



# KENYON • WANAMINGO Messenger

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JUNE 25, 2025

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## Announcements

- **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriverscap.org
- **Hiawathaland Transit:** Service hours are 7:30am-4:30pm Monday through Friday. Call dispatch at 866-623-7505 Monday through Friday 6am-9pm and Saturday 7:00am-5:00pm. Visit [threeriverscap.org](http://threeriverscap.org) for more information.
- **Wanamingo Veterans Honor Guard invite you to become a member.** Join us and help us make the Wanamingo Veterans Honor Guard an even bigger success. WVHG meets the third Tuesday of each month at the Wanamingo Community Center. The VFW will meet from 7-7:30p.m. The Honor Guard will meet from 7:30-8:30p.m. For more information contact Eric Dierks 507-321-1967, Gary Floan at 507-732-7740, or Larry Van De Walker at 507-421-4674.
- **All are welcome to breakfast, fellowship, bible study, and prayer time every Saturday morning at Hauge Lutheran Church in Kenyon.** Breakfast and fellowship start at 8:00 am. Followed by a verse by verse bible study. Finishing with prayer time at 10:00 am. All are welcome (men, women, and children) each Saturday morning!! Any questions, please contact Loren Bauer: 507-450-6623.

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

# It's All About Giving!

By Cheri Roshon

Security State Bank of Wanamingo has been busy this spring, gifting non-profit organizations in our area. With help from Federal Home Loan Bank of Des Moines, Iowa, two large donations were recently gifted locally. I met with Heather and Angie at the bank to get the scoop on where the funds went.

Security State Bank of Wanamingo is a member of Federal Home Loan Bank, one of 11 regional banks that make up the FHLB System. SSB Wanamingo is one of 1200 member financial institutions that support affordable housing, economic development and community improvement.

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Food Shelf donation

## Independence Day in Wanamingo

By Cheri Roshon

We know summer is here when we all get together and celebrate our country's birthday! This year is no exception, and the Firefighters, Lions Club and Commercial Club have been working all year to gather the necessary funds to bring you a spectacular show this year!

As happens every year, Blondie's Butcher Shop will be serving up their sought after rib feed on Wednesday July 2nd, from 4 to 9 pm. It will be held across from the butcher shop, so come and get it!

On Thursday July 3rd, The Fire Department Picnic and Dance will commence at the Fire Station on North Main Street.

(continued on page 8)



## The Circus is Coming to Dennison



Thanks to the sponsorship of the Dennison Lions Club & Fireside Lounge, the Culpepper & Merriweather Circus is coming to Dennison, MN on Thursday, July 31st, to the lot across from the Dennison Lutheran Church located at 37514 3 Ave. with shows at 5:00 & 7:30 pm.

C&M Circus has been providing quality, local family entertainment for 40 years.

(continued on page 3)



**Open Regular Hours  
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## Pastors Corner Discipline

By Robbin Robert

Proverbs 13:24 "A person who withholds his rod hates his son, but one who loves him administers discipline promptly."

With real little children discipline especially has to be prompt or the child will not connect the cause and effect. For children and all of us Ecclesiastes 8:11 has words of wisdom about the promptness of discipline:

"When the sentence for a crime is not quickly carried out, people's hearts are filled with schemes to do wrong."

The proverb "Spare the rod and spoil the child" is often attributed to Samuel Butler, an English writer who used it in his poem "Hudibras", although the underlying concept is rooted in Proverbs 13:24.

Christian discipline for children has been changing, especially over the past few decades. While core values like love, guidance, and teaching right from wrong remain central, the methods and attitudes toward discipline have evolved in many Christian communities. Here are the key ways it's changing:

### 1. Shift Away from Physical Punishment

- Traditional View: Many Christians in the past interpreted Bible verses like Proverbs 13:24 ("He who spares the rod hates his son...") as endorsing corporal punishment.

- Modern Shift: Increasing numbers of Christian parents, leaders, and psychologists now advocate non-physical approaches, emphasizing that "the rod" is symbolic of guidance, not violence.

- Influence: Scientific studies on child development and trauma, along with legal and cultural shifts, have influenced this change.

### 2. Greater Emphasis on Grace and Relationship

- Old Model: Discipline was often authoritarian, emphasizing obedience and punishment.

- Newer Approach: There's a stronger focus on grace, communication, and building a trusting parent-child relationship, modeled after God's relationship with His people.

### 3. Use of Positive Parenting and Discipleship

- Discipline as Discipleship: More Christian parents now view discipline as discipling — teaching children how to follow Jesus, not just enforcing rules.

- Techniques Used: Time-outs, natural consequences, positive reinforcement, and active listening are more common than punitive measures.

### 4. Cultural and Denominational Diversity

- Changes vary widely across denominations and cultures. Evangelical, Catholic, mainline Protestant, and Orthodox communities may approach discipline differently.

- In more conservative circles, traditional discipline methods are still more common, though even these are being re-evaluated.

### In Summary:

Yes, Christian discipline for children is changing — moving away from punitive, authoritarian methods toward more relational, grace-filled, and developmentally informed approaches. I think there are improvements to be made from old-school and from new-school.

We have seen that child who needs a spanking to bring him back to reality and on the other hand we have all felt bad for the child whose parent is disciplining in an exasperating manner.

We should be grateful that we live at times

that we understand autism and special needs and even something as simple as left-handedness that up to 80 years ago was still looked upon as demonic and worthy of a beating.

Can autistic children, can any child become a master manipulator? Of course, the thought would not be that such a child does not need discipline but rather being smarter than the child to discipline in a manner that is most effective. Between any two children there can be a wide range of what would be able to be used to get a child to say he is sorry when he misbehaves.

(continued on page 3)

## 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.*

DENNISON/VANG  
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Website: [www.dennisonvang.org](http://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 29: 9:00a.m. Service of Healing Worship

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130 West 3rd St., Wanamingo  
824-2457  
[www.TrinityWanamingo.org](http://www.TrinityWanamingo.org)  
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.emmanuelafic.org](http://www.emmanuelafic.org)  
9:00a.m. Sunday School;  
10:00a.m. Coffee Time  
10:30a.m. Worship Service

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

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



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

GOSPEL OF LIFE FAMILY CHURCH  
Pastor Steven G. Roberts  
[www.gospeloflifechurch.org](http://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  
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Sunday School 9:30a.m.; Worship 10:30a.m.

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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: [holdendalesecretary@gmail.com](mailto:holdendalesecretary@gmail.com)  
Worship schedule found at:  
[www.holdenlutheranchurch.org](http://www.holdenlutheranchurch.org)  
Holden/Dale Facebook

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

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

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

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

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Father Cory Rohlfing  
Deacon Newell McGee  
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## The Circus is Coming to Dennison

(continued from page 1)

This authentic One-Ring, Big Top Circus has been featured on the A&E Special: Under the Big Top, Nick News: On the Road with Circus Kids and most recently OETA's Big Top Town.

This year, we're very excited to bring you our brand new 2025 performance featuring Big Cats presented by Trey Key, our Aerialist Extraordinaire Simone on the trapeze, the Perez Daredevil Duo on the Tight Rope and Wheel of Destiny, the high energy Macias

family hand and foot juggling, and everyone's favorite Circus Clown Leo Acton.

### Circus Day Schedule

#### 9:30 a.m. - Tent Raising & Tour

Everyone is invited to watch the Big Top rise! You'll also get a chance to tour the grounds and get a behind-the-scenes look at our show! Learn about life on the road and the care our animals receive.

#### 4:00 p.m. - Midway Opens

Pony Rides, Moon Bounce, Giant Slide, Face Painting, Concession Stand and Box Office open up for some extra fun!

#### 5:00 & 7:30 - Circus Performance

Get ready for an amazing show the whole family will love! Each show lasts about 90 minutes.

### Tickets

#### Advance Ticket Prices

Adult Ticket - \$13 Child (2-12) or Senior (65+) - \$8 Advance tickets can be purchased BEFORE Circus Day from these locations:



**Heritage Bank - Dennison  
Dennison Depot**

**Fireside Lounge & Supper Club  
Parkside General Store - Nerstrand**

A higher percentage of advance tickets goes back to the sponsor, meaning more money-back into your community! You'll also save

money and can skip the lines at the box office!

### Box Office Prices

Adult Ticket - \$16 Child (2-12) or Senior (65+) - \$9 Box office tickets go on sale at the Circus grounds starting one hour before each show.

The Circus is coming to...

One Fun Day!

# DENNISON

## Thursday, July 31

Across from Dennison Lutheran Church - 37514 3<sup>rd</sup> Ave.

**Showtimes: 5:00 & 7:30 pm**

**Sponsored by: Dennison Lions Club & Fireside Lounge**

Advance Adult - \$13  
Advance Child/Senior - \$8

Circus Day Adult - \$16  
Circus Day Child/Senior - \$9

Get Tickets

**Buy before circus day at...**

- Heritage Bank - Dennison
- Dennison Depot
- Fireside Lounge & Supper Club
- Parkside General Store - Nerstrand

**\$1.00 off  
Pony Ride**  
\*one per customer\*

## Discipline (continued from page 2)

A professor of mine at the seminary talked about the difference between his two daughters in regard to discipline. He said one daughter a mere look of disappointment would melt her but the other daughter would have had to have extreme corporal punishment if that was going to be the route of extracting an apology. Of course, he never beat his daughter but learned effective means to discipline her.

My Dad retired from teaching in the early 2000's and when the newspaper interviewed him about a top reason that made him decide to retire after 40 year his response was discipline. He had worked hard to change with the times in regards to effective discipline, but it was getting tiring. God grant all of our teachers a restful summer to come back refreshed to effectively discipline. God grant our parents and students a relaxing summer to make sure they come back in Fall ready to listen to the teachers as representatives God has put in place.

Are you having problems with discipline? James 4:2 reminds us that sometimes we have not because we ask not. Take discipline and everything to the Lord in prayer. Be consistent. Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

## OBITUARY

### Michelle L. Gerholz

Michelle L. Gerholz, age 73, of Kenyon passed away on Tuesday, June 10, 2025, at Methodist Hospital in Rochester.

Michelle was born on March 4, 1952, in Red Lake Falls Township to Henry and Genevieve (Drees) LaCourse. She was a graduate of Shakopee High School and later received cosmetology training. She owned Michelle's Family Hair Care in Shakopee.

Michelle was united in marriage to Howard "Howie" Gerholz on June 5, 2004, in Kenyon. She enjoyed crocheting, knitting, camping, snowmobiling, vacationing in Arizona and Mexico, and caring for her flower beds.

Michelle is survived by her husband, Howie; three step-children, Chris (Josh) Benson, Wendy (Brock) Tillman, and Beth (Rick)

Schiefflbein; several step-grandchildren; sister, Susan (Bob) Poore; brothers, Maurie LaCourse and Scott (Caryl Cronin) LaCourse; brothers-in-law, Randy (Linda) Gerholz and Dale (Cindy) Gerholz; also many nieces and nephews.

She was preceded in death by her parents; brother, Warren LaCourse; and sister-in-law, Mary LaCourse.

A Visitation was held 2-4 PM, Sunday, June 22, 2025, at Michaelson Funeral Home in West Concord.

Memorials are preferred to cancer research



## Passing the Torch

By Tyler Weeks

What do you get when you mix two city kids fresh out of college, a 100-acre property, and a dream to turn a \$5,000 down payment into a fully functioning farm? The safest answer would be a disaster waiting to occur, but Hugh and Pat Kramer's decision to do this very thing resulted in much more than youthful ignorance. What began from a simple dream of owning a farm became one of the

Midwest fencing industry's greatest revolutions: K Fence. Their initial need to reliably contain their farm animals has since transformed into a 40+ year service to the agriculture community, in which they introduced New Zealand energizers and high-tensile fencing. For farmers across the Midwest, using Hugh's developments has significantly advanced their ability to contain livestock while keeping predators out.

After over 44 years of dedication, however, the two will pass the reins onto Billy Krusmark of Mazeppa, who will carry on K Fence's legacy as it merges into Outback Fence & Fabrication.

Explaining this and the details of Hugh's journey in a single paragraph is nearly impossible. The story must start in the 1960s when



he and his wife, both students at Hamline University, first weighed the decision to purchase a farm. Deciding to give up his pursuits as a member of the Minneapolis rock band "More-Tishans," Hugh and his wife bought four hundred laying pullets, fifty ewes, and several rams alongside the farm. After realizing the difficulty of containing sheep, however, they quickly saw through the holes of traditional fencing. Fueled by these and other farmers' issues, Hugh started combing through New Zealand magazines to learn about a revolutionary alternative: high-tensile fencing. Compared to traditional wire, it was

easy to see that this replacement was much stronger, more durable, and cheaper despite the increased galvanization. Terry Campbell, a longtime customer of K Fence, was among the first to use his premium materials to manage a herd.

"Hugh provided the newest technology in high-tensile fencing and low-impedance electric fence chargers when farmers began rotational grazing in the late 1980s. His equipment allowed cattle farmers to utilize grasslands and previously unused woodlands to efficiently feed livestock.

(continued on page 6)

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## Passing the Torch

(continued from page 5)

The unstable economic climate of the mid-80s left farmers struggling to survive, and grazing cattle was a solution. It was quite a change from conventional farming of the time."

Pulling off this bold task was only possible with a kickstart Hugh found at Iowa's Farm Progress Days. After acquiring an excellent high-tensile fencing guide curated by several leading businesses, he decided to take the next step and order a skid of wire and a pallet of fence hardware. Using these supplies to build personal and client fences was enough to gather the attention of Koppers and KIWI Fence, who bore responsibility for creating the initial guide. Through a collaboration in 1980, the three changemakers created K Fence. Being one of the Midwest's first businesses to adopt this high-tensile option, they developed a Stay-Tuff woven wire for containing livestock, building solar farm security fences, and several other uses that slowly attracted an audience. By installing and selling fencing equipment and materials, the business put its foot in the ground and slowly carved a name for itself through countless designs and installations.

Hugh Kramer: "We had a field day in 1980 where a New Zealand fence builder created

an 800' stretch of high-tensile fence. Farmers tried to stretch the wire by standing on it but could not. In another portion about the low-impedance New Zealand energizers, most farmers doubted the energizer's power and were unhappy about paying four times more. As livestock got out, however, they individually conceded to purchasing them, informing their neighbors of how it contained their livestock. Soon, many farmers valued this new fencing system."

Even after introducing these innovations to the industry, many failed to realize the sheer efficiency of the designs. With a pulse at an astonishing .0003 of a second, these energizers could carry a shock for impressive distances, withstand weed load, and abide by the industry's strict safety standards. As the business expanded into the new millennium, Hugh developed his inventory with 200 psi water pipes and Agri-Fit pipe fittings from Israel. Paired with an expansion into stock tanks and full-flow water valves, they could save clients significant time by effectively dividing water among rotational grazing plots. Staple guns and collated staples incorporated within the last fifteen years also helped like-minded builders and contractors, providing both sides with mutual benefit. The ultimate value of his four-decade journey became apparent when Hugh reflected on his contributions to the fencing community.

"The agriculture fence business is not just about posts, wires, gates, hardware, energizers, and insulators. It is about people. I have enjoyed meeting diverse and interesting individuals over the past 44 years. Our relationships with fence contractors, vendors,



Hugh Kramer operates a hydraulic post driver for K Fence

government agencies, and farm stores are invaluable. That's what I will miss most about my tenure with K Fence."

At the cusp of his ventures on April 1st, Hugh and Pat decided to sell K Fence to Billy Krusmark of Outback Fence & Fabrication. Although this Mazeppa-based company shares many of K Fence's goals, its custom builds and fabrication is made primarily for the commercial district. Years of direct experience since its founding in 2006 have transformed the locally owned and operated fabrication shop into a fencing powerhouse. By continuing his fabrication and welding

services while overseeing K Fence, Billy Krusmark aims to uphold the company's carefully built legacy. Though Hugh will no longer be associated, he looks forward to seeing Billy and his longtime assistant, Jennifer Becker, continue operating in her 24-year role as an office manager. Through the years and countless improvements to the farming community, K Fence has done more than launch the Midwest into a fencing revolution. Although every good thing starts with a dream, their story tells that every good dream continues with a successor.

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knottmachine@gmail.com

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

**Kenyon Clinic**

225 Huseh St, Kenyon, MN 55946  
507-623-0123



# BAR NOW OPEN

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## Talking Running and Health with University of Minnesota

With warm weather finally here, runners are lacing up their shoes and heading out to their favorite trails and paths. Whether you are a seasoned marathoner or giving running a try for the first time, the activity provides numerous benefits beyond burning calories.

David Supik, DO, with the University of Minnesota Medical School and M Health Fairview talks about the health benefits of running, common injuries and advice for new runners.

**Q: How does running benefit our health and overall wellbeing?**

Dr. Supik: There is an exhaustive list of benefits that running affords our health and wellbeing. Studies show that individuals who regularly engage in physical activities, such as running, have an average life expectancy that is about seven years longer than inactive individuals. Running can decrease the risk factors for some of the most common diseases and conditions we might face, including hypertension, obesity, elevated cholesterol, diabetes and osteoporosis. Running can even shrink risks for some cancers. From a mental

health perspective, running can improve blood flow to the brain and help to combat our daily stresses of work or school. It can also improve cognition, fight depression and anxiety and decrease our risk for Alzheimer's disease later in life.

From a personal standpoint, running improves my daily mental focus, decreases my stress, energizes me for the remainder of my day and allows me to sleep more soundly at night.

**Q: What are some of the most common injuries runners experience? What tips do you have for avoiding injury?**

Dr. Supik: Most commonly, we see overuse injuries related to overtraining — either by ramping up a new running program too quickly or not taking adequate rest or cross-training between runs. Each time we run, it places small stresses on ligaments, tendons, bones and muscles. If these structures don't have time to repair themselves between bouts of exercise, stresses can compound, and it can lead to injury. These injuries most commonly include tendonitis, shin splints, runner's knee, IT band syndrome and stress fractures.

Stretching and strengthening can help to avoid injury. Start slow when adopting a new running plan. Allow your body to rest and recover between runs. It can also be helpful to cross-train with a lower impact activity, such as biking or resistance exercise. Running "equipment," such as supportive running shoes, also plays an important role in running safely. Be sure to adhere to a 300-400 mile lifespan for your training shoes. If you are unsure about which shoes are best for you, seek help at a local running store. They do a great

job of recommending brands for your particular foot shape and running form.

**Q: Are there any negative long-term impacts of running?**

Dr. Supik: Like many of our favorite things in life, too much of a good thing can sometimes end badly. In the most extreme endurance athletes training for ultramarathons — races which are 30 to 100 miles — some studies have shown an increased risk for developing scarring and thickening in the muscular walls of the heart over time. However, for the vast majority of recreational or typical runners, the benefits wildly outweigh the associated risks. Some of the most prevalent negative beliefs about running have been disproven in recent years. We used to believe runners increased their risks for knee or hip arthritis. However, recent studies have debunked this. We have also learned an adaptation to cartilage in runners' joints can make them more resilient and less prone to developing arthritis.

**Q: What advice do you have for beginners interested in running?**

Dr. Supik: First, you should always get off on the right foot with the proper running gear. Fortunately, unlike other sports like hockey, you won't break the bank. New running shoes and moisture wicking clothing are the basic essentials. If you will be running on busier streets or paths, consider opting for bright colors and reflective clothing for safety. A fitness tracker app or watch is not essential, but it can be a fun way to track your progress with different metrics like heart rate, calories burned, pace and total time running.

Getting out the door with your new shoes

is the hardest part for many beginners, so set attainable goals for yourself, keep a regular schedule and try your best to follow it. If you miss a day, don't sweat it and get back to your groove. It is important to start slow, and you may want to consider a run-walk program to get yourself started. There is no shame in walking! After a run, you can also always reward yourself in some way.

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

As a sports medicine physician at the University of Minnesota, I strive to advance health by using my platform to educate patients about their ailments and emphasize injury prevention when able. I promote the philosophy "exercise is medicine" and work with my patient population to achieve these goals in a very individualized way. As a professor, I have the privilege to teach medical students and resident doctors about the tenets of sports and exercise medicine with the hope that my beliefs can be adopted by a new generation of healthcare providers to benefit their future patients.

Dr. David Supik is a family medicine and sports medicine physician and assistant professor at the University of Minnesota Medical School. He also serves as the medical director for the Twin Cities Marathon. His clinical interests include acute musculoskeletal injuries involving bones, muscles and joints; osteoarthritis and degenerative joint conditions; and chronic tendon issues or tendinopathies.

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Independence Day in Wanamingo

(continued from page 1)



The Wendinger Polka Band will entertain you as you dine from 6 to 8 pm.

Then the Gen X Jukebox will be playing from 9 pm to 1 am, so get on those dancing shoes and come out to celebrate with your neighbors and friends. The Picnic and Dance is courtesy of the Firefighters Relief Association.

On Friday July 4th, the Commercial Club has many activities for all ages to choose from as the celebration continues up until the fireworks at dusk. You will find food vendors, games, face painting by the Party Lady starting at 10 am, and so much more! Bouncy Houses will be set up across from the Fire Department from 10 am to 2 pm. From 10 am to 7 pm, there will be a variety of games for everyone.

The Parade line up is at 1:30 at AG Partners, and begins at 2:30. Everyone is invited to participate in the parade, with or without a float.

Activities on the 4th include:

A pancake breakfast from 7 am to 10 am at the Community Center, hosted by Mineola Lutheran Church

10 am horseshoe tournament at Riverside Park

11 am Animal Adventures (by the Bouncy House) sponsored by the Wanamingo Chartered School Committee

11 am Walking Tacos (by the food vendors) as a fundraiser for Trinity Lutheran Church

11 am to 3 pm selection of ice cream sandwiches at Flour Child Creations

11 am to 4 pm Silent Auction at the Community Center (Wanamingo Lutheran Church), please note, ANYONE can donate items to the auction

11:30 to 1:30 FREE Open Swim at Wanamingo Pool

12:30 to 4 pm Hot dogs, Sundaes, cotton candy at 2nd Shift (Lions Club)

1 pm Zumbrota Band Community Center Patio, or Bus Garage if raining

Jake's Hometown Liquor is having their Grand Opening with specials and Events.

JB's Tavern is hosting a Bean Bag Tournament--- draw for partners--- \$10 entry--- 100% payback

Keg Toss---Men's and Women's Division---

-- Free Entry

4 pm is the Fire Department Water Fight at the Fire Hall

Fireworks commence at Dusk, and it is always a great display to celebrate our country's independence!!

Saturday, July 5th is the 6th Annual Wanamingo Putt-Putt Classic! Registration is at 11 am, and the shotgun start is at High

Noon!

On Sunday, July 6th there will be a 9 am Outdoor Worship at Riverside Park sponsored by Mineola Lutheran, Trinity Lutheran and Wanamingo Lutheran Churches

*So, a big thank you goes out to all the people who work tirelessly all year to plan and orchestrate this event! It takes a Village!! Happy Independence Day!!!*

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**Wanamingo 4<sup>th</sup> of July**

**Wednesday, July 2<sup>nd</sup>**

Blondies Butcher Shop - Rib Feed - 4:00 p.m. – 9:00 p.m.

**Thursday July 3<sup>rd</sup>**

Fire Department Picnic & Dance

6:00 p.m. – 8:00 p.m. Wendinger Polka Band

"Gen X Jukebox" starts at 9 p.m. – 1:00 a.m.

Sponsored by Wanamingo Firefighters Relief Association

**Friday, July 4<sup>th</sup>, 2025**

**\*\*\* NORTH MAIN STREET - ALL DAY \*\*\***

(Sponsored by Wanamingo Commercial Club)

10:00 a.m. – 2:00 p.m. Bounce Houses

10:00 a.m. – 7:00 p.m. Yard games for ALL ages

10:00 a.m. Face Painting – The Party Lady LLC

**\*\*\*\* Food Vendors \*\*\*\***

7:00 a.m. – 10:00 a.m. Pancake Breakfast at Community Center (Minneola Lutheran Church)

10:00 a.m. Horseshoe Tournament at Riverside Park

11:00 a.m. Animal Adventures (by the bounce house) Sponsored by Wanamingo Charter School Committee

11:00 a.m. Walking Tacos (by the food vendors) fundraiser for Trinity Lutheran Church

11:00 a.m. – 3:00 p.m. Selection of ice cream sandwiches at Flour Child Creations

11:00 a.m. – 4:00 p.m. Silent Auction - Community Center (Wanamingo Lutheran Church) \*\*

\*\* Please note ANYONE can donate items for the silent auction\*\*

11:30 p.m. – 1:30 p.m. FREE Open Swim at Wanamingo Pool

12:30 p.m. – 4:00 p.m. Hotdogs, Sundaes, Cotton Candy at 2<sup>nd</sup> Shift (Lion's Club)

1:00 p.m. Zumbrota Band Community Center Patio or Bus Garage if raining

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**GRAND OPENING - Specials and Events!**

**Grand Parade – 2:30 p.m.** (participants gather 1:30 p.m. at AG Partners)

**Following the Parade**

**JB's Tavern is hosting the following events:**

Bean Bag Tournament – draw for partners - \$10 entry (100% payback)

Keg Toss – Men's & Women's Division – Free entry!

**4:00 p.m. Fire Department water-fight at Fire Hall**

Check out the other events throughout town!

**Fireworks at Dusk**

**Saturday, July 5<sup>th</sup>**

6<sup>th</sup> Annual Wanamingo Putt Putt Classic

11:00 a.m. registration & 12:00 p.m. shotgun start at the Wanamingo Fire Hall

**Sunday, July 6<sup>th</sup>**

9:00 a.m. Outdoor Worship at Riverside Park

Trinity Lutheran, Wanamingo Lutheran, & Minneola Lutheran



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

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

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



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## It's All About Giving!

(continued from page 1)

This membership includes community and commercial banks, credit unions, insurance companies, thrifts and commercial development financial institutions. FHLB is wholly owned by its members, and receives no taxpayer funding. For more info on FHLB Des Moines, visit [www.fhlbmn.com](http://www.fhlbmn.com).

Recipients of this year's grants were selected based on the needs of the community. Applications were submitted in May of 2025, and the Member Impact Fund provided \$3.00 for every \$1.00 donated by SSB Wanamingo, making a huge donation possible. SSB Wanamingo has a Donation account that accrues money all year to be distributed to non-profit organizations in need that serve our local communities.

The first recipient was All Seasons Community Services in Kenyon. You know, that store that has all the things you never knew you needed?

(continued on page 10)



Goodhue County Fair donation

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## It's All About Giving!

(continued from page 9)

All Seasons supplies 5 local communities with a Thrift Shop, a Senior Center, and a Food Shelf. The five communities served are Wanamingo, Kenyon, Dennison, Nerstrand and West Concord. Security State Bank of Wanamingo and Federal Home Loan Bank of Des Moines gifted All Seasons with \$10,000.00 to help with stocking the food shelf, maintaining operations, and food delivery services throughout 2025.

"We are overwhelmed with emotion and cannot express enough what this grant means for the community we serve," said Mary Fruitiger, President and CEO of All Seasons. "With the loss of state funding earlier this year, this opportunity truly feels like one door closing and another one opening".

Scott Peterson, President and CEO of SSB Wanamingo said, "We are proud to support All Seasons, an organization that consistently shows up to help our local communities." He added, "Through the Member Impact Fund, we're able to enhance their dedication to the community with meaningful financial support."

The second recipient of the grant is the Goodhue County Fair Board. They have been constructing new, much needed facilities to house the animals at the fair. The board has

been working diligently to upgrade the fairgrounds and \$10,000.00 will go a long way to complete this project.

Bob Gonsior, who is in his 4th year as president of the Goodhue County Fair, took members of the SSBW team on a tour of the fairgrounds. It was hard to miss the new swine and cattle buildings which were nearing completion. The funds provided by SSBW and FHLB will support the installation of a spacious wash rack between the buildings to keep the animals clean for showing.

"With so many animals coming to the fair each year, we needed newer, larger buildings," Bob explained. "We have quite a number of 4-H participants, who typically go on to have one of the largest 4-H presences at the

Minnesota State Fair."

"The Member Impact Fund enables our members to directly support local organizations who matter to them, creating value and a profound impact in their own communities," said Kris Williams, President and CEO of FHLB of Des Moines. "The commitment of SSB Wanamingo to champion these organizations inspires us all."

With over 100 years of providing financial services, Security State Bank of Wanamingo is a full service commercial bank providing its expertise to the communities of southeast Minnesota. SSB Wanamingo has a long history of supporting local communities and continues to provide creative financial solutions to its clients. The company has 13 employees, and assets of \$105 million in 2025.

Please visit <https://www.ssbwanamingo.com> for more information on the services they provide.

So, this year when heading to the Goodhue County Fair on August 5th through the 9th at 44279 County 6 Blvd, Zumbrota, be sure to admire the new buildings housing an incredible array of animals. And while visiting Kenyon, stop in at All Seasons Thrift Store at 530 Second Street, and see what delightful treasures are to be found. All proceeds go to support the food shelf to keep our community fed.

And a great big thanks to SSB Wanamingo for their part in securing the donations to help our community thrive!

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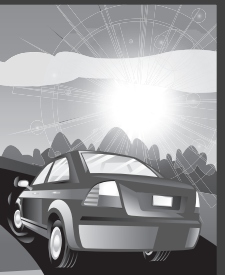
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# The Next Generation of Leadership at SMIF



**Tim Penny**  
So. MN Initiative Foundation

After 18 years of sharing stories with southern Minnesota readers, this is my last op-ed as President and CEO of Southern Minnesota Initiative Foundation (SMIF). As I prepare to retire, I do so with immense gratitude and pride. For nearly two decades, I've had the privilege of working alongside passionate individuals, dedicated partners and visionary communities all unified by a common goal: to build a stronger, more vibrant southern Minnesota. Together, we've championed small towns, nurtured early childhood development and empowered rural entrepreneurs –

creating a legacy that will continue to grow and evolve far beyond my tenure. This journey has been deeply personal and much more than a career – it's been a calling. Growing up near Kiester, and later serving southern Minnesota in Congress, I've long believed in the power and promise of rural places and the people who call them home. At SMIF, I've seen that spirit in action every day. It has been an incredible honor to help lift up those stories, support those dreams, and be part of a shared journey that continues to inspire me.

As SMIF approaches its 40th anniversary, I couldn't be more confident in the road ahead. The Foundation is in exceptional hands, guided by a remarkable team and bolstered by strong community partnerships.

I am so proud to pass the torch on to Benya Kraus, who will be starting as SMIF's next President and CEO in mid-June. Benya has deep family roots in Waseca County, going back six generations. More importantly, she brings with her a fresh perspective and an inspiring track record as a rising leader in rural development, earning national recognition for elevating the value of rural living. Benya represents the next generation of leadership in our region, and I have every confidence that she will bring energy, vision and purpose to the role.

Benya's work is grounded in both lived experience and a deep commitment to community. As a co-founder of Lead for America, she has led efforts to reconnect young people with their hometowns and invest in home-grown leadership. Her values and approach align beautifully with SMIF's mission, and I



know she will honor the Foundation's legacy while charting bold new paths. Southern Minnesota is fortunate to have her, and I look forward to cheering on her success as she helps shape the future of this region we all love.

While I am turning the page on this chapter, I will always be a champion for southern Minnesota, and going forward I will gladly volunteer some time to assist SMIF where

appropriate. In fact, I am excited to share that a new endowed fund has been established in my name to support small towns across our region – ensuring this work will flourish.

I am deeply grateful to all of you for your friendship, your trust, and the chance to serve a place I will always proudly call home.

If you are inclined to donate to the Tim Penny Small Towns Fund, visit [smifoundation.org/smalltownfund](http://smifoundation.org/smalltownfund).

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## Courageous Listening



By Benya Kraus  
President & CEO Southern  
Minnesota Initiative Foundation

My Grandma Vivan Zimmerman was one of Tim Penny's earliest and most emphatic supporters during his initial run for Congress – so much so that she convinced my Grandpa Jim, an active member of Waseca County's Republican Party, to vote for Tim despite the "D" behind his name.

This traversing across political identities seems almost miraculous in today's eyes. But I am told that it was Tim's willingness to listen, his commitment to knock on the doors of every house in the district, to see national problems with the specificity of a local context, that won my Grandpa over. Tim brought these virtues to his role as President of Southern Minnesota Initiative Foundation (SMIF)

for nearly two decades. As I now step into the role of the next SMIF president, I can't help but feel my Grandma's pride and hopefulness that I, too, may carry forward Tim's legacy of service and courageous listening.

It is a courageous thing to listen. In light of the recent acts of violence that have shaken our state, I've found myself reflecting on what it means to truly listen – especially in difficult, divided, and uncertain times. These moments test our belief in the goodness of our neighbors and the strength of the communities we call home. And yet, I come to my first week in my new role with a deep sense of gratitude and knowing that this spirit of connection and care still defines who the vast majority of Minnesotans are – thanks in large part to the civic institutions, like SMIF, that model the virtues of empathy, trust and shared responsibility. Our work to foster belonging across our programs and region feels all the more urgent. I'm grateful to step into this role with all of you, to live out our values more boldly, and to keep listening – one of the most powerful tools we have to build community – as we move forward together.

Listening requires us to temporarily suspend our own judgments and ways of thinking of the world, in order to make space for another's story to take shape in our mind – and potentially, to take hold of our heart. We may find that when we listen, we see problems and uncover new solutions we didn't see earlier. Or maybe we listen, and the stories we hear don't change our minds at all and instead, give us a perspective on why others may see things differently. However, some-

times when we really listen, we are called to hold two opposite things true at the same time. Living in paradox runs almost counter to the very human, biological desire to sort and categorize the world around us.

Yet, I am no stranger to paradox. For one, I am both native and newcomer. I was born in Bangkok, Thailand where I spent most of my childhood and high school years, but I also enjoyed summers on the family farm in Waseca County, where my dad's side of the family has farmed for six generations. As the daughter of a first-generation Thai immigrant and a blonde-hair, blue-eyed Minnesota farm boy, I've had the gift of seeing southern Minnesota through the eyes of both parents. Since moving back six years ago, I feel connected to a family history tied to this prairie land, yet still miss the taste of lemon-grass and scent of jasmine flowers from my childhood home.

I am a social entrepreneur who co-founded a national nonprofit that encourages young people to return to their rural hometowns, embracing fresh perspectives and new ways of building community. And yet, I'm also a Rotarian and a Catholic who loves tradition and the wisdom found in faith institutions and having friendships with people older than me. I'm a humanities student who also earned her master's in business administration, energized by private sector solutions while also attentive to community needs that arise from market failures. I worked to redirect national philanthropy toward rural America, and also believe that the most innovative investment strategies are forged at the local level.

Living in paradox takes courage because

very often, you don't feel "enough" of either identity. And when one part of myself gets territorial of the other, it takes courage to remind myself that all the parts of me need each other.

I believe this is true for us as a region, too. We need all of each other.

At SMIF, we are a funder, convener and capacity builder for southern Minnesota. Our issue areas focus on Entrepreneurship, Early Childhood Education, and Community Vitality – and while almost all of us can agree that these are important factors for a thriving community, we likely have different, perhaps paradoxical, ideas on how to get there. Rather than see paradox as a peril, I see it as a promise. It is a promise to listen deeply and courageously, to build a region that is resilient because of its dynamism and diversity, to strive for a culture that balances the needs between old and young, newcomer and native, private and public, small and large.

In my first 100 days in this role, I'll be hitting the road to every corner of our region, eager to listen with the same courage and persistence as my predecessor, Tim Penny. I look forward to hearing your stories and weaving together the paradoxes of our region as we craft a shared path, and shared identity of who we are, together.

I welcome your comments and questions. You can reach me at benyak@smifoundation.org or 507-455-3215.

*About Benya Kraus*

*Benya Kraus is the President & CEO of Southern Minnesota Initiative Foundation. Benya is the co-founder of Lead for America and served as the Network Advancement Director at Resource Rural.*

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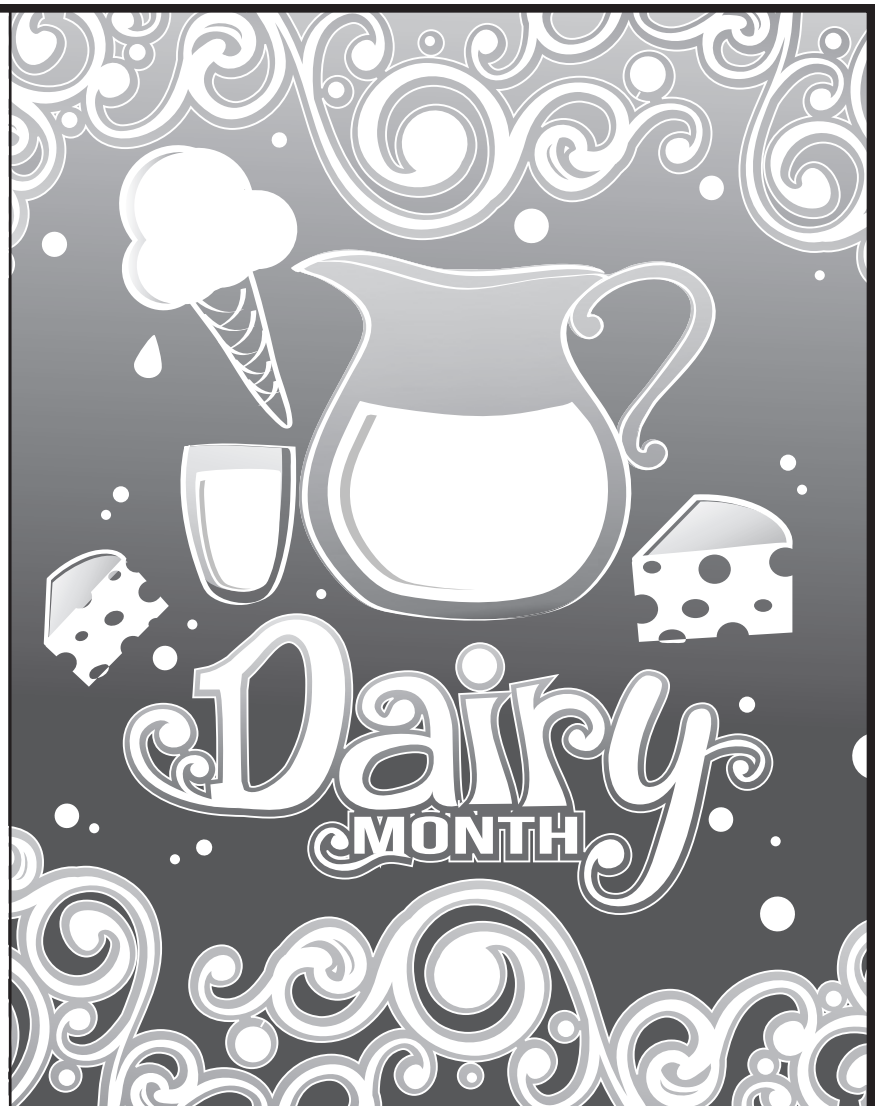
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### 2025 SCHEDULE

#### 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.

**PARKING  
IS  
FREE!**

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.

### AUTO CROSS

#### SATURDAY & SUNDAY, JULY 5 & 6

Pit gate open at 11:00  
Grandstand Ticket Gates Open 1:30 P.M.

- Compact Car 4 cyl
- Compact Car 4 cyl AWD
- Mid Size Car 6 cyl
- 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](http://www.cannonvalleyfair.org)

#### SATURDAY JULY 5 SUNDAY, JULY 6



Mark Perkins

### 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



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

### HARNESS HORSE RACING

#### FRIDAY, JULY 4 – 2 PM



8:30 PM – Midnight



**Fireworks**  
July 4 – Dusk

FREE ADMISSION & FREE PROGRAMS

**WWW.CANNONVALLEYFAIR.ORG**

# AREA DINING & ENTERTAINMENT



**PLAZA MORENA**  
CAMPESTRE GRILL

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

**5% OFF MEAL PURCHASE**

Expires June 30, 2025. Does not include alcohol. Not valid with any other offer.

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SAT 3:00PM-9:00PM • SUN CLOSED

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LOCATED NEAR THE BACK ENTRANCE OF THE RESTAURANT AT 208 N. CEDAR, OWATONNA

BOOK YOUR FALL & WINTER EVENTS! Banquet Hall, Seating Up to 300

CHECK OUT OUR MANY NEW LUNCH & DINNER MENU ITEMS!



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Hours: Closed Sundays & Mondays; Tuesday-Saturday 11am-Close

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**DAILY SPECIALS!**  
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BURGERS • SALADS • WRAPS • DESSERTS

**DAILY SPECIALS**

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Hours: Monday-Thursday 3pm to 10pm  
Friday-Saturday Noon to 1am; Sunday 11am to 7pm

Breakfast Monday-Friday 8am to 11am  
Breakfast Buffet Saturday & Sunday 8am to 11am

**THE SMOKIN' SILVERBACK**

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507-634-7427 (RIBS)  
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Friday-Saturday 11am-9pm; Sunday 11am-7:00pm

**BREAKFAST, LUNCH, DINNER**

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1015 W. Frontage Rd., Suite 103, Owatonna • South of Lowe's • Dine In Only • Expires June 30, 2025



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FAMILY  
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Thank You

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Dodge Center, MN 55927

Breakfast, Lunch & Dinner

Generous portions, friendly service and delicious homestyle cooking anytime!

TRY OUR DAILY SPECIALS!

BREAKFAST SERVED ALL DAY!

**10% OFF With this ad**

Good Monday-Friday. Expires June 30, 2025.

Hours: Sunday-Thursday 7am-3pm; Friday-Saturday 7am-8pm  
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**Come Check Out Our New Menu!**

**Daily Lunch Specials!**

112 Main Street Wanamingo, MN  
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Kitchen Hours:  
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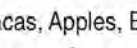
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Our unique skid steer and utility tractor snow plow feature a floating face plate and an innovative "cross draw" design, with a dual direction hydraulic cylinder, which allows this plow to sit much closer to the machine and faceplate than a traditional A-frame style plow with a dual ram set-up. Because of our proven design, these plows have substantial amount of free movement or "walk" when going over uneven terrain like a dirt road, side hills, around a pond, a loading dock or handicap ramp. These plows include a cross over relief valve to help protect the hydraulics from damage.



<b>Lightweight plow (up to 35hp)</b>	<b>5' to 6.5' <i>starting at \$2,475</i></b>
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During Dairy Month, we'd like to thank the men and women of our dairy industry for their hard work and commitment to quality and sustainability.

*We appreciate all that you bring to the table!*

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