



# KENYON • WANAMINGO Messenger

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APRIL 23, 2025

Volume 18 • Issue 8

## Announcements

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

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

## Kenyon Rose Fest Ambassador Program



A new program is being introduced this year for the Kenyon Rose Fest, which will be held August 13-17. This is an opportunity for

young ladies who would like to represent the community. A Kenyon Rose Fest Ambassador will serve as a positive role model, attend and volunteer at local events, engage with residents while also promoting the town and festival in neighboring communities.

This position is open to young women who are sixteen years of age by August 1st of the festival year and no older than nineteen years old. They must live within the Kenyon-Wanamingo school district or be enrolled in Kenyon Wanamingo High School.

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## Settende-What?

By Cheri Roshon

Syttende Mai (or the 17th of May) marks Norway's declaration of independence and is a celebration of the 1814 signing of Norway's constitution and independence from Sweden.

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## Easter Egg Hunt in Kenyon on Saturday



## KENYON ROSE FEST Ambassador



## Silent Disco at WildWood in Nerstrand May 9

Friday, May 9 | 8-11:30pm  
WildWood | 315 Main Street, Nerstrand  
\$20/ticket  
TICKETS MUST BE PURCHASED  
BY MAY 2!!

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## Mother's Day Brunch

Sunday, May 11<sup>th</sup> • Serving 9:00a.m.-3:00p.m.

Call 507-645-9992 for Reservations

- Reservations Highly Suggested -

- JOIN US FOR OUR SPECIAL BREAKFAST AND BRUNCH MENU -  
Regular Menu Available 3:00-Close



37540 Goodhue Ave., Dennison, MN  
Hours: Wednesday & Thursday 11:00 AM-8:30 PM  
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM  
Bar Open Later

507-645-9992 • [www.firesidelounge.net](http://www.firesidelounge.net)



**SILENT Disco**

**WildWood**  
Friday, May 9 | 8-11:30pm  
\*advance tickets sales ONLY

GRAB YOUR FAVORITE MAMA AND GET YOUR GROOVE ON...

[www.wildwoodofnerstrand.com](http://www.wildwoodofnerstrand.com) • Nerstrand, MN



## Pastors Corner

In the United States, churches and religious organizations enjoy tax-exempt status under Section 501(c)(3) of the Internal Revenue Code. This status is often framed as a constitutional protection of religious freedom, but in reality, it is a privilege granted by the government, not an inherent right. The idea behind this exemption is that churches provide significant social benefits—offering charitable services, moral guidance, and community support—that justify relieving them from the burden of taxation.

However, many Christians express concern that while their churches are exempt from taxes, their personal tax dollars are often used to fund programs and initiatives that directly contradict their biblical beliefs. This raises an important question: How can Christians ensure that their money is being used for essential public services, such as police, fire departments, EMTs, roads, and schools, rather than for causes that promote unbiblical values?

The reality is that tax dollars are pooled into large government budgets, and individuals do not get to earmark their taxes for specific purposes. This means that Christian taxpayers inevitably contribute to government programs they may disagree with, alongside the essential services they support.

### Potential Solutions for Christian Taxpayers

#### Advocate for Religious Liberty in Tax Policy

Christians can engage with policymakers to advocate for greater conscience protections in taxation. Some proposals, such as allowing taxpayers to designate certain portions of their taxes for specific uses, could provide a way for believers to ensure their money supports services aligned with their values.

#### Support Faith-Based Organizations

While tax dollars may fund initiatives that contradict biblical values, Christians can redirect their charitable giving toward faith-based organizations that provide social services con-

sistent with Christian teachings. Private Christian charities, crisis pregnancy centers, faith-based schools, and other ministries can fill many of the roles that government programs attempt to address.

#### Stay Involved in Elections and Policy Making

Christians should be informed voters, supporting candidates and policies that align with biblical values. This includes advocating for responsible government spending and pushing for policies that respect religious convictions in taxation.

tions in taxation.

#### Encourage Alternative Funding for Churches

While churches currently enjoy tax-exempt status, some critics argue that tax exemption is a form of government subsidy. If this exemption were ever challenged or removed, churches would need to be financially independent in order to continue their ministries without government interference. Encouraging church members to tithe faithfully and support their local congregation can help en-

sure that the church remains strong regardless of government policy.

#### Engage in Legal Action When Necessary

When Christian taxpayers are forced to fund programs that violate their deeply held beliefs, legal action can sometimes be taken. Organizations such as Alliance Defending Freedom (ADF) and the American Center for Law and Justice (ACLJ) work to defend religious liberty and conscience rights in taxation.

(continued on page 3)

## AREA CHURCH DIRECTORY

### Studying God's Word

*Your word is a lamp for my feet, a light on my path. — Psalm 119:105*

Have you discovered the profound impact of studying God's Word? In my youth, I often underestimated its importance, seeing Bible study as merely a religious duty. But then came a time when I faced uncertainty and sought direction. And a wise mentor pointed me to Psalm 119:105, emphasizing that God's Word illuminates our path, guiding us through life's challenges and uncertainties.

Studying God's Word is not just about gaining knowledge; it's about encountering God himself. Through Scripture we discover God's character, his promises, and his will for our lives. God's Word provides wisdom for decision-making, comfort in times of distress, and hope for the future.

The Bible reveals God's redemptive plan and his unfailing love for humanity. It teaches us how to live according to his principles and align our lives with his purposes. As we explore Scripture with an open heart and mind, we invite the Holy Spirit to speak to us, transforming our thoughts and renewing our minds.

I am grateful for being able to study God's Word. It has deepened my faith, strengthened my relationship with Jesus, and equipped me to serve others with compassion and grace. Each passage has been a source of encouragement, correction, and inspiration in my walk with God.

May God's Word be a lamp to illuminate your path and a constant source of wisdom and strength.

*Lord, may your Word guide and sustain us, leading us closer to you. In Jesus' name, Amen.*

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

**TRINITY LUTHERAN CHURCH**  
301 2nd Avenue, Wanamingo  
824-2155  
April 27: 9a.m. Sunday School and Sacred Space; 10a.m. Worship at TLC  
April 30: Confirmation Class at TLC 5-6:30p.m.

**WANAMINGO LUTHERAN CHURCH, ELCA**  
130 West 3rd St., Wanamingo  
824-2457  
[www.TrinityWanamingo.org](http://www.TrinityWanamingo.org)  
April 27: 9a.m. Sunday School and Sacred Space; 10a.m. Worship at TLC  
April 30: Confirmation Class at TLC 5-6:30p.m.

**ASPELUND EMMANUEL LUTHERAN**  
Rob Edwards, Pastor  
429 County 1 Blvd, Kenyon  
507-824-2307  
[www.emmanuelalflc.org](http://www.emmanuelalflc.org)  
9:00a.m. Sunday School;  
10:00a.m. Coffee Time  
10:30a.m. Worship Service

**FIRST EV. LUTHERAN**  
D.J. Chatelaine, Pastor  
309 Forest Street, Kenyon  
507-789-5261  
website: [fickenyon.org](http://fickenyon.org)  
Sunday Worship 9 a.m.;  
Noon-1:00p.m. Open Prayer Time,  
1st Tuesday each month

**GOL LUTHERAN**  
Joe Jorgensen, Pastor  
507-838-2100  
Sunday Worship 10:30a.m.



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

**GOSPEL OF LIFE FAMILY CHURCH**  
Pastor Steven G. Roberts  
[www.gospeloflifeflchchurch.org](http://www.gospeloflifeflchchurch.org)  
2010 Jefferson Rd, Northfield - Sunday 10:30a.m.  
507-259-2644  
Wanamingo - Wednesday 7:00p.m.

**ST. JOHN'S UNITED CHURCH OF CHRIST**  
(Wheeling Twp) 19086 Jacob Avenue, Faribault  
Gary Liker, Pastor • 507-330-0025  
[www.stjohnsunitedchurchofchrist.info](http://www.stjohnsunitedchurchofchrist.info)  
Sunday School 9:30a.m.; Worship 10:30a.m.

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

**GRACE LUTHERAN CHURCH, NERSTRAND**  
Mike Ahrens S.A.M.  
Service 9am. Coffee hour follows @ 10 am  
Sunday School 10:15 am

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

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

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

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

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

**NERSTRAND UNITED METHODIST CHURCH**  
Gary Liker, Pastor  
12 Maple Street • 507-330-0025  
Worship 9:00 a.m.

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

**KENYON UNITED METHODIST CHURCH**  
651-283-5754  
Rev. Dr. Daren Flinck  
Sunday Worship 9:30a.m.  
Live stream on Yahoo

**ST. MICHAEL'S CATHOLIC CHURCH**  
Father Cory Rohlfing  
Deacon Newell McGee  
108 Bullis St., Kenyon  
Sunday Mass 8:00a.m.; Wednesday Mass 5:00p.m.

**NEW LIFE CHURCH**  
525 Beverly St., Wanamingo • 507-824-3019  
10am Worship Service  
[office@nlcwanamingo.org](mailto:office@nlcwanamingo.org)  
Website with online services which are live at 10:00a.m. or can be viewed at anytime:  
<https://nlcwanamingo.org/>

**The Fireside**  
37540 Goodhue Ave., Dennison, MN  
Hours: Wednesday & Thursday 11:00 AM-8:30 PM  
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM  
Bar Open Later  
507-645-9992 • [www.firesidelounge.net](http://www.firesidelounge.net)



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507-951-7417

## Harlan Earl Peters

Harlan Earl Peters, 62, of Kenyon, MN, passed away suddenly on April 16, 2025, of a massive heart attack while driving home in his tractor. Born in District One Hospital, Faribault, MN, on October 11, 1962, he graduated from Kenyon High School in 1981. Harlan married Heather Gellert on August 4, 1984, and have been married for over 40 years. Harlan has farmed all his life; raising hogs, steers, dairy farming, and grain farming. After retiring from dairy farming in 2002, Harlan decided he needed a winter job and began working at ADM for the next 17 years while continuing to grain farm. He started out as a laborer and quickly worked his way up to supervisor. He took an early retirement in 2019, from ADM, but continued farming until his passing.

Harlan enjoyed camping, traveling, singing, music, golfing, and just spending time with friends and family. He was an amazing father to his daughter, Hannah, and would have done anything for her. He supported her through every step and was her biggest fan.

He is survived by his wife, Heather (Gellert) Peters; one child, Hannah Peters (currently of Norfolk, VA); his siblings: Sandra (Doug) Gochbauer, Gary (Annette) Peters, Linda (Sy) Thomas, Dennis (Pat) Peters, and Debra Nerud; brothers and sisters-in-law, nieces, nephews, and other family and friends.

Harlan was preceded in death by his parents, Earl and Gladys (Nielsen) Peters; mother and father-in-law, Randall and Gay Gellert; his brother-in-law, Dennis Nerud; and his grandparents.

A visitation will be held from 4 PM to 7 PM on Friday, April 25, 2025, at Michaelson Funeral Home, Kenyon, MN. A funeral service will be held at 10:30 AM on Saturday, April 26, 2025, at First Lutheran Church in Kenyon with Pastor DJ Chatelaine officiating. An additional visitation will be held from 9:30 AM until the time of service and Harlan will be

laid to rest at Old Stone Church Cemetery, rural Kenyon.

## Darlene Brenda (Shelstad) Mumm

Darlene Brenda (Shelstad) Mumm passed away peacefully at the St. Cloud Hospital in St. Cloud, MN, on Sunday, April 13, 2025, surrounded by her loving family.

Visitation will be Monday, April 28, 2025, from 9:00 - 11:00 AM at Trinity Lutheran Church (609 Lincoln Ave, Owatonna, MN), followed by a Memorial Service at 11:00 AM. A lunch/reception will follow in the Church fellowship hall. Interment will be at Lands Lutheran Church Cemetery in Zumbrota, MN.

Darlene was born on April 22, 1948, in Red Wing, MN, to Bennie and Dorothy (Peters) Shelstad. She grew up in Old Wanamingo, MN, on a farm and attended Wanamingo Public School from kindergarten through graduation. Darlene enjoyed school activities and worked on the school newspaper. She participated in church activities, including singing in the choir and teaching Sunday School at Land's Lutheran Church in Zumbrota.

Darlene met Wayne Meyer at the roller rink and the two later married in November of 1966. They made their home in Lake City, MN, then Mantorville, MN. Through their marriage, they were gifted with four wonderful children: Wendy, David, Darin and Waneta. After 17 years of marriage, Wayne and Darlene parted ways. Darlene moved to Bemidji, MN, and continued to devote her time and energy to her children, sometimes working 2 or 3 jobs to support her family. Darlene enjoyed bookkeeping and office administration. Her hobbies included playing pool, cards, and Bingo. She enjoyed dancing and embroidery.

After her mother passed away, Darlene moved back to Southern Minnesota to be closer to her father and sister, Loretta. Holy

days were important to Darlene and every Christmas she and Loretta would make Norwegian delicacies for their families to enjoy.

In 2000, Darlene suffered a massive onset of congestive heart failure, which she miraculously survived. She and John Mumm were married in September of 2003, after meeting at a singles dance Darlene attended with her father, Bennie. John and Darlene made their home in Owatonna. Darlene spent many years volunteering for the Salvation Army and taking advantage of every opportunity to spend time with her family, including caring for each of her grandchildren when they were born. She was very devoted to her faith and supporting others in their faith, calling herself the best "Lutheran Catholic Mormon" there ever was.

At age 76, Darlene's last words to her family were the same as always, "Love you bunches".

Darlene is survived by her husband, John Mumm of St. Cloud; sister Loretta (David) Cordes of Kenyon, MN; children: Wendy Paul of Frederick, CO; David (Gloria) Meyer of Hudson, WI, Darin (Gwen) Meyer of Bemidji, and Waneta (Kip) Perkins of St. Cloud; stepchildren: Shane (Bobbi) Mumm of Crosby, MN, and Sarah (Randy) Mumm-Frehse of Hinckley, MN; grandchildren: Kalee Paul, Zachary Paul, Melanie Paul, Isabelle (Phillip) Petri, Emily Meyer, Keelan Perkins, and Hannah Perkins; step-grandchildren Gannon Strain, Connor Strain, Jacob Otremba, Tawna Duke, Avianna Mumm, Anastasia Mumm, Jesse Mumm, and Azalea Mumm; step-great-grandchildren: Jentai Otremba, Kyan Otremba, Easton Stiner, and Callahan Mumm.

She was preceded in death by her parents Bennie and Dorothy Shelstad; brother Calvin Peters; sister Marna Shelstad; and son-in-law Kody Paul.

The family would like to thank the staff and residents of Pleasant View Estates in Faribault, MN, and The Sanctuary in St. Cloud for their love and support of Darlene the last sev-

eral years. Special thanks to the staff at St. Cloud Hospital for their tender care the last few days of her life.

## John D. Story

John D. Story, age 85 of Faribault, died on Saturday, April 5, 2025 in Texas.

Memorial services will be held at The Todd Story Farm, 20645 Kane Avenue, Kenyon on May 3, 2025, at 10 a.m. with the Reverend Elden Eklund, pastor of Peace United

Methodist Church, Morristown. Interment will be at Richland Cemetery, Faribault.

A memorial visitation will be held at Boldt Funeral Home & Cremation Services on May 2, 2025, from 4 to 7 p.m. and at the farm for one hour prior to the service on May 3.

John David, son of Lloyd and Martha (Heggedahl) Story, was born on June 2, 1939 in Faribault. He married Noreen Walker on October 3, 1959 in Owatonna. They raised four children, Todd, Rick, Pam and Debb. John was the owner of Story Sales and Service from 1959 until retirement in 2019. He was a passionate steward of the land as a life-long farmer and gardener. John was a caring and proud supporter of his children and grandchildren. He was their biggest cheerleader, always there to encourage, support and mentor them.

He is survived by his wife, Noreen; children Todd (Camille) Story, Rick (Cindy) Story, Pam (Tod) Vaudrin, Debb (Ray) Paquin; nine grandchildren; eleven great-grandchildren; brother, James Story; sister, Barbara Hauck; brother-in-law, Orville Culp.

He is preceded in death by his parents; sister, Carol Culp; brother, Albert Story; sisters-in-law, Phyllis Story and Barbara Story.

## Pastors Corner

(continued from page 2)

While churches are currently exempt from taxes, individual Christians still contribute to a system that funds both essential services and morally objectionable initiatives. Although we may not be able to fully control where our tax dollars go, we can take steps to influence policy, support faith-based alternatives, and advocate for greater respect for Christian conscience in tax allocation. Ultimately, our role is to be faithful stewards of our financial resources, using every opportunity to promote biblical values in both the church and society.

We would ask our Minnesota politicians to be better stewards of the money God blesses them with rather than to blow through a 17.5 billion surplus. Maybe God will use this time to encourage churches to regain relevance in helping the poor and needy by relying less on the government that tries to make the state the god that answers all problems.

More important than anything about taxes and churches is to get in a Christian church this Easter and start worshipping the risen Christ that has opened up eternal life in heaven forever.

## Kenyon Rose Fest Ambassador Program

(continued from page 1)

A candidate can apply at <https://forms.gle/qh4gZ6YDervyPEp16>. They can also find this link on our facebook page (Kenyon Rose Fest Ambassadors) and in our bio on our Instagram (@kenyonambassadors).

The deadline to apply to be a candidate is May 18th.

Candidates will go through a 2-month long candidacy where they will learn the history of Kenyon, Rose Fest, volunteer in the community and work on their personal development while attending other fun events. They will be interviewed and observed by a group of judges who will then select 3 candidates at coronation to continue on as Rose Fest Ambassadors. This will be on Wednesday, August 13th at Cahill Bistro & Bar in Kenyon at 6pm. These three newly selected Ambassadors will then attend and volunteer at Rose Fest events.

During their year, the Ambassadors will attend neighboring festivals representing Rose Fest, making connections with other Ambassadors and community leaders while also continuing to build their resume and a lifetime of memories.

You may take a look at our facebook page for any other information that may be helpful: <https://www.facebook.com/profile.php?id=61574833193884>

Some of the dreams for this program are as follows:

- Have a real float
- Make it a scholarship program
- Have enough community support to send a candidate to compete for the Aquatennial Queen of the Lakes in Minneapolis.

**Share Your Good News!**  
**Submit your engagement,**  
**wedding or**  
**birth announcement.**

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





## Silent Disco at WildWood in Nerstrand May 9

(continued from page 1)

Experience the sheer enjoyment of a Silent Disco Dance Party: the perfect way to kick off Mother's Day weekend with your favorite dancing queen, a fabulous date night with your other half or even just a great excuse to

round up a few of your favorites for a night out in Nerstrand! Grab your favorite plus one, Mom, girlfriends and go-to dance partners and come get your groove on!! {This event is not just for Moms and mom-figures but for anyone looking for a fun night out!}

How does it work?! On the night of the Disco, after showing your ticket you'll receive a pair of headphones for the evening with three simultaneous music channels to choose from and full volume control to tailor the experience to your liking. The headphones light up to indicate your channel choice allowing you to find others dancing to the same beat. Jam out or take a break and turn the volume down low/take the headphones off to enjoy outdoor games, chat with friends or sit around the outdoor fire.

{weather permitting}

Cash beer, wine, seltzers and dance fuel {delicious snacks!} available for purchase from R Bar of Randolph. No outside food or drinks permitted.

**Tickets: \$20 per person  
MUST BE PURCHASED AHEAD  
OF TIME**

Dressing up/for the part is always encouraged and supported at WildWood, so really feel free to go with what you feel and have some fun. What are you waiting for--bust out your dancing shoes and get ready to boogie!

\*\*Tickets can be purchased through the link on this page or by contacting WildWood if you'd rather pay via Venmo, cash or check. You **MUST** have a confirmed ticket for this event one week in advance!! Limited tickets available --> get yours sooner than later!!\*\*

Silent Disco is open to all ages and children under age 15 must be accompanied by an adult: it's a Disco, not a daycare after all!

## May Market at WildWood May 17

**Saturday, May 17 | 9am-2pm**  
**WildWood | 315 Main Street, Nerstrand**  
**free admission**

Over forty craftspeople selling their creative and homemade wares; sourdough breads, woodworking, blacksmithing, stained glass, cottage industry home-baked goodies, framed artwork, artisan soaps, gluten-free & dairy-free treats, custom trucker hats, leather goods, crocheted baby snuggles and super soft blankies...and more! Free entry, live music and food trucks & booths on site, too. Also the Nerstrand city-wide garage sale--make a day of exploring the quaint town of Nerstrand!

## Settende-What?

(continued from page 1)

This day is also called Constitution Day and National Day and is a great spring festival in Norway. Since many of us in this area are here because our Norwegian ancestors settled this area when first arriving from Norway, it has been our custom to acknowledge this holiday as well. The celebration of this day began spontaneously among students and others from early on. However Norway was at that time under Swedish rule (following the Convention of Moss in August 1814) and for some years the King of Sweden was reluctant to allow the celebrations. After 1864, the day became more established, and the first children's promenade was launched in Christiana, in a parade consisting only of boys. It was only in 1899 that girls were allowed to join in the parade for the first time.

Wanamingo has celebrated in various ways for years, but the ongoing traditions have been a Lutefisk Dinner at Lands Church, a pancake breakfast put on by the Lions Club at the Community Center, and a Citywide Garage Sale sponsored by the Commercial Club. The proposed celebration this year will take place from the 16th to the 18th of May. If you choose to participate in the garage sale, you may sign up at the City offices or at

Wanamingo Mutual. For questions about the sign up, please contact Beth Smith at (507) 824-2912, or send her an email at b.smith@wgomutual.com. She will also have more info on the other activities as she gets confirmation from the other sponsors. If you sign up for the garage sale, you will be put on a map of the sales in town that can be found at various businesses in town. Sign up deadline is May 14th, but early registration is suggested to be sure there is enough participation to make this a city wide event, and get the maps printed! If so, the flyers will be out by May 15th.

Another tradition started by Tina and Brent Leinenger is the Katie Peterson Memorial 5K Walk/Run/Jog. This year the event will take place on May 24th, due to scheduling conflicts. Contact Tina for more info as we get closer to the date for registration and other details. Registration is \$25.00, and the race will start at the Community Center at 9 am.

All events will be posted on the Wanamingo website as decisions are made, so as we get closer to this event, check in to see what activities will be added, and if you have ideas of your own, the Commercial Club would love to hear them!

## Rice County Steam & Gas Engines, Inc. 2025 SPRING EVENT

**SATURDAY, MAY 24 & SUNDAY, MAY 25**  
**Rice County Steam & Gas Showgrounds**

11988 Faribault Blvd \* Dundas, MN 55019  
(Located 3/4 mile South of Cty. Rd. 20 on Highway 3)

**FREE ADMISSION** Held Rain or Shine

**www.ricecountysteamandgas.com**



## May Market



**Saturday, May 17 ♥ 9am-2pm**  
**WildWood ♥ 315 Main Street, Nerstrand**

**COME SUPPORT LOCAL CRAFTERS, ARTISTS, BAKERS & GROWERS WHILE ENJOYING LIVE OUTDOOR MUSIC AND DELICIOUS TREATS!**

Midwest Real · Windy Hill and Co. · Pumper's Famous Chip Dip · DuckHill Workshop  
Rustic Lane Designs · The Dancing Baker Co. · Hitch'n'Sip · Papa Bear Bar-B-Que  
Sunrise Perspectives · Rustic Woods by Gavinn · Tara Ware · Owl's Nest · Cuddly Cow  
Secret Window Boutique · Crack of Dawn Bakehouse · Polpourri Mill Log Cabin  
Cookie Cruiser · Plants Need Sunshine · Pickles · Sunshine Reflections Bakery  
Cherie Young · Lawrenz Jewelry · Steve Willie Carving · Encircle Permanent Jewelry  
Kelleher's Kreations · Your Gluten Friendly Neighbor · Little Valley Candle Co.  
Gifts and Giggles · Ten Acre Baker · Soren Woods · Ruth's on Stafford · Shiver Soap Co.  
Grumpy Dwarf Iron and Fine Leather · Sunshine Studio · Happy HomeLeader

## KENYON Spring Boutique

You're sure to find unique hand crafted gifts  
for someone special or yourself!

**MAY 2, 3, 4,  
MAY 9, 10, 11  
2025**

**10 am - 7 pm**

Mother's Day  
May 11

Father's Day  
June 15

Birthday

Wedding

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## The Paper Advantage: Why Reading Print Is Better for Your Brain

By Eric Kube

Your brain on screens is not the same as your brain on books. Neuroscience now shows that when we swap pages for pixels, it's not just a convenient change of format—we are altering how our brains process and retain information, with significant implications for readers of all ages.

Children with just one book at home are nearly twice as likely to meet literacy and numeracy standards as those without, regardless of income, education, or geography. Beyond developing basic literacy, physical books foster crucial parent-child interactions that build social-emotional and cognitive skills.

These early advantages compound over time. Children growing up with access to books complete an average of three additional years of education compared to those without—potentially the difference between a university education and a high school diploma.

If books build better brains, a question emerges in our increasingly digital world: Does how we read matter as much as what we

read?

As home and school environments change through technology, the assumption that “reading is reading” now faces scientific scrutiny.

Findings from a paper published in the *Social Psychology of Education* show that while the number of print books in a home strongly predicts academic achievement, the number of e-books shows no similar correlation.

These results point to what researchers have termed the “screen inferiority effect.”

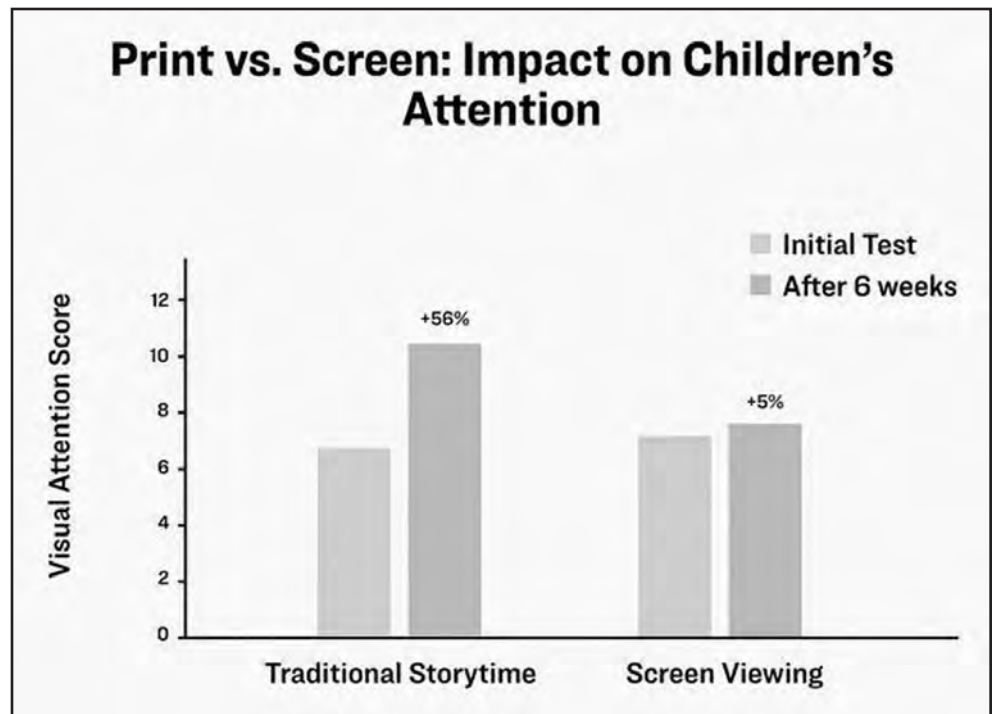
This effect was comprehensively demonstrated in a 2024 meta-analysis of 49 studies involving thousands of readers from elementary school through college. The findings show that individuals who read on screens reliably score lower on comprehension tests than their peers reading the same text in print.

Results highlight that the benefits of reading depend, at least in part, on the reading medium itself.

Tzipi Horowitz-Kraus, an associate professor at the Technion Israel Institute of Technology and the Kennedy Krieger Institute at Johns Hopkins University, sought to uncover the neural reasons underlying the “screen inferiority effect.”

In one study, Horowitz-Kraus recruited 19 children ages 8 to 12 to undergo an MRI scan to assess connectivity in brain regions involved in language processing and cognition.

She found that children who spent more time reading books have greater connections between brain regions involved in language processing and cognitive control. In contrast, the children who spent more time using screen-based media demonstrated fewer con-



nections between these same regions.

These cortical alterations from screen exposure start early and may lead to underdevelopment in brain regions that underlie higher-order processes like attention, memory, and social skills.

“As developmental cognitive neuroscientists, we are afraid that certain abilities—like attention, processing speed, and inhibitory control—will not develop as they should,” Horowitz-Kraus told *The Epoch Times*, commenting on the impact of screens in early childhood.

One of her studies compared two groups of preschoolers who followed along as a book was read to them. One group enjoyed traditional story time—sitting with an adult who read to them from physical books while interacting with them. The other group watched a video of the same story, seeing the book's pages on screen accompanied by audio of the book being read by the same adult.

Six weeks later, the children watching the screen performed significantly worse on tests of attention and showed brain wave alterations similar to those of children with ADHD. Reading from screens—even at this young age—makes it harder to pay attention to what's being read.

Researchers have a few theories for why

we see these effects.

Tami Katzir, a researcher and professor at the University of Haifa, said that screen-based reading increases “cognitive load”—the amount of strain we place on our brain when completing a task.

“Unlike traditional reading, [digital] readers must simultaneously manage content comprehension while navigating through the text, making constant decisions about scrolling, and maintaining their place in the material,” Katzir told *The Epoch Times*. “This ‘split attention’ effect means our working memory juggles multiple tasks at once, potentially reducing our capacity for deep comprehension.”

Interestingly, these disparities in attention can be traced back to differences in reading strategies between digital and print texts.

Picture yourself reading your favorite novel. Do you find yourself flipping back a few pages to revisit an important detail? This natural tendency to reread might explain why reading on paper still has advantages over digital reading, as shown in a study published in *Reading and Writing*.

Researchers equipped 50 university students with devices that tracked their exact eye movements as they read a six-page science article. Half read the “traditional way”—on paper. The other half read on tablets.

(continued on page 6)

## KENYON-WANAMINGO ELEMENTARY SCHOOL

### STUDENTS of the WEEK

**NOBLE KNIGHTS OF THE WEEK FOR APRIL 11, 2025**

Front Row: David Howard, KG, Mrs. Tanya Short; Emma QuaM, KG, Mrs. Katie Valek; Brecken McCabe, Gr. 2, Mrs. Deb Hinrichs; Alex Varanelli, Gr. 2, Mrs. Megan Jordan. Back Row: Brookelynn Cato, Gr. 3, Ms. Val Ashland; Harper Caron, Gr. 3, Mr. Joel Olson; Charlie Baker, Gr. 4, Mrs. Chloe Gohman; Maya Ramirez, Gr. 4, Ms. Rhonda Thesing

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## KICK-OFF

Friday September 20th  
9:30-11:00 AM

\*Meeting every 1st & 3rd Friday throughout the school year

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or Louise Severud 623-695-3813.

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## The Paper Advantage: Why Reading Print Is Better for Your Brain

(continued from page 5)

Although both groups spent the same amount of time with the material, what their eyes were doing told a completely different story.

Eye-tracking showed that print readers approached the text carefully—first skimming and taking in the broader landscape, then returning to examine areas of interest. Digital readers, in contrast, moved through the content like travelers on a one-way path, rarely backtracking even through more challenging sections.

Both groups were then tested on comprehension.

Despite spending equal time with the material, print readers scored 24 percent higher in their understanding of the content. Such a disparity could mean the difference between an A- and a C+ on an exam.

Part of the reason for these differences in reading style comes from the qualities of the printed medium itself. Katzir said that reading a physical book leads to what she calls

“embodied reading.”

“The tactile experience of holding a book, feeling its weight, and turning pages supports spatial memory and helps readers create a mental map of the text, aiding comprehension and recall,” Katzir said.

“Screens tend to encourage what researchers call a ‘shallowing effect’ in our reading behavior,” Katzir added. “Instead of sustained, focused reading, we tend to skip between sections more frequently and engage in surface-level scanning rather than deep analysis. This leads to weaker memory formation, particularly for sequential details, as readers often resort to spotting keywords rather than processing the text thoroughly.”

Diane Mizrahi, a research librarian at the University of California, Los Angeles, regularly encounters the effects of “embodied reading” in students around campus and movie actors in Los Angeles.

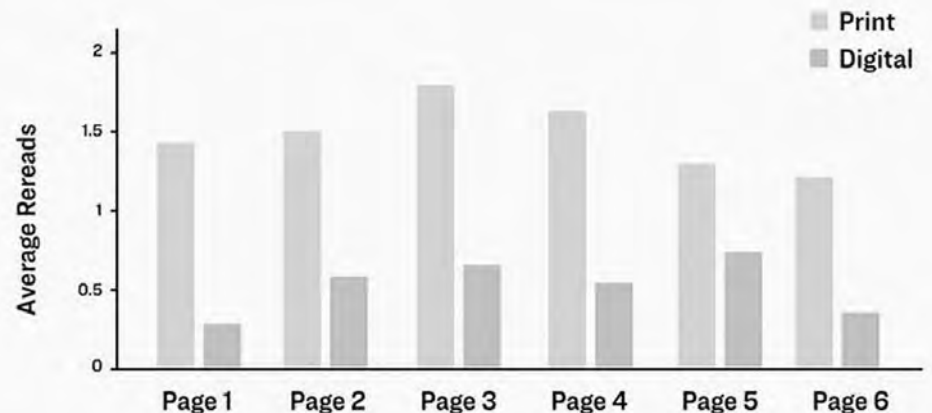
“With the actors, they talk about how they learn their roles through movement and mobility. And so, a huge reason for preferring print is the tangibility and the quality of the text being physical and real,” Mizrahi told the Epoch Times.

“For them, it’s really an absorption of the text into their bodies and their souls.”

Even with these findings, researchers have yet to conclude that screens are all bad—more research is necessary to fully determine their effects.

The illustrator Arthur Radebaugh imagined a future in which technology would revolutionize education: teachers would be computerized, students would learn by pushing buttons, and screens would overtake the

## Print Readers Reread More Than Digital Readers



classroom. These predictions may have seemed optimistic when he made them in the 1950s, but life today paints a more complex picture.

## Holden Community Park Accepting Reservations

The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

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

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*HAPPY HOUR: Monday-Saturday from 4-7 PM*

**DAILY SPECIALS**

<b>BURGER TUESDAY</b> 5:30-7:30pm	<b>WEDNESDAY WINGS</b> 6:00-8:00pm	<b>FRIDAY NIGHT MEAT RAFFLE</b> 6:00-8:00pm Tap Specials
--	---	--

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## Mark Your Calendar for Dennison Days

### June 20 & 21

*Garden Tractor Pull Returns Friday Night and Russ Franek & The Biscuits to Perform Saturday*

The annual Dennison Days Festival takes place Friday and Saturday, June 20 & 21, 2025.

The Gopher State Garden Tractor Pullers will return to Main Street Friday evening in Dennison, hosted by 625 Bar & Grill. More information is available at [www.gsgtp.com](http://www.gsgtp.com). Following the Pull, 625 will host live music.

The Kids Pedal Pull returns Saturday morning this year and will take place on Main Street at 11 AM Saturday morning as part of a full day of events during the festival.

Live Music Saturday evening from local band RUSS FRANEK & THE BISCUITS taking the stage with his full band Saturday evening.

A full schedule of events will be available



soon at [www.dennisondays.org](http://www.dennisondays.org) and will appear in The Messenger and websites soon.

Other events making a return this year are the Clutchmen Classic Car & Bike Show, Antique Tractor Pull, Bingo, Pancake Breakfast, Bags Tournament, Kids Bingo, Purse & Gift Card Bingo and more.

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



**Andy Tackett**

# 4th Annual RSI

## CRAFT & VENDOR FAIR

**SATURDAY MAY 17**  
**9AM - 3PM**

Hot Dogs, Chips and water  
Free Will donation

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TAKE A MID-WEEK BREAK!

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**Farmers Market**

**Main Street Dennison**

**WATCH FOR THE FIRST FARMERS MARKET DATE COMING SOON!**

For more information, contact Heidi at: dennisonfarmersmarket@gmail.com

**Wednesday Dining at The Fireside**

**WEDNESDAY FEATURES**

**Enjoy Our "Jumbo" Wings Specials!**

**BBQ Rib Dinner 1/2 or Full Rack (begins at 4:00p.m.)**

37540 Goodhue Ave., Dennison, MN  
Hours: Wednesday & Thursday 11:00 AM-8:30 PM  
Friday & Saturday 11:00 AM-9:30 PM Sunday 9:00 AM-8:00 PM  
Bar Open Later  
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**Take the short Drive to Dennison!**

*Treat Mom to Sunday Brunch at Its Best!*

# Mother's Day Brunch Menu

**Sunday, May 11<sup>th</sup>** Serving 9:00a.m.-3:00p.m.  
Reservations Highly Suggested! Call 507-645-9992.

*Regular Menu Available 3:00-Close*

**Mother's Day Weekend**

Avoid the Rush... You Can Celebrate with Mom Friday or Saturday too!

**Daily Features**

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

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

**FINALLY FRIDAY** All You Can Eat Fish Dinner

**SATURDAY** Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

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

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Hours: Wednesday & Thursday 11:00 AM-8:30 PM  
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM  
Bar Open Later  
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**In Memory of Rachel Nesseth**  
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# Food and Blanket Drive

## 3<sup>rd</sup> Annual

**Saturday, April 26, 2025**  
10:00am – 2:00pm

**Trailhead Building**  
(across from the Zumbrota Library)

We would like to invite you to go for a walk in the park in Zumbrota in memory of Rachel's birthday. We will be collecting new blankets and food items to be donated to local food shelves and shelters. Items can be dropped off at the Trailhead Bldg. near City Hall, across from the Zumbrota Library.

Contact: [laura.RNfoundation@gmail.com](mailto:laura.RNfoundation@gmail.com)



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## Grants Available to Grow Minnesota Agricultural Product Sales

*Applications due August 7, 2025*

Applications are now being accepted for two grant opportunities available through the Minnesota Department of Agriculture (MDA) aimed at helping value-added businesses and livestock product processors seeking to start-up, modernize, or expand their operations and increase their sales of Minnesota agricultural products.

The Agricultural Growth, Research, and Innovation (AGRI) Value-Added Grant and Meat, Poultry, Egg, and Milk Processing (MPEM) Grant programs provide funding for businesses to invest in equipment and physical improvement projects that support expanding production capacity, market diversification, and market access for their products.

### Applicants must:

Intend to or be engaged in the processing of Minnesota agricultural products; or intend to or be engaged with livestock slaughter or processing, including meat, poultry, eggs, and/or milk.

Be an individual (such as a farmer), business, agricultural cooperative, nonprofit, educational institution, a local unit of government, or a Native American Tribal government.

Be located or reside in Minnesota and be authorized to conduct business in Minnesota.

The MDA anticipates awarding approximately \$2 million between the two programs in 2025 using a competitive review process. The maximum award amount for each grant is \$150,000, and the minimum is \$1,000. Grantees must provide a cash match of 50% for the first \$50,000 of the project cost and 75% for any costs above that amount, up to the maximum grant award of \$150,000.

Priority projects for this round of funding include those that:

- Increase food safety
- Increase hemp fiber processing capacity
- Increase access to kosher or halal markets
- Focus on meat or poultry processing capacity, especially slaughtering

Grant applications will be accepted until 4 p.m. on Thursday, August 7, 2025 through the MDA's online application system.

For more information and to apply, visit the AGRI Value-Added Grant and Meat, Poultry, Egg, and Milk Processing Grant webpages.

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CARNIVAL**

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 We're helping to support the Kenyon Area Food Shelf.  
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## Office of Cannabis Management Announces Final Cannabis Rules Published in State Register and In Effect

*OCM can begin issuing business licenses in uncapped license categories to applicants who have completed all necessary steps in the application process*

The Minnesota Office of Cannabis Management (OCM) announced that the rules governing Minnesota's adult-use cannabis market have been published in the State Register today – the final step in making them officially adopted and in effect. The rules were approved by an administrative law judge (ALJ) without changes on April 2. Publishing the rules allows OCM to begin issuing business licenses to applicants who have completed all necessary steps in the application process.

"The adoption of rules is the most significant step to launching the cannabis market because the office cannot issue business licenses until they are in place," said Interim Director Eric Taubel. "The judge's approval of our

proposed rules without changes shows that we did our work to engage with the prospective cannabis business community and put together a reasonable structure for ensuring consistency, safety, and equity in Minnesota's cannabis industry."

There are currently more than a thousand qualified applicants for social equity licenses – many of whom applied for license types that are not capped in statute and will not be subject to lotteries, including microbusiness, wholesaler, transporter, testing facility, and delivery service. More than 600 of these qualified applicants advanced from last fall's license preapproval process and are first in line to receive business licenses after completing application requirements, which include completing background checks, submitting signed labor peace agreements with bona fide labor organizations, and securing local government approvals.

"It was important for us to preserve early-mover advantages for social equity applicants envisioned by the Legislature," said Jess Jackson, OCM's director of social equity. "By ensuring the applicants who qualified during license preapproval have the first chance at licenses once rules are approved, we are continuing to prioritize social equity in every stage of licensing."

Qualified applicants in the four license types whose numbers are capped in state

statute (cultivator, mezzobusiness, manufacturer, and retailer) will be subject to a series of lottery drawings for the distribution of these licenses. Lotteries for each license type will be conducted this summer for both social equity applicants and general applicants. If not selected in the first social equity dedicated lottery, qualified social equity applicants will have another opportunity to be entered into a second lottery along with the general applicants for the remaining licenses available.

### About rulemaking

Rulemaking is a multistep process involving substantial public input, where state offices propose detailed rules to implement Minnesota Statutes. In drafting the rules, OCM conducted a series of surveys that focused on specific rulemaking topics and held

meetings with partners and interested parties, including cannabis management offices from other states. OCM shared a preliminary draft of the proposed rules with the public seeking feedback in summer 2024. After incorporating changes based on that feedback, OCM posted its formal draft for public comment for 30 days from Jan. 13 to Feb. 12. OCM then submitted the final draft rules to an administrative law judge (ALJ) with the Office of Administrative Hearings on March 25. The ALJ approved the rules without changes on April 2.

The final approved rules are available on OCM's Rulemaking webpage.


The Minnesota State Register is the official publication of the State of Minnesota's executive branch of government and is published weekly.

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## Talking Stress with University of Minnesota



**Justin Anker, PhD,**  
University of Minnesota  
Medical School

Recent data from the American Psychological Association shows that the majority of American adults regularly experience moderate to high stress. Roughly 76% of the adults surveyed had experienced at least one stress-related symptom in the past month — such as headaches or difficulty sleeping.

For Stress Awareness Month in April, Justin Anker, PhD, with the University of Minnesota Medical School, talks about stress, the long-term impacts of it and how stress can be managed.

*Q: What is stress?*

Dr. Anker: Stress is the body's built-in response to life's demands — big or small. When we face a stressful situation, our bodies release hormones like cortisol and adrenaline. They increase our energy and focus, allowing us to get out of dangerous or difficult situations quickly. This is also known as the flight-or-fight response. Occasional stress can help you stay sharp and overcome daily challenges like meeting tight work deadlines. However, prolonged exposure to high stress can affect physical and mental well-being.

*Q: What are the long-term impacts of stress?*

Dr. Anker: Persistent stress is linked to serious health problems. Physically, chronic stress can trigger inflammation, weaken the immune system and raise the risk of heart disease, digestive problems and even stroke. Sustained stress may leave people feeling drained or constantly on edge, affecting work performance and personal relationships. According to a 2015 study in Management Science, workplace stress in the United States contributes to an estimated 120,000 deaths each year and up to \$190 billion in annual healthcare costs. This is about five to eight percent of the nation's total healthcare spending, and includes medical bills, reduced productivity and absenteeism. Learning healthy stress coping strategies can help ward off serious physical and mental health issues.

*Q: What are some strategies to reduce stress?*

Dr. Anker: Managing stress isn't a one-

size-fits-all process, but research shows there are core healthy habits that help most people. Building stress resilience requires a blend of proactive habits and responsive tactics. Proactive approaches include setting realistic goals to lower stress levels, maintaining consistent sleep schedules and structuring one's day to prevent unexpected last-minute chaos. Physical movement — like walking, yoga or any form of regular exercise — helps lower stress hormone levels and boosts mood. One study showed that even a quick 20-minute walk in nature can significantly reduce cortisol.

Techniques such as deep breathing, progressive muscle relaxation or mindfulness exercises can quickly calm the nervous system when a stressful situation arises. Social support is equally important: nearly half of adults in a 2023 survey from the American Psychological Association said they wish they had someone to help them manage stress. Talking with a trusted friend, counselor or family member can provide fresh perspectives and emotional relief.

For severe or persistent stress, professional help may be vital. In Minnesota, resources like the 988 Suicide & Crisis Lifeline offer free, confidential support any time you need it.

*Q: What are some misconceptions about stress?*

Dr. Anker: One major misconception is that stress isn't harmful if you keep pushing forward. In reality, unmanaged stress can escalate into burnout, anxiety, cardiovascular

problems and other major health problems. Another myth is that stress "doesn't count" unless it's extreme. Individual factors like genetics, past experiences and social support mean that everyone's stress tolerance differs. Some assume stress automatically disappears when the stressful event ends. Post-traumatic or long-term stress can linger, affecting how we handle daily hassles and shaping our long-term outlook.

Finally, some try to "self-medicate" with alcohol or other substances to cope. While it may feel like a quick fix, research shows that substance use can damage our stress response system over time, increasing the likelihood of dependence and creating an environment for even more stress to arise.

*Q: How does your work at the University of Minnesota advance health in Minnesota?*

Dr. Anker: At the University of Minnesota Medical School, my research focuses on identifying how stress influences behavior and health outcomes and translating those findings into practical strategies. My current project involves developing and testing a digital recovery phone app that provides stress-related recovery support for individuals with opioid use disorder. By collaborating with local clinics and community partners, we're working to ensure this tool is accessible to urban and rural populations.

*Dr. Justin Anker is an assistant professor at the University of Minnesota Medical School. His research interests include alcohol use disorder, anxiety disorders and drinking motives.*

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