutheran.com](http://www.landslutheran.com)  
Wednesday 6:15 p.m.  
Sunday 8:15 & 10:30 a.m. at Everson Park

**STORDAHL LUTHERAN CHURCH, ELCA**

Pastor Kathleen Lowery  
15049 Cty. 12 Blvd., Zumbrota • 732-5711  
Sundays 10:30 a.m. Worship

**HOLDEN/DALE**

Pastor Dustin Haider • 507-789-6677  
Email: [holdensecretary@gmail.com](mailto: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.

**UNITED METHODIST CHURCH**

Reverend Daren Flinck  
429 4th Street, Kenyon • 507-951-1271  
Worship 9:30 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.

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## Ordean Clifford Greseth

Ordean Clifford Greseth, 88, passed away peacefully at St. Mary's Hospital on Sunday, June 30, 2024.



Ordean was born June 9, 1936, to Olaf and Clara (Thompson) Greseth of Wanamingo, Minnesota.



He grew up on the Greseth fourth generation farm. He enjoyed hunting, fishing and most of all his horses. Ordean attended Wanamingo High School where he excelled in football, basketball and baseball. He was proud to be named the Hiawatha Valley Conference leading scorer in basketball and his basketball team was recently inducted into the school's Hall of Fame.

Ordean graduated in 1954 and entered the United States Army Reserves. On December 20, 1958 Ordean married Bonnie Jackson at Emmanuel Lutheran Church at Aspelund. Ordean farmed on the family dairy farm with his parents. He also sold insurance for Wanamingo Mutual Insurance company. Ordean took over for his father, Olaf, who also sold insurance for Wanamingo Mutual. In addition, Ordean enjoyed being a school bus driver for Wanamingo. Which, by the way, is when got to know Bonnie who happened to be one of his passengers.

Together, Ordean and Bonnie raised three daughters and one son. Ordean coached many youth basketball and softball teams over years, even a Granny basketball team! Ordean and Bonnie enjoyed attending all music and sporting events of their children, grandchildren and great-grandchildren. He was known to take credit for home runs and three point baskets by saying "Looks like Ordean" with a quick smile. Ordean's family was his pride and joy!

Of the utmost importance to Ordean was his faith. He was a devoted member of Lands Lutheran Church in Zumbrota, MN. He thoroughly enjoyed fellowship, Bible studies and attending various events including the annual Lutefisk Dinner, prepared by his wife, Bonnie!

Known as "The Horseman from Wanamingo", he enjoyed sharing his love for his Clydesdales with everyone. He never missed an opportunity to share photos and stories of parades and horse shows. Ordean had a good sense of humor which endeared him to many. He will be missed.

Ordean is survived by his wife of 65 years Bonnie, daughters Tanyia (Todd) Greseth, Michelle (Dave) Malchow, Nikki (Dan Roche) Glawe and son Todd (Laurie) Greseth. Grandchildren; Tina (Adam) Branstad, Meghan Malchow, Jon (Cydney) Bucher, Mikayla Malchow, Liz (Travis) Burt, Derek (Ellyn) Greseth, Matt (Jayce) Malchow, Caleb (Kalley) Greseth, Amber (Jacob) Murphy, Ashley (Sam) Lenz. Great Grandchildren; Leo Malchow, Jocelyn Hansen, Vera Burt, Violet Burt, Jack Branstad and Jax Malchow.

Ordean is preceded in death by his parents, Olaf and Clara Greseth, his sister Ann (Greseth) Rocek, brother, Lester Greseth and two infant great grandsons: Lenny James Burt and Samuel Alexander Burt.

Visitation was held at Lands Lutheran Church on Sunday, July 7 at 1 pm, with a memorial service at 3 pm followed by a reception.

In lieu of flowers, gifts can be made to Lands Lutheran Church in Ordean's memory.

## Barbara Jean Story

Barbara Jean Story, age 84, of Kenyon died on Monday, June 24, 2024, at her home.



Memorial services were held on Saturday, July 6, 2024, at 11 a.m. at Kenyon United Methodist Church. Reverend Dr. Jef Olson and Reverend Dr. Daren Flinck officiated. Interment will be at

Prairieville Church Cemetery, rural Faribault at a later date.

Family received friends during a reception following the service on July 6 at the church.

Arrangements are being completed by the Boldt Funeral Home, Faribault.

Barbara Jean, the daughter of Julian and

Helen (Clifton) Swiggum was born on September 8, 1939, in Peterson, MN. She graduated from Northfield High School in 1957. That same year she married James S. Story on September 8. She was a devoted wife and mother who helped her husband farm while raising three children. She managed all the farm books and helped with farm chores. When the children were older, she was employed at the Faribault Vo-Tech (now named South Central College) in the farm management program and later at the Kenyon Co-Op. While at Co-Op she started as late shift cashier and worked her way up to head bookkeeper and co-manager before retiring in 2002. She enjoyed gardening and took great pride in her yard. Upon retirement they wintered in Florida. She loved traveling in their 5th wheel and meeting new people. She also enjoyed reading, walking, visiting with family and friends, going to rummage sales, and refinishing old furniture. She had a witty sense of humor. She was a member of the United Methodist Church of Kenyon, MN, attended Trinity Arcadia Methodist Church of Arcadia, FL, and was a former member of Prairieville United Methodist Church, rural Faribault, MN.

She is survived by her husband, James; three children, Scott (and Pam) Story, Kim (and John) Lang, and Christie Gannon (and special friend Herb Castle) all of Kenyon; seven grandchildren, Eric (and Anna) Story, Jennifer (and Trevor) Wooten, Jacquelyn Story, Amy and Christopher Lang, and Sarah and Benjamin Gannon.

She was preceded in death by her parents and granddaughter, Katie Story.

In lieu of flowers, memorials may be made to donor's choice.

## Bernice Elizabeth Klahr

Bernice Elizabeth Klahr, 99, of Kenyon, died Wednesday, July 10, 2024 at Reflections Care Suites by Three Links.



She was born July 4, 1925 in Hampton Township, just south of New Trier, the daughter of Michael and Amelia (Yetzer) Braun. She was the second child of this great family of 11. On September 14, 1949 Bernice married Merlin "Bud" Klahr at St. Mary's Catholic Church in New Trier. The couple farmed south of Cannon Falls where their three children were born. In March of 1958 they moved to the GT Norswing farm in rural Nerstrand where they farmed together for 19 years. Upon retiring from farming in 1977 they purchased their first home in Kenyon. Bernice began a day care center in their home and became "Grandma" to many in the Kenyon area which led to being invited to many graduations and weddings over the years.

In the short number of years between retiring and Bud's passing in 1993 they enjoyed camping and winters in Florida as well as a trip out west to Oregon and Las Vegas. The biggest highlight of their travels was a two-month trip to Alaska.

At age 69, she made her family proud by

obtaining her driver's license which was a big accomplishment. She was determined to drive to watch her grandchildren play ball and to visit her brothers and sisters in Hastings. Bernice was an active member of St. Michael's Catholic Church. She enjoyed decorating the bulletin boards, working funeral lunches, preparing altar flowers, preparing for Mass every Sunday and making patch work quilts and lap robes to be donated to those in need.

She is survived by her daughter, Charlotte Musgjer of Grand Chute, WI; sons, Michael (and Shelley) Klahr of Kenyon, Bob (and Cheryl) Klahr of Kenyon; grandchildren, Amelia, Angela, Matthew; great grandchildren, Kamira, Garrett, Chase, Macey, Oakley; brothers, Vincent Braun, Leo Braun; sisters in law, Mary Braun, Mary Ann Roeder; brother in law, Richard Gelhar and many nieces and nephews.

She was preceded in death by her husband, Merlin Klahr; sisters, Junilla, Jeanne, Norah, Rita, Collette; brothers, Edward, John, Tom; sisters in law, Bernice Estrem and several nieces and nephews.

Visitation was at Michaelson Funeral Home, Kenyon on Tuesday from 4pm to 7pm and at St. Michael's Catholic Church on Wednesday from 9:30am to 10:30am. Funeral services were Wednesday, July 17, 2024 at 10:30am at St. Michael's Catholic Church. Interment was in the St. Michael's Catholic Cemetery in Kenyon. Memorials are preferred to St. Michael's Catholic Church or St. Michael's Catholic Cemetery.

## Judith Mary Westphal

Judith Mary Westphal, 87, of Kenyon, died Friday, June 21, 2024 at Woodwinds Hospital in Woodbury.



She was born December 21, 1936 in Middleburgh, New York the daughter of James and Ruby (Miller) Hadsell. Judith attended high school in Middleburgh, NY. On June 22, 1958 she married Richard Westphal in San Francisco, CA. As a military wife, she raised five children while moving from state to state. Following her husband's military career, the couple lived in Pine River prior to returning to his home town of Kenyon.

In their younger years, the couple enjoyed bowling in couples' leagues. Judith enjoyed playing cards, bingo and fishing.

She is survived by her daughters, Kelly Westphal of Faribault, Lynne (and Darryl) Giese of Faribault, Robin (and Rod) Elton of Cottage Grove; sons, Scott (and Mary) Westphal of Riverview, FL, Jody Westphal of Montgomery; nine grandchildren and 16 great grandchildren.

She was preceded in death by her husband, four brothers and two sisters.

Visitation was at Michaelson Funeral Home, Kenyon on Saturday, June 29, 2024 from 10:30am to 11:30am with a graveside service following at the Kenyon Cemetery in Kenyon.

## This World Is Not Our Home

(continued from page 2)

It is a design for living that is based on attraction rather than promotion. We feel that each person's religious views, if any, are their own affair. There are no dues or fees. The only requirement to attend is a HONEST desire to stop living in addiction. We use the 12 steps of Alcoholics Anonymous to guide us and we study the AA Big Book, keeping in mind that the words alcohol and alcoholic can be changed to any addiction obsession. There is a vast amount of fun and laughs in our group. Some people might be shocked at our seemingly worldliness, but underneath it all lies a deadly earnestness and a full realization that the most important thing is our addiction problem, no matter what that addiction may be. We seek physical, mental, and spiritual recovery. Love and tolerance is our code. We meet on Monday evenings from 7 to 8 pm in the church basement. 302 Bullis Street. Kenyon. If anyone is wrestling with addiction of any kind, please come and find support and freedom with the group at Hauge. Feel free to contact Dave L., a trusted servant of the group with any questions you might have at 612-968-3314. We all need to be at the top of our game in the days that we are in. By having a positive attitude and always being willing to look for things that can build people up instead of tearing them down, it will go a long way in our attempts to win as many as possible to Christ. May God show us favor as we desire this mindset for His glory. Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

## From Eastern Europe to Your Door, College Student sells educational aids

*(continued from page 1)*

The Southwestern Advantage has been selling their program through college interns since 1868. The Nashville company has a complete educational program for Pre-Kindergarten through High School and college prep. This learning system interactive apps, websites, and books to provide comprehensive academic learning as well as life

### Kenyon/Wanamingo Messenger copies available locally

*(continued from page 1)*

If you, or someone you know, does not receive your copy in the mail within a day or so you can pick one up at these two locations. We have no control over the distribution of the papers and due to short staff and delivery issues within the postal system we are hearing multiple complaints of undelivered issues.

Issues are also available at [www.kenyonmn.net](http://www.kenyonmn.net) and [www.wanamingomn.com](http://www.wanamingomn.com).

We appreciate your support and understanding.

and leadership skills for all ages.

This year Mariya Zhukova, a college student in the University of Applied Science in Tallinn, Estonia is the intern selling door to door in Kenyon and Wanamingo during July. She is completing her Bachelor's degree in financial management and will be pursuing her Master's. Mariya speaks Russian, Estonian, English and a little Spanish.

She has come to the United States as an intern selling the Southwestern Advantage educational products for a number of summers since 2019. This is her second year in Minnesota. She enjoys the small-town environment where everyone knows each other and has found that people in the area are very friendly and nice to her. The cost of living is lower here than in her home country as well.

The educational materials are designed for Pre-school through First grade, to help the child get a good jump start for school. The Second through Fifth grade and Sixth through Twelfth grade courses help to prepare the student for college or to be a leader when they enter the job market.

When she goes out door to door, Mariya looks for yards that indicate children live in the home. She finds that many families refer their friends as well for the products. She has the material on hand so if you wish to purchase it, you will get it right away. After Kenyon and Wanamingo she plans to go to Medford and Pine Island before the summer internship ends. If you would like her to contact you send her a message on Facebook @ Mariya Bookgirl Zhukova.

## Passport to Ag – Fun for the whole family! August 8



**Join local farmers for a free agricultural adventure!  
Passport to Agriculture - 3-8 p.m. Thursday, Aug. 8  
at the Rice County Fairgrounds  
Enter from 20th Street NW/Hiawatha Pioneer Trail**

Activities for all ages: attendees will have the opportunity to walk through different educational destinations like Dairyville, Cropstown, Safety Street, Conservation Meadows and more -- all hosted by local farmers and farmers organizations.

Each location has stamps that participants can earn to unlock agricultural experiences. Experiences include visiting with famers, milking demonstrations, bottle feeding a calf, climbing in a tractor cab and taking a ride, and more!

Be sure to grab some dinner while you're there. The free meal consists of beef, turkey or pork, sweet corn, ice cream and more.

## Does your car need a second opinion?



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## Money Money Money

(continued from page 1)

Many folks on the internet these days are asking for our trust as they try to convince us to buy into whatever the new programs are, and yet it is hard to find any valid information on said programs.

Well, here I am, wondering all these things,

so I decided to go to the source in our community... Security State Bank in Wanamingo. We are lucky to live in a small town where the people who work in the bank know us by name. It is always a pleasure to stop by for banking business and a quick chat. It also goes to say, these employees are our friends and neighbors, so we feel a camaraderie and a sense of trust when we talk to them. Shelby Quimby is one of the people who works there, and has told me of several different options for my money, as far as what is safe, and how we can actually garner a bit of interest through several programs the bank has begun to implement. The bank has also hired a new president, and I went to the bank to interview him and "introduce" him to you.

Scott Peterson moved to this area from Winona, where he had worked at CHS for 7

years as Operations Manager at the grain elevator. After graduating high school from St. Cloud, he attended U of M in Morris, Mn with a degree in Economics, with agriculture as his background. His family moved to Cannon Falls, and he began working as a loan officer for the SSB in Wanamingo a few years ago, and when the position of bank president came up, he decided to give it a try. I asked him what prompted the change in his career. He said he was feeling like he was more of a replaceable "cog in the wheel" where he was working, and wanted to be in a position to help others in a more personal way. Since he had always had a penchant for "growing money", his mom used to tell him he should be in banking. Well, we all know mothers are always right, and he felt he would be happy in a small town where he knew the people he was working for, so here he is!

His background in Economics makes him highly qualified to dispense information that may help clear up some of the new ideas the bank is implementing, and misconceptions people may have when deciding what to do with their money to grow it, and feel that it is secure. I asked him to spell out the new programs the bank has recently implemented, and what the benefits are to each group of people. By "group" I mean, investors, savers, growing families, and seniors.

"We as a bank work for you, our customers", he said right away. "I want our bank patrons to feel valued, and know that our bank won't function without them. What you do with your money matters. We are here to help you set your financial goals and reach them. Whether you are in high school and

wanting to save for college, newly married and growing a nest egg, or looking to retire with enough money to enjoy your life, we are here to guide you."

Scott and his crew are able to show you ways of not only saving money, but utilizing programs like Kasasa to make money on what you are already doing. They offer CD's that pay high interest, and loans for housing, or a shiny new tractor. The bank is FDIC insured, so that means you get a free insurance policy on the money you keep in the bank, up to \$250,000.00....guaranteed by our government. They can tell you the benefits of a Kasasa savings or checking account, and how you can access your money any time. They will explain Certificates of Deposit, and how they grow the money you already have. You do not need a large amount to get started, you just need to understand how these programs work, and come in and sit down with any of the financial specialists at the bank. In the short time I was interviewing Scott, I learned a lot. I could explain it all to you here, but I would rather encourage you to go in and talk to them about your specific questions and your goals.

So, if you are ready to re-evaluate your financial goals and get started making some extra cash without doing anything but letting your money work for you, I highly recommend going to the bank and heading down a structured path to help yourself, your children and your family be more "financially responsible" for your future! You are never too young or too old to start! And, of course, tell them Cheri sent you!

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## Goodhue County 4-H Dairy Judging Team Sees Success Internationally

Submitted by Aly Kloeckner,  
Goodhue County 4-H  
Extension Educator

Over the years the Goodhue County 4-H Dairy Judging Teams have seen success, but none quite like the team comprised of Calvin Benrud (Goodhue), Natalie Clemenson (Zumbrota), Caryn Miklas (Zumbrota), and Evelyn Scheffler (Zumbrota). This team of judges has worked with each other from a young age - learning together, stumbling together - and in the fall of 2023, it took the team to the top of the standings at the National 4-H Dairy Judging Contest at the World Dairy Expo in Madison, Wisconsin. This accomplishment awarded them the opportunity to travel internationally this summer to the Royal Highland Show in Scotland, as well as the Charleville Agricultural Show in Ireland. At the end of the trip, the youth were also able to explore London.

During the trip the team was able to learn about agriculture in other countries, visit local attractions, and judge in a few contests. Clemenson and Scheffler placed third overall at the Royal Highland Show, and the full team consisting of Benrud, Clemenson, Miklas and

Scheffler placed second overall at the Charleville Agricultural Show! This type of success internationally has not been something previous teams have enjoyed.

When asked about their favorite parts of the experience - the youth responded with slightly different responses - but each were focused on agriculture in other places. Benrud responded with a fun fact he learned. "Geographically, the United Kingdom is positioned in a way that creates a very mild climate. It was interesting to see how they used this to their advantage by growing much more grass and wheat, and little to no corn". Scheffler enjoyed all aspects of the trip, but really enjoyed walking the fairs and placing in the judging contests. Ireland was her favorite sight seeing place with all the small towns they went to. Clemenson responded that "A highlight of the trip for me was being able to tour the farms and see the similarities they have to American farms, but also the many differences. Including different feeding rations, breeding selections, and more. I enjoyed being able to hear from each of the farmers directly and their perspective on agriculture in their countries."

The chaperones were continually impressed with the behavior of the kids and said it never got old hearing from the guides and tour leaders how well behaved and respectful the youth were.

The opportunity to travel internationally is not one afforded to all youth, and we are very proud of the efforts put forth by this group of 4-H members to earn this award and their continued advocacy for agriculture through their experiences.



L-R Natalie Clemenson, Calvin Benrud, Caryn Miklas, Brian Styer (Wisconsin 4-H Member who joined the team for Ireland Contests), Evelyn Scheffler (Charleville Agricultural Show)

We are also thankful for the chaperones, parents and coaches who got these youth this far. Roger and Michelle Benrud, Brian and Tiffany Clemenson, Mike Chamberlain and Amy Bearbower, Tony and Maizie Scheffler, and Emily Mollenhauer - a wholehearted thank you from 4-H for your continued support and the positive impact you've each had on these youth (and many others!) in the 4-H program.

The entire team looks forward to presenting about their experiences at upcoming community and 4-H meetings and thank the

many supporters of their trip. It could not have been possible without the support of the many businesses and community members who donated to the team!

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## West Concord Native Wins Iron Man Competition

Matt Hanson, who grew up in West Concord and graduated from Triton won the fifth race in the Iron Man Pro Series at the 2024 Qatar Airways triathlon in Chattanooga, Tennessee last month. Hanson, who started competing in the Iron Man won his first pro series triathlon beating the course record by four minutes. The next two closest finishers were a minute behind his time. Hanson slipped back in the bicycle riding event and overcame a four-minute deficit to clinch the victory.

Hanson wrestled in High School and college, but ran all of his life. He commented that he took up running as a kid, to spend time with his father, who also ran. At the age of 16, Matt set a goal to compete in an Iron Man competition and bought a used bike at the age of twenty-five to begin training.

Hanson was a former professor of Exercise Science, but retired to coach other triathletes. At thirty-nine years old he has been competing in the Iron Man races for ten years and has a goal to win a national title.

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The Iron Man is a combination of swimming, cycling and running for a total of 140.6 miles. The swim course is 2.4 miles, the cycle course is 112 miles and the running course is 26.2 miles. A good athlete could

finish the course in 12 to 14 hours. Hanson's final time was three hours and 41 minutes. His time for the swim portion was 24 minutes, the cycling was two hours and 4 minutes and the running time was one hour and 9 minutes.

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## The View From the Back *Part 1*

By Ted Gamble

*Ted Gamble is an avid runner and friend of The Messenger. This is the first of a 3 part series on his recent adventures that we will run in the Messenger in July, August and September. We hope you enjoy it.*

I'm thinking about this on Sunday morning, the day after the race.

Everything is sore, and I have feet on my blisters. My toes hurt.

A working title of this story could be "Zumbro will Zumbro!", a phrase from the race director's email referencing the notoriously bad weather and muddy conditions at the race. This year it actually got HOT!

Or "Why the \_\_\_\_\_ do you want to do that!?"--the question my father usually asked me when I told him about my next running adventure.

Or what about "The view from the back"? This one makes the most sense, so I think I'll go with that—you'll know why after you read my story....

This year I was going to attempt to run the Zumbro 100 in the Zumbro River bottoms near Theilman, MN. In previous years I've done the 50, 34, and 17 mile distances. It's a looped course and the 100 mile course is six 17 mile loops with 34k feet in total elevation change and a 34 hour time limit. This will be my first attempt at the 100 mile distance.

I made a mental commitment to sign up in late August and training began immediately in early September. That's early for an April race, but I wanted to give myself some extra time. A friend of mine who was also running the race; Derrick, gave me the plan. It was a 24 week plan that he followed about a year ago for his first 100 miler.

Early September to mid-April is longer than 24 weeks, but the extra time cushion would be nice because the holidays and our wedding anniversary were in that time frame. I decided that I would just re-do the prior week's plan if any long runs were missed, or there were any pauses in the training. You

cannot plan for everything and you never know what else might come up.

By that, I mean the weather. It can get very, very cold and snowy here in Minnesota. So I think I had about four extra weeks built into the training plan. In the end it turned out very well as we had a very mild winter. The weather only forced me inside two or maybe three times between September and April. So, training went better than planned. With the mild winter and dry weather, the trails were in excellent condition. Things seemed to be lining up for a good race!

I took Thursday off to prepare for the Friday/Saturday race and drove to the Zumbro bottoms where the race was held. There I met up with Chad and Derrick and Derrick's wife, Chris. After putting up my tent and just hanging out for a while I went to my motel in Lake City about ten miles away.

Our campsite wasn't a very high end or luxurious motel. I only wanted a warm, dry, and cheap place to stay because it's assumed that it would be cold in early April. The outside was being remodeled, and that was OK.

The inside was clean though it was kind of chilly at night. The heat didn't work properly so it took a while to warm up. As I waited for the room to heat up, I thought that a shower would warm me up and help me relax, I was already starting to get a little anxious.

There was no hot water.

After an hour or so, the room warmed up, but because it was radiator heat, it kept getting warmer. Eventually I figured out how to open the window and that helped. Long story short, I did not sleep well at all that night, and the 5:30am alarm came too soon. When I got up I noticed Linda couldn't sleep either--she sent me a text about 3am, saying that she was praying for me. I appreciated that as it was certainly needed!

I left the motel at 6AM. I was hungry and needed something with a lot of calories to get me going. Nothing was open that early so I picked up a few items at a local Kwik Trip. The evening meal the night before was from Burger King. That may have had an effect on how things went early on, but who knows?

I arrived at the campground and got together with Derrick and Chad and a few others showed up to see us off.

After months of training, the big event finally started. It was a beautiful day! Running at Zumbro usually means rain, snow,



Andy and I crossing the Zumbro on the first lap.

sleet, cold and overall bad weather. And mud, copious amounts of mud, soul-sucking, sticky and slippery at the same time. But not this year—if anything the forecast called for conditions to be almost too warm with 70's on Friday, and close to 80 on Saturday. I don't typically do well in the heat, but we'll talk more about that later. The trails were in the best condition I've ever seen them and not a drop of mud anywhere—in other words, they were perfect!

The first of the six laps took about four hours and 15 minutes which was equal to what Derrick and I had done about a month earlier on a practice run at Zumbro. I thought that was a little fast, but there's plenty of time to slow down since we now had some time "in the bank". I had calculated that I would need a 5.5 hour/lap average in order to meet the 34 hour cutoff time. There were no illusions of being fast, I did not care if I finished last, I simply wanted to finish.

On the second lap it started to get warm out. I must not have been eating or drinking enough because I began to feel really awful after only a few miles. I got to the final aid station about 3 1/2 miles from the finish and mentioned it wasn't going as well as I wanted it to. One of the workers told me I should drink more water and get some more food. Easier said that done! I tried to eat a Cliff bar



Despite the beautiful scenery, I was really struggling here.

earlier, and ended up tossing it in the woods—it made me retch a little. I didn't want food, so he suggested some pickle juice to help settle my stomach. I also grabbed some candy and decided to walk it back to the finish line.

(continued on page 9)



Our campsite



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## The View From the Back

(continued from page 8)

Why was I suffering so much? It's only the second lap? There are still four more to go! I started to feel sorry for myself--the last week or so has been very discombobulated with a lot of things in my personal life going on with a death in the family, and various work and family responsibilities all seeming to hit at once.

It was also hot, and I never do well in the heat ( I recalled a conversation with Derrick back in July, "Hey, let's do Zumbro—at least we won't have to worry about overheating!" he said), maybe I hadn't trained as hard as I thought? Maybe I could've done more? But, during training I ate better, I lost some weight, gave up beer (I gave up beer for this!?!), I was sleeping really good, so everything was in line. I should've been doing better! Why was this happening?

All they way back I was having an internal debate—should I quit? Should I tough it out? Once the "quit" word sneaks into the brain, it's really hard to ignore as the doubts kept percolating.

When I finally arrived at our camp, just short of the finish line, I collapsed into a chair and put my head in my hands. I was really discouraged about what was going on, especially after training so hard for so long. What a waste of time, and training!

As I was sitting there Chad and Chris told me a story about Derrick. It seems his legs cramped up really bad and he had fallen down on the trail. His eye fell out and landed in the dirt. He has a glass eye from an old BB gun injury. I couldn't help not laughing. Or feeling bad for laughing.

No matter what happens today, I will not lose an eye!

I could see the disappointment in Chad's eyes as he tried to encourage me to keep going. Chris was also there trying to convince me not to drop. But, I was done, it just isn't going to happen today. Maybe I could call this a really good training run for FANS?



"Where am I? Who am I? What's going on..."

Chris gave me a cup of soup and a banana. It was then that another thought crept into my head...there is still 24 hours to go before cut off, and there are only four laps to go—that's six hours per lap, slower than my current pace. Those thoughts gradually began to replace the "quit" that was stuck in my brain. Maybe.....

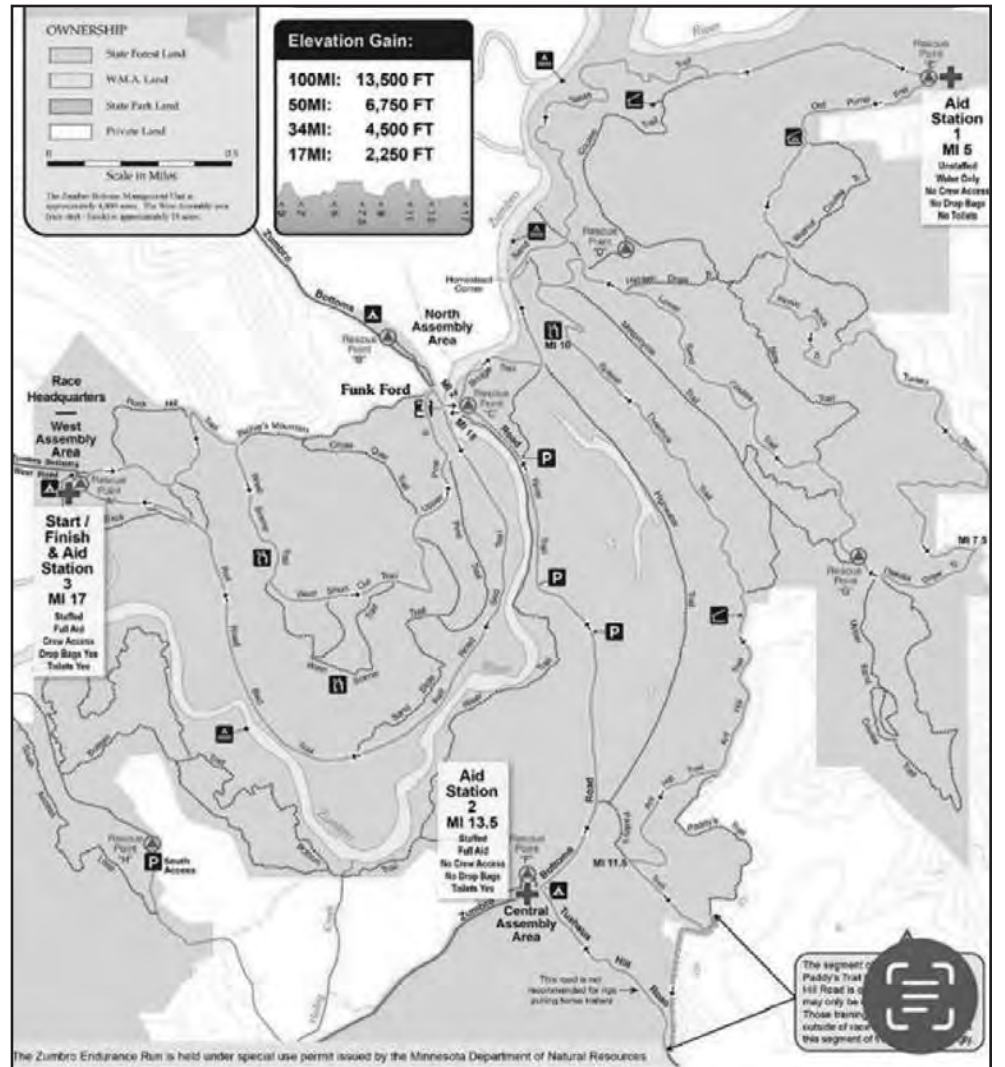
But no! I was done. I took off my hydration vest and walked to the lap counters in the start/finish area. But something happened on that short walk, I realized that I felt OK, and I was mostly just feeling sorry for myself. I think maybe I can do this?

When I arrived I was asked for my bib number.

"Number 16, but I left it back by my tent. I was going to quit, but I changed my mind. Do I need to go get it, and come through again?"

"No, you can just get back on the trail—good luck!"

I went back to the tent to grab my stuff and told Chad and Chris (and an old friend, Nick was there too now) that I was still in it. I wanted to walk an entire lap and evaluate again when I come back. Nick handed me a red solo cup full of the noodle soup to drink



### Zumbro!

as I walked. My water bottles were refilled, and as I walked I started feeling better and better. My stomach settled down (pickle juice?), and my attitude rebounded. The noodle soup and banana was the "magic elixir" that kept me going.

I started the third lap about 6 o'clock. It was going to be a walking lap, and I was assured that at least half of it would be in the dark, so I brought my headlamp with. As always I was a little concerned about what it's going to be like in the dark, in the woods, all by myself. Well, I could always rely on the Dog Men to keep me company. I hear they are native to the area. Seriously.

In the end, it wasn't bad at all. Actually, I kind of enjoyed it. It was peaceful. It was quiet, I was by myself and probably bringing up the rear by a long way, and I was OK with that. I was just walking, but I kept reminding myself that my goal here today is to simply finish. There was no chance of winning, or even placing now. My plan was to run the first lap and then see what happens. I only needed a 5.5 hour average lap, and I would be good. The first lap was done in 4:15, which I thought was a bit fast and the second lap didn't go so well, but if I could finish this third lap before midnight, I would still be on the original plan. If my fourth lap started at the same time as the fifty milers, or maybe a little bit earlier it would be good just to have the company of more people. Then I wanted to be separated enough from the 34 and 17 milers when they started the following morning so they wouldn't be in my way. Or, so I wouldn't be in their way.

Anyway, I'm on my own and I'm in the

dark. I brought my phone with because I knew that I would be in this situation and I thought it would be a good opportunity to listen to some music or some podcasts to keep my mind occupied. I started with some podcasts, got through three of them; long ones that had overlapping and intersecting topics that were very interesting to me. Don't ask me what they were about; I cannot remember—only that they were really absorbing at the time. And then I switched to music, probably the best music I had ever heard. I was starting to feel a lot better. The idea to walk a lap was working.

Should I eat jerky at night, what if some animal smells it, and comes looking for it? I don't know what lives out here....

When I arrived back at camp about 11:45pm, Nick said I looked like a new man. And he was right; I felt it too as I was in a much better place both mentally and physically. My confidence was back and I was going to finish this thing! I was even joking when Chad came out to pace me on the fourth lap (pacers are allowed only after three laps are complete) that I had just completed the Bon Jovi lap, because we're "halfway there"! Get it? I had a lot of alone time to think...

So Chad and I took off a few minutes before the Midnight 50 race started. I told him I didn't want to talk, just let me listen.

"Tell me your life story, Chad. Let's start at the beginning—what was your favorite color when you were born?"

But I was feeling so much better by then so it was nice to talk/converse as we went about our business of completing the fourth lap.

(continued on page 10)

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## The View From the Back

(continued from page 9)

He reminded me that I told him a few weeks back that “If I could be on my fourth lap when the 50 milers start, that would be great!” I was right where I wanted to be.

We had about a one mile head start and we were already on the top of Rock Hill when they started.

We could see a line of headlights snaking through the woods as they followed us up which was a really cool sight to see. As we started to head down the other side of the hill and the runners started to catch and pass us, several of the runners saw my name and number on my bib so there were lots of compliments – “way to go hundo runner” and phrases like that. That gave me a mental boost.

Also heard a lot of “Hey, you’re Ted Gamble, we follow one another on Strava!” I heard that maybe a dozen or two times and it really surprised me. I wish I could remember everybody I saw that said that because it was kind of cool to attach a real person to what was only a name on a screen.

We were also passed by a younger runner, Ian, (he was in his late 20’s) who was in my church camp group at Eagle Bluff in Lanesboro several years ago. He was probably in junior high at the time, and I was one of his camp counselors. Over the years, he had grown about a foot, his hair included. He was rocking a Forrest Gump meets a Grizzly Adams look. We talked for a little bit and agreed to catch up after the race. I found out later that he dropped after his first lap, so we were unable to meet as he was long gone by the time I was done.

We finished the fourth lap in less than 6 hours so we were still on pace. Chad decided to stay with me and we began lap number five. But before I tell you about that (this is



The view from the top of Rock Hill

where it gets really interesting, and a little weird!), let’s take a short interlude and re-view the course.

The entire race is on trails. There are some are horse trails, there is some single track, a few logging roads, and a little bit of gravel road. Plenty of variety, but no pavement.

The trail heads out of the campground/horse-park and runs along a corn field before heading up Rock Hill, an appropriate name as the trail is strewn with rocks. It rises about 300 feet above the campground, but this one is not that bad compared to what comes later. It’s a little bit lengthy but from the top, you get a really pretty view of the campground with the Zumbro River in the background--you will see a lot of photos of this area online.

From here we head through the woods, and kind of curl down an old logging road. Reminds me of my father-in-law who was a log-

ger--that spot was being logged out a few years ago during the race and in the morning when it’s typically cold, all of the mud was frozen so it was an easy spot to get through

but as the day wore on and the mud melted, it became a muddy quagmire.

(Watch for part 2 in the next issue of The Messenger)

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## Down on the Farm/ Up at the Cabin Construction Projects - Another Adventure in Learning

By Monica & Claudia Vanderborght

Both Monica and Claudia were more adept at construction projects than the average suburban gal. Our father was an architect and engineer – always working on some building or mechanical project when we were growing up. Our mother was a seamstress by trade and taught us both to sew when we were young. So construction came quite naturally to us and Monica frequently said, “The only difference between working with wood and fabric is that sewing requires a 1/8” seam allowance.”

Well, the tools and the materials are somewhat different too. But for both sewing and construction you need a plan (patterns vs. blueprints), materials (fabric vs. 2x4s), fasteners (thread vs. nails), and tools (scissors and sewing machines vs. circular saws and nail guns). We grew up watching father study and revise the blueprints on his drafting table and watching mother design and sew all of our dresses and coats. But to put it simply, both are: measure, cut, attach.

The chicken coop was the first farm construction project. Good friends Norm and Dawn promised to help Monica build the shed; in return, Monica would help them build a similar one on the far end of her property as their personal hunting blind. Perfect! Material lists were made; everything was ordered and delivered. Monica decided that the best location was between the pasture’s water hy-

drant and the pole barn – not too close to the house, not too far. Feed could be kept in the barn and a hose could easily be run from the hydrant.

Sections were laid out and air-nailed together in the pole barn – electricity and the air compressor were close at hand, and the barn kept everything (and us) protected from the March weather. An air framing nailer can be a bit intimidating at first, but it’s so fast! Monica (a bit impatient and an efficiency lover) quickly became quite adept at using it. Everyone – including the grandkids – helped carry the framed sections out to the location and secure them together. The younger kids helped nail the plywood siding to the frame; Monica’s college-aged grandson helped with the roofing.

By the time the exterior was finished, Monica felt completely competent (she’s a very good seamstress). Racks for the laying boxes were measured, cut, and assembled. Doors were constructed and hung. (Hinges are tricky – there is no sewing equivalent to hinges.) Used dog kennel panels made a lovely, protected run for the chickens.

By this time, Monica had added bottle-baby goats to her farm; soon they would need grass and hay, and the cattle feeders were just too big for the goats. And by winter the goats would need an enclosure in the barn, separate from the cattle. Monica had learned a lot building the chicken coop with Norm, but this was different. These things didn’t come with set patterns – they had to be designed from scratch – which she thought was half the fun.

And it was fun! Well, except that when you are designing and building, your initial plans don’t always work out. Monica quickly learned that removing nails that had been put in with compressed air was not at all fun ... nearly impossible. So the air nailer was aban-



doned and torx-head screws (and her faithful Ryobi impact driver) were embraced. Easy in and easy out! Coming home from the next trip to Menards, Monica had six different varieties of screws and a second battery for the impact driver. She was ready!

The first goat feeder (designed to be part of the goat enclosure – very efficient) was perfect. Until the goats started climbing on it. And in it. Well-fed baby goats get bigger, and heavier, and love climbing up and over anything – hay feeders, hay bales, even cows eating hay. The goat feeder / enclosure was going to have to be redesigned (more than once over the years). Thank goodness for the screws.

Chickens grow too. They can easily hop onto the workbench in the pole barn – knocking and moving anything that was left loose (particularly screws which roll off the counter onto the dirt floor and threaten to puncture vehicle tires). Back to Home Depot for holding containers and magnets and more screws. And more 2x4s and plywood, of course. But all that wood takes up an inordinate amount of floor space and the next thing Monica built was a rack to hold all the new and scrap wood that was waiting for the next project idea.

Claudia didn’t really enjoy construction projects (she doesn’t like tools and doesn’t care much for sewing either). But she was great at finding lost screws with magnets (well, most of them), and reorganizing the work benches when they became piled with stuff (screws and discarded pieces of 2x4s and tools ... “Hey Claudia! Have you seen the T-square? I can’t remember where I put it.”). And usually by the time construction was over for the day, Monica was done-done.



To the rescue came Claudia – cleaning up all the scraps and putting the tools away. For Monica it was like having a fairy-godmother with a magic wand.

The sisters became quite a team! Claudia would hold the end of the tape measure while Monica designed the new screen room / firewood shelter on the deck. Or Monica would cut the plywood with the circular saw while Claudia steadied the 4’x8’ sheet. And Claudia would stand on the ladder, holding one end of the 2x4, while Monica attached it. Measure, cut, and fasten. Construction and sewing are very similar – except for that 1/8” seam allowance.



## Funding Available for Community Development Financial Institutions to Support Farmers

*New technical assistance grants will help expand agriculture-focused services*

Community Development Financial Institutions (CDFIs) foster economic opportunity for diverse communities around Minnesota, and new funding is available to help them support more of Minnesota’s farmers. The Minnesota Department of Agriculture (MDA) is now accepting applications for its CDFI Technical Assistance Grant, aimed at helping Minnesota’s certified CDFIs expand their agriculture-focused services.

The MDA expects to award approximately \$260,000 in one-time funding through a competitive review process, with individual grants of between \$10,000 and \$200,000 available for certified CDFIs in two main areas of technical assistance:

Technical assistance provided by CDFIs to farmers (e.g., assisting farmers with loan readiness or expanding outreach efforts toward targeted groups with agriculture-focused financial services).

Technical assistance for CDFIs to increase their own capacity to serve farmers (e.g., to develop their agriculture lending program or internal knowledge and processes as a foundation to provide financial services to farmers).

The deadline to apply for the grant is 11:59 p.m. on Thursday, September 5, 2024. The MDA will notify applicants in October about whether their proposal was funded.

Full grant details and the request for proposals (RFP) can be found on the MDA website.

Applicants must be certified CDFIs who serve or intend to serve farmers in Minnesota and have participated in at least one U. S. Department of Agriculture grant or loan program. A certified CDFI is defined as a bank, credit union, microloan fund, or venture capital provider who has completed a certification process with the U.S. Department of the Treasury’s CDFI Fund.

An online public information session about this technical assistance grant will take place at noon on Wednesday, July 31, 2024. The MDA will review basic information included in the RFP including applicant eligibility, funding timelines, and application questions. Registration is required.

## SIFTing Through It!

(continued from page 1)

Doug and Mary bought the building from Bobby and Ron Peterson in November of 2015. They had been running a rummage sale on their home property, unattended most of the time, and on the "Honor System." You could come in and pick out what you wanted, and put your money in a metal box. Sometimes, people had no money to pay, and left an I.O.U instead, and always came back to pay. The small business became so popular that they needed a larger space to have all their treasures displayed, so they bought the building.

Then they bought gondolas (fancy name for retail shelving) from Hjemstad Hardware in Cannon Falls, and started filling the space.

Previous to the Klatts buying the building, it had started as Milo Peterson Ford. As the Ford dealership grew and needed more space, the Petersons kept the building and rented it out. Some of the businesses you may remember in that place were the Kenyon Coffee Cup Cafe, K Town Video, and Write On, which later became D & S Printing. But Doug and Mary had a vision, and decided the only way to accommodate all their dreams was to purchase the building, and so they did.

Now that the space was theirs, they began going to rummage sales, estate sales, and auctions to buy items for the store. Then people began dropping things off so they wouldn't have to throw it away, and someone else could use it. One mans trash is another mans treasure! The inventory is constantly changing, and they have a color coded system so they know when the item has outlived it's welcome. It will be in the store for no longer than 12 weeks, and at the last 2 weeks, there is a color for 50% off. After that 2 weeks is up, it gets donated to somewhere it has another chance!

I asked Doug what his favorite part of owning the business is. "I love talking to people. I love wheeling and dealing, and giving oth-

ers a good deal." he replied. "I was in law enforcement for 32 years, and in those years I treated even the people I arrested with respect. I do that here, too. People come in just to chat, or have a cup of coffee. They know they are always welcome here, whether they come to buy, look around, or just say hello."

Then I asked him in all the years he has been running SIFT, if he had found any real treasures. "Yes" he replied, and brought out an original Courier and Ives picture from 1873 that was gifted to a young boy upon graduation from grade school. "This is one I will keep!" The strangest item donated was a coffin....empty, of course!

Another interesting item he received was a buckboard that belonged to the "Leper Doctor", Dr. Gronvold, who was living in the Kenyon area, and is buried in the Emmanuel Lutheran Church Cemetery. You have to ask Doug about that one! But the part of the story I will share is this; Doug had been showing everyone the buckboard, and giving it's history. He was so proud to own it, and talked about it to everyone who wanted to hear about it. In 2017, Doug had moved the buckboard into the back room of the building. An electrical fire broke out, and the buckboard burned completely. However, there was a 3 dimensional cross, maybe 6 feet tall that was leaning against the buckboard that did not burn! The cross said "He Is Risen". After some consideration on the loss of the buckboard, he decided it was better to talk about the meaning of the cross than to talk about the buckboard!

I asked him if he wanted the community to know anything else about his business. He said he wanted to tell people this is not a business he can run alone. His wife Mary is a huge part of the operation, and even though she works from home from 7 am to 3:30 pm for the CHS office located in Inver Grove Heights, she comes in every day after work to sort through donations and price new items. "If it wasn't for Mary, there would be no SIFT!" said Doug. "We rely on Judy, Gerri, Shirley and Phyllis, who come to the store every Monday morning to rearrange the furniture and put out the items that are new to the store." They also have another group of family members who come in and price everything. Also he said Justin Peterson who details cars next door to SIFT is his "right hand man" and is invaluable in the running of the business. It is very clear that it takes a village to run a Thrift Store. He wants to thank all of them for being there, and he es-



pecially wants to thank all of his customers from near and far who come in to donate, purchase, or just to chat. Without them, he wouldn't be here! Especially after the fire! When the damage was cleared out, and the back room was ready once more to house more goodies, the Kenyon community showed up to stock the shelves, and get the space open again. Now THAT is what small towns do!

So, if you are out and about on Thursday,

Friday or Saturdays, stop in and see what treasures may await you! I could , and have, spent countless hours "sifting through" the plethora of merchandise available, and have found many things to bring home and enjoy. And as always, I love to chat with Doug about a lot of things, and am always greeted with a Hello and a smile. And when you come in the door, check out the basket to your right.....and find out what community is all about!



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## Melodrama two storms through Mantorville through July 28



Mantorville Theatre Company is premiering another original play written by Victoria Carlsen, 100% Chance of Deceit (Say it Ain't Crow)!

About the play: Between the villages of

Serenity and Harmony lies the tiny town of Tranquility. The town's weather forecaster, with her faithful crow companion, warn of coming wind and rain while the bell-tower-traumatized pastor and his wife are experiencing stormy weather. "Sigh!" Thunder claps on this quaint community with the arrival of evangelist Augusta Wynd (say this name out loud). "Boo! Hiss!" Will the townsfolk see through this blustering blowhard? "Hurray!" Can the crow communicate



Wynd's crookery? Oh! may the sun move the mist away for the minister and his missus! Come watch the drama unfold and boo! hiss! sigh! hurray! at the Mantorville Opera House!

Kcin Siegele plays the phobic Pastor Joe Moody and Savannah Potter is his mildly miffed wife, Misty Moody. The wise weather forecaster Hattie Hamernick is played by Molly Bartz and her crow companion Flappy is flown by Rob Ronnenberg. The evil Augusta Wynd is blown by Kane Kline. Madysen Nelson tips her hat as Tommy Toogood. Church ladies the direct Nancy Pessimancy and the ditsy Fancy Pollyancy are portrayed by Cheryl Frarck and Brook Reding. Jen Gall serves as both director and costumer. Alicia Frarck sets the scenes on the piano keys, and Lycus Flaherty provides the flash and boom on lights and sound.

Melodramas are family friendly, tickets are \$10. Reservations can be made online at [www.mantorvilletheatrecompany.com](http://www.mantorvilletheatrecompany.com) or by phone, (507)635-5420.

Despite real rain in the region, the bridge is open and Mantorville road construction is moving ahead. All shops, restaurants, bar, and the Opera House are accessible. Come to Mantorville to shop, eat, and take in a short melodrama (90 minutes or less) this weekend!

*Fridays and Saturdays at 7:30 p.m. and Sundays at 2:00 p.m.*

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## Sitting Too Long Harms Kid's Livers



By Shauna Burshem, D.C.

Loneliness can have a serious impact on the life span of seniors. When older adults feel isolated or alone, it can lead to both physical and mental health problems. Studies have shown that lonely individuals often live shorter lives compared to those who have strong social connections. Loneliness can increase the risk of conditions like heart disease, high blood pressure, and weakened immune systems, making it harder for seniors to stay healthy. In addition to physical health, loneliness also affects mental well-being. Seniors who are lonely are more likely to experience depression and anxiety, which can further reduce their quality of life. Being socially active and maintaining relationships can help seniors stay healthier and live longer. Making an effort to connect with family, friends, or community groups can make a big difference in improving both health and happiness.

Sitting for more than six hours a day can be harmful to kids' health, especially their livers. When children spend too much time sitting, either in school or at home playing video games, they are at risk of developing fatty liver disease. This condition occurs when fat builds up in the liver, which can lead to serious problems like liver cirrhosis, where the liver becomes severely scarred and damaged. It's important to understand that our bodies are not designed to sit for long periods, and doing so can have lasting negative effects. However, there is a simple solution to reduce these risks: light physical activity. Activities such as playing outside, walking, or biking

can dramatically improve liver health and overall well-being. Encouraging children to move around more often can help prevent the buildup of fat in their livers and protect them from severe liver diseases. So, whether it's a short walk during breaks or a fun game of tag, getting kids moving is crucial for their health.

Biotech giant Bayer signed an exclusive licensing agreement with Pairwise, a genetic-based food startup, to develop and market its genetically engineered mustard greens, modified to be less bitter. Critics say the products haven't been evaluated for health or environmental risks and could contain toxins or allergens. One critic says this, "And why anyone would want to genetically modify mustard greens to make them less, well, mustardy, is a complete mystery to me. The whole point of eating mustard greens is their pungent and bitter taste, and the compounds that make them pungent and bitter also happen to provide health benefits. People who want their mustard greens to taste like lettuce can eat lettuce".

Chiropractic care can be very helpful for people with shoulder problems, like athletes or anyone dealing with shoulder pain. Chiropractors are experts who use hands-on techniques to adjust the spine and joints. By doing these adjustments, they can help reduce pain in your shoulder and improve your range of motion. This means you can move your shoulder more freely and with less discomfort. Whether you're dealing with shoulder strains, sprains, or even issues like an ac separation or rotator cuff problems, chiropractic care can offer relief and help you get back to your normal activities.

Chiropractors also provide rehab exercises tailored to strengthen the muscles around the shoulder and improve overall function. These exercises are an integral part of the recovery process, helping to promote healing and prevent future injuries. Additionally, chiropractors often work in conjunction with physical therapists to offer a comprehensive treatment plan. This collaborative approach ensures that all aspects of shoulder health are addressed, from mobility and strength to pain management and functional recovery. Both chiropractic care and physical therapy aim to restore optimal shoulder function and enhance the quality of life for individuals dealing with shoulder issues.

In addition to lessening pain and improv-

ing movement, chiropractic care focuses on the root cause of your shoulder problems. For example, if your shoulder is fixed in a particular position and won't move easily, a chiropractor can work to adjust it and restore proper alignment. This can make it easier for the muscles and tendons to heal naturally. Athletes, in particular, can benefit from this type of care because it helps keep their bodies in top condition, allowing them to perform better and recover faster from injuries. Overall, chiropractic care offers a natural and effective way to manage shoulder pain and improve overall shoulder function.

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

## Missing Pieces



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

and a headache can signal you are dehydrated. Second, consider your stress. Taking some magnesium can help to relax muscles and quiet nerves. Additionally, increased stress will use up B vitamins quickly, so a B-complex supplement, a whole egg, or some spinach will increase the necessary B vitamins.

Diabetes – we are seeing an alarming rise in people struggling with high blood sugar.

What does high blood sugar measures mean? First, pure water intake should be considered. The kidneys will help to remove excess sugar from the body with proper water intake. Clients with diabetes are consistently missing magnesium and B vitamins, which are important nutrients to properly handle sugar. Vitamin D is another common nutrient that is low in clients with diabetes. Along with these nutrients an increase in healthy protein sources and a decrease in processed sugar is very helpful.

High Blood Pressure – a common symptom related to weight gain and stress. What does high blood pressure mean? The body is having difficulty relaxing partly because of a lack of nutrients that will help the body to relax. Magnesium and potassium are two essential minerals the body will use to relax. There are four B vitamins commonly deficient in clients with high blood pressure, as well as Vitamin D and Vitamin C. Healthy food choices will provide these vitamins and help the body to move to a healthy weight which will result in lower blood pressure. In addition to good nutrition, a quality exercise routine can improve blood pressure.

As a society we have become well trained to look to medications to reduce our symptoms of illness, and we have become ignorant of the true building blocks that sustain our life. Illness is a result of missing pieces that need to be supplied in order to maintain life and move forward. Another day is passing by. Will you continue to live life as you have and remove another link, or will you replace some of the missing pieces and give your body what it needs to thrive?

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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

Are you familiar with the game – JENGA? This game challenges you to see how many pieces you can carefully remove before the entire tower collapses. It is amazing how many pieces can be removed from a wooden tower before it falls to the ground. The human body is even more amazing with the ability to sustain life and keep going even when essential nutrients are lacking. But at some point, the human body will collapse just like the JENGA tower if the right nutrients are not provided.

When you notice symptoms of illness starting, do you think about what your body needs – more medication or more nutrients? The runny nose and itchy eyes are because you need more Zyrtec? The excessive high blood sugar means you need more insulin? Or the extra weight gain means you are lacking Ozempic? Of course not. Yet these medications are well known for the symptom relief they provide and because medical doctors will recommend these medications before talking about the essential building blocks your body needs.

Your body will begin to show symptoms when it is missing essential nutrients because these nutrients are the original building blocks used to make your body. While medication may lessen a symptom for a season, the only true way to eliminate that symptom is to identify the necessary ingredients your body is signaling to receive.

Headaches – a common symptom for many people. What is a headache trying to tell you? First, consider drinking pure water. Water is 75% of the human body

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### A Tale of Two Cities KW Public Schools

Dear KW School Board Members:

Can you imagine a new Superintendent of Schools walking into a school district where



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the first order of the day is to fasten her seat belt? Beginning with statutory operating debt, questionable student achievement, and tumbling student enrollment, she now finds herself worrying about a building that is in need of a new roof. And if that is not bad enough, she not only has at least two school board members who would rather fall on a sword than to do the right thing for our children, but she may now be faced with the prospect of another referendum just to sort it all out for people like you. Is there any wonder why there is no unification between the two communities?

In hindsight, there was a time when Kenyon Public Schools (my alma mater) was near the top of the list when it came to quality education. Unfortunately, after a series of substandard superintendents and ineffective school boards, we find ourselves near the bottom of the list. Why? Because I now realize that we are actually "A Tale of Two Cities."

Today, we find ourselves in a position whereby we are debating what to do with a building that is not fit for our children or staff members. While it would be nice to turn the clock back to 1995 when we had 1089 students and were in the process of planning for

a PreK-12 building at Bombay, the same factions that were at play then...are at play now. For reasons that are self-serving in nature, having a building is more important to some people than having a quality school district. Knowing what I have witnessed since we consolidated, some things never change.

As I read Mrs. Giese's article in the News Record, I was struck by three things. First, I saw someone who realizes that there is a time for change at KW Public Schools. While we might agree that a multiple site would be nice for various reasons, it has never been practical when it comes to building a budget. As a matter of fact, Wanamingo was told this very thing by the Superintendent of Schools of Zumbrota-Mazeppa 35 years ago. He was right...and I was there to hear it.

Second, she is being generous when she says it should start in the 2027-2028 school year. This is what happens when school board members get in the way of a decision that needs to take place beginning with the 2024-2025 school year. They are not only putting her in the middle of an argument that has long since run its course, but they are continuing to ignore the impact it is having on the school district. It needs to stop NOW!

And finally, one of the things that caught my attention in Mrs. Giese's article was the immediate savings it will generate in shuttle services and utilities by going to a single site in the 2024-25 school year. When one couples this \$198,000 per year savings over a three-year period of time, you are talking about a \$600,000 reduction in the statutory operating debt. Not only would state officials and local tax payers be happy, but the community might begin to think that you actually have their best interests at heart. Just remember, it is all about perception!

In conclusion, you need to know that it is time to put the naysayers to bed. While it is not unusual to find them in other school districts, the perception in the community is that our school district has more than its fair share of people who do not know what the word TEAM means. Ladies and gentlemen, it is time to help create a new culture under a new kind of leadership. After all, it is one of the reasons that you hired Mrs. Giese to begin with. It is time to give her a chance to get it right!

Respectfully yours,  
Dr. James Russell Lehman  
Kenyon, MN 55946-1405



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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question: I've never really paid attention but I know that I have a class D driver's license, but what is that good for?**

Answer: Your driver's license allows you to drive a motor vehicle on public streets and highways. You must carry your license with you at all times when you are driving a motor vehicle. You must have the appropriate class of license and endorsement for the type of vehicle you are driving. Information about your license class and any endorsements or restrictions will be listed on the back of your driver's license. There are four classes of driver's licenses and several endorsements available to Minnesota drivers.

The "Class D" is the most common license for Minnesota drivers. If you have a Class D driver's license, you may operate:

- All single-unit vehicles (cars, pickups, and small trucks) except those with a gross vehicle weight of 26,001 pounds or more, vehicles designed to carry more than 15 passengers (including the driver), and vehicles that carry hazardous materials.
- Any farm truck transporting agricultural products, farm machinery, or farm supplies (including hazardous materials), within 150 miles of the farm. The farm truck must be operated by the farmer, his or her immediate family member, or an employee of the farmer.
- Authorized emergency vehicles, whether or not in excess of 26,000 pounds gross vehicle weight.

- Recreational vehicles (motor homes and camping trailers), operated for your personal use.

- Motorized bicycles.
- Motorcycles, with the appropriate license endorsement.
- Neighborhood electric vehicles (NEVs).
- Autocycles.

You may also tow a trailer or other vehicle if:

- It has a gross vehicle weight of 10,000 pounds or less, or
- It has a gross vehicle weight of more than 10,000 pounds, but the combined gross vehicle weight of the vehicle and trailer is 26,000 pounds or less.

You must have an endorsement on your license in order to drive motorcycles, buses, school buses, double and triple trailers, tank vehicles, and if you carry hazardous materials. All endorsements require additional written tests. Bus, school bus, and motorcycle endorsements require specialized road tests.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention, and always drive sober. Help us drive Minnesota Toward Zero Deaths.

**Question: I've been helping my neighbor prep for sale a 1955 Ford pickup that has been in her family since new. I noticed the**

**other day that the VIN plate is missing from the glove box door (the rivet holes are still there). It must have been lost by the body shop that painted the truck about 15 years ago, and is now out of business. I was able to locate the VIN stamped into the frame and it matches the VIN listed on the Title. I don't believe the engine or any sheet metal had VIN numbers back then. Can we legally sell this truck without that plate? If not, what are the proper steps to make this vehicle legal again? Thank you in advance for your help!**

Answer: The vehicle can't be sold without a public "vehicle identification number" (VIN.) If the public VIN has been removed, the vehicle would need an inspection by the "Driver Vehicle Services" (DVS) which would result in getting a State issued VIN (blue VIN). The vehicle owner would need to make an appointment with DVS for the inspection. There are several DVS inspection stations listed around the State, and they are listed on the DVS website.

The owner would need to bring the vehicle, title and any other paperwork pertaining to identifying the vehicle to the inspection. If the VIN on the frame has been located, it is imperative that the owner not cover up it up with primer or paint. This will help the inspector identify the vehicle. Once the inspection is completed and the vehicle has been identified, a second appointment with DVS is needed to attach the State assigned VIN. The vehicle can be sold after the State VIN is attached.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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

### 2024-25 Kenyon-Wanamingo Elementary First Day School Needs

\* Please label everything with student's name unless noted "unlabeled" or "to share"

#### Kindergarten (DO NOT LABEL)

- Crayons - (24 ct. Crayola) - 4 boxes
- Glue Sticks - 15-20, Elmer's (unlabeled)
- Blunt Scissors (Kids Fiskars) No plastic blades
- Water bottle
- Pencil Box - Approx. 5" X 8" Plastic (No zipper bags)
- 3 Spiral Notebooks
- 1 Composition Notebook
- Backpack (No wheels)
- Tennis Shoes (Velcro if unable to tie)
- 2 Washable Marker 8-pk. Broad Line
- 2 low odor EXPO Dry Erase Markers
- Tissues to share - 1 lg. box (unlabeled)
- 1 Highlighter
- 1 Plastic Folder-Red
- 2 Packages Baby Wipes
- 1 Container Clorox/Antibacterial Wipes
- Last Name A-M: 1 box Ziploc sandwich bags
- Last Name N-Z: 1 box Ziploc gallon bags

#### 1st Grade

- Crayons - 24-pack - 3 boxes
- 2 Glue Sticks (unopened & labeled)
- (1) 2-pack Pink Pearl Erasers
- Scissors - Kid's Fiskars or similar quality
- 24 Pencils to share (Ticonderoga or USA Gold Brand)
- School Box - Approx. 5" X 8"
- 2 Spiral Notebooks (Wide-rule)
- (5) 2-Pocket Folders: Red-Blue-Green-Yellow-Purple
- 2 boxes Washable Markers - 8 or 10 pk.
- 2 pk. Expo Dry Erase Markers
- 2 boxes Tissues (to share)
- 12 oz. Hand Sanitizer (to share)
- 2 Yellow Highlighters
- Headphones (No earbuds please)

#### 2nd Grade

- 24-pack Crayons - 2 boxes
- 6 Glue Sticks & 1 Glue Bottle (5 oz.) (Unlabeled)
- (3) 2-Pocket Folders: Red-Blue-Yellow
- Scissors - Kid's Fiskars or similar quality
- (2) 24-pack Pencils to share (Ticonderoga or USA Gold Brand)
- 5" X 8" Crayon Box
- 2 Spiral Notebooks (Wide-Rule)
- (2) 8-pack Washable Markers
- 2 boxes Tissue (to share)

#### 2nd Grade (Cont.)

- Headphones
- (1) 4-pack EXPO Dry Erase Markers
- Clorox wipes (to share)

#### 3rd Grade

- (3) 24-packs #2 Pencils - (Ticonderoga or USA Gold. Pre-sharpened preferred.)
- Individual enclosed Pencil Sharpener
- Pencil-top Erasers
- Colored Pencils
- Crayons - Glue Stick
- Ruler - Scissors
- Zippered Bag for Pencils
- 4 Single-Subject Notebooks (8 1/2 X 11 Wide-rule with spiral binding)
- EXPO Dry Erase Markers
- Headphones (No earbuds please)
- (3) 2-Pocket Folders: Blue-Yellow-Red
- Antibacterial Wipes
- 2 or more boxes Tissues (to share)

#### 4th Grade

- 24 Pre-sharpened Pencils
- (2) 24-pack Colored Pencils
- Crayons (optional)
- Pencil Box (No locks please)
- Scissors (Not child-sized)
- Pencil-top Erasers
- 2 Glue Sticks
- 1 Glue Bottle
- Pencil Sharpener (optional-not electric)
- 5 Notebooks: Red-Blue-Yellow-Black-Green
- (6) 2-Pocket Folders: Red-Blue-Yellow-Green-Black-other your choice
- 1" 3-Ring Binder
- 2 Yellow Highlighters
- Basic Calculator
- Headphones (No earbuds please)
- 1 Clorox wipes
- 2 boxes of tissues
- Water Bottle (No glass please)

Tennis shoes will be required for all students for Physical Education. We would request no black soles if possible.

Please note that supplies will need to be replenished during the school year. Teachers will store extra supplies until needed and notify you if supplies are running low.



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## U.S. Senator Tina Smith Introduces Legislation to End Veteran Homelessness Nationwide

### *The Housing for All Veterans Act would guarantee housing vouchers to veterans to prevent and end homelessness*

WASHINGTON, DC – U.S. Senator Tina Smith (D-Minn.), Chair of the Senate Housing for All Veterans Act, legislation that would help bring an effective end to veteran homelessness. Minnesota is on the cusp of ending veteran homelessness, and nationwide levels of homelessness among former service members have been cut in half in the fifteen years since the U.S. Department of Veterans Affairs launched the first-ever strategic plan to prevent and end the scourge of veteran homelessness in America. This legislation would help get us the rest of the way there and prevent veteran homelessness going forward.

“We promise our veterans that we will take care of them after their service to our nation. But every day that we have veterans struggling to find a safe, affordable place to live, we’re failing them,” said Senator Smith. “Guaranteeing housing for low-income veterans shouldn’t be optional. It should be a promise fulfilled for every veteran, to bring them home. We’ve made some great progress in solving veteran homelessness in the last fifteen years – Minnesota especially. But the Housing for All Veterans Act would finish the job and ensure every veteran has a roof over their heads.”

“Our country continues to face a crisis of housing affordability,” said Kathryn Monet,

CEO of the National Coalition for Homeless Veterans. “NCHV is thankful for Senator Smith’s leadership to address this crisis head on for veterans facing housing instability. Subsidies are a crucial support and we urge Congress to act upon this bill as a downpayment toward a world where affordable housing is available for all Americans.”

“This legislation addresses the root cause of housing affordability, providing our veterans with a long-term, sustainable solution to secure housing. By ensuring access to rental assistance and prohibiting income discrimination, we give our veterans the stability they deserve and the opportunity to thrive in their communities,” said Minnesota Assistance Council for Veterans (MACV) Chief Program Officer Nathaniel Saltz.

“I applaud Senator Tina Smith (D-MN) for introducing the Housing for All Veterans Act to make housing assistance universally available to all low-income veterans who have bravely served our nation,” stated Diane Yentel, President and CEO of the National Low Income Housing Coalition. “I urge Congress to quickly enact this legislation to help end veteran homelessness once and for all and make an important step towards ensuring universal rental assistance for all households in need.”

“Avivo strongly supports the Housing for All Veterans Act as it represents a comprehensive approach to fulfilling our nation’s promise to its veterans, ensuring that they have access to the resources necessary to lead dignified, fulfilling lives post-service,” said Kelly Matter, President and CEO of Avivo.

“We urge all stakeholders to consider the profound impact this legislation could have on the lives of veterans and their families and to advocate for its swift passage. By doing so, we can truly honor the sacrifices made by our veterans and take significant strides toward ending veteran homelessness in our country.”

The Housing for All Veterans Act would guarantee access to a housing voucher for all veterans who need it. Senator Smith unveiled this legislation and her push to put an end to veteran homelessness today at the National Alliance to End Homelessness’ National Conference in Washington, DC. You can view and download Senator Smith’s remarks at the event here.

Specifically, the Housing for All Veterans Act would:

Provide housing vouchers to all low-income veteran households.

All eligible veterans would be entitled to a housing voucher and the availability of these vouchers would not be limited by annual discretionary funding levels. The vouchers would be phased-in over five years, starting with veterans with the greatest need.

Assist public housing authorities in electronically verifying veteran status and lease rental units.

Protect veteran families from discrimination based on using a voucher.

Maximize access to vouchers by excluding veteran disability benefits from income eligibility calculations.

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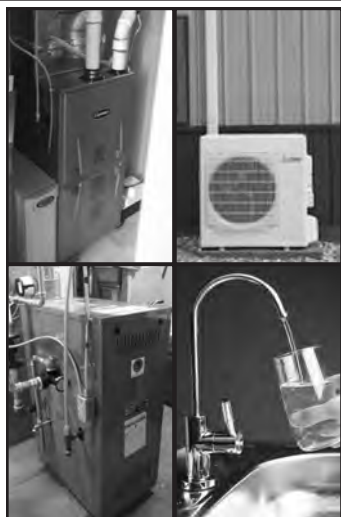


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## Kenyon City Council Meeting June 11, 2024

Pursuant to due call and notice thereof, a City Council Meeting was duly held in the City Council chambers at 7:00 p.m. on the 11th day of June 2024. The meeting was called to order by Mayor Henke.

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

Also present: Interim Administrator Frank Boyles, Administrative Assistant Holli Gudknecht, Police Chief Jeff Sjoblom, Engineer Derek Olinger, Public Works Director Wayne Ehrich, City Attorney Scott Riggs, Officer Brian Homeier, Todd Greseth, Jay Kindseth, Nate Rud

The meeting opened with the Pledge of Allegiance.

### CITIZEN COMMENT

Goodhue County Commissioner, Todd Greseth, gave an update on what is happening in the County and what is coming up. He thanked the Kenyon Fire Department and City for storing the Goodhue County mobile command center vehicle.

Jay Kindseth, 702 Bullis Street, expressed his concerns about the new home construction at Countryside Meadows subdivision. SEMMCHRA had signed a "Declaration of Restrictive Covenants for Countryside Meadows Addition" in 2004 that stated it was to be in effect for 30 years. Kindseth stated that the covenants were not being followed.

Attorney Riggs replied that the city was not involved in the original or revised covenants. The original covenants were revised in March 2024 with several of the covenants being

deleted. The remaining open lots were sold to Bigelow & Lennon Construction in April 2024. As long as the builder is following the current covenants, there should not be an issue.

Nate Rud from Bigelow & Lennon Construction stated that the covenants were changed before they bought the lots in April. He thought everything was fine. He didn't mean to cause any trouble.

Jay Kindseth questioned the enforcement of the animal control ordinance that states it is unlawful for a residential unit or site to keep more than three animals over six months of age without securing a permit from the city. He knows of a residence with at least nine dogs.

Attorney Riggs replied that the council may direct city staff to look at the ordinance and propose possible changes to be enforced.

### ADOPT AGENDA

Motion by Ryan seconded by Bailey to approve the agenda. Motion carried 5-0-0.

### CONSENT AGENDA

Motion by Bailey seconded by Ryan to approve the Consent Agenda, which includes payment of check numbers 76082 through 76167; 4969E through 4993E. Motion carried 5-0-0.

### PRESENTATIONS/PUBLIC HEARINGS/RECOGNITIONS/ PROCLAMATIONS

#### Toward Zero Deaths Update – Jessica Seide

Jessica Seide, SE MN TZD Coordinator and Officer Homeier presented a summary of the Toward Zero Deaths Program activities. The goal of the TZD program is to reduce injuries and deaths due to speeding, impaired

and drunk driving and other preventable causes on Minnesota Roads.

### ENGINEERING

#### Pearl Creek & Gates Avenue Utility Improvements

Engineer Olinger stated that work is continuing on the lift station.

Pay Application #5 to BCM Construction Motion by Helgeson second by Bailey to approve pay request No. 5 to BCM Construction in the amount of \$104,318.56 for work completed through May 31, 2024. Motion carried 5-0-0.

#### Sanitary Sewer Flows

Engineer Olinger stated that continued support to monitor and make improvements to the City's sewer system is needed. With the recent heavy rains, the sanitary sewer flows at the wastewater treatment plant have spiked well above the facility's capacity. Public works has been working to resolve some of the known problematic issues.

### LEGAL

#### Rezoning Request – Paul & Lisa Peterson

Attorney Riggs and Engineer Olinger reviewed the request from Paul and Lisa Peterson to rezone two parcels (PID# 66.180.0130 and #66.180.0150) they own from I-1 (General Industrial) to C-2 (General Commercial) and from R-1 (Residential) to C-2 (General Commercial). The Planning Commission held a public hearing on June 4, 2024, and recommended the rezoning change. There were no public comments.

Ordinance 104: Rezoning Two Parcels of Land Owned by Paul and Lisa Peterson from I-1 (General Industrial) to C-2 (General Commercial) and from R-1 (Residential) to

C-2 (General Commercial

Motion by Ryan seconded by Bailey to adopt Ordinance 104. Motion carried 5-0-0.

#### Resolution 2024-16 Approving Summary Publication of an Ordinance 104 by Title and Summary

Motion by Ryan seconded by Helgeson to adopt Resolution 2024-16. Motion carried 5-0-0.

#### Lot Combination: Paul & Lisa Peterson

Attorney Riggs stated that Paul & Lisa Peterson requested approval to combine two lots located at 98 Gunderson Boulevard.

Resolution 2024-15: Approving Lot Combination (Peterson)

Motion by Helgeson second by Sjolander to adopt Resolution 2024-15 approving the lot combination for Paul & Lisa Peterson. Motion carried 5-0-0.

### OLD BUSINESS

#### FINANCE

#### Security State Bank of Kenyon Public Funds CD

Finance Director, Whitney Kylo included an update in the council packet showing she moved the City CD from an interest rate of .4% to a 4.87% interest rate for 24 months. The CD was only gaining about \$105 of interest quarterly, with this new interest rate, we should expect over \$1,000 quarterly in interest earnings.

### NEW BUSINESS

#### City Council Prioritization of Upcoming Action

Interim Administrator Boyles reviewed a list of 11 tasks to be completed that were identified as priorities by staff and city council.

*(continued on page 20)*



**Capital CONSTRUCTION**

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## Kenyon City Council Meeting

(continued from page 19)

The council was asked to prioritize the tasks and identify three to five priorities to be accomplished by Boyles.

Motion by Sjolander seconded by Helgeson to prioritize the following four items to be completed first.

Receive two proposals and select one to solicit and recruit a new full-time city administrator.

Conduct the selection process and execute an employment agreement with the new administrator.

Review in detail the pay study to determine what portions are usable, and which need modification.

Implement the modified pay plan, over time.

Motion carried 5-0-0.

### Modification of City Staff Reports

Interim Administrator Boyles introduced a "Request for Council Action" form to be used by staff to request city council meeting actions. This form would make all public reports consistent looking so the public, committee members, and commissioners know exactly where to find information.

Motion by Ryan seconded by Helgeson to implement the "Request for Council Action" form for council agenda items. Motion carried 5-0-0.

### Receive Fulltime City Administrator Solicitation and Recruitment Proposal

Interim Administrator Boyles stated two quotes were obtained for the solicitation and recruitment of a new city administrator. He would like the council to hear their proposal presentations. A special council meeting will be held after checking with the two firms on a possible date.

### Date Change of August Council Meeting

Interim Administrator Boyles stated the August council meeting is scheduled for August 13, which is the date of the Primary Election. He will work on setting up an alternative meeting date in August.

### Approve Request for Liquor at Depot Park – Colin Lambert, July 13, 2024

Motion by Helgeson, seconded by Henke to approve the liquor request for Colin Lambert in Depot Park on July 13, 2024. Motion carried 5-0-0.

### Facility Use Form – KW Wrestling Booster Club

Interim Administrator Boyles stated that the KW Wrestling Booster Club filled out a facility request to meet at the Fire Hall once a month during the school year. Several council members expressed concerns over opening up city buildings for public use. Attorney Riggs stated that the city would need to get additional liability insurance if the public was allowed to use city buildings. Also, if one group was allowed to use the buildings, it would need to be opened up to all groups. The request was denied.

### Holiday Office Closing - City Office/ Library Close July 5

Interim Administrator Boyles requested approval for City Offices and the Library to be closed on Friday, July 5, 2024.

Motion by Bailey seconded by Ryan to close the City Office and Library on Friday, July 5, 2024.

Motion carried 5-0-0.

## Schedule of Upcoming Meetings

KMU Meeting: Tuesday, June 18th @ 4:00 p.m.

City Council Meeting: Tuesday, July 9th @ 7 pm

### COUNCIL AND STAFF GENERAL COMMENTS

Council Member Helgeson thanked all the city staff. She appreciates everything they all do.

Council Member Sjolander thanked city staff for all they do, especially public works, police, and pool staff.

Council Members Bailey and Ryan and Mayor Henke agreed to thanking the city staff for all they do.

Motion by Ryan seconded by Helgeson to adjourn the meeting at 8:38 pm. Motion carried 5-0-0.

Holli Gudknecht, Administrative Assistant  
Douglas Henke, Mayor

## CITY OF WANAMINGO

### City Council Regular Meeting

Monday, June 10, 2024 7:00 P.M.

Wanamingo City Council Chambers –  
401 Main Street

Wanamingo, MN

**CALL TO ORDER:** Mayor Ryan Holmes.

**PRESENT:** Council: Ryan Holmes, Stuart Ohr, Eric Dierks, and Rebecca Haugen

City Administrator: Michael Boulton

Deputy Clerk: Karen Masters

**ABSENT:** Council: Jeremiah Flotterud

**ALSO PRESENT:** Monty Schaefer, Stephen Kingsbury, Peter Grimsrud – Zumbrota News-Record, Andrew Deziel – Kenyon Leader, and Matthew Garrick – Goodhue County Deputy Sheriff.

**ADOPT AGENDA:** Haugen motioned to adopt the agenda, seconded by Ohr. Passed 4-0-0.

**CONSENT AGENDA:** Dierks motioned, seconded by Haugen. Passed 4-0-0.

### PRESENTERS:

A) Monty Schaefer reported on:

1) New Ford 550 Truck was picked up from Crysteel after the dump box, plow, plow wing, hydraulic pump, and other accessories were installed.

2) Finished getting the pool up and running for the season. The kiddie pool was roughly a week late in being opened due to the weather in allowing it to be painted along with availability of parts from pool distributor.

3) Finished locating and painting all the water service lines and curb stops. There are a few shut off valves that could not be found. This is in conjunction with GIS locating being completed by WHKS.

4) Mowed and trimmed along MN TH 60 & MN TH 57 ditch and utility poles. Mowed at the WWTP, community garden, undeveloped lot boulevards, and other various areas around town.

5) The four ground level plots not planted at the Community Garden were mowed and tilled. Boulton stated that one of the plots has been reserved and will be planted. The City staff may plant pumpkins or squash on the remaining plots to keep weeds down.

6) Swept streets; the goal is to sweep Main Street weekly, the west side of town one week and the east side of town the next week on Wednesdays.

7) Heartland Trees Inc. removed the two Emerald Ash Borer diseased trees and one other dying tree by the Historic Log Cabin/Wellhouse site and one Emerald Ash Borer diseased tree from Riverside Park

8) Emptied garbage containers on Main Street; the goal is to check and empty the garbage containers weekly. The new garbage container and pet helper trash bag dispenser will be installed at the Prairie Ridge Estate park shelter this week.

Ohr stated that he saw Shane Electric installing the underground electric service line for the Prairie Ridge Estates park shelter earlier in the day. Boulton stated that the service should be hooked up by Xcel Energy within the week and the shelter should have power.

### NEW BUSINESS:

#### RESOLUTION:

24-037 = Adopting 2024 3rd Quarter Maintenance Work Plan: Ohr moved to approve, Seconded by Haugen. Passed 4-0-0.

24-038 = Setting Date for Budget Workshop City Council Meeting: Haugen moved to approve, Seconded by Ohr. Boulton provided a first draft 2025 Wanamingo City Budget to the Council members. Boulton

stated that the budget is being pressed by inflation. Boulton stated that public safety increases are the largest increase in the budget.

The City is also looking to continue capital improvements plan implementation that will include the street shop rehab project in 2025. Passed 4-0-0.

24-039 = Declaring Wanamingo 4th of July Celebration a Community Event within the City of Wanamingo: Ohr moved to approve, Seconded by Dierks. Passed 4-0-0.

24-040 = Accepting 2024 4th of July Fireworks Monetary and In-Kind Donations: Ohr moved to approve, Seconded by Haugen. Passed 4-0-0.

24-041 = Approving Separate Land Lease Agreements with WANA-PROP LLC, 890 3rd Avenue LLC, and Concast Inc. for the July 3rd Fireman's Dance and 4th of July Fireworks: Ohr moved to approve, Seconded by Haugen. Passed 4-0-0.

ORDINANCE #207 – Amending Wanamingo Code of Ordinances § 53 Waters & Sewers – Sump Pump Ordinance – 1st Reading. Administrator Boulton stated that the proposed changes to the ordinance were in preparation for the sump pump inspection program that will start this fall.

(continued on page 21)

# BRAD FINSTAD

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## Finstad Applauds Committee Passage of Education and Workforce Freedom Act

WASHINGTON, D.C. – Today, Congressman Brad Finstad (MN-01) released a statement after the House Ways and Means Committee passed H.R. 8915, the Education and Workforce Freedom Act, legislation that includes language from the American Workforce Empowerment Act introduced by Congressman Finstad last year. The Education and Workforce Freedom Act was also cosponsored by Congressman Kevin Hern (OK-01), Congressman Rob Wittman (VA-01), and Congressman Mike Collins (GA-10).

"I've met with local businesses, truckers, manufacturers, tradesmen, and healthcare facilities across southern Minnesota, and many of them are facing an unprecedented workforce shortage and an increasing need for skilled labor," said Rep. Finstad. "The Education and Workforce Freedom Act ensures that young people, especially those entering the trades, have access to the programs and resources they need to meet the demands of today's workforce and succeed. I am pleased to see that this legislation passed the House Ways and Means Committee and I look forward to its progress through the legislative process."

"President Trump's tax cuts expanded the success of 529 accounts that enable millions of Americans to invest their hard-earned dollars towards their children's educations," said Rep. Hern. "At a time when inflation is hurting the American people, and the dollar is being stretched thin, 529 accounts need to be expanded to make K-12 education more affordable and also accommodate the needs of the American workforce."

"The majority of America's workforce consists of middle-skill jobs that require more than a high school education but not a bachelor's degree, and key industries are struggling to find adequately trained workers to fill these roles," said Rep. Wittman. "The Education and Workforce Freedom Act will expand Americans' access to resources to pay for post-secondary credentialing and licensing programs, which will help more Americans obtain and retain these good-paying jobs. I'm proud to see this critical piece of legislation pass the House Ways and Means Committee, and I urge my colleagues to support it when it comes to the House floor."

"529 Plans are a vital tool for families to invest in their child's education. I am proud to have helped craft this legislation, which expands the use of 529s to all kinds of widely recognized trades including pilot programs, aircraft mechanics schools, commercial driver license training, and more," said Rep. Collins. "This bill will give all Americans aspiring to something other than just a four year degree another option to save for school, achieve their dreams, and build a career."

Previously, Congressman Finstad introduced the American Workforce Empowerment Act, which would allow 529 savings accounts to be used for non-degree technical training, certification, and apprenticeship programs.

## Wanamingo City Council Meeting

(continued from page 20)

The City Council approved a professional service agreement with WHKS in April. WHKS put together the proposed changes to the water & sewers section of the ordinance. City staff and the City Attorney reviewed the changes and placed them into the Wanamingo ordinance format for City Council to review.

### OLD BUSINESS:

**Public Hearing – Mayor Holmes opened Ordinance #206 – Amending Approved Tree List and Amending Diseased Trees to add Emerald Ash Borer, Amending Wanamingo Code of Ordinances § 94.20 (B) (1) (a) & 94.20 (C) (1) at 7:12PM.** Boulton stated that the Wanamingo Code of Ordinance 94, Trees needs an updated list of trees allowed to be planted within the boulevards. The list is both limited in varieties and includes ash trees, that should be removed. Boulton stated that Emerald Ash Borer should be included in the diseased tree section. Boulton stated that most ash trees around Wanamingo have been infested by Emerald Ash Borer and will need to be removed over the next couple of years. The ordinance should list Emerald Ash Borer in the diseased tree section so that the Council has authority to order their removal. Ohr asked how the City would determine if trees are diseased/dead and need to be removed. Dierks stated that the Ash trees have holes all over the bark. Dierks stated that the Emerald Ash Borer lays larva within the bark. The larva hatch and eat the pulp between the tree and the bark once they hatch. They then burrow out of the bark and leave the tree. The process kills ash trees. Boulton stated that the City is in no rush to push for the removal of trees. Boulton stated that the City needs to prepare and educate residents that once ash trees are infected with Emerald Ash Borer they will die. The process could take one to two years. Dierks stated that tree bark falling off are a sign that the ash trees have died. Dierks stated that once ash trees die, they are susceptible to break off in high winds. Boulton envisioned the notification process and tree removal occurring in 2025. No Additional Public Comments Offered. Mayor Holmes closed the public hearing at 7:21PM.

**ORDINANCE #206 – Amending Approved Trees List and Amending Diseased Trees to add Emerald Ash Borer, Amending Wanamingo Code of Ordinances § 94.20 (B) (1) (a) & 94.20 (C) (1) – Second**

### Reading. Dierks moved to approve, seconded by Haugen. Passed 4-0-0.

Goodhue County Sheriff Marty Kelly provided the City with a letter regarding the future police contract with the City of Wanamingo. Goodhue County policing rate is projected to be \$87.46 per hour for 2025. The final rates will be approved in July or August for the contract communities and school resource officers. Goodhue County Sheriff have evaluated the minimum number of policing hours needed for a contract. They are looking at adopting a formula of city population times 1.6. The minimum number of hours, per day, needed would be 5. The City would have the opportunity to stay with the 6 hours of day coverage, increase the hours per day coverage, or decrease the hours of coverage each day to no less than 5. The current contract is \$58.55 per hour or \$127,873 per year. The \$87.46 per hour would be \$191,537.40 per year. Reducing the contract to 5 hours per day would be \$159,614.50 per year. The City of Pine Island has requested a multi-year agreement (3 years with 3%5% increase each year). The Sheriff's office will be making the request to the County board for a multi-year agreement. Mayor Holmes stated that he supports a multi-year agreement to aid in budgeting a giving Wanamingo certainty. Holmes stated that he wants to make sure that the City is getting the contractual coverage with the significant increase. Holmes has concerns with patrols coming and going out of town for service calls when the County board is increasing rates to cover all costs. Holmes stated that the past agreements have been a give and take to improve coverage on the west side of the County and allowing patrols to come and go. Haugen stated that she does not wish to see a decrease in coverage. Boulton stated that the County Board has been in a larger discussion with the cost for service contracts with the loss of the Goodhue Police Department, increased hiring and retention costs, school resource officer coverage discussion, along with City of Red Wing government center space and lease rates. Wanamingo has been stuck in the middle and will see significant increases on contract rates. Holmes stated that he didn't know how to move forward without cutting one hour per day of service. The general fund can not take \$63,664.40 increase in one year. Boulton agreed saying that the City is looking at over a 9% levy in-

crease in 2025 just to cover 5 hours of police service each day and the other needs in the City. Haugen stated that the City needed to having policing services from the County. Holmes shared his concerns with being County tax payer and paying for a service contract. Holmes stated that the County still needs to provide basic policing services above and beyond the contract. Boulton stated that he has compiled the last six years and service hours and will ask that the next contract state that the County needs to provided the rolling average of extra hours from the past five years along with the service hours for service. The Council members each stated that the budget was more important than the policing service hours when it came to a discussion between the contract costs of either five- or six-hours comparison. Boulton stated that the items will be back on the agenda for consideration once the County Board approves the final 2025 hourly contract rate.

Goodhue County Land Use Management staff reached out to the City of Wanamingo regarding Cannabis license registration enforcement. Counties and Cities need to start planning for cannabis business registration and performance standards. As part of the new State Cannabis Law Cities and Towns may delegate their registration authority to the County. The Goodhue County Board may choose to restrict retail registrations to 1 per 12,500 residents. In Goodhue County, this number would be four (4) retail establishments not counting retail operations on land in Trust for the Prairie Island Indian Community. There could be more than 1 per 12,500 residents within the County (maximum number set by the County Board) if retail establishments are located in Cities where authority was not delegated to the County and the City did not establish a maximum number.

The County is beginning the process of preparing a Cannabis Ordinance. The County is looking to see if Cities may be leaning toward delegating registration authority to the County. If Cities takes on registration, the City will be responsible for all compliance checks. Each City would still be able to have its own zoning rules regulating time and place of operations (in compliance with Statutory language). The County will be updating the County Zoning Ordinance accordingly. These numbers and rules do not apply to growing operations. Each City will be responsible for permitting and drafting performance standards for growing operations without associated retail sales. Ohr moved to defer to Goodhue County on cannabis registration delegation, seconded by

Haugen. Ohr said that the City would not receive enough fees to cover the cost for licenses and therefore should not be involved in the process. Haugen stated that regulating cannabis sales would add to City staff workload, which is already burdened. Dierks stated that the City should delegate the authority to the County. Passed 4-0-0.

**Enforcement Process – Mead Johnson - Reckitt – 180 day written letter toward meeting goal of waste pH** – Boulton stated that the City had received a letter from Mead Johnson – Reckitt. Mead Johnson – Reckitt pH of wastewater discharge was within range during most of the month of May. There were two days where the pH levels where the pH fell below 5. The frac tank was installed and incorporated into their process back in March. Mead Johnson – Reckitt goal is to install a new lift station with pH treatment. The project has been funded and is proceeding through the final engineering design phase. Boulton stated that the Wanamingo staff are still monitoring the wastewater discharge from Reckitt-Mead Johnson. The pH levels of the wastewater discharge are being adjusted before being sent to the wastewater treatment plant. Schaefer stated that staff has been slowly pumping from north digester to south digester for treatment. There are still concerns with pumping that could lead to throwing off the treatment for the south digester. Prior to December results have regularly shown extremely low and at times high pH levels along with the presence of high levels of QAC (Quaternary Ammonium Compounds) have been sent to Reckitt-Mead Johnson. The pH levels should be within 5.0 and 9.5. City Staff have been working with Reckitt-Mead Johnson toward the achieved solution of pH levels within the limits. The City appreciates the open dialogue and work, to date, from Reckitt-Mead Johnson. The City continues to keep the Minnesota Pollution Control Agency informed during this process, including Carolle Ternus the new Municipal Wastewater Compliance and Enforcement staff member. Boulton stated the Enforcement Process would be left on the monthly agenda until November 2024, or when the action items are completed. Boulton stated the Reckitt-Mead Johnson would be required to provide written monthly updates to the City Council.

\*Next City Council meeting on 7/8/2024 at 7:00pm.

Adjourn: At 7:49PM a motion to adjourn was made by Ohr and seconded by Haugen. Passed 4-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

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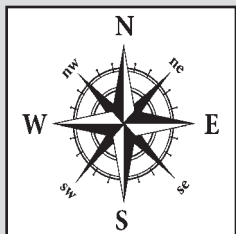
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## Changes in Latitudes, Changes in Attitudes



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 grew up with an active imagination and some of that would be my dad's fault. My dad was a farmer, but he always thought up more adventurous things to do. That can happen when you spend hours in a field on a tractor. I just assumed it was life as usual. I recall being sent to talk to the guidance counselor when I was in Second grade. I guess my stories sounded too far-fetched. I couldn't understand why they questioned me.

It started out with a Cat D-2. My dad owned a bulldozer. It was the early 60's. A six-year old boy talks about such things at school. But it got much worse. My dad also owned a

Cessna 172. That is an airplane. A four-seater airplane. My dad, mom and two of us kids would fly in it. He kept it on the farm and had a landing strip across the road in a hayfield that ran east and west. I recall a friend of his stopped by one cold winter day when I was five. Actually, the friend landed his plane on Highway 57 and taxied right up to the house. After talking for hours after lunch the friend went to leave and the plane was too cold to start. I recall my dad with the Knipco heater on the tractor loader warming up the engine of the plane so it would start.

The poor school counselor couldn't tell if I was making up tales or not. I think they liked kids to stay in that little lane they had planned out for them, just another brick in the wall. My sister told of the same problem. It seems her teacher started to describe the White House in Washington D.C. during a class and my sister told her she has been there. The teacher didn't believe it and told my mom she was making up tales. My mom said we had been there. My dad took us on a vacation each winter and we had seen every site in DC.

My dad belonged to the Flying Farmers. It was a group of farmers with planes and airstrips on their farms. One family lived next to my aunt and uncle's farm. We could fly down there for the day and fly back home. I recall one summer evening we took off to return to our farm and ran into a thunderstorm on the way home. It was very tur-



bulent and dark with intermittent lightning all around us. Sitting in the back seat I realized my picnic dinner was not staying put. My mom turned around in her seat and held the air sickness bag while I threw up. I believe I was too young to be scared. I figured my dad was invincible and the plane would never crash. I never remember any apprehension at getting a chance to go in the air with him. I can still recall the smell of the cockpit and the sound of the air from the propeller through the aluminum skin of the

plane. Not content with a fixed wing aircraft, my dad took lessons to get his helicopter pilot's license. He flew for a construction company and my greatest thrill as a kid was to take the day off school and spend it with him flying from job site locations to check on the dirt work. This all happened by the time I was seven years old. I believe his helicopter was a Bell 300A, a two-seater with a Plexiglas bubble for a cockpit. Similar to the ones you see spraying crops.

## A Minnesotan: Bikes



By RosaLin Alcoser

Once again Minnesotans have reached the time of the year where we all go outside. All of us. As much as we possibly can. After all, we only have a short period of time where we can be outside before it gets cold again. Then only the cold weather people go outside.

One of the favorite outside activities of Minnesotans of course is biking. Of all

kinds. Road, mountain, sidewalk, snow. You name it and there's a Minnesotan who does that kind of biking.

Now when I was a kid in rural Minnesota my sister and I had mountain bikes so that we could ride on dirt or gravel. So I never learned how to ride on pavement until I went to college. Of course I had to teach myself a whole new version of riding a bike.

Of course as a small child I had learned to ride on the sidewalk before we moved to the rural area. Which of course we did while I was still too little to ride anything except my sidewalk bike. Six-year-old me did not take being left out of bike riding well and declared that when I was grown I was moving to St. Paul where there were sidewalks to ride my bike on.

I will admit that I was off about which part of the cities I would grow up to move to but I was right about there being sidewalks to ride my bike on. Except now that I am an adult riding a road bike instead of a sidewalk bike my young declaration was not fully needed.



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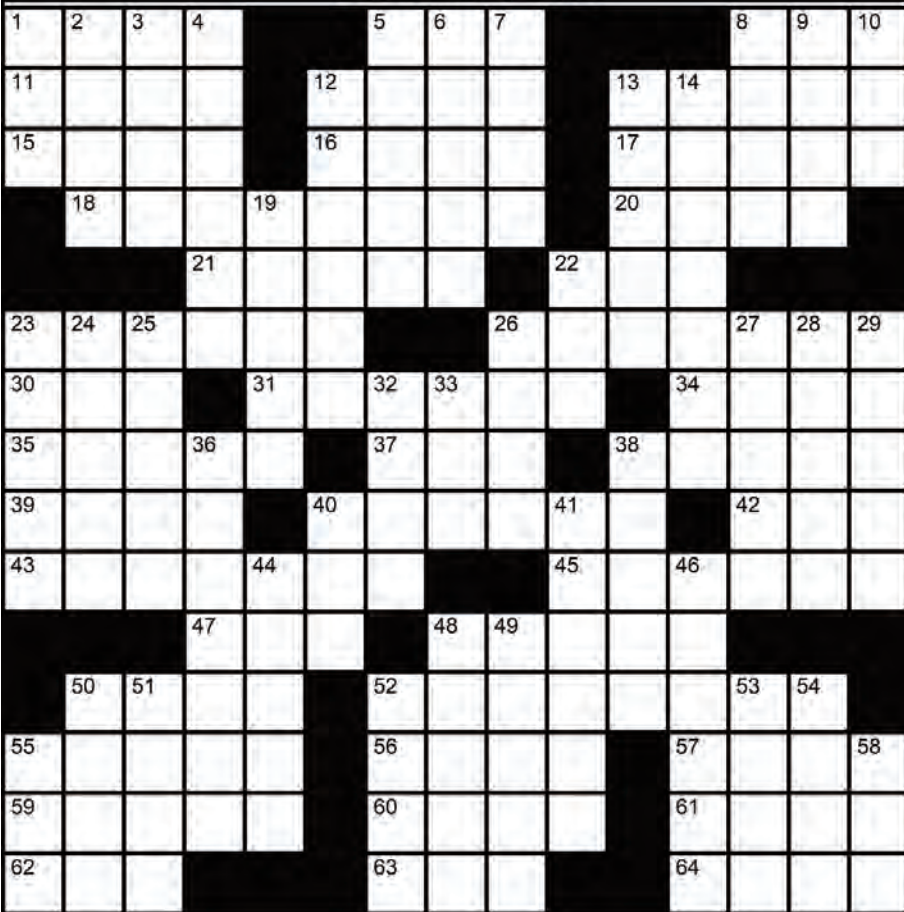
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15x15 grid for a word search puzzle with letters arranged in a pattern.

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A 9x9 Sudoku puzzle grid with some numbers filled in.

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.

- THHEME: FAMOUS FIRSTS
ACROSS
1. Croat or Moravian, e.g.
5. Paid player
8. Not Miss or Ms.
11. First-rate
12. Mattress with memory?
13. Be of use
15. "It's time!" signal
16. \_\_\_-de-camp
17. Like an unhealthy dog
18. \*First one to circumnavigate globe, almost
20. March Madness org.
21. Bring upon
22. Orange Lavaburst drink
23. \*Rita \_\_\_\_, first Latina to win Academy Award
26. Winter rides, in Russia
30. Brewery order
31. Unties or unbuttons
34. Nearly
35. One born to Japanese immigrants
37. Good times
38. Rheumy
39. Tel \_\_\_\_, Israel
40. Bequeath
42. Once known as
43. West African country
45. \*Chuck \_\_\_\_, first to break speed of sound
47. Genetic info carrier, acr.
48. City near D\_sseldorf
50. Short for Dorothea
52. \*First artificial satellite (2 words)
55. Clay and silt deposit
56. Marine eagle
57. Mercantile establishment
59. Singer Piaf
60. Concert series
61. Indian nursemaid
62. Craggy peak
63. Little troublemaker
64. Solitary

- DOWN
1. Give in to gravity
2. Weaver's apparatus
3. The "I" in "The King and I"
4. Carrots or peas, slangily
5. French soldier in WWI
6. Speed gun
7. \*First horror film about Damien Thorn, with The
8. Supernatural life force
9. Capital of Latvia
10. Canny
12. Han Solo's "Millennium \_\_\_"
13. Prenatal test, for short
14. \*The first one helped combat smallpox
19. Tedium
22. 120 mins.
23. #8 Down, pl.
24. Martini garnish
25. Pine product
26. Midterm, e.g.
27. a.k.a. Tibetan wild ass
28. Feel the same
29. Timider
32. Deadly challenge
33. Military moves
36. \*Mount first conquered by Hillary and Norgay
38. 10 to 12-year-old
40. Ewe's cry
41. Half-shell delicacy
44. Grind with teeth
46. Fauna member
48. Erasable programmable read only memory
49. Break of day
50. List of chores
51. Prince of Wales to King
52. Searching for E.T. org.
53. Boxer's last blow
54. Azerbaijan's southern neighbor
55. "\_\_\_ the wild rumpus begin!"
58. "\_\_\_ one and only"



*Goodhue*  
COUNTY FAIR

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Season gate pass: \$20  
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**August 6-10, 2024**

Carnival open:  
Wednesday Evening  
Thursday-Saturday 1pm-10pm

**GRANDSTAND SHOWS**

**Tuesday, August 6th • 7pm**  
**BULL RIDING, BARREL RACING & MUTTON BUSTING**  
Adults \$10, under 12 \$10

**Wednesday, August 7th • 7pm**  
**AUTOCROSS RACING:** Adults \$15, under 12 \$10

**Thursday, August 8th • 6:30pm**  
**TRUCK & TRACTOR PULL:** Adults \$12, under 12 \$7

**Friday, August 9th • 7pm**  
**AUTOCROSS RACING:** Adults \$17, under 12 \$12

**Saturday, August 10th • 5pm**  
**DEMOLITION DERBY:** Adults \$17, under 12 \$12

**FREE EVENTS**

*Circus Science Spectacular, Acme Magic Factory, Magic of Shaun Jay, Doc Magic Fun Time Variety Show*

**Tuesday, August 6th**  
**ENTRY DAY** All the Animals come to the Fair

**Wednesday, August 7th**  
**DAY CARE DAY**

**Thursday, August 8th**  
**GOODHUE COUNTY AG DAY**

**Friday, August 9th**  
**SENIOR CITIZENS DAY, 65+ FREE**

**Saturday, August 10th**  
**FINAL FUN DAY**

**Ride Specials:**  
\$20 unlimited Armbands available on:  
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Friday 5pm-9pm; Saturday 1pm-5pm; Saturday 6pm-10pm



*Live Entertainment at the Beer Garden!*

 <p><b>Tuesday August 6th</b> <b>LEONARD McCRACKEN</b> 7-10pm</p>	 <p><b>Wednesday August 7th</b> DAVE CARPENTER &amp; FRIENDS 2:00pm RYAN SULLIVAN 6-10pm</p>	 <p><b>Thursday August 8th</b> <b>TROY ARON JOHNSON</b> 5:00pm</p>	 <p><b>Friday August 9th</b> GEORGE'S CONCERTINA POLKA BAND 2:30pm BRYAN ANDERSON 7:00pm</p>	 <p><b>Saturday August 10th</b> <b>FOSTER GRAND</b> 8:30pm- 12:30am</p>
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