

Postal Customer ECRWSS

MARCH 12, 2025 Volume 18 • Issue 5

Announcements

• Lent at Vang and Dennison Lutheran -Wednesday soup suppers begin at 6:00, and worship is at 7:00. All soup suppers and worships are at Dennison Lutheran.

· 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 Bergner at 507-421-6067 or dbergner@threeriverscap.org
• Hiawathaland Transit: Service hours

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

• 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 vou have an announcement? Email: hometownmessenger@gmail.com

Dark Sky Delights

By Cheri Roshon

By now, most of the Messenger readers know that I am always out looking for new things to explore and write about, so I can

Memorial Field Fundraiser

By Cheri Roshon

Thursday, March 27th marks the 26th Annual Memorial Field Fundraiser's Pasta Sup-(continued on page 5)

share them with you. This month, a friend of mine who has lived in the area all his life told me about an observatory only a few miles

Celebrating America's Farmers During National Ag Week

As part of National Agriculture Week, National Ag Day is March 18, with celebration activities planned acknowledging our hard working farmers across the United States. (continued on page 19)



from Wanamingo, so I got the directions, and off I went.

(continued on page 5)

Vintage Snowmobile Show in Wanamingo



Saturday, March 1st was the Vintage Snowmobile show in Wanamingo. 96 sleds were on display and there was a chili cook off, silent auction and bean bag tournament.

Town #1....Aspelund



Hjermstad home **By Cheri Roshon**

So, town #1 on my list of interesting places in Goodhue County is Aspelund. A town consisting of only 3 homes, I feel blessed to know two men who have lived there all of their lives! But first, the history.

Aspelund was settled by mostly Norwegian immigrants in the 1850's.

(continued on page 6)



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Religion

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By Jon Dudek, co-founder of Isaiah Ministries, bringing Biblical teaching to help overcome life's everyday challenges. www.isaiahministries.cc

Many of us may wonder if the Lord still speaks to us today besides through the Bible. I truly believe He does and still does to this day. John 10:27–28 says, "My sheep hear my voice, and I know them, and they follow me." Throughout Scripture we see so many ways the Lord speaks—through dreams, visions, people, nature, and much more.

I would encourage each one of you to spend time with the Lord in a quiet place. Take a few



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could be in your mind due to busy schedules or life circumstances. Find a calm area, which could be on a nature walk, in your living room, or even your car. Some of us with kids running around might have to do this when the children have gone to bed. It is important for all of us to spend quality time with the Lord. I believe when you take the time to be with Jesus, He will speak to you! If you are not sure of the Lord's voice, know whatever

deep breaths to try to remove the chatter that He says will be backed up with the Word of God (the Bible) and the fruit of the Spirit. His voice will be that of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (see Galatians 5:22-23).

> The Lord reminded me of a word He gave me years ago to share corporately. I really felt in my spirit to share this for the month of March. I hope this prophetic declaration ignites the fire that is in you to fulfill your call-

"You are My beloved in whom I am well pleased. Have I not commanded you? Be of good courage. You will soar like an eagle over the nations. You will soar in the Spirit. The enemy won't touch you or your family. You have already slain the giant. You will minister and touch others. You will speak life to the brokenhearted. You will speak life in dead situations, and flowers will start bloom-(continued on page 3)

DENNISON/VANG **LUTHERAN PARISH**

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WANAMINGO LUTHERAN CHURCH, ELCA

130 West 3rd St., Wanamingo, 824-2457 www.TrinityWanamingo.org March 12: Soup Supper 6:00p.m.; Lent Worship Service at WLC 7:00p.m. March 16: 9:00a.m. Sunday School and Sacred Space;

10:00a.m. Worship with Holy Communion at WLC

March 19: Soup Supper 6:00p.m.; Lent Worship Service WLC 7:00p.m. March 23: 9:00a.m. Sunday School and Sacred Space; 10:00a.m. Worship at WLC March 26: Soup Supper 6:00p.m.; Lent Worship Service WLC 7:00p.m. March 30: 9:00a.m. Sunday School and Sacred Space; 10:00a.m. Worship at WLC

ASPELUND EMMANUEL LUTHERAN

Rob Edwards, Pastor 429 County 1 Blvd, Kenyon 507-824-2307 www.emmanuelaflc.org 9:00a.m. Sunday School; 10:00a.m. Coffee Time 10:30a.m. Worship Service

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D.J. Chatelaine, Pastor 309 Forest Street, Kenyon • 507-789-5261 website: flckenyon.org Sunday Worship 9 a.m.; Noon-1:00p.m. Open Prayer Time, 1st Tuesday each month

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Joe Jorgensen, Pastor 507-838-2100 Sunday Worship 8:30a.m. Sept.-Dec.



Kenvon-Wanamingo Messenger at: hometownmessenger@gmail.com

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- Revelation 21:4-5

Jesus has removed the barrier to reconciliation with God, so we can enjoy fellowship with God and abundant life in his kingdom even now. And vet there's much more to come! When a believer in Christ dies, we grieve their loss. But we know they are in the Lord's presence in a greater way than we experience now. So while death brings sadness, it has become, through Christ, a bridge into God's presence.

And there's still more! When Jesus comes again, all believers-those who have died and those who are still alivewill be transformed physically and spiritually, with glorious, imperishable bodies (1 Corinthians 15:50-55).

God will bring his "New Jerusalem" to a renewed earth, where he will live with his people forever. There will be no more death, mourning, crying, or pain, because the Lord will make everything new.

What about Judgment Day? Yes, it's coming (Revelation 20:11-15), but "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). So it's crucially important that we surrender ourselves to Christ and accept his free gift of salvation.

Then we can serve him with our whole lives, urging everyone to turn to God in repentance and faith so that they too may have eternal life. In the Lord we can live in hope and anticipation and without fear. Lord Jesus, transform us so that we may live fully for you, sharing your love and good news everywhere. Amen.

GOSPEL OF LIFE FAMILY CHURCH

Pastor Steven G. Roberts www.gospeloflifechurch.org 2010 Jefferson Rd, Northfield - Sunday 10:30a.m. 507-259-2644 Wanamingo - Wednesday 7:00p.m.

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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 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

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

> MOLAND CHURCH 507-456-4242 Sunday Worship 10:00a.m.

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UNITED METHODIST CHURCH

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

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525 Beverly St., Wanamingo 507-824-3019 10am Worship Service office@nlcwanamingo.org Website with online services which are live at 10:00a.m. or can be viewed at anytime: https://nlcwanamingo.org/



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March 12, 2025 - KENYON-WANAMINGO MESSENGER -Page 3

Lunar Eclipse March 13th

Everyone needs to look to the sky next Thursday into Friday night for the total lunar eclipse! STARTS at 10:57PM TOTALITY will be at 1:58AM ECLIPSE ENDS at 5:00 AM - CENTRAL DAYLIGHT TIME

All of America will have the chance to see a total lunar eclipse because The United States happens to be where the entirety of the eclipse will be visible.

During a total lunar eclipse the earth produces two shadows, the penumbra & umbra. The penumbra will appear as the lighter outer edge and the umbra will appear as the darker inner part.

As the Moon enters the penumbra, it will begin to darken. Binoculars or a zoom camera can help you view because it's difficult with the naked eye.

Once the Moon enters the umbra, the deeper and darker shadow allows the Moon to turn a spectacular blood red color. Thus the name of it, "The Blood Moon!"



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Your Destiny Will Be Fulfilled!

(continued from page 2)

You will tread on serpents. You will release the power of the Holy Spirit that lives in you to the blind, weak, paralyzed, homeless, hopeless, and hungry. It is time to set sail. It is time to open up the sails because the Breath of life is upon you. Have I not commanded you? Be of good courage. I will never leave you nor forsake you. Every step you take, I will be next to you. If you fall, I will be there to lift you up. This won't be easy, but I will give you the tools to defeat the enemy. It is time. The gates are being opened. The pearly gates are being opened. The angels are being released on your behalf. They are being released to make a way for

After reading this declaration I hope it has encouraged you to stand bold in your faith, share the gospel, and walk your everyday life for our Lord Jesus Christ. I would like to close with this. First Timothy 6:12 says, "Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses.'

The following verses, to the best of my knowledge, are what helped birth this prophetic declaration: Joshua 1:6, Isaiah 40:31, Luke 10:19, Hebrews 13:5, and Revelation 21:21. I would encourage you to highlight these verses in your Bible so you have a quick reference to them in the future.

Holden Community Park Now Accepting Reservations



The Holden Community Park is now accepting reservations. This is a gathering

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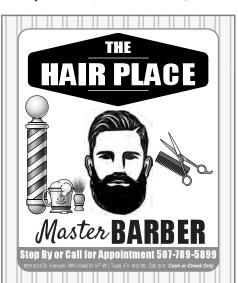
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place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 -September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenvon.

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

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



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Dark Sky Delights

(continued from page 1)

As I have been exploring the history of old ghost towns in our area, I will say that the Cherry Grove Observatory is located between Ayr and Fair Point. For those of you who are not familiar with the old sites, the address is 8485 520th street, Kenyon. You will easily find it if you take County Road 1 all the way to its southernmost point, which would intersect 520th street if it continued on, which it doesn't.

Once holding a small schoolhouse, the land was gifted to the state as a place for the public to do with as they saw fit.

The schoolhouse eventually was abandoned as new schools popped up in the area, and the land lay fallow until the people who owned the adjacent property decided to sell and found out that the land they thought was theirs, wasn't. So, it came back to the state as public property, never to be sold.

The Minnesota Astronomical Society (MAS) found out about the unobstructed views and the "dark skies" due to lack of city lights, and suggested an observatory be installed for the public to enjoy the night skies, and perhaps learn more about the stars. Since it could be open to the public, it was approved, and now the observatory is the southern most site of 5 observatories used by the MAS, and a favorite because of the views to be had. There you will be able to see various nebulae, galaxies and star clusters. You can bring your own telescope or come to an event and learn how to use the telescopes available. There are several to learn how to operate. In 2013 one of the buildings was finished that has a roll off roof for the largest telescope, but the smaller ones include a 12" Meade SCT, a 16" Meade SCT and a 24" B.A.D. Star Master Dobsonian that can be rolled out onto one of the concrete pads for use under the stars. Also onsite are 2 "onsite loaner" scopes. One is an 8" Zhumell, and a 10" Meade Star Finder for member's use while at Cherry Grove. Both scopes are equipped with optical finders & Tellrads, a collection of eye pieces, filters, star charts, a planisphere and a red flashlight. On the grounds is a handicap accessible Port O Potty, a warming house with a coffee pot, and a microwave. There are electrical outlets on the outside of the warming shed and a picnic table.

Over the years, improvements have been made, and telescopes bought or donated so all could learn more about astronomy. Astronomers from beginners to advanced star gazers gather here for special events and monthly meetings that are run by MAS, but open to the public. For a list of events and meetings go to their website





Memorial Field Fundraiser

(continued from page 1)

It is being catered by our own Area 57 Cafe, so you know the food is going to be great!

This is a Free Will Donation, and all proceeds will go to the Memorial Field to support the care of the fields and any monetary obligations to keep the fields in tip top shape for our attending teams. As always, it will be held at the Wanamingo Community Center from 5 to 7pm, and you can eat in or carry out to enjoy at home, or perhaps gift someone a scrumptious meal who would not be able to attend in person.

The menu features a rigatoni pasta in a red sauce with meat, Caesar salad, French bread, dessert, and a choice of water, lemonade or milk. For those who want to have take out, just come inside and tell them how many

meals you'd like, and they will package them up for you!

Remember, the Kenyon/Wanamingo Varsity baseball and softball games are always free to attend, so this fundraiser is important to keep the fields and facilities taken care of, and make sure the players have up to date equipment, and a well groomed playing field. The money raised from this event helps defray the costs and keep things running smoothly, so spread the word, and come on down to treat yourself to a great meal while helping our community have fun!

The Memorial Field Committee would like to thank you for your continuing and generous support of our K-W baseball and softball programs.





mnastro.org/cgo.htm, or you can write to them at info@mnastro.org. On the website you will not only see pictures of the Cherry Grove site but also learn about the star gazing events that are open to the public or learn

how to become a member with extra privileges. A whole new world of exploration can be had for everyone who desires to know more about our universe.



Town #1.... Aspelund

(continued from page 1)

As more people migrated to the area, a group of men founded the Aspelund Society in 1859, more for religious reasons than anything else, but they made decisions and brought some organization to the growing settlement. In 1862,it was decided to lay the foundation for the Emmanuel Lutheran Church, which to this day has a viable congregation, and is used for many occasions and events.

On February 6th, 1872 the Aspelund Post Office was born, holding the title of the 4th post office in Wanamingo Township. Christion Hyeem (1835-1908) was a veterinarian who became the first postmaster. It is believed that he had the postal service in his clinic. He later practiced medicine in Hader.

In 1875, 40 farmers organized a mercantile and built the Aspelund Store. The post office moved into the mercantile, and Osmund J Wing took his place as the 2nd postmaster on April 28th, 1875. The current Aspelund Society eventually dissolved, and in 1882, Peter A. Henning replaced Wing as postmaster on June 12th, 1882, and remained at his post until January 4th, 1894. Martin P. Heltne, who was operating the Aspelund Store, succeeded Henning as postmaster at that time. In 1897, Heltne auctioned off the store, and moved to Hayfield.

Henning again took over the store. He was reinstated as postmaster on October 19, 1897, and remained in that post until his death in 1931. In 1932, Hans Hjermstad bought the store through Henning's daughter for a tidy sum of \$500.00. Hans and his wife and son lived above the mercantile for a number of years, during which Hans built a house next to the store for his family to reside in. Unfortunately, a huge tornado in 1952 hit the mercantile, and rendered it too dangerous to occupy. It sat empty for 10 years before being completely torn down. However, the home that Hans built is still in use today, and is one of the 3 homes left in Aspelund. It was purchased from Harlan Hjermstad, Hans' son, by Bob Flikke who now resides there with his son Andre Wrolstad.

After 15 years, Hjermstad sold the store to Lyle Hogstad in 1946. Lyle had it for a short time, and sold to C.C. Mattison. Mattison was

the owner when the big tornado caused its demise.

Before we move on in our historical journey, I want to share an interesting fact about the store. P.A. Henning proved to be an excellent marketer while he owned and operated the mercantile. One of his ideas that I consider brilliant is "Due Bills". If someone came in with eggs to sell to Mr. Henning to sell at his store, and he owed her \$1 for the eggs, and she needed 80 cents worth of flour, instead of giving her the 20 cents in change back, he would give her a 20 cent Due Bill. That way, she had a store credit, because the coins could only be spent in his store! Kind of like Menards rebates!

As the town grew, and more businesses were required, Henry Sands started a blacksmith shop on what is still property of the Sands family. Ray Sands, Henry's grandson, lives on the property now and told me he was born there and never moved out! Not many people can say they have lived in the home that they were born in all their life! Ray began his favorite chore of milking the family's cows by hand at age 5. He grew up there, got married, and raised his family in that home. At 93 years young, you will still find him doing the upkeep, and sharing stories of Aspelund, and also about his more than 70 years of entertaining folks with his well known band the Polka Dots. Ray played the accordion and sang in his band, but that's another story!

1882 also saw N. Norby open a flour and feed mill. Two years later, Nils Roland was operating the feed store and opened a second blacksmith shop just east of where the mercantile was located. B.O. Norby eventually bought the 1st blacksmith shop from Henry



Sands

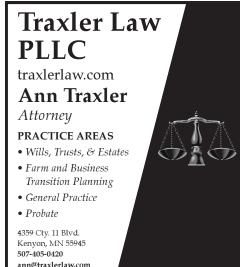
In 1888, the Crescent Creamery Company was started and had a brief operation in Aspelund. The feed mill was in use until 1896.

As time marched on, the Rural Free Delivery, or RFD came into being, and most of the small post offices closed, including Aspelund. The post office officially closed on January 14, 1905. As will happen, many of the local businesses closed their doors, but a few remained.

Henry Sands went back to farming over 200 acres. One day, Henry was plowing his fields with a team of 4 horses. He had a colt tied to the wagon as well. He saw about 6 men riding toward him on his property. They were wearing white dusters and riding fine horses. They stopped when they came up to

Henry, and one of them jokingly asked Henry why he didn't hook up the young colt and make him work for his food. Henry just looked at him, said "Shut up", and continued with his plowing. Those men were later found to be Jesse James and the Younger brothers, on their way to rob the bank in Northfield!

I learned of many remarkable stories while gathering information for this article. I want to thank my new friends Harlan and Dorothy Hjermstad and Ray Sands for giving me a lot of insight into the town of Aspelund, MN. Don't worry, there will be more stories from that neck of the woods in the future! I hope some of you recognize your relatives in the names in my story. Until the next town story, be well!







Letter from the Superintendent

Kindergarten **Round-up:** Welcome **Class of 2038!**



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



Kenyon-Wanamingo Schools are gearing up for an exciting transition as we welcome our youngest learners to the Kenyon site for Kindergarten next fall! With fantas-

tic facilities designed for early learning, our Kindergarten and early learning space will provide a warm, engaging, and student-centered environment where children can thrive.

To help families prepare, an informational meeting for parents of 2025-26 Kindergarten students will be held on Monday, March 31, 2025, at 6:00 p.m. at the Kenyon-Wanamingo Elementary School in Wanamingo. This meeting will cover important topics, including Kindergarten readiness, health and immunizations, transportation, and curriculum. Free childcare will be available for children 33 months and older.

We are also excited to invite future Kindergarteners to a special Kindergarten Roundup Mini-Session on Friday, May 9, 2025. This event allows incoming students to experience a short classroom session with their teacher and classmates, helping them feel comfortable and confident for their first day of school.

At Kenyon-Wanamingo, we are committed to igniting potential and inspiring excellence in every student. Our Kindergarten program offers engaging hands-on learning, a strong focus on foundational skills, and a welcoming community where every child is known and valued. With spacious classrooms, excellent resources, and dedicated staff, we are excited to provide the very best start to your child's educational journey.

If you have a child who will be 5 years old on or before September 1, 2025, and have not yet been contacted by the school district, please call the Kenyon-Wanamingo Elementary School Office at 507-824-2211. We look forward to welcoming your family to the K-W Knights community!







NOBLE KNIGHTS OF THE WEEK FOR FEBRUARY 28,

Front Row: Ari'Elle Steinberg, KG, Mrs. Tanya Short; Leon Reinardy, KG, Mrs. Katie Valek; Alex Keller, Gr. 1, Mrs. Katie Benbrooks; Vera Burt, Gr. 1, Mr. Tony Donkers. Back Row: Charleigh Huneke, Gr. 2, Mrs. Megan Jordan; Bexley Otto, Gr. 3, Ms. Val Ashland; Mark Dressel, Gr. 3, Mrs. Sandy Bohaty; Sebastian Uran, Gr. 4, Ms. Rhonda Thesing



Front Row: Mabel Eggert, KG, Mrs. Katie Valek; Amelia Herrick, Gr. 1, Mrs. Katie Benbrooks; Olivia Ramirez, Gr. 1, Mr. Tony Donkers; Ella Hernandez-Washington, Gr. 2, Mrs. Deb Hinrichs. Back Row: Peyton Prondzinskl, Gr. 2, Mrs. Megan Jordan; Alisson Quintero Murillo, Gr. 3, Mrs. Val AshlanD; Julian Ramirez, Gr. 3, Mrs. Sandy Bohaty

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The Difference Between Day Camp and Overnight Camp:

Choosing the Right Fit for Your Child



By Samuel Smith Overnight and Marketing Director at Camp Victory

Signing up for summer camp for the first time is an exciting opportunity for children to develop new skills, make friends, and enjoy outdoor adventures. However, parents often face the difficult decision between sending their child to a day camp or an overnight camp. Each option offers unique benefits and caters to different needs, preferences, and comfort levels. Understanding the differences

between these two types of camps can help parents make an informed decision that best suits their child.

Day Camp: A Fun and Flexible Option

Day camps are structured programs that run during the daytime and allow children to return home in the evening. These camps are typically designed for younger children, first-time campers, or those who prefer staying close to home. Day camps can last anywhere from a few days to a full week. They usually offer a variety of activities, such as arts and crafts, sports, nature exploration, and educational programs.

Benefits of Day Camp:

- Easier Transition for First-Time Campers: Day camp provides an excellent introduction to the camp experience without the commitment of staying overnight. Children can enjoy structured activities while maintaining the comfort of returning home at the end of the day.
- Lower Cost: Compared to overnight camps, day camps are generally more affordable since they do not include lodging and meal expenses. This makes them a budget-friendly option for families.
- Family Routine and Stability: Since children return home each evening, they can continue with family routines and responsibilities while still enjoying the excitement of camp activities.
- Opportunities for Socialization and Skill Development: Day camps offer children the chance to interact with peers, learn teamwork, and develop new skills without

the challenge of adjusting to an extended stay away from home.

• Local Convenience: Many day camps are located within or near communities, making transportation easier for parents and reducing the need for extensive travel planning.

Overnight Camp: A Deeper Immersive Experience

Overnight camps, also known as sleepaway camps, involve children staying at the camp facility for a set period, typically ranging from a few days to several weeks. These camps provide a more immersive experience, fostering independence and personal growth. They typically offer similar activities to Day camp programs, but will have special evening programs like night games, campfires, talent contests, or lip-sync battles. The longer periods of time at camp also allow for skills campers choose to be explored to more depth.

Benefits of Overnight Camp:

- Fosters Independence and Responsibility: Being away from home encourages children to develop self-reliance, manage their daily routines, and take responsibility for their belongings and decisions.
- Strong Sense of Community and Friendship: Living together for an extended period allows campers to form deep friendships and build strong bonds with their peers and counselors, often leading to lifelong connections.
- **Broader Activity Options:** Since overnight camps operate around the clock, they offer a wider range of activities, includ-

ing nighttime programs, extended outdoor adventures, and team-building exercises that wouldn't be possible in a day camp setting.

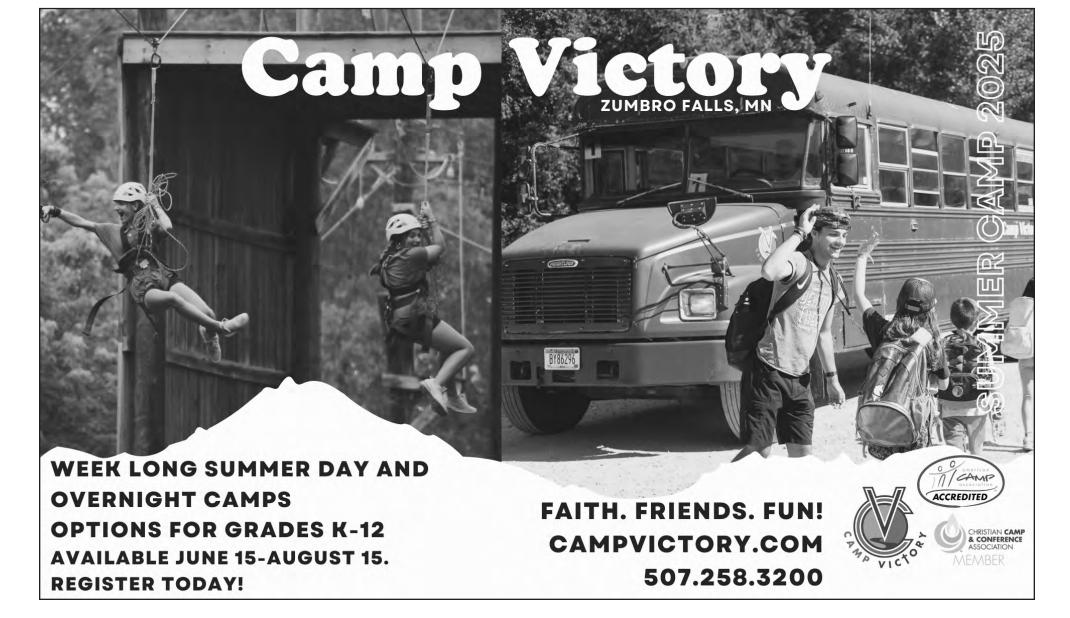
- Encourages Personal Growth and Confidence: Stepping out of their comfort zone helps children gain confidence, resilience, and problem-solving skills that will benefit them in school and future endeavors.
- A Break from Technology: Many overnight camps have limited or no access to electronic devices, allowing children to disconnect from screens and immerse themselves in outdoor play, creativity, and social interaction.

Choosing the Right Camp for Your Child

When deciding between day camp and overnight camp, consider your camper's personality, age, and comfort level while being away from home. Younger campers or those who have never attended camp before may find day camp a great introduction, while older or more independent campers might thrive in an overnight setting. Your camper may feel ready for an overnight experience after gaining some confidence after experiencing a week of Day camp.

Additionally, consider the goals you have for your child's camp experience. If you seek an enriching program that allows for flexibility and continued family time, day camp may be the best fit. However, if you want your camper to develop independence, confidence, and long-lasting friendships, overnight camp may provide the ideal experience.

(continued on page 9)



Changes in Latitudes, Changes in Attitudes

When the Levee **Breaks**



By Terry Campbell

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

Tennessee is a state with lots of lakes and rivers. It also gets lots of rain at times. Six inches of rain overnight is not an unusual occurrence. And it has to go somewhere, and there is always downstream. Because much of the state is quite hilly to kind of mountainous, the rain can runoff very rapidly.

Brings to mind the old song written about the 1927 flood of the Mississippi River. That year the water was fifty-six feet about flood level on the Cumberland River at Nashville. One hundred and forty-five levees were washed out by the flood waters and the resulting damage flooded 27,000 square miles

and displaced 700,000 people from their homes. 14% of Arkansas was under water and the Mississippi was 80 miles wide at Memphis. On Good Friday, 1927 New Orleans received 15 inches of rain. The Mighty Mississippi can be an uncontrollable monster at times.

Herbert Hoover was the Secretary of Commerce under Calvin Coolidge, and his leadership in resolving the issues from this devastating flood was instrumental in him being elected President of the United States in 1928.

Memphis Minnie and Kansas Joe McCoy penned the blues song about the experience in 1929 and named it "When the Levee Breaks." It was about a man who lost his home and family when the levee broke. You may not remember that version, but Led Zeppelin recorded the song in 1971 on their fourth album.

Since I have been living in Tennessee I have witnessed a number of flood events. The first was the flood in Waverly, Tennessee. Waverly was about twenty-five miles east of us. We had a friend who lived there so we were a little familiar with the area. They received 17 inches of rain after midnight and by 10am the levee washed out and sent a tsunami like wave into town flooding it out within five minutes. Nineteen people lost their lives in the disaster.

Clarkesville, just twenty-five miles northeast of us has had two floods in the last six months when the Cumberland River over flowed its banks from seven inches of rain overnight. I watched news reports as the Buffalo Trace Distillery office in Kentucky slid into the river as the bank washed away in the flood.

This last month the city of Rives, a town of 300 just seventy miles west of us on the Obion River, was obliterated when the levee

broke after seven inches of rain over night. All 105 homes were flooded and everyone was evacuated just before the levee was breached for fear that they would be washed

Of course, everyone in the country watched as Johnson City, Tennessee was washed away from the once in a thousand-year flood from Hurricane Helene last fall.

I drove across the Cumberland River last month during the weekend of the heavy rains and saw that the boat launch was completely under water. The dock was forty feet from the bank, with the approach completely submerged. People couldn't get to the marina where their boats were berthed because of the high water. Our neighbors who live on the Tennessee River watched as their dock floated up so high it came off the bolsters and floated out into the bay. We live on Kentucky Lake and are upstream from the Kentucky Dam, which was completed in 1944 and is the largest east of the Mississippi. It is 8,422 feet wide and creates Kentucky Lake which is

one of the largest artificial lakes in the United States, encompassing 160,000 acres and stretching for 184 miles. It is a hydroelectric plant which uses 1 million gallons per second and increased the discharge to over 2 million gallons per second during the February floods.

All this makes the Led Zeppelin song seem more sinister than it did when I listened to it as a kid. But the natives simply take it in stride and deal with it. I am just glad we live

on high ground. The Difference Between Day Camp and **Overnight Camp: Choosing the Right Fit** for Your Child

(continued from page 8)

Ultimately, both day camps and overnight camps offer valuable opportunities for campers to grow, learn, and create lasting memories. By carefully evaluating the benefits of each type, parents can select the camp experience that will best support their child's needs and interests, ensuring a fun and fulfilling summer adventure.



A Minnesotan: **False Spring**



By RosaLin Alcoser

False spring happens nearly every year. Whether it be in February or mid March we always have one week out of the winter here in Minnesota that warms up and lets you think that Spring just might be here. Before BAM! It snows again.

While this did not happen last year as the entirety of last winter was False Spring. If you can even call how warm it was last winter in Minnesota. It left more like the winters I experienced while I was living in the heart of the Ozarks.

When the coldest it gets it is in the mid to upper 30s and it rarely ever snows. I can recall winter days in the upper 40s. The

kind of weather where Minnesotans would be walking around in a T shirt and I would watch everyone else still huddling in their coats saying it was cold. I would not be in a T shirt, but I would be in a jacket instead

Yes, sometimes it would snow or worse it gle time.

My guess, as I write on an unseasonably



would ice. Trust me when I say ice is the worst. Take it from someone who's lived through many proper Minnesota winters and southern ice storms. I will take Minnesota winter over an ice storm every sin-

This year has been more like winter than last year. Even though we have still lacked snow from winter's past. However, it has been cold this year. Very, brutally cold. I think that I have spent most of this winter huddled in my parka just trying to stay warm. So for now at least I will welcome this false spring while it lasts and hope that we're at else done with the sub zero

warm February day in the low 50s, is that it will be followed by snow. Or at least the part of me that cares about the water levels and the grouse wants to think that it'll snow more after this false spring. Either that or I'm completely wrong and this isn't a False Spring. It's simply the start of Spring.



Feedlot Upgrade Contributes to Groundwater Protection Effort

By Ann Wessel, BWSR conservation marketing coordinator

GOODHUE COUNTY — When Minneola Township dairy farmer Tony Scheffler installed a manure pit with 14 months' capacity, he gained 15 to 20 hours a week and the ability to apply fertilizer when crops need it most.

By curbing feedlot runoff in the farmyard and the potential for nitrate leaching in the fields, he is helping to protect both surface water and groundwater. That's why the \$450,000 project completed in 2023 was a priority for the Greater Zumbro River watershed partnership, which offset about 75% of the cost with Watershed-Based Implementation Funding (WBIF) from the Minnesota Board of Water and Soil Resources (BWSR).

"I spent two to three hours a day hauling manure. That's a lot of time when you add it up over a year," Scheffler said. "I've got four kids that are coming up, and they all enjoy farming. I believe they will be milking cows for a long time. They won't get burnt out hauling manure every day.'

Along with wife, Maizie, and their children, Scheffler milks 150 cows and raises about 130 acres of alfalfa and corn.

The feedlot upgrade made it possible to avoid applying manure when it's most easily carried off by snowmelt or runoff, and when it's most susceptible to leaching into the groundwater. Now, Scheffler hires someone to empty the pit once a year. Manure is knifed into the fields, which also makes the soil less susceptible to erosion.

"Another big advantage is the fertilizer value. Fertilizer is expensive, and we're able to better utilize the nitrogen we put on our fields for our crops to use," Scheffler said.

Manure contains nitrogen, a nutrient that helps crops grow. Producers who apply nitro-



Watershed-Based Implementation Funding supported the feedlot upgrade on Tony Scheffler's Minneola Township dairy farm. The new manure pit has the capacity to hold 14 months of manure, which means Scheffler can apply that nutrient when conditions are right and the plants need it most. Photo Credit: Goodhue SWCD

gen other than manure buy the fertilizer.

Well-timed, precise application is important because leaching can drive up nitrate levels in drinking water.

Scheffler's feedlot project contains the runoff, preventing it from entering a creek that flows to the North Fork Zumbro River and, eventually, the Mississippi River. The pit was designed to hold 2.7 million gallons.

The project also tapped a \$520,000-perbiennium general fund appropriation that BWSR received from the Legislature for feedlot-related projects. The Fiscal Year 2022-23 appropriation was made available to the Southeast SWCD Technical Service Area (TSA 7) to handle a backlog of unfunded projects. The TSA made funds available to the 11 SWCDs within its area.

"Manure storage in general in southeast Minnesota is a priority," said Goodhue Soil & Water Conservation District (SWCD) Manager Beau Kennedy. This one would rank pretty high — (and) a lot of our other manure storage projects rank really highbecause they have a tendency to impact a lot more acres than just a little farmyard. It could (positively) impact hundreds of acres where

the nutrients are being applied."

Scheffler worked with TSA 7 engineer Kate Bruss, who designed the project, and with Goodhue SWCD Feedlot Compliance Coordinator Kelsey Petit, who helped them with their manure management plan and issued permits for the project.

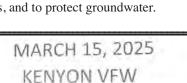
Scheffler had contacted SWCD staff several years earlier, seeking assistance with manure

"The funding really helped a lot," he said. 'Our margins are really small. If you spend a lot of money, it's got to be justifiable.'

WBIF, non-competitive grants awarded to partnerships with comprehensive watershed management plans developed under the One Watershed, One Plan program (or the Metropolitan Surface or Ground Water Management framework), is funded by the Clean

The Minnesota Board of Water and Soil Resources' mission is to work with partners to improve and protect Minnesota's land and water resources. www.bwsr.state.mn.us

Thirty-three percent of sales tax revenue from the Legacy Amendment, which Minnesota voters passed in 2008, is allocated to the Clean Water Fund. Clean Water Funds may only be spent to protect, enhance or restore water quality in lakes, rivers and streams, and to protect groundwater.



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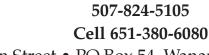
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Planning Continues for 2025 Dennison Days June 20 & 21



The Dennison Lions Club, organizers of the annual Dennison Days town festival are putting together the final schedule for the 2025 festival on June 20 & 21, 2025.

In 2024, event organizers moved the festival date to June, sighting the fact that there are so many more events competing with the August date than there used to be.

The full line up of events and live music will be announced soon. Watch www.dennisondays.org for updates to the schedule.

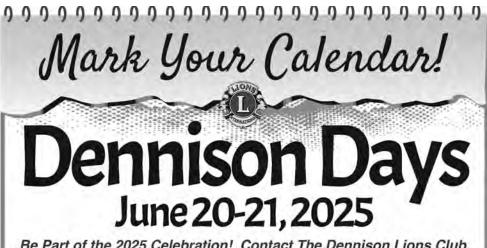
Annual events include the Clutchmen Classic Car Show and Truck & Tractor Pull, Bingo, Pancake Breakfast, kids pedal pull, live music and more.

Anyone with questions or suggestions for events for the 2025 festival should contact Lions Club President Diane Ruddle.



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Watch for updates at www.dennisondays.org



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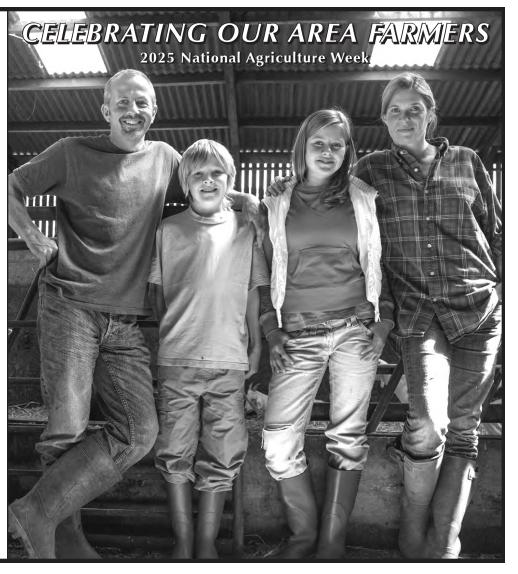


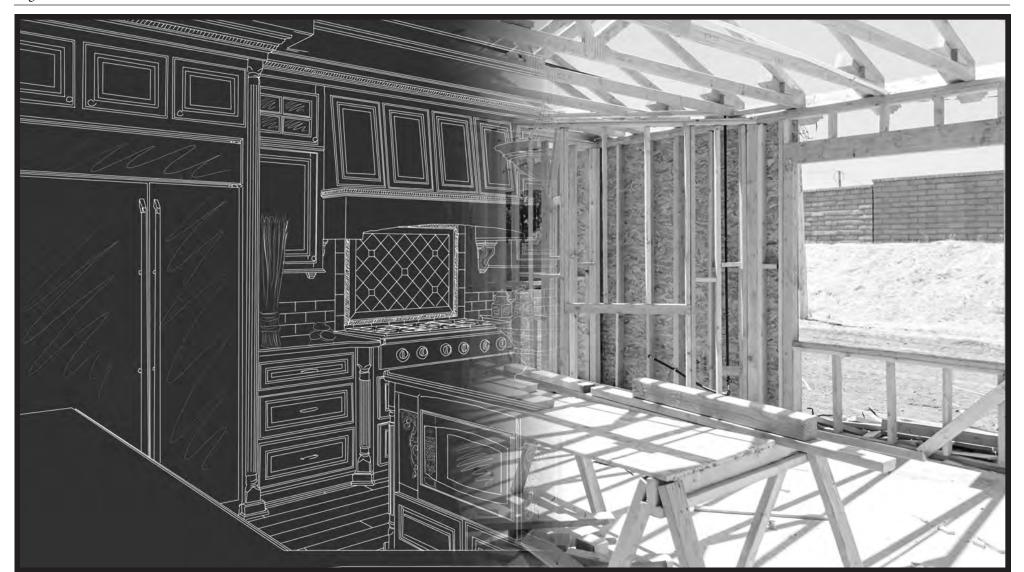
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That's the Latest Underwear & Trees



By Emery Kleven

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

This is probably a guy thing but I don't like to throw out old underwear. If it still fits and the elastic still holds, I should be able to get another time to wear it before I finally have to let go. One pair in particular I've had a long time. Now I keep it clean but it has more holes than a golf course but it's just so darn comfortable. Now I think the reason I hate to get rid of it, besides the comfort factor, is that buying underwear is a real crapshoot...literally. And you can't buy just

one. You have to buy the whole package which is usually 3 or 6. Costco I think it's 24. But they come all wrapped up in plastic so you can't really get a good feel of how they'll be. They don't let you try them on. I've even offered to go to the dressing room instead of right there in the aisle but I was told, NO, you can't try them on anywhere and you can't open the package.

I'm trying to replace one, not six of them but it's the marketing people who want to move volume. Shirts, yes you can buy just one and you can try it on. Not in the aisle though, I found out. You can buy one pair of blue jeans or a jacket or sweatshirt. But underwear, no deal. Socks come in large quantities. You have to buy two socks but they don't package them in one pair. Why I need 12 or 24 pairs of new socks, I don't know. And they wonder why men hate shopping.

Even beer, you can buy one but it's probably 64 ounces. Smaller cans you have to buy at least 6 or 12 or 24. Costco, I think you have to buy a keg. But guys don't mind shopping for beer. We're kind of funny that way but unfortunately, wives never send us out to buy beer. We have to think about it all on our own. But most guys are good at remembering. Broccoli, soup, crackers, bread, butter, oh you mean I was supposed to pick them up too? So then it's a second trip.

But I digress. I wanted to write a little about the picture of the aluminum Christmas tree. These were popular from about the mid 50's to the mid 60's. The Sears catalog sold a boatload of them back in the day.

(continued on page 14)



Aluminum Christmas trees like this one, were all the rage from the mid 50's to the mid 60's.

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That's the Latest Underwear & Trees

(continued from page 13)

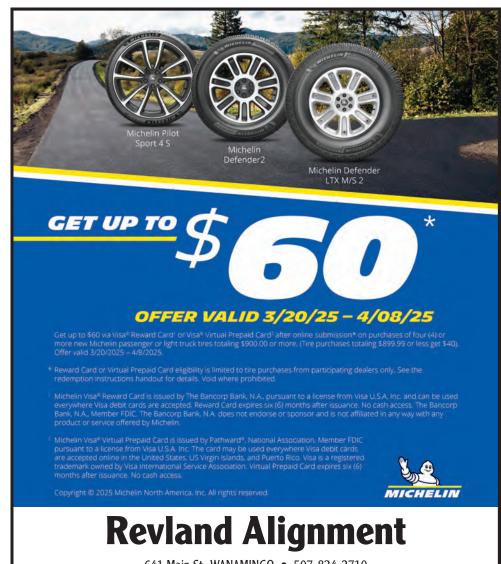
They kind of fell out of favor with American households in 1965, after the airing of 'A Charlie Brown Christmas'. People thought the aluminum trees looked too much like Charlie's sad looking Christmas tree, so by 1967 or so, the aluminum tree along with the colored wheel like you see in the picture, were relegated to basements, garage or estate sales or sold for 25 cents.

But if you are one of the lucky ones who hung onto your vintage aluminum tree, they are now coming back into favor. A quick look at E-Bay shows a wide variety of prices. But the original vintage trees can be worth \$400 to \$1000. The original box helps boost the asking price. In fact, it was a number of years ago, a rare 7 foot pink aluminum Christmas tree sold online for \$3600.

The West Concord Historical Society has two of these aluminum trees. One of them you see in the picture that was one display in the Heritage Room. There was a Wisconsin company, Aluminum Specialty Company, that made over a million of these trees. Back in the late 50's and early 60's, they retailed for about \$25. So you probably had to think twice if you really wanted to invest in one. And if you did, you hate the Charlie Brown Christmas show.

I'm hoping my leisure suit will come back like the aluminum trees and I can recoup my cost. It's coming up on 60 years old but I'm beginning to think that some things never do make a comeback. If you're interested in a leisure suit, it's only had one owner. It looks as good as the day I bought it, which come to think of it, that's not a good selling point. You can't destroy it. It's made of the same material as the stealth bomber is made of. It's very durable and long- lasting. I guess I should have invested in the aluminum Christmas tree.





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Are Germs Absolute Cause of Illness?



By Shauna Burshem, D.C.

Have you ever wondered why some family members fall ill while others remain perfectly healthy? If "germs" truly controlled our health outcomes, shouldn't we all get sick when exposed to the same pathogen? That's the crux of the debate around Germ Theory **Limitations**—and it's a conversation worth having, particularly when considering the powerful role of the immune system and approaches like chiropractic care.

Now, don't misunderstand—the germ theory forms a significant part of our understanding of health and disease. But claiming it paints the complete picture is akin to calling a single page the entire book. Let's unravel why, with a focus on the immune system's role in health, the limitations of germ theory, and the impact chiropractic care has on enhancing your body's natural de-

The Limitations of Germ Theory

The germ theory suggests that microorganisms like bacteria and viruses cause disease. Louis Pasteur, its pioneer, fundamentally shifted the way humanity perceived illness. However, understanding the presence of germs is only half the story—it doesn't account for why we don't all get sick despite being surrounded by billions of germs

Take, for example, that common scenario when someone in your household catches a cold. Sometimes, the sniffles seem to spread to everyone. Other times, one or two family members remain untouched. This variation raises a critical point germ theory ignores: the state of the host's immune system plays a massive role in deciding whether someone will fall ill—or stay well.

It's not the presence of germs alone but rather the terrain of the body—your immune health, stress levels, and nutritional habits that determines whether you'll get sick. We live in a germ-filled world, yet not every germ we encounter wreaks havoc. Health is complex, and it goes beyond the simple idea of bad bugs "invading" our systems.

The Immune System's Crucial Role in

The immune system is your body's ultimate gatekeeper. Think of it as a diligent security team that monitors threats, evaluates risks, and takes action to keep your body in balance. While germs may spark a reaction, it's your immune system's strength and response that truly determine the outcome.

Strengthening the immune system to combat potential illness is far more empowering than living in fear of germs. This is where chiropractic care comes into play as it works with your body, not just against pathogens.

Chiropractic adjustments, particularly in the thoracic spine and upper cervical areas, have shown incredible benefits in supporting the immune system:

- Thoracic Spine Adjustments: Did you know adjustments in the thoracic spine can lead to an immediate increase in white blood cell production? These cells are key players in fighting off infections, making this adjustment a powerful boost to your immune defenses. More white blood cells mean your body is better equipped to respond to harmful microbes.
- Upper Cervical Adjustments and T Cells: Research shows that upper cervical spinal adjustments positively influence T **cell production.** T cells are like the generals of your body's immune army-leading the charge, coordinating attacks, and adapting to new threats. Increased T cell production means bolstered immunity and faster recovery when an illness strikes.

It's fascinating to think that your spine your body's central communication hubcan have such a profound influence on your immune health. By addressing misalignments in the spine caused by everyday stresses, chiropractors help your nervous system function better, ultimately strengthening the immune system.

Can Chiropractic Care Improve DNA Repair Rates?

Here's another fascinating aspect of how chiropractic care supports your body from the inside out. Studies suggest that chiropractic treatments can influence the rate at which your DNA repairs itself. DNA repair is a critical immune system marker that speaks to how efficiently your body can heal and recover. Regular chiropractic adjustments promote an environment in which your body can naturally thrive and repair itself faster.

Essentially, chiropractic care isn't about "fixing" you or fighting germs—it's about freeing your body of interference so it can repair and defend itself as it was designed to do. These holistic benefits redefine health and sickness, showing us that a proactive approach trumps waiting to "respond" to germs after the fact

Chiropractic and the Broader Health **Picture**

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alleviating back pain, but its potential impact stretches far beyond that. It supports a proactive lifestyle by optimizing nervous system function, boosting immune resilience, and even improving overall well-being.

Instead of focusing on external threats (the germs), chiropractic care takes an **inside-out** approach to health, empowering the host the individual—and the immune system to maintain balance amidst a world filled with microbial challenges. Everyone encounters germs. The question is whether those germs can thrive in your body, and chiropractic care helps ensure they don't.

The Body's Innate Ability to Heal

Chiropractic care acknowledges that the body has an innate ability to heal itself. All the tools for optimal health are already within us; we just need to keep them functioning at their best. Proper nutrition, getting enough rest, stress reduction and regular exercise along with chiropractic care and other natural modalities such as acupuncture and massage allow the body's natural healing abilities to take over and repair any damage or imbalances.

As a society, we've become too reliant on external fixes for our health issues. Natural health care offers a refreshing perspective by focusing on supporting internal processes rather than relying on outside interventions. This approach aligns with our bodies' inherent wisdom and natural healing capabilities.

Conclusion

By focusing on the spine's alignment, chiropractors target critical points in the spine that affect neural impulses that regulate immune responses. Enhanced white blood cell and T cell production, coupled with improved DNA repair, are powerful testaments to the body's innate healing potential. With a little help, your immune system can handle much more than you might think.

Take Charge of Your Health

The **limitations of germ theory** remind us that health is about more than just managing exposure to bacteria and viruses. It's really about building a strong foundation—through lifestyle choices, nutrition, stress management, and, yes, chiropractic care.

If you're someone who's trying to level up your health and wellness—or if chiropractic care is already an integral part of your health routine—know that there are tools and paths available that don't simply treat illness but enhance your body's natural potential.

Want to learn more about how chiropractic care can strengthen your immune system and help you thrive? Schedule a consultation with a trusted chiropractor today and take a proactive step toward your health. Because at the end of the day, it's about empowering your body to work at its best, not just reacting to what life throws your way.

Key Takeaways:

- Germ theory explains only part of the picture-your immune system largely determines whether you stay healthy.
- Chiropractic adjustments improve nervous system function, boost white blood cells and T cells, and even promote faster DNA repair.
- A holistic approach to health—like chiropractic care—helps build resilience, making it easier for your body to adapt and thrive.

When it comes to health and germs, think beyond avoidance. Think strength. Think chi-

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Health & Wellness

Talking Colorectal Cancer with U of M



Emil Lou, MD, PhD, FACP, Physician-scientist, Gastrointestinal Oncologist, **Masonic Cancer** Center, University of Minnesota Medical School and M Health **Fairview** photo by U of M

March is National Colorectal Cancer Awareness Month. According to the American Cancer Society, there has been a steep rise in colorectal cancer cases among young adults in recent years. One in five cases are in people 54 years or younger — an 11% increase from 1995. In the U.S., colorectal cancer is the third most common cancer among men and women, with nearly 150,000 new cases each year.

Emil Lou, MD, PhD, FACP, a physician-scientist and gastrointestinal oncologist with the Masonic Cancer Center, University of Minnesota Medical School and M Health Fairview, answers questions on the symptoms, risk factors and screening for colorectal cancer.

Q: How is colorectal cancer detected? What are the symptoms?

Dr. Lou: Colorectal cancer is one of the few cancer types with accessible, validated and approved methods of screening to find the cancer early — hopefully at a point where it is treatable and even curable. Many cases of colorectal cancer can be detected on a colonoscopy. However, in other patients, the cancer may be found when symptoms develop, such as bleeding in the stool, abdominal pain or other concerning symptoms that require further evaluation. It is vital to recognize these symptoms and bring them

up to your doctors and other care providers as soon as possible. Early and accurate diagnosis of colorectal cancers can make a difference in improving outcomes.

Q: What is the recommended age to screen for colorectal cancer?

Dr. Lou: Right now, the recommended age of first colorectal cancer screening is 45 this was changed several years ago from the longtime age cutoff of 50. In the years to come, that guideline may change yet again. No matter your age, if you develop unusual symptoms, that after medical evaluation are not explained by other causes, then colorectal cancer should be considered a potential cause. Talk to your doctors about getting

Q: What's behind the recent rise in colorectal cancer rates among young adults?

Dr. Lou: The number of colorectal cancer cases linked to hereditary causes is surprisingly low — usually less than 10%. Thus, inheriting cancer risk does not explain this trend of Americans under the age of 50 being diagnosed with colorectal cancers. Even more concerning are reports that more of these cases, which we refer to as young adult or early onset forms of colorectal cancer, may be more aggressive and difficult to treat. A higher proportion of cases are being detected at advanced stages. Known risk factors include use of tobacco or alcohol, obesity and diabetes. We are researching the possible links to environmental exposures, including chemicals present in fertilizers, plastics and other common sources in society that may cause an increased risk of colorectal and other cancers over time.

Q: How can I reduce my risk for colorectal cancer?

Dr. Lou: 90-95% of colorectal cancer cases are caused by environmental factors or exposures. It's important to reduce or eliminate smoking and alcohol use. Additional risk factors include a sedentary lifestyle, which also increases risk of diabetes, heart disease and other diseases. Create and maintain a healthy lifestyle that combines regular and sustained physical activity with a diet that minimizes processed foods and red meats, and prioritizes healthy foods that include grains, fruits and vegetables. There is a lot of ongoing cancer prevention research, and I expect we will know more about how we can take action to reduce our risk further in the years to come.

Dr. Emil Lou is an oncologist at the University of Minnesota Medical School and M Health Fairview. His areas of expertise include colorectal, pancreatic, esophageal and gastric cancers.

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Substitutes



By Noel Aldrich, PhD, CNS **Licensed Nutritionist**

Substitute - we frequently use the term to describe an individual who is taking the place of the original starter or the full-time employee typically assigned to the role. A substitute is essential to help keep the process going until the original plan can be restored. There are times when a substitute may prove to be helpful enough to become part of the permanent plan, but in the case of employment, the substitute will need to update credentials or sign a new contract to become part of the new plan.

In terms of how your body works, what is part of the "original plan" and what is a substitute? The original plan is the body chemistry that works day in and day out to keep everything in balance and functioning well. Your body requires protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water in specific quantities each day to function well. These are the team members of the "original plan." Anything else should be recognized as a substitute.

In our modern food culture, there are many items found in the grocery store that are presented as food but are really "substitutes" that seem to fill a space on our dietary plan but do not keep up well with your body requirements. You can read the ingredient labels on many of these items and recognize quickly that this item is not a member of the "original plan." You might even try to read the ingredient label and not be able to pronounce half of the words on the list, which is a good test to evaluate whether it a true food or not. What items would you identify as substitutes in the American food culture?

Soda pop contains no fat, vitamins, or minerals. Typically this "food" is described as empty calories because there is no nutrient value provided at all. This is a substitute for drinking water. Drinking soda pop excites our tongue and may help some indigestion but also corrodes the teeth and weakens the bones. The ingredient list may include high fructose corn syrup, caramel coloring, and phosphoric acid. Diet pop may include aspartame, which has been identified as a possible cancer-causing chemical by the International Agency for Research on Cancer.

Artificial Sweeteners have been promoted as a substitute for sugar but your body will process these chemicals differently and the result can be harmful. NutraSweet and Equal are well known substitutes with the primary ingredient being aspartame. Aspartame is 200 times sweeter than regular sugar and provides none of the important support that sugar

can provide. In addition to the cancer risk, evidence has been presented that aspartame and sucralose increase heart disease. Sugar alcohols like erythritol and sorbitol have been popular substitutes for sugar, but these also have been connected to increased heart disease and cancer risk. The World Health Organization has recommended removing artificial sweeteners from regular food intake.

Low-fat foods have been promoted as a healthy substitute for regular whole fat foods but after 50 years of low-fat options on the grocery shelves America has greater health issues than ever before. In order for a low-fat food to taste good and to sell well more sugar needs to be added to the product. When you remove the fat that naturally exists, you also remove vitamins such as Vitamin D and Vitamin A. Whole fat foods deliver greater vitamin content and aid the body in slowing the absorption of sugar to reduce sugar spikes. Research from the 1930s identified whole fat food sources as the key food items that helped cultures around the world to thrive. Dr. Weston Price provided published records in "Nutrition and Physical Degeneration" noting how a culture that moved away from whole fat foods declined in health.

Plant based meats have been promoted as a climate-friendly and healthy substitute for your daily protein needs. While plants can provide some protein and are useful in our daily consumption, the products presented as meat substitutes do not qualify as a healthy alternative. These products do not contain the full protein spectrum found in real meat and often are missing some of the vitamins as well. Some meat substitutes will use plant oils that are high in Omega-6 fatty acids, an ingredient that Americans already consume too much of. If you want to enjoy a plantbased meal containing protein then beans or portabella mushrooms are a good direction to

The original plan for your healthy body includes protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water. When your health is declining you should check to see which of these "players" in the original plan may need reinforcement. Your body is asking for more nutrients. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan.

Join me on Saturday, May 10, 2025 for the Northfield Holistic Health Summit. The theme this year is "Healthy Nerves, Healthy Brain." Our keynote speaker will be Dr. Jeff Kotulski presenting "Mind Games" - addressing cognitive health as we age. Nine additional speakers and multiple vendors will be part of the day. Tickets are \$45, which includes a healthy lunch catered by Café Shawn. More information is available at https://www.nutritionproportion.net/healthsummit2025

Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. 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 MesSenior Living

The Savvy Senior

How Long to Keep **Tax Records** and Other **Documents**



By Jim Miller

Dear Savvy Senior,

Is there a rule of thumb on how long someone should keep their old financial paperwork? I have file cabinets full of old receipts, bank and brokerage statements, tax returns and more that I would like to toss.

-Recently Retired

Randolph, MN

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A Salute to Agriculture!

Dear Recently,

It's a great question. As we get older and our

National

financial life gets more complicated, it's difficult to know how long to keep old financial records and paperwork and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life and others for just a month or so. Here's a checklist I've created that can help you determine what to save and what you can throw away.

Keep One Month

ATM receipts and bank-deposit slips, as soon as you match them up with your monthly statement.

Credit card receipts after you get your statement, unless you might return the item or need proof of purchase for a warranty.

Credit card statements that do not have a tax-related expense on them.

Utility bills when the following month's bill arrives showing that your prior payment was received. If you wish to track utility usage over time, you may want to keep them for a year, or if you deduct a home office on your taxes keep them for seven years.

To avoid identity theft, be sure you shred anything you throw away that contains your personal or financial information.

Keep One Year

Paycheck stubs until you get your W-2 in January to check its accuracy.

Bank statements (savings and checking account) to confirm your 1099s.

Brokerage, 401(k), IRA and other investment statements until you get your annual summary (keep longer for tax purposes if they show a gain or loss).

Receipts for health care bills in case you qualify for a medical deduction.

Keep Seven Years

Supporting documents for your taxes, in-

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cluding W-2s, 1099s, and receipts or canceled checks that substantiate deductions. The IRS usually has up to three years after you file to audit you but may look back up to six years if it suspects you substantially underreported income or committed fraud.

Keep Indefinitely

Tax returns with proof of filing and payment. You should keep these for at least seven years, but many people keep them forever because they provide a record of your financial history.

IRS forms that you filed when making nondeductible contributions to a traditional IRA or a Roth conversion.

Retirement and brokerage account annual statements as long as you hold those invest-

Defined-benefit pension plan documents. Savings bonds until redeemed.

Loan documents until the loan is paid off. Vehicle titles and registration information as long as you own the car, boat, truck, or other vehicle.

Insurance policies as long as you have

Warranties or receipts for big-ticket purchases for as long as you own the item, to support warranty and insurance claims.

Do You Have an Announcement?

Email:

hometownmessenger@gmail.com

Keep Forever

Personal and family records like birth certificates, marriage license, divorce papers, Social Security cards, military discharge papers and estate-planning documents including a power of attorney, will, trust and advanced directive. Keep these in a fireproof safe or safe-deposit box.

Reduce Your Paper

To reduce your paper clutter, consider digitizing your documents by scanning them and converting them into PDF files so you can store them on your computer and back them up onto a cloud like Microsoft OneDrive, Apple iCloud or iDrive.

You can also reduce your future paper load by switching to electronic statements and records whenever possible.

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Rural Routes

Rural Finance Authority Declares Emergency Due to Animal Disease Outbreaks

The declaration allows eligible farmers to apply for zero-interest loans

The Minnesota Department of Agriculture's Rural Finance Authority (RFA) Board has declared an emergency for three animal diseases: avian Metapneumovirus (aMPV), highly pathogenic avian influenza (HPAI), and the H5N1 flu virus. This makes zero-interest Disaster Recovery Loans available for Minnesota farmers whose operations have sustained livestock losses due to the diseases from February 12, 2025 to February 12, 2026.

"The RFA Board's declaration is an important step in helping Minnesota farmers affected by these three animal health diseases," said Minnesota Agriculture Commissioner Thom Petersen. "I encourage those who have faced livestock losses to explore these zero-interest loans."

aMPV is a highly infectious respiratory disease affecting poultry. It causes significant immunosuppression in birds which leads to secondary infections and often high mortality. Minnesota has reported 871 aMPV positive tests since April 2024, which is likely an

undercount of actual cases across the state. The disease is a burden to producers who lose birds and have no means of financial support like they do with HPAI and other diseases.

HPAI is a contagious viral disease of domestic and wild birds and is fatal. It's a major threat to the poultry industry, animal health, trade, and the economy worldwide. The first cases of the current HPAI outbreak in Minnesota were confirmed in March 2022. Since then, there have been 185 cases affecting 9.1 million Minnesota domestic birds, mostly turkeys. There have been four HPAI cases reported in 2025.

H5N1, the same virus that causes HPAI in poultry, can also affect dairy cows and other animals; however, it rarely kills cows. The H5N1 outbreak in dairy cattle appeared in a Texas dairy in March 2024. The first Minnesota case appeared in June 2024. No cases have been reported in 2025.

The Disaster Recovery Loan Program offers affordable financing to support Minnesota farmers after declared disasters or hardship events, such as animal disease outbreaks. These funds are available to farmers for expenses not covered by insurance, including replacement of flocks or livestock, building improvements, or to cover the loss of revenue when the replacement, improvements, or revenue loss is due to the confirmed presence of one of the three animal diseases. Eligible farmers will work with their local lender to secure the loans from the RFA.

The Minnesota Department of Agriculture's Rural Finance Authority is the state's agri-

cultural lender with a mission to develop farm resources. RFA offers low-interest loan programs for a variety of farm activities More information, including full eligibility requirements, can be found on the Disaster Recovery Loan Program webpage.

Grants Offered to Enhance Minnesota Specialty Crop Markets

Applications for \$1.25 million in funding due March 19, 2025

Applications are now open for grants from the Minnesota Department of Agriculture (MDA) to increase the competitiveness of domestic and foreign markets for Minnesotagrown specialty crops.

The Specialty Crop Block Grant Program (SCBGP) funds projects that will:

Market and promote specialty crops

Support research and development related to specialty crops

Expand the availability and access to specialty crops

Address challenges faced by producers of specialty crops

The MDA anticipates awarding approximately \$1.25 million in grants using a competitive review process, with a maximum award of \$125,000 and a minimum award of \$25,000. There is no matching requirement.

Producer organizations, nonprofits, government agencies, tribal organizations, universities, and other organizations involved in Minnesota agriculture are encouraged to apply. Individual producers, for-profit busi-

nesses, or commercial entities are also eligible to apply if their project will provide value to the specialty crop industry at large and incorporate a plan for disseminating the results of the project broadly.

Grant funding for the SCBGP is provided annually from a block grant from the United States Department of Agriculture (USDA) under the legislative authority of the 2018 Farm Bill. USDA defines specialty crops as fruits and vegetables, tree nuts, dried fruits, horticulture and nursery crops, floriculture, and processed products that have 50% or more specialty crop content by weight, exclusive of added water.

Applications for 2025 SCBGP funds must be submitted by 4 p.m. on Wednesday, March 19, 2025. Visit the MDA's Specialty Crop Block Grant Program web page for full program and application details, as well as lists of previously funded projects.

Note: Due to recent Executive Orders, federal funding may be reduced or cancelled. Publishing this request for proposals (RFP) does not commit the state to awarding any federal funds.

Celebrating America's Farmers During National Ag Week

(continued from page 1)

The Agriculture Council of America (ACA) announced March 18, 2025, will be National Agriculture Day with the theme of "Together We Grow."

Activities planned for March 18 feature a virtual Ag Day program, and in-person events in Washington DC. A core leadership team of college students will participate in the DC events, along with representatives of national farm and commodity organizations, representatives of the food, fuel, and fiber communities.

Jenny Pickett, ACA President says students from AFA, 4-H, FFA, and MANNRS participated in 2024 National Ag Day. "Students are interested in advocating on behalf of agriculture and their future roles in the industry. Their participation in National Ag Day activities provides a glimpse of the future of agriculture. It's exciting to learn from the students what they think agriculture will be like in the years ahead, and how their in-

volvement will shape the industry and America as a whole."

"More and more, students and individuals are finding careers in agriculture. The industry needs scientists, biologists, food safety technicians, livestock nutrition specialists, arborists, conservationists – one doesn't have to be a farmer or have a direct on-farm job to be involved in the agriculture industry," Pickett says.

2025 National Ag Day marks the 52nd year of the nationwide effort to share real stories of American agriculture, and remind citizens that agriculture affects everyone. "From the food we eat and the fuel for our vehicles, to the fiber in the clothes we wear, and the oil used to make kids' crayons, agriculture touches everyone in some way." Pickett says.

The National Ag Day program encourages every American to:

- Understand how food, fiber, and fuel products are produced.
- Appreciate the role agriculture plays in providing safe, abundant, and affordable products.
- Value the essential role of agriculture in maintaining a strong economy.
- Acknowledge and consider career opportunities in the agriculture, food and fiber industry.

In addition to the events on March 18, the ACA will offer the Ag Day Essay Contest. Interested students would create video essays on the topic of Food Security = National Security. The winning video essay will be presented on National Ag Day.



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Rural Routes

Minnesota Farmers Union Members Vote to Oppose USDA Staffing Cuts and Support **Ukranian Farmers**

ST. PAUL – County Farmers Union leaders approved two resolutions while gathered in St. Paul Feb. 22 for their semiannual Full Board meeting.

The first resolution was to oppose staffing cuts at local and regional USDA offices. The second resolution was in support of the Ukrainian people defending their country against Russia, who invaded the country Feb.

"MFU has long championed better staffing at the county level to ensure that farmers have access to critical farm safety net, disaster aid, farm loan and conservation programs," said Minnesota Farmers Union (MFU) President Gary Wertish in a letter sent to members of the state's congressional delegation following the passage of the resolution. "Particularly in the face of market uncertainty, high input costs and continued challenges with animal disease, inadequate staffing at the local level could result in farmers having difficulty accessing critical programs.

"We're also motivated to share our opposition to these layoffs because USDA employees are people who have chosen to dedicate their professional career to helping farmers," Wertish added. "Some have newly moved to our communities and others have families who are relying on what historically have been stable federal jobs. All of them deserve our respect."

Wertish asked for clarity about the extent of USDA layoffs, information on what offices are impacted and details on what programs are affected by the layoffs.

A separate letter was sent to the congressional delegation in support of the Ukrainian

"Russia's war against Ukraine has not only important implications for democracy abroad but also the state of the agricultural economy in Minnesota," Wertish said. "I urge you to support the Ukrainian people in their fight for freedom."

Wertish has met directly with Heather Conley of the German Marshall Fund (GMF) and Oksana Markarova, the Ukrainian Ambassador to the U.S. The discussion included harrowing stories of the daily dangers faced by Ukrainian farmers as they work to grow food.

"Recent events have called into question the United States' commitment to supporting Ukraine," Wertish said. "We ask that you reject any efforts to abandon the Ukrainian peo-

About Minnesota Farmers Union

Minnesota Farmers Union works to protect and enhance the economic interests and quality of life of family farmers and ranchers and rural communities. MFU is a nonprofit membership-based organization. Membership is

open to everyone. Learn more and join at book, X, Bluesky and Instagram. www.mfu.org and follow MFU on Face-

MDA Offers Mini-Grant for Produce Growers

Reimbursement available for water testing, harvest totes, and other expenses

The Minnesota Department of Agriculture (MDA) is now accepting applications for the 2025 Produce Safety Mini-Grant. This funding opportunity helps reimburse produce growers for expenses that improve on-farm food safety systems.

The MDA anticipates awarding approximately \$42,400. Awardees will receive reimbursement up to \$800 per farm. No matching funds are required.

To be eligible, applicants must farm in Minnesota and have grown and sold one or more of the following crops in 2024: leafy greens, apples, berries, carrots, cucumbers, garlic, green beans, herbs, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, or tomatoes. In addition, applicants must have completed the Minnesota Department of Agriculture Produce Safety Grower Questionnaire, or otherwise verified their farm's Produce Safety Rule status with the MDA, at least once between 2022-2025.

Expenses must occur on or after November 1, 2023 or be planned to take place before June 30, 2025. Eligible expense categories include:

Harvest totes Waxed boxes

Friday,

July 11

Saturday.

Market containers

Carts and pull wagons

Water testing for generic E. coli

Sanitizer used for wash water and food contact surfaces

Supplies to build or purchase a portable handwashing station

Supplies to build or purchase a portable produce washing station

Applications will be accepted through 11:59 p.m. on March 22, 2025.

Additional information and the online application are available on the MDA website. Farmers can contact the MDA Produce Safety Program at 651-539-3648 to request a paper

Funding for the Produce Safety Mini-Grant was made possible by a cooperative agreement from the U.S. Department of Agriculture (USDA) Agricultural Marketing Service. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Note: Due to recent Executive Orders, federal funding may be reduced or canceled. Publishing this request for proposals (RFP) does not commit the state to awarding any federal funds.



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Ask **A Trooper** By Sgt. Troy Christianson, **Minnesota State Patrol**

Question: My vehicle was recently involved with a crash with another vehicle. I had car seat inside but no child was present at the time of the crash. I am wondering if the car seat would still need to be replaced. My auto insurance company didn't want to replace it. Is there some state statute on this?

Answer: I did some checking with a Child Passenger Safety Technician and was advised there is no specific statute regarding car seat replacement after a crash from a state perspective. However, if the car seat manufacturer recommends replacement after a crash, that guidance should be followed. The insurance company may request documentation from the car seat manufacturer to support the claim. The replacement recommendation is

not contingent on whether the child was in not deploy during the crash; and the seat at the time of the crash.

Child passenger safety technicians are trained to tell parents that if a car seat or booster seat has been in a crash, replacement is dependent on the severity of the crash, as well as the car seat or booster seat manufacturer's guidelines for the seats.

Some manufacturers require replacement after a crash of any severity. After a minor crash, replacement recommendations vary by car seat manufacturer. Car seats and booster seats always need to be replaced after a moderate or severe crash. Caregivers should contact the car seat or booster seat manufacturer with any questions about if the seat should be replaced after a crash.

The National Highway Traffic Safety Administration (NHTSA) has established the following criteria for assessing minor crash

https://www.nhtsa.gov/car-seats-andbooster-seats/car-seat-use-after-crash

What defines a minor crash?

A minor crash is one in which ALL of the following apply:

- The vehicle was able to be driven away from the crash site.
- The vehicle door nearest the car seat was not damaged.
- None of the passengers in the vehicle sustained any injuries in the crash.
- If the vehicle has air bags, the air bags did

• There is no visible damage to the car seat. NEVER use a car seat that has been in-

volved in a moderate to severe crash. Always follow manufacturer's instructions.

Drinking the Green Beer? Plan a Sober Ride **Drive Sober: Drive Smart**

[Goodhue County, MN] — St. Patrick's Day is a fun time of celebration, but it's important to keep it from becoming deadly. This means, if you plan to drink any alcoholic beverages, drive smart by planning a sober ride home and not getting behind the wheel. Extra DWI enforcement will be on Minnesota roads statewide.

Impairment by alcohol or drugs is one of the most dangerous driving behaviors seen on Minnesota roads.

- From 2019-2024 there were 97 alcohol-related crashes over the St. Patrick's Day holiday (according to preliminary data).
- From 2019-2024 there were 10 alcohol related fatal crashes on the St. Patrick's Day holiday (according to preliminary data).
- During 2019 2024 there were at least 124 fatal alcohol-related deaths on Minnesota roads according to preliminary counts.
- Alcohol-related crashes not only take lives, but they also change them forever. There were at least 383 life-changing injuries were caused by alcohol-related crashes each year in that same period.
- Last year there were 438 driving while intoxicated (DWI) citations on the St. Patrick's Day weekend.

"We understand people are looking for a reason to celebrate, and we want our community members to enjoy St. Patrick's Day, but we also want to impress upon everyone the importance of safe driving", said Goodhue County Sheriff Marty Kelly. "If you've been drinking, make the right choice to find a sober driver to get you, and your friends home safely.'

Commit to a Sober Ride

- Plan for a safe ride designate a sober driver, use public transportation, a cab or appbased ride service, or stay at the location of the party.
- Speak Up Offer to be a designated driver or be available to pick up a loved one anytime, anywhere.
- Buckle up the best defense against a drunk driver.
- Report drunk driving call 911 when witnessing impaired driving behavior. Be prepared to provide location, license plate number and observed dangerous behavior.





CITY OF WANAMINGO City Council Regular Meeting

Monday, February 10, 2025 7:00 P.M. Wanamingo City Council Chambers -**401 Main Street**

Wanamingo, MN

CALL TO ORDER: Mayor Holmes.

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

City Administrator: Michael Boulton Deputy Clerk: Karen Masters ABSENT: Council: None

ALSO PRESENT: Brad Kennedy, David Friese - Zumbrota News-Record, Daren Strobel – Kenyon Leader, Pattie Prigge, Cobus Peens, Laura Sands Prink, Stephen Kingsbury, Dan Fritz, Barbara Dolan, Clayton Cochran, Beth Giese, Laurie Greseth, Mathias Sendlhofer, Luke Nelson, and Goodhue County Deputy Edward Matul.

ADOPT AGENDA: Ohr motioned to adopt the agenda, seconded by Haugen. Mayor Holmes stated that Resolution 25-016 would be tabled from the February agenda from recommendation by the City Attorney. Passed 5-0-0.

CONSENT AGENDA: Flotterud motioned, seconded by Dierks. Passed 5-0-0. PRESENTERS:

A) Brad Kennedy reported on:

- 1) Riverside Park trees a total of ten emerald ash borer damaged trees have been removed. City staff cut down five trees while Heartlind Tree Service dropped five other trees. Heartlind Tree Service ground down all ten stumps. The City staff removed all tree debris, including material from ground
- 2) Riverside Park flagpole sanded, primed and painted pole. Reinstalled pole with new pulleys, rope, and flag.
- 3) Water Tower pressure sensor froze. Automatic systems replaced the sensor. City staff constructed a box and insulated so that it would not freeze again.

- 4) Trimmed trees that were overhanging on 3rd Avenue, that were interfering with snow removal and street sweeping.
- 5) Plowed snow and salt/sanded streets after snow events
- 6) Continue to maintain the ice rink by spraying on additional layers of water to maintain the ice thickness.
- 7) The well-house project is not yet complete. We are waiting for automatic systems to complete the communications work. The contractor still has painting at well #3 and other punch list items to complete.
- B) Laura Sand Prink Goodhue County Opioid Settlement Advisory Council Presen-
- 1) Goodhue County will be receiving \$2.1 million over eighteen years (2022-2040) as part of the federal opioid settlement
- 2) A needs assessment was completed in 2023 with treatment and prevention being the
- 3) Fifty key stakeholders were engaged that live and/or work within the County.
- 4) The stakeholders identified and recommended themes of youth, peer recovery, service gaps, access to harm reduction strategies, access and awareness of outlets and alternatives for self-care, increased access to mental health care, enhanced treatment court eligibility, increased date tracking, and find a way for the public to continue to be involved in the process.
- 5) Advisory council created Opioid Settlement Advisory Committee
- 6) Guiding principles include cultural competence, sustainability, dynamic and iterative, date driven, and relying on a team approach.
- 7) 2025 grants of \$200,035 eight of the eleven applicants received one-year grants
- 8) Request multi-year grants for continued programs and save money

Flotterud asked what data is and will be utilized. Sand-Prink stated that much of the data was from Minnesota Department of Health (hospitals and chemical health institutions) with other data coming from Olmsted and Goodhue County. Sand Prink will email links of data for the Council to be able to see. Flotterud asked if opioids were a major issue in Goodhue County. Sand Prink stated that Goodhue has higher data then surrounding counties with significant impact on youth and Native Americans. Holmes thanked Sand Prink for the presentation and update for the ongoing opioid settlement funds and usage within Goodhue County.

- C) Beth Giese, Kenyon-Wanamingo Superintendent, reported on:
- 1) Kenyon Wanamingo voted to close the Wanamingo school site and consolidate to on location (Kenyon) on January 28th. The Wanamingo site will be closed starting in June 2025
- 2) School district still applying for and looking into grants to operate the Wanamingo site in another capacity beyond the use as a school.
- 3) The school district has consulted with realtors. There are no area comps for a school building in order to assist with an appraisal. If the school board wishes to move ahead with the sale it would be for the 2.16 acres, excluding gym and ball fields.
- 4) There is water at the gym, however it will require something different than the current boiler system and potential cooling to separate from the current facility.
- 5) The parking lot is shared between the City and school district, which would also be
- 6) Is open to suggestions for both temporary uses and a long-term use of the Wanamingo site.

- 7) May remove the playground due to liability
- 8) Daily checks of the facility and boiler would be required as part of insurance policy. Minimum insurance would be kept on the facility, requiring some level of security for the facility.
- 9) School district obtained a quote of \$500,000 to remove the building. However, if there are abatement items such as asbestos, the cost would increase. The School district does not have the funds to demo the facility.
- 6) Thanked the City for open dialogue regarding the future of the facility.

Holmes thanked Beth Giese for updating the City Council. Holmes stated that the City will continue dialogue on the future of the facility. In the short term the City has concerns with potential blight and would like to ensure upkeep that residents have come to expect at the

Mathias Sendlhofer asked if the Council would be considering allowing chickens in residential zones in Wanamingo. Sendlhofer stated that he was opposed to this policy change. Holmes stated that no one has approached him requesting a change in policy. Holmes stated that he was aware of social media discussions. Dolan stated that there is a group looking into area communities' ordinances with the hope of requesting an ordinance change that can address concerns. Holmes stated that he is not engaging policy discussions on social media. If there are concerns, residents should be contacting the City or coming directly to the City Council.

(continued on page 23)



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March 12, 2025 - KENYON MESSENGER - Page 23

WANAMINGO CITY COUNCIL MEETING

(continued from page 22)

Holmes stated that the Council discussed potential changes to the ordinance for chickens in residential areas two years ago. The current language of animals, including chickens, have been in place since 2004. The full City Council and staff have turned over since the ordinance was in place. There was significant pushback from the public both at City Council meetings and feedback on the street. Sendlhofer and Luke Nelson work in the poultry industry. There are concerns if chickens within Wanamingo contract the bird flu that a 1.2-mile quarantine area would not allow them to go to work at their area farms. This is a biosecurity concern for residents connected to poultry production in the area. Sendlhofer stated that all poultry would need to be disposed of within City limits through the Federal Department of Agriculture. Fritz stated that he is opposed to allowing chickens within residential areas. He stated that he moved to town because of the standards set and enforcement by the city, including keeping farm animals out of residential areas. Fritz stated that he would organize citizens against changes if the Council decides to take action. Holmes stated that the Council weighs pros and cons with any proposed ordinance changes. Holmes stated that the issue has come forward due to high prices of eggs. Flotterud stated that the cost to produce eggs is based on economies of scale and that having a few chickens is not cost effective due to the high input costs. Flotterud asked David Friese what the City of Pine Island has for an ordinance with chickens in residential zone areas. Friese stated that Pine Island went through an 18-month process. There is an application process that includes obtaining permission from 75% of neighbors. There were only two applicants in the first year, with one yearly since. Friese stated that residents don't fully understand the commitment required to keep and maintain chickens. Friese also stated that the minimal rules set by Pine Island were requested to be modified and exempted very quickly. Friese stated that enforcement is difficult with chickens. Flotterud asked what happens when a neighboring dog kills someone's chicken. Friese stated that both dogs and chickens are both supposed to be secure. Friese stated that these actions are handled by the sheriff's office for enforcement of leash laws and/or chickens not being secure. Flotterud has concerns with changing ordinances to benefit a few while causing issues to neighbors. Flotterud stated that he is not against raising chickens in residential zone areas, but has so many questions including how many, how to protect neighbors, biosecurity, and enforcement. Holmes stated that the issue has citizens both for and against with passion. Holmes stated that he hopes that citizens understand that chickens in residential zone areas is controversial. Flotterud stated that some sort of conditional use process could be considered to address many of the concerns. Flotterud stated that an applicant would be notified that violations could result in revocation. Dolan stated that other communities require a certain percentage of neighbors to sign off on having chickens.

Dolan has read restrictions on how far a coop is required to be located from neighbors' homes. Dolan stated that proper disposal of litter/waste is necessary. Friese stated that there are three large poultry farms in proximity of Pine Island. Friese stated that they were consulted before the ordinance was drafted. Friese stated that regular inspections and strict enforcement is necessary for chickens in residential districts.

NEW BUSINESS: RESOLUTION:

25-011 = Accepting 2024 Employee Reviews: Dierks moved to approve, Seconded by Haugen. Passed 5-0-0.

25-012 = Adopting a Proclamation for School Bus Driver Appreciation Day: Flotterud moved to approve, Seconded by Ohr. Holmes stated the importance of recognizing the bus drivers for the important job they do in transporting school age children safely. Passed 5-0-0.

25-013 = Approving Hiring a Part-Time Pool Manager and a Part-Time Assistant Pool Manager: Haugen moved to approve, Seconded by Ohr. Holmes stated that Jake Wieme agreed to take on the pool manager role for 2025. The City is still looking for an adult assistance manager. Passed 5-0-0.

Public Hearing - Mayor Holmes opened public hearing on Zoning-Energy Production Conditional Use Permit at 7:50PM. Barbara Dolan, applicant, stated that she had hired Powerfully Green Solar out of Long Lake for the proposed solar array project. Xcel Energy is required to buy back excess power (at discounted rate) that is produced and not used onsite. Dolan stated that she had an application in Xcel Energy for capacity.

Boulton stated that he received no feedback from the neighbors within 500 feet that were sent the public hearing notice. Boulton stated that he received no feedback from the public at large from the public hearing notice that was published in the newspaper. No Further Public Comments Offered. Mayor Holmes closed the public hearing at 7:58PM.

25-014 = Approving Zoning (Energy Production) Conditional Use Permit for Barbara Dolan located at 524 2nd Avenue: Haugen moved to approve, Seconded by Flotterud. The Council agreed with the staff recommendations:

The following standards apply:

That if the Solar Array is damaged beyond repair or the system becomes obsolete it will be the responsibility of the property owner to remove the system and properly dispose of the solar array system.

This conditional use permit is in effect for the property on 524 2nd Avenue and assigned to the current and/or any future owner of the property. The conditional use permit may be revoked by the City following written notice to the property owner if the conditions of the permit as listed herein are not met and/or maintained. The conditional use permit will expire if/when the use of the property is changed.

The conditional use permit shall be recorded at the Goodhue County Recorder's Office.

Passed 5-0-0.

25-015 = Accepting Karen Masters Resignation as Wanamingo Deputy Clerk: Dierks moved to approve, Seconded by Haugen. Holmes thanked Masters for nine years

of service to the community as she retires. Members of the Council provided well wishes on Masters upcoming retirement in April. Passed 5-0-0.

Boulton provided a memo on the proposed deputy clerk hiring process/notice as recommended by the personnel committee. Flotterud asked about health insurance and the ability to opt out of City insurance. Flotterud asked if the City could pay more in wages. Boulton stated that this would require a change in the personnel policy. Boulton warned that any additions in pay beyond the pay range could jeopardize the City passing the next State Pay Equity report. Boulton recommended reviewing the City personnel policy for health insurance and potentially changing the health insurance option and offering a monthly stipend for those that opt for other insurance coverage. Boulton stated that this opt-out stipend could be equal to the current maximum monthly dependent coverage amount of \$600. Boulton stressed that the employees need to be treated equally based upon job points system and pay scale. Ohr moved to approve the recommended hiring process and notice, seconded by Haugen. Holmes stated that the City should also post the hiring notice on HYPERLINK "http://www.indeed.com"www.indeed.com. Boulton asked if Holmes would assist with this posting. Passed 5-0-0.

Administrator Boulton provided an update on Mark Showers water request. Mark Showers owns two parcels on the Southeast corner of MN TH 57 and 440th Street. Mr. Showers has two constructed out buildings on the A-1 Agricultural Zoned Parcels. Mr. Showers is constructing a larger shed with intentions of constructing a home on the parcel(s). Mr. Showers will need water at the location. Mr. Showers approached the City seeking written approval to install a well. Mr. Showers has obtained an estimate for the new private well of \$14,564.65. In the future Mr. Showers will also require sewer. There is no City sewer service within reasonable distance to hook into. Mr. Showers intends to install a private septic system.

Goodhue County permits and inspects new existing wells and septic systems. Since Mr. Showers property is within the City of Wanamingo, Goodhue County requires written approval from the City for new wells before formal approval by Goodhue County. Wanamingo Code of Ordinances 53.04 (A) makes it unlawful to construct new private wells within the City (existing private wells are exempt). 53.04 (C) allow the City to determine expansion of City water system. Certain conditions, such as high costs or soil conditions, can make connecting to City water not feasible. There are currently no policies that define what specific conditions make connecting to City water not feasible.

City Staff have recommended requiring those that wish to install a new well for water to pay for rough feasibility numbers to install City water to their parcel. This would allow for the City Council to review the cost of well installation and weigh it against the cost and any conditions of connecting to City Water. The Council should only approve private wells when costs or conditions are significantly higher than private well costs.

(continued on page 24)



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WANAMINGO CITY COUNCIL MEETING

(continued from page 23)

The Council should determine what costs and conditions make City water unfeasible. Examples for City water being unfeasible may include when costs exceed three to four times or when soil conditions such as river crossing or rock add to the difficulty or cost. The Council should place a premium on requiring connecting to City water in order to limit wells that could contaminate the DWSMA (Drinking Water Supply Management Area). Also, it is in the City's interest to have additional usage and billing for water to locations within the City.

Jason's Sewer Service and Excavating Servis has put together a rough feasibility costs to install a water line south along MN TH 57, crossing the North Zumbro river, and tying into the water line on between Mead Johnson and Jason Rath's home along MN TH 57. Jason's Sewer Service and Excavating estimates that there is roughly 1,000 feet of 1"-2" private water line that would need to be installed near 25 Main Street to 10200 440th Street. There would be line-item costs such as mobilization, curb stop, rock excavation, boring under the North Zumbro River, and erosion control/turf establishment. The total estimate is \$180,000 for these line items. Boulton stated that the Council should discuss the current Ordinance, the contractor's estimate, and well estimate and provide feedback on how staff and Mr. Showers should proceed regarding the water request.

The Council reviewed Mark Showers's contractor's estimates and compared the contractor's estimates for drilling a new well. Ohr stated that the North Zumbro River crossing could be difficult and add costs. Flotterud asked if there is a need to connect other properties on 440th or loop around to Mingo View Drive. Boulton stated that Brandon Theobald had put together estimates for such a water line to loop MN TH 57 along the south side of 440th Street and then connect to Mingo View The cost would have exceeded \$100,000 per hookup, making the project not feasible. Theobald also noted that few users on the long stretch of line could create water clarity issues such as what required correction before the water tower was removed from Mingo View Drive. Boulton stated that he would recommend that the Council allow Mr. Showers to drill his own well rather than hooking up to City water. Boulton stated that the cost (more than ten times) to hook into City was prohibitive with unknow addition issues and potential cost crossing the North Zumbro River. Dierks moved to approve well option for Showers property rather than hooking up to City water due to the excessive cost along with the North Zumbro River crossing, seconded by Ohr. Passed 5-0-0.

OLD BUSINESS:

The City Council reviewed the 2023 & 2024 swimming pool financials for comparisons. In 2023 the swimming pool brought in \$19,076.64 in revenue compared with \$17,591.58 in 2024 revenue. In 2023 the swimming pool had \$69,691.81 in expenses compared with \$63,419.09 in 2024 expenses. The swimming pool lost \$50,885.17 in 2023 compared with \$45,827.51 in 2024. The losses are funded by the general fund. Building R & M expenses were lower in 2024 compared to 2023. Wages were lower in 2024

compared to 2023. Lesson and Passes Income was down in 2024 compared to 2023.

*Fire Department annual vintage snowmobile ride and show, bean bag tournament, and chili feed will take place 3/1/2025. Boulton asked if the Council wishes to enter a competition chili as they have done for the past thirteen years. Boulton stated that individual council members contribute toward the cost of the chili. Boulton and Peens have put together the chili on behalf of the council the past few years. The Council agreed to take part in the chili cookoff for 2025.

*Next City Council meeting on 3/10/2025 at 7:00pm.

Boulton stated that the five CDs at Security State Bank of Wanamingo would be maturing in the coming months. Boulton stated that rates have decreased over the past few months. Boulton stated that the best CD rates are now 6-month 3.95% (12-month 3.7%) compared to the current 13-month 5.09%. Boulton stated that the City could look to invest some of these funds into the money market that is producing 4.369% instead of renewing some or all the CD's.

Adjourn: At 8:32PM a motion to adjourn was made by Ohr and seconded by Dierks. Passed 5-0-0.

Signed: Ryan Holmes, Mayor Attest: Michael Boulton, City Administrator

Kenyon City Council Meeting February 11, 2025

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 February 2025. The meeting was called to order by Mayor Kirchmann.

The following members were present: Mayor Don Kirchmann, Council Members Kim Helgeson, Lee Sjolander, Mary Bailey, and Elana Brunner

Also, present: City Administrator Scott Lehner, Administrative Assistant Holli Gudknecht, Engineer Derek Olinger, Finance Director Whitney Kyllo, City Attorney Joe Sathe, Officer Brian Homeier, Josh Johnson, Jed Johnson

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT ADOPT AGENDA

Motion by Helgeson seconded by Brunner to approve the agenda. Motion carried 5-0-0. **CONSENT AGENDA**

Motion by Sjolander second by Helgeson to approve the amended Consent Agenda, which includes:

Payment of check numbers, 75836 through 75919; 5327E through 5346E

Minutes and Appointments

Post Full-Time Police Officer Position Approve Hire of Manager and Assistant Manager for 2025 Season

Motion carried 5-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/PROLAMATIONS School Bus Driver Appreciation Day Proclamation

Mayor Kirchmann read the "School Bus Driver Appreciation Day" proclamation that will be presented to Held Bus Service.

ADMINISTRATOR UPDATE

KMU Process Update: Administrator

Lehner stated that no decisions have been made yet concerning the KMU process. The personnel committee reviewed the five City/KMU agreements and the current organizational chart. He will be putting together a recommended organizational chart and revised agreements that will be presented back to the personnel committee and then to the KMU Commission before coming back to the city council.

Audit Update: The auditors will be here working with Whitney on February 20 and 21

Fundraiser at Fire Hall – April 26: FYI - The Kenyon Fire Department will be holding a benefit for a Kenyon fireman's family member at the fire hall.

Police Chief Sjoblom will return to work next week.

Audio/visual Equipment: Staff are working to coordinate training with the company that installed the audio/visual equipment in the council chambers.

ENGINEERING

2025 Street and Utility Improvements

Engineer Olinger stated that the design work for the project is nearly complete and should be ready for approval of bidding at the March council meeting. A neighborhood informational meeting was held on January 27th at city hall. Four residents came to the meeting with comments.

LEGAL OLD BUSINESS NEW BUSINESS

2025 Sanitary and Storm Sewer Rates

Finance Director Kyllo stated that in December 2023, the 2024 sewer rates were increased to reflect additional revenue needed to ensure the Sanitary and Storm Sewer could continue to fund upcoming projects. This was part of a four-year increase plan, which was recommended from the 2021 utility rate study. In 2025, city staff recommend increasing the residential sanitary sewer rate from \$7.40 per thousand gallons to \$7.77 per thousand. The residential sewer base rate would increase from \$26.25 to \$27.57 per month. The storm sewer maintenance fee would be increased from \$9.00 per month to \$13.00 a month for residential customers. Non-residential rates will also be increased.

Motion by Bailey second by Helgeson to approve the recommended sanitary and storm sewer utility rates for 2025. Motion carried 5-0-0.

Resolution 2025-07: Endorsing Federal

Legislation to reimburse Body Armor Costs for All Emergency Responders

Administrator Lehner stated that Rice County was asking that emergency responders that serve their county show their support to get federal legislation to reimburse agencies for protective vests for all emergency responders. The Kenyon First Responders serve 42 sections in Rice County. Council member Sjolander stated that this resolution is just saying we are supporting this legislation, not saying we are going out to buy anything.

Motion by Kirchmann seconded by Helgeson to adopt Resolution 2025-07. Motion carried 5-0-0.

Rebound Redevelopment Application

Rebound Real Estate (former Sunset Home) requested that the City council approve a resolution approving their Redevelopment Grant application and committing to a local match and authorizing contract signature. Attorney Sathe explained how this program works. The applicant needs to be the city with a subgrant then to the developer.

Resolution 2025-08: Approve Submission of Redevelopment Grant Application in Connection with

127 Gunderson Boulevard

Motion by Bailey seconded by Brunner to adopt Resolution 2025-08. Motion carried 5-0-0

Resolution 2025-09: Commit Local Match for Redevelopment Grant Application and Authorize Contract Signatures in Connection with 127 Gunderson Boulevard

Motion by Helgeson seconded by Bailey to adopt Resolution 2025-09. Motion carried 5-0.0

Schedule for Upcoming Meetings

KMU Meeting: Tuesday, February 18th @ 4:00 p.m. EDA Annual Meeting: Thursday, February

20th @ 8 a.m.
City Council Meeting: Tuesday, March

City Council Meeting: Tuesday, March 11th @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Council Member Sjolander appreciates the fire department with the recent fire in town. They went above and beyond to help the residents out without getting paid.

Motion by Bailey seconded by Helgeson to adjourn the meeting at 7:40 p.m. Motion carried 5-0-0.

Scott Lehner, City Administrator Donald Kirchmann, Mayor

Commissioner Corner

Hello.

The second Tuesday in March is Township Day in Minnesota, I really look forward to the meetings that my 7 townships will have on the 11th. I am attending our county day at the capital on the 12th. Of this month. We will be talking to our legislators regarding funding for our county. There are mandates that have been put in place that we have to fund at the local level. I know that our School districts and towns and townships all have some of these mandates, and these will result in increased taxes. I know the news talks a lot



Todd Greseth Goodhue County Commissioner District 3

about the waste, fraud and abuse of money here in Minnesota and in our federal government. We at the local level pride ourselves on efficiency and watching where our money is spent, our finance department just received the Excellence in Financial Reporting award for the fifth straight year. This award was achieved by only 17 of the 87 counties in Minnesota. Spring is almost here and I am really looking forward to some warm weather. As always give me a call if you have any questions or concerns. 507-319-9550

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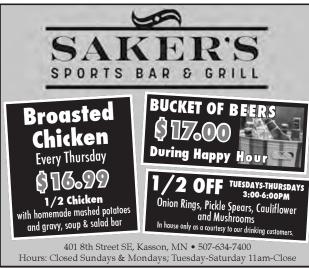
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THEME: MARCH MADNESS

ACROSS

1. Giant Himalavan

5. *M in MAC

8. Bathtub libation

11. Joie de vivre

12. Do like fly fisherman

13. East side of Jersey

15. Tucked in

16. Diva's solo

17. Length of a forearm 18 * _ Sunday

20. Osiris' wife

21. Freshwater fish

22. Stir fry pan

23. Victorian era overcoat 26. Smallest

30. *Like attending band at the NCAA Tournament 31. Kaa of "The Jungle Book"

34. Great Lake 35. Prep mushrooms for steak, e.g.

37. Cooking fat 38. Bible song

39. Second to last word in some fairytales

40. False 42. Dip oreo into milk, e.g.

43. Tiresome

45. Hoariest

47. NBC's sketch comedy show

48. Misrepresent

50. South American monkey

52. *2025 NCAA Championship game venue

56. Renaissance fiddle _ and to hold"

57. "To _

_-friendly

59. Founding Father Thomas _

60. Damien's prediction

61. Reunion group

62. Bancroft to Hoffman in "The Graduate"

63. Agreement word

64. Ages and ages

DOWN

1. Nay opposers

2. River in Bohemia

3. 1.3 ounces, in Asia

4. Owes money (2 words)

5. Angelina Jolie's 2024 singing role

6. "Kick the bucket," e.g.

Smith, coach of 2 champs and 11 Final Four

teams

8. Mongolian desert 9. Fleur-de-lis

10. *Cut down at end of last game

12. Like rheumy eyes 13. Descendant

14. *2024 winners

19. Thin pancake _ and move on

23. *Cinderella's victory 24. Furlough

25. Spew, past tense

26. Cough syrup balsam

27. Use other end of pencil?

28. Farm structures

29. Dangle a carrot

-up or evenly matched game

33. Step on it

36. *2024 Most Outstanding Player Newton

38. Paralyzing disease, for short

40. Afghan monetary unit

41. Neolithic tomb

44. "Riunite that's nice"

46. Figure out

48. Scapegoat's due

49. Roof overhang

50. Salty drop

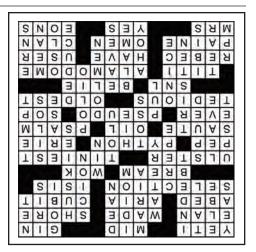
51. Avian wader

52. Sailor call

53. Capital of Norway

54. Statistics calculation 55. Sea eagles

56 Dashboard acronym



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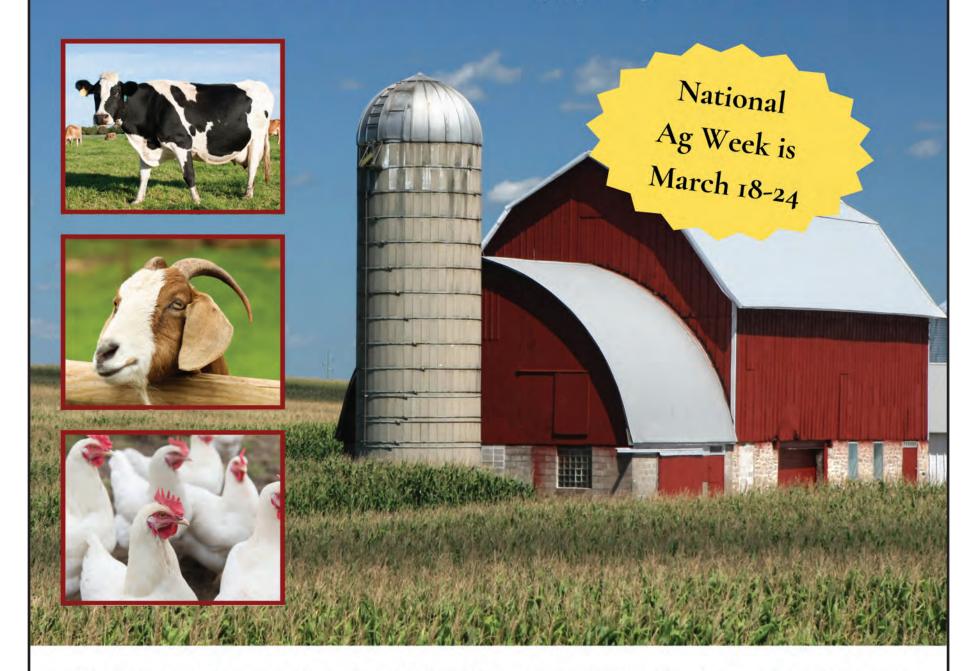
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