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JUNE 11, 2025

Volume 18 • Issue 11

Announcements

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

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

Goodhue County Dairy Princess is Finalist for State Pageant

One of Goodhue County's dairy princesses this year has been selected as a finalist in the Minnesota State Princess Kay of the Milky

Way program. One of these ten young ladies will be chosen to represent the dairy industry for the next year, later this summer.

(continued on page 14)

A Goodbye from the Superintendent

By Beth Giese,
K-W Superintendent

As I prepare to say goodbye to Kenyon-Wanamingo Schools, I want to take a moment to reflect and share my heartfelt thanks with this incredible K-W community.

(continued on page 5)



What's Up, Jake?

By Cheri Roshon

Well, it looks like there's a lot going on at Jake's in Wanamingo! It has gone from a liquor store to a liquor store and bar! The gang has been busy with rearranging the shelves and stock to make room for a cozy space to meet up with friends and share a cocktail or a beer.



(continued on page 5)

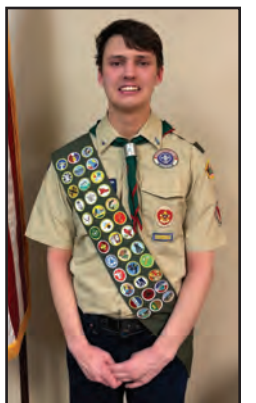


Natalie Clemenson

Eagle Scout Court of Honor Ceremony for Benjamin Dierks

By Cheri Roshon

On May 27th, Benjamin Dierks received his prestigious Eagle Scout Award at Wanamingo Lutheran Church in Wanamingo. A very small percentage of Boy Scouts earn this distinction, and we are proud to say that Benjamin was among the elite few.



(continued on page 8)

Russ Franek and The Biscuits to Headline Dennison Days



Summer festival season kicks off soon as area communities plan their summer events and festivals.

Dennison Days takes place this year 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. Following the Pull, 625 will host live music from Andy Tackett.

(continued on page 11)



Treat Dad This Father's Day
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Kenyon Fire Department Open House and Dance

Kenyon Fire Hall - 620 Centennial Dr.

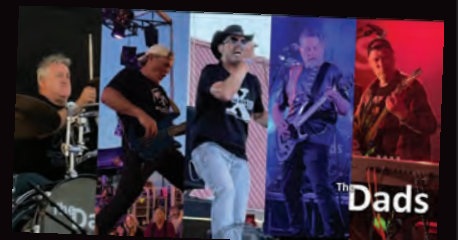
Saturday, June 21, 2025

11 AM Open House, Truck Demonstrations, Bounce Houses, Games, Bean Bags, Etc.

11:30 AM until Gone: Brat and Burger Meals available for purchase

1:00 PM Euchre Tournament

8 PM to Midnight: Benefit Dance featuring "The Dads"



The Good News



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

My focus in this article will be on the gospel, the good news of Jesus Christ—something very important for the body of Christ to understand.

The gospel literally means “good news.” What is this good news? It’s that Jesus is the Savior. Savior from what? Savior from darkness, turmoil, and hopelessness. Most importantly, He is the Savior from sin. We all are sinful people. Sin is lawlessness (1 John 3:4). Some of those sins would be breaking the Ten Commandments. When we sin, it separates us from God because nothing unholy can be in His presence (Revelation 21:27). Therefore, if you die in separation, you die apart from Him, meaning you do not have access to heaven.

The good news, though, is there is a way to not be separated from God, a way to be forgiven of your sin. Since the penalty of sin is death, Christ came to this earth to be the perfect lamb (John 1:29, 36) and took on death. He died for us on the cross and then resurrected three days later (1 Corinthians 15:4).

When we accept this, it bridges the gap between God and us. We can then be in God’s presence because we are forgiven of sin. This is a free gift, and it is for anyone who believes the things previously mentioned, repents from sin, and confesses that Jesus is Lord (Romans 6:23b).

Here are some additional verses to guard our

hearts and minds with truth.

- John 14:6 says, “I am the way, the truth, and the life. No one comes to the Father except through Me.”

- John 3:16 says, “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”

- Romans 10:9–10 says, “That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with

the heart one believes unto righteousness, and with the mouth confession is made unto salvation.”

- Ephesians 2:8–9 says, “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.”

- Matthew 10:33 says, “But whoever denies Me before men, him I will also deny before My Father who is in heaven.”

We need to get back to preaching and teaching the gospel. We know Christ loves every-

one, but He hates sin. Christ wants us to repent (meaning to turn away) from our sinful ways and accept Him as our Lord and Savior. Let’s not forget that we are all called to walk out the Great Commission (Matthew 28:18–20). I would like to close with 1 Corinthians 15:58 (NKJV), “Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”

AREA CHURCH DIRECTORY

I Am God’s Chosen Possession

He chose us in him before the creation of the world to be holy and blameless in his sight.

— Ephesians 1:4

The Bible explains that believers have been freely and generously chosen by God. This choosing is not based on our appearance, intelligence, personality, status, or anything else. It’s not something we earn or deserve. Instead, it’s a purely gracious act.

God, in his great love, initiates the process of salvation. By his sovereign will and good pleasure, God has decided to save us, making rescue and redemption possible for all who have been made in his image (Genesis 1:26–27). Even though we were ensnared in sin, Jesus died to deliver us from the curse of sin and death to make us holy in God’s sight.

Being chosen by God is an overwhelming blessing that fills us with humility and helps us see that there is no room for pride or boasting. It also instills in us a sense of security and confidence, recognizing that our salvation is not based on our religious performance. Instead, as God’s chosen possession, we belong to him. Body and soul—in life and in death—we are his, and nothing can snatch us from his hand (John 10:28–30).

What an exhilarating honor—to be chosen, wanted, and valued by the most significant being in the universe!

Gracious God, thank you for choosing us. Thank you for being the author, perfecter, and finisher of our faith. May we live with the assurance that you will complete the good work you have begun in us. For Jesus’ sake, 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.

ST. JOHN’S UNITED CHURCH OF CHRIST

(Wheeling Twp) 19086 Jacob Avenue, Faribault
Gary Liker, Pastor • 507-330-0025
www.stjohnsunitedchurchofchrist.info
Sunday School 9:30a.m.; Worship 10:30a.m.

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LUTHERAN PARISH
Pastor Paul A. Graham
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P.O. Box 117, Dennison, MN 55018
Website: www.dennisonvang.org
You can join us for Worship online at
<https://www.facebook.com/groups/167136242800>

July Worship Schedule

Sunday, July 6: Dennison - 9:00 AM
(Outdoor Service at Dennison Park)
Sunday, July 13: Dennison - 9:00 AM
Sunday, July 20: Dennison - 9:00 AM
Sunday, July 27: Dennison - 9:00 AM

TRINITY LUTHERAN CHURCH

301 2nd Avenue, Wanamingo
824-2155
June 15: 9:00a.m. Worship with Holy Communion *Happy Father’s Day*
June 22: 9:00a.m. Worship
June 29: 9:00a.m. Service of Healing Worship

WANAMINGO LUTHERAN CHURCH, ELCA

130 West 3rd St., Wanamingo
824-2457
www.TrinityWanamingo.org
June 15: 9:00a.m. Worship at TLC with Holy Communion *Happy Father’s Day*
June 22: 9:00a.m. Worship at TLC
June 29: 9:00a.m. Service of Healing Worship at TLC

ASPELUND EMMANUEL LUTHERAN

Rob Edwards, Pastor
429 County 1 Blvd, Kenyon
507-824-2307
www.emmanuelafcl.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: flickkenyon.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

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
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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
Worship schedule found at:
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.

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525 Beverly St., Wanamingo • 507-824-3019
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office@nlcwanamingo.org
Website with online services which are live at 10:00a.m. or can be viewed at anytime:
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Barbara J. Riedel

Barbara J. Riedel, age 80, passed away on May 28, 2025, following an extended illness.



Barbara Jean was born July 1, 1944, in Faribault, MN to Bennie and Lola (Austin) Aase. She attended Kenyon School. She married Donald Westphal and had three children. They later divorced and Barb married Russell Riedel and had two more children. Barb started out working at the Kenyon Canning Co. and other factories including Faribo Manufacturing Co. She finished her career helping others in group homes and nursing home settings.

While visiting her oldest son in Montana, Barbara fell in love with the beautiful scenes that Montana had to offer, especially the mountain views. She then decided to make Montana her home as well. She first settled in Fort Benton making her way to Havre, Carter, and finally Chouteau, Montana. While loving life and spending 14 years enjoying the wildlife of bears, elk, deer, and coyotes right outside her door. She made her way back to Minnesota to spend the rest of her years relaxing and being a grandma to Nicole (A. Grace) Westphal, Colt (Rachael Volsen), Cody, Megan (Carlos Torres), and Chancellor Waskosky, Elba, Natalia, Miranda, and Nathan Rodriguez, Tyler (Amber Turner),

Brianna (Gunnar Flores), and Maverick Heacock. Great grandma to Joseph Grace, Sophia Waskosky, Roman Torres, Malachi and Maddox and Memphis Flores.

Barb loved to bake, play cards, read, and loved her English bulldogs.

She is survived by her children, Teresa (Wayne Jenö) Westphal of Kenyon, Jeff Westphal, Tara (Carlos) Rodriguez, Karla (Ed) Heacock, all of Faribault; grandchildren; great grandchildren; brothers, David (Betty Lou) and Richard (Kris) Aase of Owatonna, MN; and many nieces and nephews.

She is preceded in death by her parents; oldest son, Tim Westphal; brother, Thomas Austin; sisters, Susan Berntssen and Janice Aase in infancy.

Private family services were held.

Joan Ruth (Petersmeyer) Quiggle

Joan Ruth (Petersmeyer) Quiggle passed away at the age of 84 on June 4, 2025, on the 65th anniversary of her and Bill's wedding.



She was born on July 20, 1940 to Harold and Ruth Petersmeyer. Joan was baptized, confirmed, and married in the Nerstrand Methodist Church. She graduated from Faribault High School and from the University of Minnesota, earning her associate degree in nursing. She married William

Quiggle in 1960, and they were blessed with four children, Debra, Douglas, Linda, and Michael. They farmed in Rice County and Goodhue County for 48 years. Joan worked at District 1 Hospital in Faribault, did home care for many years, and volunteered for her church, school, and community organizations. International travels included Switzerland, Honduras, Mozambique (Africa), and Peru. Joan enjoyed hosting friends and family, was an excellent cook, enjoyed quilting, playing cards, and caring for others. She especially enjoyed the serenity at their cabin in Wisconsin. Her family was important to her and she is treasured for her unconditional love.

She will be greatly missed by her husband, Bill; children, Deb (Karl) Thomforde of Northfield, Doug (Elmer) of Rwanda, Linda Meyer of Coon Rapids, and Mike (Alyssa) of Rochester; 11 grandchildren and 9 great grandchildren; 3 brothers, Larry (Janet) Petersmeyer of Kenyon, Paul (Carol) Petersmeyer of Prior Lake, and Gary (Mary) Petersmeyer of Nerstrand; step sister, Lynne Scherer of Bloomington; step brother, Kevin (Jackie) Wille of Nerstrand; and many special friends and family.

She was preceded in death by her parents, Harold and Ruth Petersmeyer and step father, Harland Wille.

A memorial service was held on Wednesday, June 11 at 11:00 am, with visitation from 9:00 - 11:00 am, at St. Luke Lutheran Church, 37750 Co 6 Blvd, Goodhue. This service was streamed from St. Luke Lutheran Church's Facebook page. Interment will be at a later date at Meadow Ridge Memorial Park in Faribault.

John Martin Tiller

John Martin Tiller, 94, of Wanamingo, Minnesota, passed away May 18, 2025, at his home.



John was born in Wanamingo on July 27, 1930, to Martin and Marie (Haugen) Tiller. He was baptized by Rev. J.B. Rockne into the Christian faith at Trinity Lutheran Church and was a

lifelong member there. Since childhood, John enjoyed music and singing. He sang with the Trinity choir for most of his life and he also sang with the Villagers local group. Throughout his many years of membership, he held many positions at Trinity.

John attended the Wanamingo Public School for 12 years, graduating in 1948. After working a few other jobs, he worked for 35 years at IBM, in Rochester.

John served as a member of the Wanamingo Volunteer Fire Department for 39 years. He was also a member of the Wanamingo Lions Club for 45 years, where he was awarded the Melvin Jones Fellow Award.

In 1951, in the course of the Korean Conflict, John was drafted into the U.S. Armed Forces. During the war, 1951 to 1953, he completed Army Engineer Basic Training and attended the Army Electrical School at Fort Leonard Wood, Missouri. John served during the war in Korea as a lineman and electrician with the Army Corps of Engineers. He was a member of the Wanamingo Quamme Post of the VFW.

On November 3, 1956, John was united in marriage to Karen Thoele at Bethlehem Lutheran Church in St. Paul. To this union, three children were born: Sandra (Douglas) Wolter, Debra Aronson and John Jr. (Adriana) Tiller. He had six grandchildren: Kelly Steberg, Neil Aronson, Jack Aronson, Shannon Garza, Kari Hennager and Laura Wolter; three step-grandchildren: Crystal Wilcox, Angelo Barrientez and Ariel Merriman; 18 great grandchildren and four great-great grandchildren. He was preceded in death by his parents and three sisters and their spouses: Martha (Danny) Johnson, Solveig (Orville) Nordsletten and Lois (Jim) Farris.

A Memorial Service was held Friday, May 23, 2025, at 11 a.m. at Trinity Lutheran Church in Wanamingo. Visitation was Friday from 9:30 to 11 at the church. Burial was at Trinity Lutheran Cemetery. Online condolences may be placed at www.mahnfamilyneralhome.com.

Memorials are preferred to the Trinity Cemetery or Mayo Hospice in Rochester, Minnesota.

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Deborah Joyce (Muri) Bohnhoff

Kenyon, MN - Deborah Joyce (Muri) Bohnhoff, age 73, of Kenyon, passed away peacefully in her home on May 17, 2025 after a courageous fight with cancer.



Deborah was born on January 18, 1952, at the Owatonna Hospital to parents Maynard & Yvonne (Lawson) Muri. She grew up in the friendly, close-knit town of Geneva, Minnesota, and graduated from Ellendale High School, where she was a cheerleader, a majorette, and worked at the Cottage Café. She particularly enjoyed her drives to school with friends.

She began her career at Jostens in Owatonna, where she met her future husband, Jim Bohnhoff, who was attending Iowa State. Deb moved to Ames, Iowa, and worked at a record store while planning their outdoor wedding. They married on August 25, 1973, on the grounds of St. Mary's Catholic Church, surrounded by cornfields, a white arbor, and many potted flowers.

After the wedding, they returned to Ames, where Deb began working for Paul Harris Stores. She quickly advanced to assistant manager and was offered a manager position at a new store opening in Kansas City, Missouri. She helped open the new store but resigned because of the unethical way upper management was treating the young women she worked with - she would have none of that.

Deb and Jim moved to Northfield, Minnesota, on January 1, 1976, settling into an apartment a few blocks from downtown. Deb started working at the newly opened Country Road clothing store, next door to a vacant retail space on the corner of the Central Block building. With her entrepreneurial spirit and vision, Deb founded The Rare Pair Fine Footwear, opening the store with the help of Ellen Cox and others on August 25, 1977. At the October 1977 grand opening, the once-vacant space featured three new stores: The Rare Pair, Garden of Eden, and Earthbound Energy. The Rare Pair expanded quickly, adding clothing and accessories in 1983. Deb's goal was to create a fun, professional environment where young women could learn the importance of great customer service and product knowledge. Over 15 years, she men-

tored and trained more than 100 sales associates. In 1992, she sold the store to Krin Finger, and it continued to thrive, recently celebrating over 47 years in the community. Deb was especially pleased that all the store's subsequent owners have been women.

In 1978, Deb and Jim moved to a farmstead near Fox Lake, where they welcomed a beautiful collie named Mahogany, Woody the cat, chickens, and a garden, all ready for the children they eagerly awaited. Mari Bohnhoff was born on July 1, 1983, and adopted from Korea on September 29, 1983. Soon thereafter, Erik Bohnhoff was born at the U of M Hospital on September 10, 1984. Deb balanced owning a retail store with raising two amazing children, doing so with kindness, creativity, and joy.

Deb taught confirmation for several years at St. Dominic's, where she enjoyed lively conversations with the youthful confirmands. She also cherished attending Mari and Erik's many events at Prairie Creek, Northfield High School, St. Olaf, and Augsburg Colleges.

In addition to her love of family and work, Deb and Jim enjoyed exploring the many fun and interesting places throughout Minnesota and Wisconsin. On their honeymoon trip to Colorado, they found themselves shopping in the same "hip" clothing store as Bonnie Raitt, ran into Claudine Longet, and said hello to President Gerald Ford.

Each holiday season, Deb skillfully chose and Jim cut down a "unique" evergreen tree from a local tree farm. She would spend over a week artfully decorating it with her special collection of Christmas ornaments and much love.

Flowering plants and gardening were lifelong passions. She took great care in planning, planting, and tending to the baskets, pots, and beds around the house. She was known to her friends for "deadheading" their flowers too!

An avid golfer, Deb was slowed down by a heat stroke that kept her from playing in hot weather, but in cooler temperatures, she had a sweet swing and a steady demeanor. She kept close track of her chip-ins and birdies each year. She loved every time she took a walk on the course.

Deb loved being outdoors - hiking, snowshoeing, ice skating, cross-country skiing, swimming, and water aerobics were all natural for her. She walked most days in all kinds of weather. During the pandemic, she began practicing Qi Gong as taught by Master Lin and others, which kept her limber and fo-

cused.

Deb and Jim started the business Rural Urban Walkingwear, selling walking-related shirts and accessories through catalogs. In 1991, they opened the WALK shop at the Mall of America. Recently they had been working on new shirt designs featuring enhanced visibility.

In all her other jobs - whether helping customers at the Nordic Shops in Rochester, offering on-course hospitality at the beautiful Somerby Golf Course in Byron, or working in the tasting room and as the hat buyer at Alexis Bailly Winery - Deb served people from all walks of life with passion, a smile, and genuine care.

Deb's number one greatest joy was spending time with her lively grandsons Jefory and Johnny!

Deb was a longtime member of the Northfield chapter of the philanthropic organization PEO Sisterhood. She deeply valued and treasured the friendships and connections she had made with so many wonderful women.

A very special thank you to the Northfield Hospital, Dr. Erickson, and the Heartland Hospice staff - especially nurses Tina and Nancy - who were available at all times and so helpful and caring during a challenging time.

Deborah was predeceased by her mother and father, Yvonne (Lawson) Muri and Maynard Muri and mother and father in-law, Maxine (Roscoe) Bohnhoff and Carl Bohnhoff and brother in-law John Bohnhoff. She is survived by her husband of 53 years James Bohnhoff; her daughter, Mari Bohnhoff; her son, Erik Bohnhoff and wife, Amanda (Johnson) Bohnhoff and her beloved grandsons,

Jeffory and Jonathan. Her sister, Susan (Muri) Richards, and husband, Dan Richards; her brother, Brian Muri, and wife, Pam Muri.


Mass of Christian Burial was at 11:00 AM, Thursday, June 5, 2025, at the Church of St. Dominic in Northfield. Visitation was from 4-7 PM, Wednesday, June 4, 2025, at Bierman, Benson & Langehough Funeral Home in Northfield, and continued one hour prior to the service at the church. A reception followed mass at the church. Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com

A poem written by Deborah, found among her writings:

*"There was a time.. I loved my life...
I loved my work... I loved adopting... I loved giving birth
I loved my animals.. I loved to travel anywhere
I loved going to church.. I loved my friends
I loved dining with good friends around a large table - mine or theirs
I loved golf and all my wonderful walks
Snowshoeing, ice skating, cross-country skiing, swimming, and water aerobics
I loved being a teen cheerleader and a majorette leading the band My clarinet - not so much
I loved to dance, always
Most of all I loved my family!!"*

-Deborah Muri Bohnhoff
"Easter Sunday 2025 - Jim and I listened and watched St. Cecilia in Boston.. Father John.. Beautiful
We watched the Saturday night vigil, hand in hand Just like The Notebook"

One of Deb's last written notes



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Ann Traxler
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What's Up, Jake?

(continued from page 1)

It's amazing the way it is laid out has expanded the offerings of refreshing beverages and snacks to munch on while catching up on the town talk!

While they're still in the process of getting everything planned put into place, you can still stop over and take it all in.

When Amy first told me about the new ad-



Jake's Hometown Liquor Store recently added a new bar space.

A Goodbye from the Superintendent

(continued from page 1)

When I first arrived, it was a difficult time in my life; my dad was very ill, and that weighed heavily on me. I moved here to be close to him and from the very beginning, you welcomed me with open arms. I was accepted as a Knight right away, and that meant more to me than I can ever fully express.

In my time here, I've had the honor of working alongside dedicated staff, amazing families, and some of the best students I've ever met. Together, we've accomplished a great deal. Our graduation rates are among the top in Southeast Minnesota, something to truly be proud of. Our test scores continue to climb, reflecting the hard work, resilience, and growth mindset of our learners.

Just as significant, we've brought financial stability to the district. With a balanced budget and a clear path forward, we're now on track to be out of Statutory Operating Debt by 2027. That progress didn't happen overnight; it was the result of tough decisions and a lot of hard work from people who care deeply about our schools.

One of the most difficult decisions during my time here was closing the elementary site in Wanamingo. In nearly 30 years in education, it was the hardest thing I've ever had to do. I truly wish there had been another way to preserve our small, close-knit elementary, but the reality was, we had to make this move to secure the future for our students. And now, every graduate, whether headed to the military, postsecondary education, the workforce, or taking over the family business — is READY.

There's so much to celebrate, but what I'll carry with me most are the everyday moments — from playing in the pep band or driving the bus home after a game, to subbing in almost every grade level and coaching speech for the first time in my life. This was a great stop in my journey. Thank you, Kenyon-Wanamingo. It has been an honor to serve as your superintendent.

My hope is that you welcome your new superintendent, Patrick Heiderscheidt, just as warmly as you did me. You'll be amazed at how the new PK-12 building is coming together, and I know you'll be proud when you see it all during Open House in August.

ditions, it was hard to visualize how all of this could fit into the existing space, but they have done it! The bar and liquor store will be open the same hours, Monday through Saturday from 8 am to 10 pm, with the liquor store open on Sunday from 11 am to 6 pm. Once it is permitted, the bar will also be open on Sundays, same hours as the liquor store.

For now, they are continuing to bring in new products, and most everything is still as it was before the addition of the bar.

The bar area is where the cash register used to be, with a custom Shou Sugi Ban bar and a few tables scattered throughout the space. Don't know what a Shou Sugi Ban bar is? Come check it out! As the permits come in and the rest of the equipment is installed, there will be pizza and occasionally a visit from a food truck outside the bar as well. The E-tabs and pull tabs should be available by the end of May. So, yeah! snacks, gambling and refreshing beverages are on the way!

And don't forget the other services that have always been available! There is a beer wagon available to rent for your special occasions and events, like parties, tailgating, and all those special events. And if you have special

orders, they are always welcome, too!

And, speaking of new things, Jake is excited to announce a new addition.....Anything Goes! What is it? It is not a flea market, it is not a craft fair, and it is not a farmers market....it is all of the above, and then some! So, coming soon, every Wednesday from 2 to 7, you will find vendors setting up tables and selling...Anything! It is free to set up your table and chairs and showcase your wares. Whether it is fresh produce, craft items, old farm equipment you no longer use, items that you have outgrown or tired of, art work, baked goods, fresh eggs, canned goods...in other words.....Anything Goes!

Jake has always been about helping local folks, and this is a great way to meet new friends, make some extra cash, find new treasures and support your neighbors. Just bring your stuff, set it up, and have some fun! As the season progresses, it may even extend to Saturdays! Tell your friends and get to downsizing all those items you no longer use that still have some life left in them. Call Amy for more details or questions. See you there!

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School House News

By Cheri Roshon

In January 2025 the Kenyon/Wanamingo school district made a very difficult decision to close the elementary school site in Wanamingo. This decision wasn't taken lightly by anyone, and several meetings were held to discuss the fate of the building. It has been an emotional time for the residents of Wanamingo and surrounding areas for several reasons.

Losing a school in a small town is a big thing, both for the families with children attending the school having to move, and to local business owners. Many business owners voiced fears that this may be the end of growth in our town. Yes, this has been the case in many areas, but hopes are that that will not be the case here.

One group was formed to look into options, and another group, "Friends of Wanamingo", was formed and had some great ideas. A charter school idea was brought up, as well as other possibilities. Once the building was appraised with all the details and a price was set, two groups came forth with offers. Since it was important that the offers were made before the regular City Council meeting on Monday, May 12th, an emergency meeting was held at 8:30 am on Saturday, May 12th. One offer was time sensitive, and school board members had to meet prior to the City meeting to make their decision.

The School Board reviewed the two offers and the one that was accepted is from a local family who intends to make it a multi-use location. Larry and Joan Grove along with Joan's brother Ole Olson went together to purchase the building. Their first priority is to open a daycare facility for parents with children at home. It will be called "Golden Days and Little Rays Daycare and Activity Center." The building itself is being named Core 824. They are planning on closing on the property no later than the end of July. Beth Giese stated, "We are very excited for the opportunity to continue to grow the community of Wanamingo."

This is a big step for everyone who has done due diligence to find the best outcome for a tenacious situation. Here's to moving forward in a positive direction!!

More Than Marshmallows: How Summer Camp Builds Lifelong Friendships



By Sam Smith
Program Director Camp Victory

For many kids, summer camp is a place of adventure, discovery, and marshmallow-fueled campfires. But beyond crafts, canoe trips, and cabin games, camp offers something even more enduring: friendship. In a world where social interactions are increasingly filtered through screens, summer camps provide kids with a rare and vital opportunity to build deep,

in-person relationships that often last a lifetime.

A Natural Setting for Connection

Summer camps are uniquely designed to foster relationships. Removed from the pressures of school, extracurricular schedules, and technology, kids find themselves in a setting that encourages authenticity. They eat together, sleep in the same cabins, overcome challenges as a team, and support each other through new experiences. This constant proximity and shared routine naturally lead to bonding.

Without phones and the internet to distract them, campers rely on face-to-face interaction, eye contact, and real conversations. This environment helps kids develop interpersonal skills and emotional intelligence—foundational elements for meaningful friendships.

Shared Experiences Create Strong Bonds

One of the most powerful catalysts for friendship is a shared experience. At camp, kids aren't just hanging out, they're navigating obstacle courses, working on group skits, competing in friendly games, and maybe even singing off-key in front of an entire dining hall. These moments, big and small, create memories that glue kids together.

Conquering a ropes course or staying up late during cabin night can turn casual acquaintances into trusted allies. These shared adventures often forge connections deeper than those formed in typical day-to-day school life, where academic pressures and social cliques can create barriers.

Everyone Starts on Equal Footing

Camp is a great social reset. Whether a child is shy or outgoing, athletic or artistic,

every camper begins their experience on relatively equal footing. Most campers don't know each other when they arrive, which eliminates the pre-existing social hierarchies that often dominate school life.

This leveling of the playing field gives kids a chance to be themselves, discover who they are, and be accepted for it. When kids are free to express themselves without fear of judgment, they often find friends who appreciate them for exactly who they are.

Counselors: Role Models in Friendship

Camp counselors play a huge role in modeling healthy, supportive friendships. These leaders often demonstrate what it looks like to communicate openly, resolve conflicts kindly, and support one another. Their guidance helps kids learn how to navigate the inevitable ups and downs of friendship in positive ways.

Many camps also include specific programming around empathy, teamwork, and inclusion. These intentional efforts teach kids how to be good friends—skills that stay with them far beyond the summer.

Diversity and Exposure to New Perspectives

Camps often bring together kids from different cities, backgrounds, and cultures. This exposure helps campers develop empathy, respect, and appreciation for people who are different from themselves. When kids spend weeks living and learning together, they realize that deep connections can be formed across all kinds of boundaries.

This kind of early exposure to diversity strengthens social skills and prepares kids to thrive in a global society. And many campers

find that friendships formed in this kind of open-minded environment are more meaningful and lasting.

A Network That Extends Beyond Summer

Ask any former camper, and they'll tell you: the friendships made at camp don't end with the final campfire. Many kids stay in touch with their camp friends for years, visiting during the school year, connecting through letters, texts, or video calls, and reuniting summer after summer. Some even end up attending the same colleges, becoming roommates, or standing beside each other at weddings.

These relationships, forged in shared experience and sincere connection, often last far beyond the years of bunk beds and bug spray.

Final Thoughts

In a world where kids are often overwhelmed by academics, sports, and social media, summer camp offers something simple but profound: a space to connect, laugh, grow, and make friends who feel like family. Whether it's a quiet chat in a hammock, a goofy campfire song, or a tearful goodbye at the end of the session, these moments lay the foundation for lifelong relationships.

Camp is more than just a place—it's a community where kids learn that friendship isn't about popularity or perfection. It's about showing up, sharing experiences, and being yourself. And for many, the friendships made at camp become the most treasured relationships of all.

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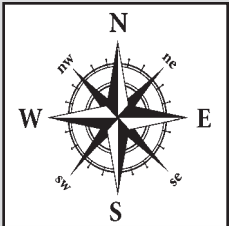
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Changes in Attitudes*

New Life for an Old Axe Head



By Terry Campbell

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

Tennessee was settled by pioneers about a century before Minnesota, so there is a wealth of historical items to be found. Daniel Boone had first explored this part of the country in 1760. The area we live in was the site of a



significant Civil War battle and items turn up from time to time from that era and before.

One morning I was walking at the north-east end of our property and I saw something metal imbedded in the ground. After kicking the soil away, I realized it was more substantial than just a tin can. I became more interested by the moment as I extracted it from the earth. Even covered in crusty scales of rust and dirt I could identify what it was. Excitedly, I headed for the shop. That is just where a man goes when he has a project to work on. My mind was imagining all the scenarios that the history of this axe head might have included. I had the foresight to take a picture of it on my workbench before the restoration began.

My mind wandered across axe stories as I pondered the direction I would take with this new project. An axe is the tool of a woodsman. Paul Bunyon had a big axe for shopping down trees in the Northwoods. I used a mattock to chop frozen silage off the silo walls in the winter. We always carried an axe when cutting wood to free a pinched chainsaw bar from a large tree trunk or limb. I remembered a story from the Bible back in 848 BC when a workman had the axe head fly off the handle and out into the river. The prophet Elisha threw a stick out onto the river and the iron axe head floated to the surface for the man to retrieve. (2 Kings 6:1-6) Axe heads always had value.

I started cleaning the axe head up and then polished the rust off using the wire brush on my bench grinder. It was pitted from years in the mud, but I eventually got down to the bare metal. What began as just another day was suddenly exciting and interesting in a way I had never imagined. I love to work in the shop on most any project and this was a most unusual one. It was by far the oldest artifact I had found here on any of our properties in Tennessee. Once the axe head was cleaned up, I began to think of what to do



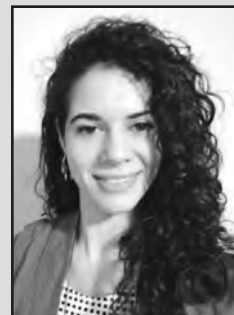
with it.

I already had nice new hatchet for splitting kindling wood. It was shiny and bright, but had been purchased and not discovered on our property. I bought oak slab wood from the Swift Sawmill to burn in our firepit in the evenings. I would split the wood into small pieces for an easy fire. I started thinking that this new found axe head would be excellent for that job.

I selected a nice slab of oak board from the firewood rack and began to cut it to size. Measuring and cutting and lots of wood chisel work formed the top of the handle to fit precisely into the opening of the axe head. I drove it firmly into place and trimmed off the excess from the top. Was an enjoyable morning in the shop and I had a new tool from an old relic. Quite satisfying.

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A Minnesotan: Outdoor Weather



By RosaLin Alcoser

Once again it's summer in Minnesota which means that it's time for all Minnesotans to migrate outside. We all know that the four Minnesota seasons are pre winter, winter, still winter and construction season; otherwise known as summer. Which is the cue for all of us to go outside while we can.

We all know that we have to take advan-

tage of the good weather while we have it. After all, we live where it can snow for about seven months out of the year; so we all have to make the best of it when we can.

For some people this means gardening, going to the lake, or biking. When I was a little kid in rural Minnesota this ment us getting sent out to play in the field until supper time. As an older child and teen it meant running around the woods until it was time to come back.

Now that I'm an adult in the Twin Cities it means my household is going hiking nearly every chance we get. Whether it is through the local nature center or on a trail in a State Park we hike as much as possible. From the time that it gets into the 40's, mainly because I'm a translatplant and can't be pried outside until it's at least 40 degrees, onward we hike.

Easy path, hard path, paved, unpaved, even the occaual not quite a path. We will hike it. Until the winter comes around again and all the Minnesotans go back inside for the winter. Except for those of you that are really into winter outdoors activities. However, I think that the rest of us will leave the cold weather outdoor exursions to you.



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Eagle Scout Court of Honor Ceremony for Benjamin Dierks

(continued from page 1)

After being in the Scouting program for 4 years with Pack 76 Cub Scouts and 6 years with Troop 76 Boy Scouts, this award culminates his Boy Scouts of America experience.

Last year, he fulfilled his commitment to leave the world a better place by starting a pollinator garden at the Torkelson Park Community Garden for us all to enjoy. Stop down and take a look at his project this spring/summer.

The ceremony was opened by the presentation of the colors. Boys from Troop 76 proudly brought in the flags and paid homage to them on stage. The Pledge of Allegiance was made by everyone present, and Scoutmaster Ron Friedrich said the welcome and introduced the guests. Pastor Dave Sorenson did the Invocation, and the ceremony commenced.

The Master of Ceremonies was a classmate of Benjamin's, Shaun Hargarten. Ron Friedrich introduced Benjamin as the newest Scout to earn the Eagle Scout Award, and the Troop recited the Light of the Eagle Ceremony, and the Eagle Scout Pledge/Charge

was conducted by 3 of the troop's Eagle Scouts present, Branon Dierks (2018), Chris Farrel (2015) and Kurt Carlstrom (2001).

The guest speaker was Mayor Ryan Holmes, and he welcomed Benjamin to the distinction of his achievements with anecdotes and listed all his earned badges, which were many. There are 14 required badges to be earned, and I believe Benjamin earned 44 all together!

Amy Husbyn, the Troop Advancement Chairperson was next on the agenda with the presentation of the award of Eagle Scout, and the gifts that accompany it. Pins were given to Benjamin, and he also presented pins to his parents, Eric and Lisa Dierks.

Andy Queen, the current Commandant of Forrest G. James Detachment #589 of the Marine Corps League then came to the podium and spoke about how the young men who achieve the Eagle Scout distinction were proven leaders with high standards, and therefore make admirable leaders in the military. Benjamin then received a certificate from the Marine Corps for Excellent Citizenship.

The Benediction was given by Pastor

Sorenson, and the closing was read by Scoutmaster Friedrich. The Colors were retired, pictures taken, and refreshments served.

Scouting America, formerly Boy Scouts of America, aims to prepare young people for lives of impact and purpose. Their objectives are to have an adventure of a lifetime, prepare for the future, and of course, enjoy family fun!

Beginning with Cub Scouts in grades K-5, once the boys reach age 11, they are called Scouts BSA and continue to earn badges for skills to prepare them for life. There are many programs available to both boys and girls to explore, from career paths to survival skills, and many things in between. You can go to www.scouting.org to learn more.

The organization's mission is to prepare

young people to make ethical and moral choices over the course of their lifetimes by instilling in them the values of the Scout Oath and Scout Law. The Scout Law says, "A scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent." The Scout Oath proclaims, "On my honor, I will do my best to do my duty to God and my country, and to obey the Scout Law, to help other people at all times, to keep myself physically strong, mentally awake, and morally straight."

Scouting invites every boy and girl to a safe, fun place to learn. Congratulations once more to Benjamin, and to all the other young men who have what it takes to become an Eagle Scout!

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Medallion Hunt | First clue drops
 5pm | **Pickle Ball Tourn.** | Heritage Park
 7pm | **Pool Games** | Goodhue Pool

THURSDAY, JUNE 12

7pm | **Line Dancing** | 2nd St Pub
 7pm | **Volunteer Kickoff Party** | Corner Bar

7:00pm GATE | 8:00pm MUSIC
 GA \$30 PRE-SALE & AT GATE
 VIP \$80 PRE-SALE & AT GATE

FRIDAY, JUNE 13

4-7pm | **Kids Bounce Party, 12yr ↓** | GHS Gym 3
 5:30pm | **Tony Cuchetti DUO Live** | 2nd St Pub
 7pm | **Shawn Ogden Live** | Corner Bar
 7pm | **Miss Goodhue** | GHS Gym 1 | \$5/Person
 7pm | **Street Dance** | N 2nd St.



Fire at the Falls

SATURDAY, JUNE 14

8am-1pm | **Car & Tractor Show** | St. Peters Church
 8:30-11:30am | **Burrito Breakfast & Quilt Show** | St. Peters Church
 8:45-10am reg. | **Road Rally** | Goodhue C-Store | \$5/person
 9am | **Udder Run** | Front of GHS | \$16/ea adv or \$20/ea day of
 9am | **Volleyball Tourn., Co-ed** | Rosie Park | \$30/team
 9:30am-2:30pm | **Craft and Vendor Show** | Lion's Community Center
 10am | **3-on-3 Basketball** | GHS Gym 1 & 2 | \$100/Team
 10am-2pm | **Touch A Truck** | GHS Parking Lot
 10am-12pm | **Kids Bounce Party, Toddler ONLY** | GHS Gym 3
 12pm-2pm | **Kids Bounce Party, 12yr ↓** | GHS Gym 3

6:00pm GATE | 6:30pm MUSIC
 GA \$40 UNTIL 5/18 | \$50 5/18+ & AT GATE
 VIP \$105 UNTIL 5/18 | \$120 5/18+

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11am | **Bean Bag Tourn.** | Rosie Park | \$40/team
 1pm | **Bingo** | Fire Hall
 1pm | **Hayden Ashworth Live on Patio** | 2nd St Pub
 1-4pm | **Gopher State Garden Tractor Pull** | 3rd Ave
 2pm | **8th Street Bend Live on Patio** | Corner Bar
 2-6pm | **360 Photo Booth** | Food Court
 2pm | **Pedal Tractor Pull** | Broadway/2nd Ave
 4pm | **Brent & Sheena Live** | 2nd St Pub
 6pm | **Logan Hofschulte Live** | Corner Bar
 6pm | **Street Dance** | N 2nd St.
 7pm | **Ledfoot Larry Live** | 2nd St Pub
 10pm | **Fireworks** | Rosie Park



SUNDAY, JUNE 15

9am-11:45pm | **Dads Belgian Waffle Feed** | Lion's Community Center
 5yr ↓ Free | Kids \$7 | Adults \$13
 9am | **Community Worship Lutheran Service** | GHS Gym 1
 11:30am | **Memorial Dedication** | Historical Society

1pm | **Parade**
 1pm | **Ron Bubnitz & Hayden Ashworth Live on Patio** | Corner Bar
 2pm | **Emma Marie Live** | 2nd St Pub
 2pm | **Fire Dept. Water Fight** | Fire Dept.
 3:30pm | **National Eagle Center** | Fire Dept.

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*You say to me that I will live
Your gentleness I adore
But the ache inside is stronger
Than any pain I've known before*

*I floated on the breeze of love
How childlike that sounds
I never knew I could be so high
With the love I thought I'd found*

*To make you laugh again
What a joy that would be
To hold you close like before
And feel you next to me.
Colorful are the memories
Running through my mind
The clock strikes every hour
Thoughts.....frozen in time*

*The picture of you in my mind
Brings painful joy to me
Your words echo in my head
Like music meant to be.
You say our love's not to last
I weep when you say it's so
My hand is only a thought away
TAKE it.....DON'T go.*

Bob Duncan



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That's the Latest Concord USA



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.

Six years ago, a retired high school history teacher from Concord, Massachusetts, Rob Morrison, visited the West Concord Historical Society Museum. This was one of the many Concords that he visited over the past 8 or 9 years. This fascination started because he had to drive his daughter's car to Arizona. He thought that on the way, he and his wife could visit other Concords. He thought that since they would be in the neighborhood, kind of, he would stop and see what these other Concords are like. Well this particular trip included visits to about 7 Concords. Texas alone has 13 known Concords. Why Texas has so many is a story for another time.

Fast forward to today; Rob has visited 98 different Concords across the country. Some were cities, such as Concord CA, northeast of San Francisco, which is the biggest Concord in the U.S. at 122,000 population. Some Concords were dots on a map such as Concord, Maine. The entire township has just over 300 people. As far as Rob explained it to me, there are two West Concords in the entire country, one in Massachusetts and one in Minnesota.

This year was a grand celebration in Concord, MA, as it was the 250th anniversary of the beginning of the Revolutionary War. The North Bridge at Concord was where the 'shot heard around the world' was fired. It was the beginning of the fight for independence from England and the formation of the United States. Concord, MA celebrates every year and Rob invited people from all the Concords (and West Concords) to come to Massachusetts and help celebrate.

I did not meet Rob when he and his brother visited Minnesota. Colleen Hayne gave them a tour of our Museum and then they walked Main Street and then out to Concord to visit the Concord Locker, the Town Hall and the Cemetery.

Rob's invitation came to the Museum and I decided to take him up on his offer. What a trip back in history it was. It was my first time to Massachusetts. That made number 40 of the 50 states I've been to. While I was there, I made it up to 44 with visits to Kennebunkport, Maine, Concord (where else) New Hampshire, Putnam, Connecticut and Providence, Rhode Island.

My first stop when I got to Concord was their Museum. I saw one of the two lanterns



Parade participants from Concords around the country including Emery Kleven representing West Concord and Concord, Minnesota

that Paul Revere used to notify people that the British were coming. Remember it was 'One if by land', 'two if by sea'. Well, the British were coming by sea, so two lanterns were used. A historian at the Museum told me that the whereabouts of the second lantern is unknown. But the first one is behind glass and preserved for all to see. Concord, MA, is home to 3 very famous authors; Henry David Thoreau, Louise May Alcott and Ralph Waldo Emerson. Schools, streets, many other things are named after them around Concord. Emerson's house is just across the street from the museum. A living room is set up in the Museum with the furniture that Emerson used in his house back in the day.

After the Museum, I traveled all the way to West Concord, which is just under 3 miles away. About the same distance that Minnesota's Concord is from West Concord. Officially West Concord, MA is a village but it's more like a neighborhood. They don't have a post office or a zip code, much like Minnesota. They do have some nice shops on the main street. I had dinner on the Thursday night I was there as Rob had set up a Concord host for each of the out of state visitors. My hosts were Deb and Mark Richardson. Their friend Polly and Jerry joined us, so I have 4 new West Concord friends.

I also made a stop at the Concord Country Club. A private golf course established in 1895. I purchased some items that said Concord Country Club on them as Minnesota doesn't have a Concord Country Club, at least not yet.

On Friday, I started the day by doing a radio interview on a nationally syndicated program called First Thing Today, hosted by Joe Thomas, who is based in Charlottesville, Virginia. He had set up in the Wright Tavern, an establishment started in 1747. Sam Adams, John Hancock and others from our historic past would meet here to draw up plans for an independent country. Then it was on to many historic places in and around Concord includ-



The historic Wright Tavern in Concord, Massachusetts

ing the North Bridge, where the first shot was fired. Several ceremonies were held there during the weekend.

Friday night, Rob held a gathering at his

house on Monument Street, not far from Monument Square in the center of town and not far from the north bridge.

(continued on page 11)

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Russ Franek and The Biscuits to Headline Dennison Days

(continued from page 1)

A full schedule of events will take place Saturday. Kicking off the days will be the annual pancake breakfast, hosted by the Nerstrand Fire Department and Dennison Church. The Farmers Market is scheduled to return along with The Classic Car Show.

Trophies will be awarded for the Car Show at 1 PM.

Euchre will take place at The Fireside at 8:30. New this year is a Scavenger Hunt at 9 AM. Those wishing to participate should sign up at the Mainstreet Tent to learn about the search area. The First person to find the treasure will win \$100.00.

The Antique Tractor Pull begins on the hill at 10 AM. The Cow milking Contest hosted by Flom Dairy will be at 10 AM downtown.

The Kids Pedal Pull will take place at 11 AM, and Kids Bingo under the tent will be at noon. A kickball tournament will be at Noon in the city park area. The kids can mainstreet at 1:30. Be a part of the parade! The tournament will start at 2:30 hosted by 625 B.

Other activities on the afternoon calendar include Purse & Gift Card Bingo at 4 pm, a Pie Eating Contest, with a \$250.00 prize at 6 pm.

The Keg Toss returns at 6:30 across from Fireside, and the day rounds out with local musicians, RUSS FRANEK and THE BISCUITS playing entertaining for the evening. A Full Schedule is available at www.dennisondays.org.

Also watch for any updates on the website and on Facebook!



Andy Tackett will perform during Dennison Days Friday, June 20th at 625 Bar & Grill

That's the Latest
Concord USA

(continued from page 10)

All of the people from the visiting Concords and West Concords have a chance to visit with everyone.

April 19 is the actual date of the start of the Revolutionary War. It happened to fall on Saturday this year for the 250th anniversary. A parade was held in the morning, a 3 hour, five mile parade. It turned out to be a beautiful day, 83 degrees and sunny. The days before and the days after the weather was not as nice so the Concord Chamber of Commerce was smart to order ahead for a nice day. Various events took place through the day with a concluding drone light show.

My last day, I travelled to my 43rd and 44th states visited, Connecticut and Rhode Island before returning to Boston for an early morning flight the next day. It was a vacation trip I never thought I would do but with inspiration from Rob's invitation, I'm glad I made the effort. The history that I've only read about came alive being out there. I don't have plans to go back...yet, but I didn't even make



Paul Revere's lantern on display at Concord Museum

it to Lexington, which has more of the history that I've read about.



Emery doing a radio interview with nationally syndicated radio host Joe Thomas from the Wright Tavern in Concord, MA.

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Let's Welcome Mackenzie to All The Buzz!

By Cheri Roshon

As we are experiencing many small businesses closing their doors, or cutting hours due to a lack of employees and or reduction in customers, All The Buzz in Wanamingo is growing!

I would like to introduce you to the newest employee at the salon, Mackenzi Markham. She lives in Rochester, and is the granddaughter of Barb Peterson from Kenyon. Mackenzie recently joined the crew to add new amenities to the offerings in Wanamingo. She recently finished her schooling from NOVA in Rochester in March of this year. All The Buzz has been looking to add to their many faceted menu, offering their customers a fuller experience in the world of beauty! After reaching out to Jamie Sommers, owner of All The Buzz, she was hired as the new Estheti-

cian/Cosmetologist.

As I conducted our interview, I was amazed at all the services an esthetician can offer. I always thought only of skin care, but Mackenzie can offer you so much more. Her focus is on women and children, and she loves to help others look and feel their best. The services she offers are many, so I will give you a list, and if you have any questions, please feel free to contact her at All The Buzz by phone, or on the website, as she can certainly explain the details much better than I can!

Of course we will start with skin care. Mackenzie took courses to become a Cosmetologist first, and then decided to continue on to become an Advanced Practice Esthetician, which is basically becoming licensed for deeper exfoliation techniques, such as micro needling, derma planing and chemical peels. A signature facial consists of a 45 to 60 minute double cleanse, a mask, exfoliant, and my favorite, a massage of your scalp, neck, shoulders, arms and hands. She will add finishing products, and extractions if needed.

Next, she does hair. She will shampoo and condition your hair and add a cut, color or perm. This can be natural colors, or the fun

ones you now see people of all ages sporting! Use your imagination, and she will bring your idea to life! A blow out and styling can be added. Manicures, pedicures and even gel mani and pedis are available. She also does waxing for hair removal.

When I asked Mackenzie what her favorite part of the job is, she replied, "I love helping people feel good about the way they look!" She loves the small town vibe, and her goal is to someday own her own studio. She says now is her time to actively build her clientele, and gain experience in her chosen field. She stresses the fact that the products she uses are professional rather than over the counter or from the drug store. When I asked her to explain, she said the products are better quality, purer ingredients, and specifically tailored to the person she is working on. They are less

likely to cause issues such as skin sensitivities, allergic reactions, or rashes that lesser quality products can cause. Her goal is to become your personal Beauty Fairy!!

Contact her for a consultation or appointment at (507) 824-2381, or go to the Vagaro app and look for All The Buzz, or Google All The Buzz for their website. Or just pop in and say hello, and give her a good ol' Wanamingo welcome!



Mackenzi Markham

Welcome Summer with Dodger Days

Dodge Center's Dodger Days will be held June 12th thru 15th. Thursday kicks off with city wide garage sales. There will be open Pickleball at the North Park from 6:30 to 8:30pm for all ages.

Friday June 13th will feature a Fireman's Feed at the Dodge Center Fire Hall starting at 4pm. The Annadine will host Music on Main Street starting at 6pm with an outdoor show. Food trucks will open on Main Street as well at 6pm.

Saturday June 14th will start with Yoga in the Park from 8:30 to 9:30am. There will be a Venom softball tournament starting at 9am. A free Dodger Days photo booth will be open all day for photo shots. Food trucks open on Main street at 10am. From 10am to 2pm Rookie the Clown, Bounce Houses and face painting will entertain the kids. There will be Bingo from 10am to noon under the new pavilion. Olmsted County will have a K-9 demonstration at 11am.

The Triton Community Ed will have a vendor's market from noon to 5pm. Paws and Claws will hold an adoption event from noon to 2pm. There will be a free swim at the pool starting at noon. A drone demonstration by the Dodge County Sheriff Department will be held at 1pm. There will be free music for the whole family starting at 5pm with the Rockin' Hep Cats and the Poor Boy Ramblers at 7:30pm. Bring your own lawn chairs and Harold's Club beverage truck will be serving. Fireworks will start at 10pm.

On Sunday June 15th there will be a fly-in at the Dodge Center airport with breakfast served from 7am to noon. A quilt and fabric art show will be at the Fire Hall from 9am to 1pm. At North Park church will be held under the tent at 10am. The food trucks will open at 10am as well. The tractor show will be held by the Fire Hall from 11am to 1pm. Touch a Truck event will be held from 9am to noon and Bingo will be at the Fire Hall from 11am to 1pm.



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CANNON VALLEY FAIR★JULY 3-6, 2025

Cannon Falls, Minnesota

2025 SCHEDULE

June 28th
9 am 5pm 4H, FFA & WSCA Open Horse Show – Horse Arena

July 2nd – ENTRY DAY
2-7 pm – Open Class Exhibit Building Entry
2-7 pm – 4 H Building Exhibit Entry and Judging

July 3 – KIDS DAY
9 am – 5 pm – Livestock Entry
9 am – 12:30 – Girl Scouts Art Project – LEGION PAVILION
10 am – Goodhue County Commissioners Meeting – PAVILION
10 am – Noon – Wanda the Clown – STROLLING THE GROUNDS
11 am – 11:30 am – Zeko & Vito Show – FREE STAGE
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
1 pm – 3 PM – Wanda the Clown – STROLLING THE GROUNDS
1:30 Pm – 2 pm – Zeko & Vito Show – FREE STAGE
2 pm – DEMO DERBY Pit Gates Open
3 – 5 pm – Cannon Valley Youth Jackpot Market Sheep Show Weigh-In and Check-In
6 pm – Cannon Valley Youth Jackpot Market Sheep Show
6 pm – DEMO DERBY Starts
9:00 – Midnight – THE BOOZE CRUIZERS – FREE STAGE

July 4th – VETERAN & SENIOR CITIZEN DAY – FREE GROUNDS ADMISSION DAY!
11 am – Grande Day Parade Starts
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
2 pm – Harness Horse Racing – GRANDSTAND – FREE Admission
3 pm – 4-H Dog Project Demonstration – ARENA
8:30 – Midnight – CURSED BY LIGHTNING – FREE STAGE
Dusk—Fireworks Show

July 5th
8:30 am – 4-H & FFA Dairy Show – ARENA
10 am – 4-H & FFA Goat Show – SHEEP ARENA
10:30 am – 11:30 am – Dr. Street Magician – STROLLING THE GROUNDS
11 am – 1 pm – Caricatures by Jen – PAVILION
Noon – DR.Street Magic Show – FREE STAGE
Noon – District VI Holstein Show
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
1 pm – Auto Cross Pit Gate Opens
2 pm – 3 pm – Dr. Street Magician – STROLLING THE GROUNDS
2 pm – 4 pm – Caricatures by Jen – PAVILION
3 pm – 6 pm – Cannon Valley Youth Jackpot Beef Check-In and Weigh-In
3:30 pm – DR.Street Magic Show – FREE STAGE
5 pm Auto Cross Starts – GRANDSTAND
6 pm – 4-H & FFA Beef Show – ARENA
7 pm – Cannon Valley Youth Jackpot Beef Show
8:30 – Midnight – THE DAD’S BAND – FREE STAGE

July 6th
9 am – 4-H & FFA Sheep Show followed by Open Class Sheep Show – SHEEP ARENA
10 am – 4-H & FFA Rabbit Show followed by 4-H & FFA Poultry Show
11 am Auto Cross Pit Gate Opens
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special
2 pm – 4-H Demonstrations – 4-H BUILDING
3 pm – Auto Cross Starts- GRANDSTAND
6 – 8 pm – Livestock Released & Building Exhibits Released
7 pm – 10 pm – Mark Perkins – FREE STAGE

Admission to the fairgrounds is \$7.00 per person daily (5 and under Free) or Season Pass available for \$15.00.

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Demo Derby & Auto Cross grandstand admission per event is \$15.00 per person or \$5.00 for those under 12 years and under. Pit Pass is available for \$25.00.

Harness Racing GRANDSTAND Admission is FREE.

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- Mid Size Car 6 cyl Powder Puff
- Mini Vans
- Full Size Car
- Full Size Car Front Wheel Drive
- Full Size Car Rear Wheel Drive
- Compact Truck/SUV No V8
- Compact Truck/SUV V8
- Full Size Truck 2x4
- Full Size Truck 4x4


ADULTS: \$15 – CHILDREN 12 & UNDER, \$5 • PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org


SATURDAY JULY 5 SUNDAY, JULY 6

The Dads

Mark Perkins
8:30 Midnight FREE STAGE 7:00-10:00 PM FREE STAGE

DEMOLITION DERBY
THURSDAY, JULY 3 – 6 PM
Pit gate open at 2:00 P.M.
Grandstand Ticket Gates Open 3:00 P.M.

- Mega Stock Mid Size Car (Youth)
- Mega Stock Mid Size Car (Adult)
- Mega Stock Mini's
- Mega Stock 80's & Newer
- Mega Stock Full Size Truck
- Limited Weld Mid Size Car
- Limited Weld Mini's
- Limited Weld Full Size Car
- Limited Weld Full Size Truck


Pre Registration Online
ADULTS: \$15 – CHILDREN 12 & UNDER, \$5 • PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

HARNESS HORSE RACING
FRIDAY, JULY 4 – 2 PM

Cursed BY LIGHTNING
8:30 PM – Midnight
Fireworks
July 4 – Dusk
FREE STAGE
FREE ADMISSION & FREE PROGRAMS

Goodhue County Dairy Princess is Finalist for State Pageant

(continued from page 1)

Natalie Clemenson is the daughter of Brian and Tiffany Clemenson, and the older sister to Troy and Grant Clemenson. She grew up on her family's dairy farm just outside of Zumbrota, MN. Natalie graduated from Zumbrota-Mazeppa High School in 2023 and will be a Junior this fall at the University of Wisconsin-River Falls, majoring in Dairy Science with Minors in Ag Business and Spanish.

On her family's farm she helps with many things including feeding calves and young-stock, milking, monitoring health, treatments, and making breeding decisions. Her favorite chore/thing to do on the farm is caring for the calves. Natalie says she "enjoys the calf chores because every calf has a unique personality. It is fun and rewarding to watch the calves grow and get them off to the best start we possibly can." She relates she was in the barn during chores as a baby with my mom before I could even walk, and as soon as she could was holding a bottle and helping with the calves. Her responsibilities on the farm have only grown with time and she now enjoys helping with anything and everything that needs to be done.

Natalie purchased a Brown Swiss heifer in 2018 and has added to the herd to start her own small herd of seven Brown Swiss cattle. Their farm is primarily Holsteins, but she says "there is just something special about the Brown Swiss cattle, that I loved and this led to the start of my own small herd." Her family milks 90 cows in a double 8 parallel parlor.

Natalie was active in 4-H showing dairy cattle and dairy market goats. In 2023 she was a finalist in the Minnesota Dairy Showcase at the State Fair. She also participated in FFA throughout high school and served as the region president in 2023/24 and the State Reporter in 2024/25.

Natalie explains her passion for pursuing the dairy princess crown. "The Princess Kay Program is something that I have dreamed of being a part of for a long time. I remember going to watch my first coronation as a young girl and looking up to the girls on stage and seeing the new Princess Kay be crowned. The Princess Kay and entire Dairy Princess program across the state is very important to our dairy community. The story and message of dairy is something that is very important and the Princess Kay program works to share this story on an even larger scale. To have this opportunity to be in this program is something very special to me and I am very honored to be able to continue to be an advocate for dairy and dairy farmers."

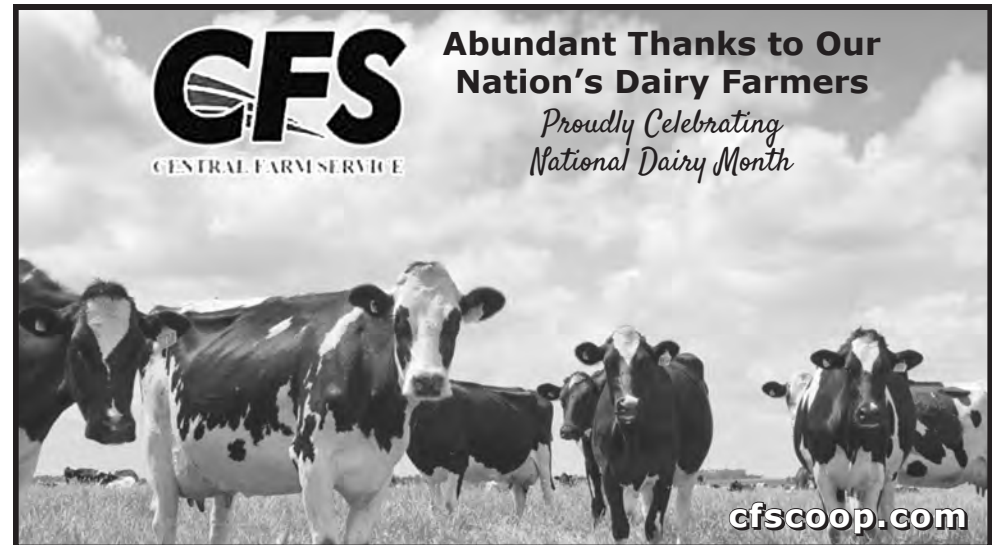
A few of her favorite stories on the farm involve working with family. Her brothers always help keep chores entertaining and fun,

whether it's a new joke to be told or turning old milking gloves into water balloons and starting water fights. During the school year Natalie comes home to help on the farm on weekends. This summer she is working as an agronomy intern with Ag Partners in Goodhue crop scouting fields.

Moving forward upon the completion of her college education, Natalie plans to pursue a career within dairy nutrition and remain at least partially involved with the family farm. "The dairy community has given me many opportunities and a lot of support throughout the years, that it is something I want to remain involved with and give back to. I also plan to be a part of supporting youth organizations and groups like 4-H and FFA because

the youth are the next generation of agriculture and I have had some amazing supporters throughout my involvement in these organizations," Natalie explains.

She comments about her choice saying, "To me the dairy community is a supportive, important, and innovative community. Dairy farmers and all those who are involved within dairy continuously work hard to ensure that safe and nutritious products are available for consumers while taking the best care of their cows and improving their sustainability. I would like to support the dairy community by continuing to advocate on behalf of dairy and share its story. I also plan to pursue a career within dairy and remain directly involved within the dairy community in the future."



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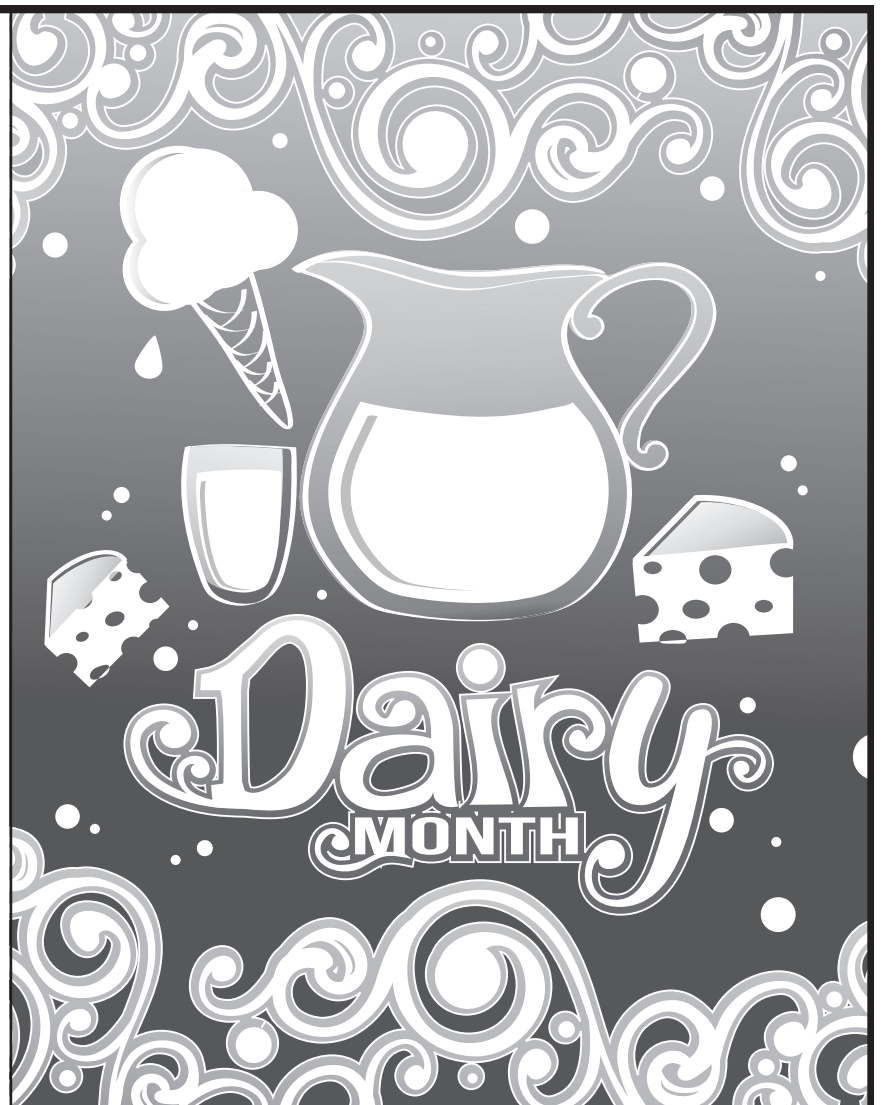
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2025 Goodhue County Dairy Royalty: Chloe Sjoquist, Jenna O'Reilly, Natalie Clemenson

Congratulations to Natalie Clemenson, one of our Goodhue Dairy Princesses on being named Princess Kay finalist.

Best of luck in the Minnesota State competition this summer!



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DENNISON DAYS

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June 20 & 21, 2025



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PANCAKE BREAKFAST
Includes Pancakes, Eggs, Sausage & Beverages
SATURDAY, JUNE 21
8:00 AM to 11:00 AM



SATURDAY, JUNE 21
CLASSIC CAR SHOW
8:00 AM
Trophies at 1:00 PM
ANTIQUE TRACTOR PULL
10:00 AM

SATURDAY, JUNE 21
KIDS PEDAL TRACTOR PULL
11:00 AM

BE IN THE PARADE
SATURDAY at 1:30 PM!
A Kiddie Parade Leads Off Main Parade
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Sign up at 12:00 p.m. South Main Street
\$100.00 Prize for Best Parade Entry!
Call 507-645-9992

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Drawing held at 9:00p.m. at the Fireside Lounge
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FRIDAY, JUNE 20 KICK OFF

Gopher State Garden Tractor Pull
6:00 PM

LIVE MUSIC



ANDY TACKETT

SATURDAY, JUNE 21



presents
Russ Franek & The Biscuits
7:00PM-Midnight




Saturday Schedule of Events

8-11a.m.	All You Can Eat Pancake Breakfast Under Mainstreet tent. Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church. \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk
8a.m.	Farmers Market Downtown Citywide Garage Sales Classic Car Show on Mainstreet Presented by Clutchmen Car Club. Registration \$10. Trophies at 1p.m. Contact Jason Aldorfer 612-203-4172
8:30a.m.	Euchre at Fireside Lounge For information, contact Jen Eggum 507-649-0602
9:00a.m.	Scavenger Hunt - \$100 Cash Prize! Meet and sign up at the tent. Hunt will begin at 9am.
10a.m.	Antique Tractor Pull Begins on the Hill Sign up begins at 8:30a.m. Cow Milking Contest Main Street, hosted by David Flom Dairy
11a.m.	Food Stands Open Kids Pedal Tractor Pull on Mainstreet (At Mainstreet intersection) Sign up begins at 10:30a.m.
Noon	Kids Bingo Under the tent. Presented by Dennison Lions. Ages 3-11 Kickball Tournament Hosted by 625 Bar & Grill. Sign up at 625 Bar & Grill
1:00p.m.	Car Show Trophies Awarded
1-3p.m.	Kids Carnival
1:30p.m.	Parade Downtown - A Kiddie Parade Leads Off Main Parade (Ages 12 & Under) \$100.00 Prize for Best Parade Entry! Sign up at Noon. South Mainstreet. Call 507-645-9992
2:30p.m.	625 Bar & Grill Bags Tournament - Prizes for 1st, 2nd & 3rd Place! Sign up at 625 or call 507-782-9061
4:00p.m.	Purse & Gift Card Bingo Presented by Dennison Lions & Fireside Lounge
6:30p.m.	Key Toss - \$150 Cash Prize! Across from Fireside Lounge
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New Boater Education Law

By Minnesota DNR

Effective Date: July 1, 2025

Starting on July 1, 2025, a new law will require some adults and youth who operate motorboats—including personal watercraft—to have a valid watercraft operator's permit. People who already have a permit are not affected by the law, which is designed to make boating safer by ensuring everyone operating a motorized watercraft knows the rules and is properly trained. Here's a breakdown of the key points:

Adult operators:

Permit requirement: Some adults (defined below) will need a valid operator's permit to drive any motorboat or personal watercraft starting July 1, 2025.

Exemptions: Some adults are exempt from this requirement. Check the law for specific exemptions.

Supervised operation: People without a permit still can operate a boat, but only if there's an accompanying operator (defined below)

onboard.

Young operators:

Restrictions on high-powered watercraft: Young operators (people less than 12 years old), can't operate a personal watercraft or any motorboat with a motor over 75 horsepower.

Low-powered motorboats: Young operators can operate a motorboat that's not a personal watercraft and has a motor under 75 horsepower as long as there is an accompanying operator in the motorboat.

Who is considered an adult operator?

Is 12 years old or older, and

Was born after these dates:

June 30, 2004 (starts July 1, 2025)

June 30, 2000 (starts July 1, 2026)

June 30, 1996 (starts July 1, 2027)

June 30, 1987 (starts July 1, 2028)

This means people born after June 30, 2004, will need a permit to operate a boat starting in 2025. The permit requirement will gradually apply to older age groups over the next few years.

Who is considered an accompanying operator?

A person 21 years of age or older who:

Is in a personal watercraft or other type of motorboat;

Is within immediate reach of the controls of the motor; and

Possesses a valid operator's permit or is an exempt operator.

Who is considered an exempt operator?

"Exempt operator" means a motorboat operator, including a personal watercraft operator, who is 12 years of age or older and who:

Possesses a valid license to operate a mo-



torboat issued for maritime personnel by the United States Coast Guard under Code of Federal Regulations, title 46, part 10, or a marine certificate issued by the Canadian government.

Is not a resident of the state, is temporarily using the waters of the state for a period not to exceed 60 days, and:

- meets any applicable requirements of the state or country of residency; or
- possesses a Canadian pleasure craft operator's card;
- is operating a motorboat under a dealer's license according to section 86B.405; or
- is operating a motorboat during an emergency.

Key takeaways:

Adult and youth permits: Young operators and some adults need a valid operator's permit to operate certain motorized watercraft. For adults born after June 30, 2004, the re-

quirement starts in 2025. The law will extend to older age groups over time.

Youth restrictions: Young operators can't operate boats with more than 75 horsepower. They can operate boats (that are not PWC) with less than 75 horsepower if they're with an accompanying operator.

Gradual rollout: The law will phase in over the next few years. The operator permit requirement starts in 2025 and gradually expands through 2028.

This new law aims to improve safety on the water by making sure everyone operating a motorized watercraft is trained and qualified.

Rentals:

18 and older: Must have a valid watercraft operator's permit.

Under 18: Cannot rent watercraft.
SIGN UP NOW with this link
<https://www.dnr.state.mn.us/safety/boat-water/education.html>.

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ATV Riders Can Explore Minnesota Riding Opportunities for Free June 14-15

By Minnesota DNR

Minnesotans with an all-terrain vehicles registered for private or agricultural use won't need to pay the additional registration fee (\$60 for three years) to ride the state's public ATV trails on June 14-15. Out-of-state riders can explore Minnesota's ATV trails this weekend as well without the need for a non-resident ATV trail pass (\$31 for one year).

This annual "No Registration Weekend" gives riders access to over 3,000 miles of state forest and grant-in-aid trails. The event falls on the second weekend of June each year and occurs during Great Outdoors Month (PDF) (June).

"We see this free riding weekend as a great opportunity to showcase the wide variety of state and grant-in-aid trails across Minnesota," said Joe Unger, OHV program consultant. "There are many privately registered ATVs across the state that, during this weekend, can try the public trails for free."

Some great places to start, according to Unger, include:

The Iron Range Off-Highway Vehicle State Recreation Area, a 1,200-acre OHV park in Gilbert, Minn., with over 45 miles of scenic trails for riders of all abilities.

The 100-mile trail system in Nemadji State Forest, which connects to the Matthew Lourey State Trail and the Gandy Dancer Trail for more riding opportunities.

The 167-mile Prospector's Loop near Ely, Minn., which follows forest roads and trails connecting trails on the North Shore of Lake Superior to the Voyageur's ATV Trail System for more riding opportunities.

The 200-mile Northwoods Regional Trail System in Aitkin and Itasca counties, where riders will use the Soo Line Trail to connect to great communities and trail loops.

All other laws and regulations remain in place during the weekend. Riders are reminded to keep safety in mind when out on the trails. Safety training is recommended for everyone who operates an ATV and is required for ATV riders born after July 1, 1987. Youth under age 18 must wear a DOT-certified helmet. Riders aged 16 and under must fit the ATV they are operating and be able to properly reach and control the handlebars and reach the foot pegs while sitting upright on the ATV.

Trail maps, updates on trail conditions, youth ATV safety training and other OHV information can be found on the DNR's OHV riding website.

SPOT

"A 5 star read" Jamison Wells.

"Hi Mom, I'm home." Eight year old James LeRoy Holmes was late the same time every day so Mom chalked it up as on time.

With lightning speed and 21st century stealth, boy and a dog on a rope, squirreled their way to the bedroom avoiding the eyes of the lady warden on duty.

From downstairs, Mom sniffed. "James, what's that smell?"
"What smell, Mom?"

Little James had found the world's dirtiest, smelliest dog on planet Earth. He tied a rope around the dog's neck so he wouldn't get lost on the way home."

The best place to hide a dog is under the bed covers. "No one would ever think of looking there!"

"Honey, I'm home. What's that smell?
"Don't know. Check it out."
"On it."

Dad followed his nose to J.L.'s room. It didn't take a detective from Scotland Yard to figure out that the moving lump under the covers didn't come with the house. The wagging tail outside the covers was a dead give away too. In dogie-tail semaphore the new family member wagged, "Peekaboo."

"What with the rope,?" Dad asked.
"Came with the dog."
"What's his name?"
"Spot!"
Faking enthusiasm Dad gushed, "Perfect!"
"Where'd you find him?"
"The dump."
"Oh, oh, son. Mom laid down the law a long time ago."

"No dogs in this house! They get under your feet, beg for food and I'll end up taking care of him while you two are out of the house. That's final!"

L. pleaded, "Dad, I just have to have this dog. He wants me really, really bad.

"Hold on. Give me a minute to figure out a plan." Guys always need a plan. During this crucial period in world time, some wives simply leave the house, coming home only when they see white smoke coming from the chimney.

"I've got it, L.J! "We'll take Spot downstairs and casually show him to Mom. No biggie. Can't fail. Right?"

Hand in hand, father and son, and leaders of the free world, the duo ventured down the carpeted steps. "Once more into the breach, Men. Once more into the breach!"

"Honey, the most beautiful girl in the world, wanna see something really, really cool?"

Seeing Spot for the first time she asked, "What is it!"
"My new dog, Mom."
"You've got to be kidding! "Where did you find IT?"
"Well, it's kinda like this. It might have been at dump. He followed me home so what could I do?"

"What's his name?"
"Spot."
Super Mom, now clued in as to the smell, thought Skunk would be a better name. However, In pursuant of her Super Mom moniker she stayed cool. "That's a beautiful name for such a beautiful dog, J.,L. "What's with the rope?"
"Came with the dog."

Maybe the second child growing in her tummy would be a sweet little girl. God sometimes answers emergency calls.

Keenly aware that the two con artists had ganged up on her...been there, done that.

Mom asked, "Besides trouble, what' in it for me?"
Dad, lightning fast, "A new washer and dryer!"
"Color?"
"You name it. If they don't have what you want, we'll paint it. Right J.L.?"
"Right!"

Gently Mom said, "I hear what you're saying but we both know we can't afford a new washer and dryer. And, I'm still waiting for the ones you promised for my last birthday.

"Point taken. Okay then, here's my final offer. I'll scratch your back every night for a week. Deal or no deal?"

Super Mom weighed her lot. 'I'm living with cheaters, liars, scoundrels trying to sell me a skunk disguised as a dog. Their mine. I'm going to keep 'em. No regrets!

"Deal."

Bob Duncan 5-19-25



The Savvy Senior Can You Stop and Restart Social Security Benefits?



By Jim Miller

Dear Savvy Senior,

Can I stop my Social Security retirement benefits and restart them later to get a bigger payment? I recently got a nice unexpected inheritance, so I don't need the money from Social Security right now. If possible, I

would like to suspend my benefits and restart them at age 70. —Do-over Dan

Dear Dan,

Yes, there are actually two different strategies that allow Social Security beneficiaries to undo their claiming decision. But to be eligible, there are certain conditions you'll have to meet. Here's what you should know.

Withdrawal Benefits

If you are in your first year of collecting retirement benefits, you can apply to Social Security for a "withdrawal of benefits." Social Security will let you withdraw your original application for retirement benefits, but it must be within 12 months of the date you first claimed your benefits.

If you opt for a withdrawal, Social Security will treat it as if you never applied for benefits in the first place. But there's a catch. You'll have to repay every dollar you've received, including those of any family members who have been collecting benefits on your earnings record, such as a spouse or minor child, along with any money that was withheld from your Social Security payments — for example, to pay your Medicare premiums.

You can only withdraw your application for Social Security benefits once, but you can apply for benefits again later when the monthly amount would be larger.

To withdrawal your benefits, fill out Social

Security form SSA-521 and send the completed form to your local Social Security office.

If you change your mind, you have 60 days from the date Social Security approves your withdrawal to cancel the request.

Suspend Benefits

If, however, you miss the 12-month window, or if repaying your Social Security benefits is not financially feasible, there is another do-over option, but you'll need to be full retirement age or older to be eligible.

Full retirement age is 66 and 6 months for those born in 1957, but it rises in two-month increments every birth year to age 67 for those born in 1960 and later. You can find your full retirement age at [SSA.gov/benefits/retirement/planner/ageincrease.html](https://www.ssa.gov/benefits/retirement/planner/ageincrease.html).

At that point, you can "suspend" your Social Security benefit and the good news is you don't have to repay anything. But the bad news is your monthly Social Security benefits stop and so do those of any dependent family members (except a divorced spouse).

During the suspension, you will also accrue delayed retirement credits, which will increase your monthly retirement benefit by two-thirds of 1 percent for each suspended

month (or 8 percent for each suspended year) up until age 70.

Suspended benefits would automatically resume at 70, or you could choose to resume Social Security benefits earlier, but you'd only receive delayed retirement credits for the period when benefits were suspended.

You can request a Social Security suspension over the phone (800-722-1213), in writing or in person at your local Social Security office. The suspension would begin the month after you make the request.

Also note that if you're enrolled in Medicare, there's another consequence of withdrawing or suspending your benefits.

Normally, Medicare Part B premiums (\$185 per month in 2025 for most beneficiaries) are deducted directly from monthly Social Security payments.

If you withdrawal or suspend your benefits and you're enrolled in Medicare Part B, you'll start receiving a quarterly bill from Medicare. You'll have the option of paying electronically or by mail. Or you can sign up for Medicare's Easy Pay, which automatically deducts your premium payments from your savings or checking account each month.

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Ghost Poops?? Allergy Season, Worst Ever?



By Shauna Burshem, D.C.

What Foods Trigger the Greatest Cravings, Leading to Overeating? Researchers at the German Center for Diabetes Research have found that just five days of overeating ultra-processed snack foods can alter how insulin functions in the brain—even before you notice a single pound gained. Insulin isn't just about blood sugar; it's a hormone that helps the brain manage hunger, satisfaction, and that all-important feeling of self-control after eating. When insulin's signaling breaks down, that gentle nudge telling you "enough for now" goes silent. Suddenly, you find yourself craving more food, regardless of real hunger or need. What really surprised me about this study, published in *Nature Metabolism*, is how the negative effects on the brain outlasted the unhealthy eating itself. After returning to a regular diet, the brain scans revealed lingering disruptions in areas tied to memory, decision-making, and reward—actually resembling patterns seen in obesity. This tells us that even short encounters with ultra-processed foods can leave a mark, echoing long after the bags and boxes are emptied. The environment doesn't help matters. The smell of cookies in the air, a well-placed ad, or even the crinkle of packaging works like Pavlov's bell, triggering the brain to seek out food, hunger or not. All of this manipulates our natural satiety cues, teaching us to eat for reasons other than nourishing our bodies. Even more, these ultraprocessed snacks light up dopamine pathways in the brain, similar to addictive drugs, driving us to crave more—even if the reward fades with each bite. Restoring a healthy relationship with food begins with honest, mindful choices. I've seen it firsthand; swapping out ultraprocessed snacks for whole foods, slowing down to appreciate each meal, and adding some daily movement can reignite your body's natural signals. It's a process that's as much about tuning into your own experience as it is about nutrition science. After all, reclaiming your appetite isn't just about food, but about finding satisfaction and control in the everyday moments at the table. Here are some examples of ultraprocessed foods. Ready-to-eat meals and snacks: Frozen pizzas, instant noodles, ready-made pasta dishes, and packaged soups. Sweet and savory packaged snacks: Chips, chocolate, candy, biscuits, and pastries. Breakfast cereals and bars: Often sweetened with additives and preservatives. Processed

meats: Cold cuts, ham, sausages, hotdogs, chicken nuggets, and fish sticks. Mass-produced bread and baked goods: Including packaged breads, buns, and pastries. Carbonated drinks: Soda, energy drinks, and sports drinks. Ice cream and frozen desserts: Often containing numerous additives. Sweetened and flavored dairy products: Such as fruit-flavored yogurts. Sauces and condiments: Ketchup, mayonnaise, and other packaged sauces.

What Ghost Poops Say About Your Digestion and Gut Health. Ghost poops, also known as "no wipers," are those rare, deeply satisfying bowel movements that leave no residue behind when you wipe and sink straight to the bottom of the toilet. To me, that's not some fluke of nature; it's a sign your gut is truly thriving. Experts like Dr. Ira Leeds and Julia Barten actually describe these as "nirvana poops"—the kind of thing we should all strive for, not dread. It's about what you don't see or feel after using the bathroom. No endless wiping. No evidence left on the bowl. Just a clear sign your digestive system is firing on all cylinders. It's not as simple as luck or genetics, though. Over the years, I've seen people struggle with their gut because of stress, dehydration, lack of movement, or a diet that doesn't quite suit their needs. These factors can all disrupt the gut microbiome, making the elusive ghost poop almost impossible to achieve. Gut health, I've learned, is about much more than just how often you go; it's about how well your body processes what you eat and drink. A surprising insight? Many people try to fix their digestion by piling on the fiber, but if your gut's already out of balance, that can make symptoms worse. From personal experience and plenty of research, I've found that increasing digestible carbohydrates (usually 200 to 350 grams per day) helps heal the gut more effectively. And don't underestimate the power of posture; using a footstool or leaning forward can open up the colon and lead to more complete, easy elimination. Signs like floating or sticky stools are red flags—that your body isn't absorbing fats properly or that there's gut inflammation. But hitting those regular ghost poops? That's the body's way of telling you everything is humming along just as it should. For anyone seeking a clear gauge of gut health, skip the fancy tests and look for what's not left behind.

As we've seen, our gut health has a huge impact on our overall well-being.

And while there are many factors that can affect it, maintaining regular and healthy bowel movements is one of the most important things we can do for our digestive system.

But beyond just physical health, having a happy gut also means feeling more energized, focused, and emotionally balanced. It's no coincidence that the phrase "gut feeling" exists – our gut is often referred to as our "second brain" because of the strong connection between the two. So next time you're experiencing bloating or discomfort in your stomach, remember that it's not just about finding temporary relief. It's about taking care of.

Allergy season is now longer and more in-

tense due in part to our milder winter weather. Warmer weather and higher carbon dioxide levels help plants produce more pollen for longer periods, which means spring allergies start earlier and last into fall. Pollen counts in North America have jumped more than 20% in the past 30 years, and the season itself is about two weeks longer than it was two decades ago.

Doctors recommend beginning allergy precautions like saline nasal sprays, before symptoms hit. Keeping your room pollen-free, shutting windows, and changing clothes after being outdoors can also help manage symptoms like sneezing, itchy eyes, and congestion. Chiropractic care may offer notable benefits for individuals dealing with allergies. By focusing on the alignment of the spine and the functionality of the nervous system, chiropractic adjustments can help reduce stress on the body, which in turn may support a more robust immune response. Since the nervous system plays a key role in regulating the immune system and its reactions, enhancing its function through spinal adjustments may help the body respond more effectively to allergens. Additionally, chiropractic care can alleviate tension in the neck and upper back, where sinus drainage and nasal passages are often affected, potentially reducing symptoms like congestion and sinus pressure. While it's not a direct cure, chiropractic care can be a helpful part of a comprehensive strategy to manage allergy symptoms.

COVID-19 Treatment News: J. Hatfill, a seasoned virologist with a history of advo-

cating for hydroxychloroquine (HCQ) as an early treatment for COVID-19, has stepped into a major public health role as the special adviser for pandemic prevention at the U.S. Department of Health and Human Services (HHS). For those who followed his previous tenure as a White House adviser during the Trump administration, you might recall his controversial—but steadfast—defense of using HCQ based on thousands of peer-reviewed studies, some of which he personally referenced in a recent interview. Hatfill points to the fact that even President Trump took the drug under doctors' guidance, standing by its safety when administered appropriately.

Hatfill is now just beginning his work at the Administration for Strategic Preparedness and Response (ASPR), where he's eager to join forces with other experts. The agency operates several centers focused on tackling pandemics—including those on biomed research and our national stockpile. This new role, as he expressed, isn't just about COVID or influenza but encompasses preparedness for emerging global threats of all kinds. Throughout his career, Hatfill has advocated for thoroughness and awareness in pandemic science; it appears he's bringing that same mindset to HHS as he helps our country brace for whatever comes next. Dr. Mary Talley Bowden, an ear, nose and throat specialist in Houston, Texas, reported, "I treated over 6,000 COVID-19 patients during the pandemic, a large number of those patients took hydroxychloroquine."

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

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Brain Food



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

In The Wizard of Oz tale, the scarecrow laments that he does not have a brain. How

could he think about not having a brain without having a brain to think? By the end of the tale, we see the scarecrow does have some “smarts” and he is capable of learning new things. Your brain is an amazing structure allowing you to read this article and remember old stories without having to think about monitoring heartbeat, breathing rates, and nutrient levels. One area we should think about more is the food we eat that supports a healthy brain.

Diseases of the brain are increasingly discussed as more individuals are diagnosed with these challenges. A 2025 article published in *Nature Medicine* predicts 42% of adults over 55 develop dementia by age 95. A 2023 article in the *Alzheimer's and Dementia Journal* reported a 145% increase in deaths from Alzheimer's between 2000 and 2019. The Anxiety and Depression Association of America reports that 40 million Americans are affected by various anxiety disorders. With all the suggested advances in modern health care, why is this problem with brain health happening?

Brain health can be reviewed from three levels: the structure, the function, and the energy of the brain. Each of these levels requires specific nutrients which are available from specific types of foods. Brain health can be supported by choosing the right foods.

Your brain is seventy percent fat. The one hundred billion neurons within your brain are each made of millions of fatty acid molecules that make up the cell membrane and the myelin sheath. The myelin sheath is an extra insulation layer wrapped around each neuron to keep the electrical signal contained so that the energy flows in the right direction

and does not get lost. Quality fat sources that enhance this insulation layer include coconut oil, butter, lard, olive oil, and flaxseed oil. These sources of fat contain the electrical charges of the neurons more effectively than the vegetable oils common in the grocery store. Trans-fats and seed oils high in omega-6 easily breakdown in the cell membrane resulting in early cell death or dysfunction. A 2017 research paper from the Temple University Health System linked canola oil with worse memory. Canola oil is a seed oil high in omega-6 fatty acids. A 2024 paper in JAMA Network reported that consuming 7 grams of olive oil each day was related to a 28% decrease in dementia related death. To support the brain structure of neurons, consuming quality oils is essential.

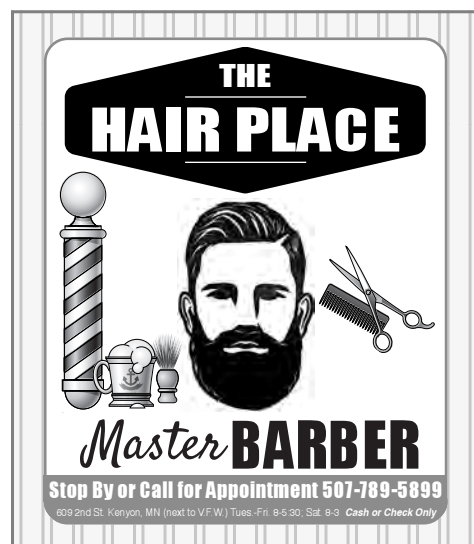
The function of the nerve cell is to pass information on to the next nerve cell. The speed of this transfer of information has been recorded to be as fast as 250 miles per hour. Another evaluation has noted the brain performs one quintillion calculations each second. A quintillion is one million trillions. Information is passed from one nerve cell to another by a variety of chemicals called neurotransmitters. Adrenaline, dopamine, serotonin, and histamine are just a few of these neurotransmitters. A group of foods that can significantly improve nerve activity are fermented foods which contain health-promoting bacteria. Fermented foods like plain yogurt, fresh mozzarella cheese, and sauerkraut, in addition to fresh fruits and vegetables will promote a healthy bacteria community that produces butyrate, a short chain fatty acid related to brain health. Scientific Reports Journal published a 2023 ar-

ticle showing that butyrate producing bacteria are associated with a lower risk of Alzheimer's. A June 2022 article from *Frontiers in Immunology* reported butyrate helps fight against Parkinson's disease. Improving the quality of the bacteria community in your gut has a direct result in healthy brain function.

The energy for your entire body is produced within tiny structures called mitochondria. Your brain has a high energy requirement consuming twenty percent of all the energy your body produces each day. Just as fuel is needed at the energy plant to make electricity, so your mitochondria need the right fuel to create the energy your body needs. The most efficient source of fuel is sugar that comes from long-chain carbohydrates. Those long-chain carbohydrates are fresh fruits, fresh vegetables, and whole grains. These carb sources do not create unbalanced blood sugar levels and do provide dietary fiber for the bacteria in the gut to produce butyrate, so you get an extra bonus when you eat these foods.

Adding quality fats, fermented foods, fresh vegetables and fruits can make a significant difference in your brain activity. According to the Brain Health and Alzheimer's Prevention Program at Loma Linda University over ninety percent of Alzheimer's cases can be prevented with simple changes in diet and lifestyle. 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 Messenger.*



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Talking Primary Care with University of Minnesota



**Maria Loerzel, MD,
University of Minnesota
Medical School**

Primary care doctors often serve as the front line of medicine. These physicians are familiar with their patients' history, guiding their overall health and often catching issues before they become serious.

Maria Loerzel, MD, with the University of Minnesota Medical School discusses primary care, the different types of primary care physicians and why it's important to have a go-to doctor.

Q: What is primary care?

Dr. Loerzel: Primary care is comprehensive, patient-centered healthcare delivered by physicians and care teams that manage most health needs. It includes treatment for new and rapidly developing symptoms, chronic illness management, disease prevention and promoting healthy lifestyles through education and counseling.

Primary care is ideally positioned in healthcare delivery to coordinate complex medical care and to be the "healthcare home" for an individual and their family.

Q: What are the different types of primary care physicians?

Dr. Loerzel: Primary care physicians include OB-GYNs, internists, pediatricians,

family medicine doctors, geriatricians and Med-Peds specialists. OB-GYNs focus on women's healthcare, encompassing reproductive health, prenatal care, operative and non-operative delivery and gynecological care. Internists treat adults, often managing chronic and complex conditions. Pediatricians care for infants, children and teens. Family medicine physicians treat all ages and may offer obstetric care. There are also primary care geriatricians who focus on the care of older individuals and addressing conditions related to aging. Med-Peds doctors are trained in both internal medicine and pediatrics, caring for patients of all ages. Unlike family physicians, they do not provide obstetric care.

Q: Why is it important to have a primary care doctor?

Dr. Loerzel: Having a primary care doctor ensures you have a dedicated physician and healthcare team to contact when needs arise. They know your medical, family and social history — allowing for personalized, comprehensive care and better management of chronic conditions. Primary care doctors also guide preventive health screenings, follow up on care from other providers and coordinate referrals to specialists with the necessary background and testing. Primary care doctors help you navigate a complex healthcare system effectively. Everyone deserves a trusted primary care team to support their health across all stages of life.

Q: How often should I see my primary care doctor?

Dr. Loerzel: It depends on your age and health needs. Infants are seen frequently in the first year, then annually through early adolescence, and every two years through age 18. Adults are generally seen annually for wellness visits. If you have stable chronic conditions, visits every 3–6 months may be recommended. For acute issues or when working toward a specific goal, visits may be more frequent. It's important to establish care with a primary doctor to determine the best schedule for your specific health needs. If you're experiencing non-life-threatening changes in your health or a concerning symptom, you should reach out to your primary



care physician. Seek emergency care for life-threatening issues.

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

Dr. Loerzel: My work with the University of Minnesota helps advance health in Minnesota by training future physicians, especially through the new rural family medicine residency program in Willmar. I've taught medical, nursing and allied health students in my rural community for over a decade. Training physicians in rural settings is vital

in growing the future workforce that will care for patients in our rural communities. The University of Minnesota's partnership with CentraCare will provide new opportunities and resources to strengthen the healthcare system statewide.

Dr. Maria Loerzel is an adjunct assistant professor at the University of Minnesota Medical School and a family medicine physician with CentraCare. She provides full-spectrum family medicine with a special interest in obstetrics, women's health and pediatrics.

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BANGIN' ON THE SCREEN DOOR

I'm bangin' on the screen door....
still carry'n a torch
I'd rather be inside....
than rat cheer on the porch
Ya kicked me out....I don't know why
Ya said I hurt ya....'n I made ya cry
Through the winder....I see some light
Give me a chance....so I kin make it right
I don't know what wrong....I musta said
The way I feel now....I wish I wuz dead

I'm bangin' on the screen door....
still carry'n a torch
I'd rather be inside....
than rat cheer on the porch
Yer legs ain't skinny....I
wuz jest jokin 'bout that
Yer mother's just plump....she's not really fat
I eat yer meatloaf....although it's dry
That proves I love ya....'cause I always try
Let me in Darlin'....let me taste yer lips
And I'll never again....laugh at yer hips

I'm bangin' on the screen door....
still carry'n a torch
I'd rather be inside....
than rat cheer on the porch
Please let me in....I promise ta be good
It's Saturday night....'n ya said that we could
Ya looked in my eyes....'n swore it wuz true
I'll take out the garbage....
'n I'll be good to you
Yer fanny's not fat....I wuz just bein' funny
In this big ol' world....yer my only honey

I'm bangin' on the screen door....
still carry'n a torch
I'd rather be inside....
than rat cheer on the porch
I know I'm a man....an I screw up a lot
I kain't hep it....whether ya know it or not
Ya said for better 'n worse....
when we wuz wed
But now I'm athinkin'....ya regret what ya said
I fixed the sink....like ya told me to
Sweetheart....
what else can I do fer little ol' you?

I'm bangin' on the screen door....
still carry'n a torch
I'd rather be inside....
than rat cheer on the porch
I'm used to yer mustache....it ain't so bad
I really don't know....why yer still so mad
I call ya punkin....no reference to size
It's 'cause I git all mushey....when I look in
yer eyes
The smell of your hair....like vinegar 'n beer
Kain't ya see me hollerin', screamin', 'n
standin out cheer?
I'm bangin' on the screen door....
still carry'n a torch
I'd rather be Inside....
than rat cheer on the porch



Contributed by Bob Duncan scribed@aol.com
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Opinions expressed in Letters to the Editor are not necessarily those of The Messenger.

To the Editor:

The Church in Laodicea Cannabis, Children, and the Church

According to most biblical scholars, the church in Laodicea will represent the church on earth at the time of the Rapture. It will be a time just prior to the seven year Tribulation; a time when there will be a great falling away of the churches when it comes to the infallible Word of God. Sadly, what the Apostle John shared in his seven letters to the seven churches in the Book of Revelation (i.e., only Smyrna and Philadelphia were not condemned by Christ) has, in all likelihood, found its way into a church near you. With few exceptions, the word evangelical Christian no longer applies to what is being taught from the pulpit.

As you look at the seven churches of Asia Minor, you will see that Jesus always started His letters to the angels of the churches. Sadly, in today's apostasy, the in-depth study of the Word of God starts in seminaries where perspective pastors are oftentimes taught false doctrine to the detriment of what will one day be taught to their congregations. In Laodicea's case, Jesus said, "Because thou are lukewarm, and neither hot nor cold, I will vomit thee out of my mouth" (Revelation 3:16). "It was a time when the Lord had been pushed to the outside of the churches and He was seeking to reenter. Only the churches' repentance would open the door before it was too late" (Revelation 3: 20 and the KJV Bible Concordance).

One of the reasons I continue to write articles for various newspapers in the Kenyon area is to draw the attention of people who find themselves in positions of authority.

After fighting a losing battle over the issue of prayer at a Veterans' Day Program when I was a middle school principal, I continue to hope that I can catch the attention of people who could have made a difference in my case: Pastors. Sadly, and after a quarter of a century, I am still waiting for them to step out of the pulpit and go to work on an issue that can negatively impact the nuclear family. In this case, I am talking about the Kenyon City Council who opened the door for a lifetime of heartache and uncertainty when they made cannabis available for our school aged children. (See Colorado for Updates)

When I wrote my recent article in the Kenyon-Wanamingo Messenger, it was my sincere hope that our local churches might respond to it. Even when I showed it to a local pastor; even when I made it clear that the issue at hand was the sale of cannabis in Kenyon; even when I left no doubt that my primary issue was our children, the word that best describes the response I received was: Silence. It reminded me of another time, in another place, when a critical issue that could have been won was lost because the churches and their pastors chose to remain silent. Shame on them!

Finally, let me say that while I appreciate the fact that we are not saved by our works (Ephesians 2:8-9), the Letter of James says, "Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works" (2:18). Perhaps it is time for our local churches to add the cannabis issue to their list of things worth fighting against; perhaps it is time to find a way for our local pastors to join hands and make a stand for our children by their own good works. Once they have taken the lead on such a worthy cause as this, "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another, in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord" (Colossians 3:16) This is what I would expect from someone who is the pastor of an evangelical Christian Church.
Dr. James Russell Lehman
Kenyon MN 55946

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I read your last article about road construction and work zones. Can you talk about the zipper merge? It seems like a lot of people don't know what it is or can't figure it out. Thank you.

Answer: The "Late Merge - Zipper Merge" is a driving strategy that requires drivers to change their mindset about merging. Traditionally, drivers have been taught to merge early when a lane is ending. Early merging leads to longer backups, more crashes and road rage incidents.

Zipper Merge Procedure

- When you see the "lane closed ahead" sign and traffic is backing up, stay in your current lane until the point of merge.
- Take turns with other drivers to safely and smoothly merge into the remaining lane.
- When traffic is heavy and slow, it is safer to remain in your current lane until the point where traffic can take turns merging orderly.

Benefits of the Zipper Merge

- Reduces the difference in speeds between two lanes, making lane changes easier and safer.
- Reduces the overall length of traffic backups by up to 40 percent.
- Reduces congestion at freeway interchanges, especially in metropolitan areas.
- Creates a sense of fairness when all lanes are moving at the same speed.
- Reduces incidents of road rage.

Question: I drive truck for a living. Can you write about people that cut us off? These big rigs can't stop on a dime. It's frustrating because when they do that it can cause a wreck.

Answer: Changing lanes and cutting in too close in front of another vehicle is always dangerous, but it's especially dangerous to cut off a commercial bus or truck. If you move in quickly from either side, you're likely to be in a blind spot, so the driver may not see you in time. Even if you're visible, the vehicle may not be able to slow down quickly enough to avoid a crash because of the time it takes to stop.

Commercial vehicles need more stopping distance than cars.

- Stopping Distance: An average passenger car traveling at 55 mph can stop within 130 to 140 feet. A fully loaded tractor-trailer may need more than 400 feet to stop completely.
- Safe Following Distance: Following a commercial vehicle too closely reduces your ability to see the road ahead. Maintain a safe following distance and position your vehicle so the driver can see you in their side mirrors. This will also give you time to react if the commercial vehicle stops suddenly.

- Headlights at Night: Commercial vehicles have large side mirrors that can reflect light. When following a commercial vehicle at night, always dim your headlights to avoid blinding the driver.

- Merging: When a commercial vehicle merges into traffic, it needs more time than a car to accelerate and reach normal speed. Be prepared to slow down or change lanes to allow the truck to merge safely.

- Stopping on an Upgrade: If you stop behind a commercial vehicle on an upgrade, allow space for the truck to roll back slightly when it starts to move. Position your vehicle on the left side of your lane so the driver can see you in the side mirror.

Question: I have been receiving text messages about an "E-Z Pass Final Reminder." It's something about having an outstanding toll and submitting payment. I was told it was a scam. Can you get me more information on this?

Answer: Here is information from the Minnesota Department of Transportation E-ZPass page. <https://www.dot.state.mn.us/ezpassmn/news.html>

Scammers are sending fake messages pretending to be MnDOT, E-ZPass or other tolling agencies. These messages claim you owe money and direct you to a payment link. This is a scam! We will never text or email you asking for payment or personal information. If you receive a suspicious text or email message, delete and do not respond. Don't set up an account due to a text or email scam.

Scam information:

- Minnesota E-ZPass (MnDOT) will never email or text you for payment or personal information.
- Text numbers and email addresses are chosen at random, and they are targeting everyone—not just E-ZPass users. There is no data breach.
- Delete and don't click on anything that seems off or suspicious. Report as "junk" or "spam" if your device has this option. This helps your device recognize spam.
- Do not set up a new or different E-ZPass account due to a text or email scam.
- If you clicked on a link or provided information, take efforts to secure your personal information and financial accounts.
- You can report fraud activity to the FBI's Internet Crime Complaint Center or the Federal Trade Commission.

If you have questions or concerns, check your account through the secure customer portal, or contact us (MnDOT E-ZPass) directly.

Sometimes scam artists send what looks like an invoice in the mail. Scam letters will include a bogus or questionable URL link and will often have a sense of urgency. Minnesota E-ZPass, MnDOT, or other agencies may send a letter in the mail, but it will look official including agency letterhead, detailed information, and multiple methods for contacting and/or remitting payment to the agency. If you receive a letter in the mail, confirm it is legitimate and always verify information directly with the agency.

Question: I caught part of the news the other night and heard something about the 100 deadliest days. Can you get me more information on that?

Answer: I certainly can. Here is some in-

formation we shared on the Minnesota Department of Safety blog. The Minnesota State Patrol is urging drivers to make smart, safe decisions as the state enters what is known as the "100 deadliest days" on the road.

This stretch, from Memorial Day through Labor Day, is the most dangerous time of year to travel in Minnesota. It coincides with peak travel nationwide and a troubling spike in fatal crashes.

In 2024, Minnesota saw 151 traffic deaths during this period. By year's end, at least 479 people had died on the state's roads.

"Our troopers work hard every year to keep fatalities down, but last summer was especially hard," said Minnesota State Patrol Col. Christina Bogojevic. "These are not just statistics — they are lives, families and communities forever changed."

The four main contributors to fatal crashes remain consistent: speed, alcohol, lack of seat belt use and distraction. Last year, each played a major role in Minnesota's traffic deaths:

- Speed: 138 fatalities
- Alcohol: 124 fatalities
- Unbelted: 108 fatalities
- Distraction: 29 fatalities

"These are the leading killers on our roads," Bogojevic said. "And we see the consequences play out every day — in the Twin Cities and rural counties across Minnesota."

She said troopers continue to encounter drivers making dangerous choices — speeding down highways, texting behind the wheel, not buckling up and driving impaired.

The state patrol and more than 300 agencies across Minnesota plan to increase enforcement over the summer. Expect more patrols,



targeted campaigns and greater coordination with local agencies.

"If you're speeding, driving impaired, unbelted or distracted, expect to see us," Bogojevic said.

But law enforcement says it can't turn the tide alone. They are asking all Minnesotans to do their part.

- Slow down and give yourself time to get where you're going
 - Stay off your phone
 - Buckle up — everyone, every time
 - Never drive impaired, by alcohol or drugs
- "If every driver made those choices, we could flip the script," Bogojevic said. "This summer doesn't have to be deadly. It can be the safest."

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

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

Buckle Up: A Simple Click Can Save a Life

A seat belt is one of the simplest and most effective ways to protect yourself in a crash — and it only takes a second to click.

In 2024, 106 traffic fatalities involved unbelted drivers or passengers in Minnesota. These deaths were 100% preventable. If you won't buckle up for yourself, do it for the people who count on you.

Child passenger safety is equally critical. From 2019 to 2024, only 68% of children ages 0 to 9 involved in crashes were properly secured. Of those who were, most (87%) were not injured, and the rest had only minor injuries. Morgan's Story is a powerful reminder of why properly securing a child in a car seat matters. On June 3, 2024, she buckled her three young daughters in before leaving her mom's house in Lamberton. Just 12 minutes later, a crash took Morgan's life. Her daughters survived without a scratch — thanks to her care in securing them properly.

Minnesota's updated child restraint law includes these key points:

- Rear-Facing: Keep your child rear-facing for as long as possible, at least until age two, AND until they've outgrown the seat by weight or height according to the manufacturer. This is the safest position for your child's head, neck, and spine.
- Forward-Facing: Once your child has outgrown their rear-facing seat and is at least two years old, they can transition to a forward-facing seat with a 5-point harness. They should stay in this seat until at least age four AND until outgrown by height or weight.
- Booster Seat: Children must use a booster until at least age nine or until they've outgrown the booster AND can pass the 5-Step Test.
- Back Seat: Kids under 13 must ride in the back seat whenever possible.
- Restraint Requirement: All children under 18 must be properly restrained in a car seat, booster, or seat belt, depending on their size and age.

For more info and safety tips, visit:

- BuckleUpMN.org
- BuckleUpKids.dps.mn.gov

Let's work together to keep ourselves and each other safe — one click can save a life. Buckle up — every trip, every ride, front seat and back seat. Together, we can drive Minnesota toward zero deaths.



CITY OF WANAMINGO
City Council Regular Meeting
Monday, May 12, 2025 7:00 P.M.
Wanamingo City Council Chambers – 401 Main Street
Wanamingo, MN

CALL TO ORDER: Mayor Holmes.

PRESENT: Council: Ryan Holmes, Eric Dierks, Rebecca Haugen, and Stuart Ohr
City Administrator: Michael Boulton
Deputy Clerk: Laurie Musselman

ABSENT: Council: Jeremiah Flotterud

ALSO PRESENT: Brad Kennedy, Beth Haas – Zumbrota News-Record, Andrew Deziel – Kenyon Leader, Breanna Kohn, Pattie Prigge, Larry Grove, Joan Grove, Ole Olson, Ruth Welgemoed, Larry VanDeWalker, Sherree VanDeWalker, and Goodhue County Deputy John Becklund.

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

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

PRESENTERS:

A) Brad Kennedy reported on:

1) Street sweeper air conditioning compressor has been replaced. Swept streets; the goal is to sweep streets on Thursdays.

2) Flushed all the hydrants throughout town

3) 5th Street E sub drain plugged on the north side of the road just west of Nelson Drive. It is on the list to be dug up later this summer and for a section of line to be replaced

4) Staff has been prepping the pool for the season. The pool will be painted later this week.

5) Durst Outdoor Services grinded out and repaved the patch on Main Street that was paved last fall.

B) Breanna Kohn – Keller Williams Premier Realty reported on:

1) Kenyon-Wanamingo School District has accepted a purchase agreement for the Wanamingo site sale.

2) The buyers, Larry and Joan Grove and Ole Olson, introduced themselves

3) Olson stated that they intend to use a portion of the site for child daycare immediately. Other potential uses include adult daycare center, community activities center, school sporting events, group classes, office space rental, community theater, cooking classes, party rental center, storage space rental, community closet (take donations for families), community food shelf, short-term rental, mid-term studio apartment rentals (traveling medical personnel from Mayo), veteran outreach center, veteran temporary living center, hosting blood drive locations, granny basketball league, community basketball games, community public library, and gathering spaces for different community members as an inclusive space.

4) Development name will be “Core 824”

5) The eventual sale of the building will include the parking lot

6) The sale parcel will include everything from the JV Baseball field to 3rd Avenue and 2nd Street E to the parking lot (excluding the shed).

7) Dave Rapp has been contracted to survey the four school district parcels. Rapp will prepare new legal descriptions for proposed new parcels. This will initiate the re-platting process with the City.

8) The sale is contingent on obtaining City zoning to fit requested uses and approval of re-platting

9) The buyers have requested that the City explore Tax Increment Financing (TIF) for the project.

Kohn asked if the City had any immediate concerns. Boulton stated that parking is the major concern. Boulton stated that the potential uses could push demand for parking. Boulton stated that off-street parking would be needed for any housing units. Kohn stated that the buyers would be interested in creating parking on the west and north sides of the building. Holmes stated that the list of potential uses, including community uses, is exciting. Kohn stated that it was great working with Boulton so far. We are working on setting a closing date based off the zoning and replatting approval. Kohn stated that there is desire for quick zoning approval on the daycare so that enrollment can be started for fall. Olson introduced himself to the Council. Olson stated that this would be a new adventure in his life. Joan Grove stated that they did not envision retirement would mean taking on a large project. Joann Grove stated that they are excited for the opportunity. Olson stated that the vision for the facility is to support the community based off the proposed potential uses of the facility. Olson stated the Ruth Welgemoed would be the marketing director for the project. Olson stated that Wanamingo has room for growth in the future with its location between the Metro and Rochester. Olson asked when marketing the facility if the City wished to be part of the campaign. Holmes stated that the City would work with them on marketing and to coordinate with Boulton. Larry Grove asked for the City and the public to share ideas on how to best utilize the facility. Kohn stated that she and Boulton would be looking into Tax Increment Financing on the facility. The buyers would like to apply for TIF. Boulton stated that he had been in contact with Northland Securities on initial steps for TIF. Boulton stated that a TIF District formation and approval would need to be approved before the closing sale of the project. Boulton stated that this would make the purchase price eligible. Boulton stated a facility inspection report would need to be completed to determine eligibility. Boulton stated that the County Building Inspection department has been asked if they would complete the report. If the County Building Inspection department would not do the report that the buyers bank may require a similar report and may help facility the inspection and generation of the report.

Boulton prepared a memo for the City Council with items that will need to be addressed before the closing date of the sale. A condition of the sale is for approval by the City for re-plat and being able to meet zoning for end use on the parcel. The buyer intends to use a portion of the site for child daycare immediately. Other potential uses include adult daycare center, community activities center, school sporting events, group classes, office space rental, community theater, cooking classes, party rental center, storage space rental, community closet (take donations for families) community food shelf, short-term rental, mid-term studio apartment rentals (traveling medical person-

nel from Mayo), veteran outreach center, veteran temporary living center, hosting blood drive locations, granny basketball league, community basketball games, community public library, and gathering spaces for different community members as an inclusive space. The school site is on four parcels and will require a re-platting in order to have the school building on one parcel. The Kenyon-Wanamingo School District has hired Rapp Surveying to initiate the re-platting process. The school site parcel is zoned R-2, Single Family Residential District. Under Wanamingo Code of Ordinances 152.27 Schools are a permitted use in R-1 and R-2 Single Family Residential Districts. Any new use, such as daycare center, beyond a school or single-family dwelling does not fit the current zoning. A request to rezone the parcel will be needed. However, this will be a unique property with potential multi-end uses that probably will not fit into the current C-1 or C-2 Commercial District language.

With a daycare center and other potential end uses this may either take creating an entirely new zoning district/rezoning or some sort of a Planned Use Development (PUD). Ordinances changes require two readings at two separate Council meetings, including a public hearing. An additional public hearing would need to take place for re-zoning. PUDs do not require re-zoning the parcel. PUD’s place conditional use permits on the parcel. PUDs require a public hearing at a single meeting and recording of the permit after approval. Boulton stated that he would be working with Robert Vose of Kennedy & Graven on the zoning question. David Jacobsen deferred to Kennedy & Graven on the topic with the complexity of the zoning question. Jacobsen stated his wishes for the Kennedy & Graven to work on the zoning questions with specialized attorneys due to the high-profile nature of the request.

NEW BUSINESS:

RESOLUTION:

25-036 = Accepting 2025 Yearly Driver's License Checks for City Employees: Ohr moved to approve, seconded by Dierks. Passed 4-0-0.

25-037 = Setting Swimming Pool Fees and Schedule for the 2025 Season: Haugen moved to approve, seconded by Ohr. Boulton stated that Jake Wieme, pool manager was not able to attend the meeting to provide an update to the Council. Boulton stated that the pool is scheduled to open June 2nd. Nineteen guards have been offered positions for the season. Seven guards are returning from 2024 while twelve of the guards are new. City of Zumbrota pool will not be open in 2025 due to construction of a new pool. Session I of swimming lessons will be June 9th-19th while session II will be June 23rd-July 3rd. Lessons will be limited to five students per session. There is expected to be three staff with formal WSI (Water Safety Instructor) training. The lifeguard in-service day is scheduled for May 17th. The seasonal employee safety training will occur after the pool opens. There are no recommended changes to the swimming pool fee schedule. Passed 4-0-0.

25-038 = Authorizing a Temporary Liquor License for the Wanamingo Fire Relief Association July 3rd Dance: Ohr moved to approve, Seconded by Haugen. Passed 4-0-0.

OLD BUSINESS:

25-020 = Authorizing the Purchase of a Bobcat L95 Compact Wheel Loader and Warranty from Lodermeier’s Inc.: Dierks moved to approve, Seconded by Haugen. Holmes stated that the committee of Brad Kennedy, Stuart Ohr, and Jeremiah Flotterud were formed to bring a final purchase option recommendation to the City Council. Kennedy stated that prices were similar between a compact wheel loader and a compact track skid loader. Kennedy stated that the committee’s consensus was to purchase a compact wheel loader over a compact track skid loader. The recommendation is for a bobcat L95 Compact Wheel Loader from Lodermeier’s Inc for \$87,136. Kennedy stated that the committee also recommends purchasing a 60-month/2,000-hour (transferable) warranty for \$3,000. The compact wheel loader company offers an extended five-year warranty that was transferable to another owner. Kennedy stated that once the warranty was up the City could sell the compact wheel loader and either purchase a compact new wheel loader or go back to a compact track skid loader. Ohr stated that the extended transferable warranty was the kicker to choose this option by the committee. Kennedy stated that when trading in a low-hour, great shape compact wheel loader you will either get a great sale or trade-in price. Holmes stated that he appreciated the committee’s and staff’s research an work on the recommendation. Passed 5-0-0.

Boulton updated that City Council of a fire that occurred at the Nature Trail Pedestrian Walking Bridge Ramp on Sunday May 11th. A golf cart, owned by a resident, was parked under the ramp up to the pedestrian walking bridge. The electric golf cart started on fire and caught the ramp on fire. The Wanamingo Fire Department put out the fire quickly. The City will work with the resident’s insurance to pay for the necessary repairs from the fire damage.

*Next City Council meeting on 6/9/2025 at 7:00pm.

Adjourn: At 7:41PM a motion to adjourn was made by Ohr and seconded by Haugen. Passed 4-0-0.

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

KENYON CITY COUNCIL MEETING MAY 13, 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 13th day of May 2025. The meeting was called to order by Mayor Donald Kirchmann.

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

Absent:

Also, present: City Administrator Scott Lehner, Administrative Assistant Holli Gudknecht, Engineer Derek Olinger, City Attorney Scott Riggs, Officer Brian Homeier, Doug Ims-Icon LLC, Aaron Dean, John Lee, Josh Johnson, Bailey Ament, Dana Callstrom, Lynn Miller, Liquor Store Manager Matt Bartel, Police Chief Jeff Sjoblom, Allan and Connie Turner

(continued on page 28)

KENYON CITY COUNCIL MEETING (continued from page 27)

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Aaron Dean, Attorney for Ims-Icon LLC, questioned the bid selection process for the 2025 Street & Utility Improvements. He quoted state statutes as to why his client should be awarded the state contract. He also threatened to sue the City of Kenyon if his client was not awarded the contract.

ADOPT AGENDA

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

CONSENT AGENDA

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

Financials and Payment of check numbers, 77072 through 77140; 5501E through 5610E Minutes of April 8, 2025 and April 29, 2025 Annual Tobacco License – Kenyon Tobacco & Vape, LLC, 211 Red Wing Ave.

Annual Refuse Temporary Dumpster/Roll-off Containers – Junk Truck MN, LLC

Street Closure – Whitetail Block Party – July 19

Approve Memorial Day Parade for May 26, 2025

Approve Hire of Municipal Swimming Pool Employees

Motion carried 5-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/PROLAMATIONS Assessment Hearing - 2025 Street & Utility Improvements

Motion by Helgeson seconded by Sjolander to open the public hearing at 7:09 pm. Motion carried 5-0-0.

Engineer Olinger stated that this Public Hearing was required for the 2025 Street & Utility Improvements project by State Statute, since assessments will be used to partially finance this project. He summarized the project scope, costs, and the proposed assessments. No residents attended the Public Hearing, but two residents did contact Olinger in advance. The resident at 10 Slee Street thought his assessment was too high and the resident at 608 8th Street was opposed to the 8th Street sidewalk.

Motion by Bailey seconded by Brunner to continue the public hearing until June 10, 2025 at 7:00 pm. Motion carried 5-0-0.

ADMINISTRATOR UPDATE

Hiring of Police Officer:

Administrator Lehner stated that we are moving forward with the hiring process of one of the police officer applicants. A background check is being done now. This officer should be on board by mid to late June.

Business Park Update

Administrator Lehner stated that Attorney Riggs finalized the developer's agreement today for one of the lots in the Business Park. The EDA will need to hold a public hearing on the lot sale.

Community Access Channel

Administrator Lehner stated that Whitney and he have been working with Comcast to get the cable access channel up and running.

ENGINEERING

Bid Acceptance - 2025 Street and Utility Improvements

Attorney Riggs recommended rejecting all

the bids and starting over on the bidding process.

Motion by Bailey seconded by Helgeson to reject all the bids for the 2025 Street and Utility Improvements project and start over. Motion carried 5-0-0.

Resolution 2025-14: Rejecting Bid and Accepting Bid 2025 Street and Utility Improvements

Tabled

Assessment Adoption – 2025 Street & Utility Improvements Resolution 2025-15: Adopting Assessment 2025 Street & Utility Improvements

Motion by Brunner seconded by Kirchmann to table the assessment adoption. Motion carried 5-0-0.

Construction Engineering Agreement – 2025 Street & Utility Improvements

Motion by Helgeson seconded by Bailey to table the approval of Bolton & Menk's construction engineering agreement. Motion carried 5-0-0.

Easement Approval – 2025 Street & Utility Improvements

Engineer Olinger reviewed the requested permanent right-of-way easements from four property owners adjacent to Langford Avenue. These landowners would need to be compensated for the land rights obtained through these easements.

Unsigned Easements

Engineer Olinger stated that two agreements have been signed. There is a verbal agreement with one of the property owners. The fourth property owner still needs to be contacted.

Resolution 2025-16: Accepting Easements

Motion by Helgeson seconded by Brunner to adopt Resolution 2025-16. Motion carried 5-0-0.

LEGAL FINANCIAL OLD BUSINESS Liquor Store Update

Matt Bartel, Liquor Store Manager, gave a general update on the liquor store and discussed the next steps in the NAPA building expansion. He is working on getting quotes for the improvements. He attended the MMBA conference which provided a lot of good information.

Process to Correct the Relationship Between the City and KMU

Administrator Lehner stated that the KMU Commission accepted and signed the five contracts between the City and KMU on April 23, 2025. The council needs to give their final approval of the five agreed upon contracts between KMU and the City and the organizational chart.

Agreements Between KMU and City of Kenyon Administrative Staff Supervision Agreement to Include KMU Building/Property Control Agreement Personnel Utilization Agreement Billing Agreement Municipal Project Agreement Organizational Chart

Motion by Helgeson seconded by Kirchmann to approve items a-f. between the City and KMU. Motion carried 5-0-0.

Resolution 2025-13: Authorizing the Merging of Kenyon Municipal Utility Bank Accounts and Appointing Authorized Users to City Bank Accounts

Motion by Kirchmann seconded by Brunner to adopt Resolution 2025-13 authorizing the merging of the KMU bank account and appointing Whitney as an authorized user to the city bank account. Motion carried 5-0-0.

Add Signatories at Security State Bank of Kenyon

Motion by Helgeson seconded by Bailey to add Randy Eggert, James Malloy, and Jerry Houghlum as signers on the City of Kenyon checking account at Security State Bank of Kenyon.

Motion Carried 5-0-0.

NEW BUSINESS

Consider Revising Chicken Ordinance

Administrator Lehner stated that a resident requested that the council consider revising the chicken ordinance to allow chickens in residential areas. This is the fourth time the request to allow chickens in the city has come before the city council since 2015. Attorney Riggs reviewed the history of the current ordinance. The council discussed the pros and cons of allowing chickens in residential areas.

The council took a vote to determine if allowing chickens in residential areas was something they would like the city to look at changing.

Roll call vote: Bailey – Aye, Kirchmann – Aye, Brunner – Nay, Sjolander – Nay, Helgeson – Nay

Ordinance will remain as it is.

Schedule for Upcoming Meetings

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

EDA Meeting: Tuesday, May 27th @ 8 a.m.

City Council Meeting: Tuesday, June 10th @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Mayor Kirchmann thanked everyone for all they are doing.

Council Member Helgeson reminded everyone that the first Farmer's Market is Thursday, June 7.

Motion by Bailey seconded by Brunner to adjourn the meeting at 8:20 p.m. Motion carried 5-0-0.

Holli Gudknecht, Deputy City Clerk
Donald Kirchmann, Mayor



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5:30-7:00 PM
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8. Sun-dried brick
9. Exclamation, with Louise
10. Palm tree berry
11. _____ Mall, London
12. Ensign, for short
15. a.k.a. Lighthouse of Alexandria
20. *Provide with shin guards, socks and uniform, e.g.
22. Drake's genre
24. Playing roulette
25. *FIFA Women's World Cup current champion
26. Rome's Colosseum, e.g.
27. Singular of cornua
29. Kill (2 words)
31. "By _____ of" or "by means of"
32. "The _____," Dostoyevsky's novel
33. U in UV
34. *Lionel _____
36. Coloring substances
38. Teenager's breakout
42. Relating to blood
45. Dwell
49. African National Congress
51. Central American wildcat
54. Get _____ of someone
56. Highway patrolman's gun
57. "Germinal" author mile _____
58. Desire
59. *_____ Madrid
60. *C in AFC Richmond
61. Puff of marijuana
62. Spin, past tense
63. The Herm s Kelly, e.g.
65. Itty-bitty
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