



KENYON • WANAMINGO Messenger

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APRIL 9, 2026

Volume 19 • Issue 7

Kenyon Municipal Liquor Store Expands



The Kenyon Muni has remodeled and expanded into the former NAPA store location and officially opened last Friday April 3rd. The project began last November and included rebuilding the front entrance to the off sale by relocating the front entry door and installing a new concrete ramp, which is handicap accessible. A door was also installed between the bar area and the new off sale room.

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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)

Care and Camaraderie Kenyon Fire Department Looking to Expand Membership

By Jocelyn Aldrich

The Kenyon Volunteer Fire Department is looking to expand its membership to meet the increasing community needs. Department members are trained to respond to more than fire calls. From health calls to rescue missions, the Kenyon Fire Department has seen it all. Due to the increased number of calls, the Kenyon Volunteer Fire Department is eager to expand its volunteer network.

To volunteer means to believe in something bigger than oneself. Willingly sacrificing one's time and talents for the betterment of a community is a worthy cause. There are many benefits to be gained through volunteering. In the case of the Kenyon Fire Department, individuals who volunteer will be challenged to grow in leadership and teamwork skills.

(continued on page 18)



It's a Pool Party!

By Cheri Roshon

The Kenyon Park and Rec Department is at it again! Whenever there is a need for a special project, the members get together and come up with a fun way to raise money instead of taxes. On May 16th from 2pm to 5pm, they are sponsoring a Pool Repair Fundraiser and invite you to join in the fun. Obviously, this is a great way to raise money to offset the costs of some much needed fixes before swimming season is upon us!

Some of the upgrades include the repairs to the pool deck, bath house upgrades, and the repair of some roofing issues. So, what can you expect?

1) A Silent Auction will be held during the afternoon. If you have an item or a service to donate (a great way to advertise your business) please drop your items or a gift card for services to be bid on at the City Hall, or call one of the committee members to arrange a pick up time.

2) Family Fun Activities! Come on down and enjoy an afternoon of free activities and yard games. Snacks will be available for purchase, too.

(continued on page 3)





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The Secret Place



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

When I was eighteen years old and a senior in high school, I was committed to the hospi-

tal psych ward. I remember weeping on my bed back at home as I grabbed my hair and pulled on it as I cried out loud, "I want to die. I just want to die." The emotional pain was ever so deep as past regrets, broken dreams, an unstable family life, and deep loneliness haunted me.

I walked into that hospital thinking, I don't belong here, even though I was self-harming, had self-hatred, and was self-destructive. I did not have the words back then, but there

was spiritual darkness that hovered over that place and I wanted nothing else than to get out of there. After my short yet dark, heavy, and scary stay at the hospital, I was on my way home on Highway 10 from St. Cloud to Little Falls, and I remember looking out the window and talking to God (Jesus). I was at ground zero, and I needed the Lord to come into my life fully; I needed Him to transform me. In a roundabout way, I said, "Jesus, if you really are that God that changes lives,

you need to come into mine." He did. Slowly but surely the Lord healed (and is healing) my heart, identity, trauma, and pain.

Months went by and I soon graduated from high school. I left for basic training with the Air National Guard and then started Crown college in 2003. I walked into that Christian college with very little knowledge of the Bible, but my heart knew the Lord.

(continued on page 3)

AREA CHURCH DIRECTORY

A Sign of Healing and Life

Moses made a bronze snake and put it up on a pole. Then when anyone was bitten by a snake and looked at the bronze snake, they lived. — Numbers 21:9

Israel had a lot to learn about being the people of the holy and faithful God. In our story today the people grew impatient with God again as they traveled through the wilderness.

They spoke against God and against Moses, saying, "Why have you brought us up out of Egypt to die in the wilderness?" Sometimes the Lord was merciful when the people acted so rebelliously, but other times, when they had gone too far, the Lord sent punishment. This time the consequence for their actions was a plague of venomous snakes, and a number of the people died from snakebites.

What would happen next? How would salvation appear for these unfaithful people?

In what is a preview of the saving work of Christ, a bronze snake became an instrument of healing and life. Moses made a bronze snake and lifted it up on a pole, and the people were told to look at this snake and live. Many years later Jesus explained that this miracle in the wilderness pointed to the gift of his own life for us all (being lifted up on a cross—John 3:14-15). Through this act of faith, we are freed from death!

Lord, we can be so rebellious and stubborn in our resistance to you. Help us to look to you and believe in Jesus, who was lifted up for us. 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>

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.emmanuelafic.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 Steve Roberts
2140 Highway 3 South, Northfield
507-259-2644
srobertsds1@frontiernet.net
Facebook: [calvarychapelnorthfield-jesus saves](https://www.facebook.com/calvarychapelnorthfield-jesus-saves)
Website: calvarynorthfield.org
Sundays 1:00 pm

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
holdendalesecretary@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
Apr 12: Holden 9:00, Dale 11:00
Apr 19: Dale 9:00, Holden 11:00
Apr 26: Holden 9:00, Dale 11:00
May 3: Dale 9:00, Holden 11:00

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

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

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

NEW LIFE CHURCH
Pastor Vince Derr
525 Beverly St, Wanamingo
Phone - 507-824- 3019
WWW.NLCWANAMINGO.ORG
(Online Services also available)
OFFICE@NLCWANAMINGO.ORG
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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Terry Campbell at 507-951-7417**

SHOP LOCAL

Sarah Ellen Amy

Sarah Ellen Amy, age 59, of Dundas, passed away peacefully at home on Tuesday, March 31, 2026, surrounded by the love of her family.



Sarah was born on April 30, 1966, in Rochester, Minnesota, to Richard and Geraldine (Oldaker) Buckstead.

She was raised in Northfield, where she built the strong roots and lifelong friendships that would remain important to her throughout her life. Sarah graduated from Northfield High School and went on to attend Dakota County Vo-Tech, where she earned her nursing degree and began a career defined by compassion and dedication to others.

In 1984, while working at the Red Owl Supermarket, Sarah met Dan Amy. They were united in marriage on August 2, 1986. Together they made their home in Northfield before building a house in Dundas in 1988,

where they created a warm and welcoming space filled with love, laughter, and countless memories. It was there that they raised their two children, Brandon and Amanda.

Sarah worked as a Licensed Practical Nurse for many years, providing thoughtful and attentive care to her patients. She was employed locally with Dr. Meland and Dr. Cole in Northfield, where she was known for her gentle manner, patience, and genuine concern for those she served. She retired in 2017, leaving behind a legacy of kindness in her profession.

Outside of her work, Sarah found joy in the simple and creative moments of life. She loved to read and could often be found with a good book in hand. She also enjoyed crafting and painting, expressing her creativity in ways that brought beauty to her home and to those around her. Sarah cherished time spent outdoors, whether camping or traveling with her family, and she never passed up the chance for a shopping trip. One of her greatest joys was supporting her son Brandon at his ball games, proudly cheering him on from the stands.

Above all, Sarah treasured her role as a grandmother. She adored her grandchildren—Matthew, Travis, Pacey, Margot, and Lucy—and found immense happiness in spending time with them, creating special memories that will be forever cherished.

Sarah will be remembered as a loving and caring wife, mother, grandmother, and friend.

She had a gentle spirit, remarkable patience, and a selfless nature that always placed her family first. Though she was confirmed in the Lutheran church, Sarah's faith was deeply personal, and she carried her spirituality in her own quiet and meaningful way. Her life was one of quiet strength, enduring love, and deep devotion to those around her. She will be deeply missed and lovingly remembered by all who knew her.

She is survived by her devoted husband, Dan; her children, Brandon (Natalie) of Northfield and Amanda (Ricki) of Dundas; her beloved grandchildren, Matthew, Travis, Pacey, Margot, and Lucy; her stepmother, Methinee Buckstead of Northfield; and her siblings, Jon (Kathy) Buckstead of Texas, Chris Buckstead of Northfield, and Brian (Numa) Buckstead of Minnesota. She is also survived by her brothers- and sisters-in-law: David (Mary) of Dundas, Bonnie (Randy) Asheman of Millersburg, Dallas (Rebecca) of Dennison, Darwin (Lori) of Dennison, Jeff (Paula) of Wells, and Joe (Michelle) of Dennison, along with many nieces, nephews, extended family members, and dear friends. Sarah was preceded in death by her parents.

A private graveside service, followed by interment, will be at Prairie Creek Cemetery, Northfield, Minnesota, with a public celebration of life to be announced at a future date.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com

The Secret Place

(continued from page 2)

A few weeks into college, my roommate said she was going to go do devotions. I didn't know what she meant by that, so I asked her, "What are devotions?" She then went on to tell me it is when you spend time with God. I knew about spending time with God; I just didn't know there was a name for it. Many people call their time with Jesus devotions (like my roommate did), or they might call it their quiet time; I call it the Secret Place.

Some of you may be in the same spot I was—you didn't have the vocabulary of the Secret Place or, in my case back in college, the word devotions. Sometimes we know something, but we just don't have the terminology for it, and that's okay! Now you have a phrase—the Secret Place—for something you may have known about all along.

My Secret Place time in college started off with a lot of crying, questioning, and deep sorrow. When it was nice outside, I would go to this one oak tree on campus that had an opening in its trunk. I would pray my prayers on a piece of paper and hide the paper in the trunk of the tree. It always brought comfort when I did that. I was so broken in college, and I only truly felt like myself with Jesus and I guess you could say that old oak tree. My time with the Lord and the things I did with Him only flourished as I matured in my faith.

My Secret Place time grew from crying out to the Lord to paging through the Bible. Paging through the Bible led to reading the Bible. Reading the Bible developed to questioning things in the Bible. Questions brought me to studying the Bible. Studying the Bible grew to discovering revelation. Revelation resulted in me being consumed with the Lord. Being consumed with Jesus showed me all the different ways to spend time with God. Discovering the different ways to spend time with the Lord cultivated a life with Jesus. That cultivation taught me what the Secret Place was, at its depth.

Although part of the Secret Place is that "quiet time in the mornings with the Lord," it is so much more than that. The Secret Place at its core is a life that remains in the hiddenness of Jesus. To remain in the Lord, you spend quality time with Him and you bring Him with you everywhere you go. To be hidden in Jesus means you are communing and tapping into His love and truth beyond anyone or anything else.

There are primarily two ways to spend time with God: tangible ways and nontangible ways. Tangible ways are more concrete methods to spend time with the Lord, which can consist of reading the Bible, studying the Bible (there is a difference), and journaling or saying prayers. These would also be good examples of how to spend quality time with the Lord. Then there will be nontangible ways to spend time with Jesus. These are less concrete forms of spending time with God, such as bringing Him with you as you are going to work, running errands, going to school, or just doing life.

The most significant part of spending time with Jesus as you do these tangible and nontangible things is conversing with Him. It's connecting with Him. It's talking to Him and having Him talk to you back. It's an inner relationship that can manifest wherever, whenever, at any time of the day or night.

I once heard a pastor say to a group of people, "I want you all to say that you love Jesus out loud." So the audience said out loud, "I love you, Jesus." Then the pastor said, "Now I want you to say, 'I love you, Jesus,' but I want you to say it to yourself, in your inner core." He gave some time for everyone to do this. After they said that they loved Jesus silently within themselves, he then responded, "That is the Secret Place." What I imagine he meant by that remark was the inner dialogue they just had with the Lord (by saying they loved Jesus silently to themselves) was an example of what it means to enter into the Secret Place in their inner being.

My beloved, you can tap into the Secret Place at any time. You just need yourself, the Lord, and relationship. If you have a healthy relationship with your mom or dad, a stable walk with your siblings, and a good connection with a friend, what do you do with them all? You visit! You have fellowship! You share your heart and they share theirs.

Friends, that's what we can and want to do with the Lord. We want conversation with Him in the inner depth of our being no matter where we are. As we do this, we are entering the Secret Place. However, we do not just want to enter in; we want to stay there. If you have not yet started talking to Jesus, do it, then don't stop. The Secret Place is the best place to be and next month I will elaborate with the benefits of dwelling there.

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. Psalm 91:1 (NKJV)

It's a Pool Party!

(continued from page 1)

3) Pool tours will be held throughout the afternoon as well. In the spirit of transparency, a guided tour of the areas in need of repair and improvement and an explanation of the Park and Rec's goals will be offered.

So, all the proceeds from this event will help to cover the costs of these repairs, and you are invited to come to 304 1st Street in Kenyon and help in this effort to improve your summer fun. Your help and generosity will provide a safe and welcoming space for the whole community to enjoy. For more information and the names of the committee members involved, just contact the folks at City Hall. Mark your calendars, and we hope to see you there!

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

The Trial of Alfred J. James

By Bob Duncan

Ladies and gentlemen of the jury, sitting before you is 46 year old Mr. Alfred Jeffery James. We have been in this courtroom for nearly five days. It must seem like a lifetime for the James and Kinder families.

Mr. James is charged with Involuntary Vehicular Manslaughter of three year old Lucile Rose Kinder.

Mr. James testified that he did not see the child running into the street. He said, out of nowhere, he felt a huge bump. In his words, "Kinda like hitting a big pot hole or something like that," bringing him to a stop.

Some believe that everything in life is at God's will and by His hand. God's decision six months ago tests the Kinder family's faith. Forever being in the lap of the Lord is no substitute for tucking Lucy's nitey-nite blanket way up under her chiny chin chin so no air can get in.

Lucy's mom and dad testified they saw the accident in "slow motion" from too far away. All they could do was scream.

Ladies and gentlemen we have two, not one, parties that were absolutely, indubitably and circumstantially unable to prevent the accident, those being Mr. James and Lucy's mother and father.

This accident is the result of a voluminous tangle of unavoidable events. A beautiful little girl, playing with a ball, chases it into the street and is struck by a car. She was unaware of the clouds, the trees, and the traffic swishing by. Childingly, she was myopic on catch-

ing her ball.

Life's spider web of every-day circumstances bring us the good, the bad and the ugly. Six month's ago it was the ugly for the Kinders.

For three days we have listened to accident reports. We have looked at colored photographs we wish we hadn't seen. Mr. James does not dispute the reports nor the photographs. Put them into a manila folder, close the cover, and put a salt shaker on it to keep it closed.

The key to Mr. James' appropriate acquittal lies in the answer to why. Why did it happen? It happened because an errant rubber ball rolled into the path of a moving vehicle. That's it.

You have the choice of sending Mr. James home or condemning him to agonizing years in prison, punish him for being in the wrong place at the wrong time...punish him for being in the wrong place at the wrong time. "There, but for the grace of God, go you or I."

Man's laws, though well intended, are not always round pegs in round holes. They are fallible. Fallible and salient here today.

Ladies and gentlemen, you are charged with finding honesty, leading you to truth, leading you to your judgment.

Alfred J. James is not at fault. Fault lay squarely on the back of a red rubber ball. Without it, we were never here.

Ladies and gentlemen, we ask you to return Mr. James to his home.

The defense rests your honor.

Holden Community Park Accepting Reservations

The Holden Community Park is now accepting reservations. This is a gathering place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

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

Please contact Collins Voxland if you would like to reserve the building.
(507-785-0343 or voxmancollins72@gmail.com)



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Kenyon United Methodist Church
invites the public to a **FREE**
SPRING LUNCHEON

Join us! It's just our way to say we are here for you. Kenyon UMC welcomes everyone to come together, enjoy good food, and build a stronger community.

SUNDAY APRIL 26TH, 2026
11:30 AM

KENYON UNITED METHODIST, 429 4TH STREET

Please RSVP BY APRIL 10TH this will help us determine the food quantity for the caterer
RITA BROWN 507-330-1204
OR KIM HELGESON 507-210-1595

Come join the
Kenyon Area
Internship Committee

Taste all 6 flavors and
vote for the best one!

Soup Cookoff
with
Live Cake & Pie Auction
Sunday, April 12th
Proceeds to benefit KAIC

Soup serving from
11:30 to 1:30 pm

Live auction at 12:30pm featuring Kevin Maring auctioneer

601 Lutheran Highway 60 Kenyon
Additional support from: Kenyon Area Team (KAT)

In Memory of Rachel Nesseth on her 22nd GOLDEN BIRTHDAY



Food and Blanket Drive

4th Annual
Saturday, April 25, 2026
10:00am – 2:00pm

Trailhead Building
(across from the Zumbrota Library)

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

Contact: laura.RNfoundation@gmail.com

April events, happenings and goings on at WildWood!

315 Main Street | Nerstrand

Monday Night Yoga

Mondays, April 13, 20, 27 | 6-7pm

\$12/each or pre-pay \$40 for all four classes

This series is perfect for those who have always been curious, for those who have more experience AND for those who have none at all. Old, young, flexible or stiff : Yoga Flow is for every body!

Spring Cookie Decorating Class

Saturday, April 11 | 11am | \$50

Hosted by Kari of Sweet Q's Cookie Co

Join us as to decorate your very own spring themed cookies with everything you need to learn and some basic skills to decorate with royal icing. Perfect for beginners or anyone looking to enhance their skills!

Women in Business Networking Group

Tuesday, April 14 | 9am | no charge

Bring your own coffee and come mingle and learn about other women-owned/managed local businesses.

Learn to Sew w/Cindy

Tuesday, April 21 | 6-8pm | \$40*

Bring your own sewing machine and receive basic sewing instructions; from how to properly set up your machine to cutting fabric to any questions you may have! This class will be limited to keep the size intimate, so register sooner than later!

Table Runner Class w/Cindy

Wednesday, April 22 | 6-8pm | \$30*

Come and learn how to sew your own table runner with hands-on instructions in a fun learning atmosphere!

*sign up for BOTH Wednesday Night Learn to Sew AND the Table Runner Class and receive a \$10 discount!

Pop-Up Fabric Shop

Friday, April 24 | 9am-1pm

Yards, fat quarters, quilters fabric, Table Runner Kits and more!

Sewing Retreat Weekend

Friday, April 24-Sunday, April 26

\$125 for the whole weekend

open to all skill levels

Sign up for a weekend of sewing, laughing, creating and DO-ing! Bring your sewing machine and whatever other materials you need to spread out and create. Work on your own projects, bring something you need help with and/or UFO's! Enjoy small -optional- impromptu classes and kits throughout the retreat; light snacks, coffee and tea provided.

Paint and Plant

Thursday, April 30 | 6pm

\$30+ depending upon project choice

Hosted by Erin of Mosaic Filled Life

Everything you need to create some super cool painted pots and fill them with a plant from a local nursery!

The Sacred Bloom Experience : A Spring Immersion to Nurture What's Ready to Bloom

Saturday, May 2 | 9am-5pm | \$167

Hosted by Maria of MVR Healing and Julie of Willow River Yoga

Treat yourself to a full-day retreat devoted to renewal, self-expression and intentional growth.

And don't forget to mark your calendars and join us for WildWoods' May Market on Saturday, May 9 from 9am-1pm!

More information and event tickets available online at wildwoodofnerstrand.com/happenings

Kenyon Municipal Liquor Store Expands

(continued from page 1)

The old cooler is now a beer cave stocked with 12 packs and cases of your favorite beverages. The new cooler that was added is filled with singles. The 1,800 square foot ad-

dition allows for more display area and a larger selection of product. Most notably the wine selection has increased. Manager Matt Bartel, states that the separate entrance to the off-sale facility makes shopping much more inviting for customers, as they will not have to walk through the bar to get to the off-sale inventory.

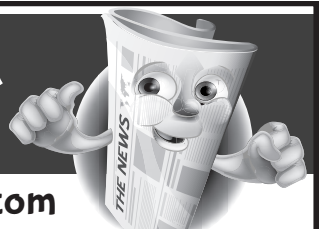
The new location will also create more seating in the bar for customers and extra room for hosting larger events. They currently schedule live music, parties and game days at the bar.

Future plans will be increased product variety and inventory and wine and beer sampling events beginning by fall. Come by and check out the new remodeling at 645 Second Street in Kenyon.



DO YOU HAVE A STORY IDEA?

Email: hometownmessenger@gmail.com



Farm Girl Chatter

The Year of the Horse

By McKell Lemmerman

Let's take a break from cow talk for a moment and talk about something just as important around a farm—the year itself.

2026 is the Year of the Horse. If you have ever truly known a horse, that title carries a lot more meaning than most people realize.

Now, plenty of folks like to joke and call horses “hay burners.” To be fair they've earned the nickname over the years. Horses can eat like a fat kid in a candy store. You can give them a full square bale of hay at night, and by the next morning they will stare at you like they have been starving for three days. Nickering at you like as if they are asking “why is breakfast late?”.

But anyone who has ever really owned a horse understands them a lot more than hay-burning lawn ornaments.

Growing up, horses were where my imagination lived.

Long before I ever turned a key in a pickup, a horse was the first vehicle I ever got to drive. No gas pedal. No steering wheel. Definitely no insurance policy. Just a saddle, a set of reins, and the kind of confidence only a kid can have when they believe they've got everything under control. Looking back now, I'm pretty sure the horse was the one doing the driving most of the time. That's part of the magic of horses. They let you think you're in charge while quietly making sure you both make it back to the barn in one piece.

The truth is, the Year of the Horse represents exactly what horses have always been—powerhouses of strength, endurance, and heart. Long before tractors, combines, trucks, trains, and highways took over the countryside, horses were the engines that built it. They pulled the plows that turned the soil, hauled wagons across rough country, and carried people farther than their own two feet could ever take them. They carried generals through the blood and gun smoke of wars, and Native Americans through their buffalo hunting ex-

peditions.

They weren't just animals.

They were business partners, the best ones too, non-speaking.

When I was younger, my horses were my entire world. They were where worries disappeared and dreams ran free. On horseback, a simple pasture could become the open frontier. A fence line turned into a trail. A kid could become a cowboy chasing outlaws, playing cops and robbers, exploring new country, or racing the wind just because I could.

Horses have a funny way of teaching lessons along the way. They teach us humiliation. Nothing will knock your ego down faster than a 1,200-pound animal deciding your riding skills are not up to par, that you are better off learning from the ground that day. They teach patience too. Sometimes your adventure turns into twenty minutes of negotiating with a stubborn horse that has decided the gate you want to go through is suddenly the most terrifying object on earth. Lastly, they teach balance, usually the hard way.

Now, years later, horses still carry that same quiet magic.

Sure, nowadays there are side-by-sides, and every machine imaginable to get across a pasture. They're faster, easier, and a whole lot less stubborn. But none of them will ever replace the feeling of riding a horse down a trail you made yourself.

A machine takes you somewhere. A horse takes you on an adventure.

Some communities, like the Amish, still rely on horses as their everyday transportation, living much like people did generations ago. For others, like me, horses have become

something different. Their entertainment, therapy, adventure, and freedom all rolled into one.

Just go to a rodeo. That's where horsepower meets heart. Riders and horses working together in a dusty partnership that may only last a few seconds but carries a tradition that's centuries old.

When you're a kid, they're your escape. When you grow up, they become your reminder.

They remind you where you came from—dusty summer evenings, long rides with no destination, and a younger version of yourself who believed the world was as wide open as the pasture in front of you. Somewhere along the way life gets busier. Jobs, responsibilities, bills, and worries pile up higher than a winter hay shed.

Horses have a way of bringing you back to center.

There's a quiet moment that happens when you're riding—when the only sounds are hoofbeats, wind through the grass, and your own thoughts finally slow down. In those moments it's hard not to feel like there's something bigger at work. The truth is, horses teach faith in a way few things can.

When you climb into a saddle, you're putting your trust in something stronger than you. You guide the path, but ultimately you trust that horse to carry you safely down the trail.

Life with God can feel a lot like that ride.

So, if 2026 really is the Year of the Horse, maybe it's more than just a title.

Maybe it's a reminder.

A reminder of the strength God places in



quiet things.

A reminder of the trust it takes to follow a path you can't always see.

And maybe most of all, a reminder that sometimes the best way to understand where you're going...is to saddle up and remember where you started.

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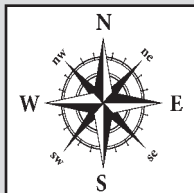
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Changes in Latitudes, Changes in Attitudes

Rocket Ship on the Tennessee River



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.

We live along the Tennessee River on the banks of Kentucky Lake. Kentucky Lake was formed in the 1940's when the Tennessee Valley Authority built a lock and dam to raise the Tennessee River to accommodate larger barges carrying coal, steel and bulk products

on the river. The barge traffic travels all the way to Chattanooga. Where we live, the lake is about a mile wide. Lots of barge traffic and fishing boats. One of my favorite activities is to take the runabout on the river to experience life on the water. Every day we see something unusual. This last trip in the middle of March was no exception.

We were heading downstream to eat lunch at the Burger Barn at KenLake Marina, a little more than an hour down river. We noticed a white object a few miles ahead on the river and assumed it was one of the tug boats pushing a barge. The closer we got, the bigger it got. I have never seen an ocean-going vessel on the river. There are river cruise boats on the lake but not this large. As we passed the vessel I had to circle around and follow it, taking a closer look. There was an orange totally enclosed sea worthy lifeboat on each side of the ship. I knew this was no river boat. My wife looked up the name on the side and we were surprised to discover what it actually was.

The United Launch Alliance Rocket Ship is a 312' cargo vessel that transports space rocket components from the 1.6 million sq. ft. production facility in Decatur, Alabama to Cape Canaveral, Florida. It is 82' wide and 50' high with a draft of 15'. It weighs 9,500 tons and carries Atlas V, Delta VI and Vulcan Centaur boosters, second stages and payload fairings in an environmentally controlled setting. The rockets are rolled in on semi-trailers through the 80' wide fold down ramp at the



aft for the ship. It is the only United States flagged ship with the capability to transport rockets on both rivers and open ocean. It is powered by two General Motors G7A engines developing 4,000 horsepower each and four Caterpillar generator engines of 831 horsepower each to maintain the A/C for the cargo hold and a 371 horsepower emergency Caterpillar engine. The fuel capacity is 163,800 gallons of diesel.

The ship requires a crew of 16 to operate and has living quarters, dining area, helicopter pad, below deck machine shop and the most sophisticated computers and navigational system available. The officers are assigned four-hour shifts while on the river and eight hour shifts in the open sea, and two experienced river pilots come on board to guide the boat while inland. There is a cook and assistant to serve meals during the eight day/4,336 mile one-way trip from Decatur to Cape Canaveral Space Force Station. The Rocket Ship has been in constant service

since 1999 and a 356' sister ship has just been built and will enter service this spring.

Now more on the sophisticated navigation system. On August 7, 2001, the Rocket Ship ran aground on a sand bar on the Tennessee River and had to be freed by a tugboat. On January 26, 2012 the Rocket Ship struck the Eggners Ferry Bridge on the Tennessee River, which is about five miles from where we encountered the ship. The crew was operating in a recreational channel rather than the shipping channel at the time and destroyed a 322' section of the bridge. The pilot's failure to use all available navigational tools was found to be the cause of the accident, while ignoring two coast guard broadcasts and a radio call from a nearby ship. The bridge built in 1932 was scheduled for replacement and the incident sped up the schedule for the construction which was completed in 2016. Had we known all that, we might have given the Rocket Ship a wider berth when we passed by.

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A Minnesotan: Spring



By RosaLin Alcoser

They have returned. The harbingers of spring have been spotted. In other words the geese are back. As I am sure that I have mentioned in the past, geese and I do not get along.

Mostly because since I was a young child they have taken great delight in chasing me; well into adulthood. When I was in my late teens and was attending community college over in Rochester there were geese that always hung around on campus. Those

geese chased me just about every day for two years.

My mother thought I was exaggerating until one day she came in to the school when coming to get me. We were sharing a car at the time and while walking to the car I saw the geese coming and I asked her for the keys. Which she gave me right before I took off running with honking geese on my heels.

After that she believed me that geese had been chasing me about campus. Before anyone says 'well they wouldn't have chased you if you didn't run from them'. I did try that and you know what happened they swarmed me and hissed. Have you ever been bitten by a goose? Because I have and it hurts more than you would think.

With that being said as much as I dislike geese and will go out of my way to not go anywhere near them. I have learned one very important thing about them that adds a point in their favor. When they return in the spring it usually is a good sign that winter is over and it probably won't snow again until at least Halloween.

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Farm Advocates provide help with financial planning, lender negotiations, and farm programs. They work with producers to prepare for and attend mediation sessions and help them strategize about bankruptcy and foreclosure. Farm Advocates also provide guidance on federal and state farm programs, and referrals for legal, social, and human services.

"Farmers are facing many financial pressures, from high input costs to low market prices and everyday living expenses, but they don't have to go it alone," said MDA Commissioner Thom Petersen. "If you feel your farm operation slipping underwater, it's good to call a Farm Advocate as soon as possible."

The Farm Advocate Program has been supported by the MDA since 1984 and was born out of the 1980s farm crisis. Advocates have helped thousands of Minnesota farmers over the decades.

To learn more and find the closest Farm Advocate, visit the MDA website at www.mda.state.mn.us/farmadvocates. Minnesota farmers can directly contact a Farm Advocate closest to them.

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The MDA Reminds Ag Businesses How to Verify Inspectors

The Minnesota Department of Agriculture's (MDA) Pesticide and Fertilizer Management Division (PFMD) conducts inspections statewide to protect public health, the environment, worker safety, and ensure compliance with federal and Minnesota laws. As inspection schedules ramp up each season, the MDA reminds businesses how to verify PFMD inspectors and what to expect during these visits.

What to expect

Activities vary by facility and circumstances, but the following are common during PFMD inspections:

License and credential checks (e.g., commercial/noncommercial applicators, dealers, and private applicators)

Review of pesticide and fertilizer purchase, distribution, application, and recordkeeping

Inspection of storage areas, bulk tanks, secondary containment, load pads, spill response supplies, PPE, and labeling

Worker Protection Standard compliance checks where applicable

Follow-up investigations regarding complaints, misuse, spills, or incidents

How to verify an inspector

Verify credentials before granting access. Valid inspectors will:

Present state-issued photo ID with MDA branding and a badge number

Clearly state the purpose and scope of the inspection (e.g., records review, storage inspection, license verification)

Provide a written Notice of Inspection referencing MDA authority and your rights under state law

Offer a business card or contact information for follow-up

You can authenticate MDA inspection staff by calling the phone number printed on the back of their state-issued ID (651-201-6023). Report suspicious activity to local law enforcement.

If your business has questions, contact Carlos Sanchez Barahona at Carlos.SanchezBarahona@state.mn.us or by calling 651-201-6253.

Anhydrous Safety Should Be a Top Priority this Spring

By Minnesota Dept. of Agriculture

The MDA reminds farmers and applicators to stay vigilant when working with NH3

St. Paul, Minn.: As spring fieldwork ramps up across Minnesota, many farmers and applicators will soon begin applying anhydrous ammonia (NH3). With tight weather windows and increasing pressure to get into fields, the Minnesota Department of Agriculture (MDA) urges everyone who handles NH3 to make safety their top priority. Accidents involving anhydrous ammonia can result in severe, life-threatening injuries when proper precautions are not followed.

"Spring fieldwork moves quickly, and we know farmers and applicators are working hard to make the most of every weather win-

dow," said Thom Petersen, Minnesota Commissioner of Agriculture. "Taking a few extra minutes to check equipment, wear proper protective gear, and slow down can prevent serious injuries. We want every farmer and applicator to get home safe at the end of the day."

The MDA offers the following safety reminders for farmers, applicators and those performing equipment maintenance:

Always wear appropriate goggles and gloves; never wear contact lenses around NH3.

Keep at least 5 gallons of clean emergency water easily accessible at all times.

Assume all hoses and lines contain product and use caution when connecting or disconnecting.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring product.

When stopping work or disconnecting equipment, close valves, bleed lines, disconnect, and secure hoses. Handle hose-end valves by the valve body only.

Whenever possible, place equipment away from homes, people, and livestock.

Safe transport of anhydrous ammonia is equally important. When towing a nurse tank, operators should drive no faster than 30 miles per hour, display a clean and visible slow-moving vehicle emblem, and secure the tank with two independent safety chains in addition to the standard hitch pin and clip.

If an accident or spill occurs, call 911 immediately. Then contact the Minnesota Duty Officer at 800-422-0798 or 651-649-5451.

More information on anhydrous ammonia safety, storage, and transportation is available on the MDA website.



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Goodhue County Releases 2026-2028 Community Health Improvement Plan

By Josh Smith, MPH, Community Engagement Specialist/Deputy Public Information Officer

Goodhue County is proud to release the 2026-2028 Community Health Improvement Plan (CHIP), a community-driven plan designed to improve the health and wellbeing of Goodhue County residents. This plan is the result of months of community engagement, data collection, and meetings with community partners, and is based on the findings in the 2025 Community Health Needs Assessment (CHNA). The CHIP outlines a shared vision and collective strategies to address three priority health areas identified by the community:

- Support mental wellbeing through mental health care and social connection
- Prevent chronic health conditions through active living and healthy eating
- Address chemical health in youth and reduce overdose deaths

“The Community Health Improvement Plan is the community’s plan,” said Ruth Greenslade, Healthy Communities Supervisor at Goodhue County. “These three priority areas are based on the data, the voices of

Goodhue County residents, and the expertise of our tremendous partners. The CHIP focuses on making progress in these areas through collaboration. Providing education, training, increasing access, making small changes, starting or sustaining programs – that’s progress through collaboration.”

The CHIP provides a roadmap for how government agencies, schools, nonprofits, and healthcare providers are addressing health priorities over the next three years. Members of the Community Health Assessment Committee oversaw the development of the 2026-2028 CHIP and will monitor the progress made on each strategy. The mission of the Goodhue County Community Health Assessment Committee is to identify health disparities and top health issues for Goodhue County and implement and evaluate strategies, policies, and programs.

The 2026-2028 Community Health Improvement Plan and each action plan stating the activities that will take place are available on the Goodhue County website at goodhue-countymn.gov/chip/.

About Goodhue County Health and Human Services:

The mission of Goodhue County Health and Human Services is to “Promote, Protect and Strengthen the Health of Individuals, Families, and Communities.” The department has four service divisions: Economic Assistance, Public Health, Social Services, and HHS Finance/IT. For more information on Goodhue County Health & Human Services, please visit goodhuecountymn.gov/HHS.

3 Health Priorities Goodhue County 2026-2028

Community Health Improvement Plan (CHIP)

#1



Support Mental Wellbeing through Mental Health Care and Social Connection

#2



Prevent Chronic Health Conditions through Active Living and Healthy Eating

#3



Address Chemical Health in Youth and Reduce Overdose Deaths

Encouraging Conversations About Cannabis

Goodhue County, MN – According to Stanford Medicine’s REACH Lab, the possible short- and long-term side effects of using cannabis include “altered brain development, anxiety, paranoia, slowed reactions, and poor memory.”

Since the teen brain is actively developing until about age 25, it’s recommended that young people 25 and under avoid or reduce cannabis use to protect their brain health. Using cannabis during the teen years and early 20s can alter brain development and lead to long-term harm.

Understanding the facts helps prevent harm, reduce misinformation and encourage conversations across families and communities. The Speaking of Cannabis campaign aims to support parents, caregivers, mentors and other trusted adults in having conversations with the young people in their lives about the risks of cannabis use.

“When adults truly listen and ask open ended questions, it helps teens feel heard, connected, and more willing to open up,” said Fillmore County Public Health-Health Educator Brenda Pohlman, BS, MPH. “These questions can also be used to start age-appropriate conversations with elementary-age kids. Tell them their brain is growing and that using weed makes it harder for their brain to grow like it should.”

Asking open-ended questions can invite more thoughtful answers and further conversation. They can give teens a sense of control over what they share, which might help them open up.

The campaign recommends using open-ended questions to invite thoughtful dialogue, not “yes” or “no” answers, with examples including:

- “How do you think using cannabis might affect someone’s ability to reach the goals they’ve set for themselves?”
- “In what ways do you see social media or movies influencing how people your age view the risks of using cannabis?”
- “What are some healthy ways you or your friends deal with stress or pressure instead of turning to substances?”

Adults can learn more about how to talk with kids about cannabis by visiting SpeakingofCannabis.org and clicking ‘Resources’ and then choosing ‘Talk to Teens in Your Life’ from the drop-down menu. There, they can find a SAMHSA Talk. They Hear You. brochure with more tips for talking with their child.

This initiative is supported by a grant from the Minnesota Department of Health’s Health Improvement Bureau and is featured as part of the Preferred Business sponsored content program. Local residents can find more information by visiting Goodhue County Health and Human Services.

Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona County are partnering to inform adults through the website, speakingofcannabis.org.

This activity is made possible by a grant from the Cannabis and Substance Use Prevention program of the Minnesota Department of Health’s Health Improvement Bureau.

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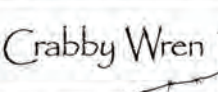
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Cancer



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Like many of you, I have had friends and relatives diagnosed with cancer and have walked with them through their journeys of chemotherapy, radiation treatments, surgery and the loss of life. Cancer is the second leading cause of death in the USA, exceeded only by heart disease. In December of 1971, President Nixon signed into law the National Cancer Act declaring a “war on cancer.” The estimated deaths from cancer in the United States in 1970 was 330,000 as reported in the Cancer Statistics report of 1970. Compare that to 618,120 estimated cancer deaths in 2025 according to the Cancer Facts and Figures report of 2025. On the American Cancer Society website, the article headline states 1 in 3 Americans will be diagnosed with cancer in their lifetime. In research compiled by Provetus, 1.5% of the population in 1971

lived with cancer. Compare that to roughly 5.4% of the population that is living with cancer in 2026. This “war on cancer” does not seem to be making significant advances. After all these years, why have we not seen more progress towards a solution to cancer? What options can be considered?

Since 1971, billions of dollars have been spent researching various types of cancer and the possible treatments to eliminate them. Chemotherapies have been developed that target weak points of cancer cells but can also weaken healthy cells resulting in a loss of stamina and vigor during treatment. Radiation treatments have been developed that can target cancer cells with laser precision but can also cause damage to nearby healthy cells. Surgery can remove cancer tumors but does not get to the cause of why the cancer growth started in the first place. An entire industry has been developed around the treatment and care of cancer without significant change in stopping cancer. The cause of cancer does not seem to be identified by this industry.

Cancer is a global problem, not just an American problem. The International Agency for Research on Cancer has developed a database collecting information from 185 centers around the world to understand the global severity of cancer. A 2020 report using this database identified breast cancer and lung cancer as the most common around the world followed by colon and prostate cancer. From the year-by-year data collected, many researchers are predicting the number of cancer cases to nearly double by

2040.

Nature Medicine journal published an article in February of 2026 using the same database to determine what factors are contributing to these increased cancer rates. The researchers found that 44% of cancers were associated with lifestyle factors that could be modified. The lifestyle factors most clearly associated with cancer were smoking, infections, and alcohol. Smoking and alcohol are clearly personal choices that when reduced help improve health and the immune system resulting in reduced infections.

A healthy immune system is an important key to fighting cancer cells. According to Dr. Thomas Seyfried, research into cancer cells has been focusing on the genetics of cancer and not on the how cancer cells process energy. In his 2012 book, “Cancer as a Metabolic Disease,” Dr. Seyfried outlines how targeting the energy process of cancer cells may help us to finally identify solutions to conquer cancer. Stated another way, the standard American diet with an abundance of seed oils, refined flour, and sweeteners produces an energy pathway that promotes excess weight and cancer growth. A healthy immune system is promoted with fresh, whole foods prepared without preservatives. A healthy immune system will generate a healthy weight, reduce inflammation, and help eliminate cancer cells.

On Saturday, May 2, there is an opportunity to learn more about holistic cancer treatment at the Northfield Holistic Health Summit. This annual event brings together community

members to listen to local professional health practitioners, meet health vendors, and enjoy a delicious catered lunch. The theme this year is “Cancer and Immune Health,” with seven practitioners, 20 vendors, and many attendees. For more information on the agenda and tickets, check out the web page <https://www.nutritionproportion.net/health-summit> or scan the QR code with this article.

Contact me to discuss your health goals for the coming year. Nutrition is designed for healing. I can help you reach greater health freedom in 2026. Contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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



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Children's Blood Pressure On The Rise



By Shauna Burshem, D.C.

The prevalence of high blood pressure (HBP) among children and youth has nearly doubled over the past two decades, rising from 3.4% in 2000 to 6.5% in 2020, according to The Lancet Child & Adolescent Health. Once considered an adult issue, HBP is now a growing concern in pediatric settings, classrooms, and playgrounds. This alarming trend raises questions about whether children are genuinely becoming sicker or if expanded diagnostic criteria are contributing to the surge. Factors such as changes in diet, sleep patterns, stress levels, physical activity, and environ-

mental influences are believed to play a significant role in this increase.

A pivotal moment came in 2017 when the American Academy of Pediatrics (AAP) updated its blood pressure guidelines. These changes aligned adolescent thresholds with adult standards and simplified diagnostic categories, leading to millions of previously "healthy" teens being reclassified as at-risk or hypertensive. For younger children, the recalibration of percentiles using only normal-weight peers effectively lowered the thresholds for diagnosis. While these updates made it easier to identify HBP, they also expanded the number of children falling into elevated or hypertensive categories, sparking debate about the implications of this broader diagnostic net.

The rise in HBP among children is linked to a combination of medical and lifestyle factors. While some cases stem from underlying conditions like kidney or heart problems, diabetes, or genetic predisposition, research highlights poor diets, obesity, physical inactivity, and sedentary lifestyles as primary drivers, particularly in older children. These lifestyle shifts, coupled with increased stress and environmental changes, have created a perfect storm for rising blood pressure levels. Despite this, prevention efforts often lag behind, with new medications frequently prioritized over strategies to address root causes and promote healthier habits.

High blood pressure in children, though often silent, poses significant long-term risks, including cardiovascular and kidney complications. The 2017 AAP guidelines replaced the term "prehypertension" with "elevated

blood pressure" and adopted fixed adult cut-points for adolescents, simplifying diagnosis but also increasing the number of children classified as hypertensive. This underscores the urgent need for prevention-focused approaches, such as promoting balanced diets, regular physical activity, and stress management, to combat this growing health crisis and ensure better outcomes for future generations.

Resistance Training Shown To Improve Brain Function: -intensity resistance workouts have been shown to enhance cognitive function by improving reaction times without compromising accuracy. These exercises boost inhibitory control, working memory, and brain-processing speed, as evidenced by faster P3 latency signals. Such cognitive benefits are attributed to the brain's ability to update information more efficiently and coordinate attention-related networks effectively. This is particularly useful for tasks requiring focus, multitasking, or quick decision-making.

The cognitive improvements from resistance training are likely linked to temporary increases in systolic blood pressure during exercise. This enhances blood flow and neural efficiency, allowing the brain to process information faster and more effectively. These physiological changes make resistance workouts a powerful tool for sharpening mental acuity, especially when incorporated into daily routines. Even a single session can yield immediate benefits, making it a practical strategy for boosting mental performance on busy or demanding days.

Children and teenagers also experience

cognitive gains from resistance training, with small but consistent improvements in cognition, classroom behavior, and academic performance. These benefits are particularly pronounced in youth with lower baseline muscular fitness, highlighting the importance of strength training for overall development. For adults, maintaining 40 to 60 minutes of strength training weekly is optimal for longevity, as excessive lifting can diminish benefits and even negatively impact mortality outcomes. Whether you're looking to enhance cognitive function, improve physical health, or support long-term well-being, resistance training proves to be a versatile and effective solution.

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

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Severe Weather Awareness Week in Minnesota is April 13-17, 2026, with Thursday, April 16th, designated as the statewide Tornado Drill day.

Special emphasis is placed on preparedness

for severe weather during the late afternoon and early evening when there is the highest probability for storm activity.

Be prepared ahead of time. Families are strongly encouraged to plan where to take shelter and what items to have with them. At the sound of the siren, move your family to your safe area (basement or windowless interior room) until the siren has stopped. (All Clear signals are an urban legend and are not sent out.)

When severe weather threatens, listen to the latest forecast by way of television, local radio or your favorite weather app. Keep a watchful eye toward the sky, and consider postponing your outdoor activities. Keep a National Weather Service (NWS) NOAA Weather Radio in your home or business to



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receive tone-alerted warnings from NWS. These relatively inexpensive radios can be purchased at most Wal-Mart or Best Buy stores.

If you're traveling, always learn the name of the county you are in because the NWS issues tornado and severe thunderstorm warnings on a countywide basis. Be aware of the severity of summer storms. Know the difference between a watch and a warning. Remember, a severe thunderstorm or tornado watch means weather conditions are favor-

able for a severe thunderstorm or tornado to develop. A warning means a severe thunderstorm or a tornado is occurring, is highly imminent or already on the ground.

Stay away from windows. Go into a basement or lower level, or interior hall or closet. A bathtub can also be used as a last resort. Get out of mobile homes, large auditoriums or large warehouses. If outdoors or in a motor vehicle, lie flat in a roadside ditch, ravine, or culvert, and cover your head with your arms. It's safer than staying in your vehicle.

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New Members to Goodhue County Sheriff's Office

Courtesy of Goodhue County Sheriff's Office

Please join us in welcoming two new members to the Goodhue County Sheriff's Office!

Sheriff Kelly recently had the honor of swearing in Deputy Allison Bredehoft and Deputy Daniel Van Epps. We are excited to have them join our team and begin their service to the communities of Goodhue County. We look forward to the positive impact they will make.

Welcome to the team, and thank you for your commitment to keeping our county safe!

#GoodhueCounty #GCSO #PublicSafety
#oneteam



Reminder from Goodhue County Sheriff's Office



Courtesy of Goodhue County Sheriff's Office

The Sheriff's Office would like to remind residents that dumping tires or other debris along roadways or in ditches is illegal and harmful to our community. Discarded tires and debris create safety hazards, attract pests like mosquitoes and rodents, damages the environment, and is an eyesore. Cleanup also costs taxpayers time and money.

Please dispose of tires and other materials properly by taking them to an approved recycling or disposal facility. Many local sites accept tires for a small fee.

If you witness illegal dumping, report it to the Sheriff's Office. Together, we can keep our roadsides clean and safe for everyone. Let's do our part—dispose responsibly and respect our community.

You DID IT!

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Tell them how proud you are of their accomplishment!

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Care and Camaraderie Kenyon Fire Department Looking to Expand Membership

(continued from page 1)

In addition, members will be able to learn new skills by receiving professional fire and emergency training. Serving on the department gives local individuals the opportunity to make a meaningful difference in the lives of the community.

Volunteering for the Kenyon Fire Department also means forming lasting relationships with fellow squad members. Chief Wayne Ehrich recognizes that being a part of the squad is a special opportunity. He says, “everyone here truly cares and tries to do their best.” Chief Ehrich was inspired to join the squad because his neighbor at the time served as a fireman in the Kenyon area. One day, a

volunteer application slipped into his mailbox. Chief Ehrich decided to give it a shot, and 18 years later, he is still proudly serving. He says the “camaraderie with the guys” and “hometown pride” are the things that keep him serving in the department. Chief Ehrich has been a Kenyon resident since he was 5, attending the K-W school and living the Kenyon life. Serving in the fire department is one of the ways he gives back to his community.

The Kenyon Volunteer Fire Department is looking for capable individuals, ages 18 and older, to serve on the squad. An individual who wishes to join must have a valid driver’s license, be a committed, dependable team player, and be a resident of Kenyon or the surrounding area. Applications can be accessed on the Kenyon City website or at the Kenyon City Hall. Local fire departments greatly appreciate support from the community. So, the next time you see one of your local firefighters or service members, don’t forget to say, “Thank you!”

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Goodhue County will not pursue shotgun only deer hunting ordinance

Red Wing, Minn. — The Board of Commissioners has decided not to introduce an ordinance to maintain the shotgun only firearms restriction for deer hunting in the Goodhue County. Beginning with the 2026 hunting season, and consistent with state regulations, hunters in Goodhue County will be permitted to use any legal rifle or shotgun for deer hunting where firearms hunting is allowed.

During the 2025 legislative session, the Minnesota Legislature eliminated the southeast shotgun only zone for deer hunting. Under the new law, counties may choose to pass an ordinance to remain shotgun only. After discussing the issue at their annual planning workshop in February, the Goodhue County Board determined that it would allow the change to stand, which has the support of the Minnesota Department of Natural Resources (DNR).

The DNR has stated it has no safety or wildlife management concerns with the elimination of the shotgun zone and supports counties making decisions that best fit their communities. Updated statewide information will be available on the DNR’s website and in the 2026 hunting regulations publications.

News

Rep. Keith Allen

DISTRICT 19A

Dear friends and neighbors,

We are holding it down here in St. Paul, continuing to fight for common sense legislation that will improve the lives of Minnesotans across the state. Despite our tied legislature, we are making some progress. I am absolutely thrilled to share that I was able to pass HF3436 off the House floor last week. I look forward to sharing more details below, thanks for reading!

School Safety Starts at the Bus Stop

So now you know that my bill, HF3436, has officially passed the Minnesota House and was signed into law by the Governor late last week. This legislation is focused on one simple but important goal: keeping children safe. By closing a dangerous gap in current law and making expectations clearer for drivers around school buses, we are taking a commonsense step to better protect students as they travel to and from school. Previously, drivers that pass a stopped school bus while kids are getting on or off could get out of paying a fine if they could make the argument that the stop arm on the front of the bus was not fully extended. Now, all vehicles must stop if the red lights are flashing, ensuring no gap in time between when the bus stops and when drivers can be legally be penalized for driving past. Ensuring the safety of our kids should always be a top priority, and I’m grateful to see this important measure crossing the finish line and officially becoming law!

An Update on the Legislative Session

As of last Friday, our first and second legislative deadlines arrived at 5 p.m. You may be wondering what that means. Essentially, this marks an important turning point in the legislative session. From this point forward, our work begins to shift as we move closer to the end of session and focus on wrapping up remaining priorities. Since the deadlines passed, no new legislation can be introduced in either the House or Senate, and bills that have not advanced through the required committees are generally set aside for the year.

This means the focus now turns to the bills that are still moving forward. Committees will begin narrowing their attention to key proposals and any negotiations between the House, Senate, and Governor’s office will become more frequent. It’s also the time when lawmakers work to resolve differences between proposals and ensure the most important priorities are positioned to cross the finish line.

While the pace often picks up during this time, the goal remains the same: to carefully review legislation, make thoughtful decisions, and deliver responsible outcomes for Minnesotans before the session concludes.

Please Contact Me

I am here for you! If you have any questions, concerns, or would like to talk, I can be reached by phone at 651-296-8237 or by email.

Thank you!
Keith Allen



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KENYON CITY COUNCIL MEETING MARCH 10, 2026

Pursuant to due call and notice thereof, a City Council Meeting was duly held in the City Council chambers at 7:00 p.m. on the 10th day of March 2026. The meeting was called to order by Mayor Kirchmann.

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

Also, present: City Administrator Scott Lehner, Administrative Assistant Holli Gudknecht, Engineer Derek Olinger, City Attorney Scott Riggs, Officer Armani Tucker, Josh Johnson, Aaron Meyer, Sue Dodds, Heather Dewitz, Rachel Goven, Jeff Sjoblom

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Aaron Meyer, who lives at 322 Red Wing Avenue stated that the new light behind the liquor store is so bright that it shines into his house across the alley. He would like to have it toned down or moved so it shines west instead of south. Administrator Lehner said he was aware of this issue and is working to find a satisfactory solution.

ADOPT AGENDA

Motion by Sjolander seconded by Bailey to approve the agenda. Motion carried 4-0-0.

CONSENT AGENDA

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

Resolution 2026-07: Approving the Lawful Gambling Premises Permit Application for the Kenyon Firemen's Relief Association to Conduct Lawful Gambling at the Kenyon VFW Conrad Osthum Post #141 Located at 601 2nd Street, Kenyon, Mn 55946

Resolution 2026-09: Making City Appointment to CMMPA and CMPAS Board of Directors

On-Sale Liquor License Renewal- Kenyon Country Club

On-Sale Liquor License Renewal- Cahill Bistro & Bar

Payment of check numbers, 77838 through 78019; 7171E through 7260E

City Council Meeting Minutes of January 13, 2026

City Council Special Meeting Minutes of January 28, 2026

City Council Special Closed Meeting Minutes of January 28, 2026

City Council Meeting Minutes of February 10, 2026

Approved Hire of Emiley Schindler, Part-Time Liquor Store Employee

Approved Hire of Tate Erlandson, Part-Time Liquor Store Employee

Approved Appointment of Kelly Kreisler, Jon Meyers, and John Cambronne on the Planning Commission

Approved Appointment of Taylor Eggert to Park and Recreation Committee

Motion carried 4-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/PROLAMATIONS ADMINISTRATOR UPDATE

Administrator Lehner stated that he has been working with the KMU staff to update

the Line worker/Water Operator job description and this position should be posted soon.

ENGINEERING

Capital Finance and Improvement Plan

Engineer Olinger stated that with several large infrastructure projects on the five-to-ten-year outlook and building momentum for some parks/recreation-related projects, they would like to update the costs and priority of the items listed on the capital finance and improvement plan with.

LEGAL

OLD BUSINESS

Administrative Assistant Position

Administrator Lehner requested approval to hire two part-time Administrative Assistants to support both the City Administrator and other staff to help ensure the continuation of operational efficiencies of the City.

Motion by Helgeson seconded by Bailey to approve the hire of both Rachel Goven and Heather Dewitz as part-time Administrative Assistants at \$23.00 per hour. Motion carried 4-0-0.

NEW BUSINESS

2025 3rd Quarter Financial Report –

Abdo

Jessi Sturtz from Abdo reviewed the third quarter financial report.

Motion by Bailey seconded by Kirchmann to accept the third quarter financial report.

Motion carried 4-0-0.

Council Member Brunner Resignation

Administrator Lehner reported that Elana Brunner submitted her resignation effective March 10, 2026. The Council vacancy created by Brunner's resignation requires an appointment by the Council for the remainder of 2026. The remaining two years of the term will be put on the ballot for the November election.

Resolution 2026-08: Declaring a Vacancy to Exist in the Office of City Council and Providing for the Appointment Thereof

Motion by Bailey seconded by Helgeson to adopt Resolution 2026-08 accepting Brunner's resignation and declaring a vacancy to the city council. Motion carried 4-0-0.

Schedule of Upcoming Meetings

KMU Meeting: Tuesday, March 17th @ 3:00 p.m.

EDA Meeting: Tuesday, March 24th @ 8 a.m.

City Council Meeting: Tuesday, April 14th @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Administrator Lehner invited the Council members to the KMU Commission meeting on Tuesday, March 17 to hear the results of the electric rate study. He also thanked Sue Dodds for all her help in the office over the past few months. Her willingness to come out of retirement to help us was appreciated. He also welcomed Rachel and Heather.

Council Member Sjolander thanked Elana Brunner for her time on the council.

Council Member Bailey thanked everyone who does math and takes care of the budget. Mayor Kirchmann thanked Elana Brunner for her time on the council.

Council Member Helgeson reminded everyone of the Easter Egg Hunt that Park and Rec are sponsoring on April 4.

Motion by Bailey seconded by Helgeson to adjourn the meeting at 8:03 p.m.

Motion carried 4-0-0.

Holli Gudknecht, Deputy Clerk
Donald Kirchmann, Mayor

CITY OF WANAMINGO

City Council Regular Meeting

Monday, March 9, 2026 7:00 P.M.

Wanamingo City Council Chambers –
401 Main Street
Wanamingo, MN

CALL TO ORDER: Mayor Holmes.

PRESENT: Council: Ryan Holmes, Jere-maih Flotterud, Eric Dierks, and Rebecca Haugen

City Administrator: Michael Boulton

Deputy Clerk: Laurie Musselman

ABSENT: Council: Stuart Ohr

ALSO PRESENT: Brad Kennedy, Dan McPherson, Peter Grimsrud – Zumbrota News-Record, Andrew Deziel – Kenyon Leader, Brandon Theobald – WHKS, Goodhue County Deputy Sheriff Abigail Scanlon, and Todd Greseth – Goodhue County Commissioner.

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

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

PRESENTERS:

A) Brad Kennedy reported on:

1) Installed new hydraulic pump on sweeper. The seal was replaced after leaking, but the cap was cracked. The cap is on back order for nearly a year. A new pump was purchased while the old pump will be retained. If the new pump has issues down the road, the cap will be swapped with old pump and installed.

2) Medical Center four-foot fluorescent bulbs have been changed to LED.

3) Trimmed trees around town, including alleys and some streets. Next tree trimming with take place on Nature Trail.

4) Brush pile will be hauled out by Kennedy Groundworks. Mead Johnson does not want to have smoke in the air from burning the brush pile. Smoke can shut down production, significantly costing Mead Johnson. Mead Johnson will pay the \$900/load to take out and dispose roughly 70 cubic yards per load. Kennedy Groundworks will bill the City directly. The City will then invoice Mead Johnson. There is no contract and if Mead Johnson no longer wishes to participate the City will go back to coordinated brush pile burns.

5) Patched potholes with cold mix. Purchased a pallet of cold mix bags (50) from Core & Main. You can no longer get free cold mix from MNDOT. The individually bagged cold mix is better quality than the bulk cold mix from MNDOT.

B) Todd Greseth, Goodhue County Commissioner, reported on:

1) Starting to work on 2027 budget. Capital planning has been a focus with some items that may be put on hold due to budget constraints. Early 2027 Goodhue County budget discussions have shown 17-20% in-

crease in the property tax levy. These increases are far higher than Greseth is willing to vote for.

2) State level mandates are placing a large burden on the County budget. The State shifted cost burdens from onto County taxpayers with budget changes along with unfunded mandates.

3) Requesting State funds to update computer systems in County Health & Human Services. Currently, it takes thirty-eight minutes to input data into antiquated DOS computer system to help get residents assistance.

4) As Vice Chair of the County Board Greseth has been involved with the proposed data center meetings. If the proposed data centers move forward it will significantly increase the local property tax bases.

Goodhue County Sheriff's Deputy Abigail Scanlon reported on:

1) Two new deputies start work on March 16th.

2) County deputies have been busy with call volume as weather has improved.

NEW BUSINESS:

RESOLUTION:

David Jacobsen, Jacobsen Law Firm, P.A. - Wanamingo City Attorney:

1) Provided a written 2025 summary of criminal attorney services

2) City of Wanamingo pays \$1,200/month for prosecution services and \$800/month for civil work to Jacobsen Law Firm, P.A.

3) The Law firm has been handling attorney prosecution since 2011 and attorney civil since 2014. Currently has one attorney (Daivd), one semi-retired attorney (Mike Hero), has two full-time paralegals (Suzy Bergquist and Shelley Klemensen), and one contract paralegal (Michele Viken).

4) Gave breakdown of Prosecuted Offenses within City of Wanamingo - 31 offenses (19 traffic and 12 community offenses). 18 of the 31 cases have been closed.

5) There were 75.0 hours dedicated towards prosecution for the City of Wanamingo in 2025

6) The City of Wanamingo received \$4,189.80 in fine revenue after Goodhue County and State of MN received their shares of total fines.

7) Civil attorney work included: supported staff, reviewed Council packets, drafted ordinances (Cannabis Zoning, and Liquor License), lot split/parcel combinations, personnel advice, Minnesota Paid Leave policy change review, conditional use permits, liquor license, development agreements, contracts, storm sewer agreement, lot splits, and provided advice to Council and Staff.

26-018 = Approving 2026 2nd Quarter Maintenance Work Plan: Haugen moved to approve, Seconded by Dierks. Passed 4-0-0.

26-019 = Certifying Delinquent Utility Bills and Other Services to the Goodhue County Auditor for Collection with 2027 Real Estate Taxes: Flotterud moved to approve, Seconded by Haugen. Boulton stated that one of the parcel owners made a \$200 payment while another indicated that they have sent a check in the US Mail to pay off the balance on the utilities account.

(continued on page 20)

WANAMINGO CITY COUNCIL MEETING

(continued from page 19)

Boulton stated that the updates will be reflective in the final revised resolution and certification form before being sent onto the County. This twice a year process pushes those behind to get paid up. Mayor Holmes asked if anyone wished to contest the certifications. No input was given. Passed 4-0-0.

26-020 = Receiving Bids and Awarding Low Bid For Emerald Valley Phase II Roadway and Utilities Project: Dierks moved to approve, seconded by Haugen. Theobald stated that there were twelve bidders on the project. The engineer's estimate was \$330,000.

The lowest bidder was TK Construction at \$292,580.85. This reduced the cost from the estimate to the actual by 11.33% or \$37,419.15. Holmes was appreciative with the better-than-expected volume of low bids. Theobald recommends assessing the benefiting property owners after the project is complete to have accurate numbers. The contractor has bid bond and performance bond. Tk Contracting is a new contractor with experience in the industry. The owner's father has experience as a foreman for other contractors. Dierks asked what the expected start date is. Theobald stated that the contractor is ready to start as soon as contracts are signed and materials have been ordered/delivered. Theobald stated that the completion date of the project is at the end of July. If the contractor gets started early the project could be completed before the end of July. McPherson stated his excitement with the grant bid pricing and is ready to get started as soon as possible. McPherson asked what the earliest has could start constructing homes is in the process. Theobald stated that as soon as the bituminous roadway is paved homes can start construction. Theobald stated that it could be earlier, but that it would take coordination and communication. Passed 4-0-0.

26-021 = Approving Safety Training Agreement with Minnesota Municipal Utilities Association: Haugen moved to approve, seconded by Flotterud. Boulton stated that MMUA informed the City that the current agreement for safety training with the City of Kenyon can no longer continue. The City will be required to have a stand-alone safety training agreement. Wanamingo is in the same situation as Goodhue, Mazeppa, Zumbrota, along with other communities. The City obtained quotes from MMUA and IEA for new safety training agreements. MMUA's quote was for four safety training days per year with four hours each day at \$6,540. IEA's quote was for nine safety training days per year with four hours each day at \$10,287 plus 5% increases per year for a three-year agreement. Holmes stated that the City needs to keep costs down and recommends MMUA. Boulton stated that the current arrangement with Kenyon/MMUA has roughly 9-10 safety trainings each year. Holmes stated that the City could review in one year to see if the safety training needs are being met. Kennedy stated that IEA's quote was the best bang for the buck. Kennedy stated that the City needs assistance on updating safety paperwork. Kennedy stated that he wishes to tailor some of the future safety

training and hopes that meeting four times a year is enough to cover required training along with additional applicable training. Kennedy stated that the Council is responsible for ensuring that the agreement covers the City's needs. Flotterud asked if safety training is required. Boulton stated that OSHA requires a safety program that includes training. Boulton stated that each member of the Council should be aware of OSHA/safety training requirements through each of the jobs. Passed 4-0-0.

26-022 = Approving Support for a North Zumbro Sanitary Sewer District Regional Wastewater Treatment Facility G.O. Bonding Bill Request: Flotterud moved to approve, seconded by Dierks. Boulton stated that the capital request of \$44.8 million, the House and Senate Files, and project needs are the same as 2025. The \$44.8 million is half of the costs minus the \$10 million received in 2023 from the State. The total project costs, with inflation, are \$109.6 million. Boulton stated that a Federal Community Funding Project request was approved for \$1 million for 2026. An additional 2027 request has been submitted to Congressman Finstad's, Senator Klobuchar, and Senator Smith's offices. Passed 4-0-0.

26-023 = Approving Highland Sanitation Rate Increase Request: Dierks moved to approve, Seconded by Flotterud. Boulton stated that the request rate increase is part of the contract. Boulton stated that the hauling fee increase is the same as the contract while the tipping fee is less than the assumed contract increase. The overall proposed increase is 2.4%. Passed 4-0-0.

26-024 = Approving Minnesota Public Facilities Authority Drinking Water State Revolving Fund Program LSLR Application: Haugen moved to approve, seconded by Flotterud. Theobald stated that the Federal Government would like to get rid of all lead service lines around the country. Theobald stated that the City worked through the identification process to identify each service line material in the community. There are ten homes in Wanamingo that have galvanized piping. It is assumed that there is a lead gooseneck associated with each galvanized service line. The City intends to apply for \$250,000 to replace the ten water service lines. If approved the City would go through a publicly bid process with contractors to replace the service lines. A hole would be cut in the street at the water main, boring of a new water service line would take place to the property line, a new curb stop would be installed, and then a new line would be installed into the basement. The project would include repairing the hole into the basement and a plumber to hook up the new water service line. Theobald stated that property owners could refuse, but the cost to replace the line in the future would be on them. Kennedy stated that the City should replace the service line up to the curb stop, within the right of way, if the homeowner does not wish to see the service line replaced within their property. Passed 4-0-0.

OLD BUSINESS:

4th of July 250th Birthday Celebration New Decorations – Kennedy and Administrator Boulton presented a memo on 4th of July decorations. The Council discussed po-

tentially buying items to enhance the 4th of July this year in conjunction with the 250th birthday of the United States at the February City Council meeting. A set of 4th of July banners and new brackets 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.

Haugen moved to approve the staff recommendation of purchasing new brackets and banners for the Main Street seventeen light poles, seconded by Dierks. Flotterud asked where the funds would come from. Boulton stated the general fund. Flotterud stated that the banners and brackets were not budgeted and he disagreed that the City should purchase them. Flotterud stated that some sort of civic group should purchase them. Boulton stated that the bracket replacement would fall under equipment r & m and would fall under the budget. McPherson stated that he would donate \$1,400 toward the decorations and brackets. McPherson stated that this is a well-run City and wished that his business, Biochar Infusions could contribute to the enhancement for the City

4th of July. Flotterud stated that he would be comfortable purchasing the new brackets and ten banners with the donation. Haugen and Dierks agreed to modify their motion by purchasing ten banners and new brackets through Main Street Designs and accepting McPherson's \$1,400 donation. Passed 4-0-0. The Council thanked McPherson for his donation. Kennedy stated that the Council were welcome to see the proposed new banner sample after the meeting.

Boulton stated that the Wanamingo Fire Relief Association vintage snowmobile show, chili cook-off, and bean bag tournament fundraiser went well. Boulton stated that the City chili entry to the competition won the people's choice award.

Dollar General is expected to be open by the end of the week.

Dierks asked the stated of the walking bridge repairs. Boulton stated that the work was put off for winter due to the need for replacement of frost footings and the presence of frost early on this winter. Boulton stated that he reached out again to Kleese construction to check on the schedule. Holmes stated that he spoke with Roger Kleese who said that the work is on his list for spring.

*Audit Committee will have a meeting to go over in-depth audit at 9:00AM on April 3rd at Wanamingo City Hall.

*Next City Council meeting on 4/13/2026 at 7:00pm.

Adjourn: At 8:01PM a motion to adjourn was made by Dierks and seconded by Flotterud. Passed 4-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

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5. Corvine bird's sound
8. Aquarium dweller
12. Sandwich shop
13. Half human, half cobra in Hinduism
14. Blatant
15. Don't go
16. *Tony Stark, a.k.a. ____ Man
17. High-quality black tea
18. *Leader of Guardians of the Galaxy
20. Research facil.
21. Words to live by
22. Leo month
23. ____ Tree National Park
26. Period between linked activities (2 words)
30. Not safe in baseball
31. Drunk's speech?
34. Sitar music
35. Doughy snack of Jewish origin
37. Rage
38. Seize a throne
39. Common hosiery shade
40. Nom de guerre
42. "Wow!"
43. What emergency workers do
45. Choice word
47. Young newt
48. Passport stamps
50. Vomit
52. *Doctor Doom's frequent ally (2 words)
55. Deserved consequence
56. One of Great Lakes
57. Iranian money
59. Like Vitruvian Man, e.g.
60. Prima donnas' problems
61. Author Murdoch
62. Like Regina George
63. "____ My People Go"
64. *Sandman can transform his body into this

DOWN

1. Pop-ups, e.g.
2. Risky business, pl.
3. Cry plaintively
4. Capital of Saudi Arabia
5. Billiards bounce
6. Ancient Greek marketplace
7. Diagon Alley purchase
8. *Captain America's team
9. Albanian monetary units
10. Small cave
11. What Pac-Man did to strawberry
13. Largest Asian antelope
14. Poppy seed derivative
19. Just outside a fairway
22. Inflation matter
23. *Batman's arch-nemesis
24. 1/16th of a pound
25. Not shakes, as in bartender
26. * ____ Titans, cyborgs' team
27. L in LOL
28. Acquiesce
29. Rubbernecker
32. Tough spot
33. *Leonardo to Michelangelo
36. *One from Krypton
38. Inuit skin boat
40. *Size-changing ____-Man
41. Yeses, alt. sp.
44. Butcher's refuse
46. Trouble, in Yiddish
48. Threshold
49. "Complete ____'s Guides"
50. Bid, past tense
51. Particular region
52. Comes on a rod
53. Turkish currency
54. Been in bed
55. * ____ Possible
58. Lysergic acid derivative, acr.

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1	2	9	3	7	4	5	6	8
4	9	5	1	6	8	2	3	7
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



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