



KENYON • WANAMINGO Messenger

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MARCH 12, 2026

Volume 19 • Issue 5

Pasta, please?

By Cheri Roshon

Set your calendars for a truly delicious Pasta Supper on March 19th. This event boasts 26 years of filling local tummies with dishes served up by our own Area 57. There will be a special pasta served with a garden salad, their Hearty Pasta Dinner, garlic toast, milk, coffee and water, and a dessert served by the students. It runs from 5 to 7 pm.

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Small beginnings, Big impact

By Jocelyn Aldrich

Three books, some initiative, and a vision for a brighter tomorrow. That was the start of the Kenyon Public Library. The year was 1901. The Round Table Club of Kenyon decided that it was time to invest in the literary

welfare of the town. So, they put forth an application and purchased three books for the price of \$5.33. In addition to the three purchased, additional efforts were put forth to expand the collection. Both monetary and literary donations were accepted, and within the first year, 316 items circulated and 48 borrowers were recorded. The library was officially founded in 1907, and in 1908, it was formally recognized as the Kenyon Library Association.

Nearly 120 years later, the Kenyon Public Library still stands to provide the community with "resources, information, technology, programming, gathering spaces, and knowledgeable staff" (Kenyon Public Library Board, 2023). Michelle Otte, Kenyon Library Director, says, "A local library isn't just about books—it's about access, equity, education, community, and opportunity."

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Library story time

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.

(continued on page 3)

Dollar General to open in Wanamingo this week



Courtesy of KW Wrestling
Liam Sommer, Class A State Champion

"Impressive Results." KW Wrestling Season Ends on a High Note

By Jocelyn Aldrich

With the 2025-26 wrestling season at an end, the KW wrestling team finished on a high note. Kicking off the season with multiple matches, the KW team overcame teams from Medford, Westfield, and surrounding communities. With multiple wins, the KW wrestling team qualified for sectionals and continued climbing to the top, earning first place in the Gopher Conference.

(continued on page 8)

Baked Potato Bar

By Cheri Roshon

What do we do between the harsh winter weather and the joyful arrival of spring around here? We eat!!



On February 19th, the Lion's Club hosted a new event that some people refer to as a Baked Potato Bar. This innovative way of making dinner delicious consists of big baked potatoes that you can put a whole array of toppings into and onto. Imagine all the toppings to enhance this primary staple! Butter, of course, sour cream, chopped green onions, bacon bits, cheeses.... and the list goes on.

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KENYON VFW POST 141

JOIN US FOR...
TACO TUESDAYS!
In March
From
5:00-7:00 PM

March 17 Legion Meeting 7:30 PM
March 23 Auxiliary Meeting 5:30 PM, Veteran Support Group Meeting 7:00 PM
March 24 VFW Meeting 6:00 PM • March 25 Color Guard Meeting 6:30 PM

MARCH 14
ST. PATTY'S CORNED BEEF & CABBAGE
5:00-7:00PM

HAPPY HOUR:
Monday-Saturday
from 4:00-7:00 PM
Come on down and support the VFW and enjoy some good times!

Conrad Osthum Post 141
Veterans of Foreign Wars
601 2nd Street, Kenyon, MN • 507-789-5691

LEGION BINGO
APRIL 18

Consider joining an organization, the VFW needs you. PULL TABS AVAILABLE! Lic. #G-00019-004

Celebrate St. Patrick's Day!

Come In for
Corned Beef and Cabbage
Friday-Saturday-Sunday March 13 - 14 - 15
~ Serving for Lunch or Dinner ~

TAKE A SHORT DRIVE TO DELICIOUS FIRESIDE!

37540 Goodhue Ave., Dennison, MN
Hours: Wed. & Thurs. 11:00 AM-8:30 PM
Fri. & Sat. 11:00 AM-9:30 PM; Sun. 9:00 AM-8:00 PM
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507-645-9992
www.firesidelounge.net

Fear



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

Exhausted anxiety
Face numb
Chest tightening
Hard to breathe
Lonesome like no other
Thoughts of self-harm
Past haunting
Distress reappearing
Misunderstood
Heavy, so extremely heavy

These words describe the content of my heart this past summer. I just came off a time of dense fear and depression. It was crippling to say the least. The situation I was facing is far too long to describe at this time. In a nutshell, I had trauma from the past resurfacing, and I was panicking and spiraling to a pretty dark place. Thanks to Jesus, I got out by speaking truth, declaring the promises of the Bible, praying, worshipping, and letting the Lord parent me.

Fear is not of the Lord. If you are feeling any sort of anxiety or panic, this is not from Jesus but from the enemy, Satan. We live in a spiri-

tual world, my friends, and we are in a spiritual battle.

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places” (Ephesians 6:12).

When we witness and experience rage, gripping addiction, disabling fear, distressing anxiety, and many other torments, there is a spirit behind these things. This is the enemy

at work. No fear though, my beloveds, no fear.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind” (2 Timothy 1:7). If you have a relationship with Jesus and He resides in your heart, you have authority over the enemy. “Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you” (Luke 10:19).

Relationship with Jesus and having Him reside in your heart—what are you talking about, Ashley? Having a relationship with Jesus and Him living in your heart means you have accepted Jesus as your Lord and Savior, asked for forgiveness for your mess-ups, and believed that He died on the cross for your sins and was resurrected from the dead. Then you talk to Him. You talk to Jesus and you never stop.

(continued on page 3)

AREA CHURCH DIRECTORY

Sausages

John answered, “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.”

— Luke 3:10-11

The man had been invited in, and he had become part of the church. He lived on a pension and struggled with a mental illness. He had been the CEO of a large company in Toronto until his health had changed. His life had become drastically different, but he lived with a large and generous heart. He wanted to contribute, and one day he walked into the church to join others.

He said, “I have eight sausages, still frozen. I don’t like sausages, but I would like to share them with others. Can we make two pots of soup; one with sausage, and one without?” We assured him that we could do that. He enjoyed the soup that had no sausage, and he was pleased that others enjoyed the soup with sausage.

He knew that meals were harder to find at the end of the month. He had learned that a pension check goes only so far. He knew that if he shared with others, it would be good news for them. His sharing also inspired others. It was the start of our church’s Stone Soup meal, and many people have contributed to it. He was glad to find a place of peace that could help him serve others.

Stone Soup is now a community event where food, clothes, and friendship are shared on two Thursdays each month. Many are invited so that the good news can be shared. This has led many people to walk through the door of a church who might not have otherwise done so. You are invited too!

Dear God, help us to be generous and kind even if our life turns upside down. Help us to use what you have given us to bless others. Amen.

**DENNISON/VANG
LUTHERAN PARISH**
(C) 507-269-5997 Office: 507-645-6042
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>

Wednesday Lenten Vespers
Our Lenten Vespers are Holden Evening Prayer, a brief sung liturgy by Marty Haugen. Midweek worship is Wednesdays at 7:00 pm. Vespers are preceded by soup suppers beginning at 6:00. Soup suppers and Lenten Evening Vespers will be at Dennison.
Sunday, March 15: Vang – 9:00 am; Dennison— 10:30 am
Sunday, March 22: Vang – 9:00 am; Dennison— 10:30 am
Palm Sunday, March 29: Vang – 9:00 am; Dennison— 10:30 am

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

WANAMINGO LUTHERAN CHURCH, ELCA
130 West 3rd St., Wanamingo
824-2457
www.TrinityWanamingo.org

ASPELUND EMMANUEL LUTHERAN
Rob Edwards, Pastor
42957 County 1 Blvd, Kenyon • 507-824-2307
www.emmanuelafc.org
8:30a.m. Prayer Time; 9:00a.m. Sunday School
10:00a.m. Coffee Time; 10:30a.m. Worship Service

FIRST EV. LUTHERAN
D.J. Chatelaine, Pastor
309 Forest Street, Kenyon • 507-789-5261
website: fickenyon.org
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.

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

GOSPEL OF LIFE FAMILY CHURCH
Pastor Steven G. Roberts
www.gospeloflifefc.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.

E-mail your church announcements, schedule, etc.
to the
Kenyon-Wanamingo Messenger at:
hometownmessenger@gmail.com

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

LANDS LUTHERAN CHURCH
P O Box 225/16640 Hwy 60 Blvd
Zumbrota, MN 55992-5105 • (507) 732-5482
Web Site: www.landslutheran.org
Facebook: Lands Lutheran Church
Pastor: David Krinke
Email: pastordavid@landslutheran.org
Pastor: Nikki Rockne
Email: pastornikki@landslutheran.org
Sunday services 8:30 am Contemporary Worship
10:30 am Traditional Worship

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

**HOLDEN AND DALE LUTHERAN CHURCHES,
ELCA**
Pastor Dustin Haider 507-789-6677
holdendalsecretary@gmail.com
Holden: 6949 County 30 Blvd, Kenyon
Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Holden Lutheran Church on Facebook
Worship Services
Mar 15: Holden 9:00, Dale 11:00
Mar 18: Holden Lent 7:00pm
Mar 22: Dale 9:00, Holden 11:00
Mar 25: Lent Dale 7pm
Mar 29: Holden 9:00, Dale 11:00
Apr 2: Maundy Thurs Dale 7:00pm
Apr 5: Easter Sunrise Dale 7:00, Holden 10:00

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

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

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

NEW LIFE CHURCH
525 Beverly Street, Wanamingo, mn
Phone - 507-824- 3019
WWW.NLCWANAMINGO.ORG
(Online Services also available)
OFFICE@NLCWANAMINGO.ORG
Pastor Vince Derr
Sunday School for preschool - adult 9:00 a.m.
Sunday Services 10:00 a.m. (Nursery Available)
New Life Kids (K- 6th) Wednesdays 6 - 7:15 pm
Youth Group (7th- 12th grade)
Two Sunday evenings per month
Women’s ministry, Men’s ministry and more.
Contact the church for more information.

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37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
Bar Open Later
507-645-9992 • www.firesidelounge.net

**KENYON • WANAMINGO
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Terry Campbell at 507-951-7417**

**SHOP
LOCAL**

Kathryn “Katie” Erager Haugrud

Kathryn “Katie” Erager Haugrud was born in Faribault, Minnesota on March 18, 1932 and gained her angel wings March 1, 2026. Her parents were Agnes (Leckness) and William Erager. Katie attended country school, Kenyon High, and graduated from Faribault High



School in 1950. She entered St. Lucas Deaconess Hospital School of Nursing, graduating in 1953. On June 5, 1954 she married J. DuVane Haugrud. They lived in Fergus Falls until purchasing their farm in Underwood in 1973. Katie was employed as an RN at the former State Hospital, Fergus Falls Medical Center and 34 years at Lake Region Hospital in various positions. She is survived by her daughter, Connie (Mike) Flairty of Waukesha, WI; son-in-law, Charles Peterson; grandchildren, Justin (Emily Johnson) Peterson, Lacey (Nick)

Ranstad, Christopher (Amanda) Flairty, J.J. (Jasmine) Flairty, Mike (Tracey) Flairty, and Gina Flairty; great-grandchildren, Bryce, Brynna, and Jax Peterson, Scarlett Ranstad, Madison and Hayleigh Flairty, Allie, Kaelyn, Taylor, and Haylee Flairty, Alannah and Teaghan Hilgart, and Julia Flairty; great-great-grandchildren, Raiden, Payson, and Amara; sisters-in-law, Lilly Jane Erager and Marian Haugrud. Katie is also survived by numerous nieces, nephews, cousins, and friends.

Preceding her in death were her husband, DuVane; daughter, Judy Peterson; infant children, Barbara Jo and Scott Allen; her parents; father-in-law and mother-in-law, Alfred and Marie Haugrud; brothers, William and Ellsworth Erager; brothers-in-law and sister-in-law, Arvid (Arlene), Harold, and Alfred Jr. (Deloris) Haugrud; sister, Rose Marie and her husband, Willard Korsmo.

A memorial service is being planned for the summer of 2026.

Arrangements provided by Olson Funeral and Cremation in Fergus Falls.

Online condolences may be sent to www.olsonfuneralhome.com

Darik Scott Thompson

Darik Scott Thompson, of Wanamingo, passed away on Thursday, February 26, 2026. Darik was born to Darrell and Vickie (Amundson) Thompson on December 30, 1983 in Rochester, Minnesota. Darik was self-employed and worked in construction, primarily as a cement mason. He had an appreciation for antiques and history. Darik also particularly liked restoring vintage cars.

Darik is survived by his parents, Darrell Thompson and Vickie Thompson; brothers, Mike, Jeff, and Chad Thompson; grandparents, Ronald and Donna Amundson; nephews, Isaiah, Gage, and Myles Thompson; and nieces, Kiya and Francesca Thompson. He was preceded in death by his grandparents, Morley and Ethel Thompson; and his uncle, Jerry Thompson.

A memorial service in memory of Darik was held at 11 a.m. on Thursday, March 5, 2026 at Lands Lutheran Church in Zumbrota, Minnesota. Reverend David Krinke officiated. Visitation was held the night prior from 5:00 - 7:00 p.m. on Wednesday, March 4, 2026 at the Mahn Family Funeral Home, Larson Chapel in Zumbrota, Minnesota. Inurnment took place at Lands Lutheran Church Cemetery immediately following the service.



Announcements

- **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 threeiverscap.org for more information.
- **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@threeiverscap.org
- **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

Got a Great Local News Story?

Tell us about it today!



Email: hometownmessenger@gmail.com



St. John’s United Church of Christ

Presents Drama of the Leonardo da Vinci Painting of the Lord’s Supper
19086 Jacobs Ave., Faribault, Minnesota
Wheeling Township
Palm Sunday, March 29, 2026 8pm

This year’s presentation of the Last Supper Drama at St. John’s UCC will be held on Palm Sunday, March 29, 2026. The production features a monologue of each disciple and their relationship with Christ. In addition to the in-person production, we are pleased to provide a live stream at both Facebook and YouTube at St. John’s UCC Faribault, MN.

“A great beginning to Holy Week” is among the many reflections of this long-standing tradition.

The 2026 Cast

Andrew	Alan Meyer
Peter	Bob Sommers
James	Craig Mueller
Philip	Matthew Schwake
Bartholomew	Brian Bauer
Thomas	John Brandenburg
Matthew	Keith Keller
James the Less	Doug Spike
Judas	Gordie Wiegrefe
Simon	Brian Little
Thaddeus	Kyle Keller
John	Paul Meyer

Fear

(continued from page 2)

When you have relationship with Jesus, you have confidence that when fear springs, creeps, or stirs up, you can put your gaze on the Lord. You have assurance that Jesus has you and is with you wherever you go (see Joshua 1:9).

One way to help combat fear when it is knocking at your door (or is already inside) is by putting on the Armor of God. If you are unfamiliar with this armor, it is made up of six pieces and is shown in Ephesians 6:10–20. I will list out these six pieces with a short description of how I see them being used. I would encourage you to put this armor on and not take it off. You can put it on by praying these pieces over yourself out loud or inwardly, journaling them, or even drawing a little picture of them. Check in with yourself daily to see if any piece needs a tightening!

- **Belt of Truth**—Cling to the truth of Jesus. You can know His truth by reading the Bible.
- **Breastplate of Righteousness**—You are in right standing with the Lord because of what Jesus did on the cross. We want to do our best to live a righteous lifestyle too.
- **Feet Fitted with the Readiness of the Gospel of Peace**—Repentance, knowing the gospel, sharing the gospel, receiving God’s peace, and sharing His peace. The gospel is what I shared earlier about having Jesus in your heart.
- **Shield of Faith**—Your faith in Christ and all that He says will block the fiery arrows of the enemy that want to destroy you.
- **Helmet of Salvation**—You are saved and renew your mind with God’s promises.
- **Sword of the Spirit**—This is the Bible; use it to strengthen yourself and fight against the lies of the enemy.

Jesus loves you. He loves you more than you will ever know. The Lord is coming through for you. He will perfect all that concerns you (see Psalm 138:8 NKJV). Jesus, I pray for all those reading, let them know You, Your love, and that they have nothing to fear because You are in the room. You are not going anywhere. You are holding them and will not let go.

Lord, we put on the belt of truth. Help us cling to your promises. We put on the breastplate of righteousness. Remind us that we are in right standing with you because of what you did on the cross and help us to live in a godly way. We put on the feet that are fitted with the readiness of the gospel of peace. Show us any sin that needs to be dealt with. Help us know and share your peace. We hold the shield of faith, to block the arrows of the enemy. We lean into what you say and not the lies of the enemy. We put on the helmet of salvation. If we have you in our hearts, we are saved and are going to heaven. Help us renew our minds to truth as well. We grab a hold of the sword, your Bible. Remind us to read it daily and apply its guidance. Amen to amen.

Preserving More Than a Building

Vang Lutheran Church learns how wide its ministry reaches

By Rev. Sarah Jones
Church Property Resource Hub

It's hard to stumble across Vang Lutheran Church outside of Dennison, Minn. The church building is located in the middle of farm fields, at least a mile from major roadways. But if you do go looking for it, you'll be rewarded with the view of a pristine, white, clapboard church with a lawn bordered by

new saplings. You might see some steeple-jacks hard at work replacing old boards, or one of the church members tending to the community garden of squash, carrots, beets and potatoes. On Sundays, you might be lucky to hear the bell as it's rung by excited children before and after service.

Although Vang's building is hard to find, its ministry is well known in the towns and communities located in a 15-mile radius of the church. Local food pantries stock the produce grown in the small garden — up to 1,000 pounds each year. Residents connected to the church are supported in times of need by Vang's Care Team, which visits folks who are sick, grieving or in need of some companionship. The Care Team often brings one of the many frozen, homemade meals that members make and stock in the church kitchen. Vang is a church that knows how to care for its people and community. "This is a farm church," said Steve Trolley, a dedicated member of the Garden Committee. "We know how to get through tough times together."

In addition to being a farm church, Vang also carries the heritage of its Norwegian immigrant founders. The standing church building was designed by Olaf Hanson in the late

19th century and boasts many features that reflect the traditional stave churches of Norway, including the woodwork of the altar, the soaring ceilings and the sanctuary's layout in the style of a cross. The congregation keeps their Norwegian heritage alive through the annual lutefisk dinners, which bring hundreds of residents through their doors every fall. When the congregation learned that its steeple was in danger of collapsing, they rallied to find a way to not just patch it but to faithfully restore it as a treasured part of their ancestors' legacy.

The steeple restoration project was a huge undertaking for a small, aging, rural congregation. Members had always been able to find the funds necessary for immediate repairs, but the steeple would cost more than many of those smaller projects combined. One of the members, who also sits on the board of a local historical society, learned about a competitive capital grant for churches called the National Fund for Sacred Places. The grant would provide matching funds up to \$100,000, half the amount needed for the project. Vang decided to apply in 2021, and although it did not receive the grant, members were encouraged to apply again the next year. "The National Fund team walked us through the application and told us what we could improve," said Pam Kester, who worked on the grant. "That was really helpful, this was the first grant we'd ever applied for."

Vang strengthened its application by including all the different ways the church was benefiting its surrounding communities. "It was eye-opening to think about all the ways we were ministering to people," Kester said. "We didn't realize all that we were doing."

In addition to the Care Team's work and the garden's bounty, the lutefisk dinner helps educate and engage people in Norwegian tradition. The church also had supported over 40 interns who became Lutheran pastors all over the United States, raised money for a local nonmember family whose child was fighting cancer, and partnered with another local Lutheran church to support a full-time pastoral call. Vang's impact and reach impressed the National Fund for Sacred Places, and the church was accepted into the program in 2022.

Vang was thrilled to have its application accepted, but members knew they had to get to work — it was going to be a big push to raise \$100,000 for the matching funds. Vang was



Vang Lutheran Church, Dennison, Minn., is restoring its iconic steeple as part of a larger renovation project to preserve the church's historic building. The church received at \$100,000 matching grant for its preservation project.

Photo credit: Church Property Resource Hub

also the first rural church to be part of the program; the other members of their cohort were large congregations in urban areas with big donors. "We didn't know how we were going to do it," said Rain Kester, who served on the congregation council at the time. "We thought we were starting out way behind everyone else." But after meeting their cohort members, Vang was encouraged and excited. "All these churches, even though they're big, are navigating the same challenges we are," Kester added. "Membership decline, old buildings, less money in the plate. If they could raise the funds, we could too."

Vang met and exceeded its fundraising goals in just two years by reaching out to the same network of folks that they had impacted in their many decades of ministry. They found contact information for their former members and made phone calls, telling them about the project and why it was important. They talked to community leaders and organizations, all who had been touched by Vang in some way.

The donations poured in — gifts of money, time and talent. Residents who weren't church members donated their labor, supplies and sponsored particular parts of the project that they cared about.

(continued on page 5)

OBITUARY

Andrew Allan Story

Andrew Allan Story was born June 20, 1930, in the farmhouse where he lived his entire life. He died peacefully in the same house on March 8, 2026, surrounded by his family. The youngest of four children, he stayed on the farm, which was homesteaded in 1857 by his grandfather. Allan graduated from Faribault High School in 1948. He was united in marriage to Jane Tyler Lanier on February 16, 1958, at First Lutheran Church in Kenyon. They raised five children on the family farm west of Kenyon.

Having raised various crops and animals over the years, Allan started a dairy operation with his oldest son Douglas in 1974. Douglas expanded the operation, known as Fairview Dairy, in 1999.

Allan's interests extended far beyond the farm's fences. He was an avid photographer and traveler. He and his wife Jane loved to take car trips around the United States. He traveled around the world with his sisters, children, nephews and friends. Allan was fascinated by the world's diverse geology and animal life. His sense of humor, stamina and easy-going demeanor made him an excellent travel companion.

He was always ready for the next adventure but as one of his favorite Frank Sinatra songs goes, "It's nice to go traveling but it's nice to come home." Once home, he was always occupied with projects around the farm and socializing with his friends, many of whom preceded him in death.

Allan was a renaissance man of sorts, with a great appreciation for everything from the arts to engineering. He had exceptional mechanical abilities and an intense interest in aviation. He was also an animal lover.

Allan was a devoted member of his community, having been a member of Lion's Club and President of the Kenyon Arts Council. For many years when it produced annual summer plays, he served as photographer and videographer. He also volunteered to video Kenyon City Council meetings.

Despite claiming no Norwegian heritage, Allan was invited by his friends to join Sons of Norway. He found great pleasure in socializing and going on trips with the group to various cultural sites.

Allan was a classical musical enthusiast, who regularly attended Minnesota Orchestra Concerts and travelled to various classical music events.

He is preceded in death by his wife Jane (Lanier) Story; his parents, Andrew Howard Story and Lydia (Bultman) Story; sisters Helen Lucille Story, Ruth Elaine Brodd, brother-in-law Ole Brodd; brother Albion Burnham Story; sister-in-law Sandra Story; son-in-law Lee Glamm; nephew Howard Story, and niece Marie Story Feldman.

He is survived by his five children: Douglas (Barbara) of Kenyon; Thomas (Nancy) of Kenyon; Craig of Cape Coral, FL; Carolyn of Orcas Island, WA; and David (Jacob Kuriakose) of Washington, D.C.; four grandchildren, ten great grandchildren, and many nieces, nephews and great nieces and nephews.

We like to think of him driving his red 1952 Pontiac convertible with the top down into the sunset with his wife Jane.

A celebration of life will be held at Parker Kohl Funeral Home in Faribault, on Saturday, March 21 at 2 p.m., with visitation beginning at Noon. Lunch will be served afterward.



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11:30 AM

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Preserving More Than a Building

(continued from page 4)

While these donors may not have had a particular attachment to the steeple, they were interested in supporting the church. “We didn’t have to do much convincing,” Kester said. “We just had to pick up the phone and call people. A lot of folks were eager to support this place.”

Vang’s successful fundraising for its restoration project has been an inspiration in its community and beyond. Now at the end of their capital campaign and steeple project, the congregation continues their good work in Southeast Minnesota.

They’ve recently called a new pastor whom they are sharing with Dennison Lutheran



Vang is surrounded by farmland, some of which the church uses for its community garden. The garden contributes up to 1,000 pounds of fresh produce to local food pantries annually. Photo: Church Property Resource Hub

Small beginnings, Big impact

(continued from page 1)

Otte says, “It’s one of the few public institutions designed to benefit everyone, regardless of income, age, or background.” As demonstrated by its historical beginnings, the Kenyon library is dependent on the support of the community. Otte says one great way to support the library is to “get a library card!” A library card provides you with access to countless books, movies, government resources, and so much more. Not only does the Kenyon Public Library provide quality materials, but it also offers events year-round for all ages. Dawn Brossard, the Youth Services Librarian, provides events including Lego Club, Storytime, and special activities on K-W early release days. Otte says, “Science Heroes will be here on April 8 for that early release day.” Otte also notes that “many special events are planned for the summer again this year, including the popular painting classes from the Willomina Art Studio.” In addition, adults can enjoy library-sponsored activities such as the book club and occasional crafting events. To stay up to date on upcoming events, visit the Kenyon Public Library Facebook page or the Kenyon Public Library events page at kenyon.lib.mn.us/events/.

So, if it’s been a while since you visited your local library, don’t miss out on all it has to offer. Otte says, “I encourage everyone to visit their local library, especially if you haven’t in a while! You are going to be surprised at how libraries have evolved!” To be sure, the library definitely now offers more than three books. The Kenyon Public Library is located at 709 2nd Street.

Church and are collaborating with other rural parishes to sponsor an intern from Wartburg Theological Seminary in Dubuque, Iowa.

The Rev. Peter Coen-Tuff, interim pastor since July 2025, said he was inspired to take the call by seeing how the church was still serving and dreaming. “They had all these dying trees around their property, so they took them down and planted new ones,” he said. “When you’re planting trees, you’re thinking about the future.” This small congregation knows it can do big things!

Property Stewardship Lessons

- Small churches can have a big impact! List all the ways your church serves your mem-

bers and neighbors to find out how far-reaching your ministries are.

- Folks beyond your congregation want to support you. Think about all the organizations, individuals and groups that have been touched by your church when you are fundraising for your building or another big project.

- We preserve more than buildings; we preserve sacred places. Our buildings and land make ministry possible. Good use of our property is as important as ensuring a stable structure.

Questions or resource requests? Contact us at CPRH@elca.org.



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Sunday, March 29, 2026

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Farm Girl Chatter **The Most Wonderful Time of Year... No Not Christmas, Calving Season!**

By McKell Lemmerman

The most wonderful time of year is finally approaching — and no, it doesn't come wrapped in ribbon or lit by a Christmas tree. For me, the real holiday is calving season. While some farmers are already deep in it and others won't begin until April or May, the feeling is universal: anticipation mixed with exhaustion, humor tangled with responsibility, and a quiet sense that something meaningful is about to unfold. It's the season when sleep becomes negotiable, coffee becomes essential, and your social circle narrows to a barn full of cows who have absolutely no respect for your bedtime.

Calving season has a way of reminding you who is truly running the schedule — and it isn't you. You can check a cow ten times with nothing happening, convince yourself it's safe to rest, and return twenty minutes later to find a calf already on the ground. Somehow they always seem to choose the coldest, crappiest, or darkest hours of the night to begin. There you are, half-awake in chore boots, stained jeans, and an old ratty sweatshirt that has seen better days. You step outside to cold air that fills your lungs and wakes you faster than an energy drink. Yet under the moonlight and barn lights, the exhaustion feels secondary to the purpose of you playing tug-o-war to the barn. Calving season is not gentle. It tests patience, endurance, and emotional resilience. You experience the highs of healthy deliveries and the heartbreak when outcomes aren't perfect. Agriculture teaches you quickly that life is precious and unpredictable. Those challenges also deepen your respect for the animals in your care and the responsibility you carry as their owner. Every healthy calf on the ground represents months of preparation, late-night checks, and unwavering commitment.

During this season, you become many roles at once: caretaker, problem solver, night watch, and occasionally your cows' unofficial OB-GYN doctor. Each trip to the barn carries suspense. Some nights are peaceful; others demand quick thinking and steady hands. When a delivery stalls, time stretches thin. You have to move the mom to the chute to work as her OB doctor. You find the feet, wrap the chains, your breath fogs in the air while you work carefully, aware that your actions matter. Then the thud...a calf finally arrives, wiggly and drawing that first determined breath. The biggest sigh of relief washes over you in a way that words can't quite hold. You stand there in bedding and silence, heart pounding, grateful for the fragile

miracle in front of you that you just helped. Although a cow that can have her own calf is the biggest blessing, there is something that really touches your soul when you are able to give assistance to a live calf.

Then comes the moment that feels almost sacred. A newborn calf, still slick with life, lifts its head for the first time. A first-time mother circles, confused yet instinctively protective, nudging her calf toward its feet. Watching those shaky legs attempt their first stand feels like witnessing resilience in its purest form. Under the soft hum of a barn light, steam rises from warm bodies into the cold air, and the world narrows to this quiet exchange of life and care. In those moments, it's impossible not to feel the presence of something greater — a reminder of creation unfolding exactly as it was meant to. The barn becomes a chapel of sorts, straw beneath your boots and breath hanging like incense, where gratitude comes naturally and prayers feel as simple as whispering, thank you for this life.

Calving season carries humor right alongside its difficulty. There's always the cow who insists on doing the exact opposite of what you expect, the calf that runs everywhere except where you need it to go, or the realization that you've been talking to livestock like coworkers because they're the only ones awake with you. You laugh at the absurdity — muddy knees, frozen fingers, hair doing whatever it wants — because humor is part of surviving the season. The cows don't judge, and somehow that makes the long nights lighter.

Yet woven through the laughter is something deeply emotional. There are moments of heartbreak that sit quietly in your chest, reminding you how fragile life is. When the calf is stillborn and you hear those low sounding moos call out from mom. It is almost like she is begging for her innocent baby to awake and nurse, but there was never a call back to her. In those times, faith becomes steady ground. You do what you can with the skills you've been given, then trust the rest to God. The successes — every healthy calf standing, every mother calmly licking her newborn — feel like small blessings placed gently in your hands.

As the season unfolds, the barn becomes its own world. Mornings arrive in pale pastel yellow, blue and green light with frost sparkling like glass and little steam rolls curling upward from warm breath. You begin



measuring time not by clocks but by arrivals — who calved overnight, who's close, who needs watching, who is left. The rhythm feels ancient and grinding, echoing cycles of life that existed long before you and will continue long after.

Through the exhaustion and wonder, you find spiritual reflection woven into ordinary tasks. Standing in the quiet before dawn, listening to a calf nurse for the first time, you feel a profound humility. Life is beginning right in front of you — messy, imperfect, miraculous. It's a reminder that care is a calling, stewardship is a privilege, and every breath is a gift. In these moments, faith doesn't feel distant or abstract; it feels present in warm straw, steady hands, and the fragile

strength of a newborn finding its footing.

By the time the season slows, you carry more than fatigue. You carry pride in the lives you helped bring into the world, lessons in patience and adaptability. You have a renewed appreciation for the work that sustains both animals and people. Calving season isn't just a task — it's an experience that grounds you, humbles you, and reminds you why you chose this life in the first place.

Despite the sleepless nights, stubborn cows, and endless barn checks; you find yourself looking forward to doing it all again. Calving season isn't just work. It is the unforgettable privilege of witnessing life begin — one wobbly, determined calf at a time.

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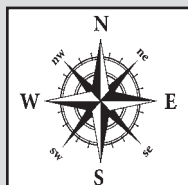
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Changes in Latitudes, Changes in Attitudes

A Polaris in Florida



By Terry Campbell

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

I have always had a love affair with horsepower. If it had an engine, I was intrigued by it. My job as a young kid was to mow lawn on the farm. I was too young to drive a big tractor yet, so I spent hours on a garden trac-

tor. I loved the sound of a motor running, what a great combination, the rumble and the fragrance of engine oil and fuel. Hasn't changed much over the last sixty years, just a different variation of the internal combustion engine.

This winter we vacationed in Florida, and spent time at Cocoa Beach. A certain restaurant on the beach, Longboards Tiki Beach Grill was our favorite. We sat outside on the deck by the ocean. The first day we were going to watch a space launch, since Cape Canaveral is just a few miles away and we would have a ring side seat of the blast off. It seems launches are scheduled regularly and scrubbed almost as often.

As we left the restaurant, we noticed a row of Polaris Slingshots lined up outside. My first thought was perhaps a club had stopped for lunch, but my wife noticed they were for rent. Now it was getting more interesting. A Polaris Slingshot is the result of mating the front end of a sports car with the rear of a motorcycle. They are made in Huntsville, Alabama. With nothing more exciting to do, we decided to rent one and head down the Florida beach on state Highway A1A. It took a couple minutes to scan the card and initial the waiver, and away we went. The sales guy gave us a four-digit code to start it and seemed more concerned we wouldn't remember the code than that we would make it back. I wanted the fun, so I requested one with a manual transmission.

It looked fast and mean. I was already comparing it against my favorite sports car. It had no doors and was a total open air experience. A 1,700 pound vehicle with a 2 liter four



cylinder engine generating 204 horsepower at 7,500 rpm. That is 8 pounds per hp. My Corvette has a 5.7 liter engine developing 350 horsepower at 5,200 rpm. A ratio of 9.5 pound per hp. They both go from zero to 60 mph in five seconds and consume about 25 mpg. This little Slingshot has a 12.5 to 1 compression ratio though, requiring 91 or higher octane fuel.

Time for the rubber to hit the road. I found that the Slingshot had better traction with one tire than the Chevy with two. As I ran through the gears all I could get was a squeak and it wasn't the rear tire breaking with the pavement. It was the rear drive belt slipping. Definitely impressive traction, probably due to the weight distribution. The Slingshot cruised at 65 mph turning 2,500 rpm and redlined at

8,000 rpm, but there was no way I was pushing that flimsy thing anywhere near that point. No danger, I discovered because the engine has a cutout when it reaches 125 mph.

It had a terrific stereo system that drowned out the scream of the engine. Ashley cranked it up as we blasted down the Atlantic sea coast highway. You get quite the feeling of speed when you are basically sitting on and watching the pavement go past. There is not much of a windshield either. I was surprised that it seemed very stable and had solid traction. Fun to drive but no danger of one being on my wish list. I prefer the V-8 over a four banger. Still, I would do it again. Nothing beats the sunshine and fresh ocean air on a warm day in Florida.

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A Minnesotan: Goats



By RosaLin Alcoser

High on the hills lives a lonely goat. Well maybe, I am not sure exactly how lonely the hill goats are. My sister, however, does believe that everyone has at least one good story about an encounter that they have had with a goat.

Our goat encounter story happened when the neighbor's new pet goat got loose and ended up on our parents front porch when we were children. Not knowing who's goat it was we put the dog in the house and the goat in the dog's fenced-in yard, thinking that whoever owned the goat would come looking for it, which they did. This

arrangement drove our dog nuts, and the goat would only stop bleeding if my sister sat outside next to it. Causing her to spend the whole day sitting outside with said goat.

One of my favorite goat stories I have heard was back when I lived in the Ozark region of Southern Missouri. I heard it from one of my mother's high school friends out in the Jefferson City area. Their house is built into the side of a hill. Making the top of the hill and the roof of the house is about on the same level as the roof, which had a skylight.

One day they heard something going "clomp! Clomp!" on the top of their roof. Naturally they went outside to see what was making the clomping sound. Low and behold what did they see out there, but a goat was walking on top of their roof. Right up there by their skylight.

In the end, the goat was removed from the roof, after as I am told getting to close to the skylight for comfort.

My sister sticks to her claim that everyone has at least one story about an encounter with a goat. If you have not had an encounter with a goat that warrants a story, there is still time. You just have not had that goat story-worthy experience yet. And if you never have one, then you are not spending enough time seeking out goats.

"Impressive Results." KW Wrestling Season Ends on a High Note

(continued from page 1)

After a season of hard work and dedication, six members from the KW wrestling team were selected to compete in the MSHSL championships. The championship was held

in the Grand Casino Arena in Saint Paul at the end of February. The event ended with three members of the KW wrestling team placing at the state level. Liam Sommer earned first place in the class A-114 section. At the state competition, Ryan LaCanne earned second place, and Bryan Jacobson earned third place.

Nathan Lexvold, the KW Wrestling head coach, in describing this year's team, says he is "proud of these guys" for putting in the effort and dedication needed to accomplish so much this season. Lexvold says it felt "awesome" to end the season with such "impressive results." He commented on the important life lessons that wrestling teaches, such as self-discipline and hard work. Not only is wrestling an individual sport, but it is

also dependent on the team. Lexvold highlighted that it's the "combination of individuals [that] helps the team." Lexvold has been the head coach of the team for seven years. This is the second time he has helped the team reach the state level since becoming head coach. He says it's been a "fun year coaching them." His goal for the team this next year is to reach the sectional finals and get to the state level again.

Got a Great Local News Story?

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Pasta, please?

(continued from page 1)

This meal can be eaten at the Community Center, or you may order the number of dinners you would like, and pick them up on your way home from work.

I know of several people who have also picked up an extra meal or two to gift to their neighbors who may enjoy a fresh and hot meal.

It will be a fun evening because you will be being served by the players of the Kenyon/Wanamingo softball and baseball teams. They want you to know they have so many more talents than just throwing, hitting and catching little balls! And invite your friends! This is a free will donation to support the maintenance of the Memorial Field in Wanamingo.

There are many things that need taking care of each year. Maintenance is only the beginning. Wanamingo has held softball and baseball events for as long as I can remember, and that's a long time! My grandpa Clarence Carlson used to be the umpire for the games when I was just a little kid. I remember going to the games with him and Grandma Anna, and I doubt I paid much attention to the games. It was more fun to play with all the kids that were there with their parents and grandparents! My Uncle Dale also was a player in the Pee Wee league. In fact, many of you who know him still call him by his nickname....Pee Wee!

So, in the interest of helping to maintain the Memorial Field area, please consider coming out to the Pasta Supper to enjoy excellent food and help the town in the process! Hope to see you there!

K-W High School Students Present "The Little Mermaid"



The Kenyon-Wanamingo High School students presented the full-length musical, "The Little Mermaid" last weekend, March 5, 6, & 7.

KENYON-WANAMINGO ELEMENTARY SCHOOL

STUDENTS
of the
WEEK



NOBLE KNIGHTS OF THE WEEK FOR FEBRUARY 27, 2026

Front Row: Grace Bauer, KG, Ms. Emma Knoch; Mason Bauernfeind, KG, Mrs. Tanya Short; Ruby Eggert, Gr. 1, Mrs. Katie Benbrooks; Vivian Bartlett, Gr. 1, Mr. Tony Donkers; Vayda Amundson, Gr. 2, Mrs. Deb Hinrichs; Mya Hernandez, Gr. 2, Mrs. Megan Jordan. Back Row: Martin Tangen, Gr. 3, Ms. Val Ashland; Aazad Mohamed, Gr. 3, Mrs. Sandy Bohaty; Elijah Rodriguez, Gr. 4, Mrs. Chloe Gohman; Henry Enberg, Gr. 4, Ms. Rhonda Thesing



NOBLE KNIGHTS OF THE WEEK FOR MARCH 6, 2026

Front Row: Oscar Enberg, KG, Ms. Emma Knoch; Stella Berg KG, Mrs. Tanya Short; Cadence Johnston, Gr. 1, Mrs. Katie Benbrooks; Jacob Sivahop, Gr. 1, Mr. Tony Donkers. Back Row: Jasean Williams, Gr. 2, Mrs. Deb Hinrichs; Alonzo Mireles Gr. 2, Mrs. Megan Jordan; Haddie Schwering, Gr. 3, Ms. Val Ashland; Peyton Luedtke, Gr. 3, Mrs. Sandy Bohaty; Brianna Barnett, Gr. 4, Mrs. Chloe Gohman

Mark Your Calendar for Dennison Days August 7 & 8, 2026



Friday, March 13, 2026
5:30-7:30 pm
K-W School
Kenyon
 Join us for games, food, prizes, and more!



It may be a little chilly outside now, but in a few short Minnesota months, the Annual Dennison Days Festival will take place Friday and Saturday, August 7 & 8, 2026.

A full schedule of events will be available soon at www.dennisondays.org and will appear in The Messenger, websites and social media.

The Dennison Lions Club, which hosts the annual event in cooperation with The Clutchmen Car Club and other businesses and sponsors.

Vounteers are busy planning this years events including a few new events along with the planned returning events like the the

Clutchmen Show, Bingo, Pancake Breakfast, Kids Bingo, Purse & Gift Card Bingo, Live Music and more.

Anyone with questions or additional sug-

gestions for events for the 2026 festival should contact Lions Club President Diane Ruddle.

Baked Potato Bar

(continued from page 1)

It was held at the Wanamingo Community Center from 5 pm to 7:30 pm, and the Lions fed about 60 people. You could come in and sit down to enjoy your dinner, or get take out to bring home and enjoy, or surprise a neighbor with. A freewill donation was taken.

This is one of the events that have been held over the past few years to help fund the new Pickleball court by Torkelson Park in Wanamingo.

Instead of asking the townsfolk for donations to get the ball rolling, as they say, instead the Lion's keep coming up with ways to feed us to get to their monetary goal. Have your potato and eat it too!! It's a win/win situation! A big thanks to the Lions Club for yet another fun idea to raise the cash to fund the court that will bring pleasure as well as health to our local Pickleball enthusiasts!

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Wanamingo Snowmobile Show

March 12, 2026

- KENYON-WANAMINGO MESSENGER -

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Wanamingo Snowmobile Show Saturday, March 7





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FRESH Strawberries 1 Lb. Pkg. \$2⁹⁹ Ea.	FRESH Red Seedless Grapes \$2⁴⁷ Lb.
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Smithfield Fully Cooked Sausage 12 Oz., Selected Varieties \$3⁹⁹ Ea.	Gorton's Breaded Fish or Shrimp 9-19 Oz., Selected Varieties \$6⁹⁹ Ea.

The Farm that Came to Town A Guy Could



By Jayne Bredlau

We've all known a lifelong farmer who moves to town after turning over the farm to the kids, or sells it to an eager young person ready to live off the land. No more early morning livestock feedings, thawing frozen water troughs, no racing the sun and season to get everything planted, harvested and stored away for another winter. No more vegetable garden that needs weeding (so much weeding!), harvesting and canning. A rest has been well-earned.

Except, the farm never leaves the heart of the farmer. The knowledge, love and legacy are crucial to spur the next generation of farmers to greatness. The saying applies, "necessity is the mother of invention." I am convinced that farmers are the original "mothers" of invention.

My Dad, who wasn't a farmer but he was clever, would say, "A guy could..." and then share his latest idea to create, fix or solve a challenge. A guy (or gal!) could put a screw and washer here, flywheel there, pound posts, hammer boards, frame up or mark out the exact details for the thing-a-ma-jig. To make the work, work. To get-er-done.

Hi - I'm Jayne, owner of The Greensted Grocery store in Zumbrota. In 2018 my husband, Dean, and I started a small "urban farm" growing microgreens in our garage. No, we'd never heard of microgreens; we had no plans to start up a farm business. We had no investors, tools, infrastructure, nothing. Not even a shovel. We didn't know a darn thing about what we were doing. We bought some soil, seeds and plastic growing flats. We

planted the seeds, you know, trying out all of our YouTube best tips, tricks and how-tos. They grew! They were delicious. But we had so much to learn.

We bootstrapped everything. We tried and failed. And succeeded. We took risks, asked questions, dug deep into all of our mental, physical and spiritual reserves. We cried, laughed, got mad and glad. We showed up at Farmers Markets, took opportunity and knocked on doors. In the end, we created a registered trademarked brand - The Greensted®. Under the brand we had five micro-green products, packaged, labeled, barcoded and ready for retail sales. By 2021 our micro-greens were offered in 50+ grocery and co-op stores. We set up large scale production, harvesting, packaging and distributing 200+ pounds (1000+ packages) of microgreens per week. Like farming the production schedule was rigorous, planting and harvesting our field of dreams every week. There was no wiggle room. No vacations. No "off the clock" time.

Then we learned vegetable gardening (we had to buy a shovel first) and offered produce share boxes. Soon after we opened our locally sourced grocery store, The Greensted Grocery, in July of 2021. Turns out three enterprises were kind of a lot, though.

In October of 2025 we had the opportunity to move our "farm to town."

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from local farmers. Packaged goods are sourced from small businesses throughout Minnesota, Iowa and Wisconsin. The mission: Your hometown source for all things local.

A guy and gal could, so we did. What's your story?

I look forward to sharing great stories behind the products in our store, in future The Farm that Came to Town columns.

~Jayne

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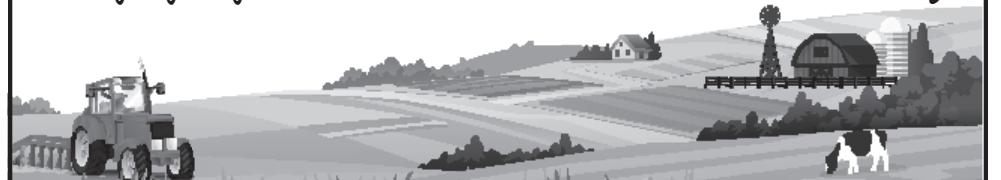
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Is Brain Rot Real? Blueberries help Circulation!



By Shauna Burshem, D.C.

Short-form video platforms have reshaped how we engage with digital content, training our brains to prioritize speed and novelty over depth and focus. This shift has led to noticeable changes in attention spans, making it harder to stay on task or enjoy quiet moments without distraction. The term "brain rot" has gained popularity to describe this phenomenon, not because it exaggerates the issue, but because it captures the lived experience of many. The constant stimulation from endless feeds and autoplay features strains our ability to focus, regulate impulses, and manage stress, leaving us mentally fatigued and less

productive.

Research confirms that heavy use of short-form video platforms weakens attention and self-control. A meta-analysis of 71 studies involving nearly 100,000 participants found that higher usage consistently correlated with poorer cognitive performance, particularly in attention and impulse regulation. These effects are not tied to intelligence or personality but are a result of the brain adapting to an environment of constant novelty and rapid rewards. Interestingly, while focus and self-control suffer, self-esteem and body image remain largely unaffected. The design of these platforms, rather than the content itself, drives these cognitive challenges by overloading attention systems and reinforcing habits of quick gratification.

Younger users, especially adolescents, are more vulnerable to these effects due to their still-developing brains. Studies show that frequent scrolling disrupts sustained attention, academic performance, and task persistence, with neuroimaging revealing changes in brain regions responsible for focus and reward processing. However, not everyone is equally affected. Those with stronger self-regulation skills or more diverse offline activities tend to experience less severe attention problems. This highlights the importance of understanding individual habits and limits, as well as the role of platform design in shaping behavior.

The good news is that focus can be retrained. Attention loss isn't a failure of willpower but a learned response to an overstimulating environment. To rebuild focus,

experts recommend removing short-form video apps from your phone, setting clear boundaries like time boxing, and engaging in activities that reward sustained effort, such as reading, exercising, or cooking. Tracking progress with simple metrics, like uninterrupted focus blocks or reduced screen time, can also help. By changing the environment and practicing deeper engagement, you can restore your brain's ability to focus and regain control over your attention.

Blueberries are proving to be more than just another trendy superfood, with research highlighting their significant impact on blood vessel function. A comprehensive review of clinical trials revealed that their most consistent benefit wasn't tied to weight loss or detox claims but rather to improved circulation, sometimes within hours of consumption. This is crucial because healthy blood flow plays a vital role in long-term vitality, brain performance, and aging gracefully, yet it's often overlooked in discussions about health.

What sets blueberries apart is their ability to influence multiple systems in the body simultaneously. Their rich blue hue comes from anthocyanins, compounds that the body converts into metabolites supporting nitric oxide signaling. This pathway is essential for maintaining flexible and responsive blood vessels, ensuring the heart and brain receive adequate oxygen and nutrients. This goes beyond the typical antioxidant narrative, emphasizing their role in sustaining the body's internal infrastructure, which becomes increasingly important with age.

Additionally, blueberries work synergistically with the gut, as their polyphenols reach the colon, where beneficial microbes transform them into bioactive compounds. This interaction may promote a healthier microbiome and even enhance cognitive performance in older adults. While further research is encouraged, the evidence so far paints a compelling picture: this simple, traditional food delivers measurable, whole-body benefits quickly, making it a powerful ally for health and longevity.

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



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Essential Exercise



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Why is exercise important? There are thousands of online sources and books describing how to get in shape and how to get fit. For many the goal of building muscle may not be motivating, so what other reasons are there for regular exercise and what is the minimum amount of exercise required?

Your body is designed for movement. Every part of your body benefits from regular movement throughout the day. As modern lifestyle increasingly promotes sitting in one place for long periods of time, the body functions begin to have a harder time working properly. Daily movement benefits bone health, liver health, and the body's ability to get rid of toxins.

As the body ages, bone strength will be directly related to the amount of strain and use placed upon the bones. If there is minimal movement or pressure placed on the bones, the cells that build bone material will not be stimulated to reinforce the bone structure and make it stronger. Generally, the strongest bones are measured in twenty-year-old individuals who are coming to the end of the growth stage and have experienced some of the most active years of life. But healthy bones can be maintained throughout your entire life with a healthy food plan and regular exercise. In her book, *Healthy Bones, Healthy You*, Lara Pizzorno states, "At age 72, I have the bone density of a thirty-year old!" Lara describes exercises that build bones safely. These exercises provide the regular stimulation needed to keep the cells active that maintain bone density.

An increasing health challenge across America over the last four decades has been the rise in fatty liver disease, specifically non-alcoholic fatty liver disease. This health challenge may go unnoticed since you cannot see or feel the difference initially. According to the American Diabetes Association about 38% of Americans have a fatty liver and up to 70% of individuals with diabetes have a fatty liver. In 2019, the Journal for the American Medical Association reported that a fatty liver is becoming one of the most common liver disorders in children. A fatty liver develops when fat begins to be stored in the liver. When fat builds up in the liver, the liver cells are not able to function properly, fatigue increases, blood sugar levels increase, cholesterol levels increase, and health begins to decline.

Daily exercise can be an effective way to reduce and eliminate fat build up in the liver. The Journal of Sport and Health Science published a report in January 2026 showing a dose response to the amount of exercise and reduction of fatty liver. The study presented the minimal amount of movement to reduce fat build up in the liver was 25 minutes of brisk walking at least 5 days a week. A moderate level of movement was 30 minutes of walking or aerobic exercise 5 days a week. The maximum level of movement to provide any benefit for liver health was 45 minutes 5 days a week. Movement can include aerobic exercise, cardiovascular exercise, and resistance exercises. More than 45 minutes each day did not provide any additional benefit to liver health.

Daily movement will also benefit the ability of the body to detoxify and remove toxin buildup. The body has an amazing drainage

system known as the lymphatic system. The lymph vessels in the human body are small vessels that absorb the excess water and fluids that come out from the blood vessels. These lymph vessels act like drain tiles returning the excess fluid to the heart for recirculation. Lymph vessels have no pump and no muscle to move the fluid along the pathway. Lymph tubes are dependent upon body movement to cause the fluid to move from one part of the body to the next part of the body. When a person sits for long periods of time, or is unable to move due to illness, the lymph fluid can build up resulting in swelling tissue and inflammation.

In order to reduce inflammation and improve overall health, daily movement is a necessity. Identify those moving activities that you enjoy. A daily walk, bicycle ride, aerobic exercise, pickleball, rebounder, or vibration plate, are just a few ideas that are among the popular choices available to you. Set a SMART goal for yourself and see what progress you notice. A SMART goals is:

S – Specific
M – Measurable
A – Achievable
R – Relevant
T – Time Bound

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

Change starts in your community: The Minnesotans behind the Speaking of Cannabis campaign

By Goodhue County Health and Human Services

Goodhue County, MN - Recently, you may have noticed messages about Speaking of Cannabis online, in stores and around your community.

Much like alcohol, cannabis is now legal for adults, but that doesn't mean it's always safe. Using it during a time when the brain is actively growing can have harmful and long-term effects on things like memory, coordination, concentration and mental health. This is why the Speaking of Cannabis campaign was created: to support parents, caregivers, mentors and other trusted adults to understand and talk to the youth in their communities about the risks of cannabis use.

The Speaking of Cannabis campaign came to Southeast Minnesota because of a group effort by public health staff. A subgroup from Fillmore, Goodhue, Olmsted and Winona County is leading the effort, in partnership with Dodge, Freeborn, Houston, Mower, Rice, Steele, and Wabasha County.

"Public health staff reviewed existing campaigns and picked Speaking of Cannabis. They talked to local adults to guide revisions and create new messages, recommended display locations, provided their county logos, and granted Meta access so O'Rourke Media Group could run Facebook ads across all 11 counties," said Ruth Greenslade, MPP, Public Health Supervisor, Goodhue County Health and Human Services.

Speaking of Cannabis started in Northeast Minnesota. It was originally created last year by public health staff from Carlton, Cook, Lake and St. Louis Counties and the Fond du Lac Band of Lake Superior Chippewa's Human Services Division, with support from a Minnesota Department of Health Infrastructure Grant.

The campaign's website and original materials were created by the Duluth-based Sek Design Studio, who helped develop a look and tone for the campaign that is friendly, informative and non-judgmental.

PlaceBased, a Minneapolis-based media company specializing in out-of-home advertisements, placed displays, posters, and window clings in community locations in both Northeast Minnesota and Southeast Minnesota.

You can find messages from Speaking of Cannabis in your community, online and throughout the region. This activity is made possible by a grant from the Cannabis & Substance Use Prevention program of the Minnesota Department of Health's Health Improvement Bureau. For more information, visit www.speakingofcannabis.org.



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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I took my driver's training course many years ago. One thing I remember from my training is the steps that goes into making a right-hand turn, including:

1. Looking to my right to make sure no one/nothing is there.
2. Putting on my right turn signal.
3. Looking again for no obstacles.
4. Proceeding to move over to the curb to allow forward-moving traffic (behind me) to not be disrupted by my right-hand turn.

In my nearly 12 years back in the community, I could very easily count on both hands the number of people that have followed this method for making a right turn. Very few drivers, if any, move over to the right when making their turn, let alone use their signals. Can you provide clarification on this?

Answer: A traffic lane is a part of the street or highway wide enough for a vehicle or line of vehicles to drive safely. You are in a traffic lane whenever you drive on any street or highway. Lanes may not always be marked, but they exist whether marked or not. You must stay within a single traffic lane without weaving or straddling the lane markings. If it is a solid white line, you should not cross over it. Some areas have marked turning lanes.

Many highways and streets have pavement markings. White lines separate lanes of traffic traveling in the same direction.

- White dashes: You can change lanes where this marking is present.
- Shorter and thicker white dashes: The lane is ending.
- Solid white line: You should not change lanes. Solid white lines also mark cross-

walks, stop lines at intersections, parking stalls and the edges of a roadway.

- Double solid white lines: You must not change lanes.

• Solid white line with bicycle insignia: This area is for bicycle or electric-assist bicycle traffic only.

- If you are on a bicycle, you must travel in the same direction as adjacent traffic

You often need to change lanes to turn, merge with traffic or do other driving activities. Changing lanes can be dangerous and must be done carefully. To stay safe, make sure you have space to the side behind and ahead of your vehicle before moving into another lane. Turn your head to check the lane you are moving into for vehicles. Don't rely solely on mirrors; you may miss vehicles in your blind spots.

Drivers who turn improperly cause many traffic crashes. Move safely into the correct lane well ahead of the place where you will make the actual turn.

- Slow down before turning. Signal your intent at least 100 feet before the turn. Signals let pedestrians and drivers know what you plan to do.



- While waiting to turn, keep your wheels straight and your foot on the brake. If your vehicle is struck from behind, you are less likely to be pushed into oncoming traffic.

- Continue signaling until you begin your turn.

- Do not make sudden turns from the wrong lane.

- Watch for traffic or obstacles in the road you plan to enter.

- Always finish your turn in the correct lane.

- If the car ahead of you is signaling for a left turn, slow down and prepare to stop.

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SPEAKER

JACK VOLZ

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**CITY OF WANAMINGO
City Council Regular Meeting
Monday, February 9, 2026 7:00 P.M.
Wanamingo City Council Chambers – 401
Main Street
Wanamingo, MN**

CALL TO ORDER: Mayor Holmes.
PRESENT: Council: Ryan Holmes, Stuart Ohr, Eric Dierks, and Jeremiah Flotterud
City Administrator: Michael Boulton
Deputy Clerk: Laurie Mussleman
ABSENT: Council: Rebecca Haugen
ALSO PRESENT: Brad Kennedy, Peter Grimsrud – Zumbrota News-Record, Andrew Deziel – Kenyon Leader, Kathleen Theel, Mary Peter Smith, Sara Fuher – SEMMCHA, Dan McPherson, Brandon Theobald – WHKS, Kara Ledbetter – WHKS, Nick Evert, Candice Evert, Randy Amundson, Nicholas Duda, Christine Lundin, Shawn Anderson, and Goodhue County Deputy Trevor Sullivan.

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

CONSENT AGENDA: Flotterud motioned, seconded by Ohr. Passed 4-0-0.

PRESENTERS:
A) Brad Kennedy reported on:

- 1) Plowed snow and salt/sanded streets after snow events
- 2) Removed old ventilation piping at shop. 2025 Street Shop rehabilitation project installed new ventilation system, rendering old system obsolete.
- 3) Ford Tractor repaired – steering motor rebuilt
- 4) Repaired two snowplows that were damaged during snow removal
- 5) Started trimmed trees around town. The tree branches are interfering with snow removal and street sweeping.
- 6) Have maintained the ice rink by spraying on additional layers of water to maintain the ice thickness. Warmer weather is coming and the season will end.
- 7) Working with Shane Electric to replace fluorescent fixtures and bulbs at City Hall, the Community Center, the Street Shop buildings, and the Medical Center. The fluorescent bulbs and ballast are no longer being manufactured or sold. Most of the fixtures can be converted to LED's by replacing the ballasts and bulbs. There are some recess lights that the entire fixture will need to be replaced. Staff will be staging the change outs, starting at the Medical Center. The changed-out ballast and bulbs can be utilized as replacements until the next phase of replacements at each location.
- 8) Working on street sweeper hydraulic pump that is leaking.

Kennedy and Administrator Boulton presented a memo on 4th of July decorations. Staff have discussed potentially buying items to enhance the 4th of July this year in conjunction with the 250th birthday of the United States. A set of 4th of July banners for Main Street were discussed. The current blue Wanamingo (summer) banners are roughly twenty-five (25) years old. The banner brackets are also roughly twenty-five (25) years old. Many of the brackets have broken pieces and are loose when banners are up. Kennedy stated that the brackets have fiberglass inserts that have been warped. Once the inserts are warped the banners catch in the wind and

whip rapidly. Staff have suggested replacing the banner brackets and ordering an assortment of new 4th of July banners for the Main Street light poles. There are currently seventeen (17) light poles with banner brackets on Main Street.

Staff investigated options from Display Sales and MainStreet Designs. The quotes were reviewed by the Council. Staff recommend Main Street designs quote of \$115/each for FibreFlex 3 Bracket with Permanent Banding along with 24" x 71 Stock Premium MainStreet Fabric Banner "Any Designs" for \$130/each. They have three-year warranty with an eight-year life span. It is recommended that the City also purchase the banding tool for roughly \$145. The total estimated cost is \$4,350 plus shipping. Display Sales estimate for similar recommendation would be \$5,723 (shipping included - \$201).

Display Sales has a two-three-week lead time from order to delivery. Staff recommended that the Council review the recommendation for a month. The item will be placed on the March 9th City Council agenda.

Flotterud asked what the status of the salt/sand pile is for the City. Kennedy stated that the City ordered 25 tons of salt for the 2025-2026 season. The City started the season with more than 25 tons of salt on hand. There are roughly 20 tons of salt remaining. Goodhue County has delivered the sand mix as needed for the City.

Mayor Holmes asked about cold mix patching. Kennedy stated that the City no longer gets the cold mix for free from the County/State. The County/State no longer utilizes cold mix. Kennedy stated that he is pricing bags of cold mix, with possibly purchasing a pallet for better pricing. Kennedy stated that the winter has been hard on the roads with potholes appearing citywide.

NEW BUSINESS:
RESOLUTION:

Public Hearings – Easement Vacation Lots 4, 5, 6, 7, 8, 9, Block 2 and Lot 5 Block 1 Emerald Valley Subdivision/ Preliminary and Final Plat of Emerald Valley 2nd Addition: Mayor Holmes opened the joint public hearing at 7:08PM. Theobald presented the proposed Emerald Valley Phase 2 project. There area in question was platted in 2005 with water and sewer lines installed.

The area has remained undeveloped since. Emerald Valley Phase 2 is a City-led development. Lots 4, 5, 6, 7, 8, and 9 Block 1 have five-foot utility and drainage easement around each of the parcels. To reconfigure the parcels from 80 feet to 67 feet the existing easements need to be vacated. This will add a new buildable parcel along with Outlot A & B parcel(s) for future path. Theobald stated that new five-foot easements would be placed on the new parcels. Theobald stated that there are City plans and specifications for Emerald Valley Phase 2 improvements that the Council will consider later in the meeting. If approved, advertisements for bids will go out February 11th, bids will be opened March 4th, and low bid will be awarded at the March 9th City Council meeting. Theel asked about the area in question for the proposed improvements. Theobald stated 3rd Avenue from Nelson Drive to where the road starts (700 & 800 blocks).

Theobald stated that a gravel turnaround would be added on Nelson Drive for traffic considerations. Smith asked how wide the new lots would be. Theobald stated that the new lots will be 67 feet (from 80 feet) on the south side of the road and remain 50 feet on the north side of the road. Duda asked if 3rd Avenue would be extended all the way through. Theobald said that 3rd Avenue would end at Nelson Drive with a gravel cul-de-sac. Smith asked what the taxpayer impact would be. Theobald stated that the City would be paying the upfront construction costs and then assessing those costs back onto the benefitting properties. The property owners have all signed petitions and waiver agreements. McPherson's have agreed to pay their share when the improvements are made. The parcels will have additional value with the improvements. Once homes are constructed, additional property tax valuation will be added to the community. Theel asked if the development will have park space. Boulton stated that Emerald Valley was originally platted with park space where the community garden is located. Theobald stated that the City owns four parcels dedicated to park space in the community garden area of Emerald Valley subdivision. Duda asked where work would take place. McPherson stated that the staging could take place on his other lots adjacent to the Emerald Valley Phase 2. McPhersons stated that he has been improving the land by planting trees, utilizing biofiltration, and planting succulents. McPherson stated that he plans to donate Outlots A & B to the City for future path. He will be donating trees for the path that he has planted within the development. The improved park will add value to the City and development. McPherson stated that he plans to add sidewalk path the rest of the way on 3rd Avenue for a future phase of Emerald Valley. Theobald stated that he would add construction access off Nelson Drive and not 3rd Avenue for the plans and contract. Theobald stated that the construction work will include underground work for water/sewer services, storm drain behind back of curb, and storm sewer. Flotterud asked what type of houses could be constructed on the lots. McPherson stated that Bigelow would be the builder and the slab on grades, two story, and egress splits are planned, depending on the lot and grading plan. Amundson stated that he farms land sounding the development. Amundson stated that he has access along Diamond Path, but would like to continue access his fields. McPherson stated that he would continue to work with Amundson on access. Amundson asked how many storm sewer catch basins would be added. Theobald stated that two storm sewer catch basins were proposed to be added. Amundson stated that he has maintenance concerns with the ponds on his property. He asked if an agreement for maintenance with the City would be put together. Boulton stated that the City will be working with Amundson to obtain maintenance easements for the ponds. McPherson stated that Diamond Path would need to be re-platted in the future as the current configuration creates several issues. Flotterud asked if Christine Lundin/Shawn Anderson had concerns as the other property owners involved with the development.

Lundin and Anderson stated that they have no concerns. Flotterud stated that the development already has infrastructure, including water/sewer mains that cost the City/residents money in the past to install. Flotterud said it will be positive to construct the remaining infrastructure and build homes. This will generate property taxes and utility rates to offset the original investment. Theobald stated that the City is in control of the improvements project. McPherson stated that he intends to pay cash for his and his sister's share of the improvements. Flotterud asked what the total cost of the project is and how Boulton intended to finance the cost. Theobald stated that the project cost is a little over \$400,000 with all but \$15,000 being assessed to benefitting properties. Boulton stated that the general fund would finance the project until either being reimbursed or paid back through assessments. Flotterud asked McPherson what the intended home pricing listing would be. McPherson stated that the home prices would start as low as \$324,000. McPherson stated that his goal is to keep costs down. Flotterud stated at those prices the homes should sell fast. Flotterud and Holmes expressed their appreciation for the nice turnout by the public and encouraged them to attend future Council meetings. Mayor Holmes closed the joint public hearing at 7:35PM.

26-007 = Accepting 2025 Employee Reviews: Dierks moved to approve, Seconded by Ohr. Passed 4-0-0.

26-008 = Adopting a Proclamation for School Bus Driver Appreciation Day: Ohr moved to approve, Seconded by Dierks. Holmes stated the importance of recognizing the bus drivers for the important job they do in transporting school age children safely. Dierks stated that he had learned some of the KW drivers put on 90 miles each day for their morning/evening routes. Passed 4-0-0.

26-009 = Approving Hiring a Part-Time Pool Manager and a Part-Time Assistant Pool Manager: Flotterud moved to approve, Seconded by Ohr. Holmes appreciated Jake Wieme agreeing to continue as the pool manager for 2026. The City is still looking for an adult assistance manager. Passed 4-0-0.

26-010 = Approving Tobacco License for Dollar General: Dierks moved to approve, Seconded by Ohr. Passed 4-0-0.

26-011 = Approving Easement Vacation for Lots 4, 5, 6, 7, 8, 9 Block 2 and Lot 5 Block 1 Emerald Valley Subdivision: Ohr moved to approve, Seconded by Flotterud. Passed 4-0-0.

26-012 = Approving Preliminary and Final Plat of Emerald Valley 2nd Addition: Dierks moved to approve, Seconded by Flotterud. Passed 4-0-0.

26-013 = Approving Final Plans and Specifications for Emerald Valley 2nd Addition and Call to Advertise for Bids: Ohr moved to approve, Seconded by Flotterud. Theobald stated that the project has a tentative end of July completion. Theobald stated that he would speak with contractors to see if it is reasonable. If the consensus shows the completion date is not reasonable it will be adjusted. McPherson stated that end of July completion would be ideal but is open to later date for better pricing. Passed 4-0-0.

Fuher stated the SEMMCHRA and the City have been working on the SCDP grant for well over a year.

(continued on page 20)

WANAMINGO EDA MEETING

(continued from page 19)

In October 2025 the City was awarded \$345,000 to rehab twelve owner/occupied homes. Each project is for up to \$25,000 with a seven-year forgivable loan. The funds are scheduled to be released in April. It will take roughly 3-4 weeks to process the application. Fuher stated that radon testing requirement is new with the program. Holmes asked if the program had a map of eligible area. Fuher stated that the program is City-wide. Flotterud asked who could apply. Fuher stated that owner occupied homes are eligible with income guidelines – 1 person \$59,750 and 2 person \$68,300. Fuher stated that the income guidelines will increase later this year.

26-014 = To Enter into an Administrative Contract With the Southern Minnesota Multi-County Housing and Redevelopment Authority: Ohr moved to approve, Seconded by Dierks. Holmes stated that it will be great for the community to have these funds available. Passed 4-0-0.

26-015 = Adopting a Civil Rights Excessive Force Policy: Dierks moved to approve, Seconded by Flotterud. Flotterud shared his concerns that the policy should not pertain to the City since it contracts policing to the County. Fuher stated that all required paperwork, including the civil rights excessive force policy, need to be adopted to release the funds. Sullivan stated that the County Sheriff's office has a use of force policy that adheres to known constitutional standards. Flotterud asked if the City Attorney had been consulted. Boulton stated that the City Attorney stated that if you wish to receive the

funds that you need to agree to the standards. Passed 4-0-0.

26-016 = Adopting a Residential Anti-Displacement and Relocation Assistance Plan (Policy): Dierks moved to approve, Seconded by Flotterud. Passed 4-0-0.

26-017 = Authoring the Release of Funds on Behalf of the City of Wanamingo: Flotterud moved to approve, Seconded by Ohr. Passed 4-0-0.

HUD-50070 Drugfree Workplace, Fair Housing Plan, Section 3 Plan, Rehabilitation Standards, Policies & Procedures - Owner-Occupied HSG. Rehab, Walk Away Policy, Grantee Summary Sheet, Grant Chart, Timeline, and Post Grant Admin. Contract: Dierks moved to approve various required SCDP grant requirements, seconded by Ohr. Passed 4-0-0.

OLD BUSINESS:

Public Hearing – ORDINANCE #215 – Amending Section 111.5 (B) of the Wanamingo Code of Ordinances Regulating the Sale of Intoxicating Liquor and Wine: Mayor Holmes opened the public hearing at 8:05PM. Boulton stated in December 2025 Barney Nesseth requested that the Council consider removing the Responsible Beverage Server Training requirement within Wanamingo Code of Ordinance 111.5(B). Nesseth had concerns with cost of the formal training and requirements for additional reporting for new employees throughout the year. There was SHIP grant funding provided for training the first few years after the ordinance was first approved. The SHIP grant funding is no longer available, placing the cost on the bar owner. Nesseth stated that formal online training was costing him several hundred dollars yearly. Nesseth said that training the employees was in the best interest of the Bar owner and that the City had no skin in the game if bar employees were in violation of server requirements. Nesseth said that training could be completed in a less formal and costly manner. Boulton stated that the ordinance had been put in place after lobbying from County SHIP program in 2007. The Council had asked for legal advice from the City Attorney, David Jacobsen, on whether the requirement is needed to stay in place. Jacobsen provided a written legal opinion that the Responsible Beverage Service Training is not required by Minnesota law. Many cities make this mandatory by ordinance under their authority to further restrict licensing under Minn. Stat. 340A.509. Some cities offer a discount on liquor license fees if the licensee provides proof that all employees have undergone training. Also, it appears that many liquor licensees are required or offered discounts by their insurance carriers for dram shop liability purposes. It also seems like there are also plenty of online resources that might be a bit cheaper with some advertising costs under \$10/employee. The Ordinance had a first reading in January with the Council wishing to move forward in rescinding the training requirement. Flotterud said that he does not want the City in the middle of enforcement. Flotterud stated that the City may need to produce records in the future and could create liability keeping the ordinance. Mayor Holmes closed the public hearing at 8:10PM.

ORDINANCE #215 - Amending Section 111.5 (B) of the Wanamingo Code of Ordinances Regulating the Sale of Intoxicating Liquor and Wine: Flotterud moved to approve, seconded by Ohr. Passed 4-0-0.

The City Council reviewed the 2024 & 2025 swimming pool financials for comparisons. In 2024 the swimming pool brought in \$17,591.58 in revenue compared with \$16,395.18 in 2025 revenue. In 2024 the swimming pool had \$63,550.85 in expenses compared with \$65,358.59 in 2025 expenses. The swimming pool lost \$45,959.27 in 2024 compared with \$48,963.41 in 2025. The losses are funded by the general fund. Utilities were higher in 2025 compared to 2024. Wages were higher in 2025 compared to 2024. Lesson and Passes Income was down in 2025 compared to 2024.

*Fire Department annual vintage snowmobile ride and show, bean bag tournament, and chili feed will take place 3/7/2026. Boulton asked if the Council wishes to enter a competition chili as they have done for the past thirteen years. Boulton stated that individual council members contribute toward the cost of the chili. Boulton and Peens have put together the chili on behalf of the council the past few years. The Council agreed to take part in the chili cookoff for 2026.

*Next City Council meeting on 3/9/2026 at 7:00pm.

Adjourn: At 8:15PM a motion to adjourn was made by Ohr and seconded by Dierks. Passed 4-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

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1. Comprehend
6. It has no staying power?
9. Auditioner's hope
13. Prevention measure?
14. Ill temper
15. Poetic although
16. Brooke or John Jacob, of New York
17. Downhill equipment
18. Beau
19. "'What Was I Made For?' singer
21. "'Fast Car" singer
23. Part of URL
24. Peephole glance
25. Morning drops
28. 1920s art style
30. Reduce, as in standing
35. Big Bang's original matter
37. Lad's counterpart
39. Connection
40. Milton Bradley's game
41. Tea from certain region of India
43. Some bent pipes
44. Rose oil
46. Zeus' wife
47. Remove from a manuscript
48. What bird did, homewise
50. Hyperbolic sine
52. "_____ and the City"
53. Prejudice
55. "Wow!"
57. "'Song Sung Blue" singer
61. "'I Just Called to Say I Love You" singer
64. Barrel racing meet
65. _____ Maria
67. Shockingly graphic
69. Not upright
70. Bathtub libation
71. Food contaminant
72. W on a light bulb
73. Consume
74. Aves

1. Former Portuguese colony in India
2. Deceptive maneuver
3. Naysayer's favorite prefix
4. Upbraid
5. 1/3rd of a hockey game
6. Phish homophone
7. One of Indiana's quests
8. Prepare for winter takeoff
9. Alka-Seltzer sound
10. Nucleus plus electrons
11. Actress Perlman
12. Tattered's partner
15. Rouse
20. Inscribed pillar
22. He had
24. Own
25. "'Hurricane" singer
26. Like March Madness' eight
27. Hair extensions
29. "'Folsom Prison Blues" singer
31. "'Walk on the Wild Side" singer
32. Wheel shafts
33. Tutu fabric
34. English county
36. Source of protein
38. Delhi wrap
42. Popular lassi fruit
45. Restart computer
49. Clamor
51. "'The Boys of Summer" singer
54. "Bad news travels fast", e.g.
56. Draw a conclusion
57. Pull out a pistol
58. Letter before kappa
59. Type of mine passage
60. Cheesy sandwich
61. Hit the road
62. Cupid's counterpart
63. Rub the wrong way
66. Road, in Rome
68. Bad-mouth, slangily

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