



KENYON • WANAMINGO Messenger

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MAY 7, 2026

Volume 19 • Issue 9

Making something new. Local small business owner expresses her creativity.

By Jocelyn
Aldrich

Josie July, owner of J July Creations in West Concord, loves a creative challenge. From customized coasters to unique hoodies, wind spinners to keychains, July loves discovering new ideas and making them a reality.



Josie July

July says, "Nothing beats the joy when an idea comes to life." (continued on page 7)

2026 Goodhue County Breakfast on the Farm



Mark your calendars, because the Goodhue County Breakfast on the Farm is coming around again. On Friday, June 5th, from 7-11 am, you are invited to enjoy a wonderful breakfast spread including egg bake, donuts, yogurt, fruit, cheese curds, and ice cream. The breakfast is free to the public, and this year's breakfast will be hosted by the Lexvold Family at Bombay Dairy. In addition to great food, there will be many activities to choose from, including Lexvold Farm



Announcements

• The Hiawatha Valley Genealogy Society meets on the second Tuesday of each month at 10:00 a.m. at the Goodhue County History Center, 1166 Oak St., Red Wing, MN 55066. The society welcomes participants of all ages and genders who are interested in discovering, researching, or expanding their knowledge of their family's ancestors. Whether you are just beginning or have years of experience, the group offers a supportive environment to help you build your genealogy skills and connect with others who share your interest. Your first meeting is complimentary!

• Save the date! 2026 Dennison Days August 7 & 8.

• 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.

(continued on page 3)

Live Life. Do Good.

By Cheri Roshon

I just got wind of a non profit service that I want to share with you. Non Profit Wrench is a service for those in need started by Jesse Campbell from Kasson, MN.



Jesse Campbell

After a lot of thought regarding what he could do to help others in this time of uncertain economy, he came up with something most people never would have thought to do. Find a way to get backers and volunteers that have skills to work with him on a mission to give others back their dignity while they are going through hard times.

Some of the services he came up with are basic human needs, Auto repair, handyman services, junk removal and property maintenance.

These are a few of the things people need help with, whether because of a disability, or just the fact that they had unexpected circumstances to deal with and not enough "extra cash" to resolve the issues. (continued on page 8)

Bingo, farm tours, the name a calf contest, and live music. Attendees will also have the opportunity to meet Princess Kay of the Milky Way, Malorie Thorson, and the Goodhue County Dairy Princesses. Free shuttles to and from the farm will also be running during the event. Pick-up locations for the shuttles include the Wanamingo Baseball Field and Kenyon Wanamingo High School.

(continued on page 6)

A Crawl to Action

By Cheri Roshon

As arts and crafts venues are popping up all around surrounding small towns and rural areas, some folks in Zumbrota are putting out a Call to Action for the newest adventure in art appreciation!

(continued on page 7)



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Benefits of the Secret Place



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

Announcements

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

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

• 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



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Terry Campbell at 507-951-7417

Anxiety overtaking. Stress overwhelming. Anger arising. Offense brewing. Depression overshadowing. Addiction gripping. Self-critic capturing. Shame and guilt empowering.

Dad's in jail again. I am barely getting by in school. Hardly any money to pay rent. Family conflict is at a high. Parenting skills at a low. Just received a horrible health diagnosis. Sister passed away. I need a job. I'm pregnant. I don't even know if I want to live any-

more.

I have no idea what I am going to do.

These are just a few different emotions, thoughts, and situations that some of you, including me, have or are going through. And indeed, we may not know what to do. I wish someone would have told me, when I was going through some of the above, that I could go into the Secret Place and talk to Jesus

about these things. Not only would I have wanted someone to tell me I could go to Jesus about the things just listed, but also that if I did, Jesus would guide, speak to, and protect me in the midst of these things.

Last month I wrote about the Secret Place, and if you missed the article, no worries, I will catch you up to speed.

(continued on page 4)

AREA CHURCH DIRECTORY

Whew!

Timothy has . . . brought good news about your faith and love.

— 1 Thessalonians 3:6

Paul was overjoyed! He had sent his disciple, Timothy, back to the city of Thessalonica to check on the church they had recently planted there. And Timothy had returned with amazing news!

First, the background: Paul had spent only a short time in Thessalonica, establishing a community of Christ-followers, before an angry mob opposed to the gospel chased him off. Paul knew the deep challenges that the new Christians faced there in his absence, living in a culture that was deeply opposed to Christianity. He wouldn't have been surprised if everyone had gone back to their former ways of life in Judaism or Greek tradition.

But Timothy came back with a report that the new Christians in Thessalonica were standing firm despite the challenges. They remained full of faith in Jesus. They even longed to see Paul again!

That doesn't happen by accident. The God who raised Jesus from the dead also brought these people to life in him, and he kept them there. You might say that every standing-firm, new Christian was an ongoing resurrection story, a new creation, proof that God was up to something big: the renewal of all creation.

If anyone is in Christ, as Paul says in 2 Corinthians, there is a new creation. The old has gone. The new has come!

Lord, all of us who are new creations in Christ are glad to have your resurrection power at work in us. Thank you! The old is going away and the new is coming. Help us to see and rejoice. 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>
Starting in May there will be ONE SERVICE at
Dennison on May 10th at 10:30 am.
Going forward there will be one service on the
2nd Sunday of the month at 10:30am.

Sunday, May 10th: Vang 9:00 am
Dennison 10:30 am

Graduation Recognition

Come celebrate with Vang and Dennison
2026 high school graduates.

The graduation recognition will be on
May 17th—9:00 AM service at Vang.

Sunday, May 24th (Summer Schedule Begins)
Vang 9:00 am

Sunday, May 31st: Vang 9:00 am

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

FIRST EV. LUTHERAN

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GOL LUTHERAN

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Sunday Worship 10:30a.m.

GRACE LUTHERAN CHURCH,

NERSTRAND
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Service 9am. Coffee hour follows @ 10 am
Sunday School 10:15 am

GOSPEL OF LIFE FAMILY CHURCH

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2140 Highway 3 South, Northfield
507-259-2644
srobertsds@frontiernet.net
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Website: calvarynorthfield.org
Sundays 1:00 pm

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Email your church announcements, schedule, etc. to the
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302 Bullis Street, Kenyon
Sunday Worship 10:00a.m. with lunch following

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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

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Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Holden Lutheran Church on Facebook
Worship Services
May 10: Holden 9:00, Dale 11:00
May 17: Dale 9:00, Holden 11:00
May 24: Holden 9:30 Summer schedule begins
May 31: Dale 9:30
June 7: Holden 9:30

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

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Sharon "Shari" Buchta

Sharon "Shari" Buchta, 82, of Dennison, passed away on Wednesday, January 21, 2026, with her loving family by her side. A memorial service will be held at 11 am on Saturday, May 16, 2026, at Vang Lutheran Church Cemetery, rural Dennison with a luncheon to follow. Shari will be laid to rest at Vang Lutheran Church Cemetery. Michaelson Funeral Home in Kenyon has been entrusted with arrangements.



Dorothy Ann Pumper

Dorothy Ann Pumper, age 92, of Northfield, passed away on Friday, April 17, 2026, at Apple Valley Village Health Care Center. Dorothy was born on June 15, 1933, on the family farm in Webster Township to Frank and Lillian (Valek) Malecha. She attended Rosary School and graduated from Northfield High School. In her youth, she met her neighbor, Joseph Pumper, and the two were united in marriage on May 6, 1952, at Annunciation Catholic Church. They made their home in Webster for a short time before moving to Northfield, and in the 1960s, they purchased a farm south of town, where they raised their family.

Dorothy was a devoted wife, mother, and homemaker. She found joy in cooking and baking, creating handmade rugs for her family, and caring for her nine children.

She was a longtime and dedicated member of St. Dominic's Catholic Church, where she played an integral role in parish life. Dorothy generously coordinated funeral lunches and provided comfort and care to families during times of loss.

Dorothy and Joe enjoyed traveling together and were faithful supporters of the Dundas Dukes baseball team. As their family grew, they took great pride in attending their grand-

children's activities, and in later years, Dorothy cherished time spent with her great-grandchildren.

Dorothy is survived by her children, Colleen (Tom) Weaver of Wisconsin Dells, Daniel of Northfield, Joel (Jeanne) of Northfield, Corrine (Fred) Beumer of Cannon Falls, Kaylene (Phillip) Little of Faribault, Keith (Nina) of Northfield, Laurie (Lance) Sniesrud of Northfield and Jeffrey (Shari) of Owatonna; 23 grandkids; 42 great-grandkids; daughter-in-law, Donna of Northfield; siblings, Adeline Malecha of Lonsdale, Sister Francette Malecha of Shakopee, Jane Shriver of Montgomery, Judy Voracek of Lakeville, Francis "Butch" (Barb) Malecha of Northfield; and brother-in-law, Elmer (Ramona) Pumper of Northfield. She was preceded in death by her husband, Joseph; son, Craig; daughter-in-law, Nancy; grandson, Andrew; and siblings, David Malecha, Larry Malecha and Michael Malecha.

Memorials may be made to St. Dominic School in Northfield.

Mass of Christian Burial was at 10:30 AM, Friday, April 24, 2026, at the Church of St. Dominic in Northfield. Visitation was from 3-7 PM, Thursday, April 23, 2026, at Bierman, Benson & Langehough Funeral Home in Northfield, and continued one hour prior to mass at the church. A reception followed mass at the church. Interment was in Calvary Cemetery, Northfield.

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

Traxler Law PLLC

traxlerlaw.com

Ann Traxler
Attorney

PRACTICE AREAS

- Wills, Trusts, & Estates
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502 Huseth St. Ste. C
Kenyon, MN 55945
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A Remembrance Ceremony for Steve Dyrdaahl

*will be held Saturday, May 9th
at 11:00a.m. at the Old Stone Church
in rural Kenyon with visitation
1 hour before and a light lunch
served afterwards.*



Directions: At the west end of the Boulevard of Roses in Kenyon, take Goodhue Co. 12 south for 1.3 miles and go west on Monkey Valley Rd. for one mile.

Benefits of the Secret Place

(continued from page 3)

The Secret Place is partially your one-on-one time with Jesus, with your Bible and perhaps journal out, and at a much deeper level, it is a life that remains in the hiddenness of the Lord. It means you dwell, abide, and stay in all of Jesus's promises, truths, direction, and love for you—no matter what. You talk to Him at your inner core, and you do not stop.

The Secret Place, which is talked about in Psalm 91, will change everything. We first want a relationship with Jesus. To have a relationship with Him means you have acknowledged you are a sinner (we all have sinned), ask Jesus for forgiveness of your sin, and believe Jesus died on the cross for that sin and that God raised Jesus from the dead. It is also believing that Jesus is Lord, meaning He is God. After you have believed and confessed the things just shared, you invite Jesus into your heart, into your life. You talk to Him like a friend, and you do not stop.

When you start talking to Jesus, you have entered into the Secret Place. After you enter the Secret Place, then you want to stay there as you share with the Lord everything, and I mean everything, that is going on in your heart and life. He will indeed guide, speak to, and protect you.

How will He guide and speak to you? He will guide you by the Word of God, the Bible. Being in the Word of God is imperative (see Joshua 1:8). This is the number one way the Lord will teach and lead you. When Jesus speaks, He will speak with the tone and gesture of the fruit of the Spirit. "But the fruit of the Spirit is love, joy, peace, longsuffering [patience], kindness, goodness, faithfulness, gentleness, and self-control" (Galatians 5:22-23a).

How do we know the Lord will protect us? We know Jesus will protect us because that is what the Bible says, especially in Psalm 91. Did you know there are twenty-three benefits of dwelling in the Secret Place? I want you to find a Bible—a real, concrete Bible—and look up this psalm and study it carefully. In the NKJV it starts off in verse 1 by stating, "He who dwells in the secret place of the Most High . . ." It then goes on to list out those twenty-three benefits if you remain (stay) in the Secret Place. Here they are:

- You will abide under the shadow of the Almighty.
- You will be delivered from the snare of the fowler (the bait-layer, this is the enemy).
- You will be delivered from the perilous pestilence (epidemic disease/plague).
- You will be covered with His feathers.
- Under His wings you will have refuge.
- God's truth will be your shield and buckler.
- You will not be afraid of terror by night.
- You will not be afraid of the arrow by day.
- You will not be afraid of the pestilence that walks in darkness.
- You will not be afraid of destruction at noonday.
- Only with your eyes will you see the reward of the wicked.
- No evil will befall you.
- No plague will come near your dwelling.
- God will give His angels charge over you.
- You will tread upon the lion and cobra (I see this as, you have authority)!
- The young lion and the serpent you shall trample underfoot (again, you have authority)!
- You will be delivered.
- You will be set on high.
- God will answer you.
- God will be with you in trouble.
- You will be honored.
- God will give you a long life and satisfy you.
- You will see God's salvation.

No matter what you are facing, the Lord is going to guide, speak to, and protect you; you just need to go running to Him. He can remove the grip of the bottle, heal the brokenness of your heart, and calm that anxious mind. He can give hope where it seems hopeless. You just need to enter into the Secret Place and stay there.

When life gets tough for me, and trust me, it can get very dark, I am reminded of Psalm 91. I will read this psalm over and over, out loud. Sometimes I am weeping as I do so, as depression is thick, anger is high, and shame is crippling. After I read the psalm, sometimes many, many times, those heavy emotions eventually lift.

Psalm 91 is a wonderful psalm to read in the midst of spiritual warfare, dark emotions, and hard life circumstances. This psalm reminds as well as declares that the Lord has you and will guide you, speak to you, and protect you. You are going to make it. You are going to make it. You are going to make it. You are more loved by the heavenly Father and Jesus than you will ever realize.

If you have not accepted Jesus into your life and would like to, you can read, believe, and confess the following prayer. If you struggle with being suicidal, no shame and you are not alone. At one time in my life, I did not want to live anymore. If you need to talk to someone, you can dial or text the suicide and crisis lifeline at 988. They are available 24/7. It's legit, I tested it. With love and blessings, my beloveds, Ashley.

"Jesus, I know I am a sinner, and I ask that you forgive me. I repent (I turn away from my sin). I believe that you died on the cross for my sins and that God raised you from the dead. Jesus, I believe that you are Lord and Savior! I ask that you come into my life and my heart. Help me grow in my relationship with you. Thank You! Amen." (Romans 3:23; 1 John 1:9-10; Acts 3:19; Romans 10:9-10; Ephesians 2:8; Acts 3:26)

Chrystine Ladeen Eggum

Chrystine L. Eggum, age 64, passed away on Monday, April 20, 2026, at her home in Dennison, MN, surrounded by family after a long battle with early-onset Alzheimer's. 'Chrys' was born in Iola, KS, on June 26, 1961, the daughter of Donald and Lydia (Phillips) Paddock. The family relocated to Dennison for Donald's teaching career and Chrys graduated from Northfield High School; she attended Faibault Vo-Tech for secretarial school.

Chrys was united in marriage to Clyde Eggum on January 10, 1981, at the Dennison Lutheran Church. The couple honeymooned in Florida and the weather still managed to be cold; they traveled to Hawaii for their 25th anniversary and the climate was much better to the extent that she didn't want to come back home. They raised two boys on the family farm in Dennison and were very active as parents. Chrys and Clyde loved to travel by motorcycle to local fairs and go to Arizona and California to see family and friends. Chrys crocheted hats for babies and donated them to the local hospitals.

Chrys was a loving wife, mother, grandmother, and friend. She had a wonderful sense of humor, loved to read, and was an all-in, all-kind person. Her proudest achievement was to be a wonderful, kind and funny mother and grandmother; she was able to dance at both of her sons weddings and appreciated every moment spent with her granddaughter, Kaia. She volunteered her time every year at the Dennison Days kids carnival as well as the famous Vang Lutheran Church lutefisk dinner.

Chrystine is survived by her husband of 45 years, Clyde Eggum; her boys, Andrew (Jenn) Eggum and Joseph (Dena Jensen) Eggum; granddaughter, Kaia Eggum; brother, Mark (Sandy) Paddock; nephews, Erick and Adam Paddock; as well as other extended family and many friends. She was preceded in death by her parents, Donald and Irene; in-laws, Obert and Alice Eggum.

A Funeral Service for Chrystine was held at 11:00 AM on Tuesday, April 28, at the Vang Lutheran Church. Visitation was held on Monday, April 27, from 4-7 PM at the Bierman, Benson & Langehough Funeral Home in Northfield as well as one hour prior to the service on Tuesday at church from 10-11 AM. Interment was held at Vang Lutheran Cemetery. Arrangements are with the Bierman, Benson, & Langehough Funeral Home. www.northfieldfuneral.com

In lieu of flowers, donations may be made to the Vang Cemetery, Vang Lutheran Church, Dennison Lutheran Church or donors' choice.

Thank you to Mayo Hospice and Cannon Falls Respite Care.

Mary Jane Goertz

Mary Goertz died Tuesday, April 21, 2026, at the Reflections Care Center in Northfield, Minnesota at the age of 101. A lifelong resident of the Northfield area, she witnessed a century of profound change with grace, love, and a cheerful heart. Mary began her working career at Malt-O-Meal, then served at the counter at Quality Bakery for several years before hiring on at the Montgomery Ward store in Northfield where she worked for many years. Vibrant and adventurous she became a snowbird after retirement, wintering for 30 years in Bonita Springs, Florida.

She is survived by her five children, Jane Skluzacek (Jerry), Judy Clements, Jim Peroutka, Larry Peroutka, and Shirley Peroutka (Ron Riegert); her nine grandchildren, Lisa Skluzacek, Steve Skluzacek, Aaron Clements, Brent Clements, Cody Peroutka, Josh Dale, Tristan Peroutka-Bigus, Nathan Peroutka-Bigus, and Alex Peroutka-Barcia; five great grandchildren and a great-great grandchild; numerous nieces and nephews; and many, many devoted friends both in Northfield and Florida. She is predeceased by her three sisters (Laura Finger, Eula Trip,

Verna Haines) and five brothers (Everette Hamann, Lester Hamann, Maynard Hamann, Milton Hamann, Kenneth Hamann) and her long-term loving partner Ed Miller as well as former husbands Joe Peroutka, Eon Tufte and Ervin Goertz. Mary was cherished by all who knew and loved her. She will be greatly missed.

A memorial service will be held at the United Methodist Church in Northfield, Minnesota, on Friday June 5th, 10:00am-11:00am visitation, 11:00am memorial service followed by a casual lunch at the church.

Chad Mitchell Davidson

Chad M. Davidson, age 52, passed away at his home in Dundas on Tuesday, April 21, 2026. Chad was born on October 9, 1973, in Faribault, the son of Ray and Nina (Wright) Davidson.

Chad "Hooch" lived his life fully and with intention, making sure that the people he loved always knew how much they meant to him. He had a way of carrying joy wherever he went, rarely without a smile, especially when he was working on the racecar or restoring old buildings, two of the things that he was extremely proud of and brought joy to his life.

He had a natural ability to light up a room, not just with his presence, but with the way he made others feel seen, valued, and important. Chad didn't just care about people, he showed it, consistently and wholeheartedly.

He will be remembered for his warmth, his passion, and the genuine connections he built with those around him. His love and energy leave a lasting impact that will not be forgotten.

Chad is survived by his wife, Katie Nystuen; children, Mason, Conner, & Sydney; mom, Nina Davidson; sister, Shari (Rick) Malecha; nephew, Nathan; Aunt Peg and Aunt Coney; as well as his other extended family and countless friends that Chad considered to be his own family. He was preceded in death by his father, Ray Davidson; grandma, Rosetta Wright.

A Celebration of Chad's Life was held from 11:00 AM to 3:00 PM on Sunday, April 26th at the Bierman, Benson, & Langehough Funeral Home of Northfield. www.northfieldfuneral.com

Daniel Joseph Stadler

Dan (Daniel) J. Stadler, 82, Northfield, MN passed away on April 23, 2026. Dan was born in Faribault, MN on April 11, 1944 to Frank and Phyllis (Vailencour) Stadler. He attended Sacred Heart and Bethlehem Academy in Faribault.

Dan spent most of his career at Carleton College (27 years) as Director of Custodial Services and Project Manager. He was in his happy place as project manager overseeing repair of various

houses on the campus and interacting with the faculty, staff and students. He was their "go-to" guy if they really needed something done. Dan had a love for car repair and restoration even when a young man. He had several collector cars during his lifetime with a '46 Mercury being his favorite or maybe it was the '34 Ford or maybe the '64 Thunderbird.

He will be remembered for his belief in repairing rather than replacing—a car, a snowblower, a toaster all could be repaired (sometimes taking days). The boys would say "Dad, we can buy a new one for \$5" but still he worked until it was usable. His garage was a hardware store—he invited people to shop there before going to Menards.

Dan was a very proud dad but was especially proud of his grandchildren's successes and families.

Survived by his wife, Linda (Niebur), children Jim (Resa), Corey (Darla), Brett, Jay (Tina), Abi, Dani (Jim), Denys (Tony) and many, many grandchildren and great-grandchildren and his brothers Larry (Judy), Wesley, Mark (Lisa) and sister, Janet. Preceded in death by son Daniel Joseph Jr., brothers, Russ and Butch, and sister Elaine, son-in-law Danny Malecha and his parents.

Donations may be directed to the Northfield Community Action Center or a charity of your choice.

A visitation in celebration of Dan's life was held from 3-7 PM, Wednesday, April 29, 2026, at Bierman, Benson & Langehough Funeral Home in Northfield.

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

Barbara M. Anderson

Barbara M. Anderson, age 92, of Faribault, died on April 29, 2026, at Carriage House Assisted Living, LeCenter.

Funeral services were held on Wednesday, May 6, 2026, at 11 a.m. at Our Savior's Lutheran Church, Faribault. Interment was at Meadow

Ridge Memorial Park, Faribault.

Visitation was held at the church for one hour prior to the service on Wednesday.

Arrangements are being completed by the Boldt Funeral Home and Cremation Services, Faribault.

Barbara M., the daughter of Clarence and Eleanor (Westman) Dahlen was born on May 30, 1933, in Cokato. She married Leon Emery Anderson on February 15, 1953, in Kenyon and he preceded her in death in 2003. Barbara was employed by the Faribault Daily News for many years and enjoyed have coffee with friends, quilting and gardening.

She is survived by her daughter, Cheryl Anderson; three grandchildren, Michael, Tina and Bailey Anderson; seven great grandchildren; three great great grandchildren; Mark Anderson's life partner, Sandy Moseng; two sisters, Susan Dahlen and Mary (and Terry) Zeien; other relatives and friends.

She was preceded in death by her parents; her husband, Leon; one son, Mark Anderson.

Visit boldtfuneralhome.com for more information and guestbook.



Church Rummage Sale

Saturday, May 9th, 8 am – 2 pm

Nerstrand Wieners, chips, donuts, rolls, coffee, pop and water available.



Large sale with a fun assortment of clean household items: toys, kitchen, electrics, home décor, glassware, clothing, luggage, vintage and much, much **Miscellaneous.**

Also in Nerstrand on May 9th:
***WildWood - May Market**
315 Main St.
9am-1pm

Facebook: Nerstrand United Methodist Church *** web page: Nerstrandumc.org

2026 Goodhue County Breakfast on the Farm

(continued from page 1)

The Goodhue County Breakfast is sponsored by Goodhue County Dairy Farmers, KCUE Radio, and local businesses. Shannon Harrell of Q-Mediagroup, a radio sponsor based in Red Wing, says the event has been going strong for more than 30 years. KCUE 98.9 FM of Red Wing will be broadcasting live at the event. The event aims to provide a fun, educational setting for the community to learn more about the dairy farming industry and to help individuals understand how milk is produced.

Since June is National Dairy Month, the event provides a great opportunity to celebrate.

Donna Lexvold says their family is excited to host this year's Breakfast on the Farm. She commented, "it gives us an opportunity to

showcase our farm and welcome people who normally do not have the chance to visit a dairy farm and learn about agriculture." Last year's Breakfast on the Farm was hosted by the O'Reilly family at Green Acres Organic Dairy in Goodhue. Approximately 2,000 people attended.

Bombay Dairy was founded in 1995 as a partnership between Wayne Lexvold, Dick Nystuen, and Mark Wehe. Today, the farm is proudly run by the Lexvold Family. The milk produced at Bombay Dairy is processed into various types of cheeses and sold to grocery stores under the Fieldgate Cheese brand.



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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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• Jim and Sue Beulke •
680 3rd Ave., Wanamingo
507-272-3764 (Sue cell)
507-272-3761 (Jim cell)



Friday, June 5th, 7-11 a.m.

Bombay Dairy - Lexvold Family

6045 Highway 60 Blvd Kenyon, MN 55946



Everyone is welcome - families, neighbors, community members, and school groups!
Meet Princess Kay of the Milky Way, Malorie Thorson and the Goodhue County Dairy Princesses

- Free Breakfast with ice cream!
- Lexvold Farm Bingo
- Farm Tours
- Petting Zoo
- Name a Calf Contest
- Ag Cab Lab - Tractor Drive Simulator

- Ellsworth deep fried cheese curds!
- Games and Farm Fun Activities for Kids
- KCUE Live Radio Broadcast 7-11 a.m.
- Tractor and Farm Equipment Display
- Milk "Annabelle" the cow
- Tub Train Ride for Kids
- Live Musical Entertainment

Sponsored By: Goodhue County Dairy Farmers, KCUE Radio, and local Businesses



The Lexvold Family

L to R: Mitchel, Barron, Mallory, Marshall,
Donna, Wayne, Kaitlin, Kade, Nathan, & Kael

**Join our Host Family Farm
- Bombay Dairy -**

to celebrate June Dairy Month!

Direction from Kenyon: Take Highway 60 Blvd East 5 miles
Direction from Wanamingo: Take Highway 60 Blvd West 5 miles. Farm is on the north side of highway.

FREE BUS SHUTTLES:

Wanamingo Baseball Field and Kenyon Wanamingo High School
351 5th St East, Wanamingo 400 6th St., Kenyon

The shuttle will run continuously from 7-11 am.

The June Dairy Breakfast on the Farm is a "fun" yet "educational" event to explain how milk is produced and to educate consumers and community on the positive impact the dairy industry has in Goodhue County and MN. They want to say "Thank you" for being our neighbor and supporting our family farm.

Questions? Or group reservations of more than 10:
Call Ann Buck 651-764-3087 or Kristin Schrimpf 651-380-8293



Friday, May 15th

4:00 p.m. – 7:00 p.m. **Lutefisk Dinner – Lands Lutheran Church**

\$25.00 at the door (10 and under eat free) - take out will be available.
Buffet style with Live music in the Sanctuary before and after eating!

Saturday, May 16th

11:00 a.m. – 2:00 p.m. **JB's Tavern**

Norwegian Meal

City Wide Garage Sales

Pick up flyers & maps at Area 57 or Security State Bank
beginning on Thursday, May 14th

SIGN UP for the CITY WIDE GARAGE SALE by Tuesday May 12th at

City of Wanamingo, or Wanamingo Mutual Insurance Company.

Or call/email Beth Smith at 507-824-2912 – b.smith@wgomutual.com

Saturday, May 23rd

Katie Peterson Memorial 5K Walk/Jog/Run

Registration at 8:30 a.m. (\$25.00 entry fee)

Wanamingo Community Center

Race Starts at 9:00 a.m.



Making something new. Local small business owner expresses her creativity.

(continued from page 1)

Since 2024, July has been selling her creative goods.

July says her journey with crafting began at an early age. She explains, "I have loved creating things since I was little. When I was really young, I would watch my grandma crochet." Learning from her grandmother sparked July's passion for exploring the creative world and learning new techniques. Her creative spark continued to evolve as she participated in FACS classes through middle and high school. When July headed off to college, she says, "I paused on crafting, [and] focused on college. Except the pause didn't last too long." She began crocheting in college, making gifts for her roommates and family. Her love for creativity continued to flourish. This drive eventually motivated July to start her own business.

From a young age, July knew she wanted to start her own business. July explains, "I come from a line of small business owners. When I was growing up, I would ask why they wanted to own their own business. Each one told me they loved what they did so much that they made it into their own job." Having small business owners in her family

inspired July to create her own business and express her creativity. July says she also enjoys the opportunity "to help people's ideas come to life." She says, "I love being able to customize items to fit the needs of my customers. Being able to make something that you don't see walking into a box store always brings me joy." July loves serving her customers by making items that fit their needs.

July is always adding new products to her website. To shop her creative products, visit JJulyCreations.com. She welcomes new ideas and is happy to make custom items. To inquire about July's products, contact jjulycreations@gmail.com or text her at 507-577-8069. July would like to give special thanks to all her customers who have helped to make her dream possible.

A Crawl to Action

(continued from page 1)

The event will take place this June 18th, 19th and 20th, coinciding with Father's Day. It is named the Zumbrota Creative Crawl, but the committee welcomes crafters and artists in the surrounding communities to join in the fun! You can go to their Facebook page for information on who to contact for more information, to apply for a spot, or to ask any other questions.

There are many of these events going on locally, and they are receiving a lot of attention. Think 100 Mile Rummage Sale that happens every fall, or the St. Peter Art Crawl in the spring. There are stationary Craft Fairs in places like Kenyon's 100 Ladies and Gentlemen's Holiday Show that is open a few weekends before the holidays begin for Christmas, and many smaller venues in the Dennison Nerstrand area, as well as Cannon Falls.... You get the idea! So now we will have our own local show, starting this year! There will be vendor locations set up for multiple vendors, too, like the parking lot at Native Grind behind the Zumbrota Dairy Queen, and places set up on Main Street in Zumbrota.

This is going to be a fun way to let people know what you are currently working on, and advertise your craft. This is a Call to Action for those of you who wish to participate. Please go to the Facebook page and fill out the form on Google doc to apply. The committee will be printing a map in some of the local papers, like Goodhue, Wanamingo, Kenyon and more, so if you choose to join in the fun, and want your location on the map, please apply by May 15th to be sure your location is included! You can still participate if you get this too late, but to be included on the map, we need your info now.

And be sure to be watching the Messenger for another article telling more details about the crafters, vendors and artists who will be participating in this first year of the event as we get closer to the event itself! So..... go to the Facebook page now, and get involved!

CONGRATULATIONS & BEST WISHES TO THE CLASS OF 2026

We wish you all the best as you embark on the exciting journey ahead.

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Live Life. Do Good.

(continued from page 1)

I have to say, this guy is the real deal. He determines how to help, and what the cost is that he and others can do the job for, and lets people know how he can help them. I was able to talk to Jesse, and I love the way he describes his journey to getting everything together, and the "Why" of his idea. I'll let him tell you, too!

"At NonProfit Wrench, our mission is born from a simple truth: when people's basic mobility and homemaintenance needs are unmet, the ripple effects reach far beyond one moment of inconvenience. A vehicle that won't start, snow piled up in the driveway, or a broken fixture in the home — these aren't just errands left undone. For someone navigating tight finances, a disability, or unexpected hardship, these become barriers to security, independence, and dignity.

I've carried this conviction with me all my life. Whether it was volunteering for a food drive, preparing a warm meal, or quietly performing small daily acts of kindness — I discovered that helping others wasn't just something I did. It became part of who I am. Despite my family's wellfounded concerns — "Be careful helping someone by the side of the road," "What if the person you

help has bad intentions?" — I knew I couldn't stop. My roots, living on the edge of what most consider stable, instilled in me a tenacity that said: if I see a need I can fill, I will. From that place of conviction the idea of NonProfit Wrench took shape. I looked at the needs around me — in and near Rochester and Kasson, Minnesota — and I asked: "What am I good at? How can my strength meet real, pressing problems?" The answer: restoring mobility and stability. Vehicle maintenance. Snow removal. Handy services for people living with disabilities or under economic strain. It's not glamorous, but it's exactly what stands between someone making it to work or missing a shift; between staying safely at home or being vulnerable to dangerous conditions. Starting this organization from scratch wasn't easy. I carried the cost of incorporation, consulted late into the night, pressed through board formation, insurance, tools, publicity — all while juggling family life. The debt on Day One didn't scare me because the greater cost would've been doing nothing. The harder part hasn't been the tools and tasks. It's been raising awareness, building a network of supporters, finding the financial backbone so we can serve fulltime and launching a youth and jobenrichment program on site. But week after week, regardless of funding, we're out there helping people all across southeastern Minnesota because that is simply who we are. Our purpose is rooted in heartfelt service — in giving people the chance to move forward, to feel

steadier in their lives, to reclaim the dignity that comes when a vehicle works, a roof holds firm, the driveway is clear, a light fixture is fixed. We believe no one's path forward should be hampered by things we can solve together. And we believe when you help someone stand on firmer ground, the impact extends far beyond that moment — it transforms a life, strengthens a community, restores hope. If you've ever felt the joy of helping someone else, the quiet power of a kind gesture, you already know the world we're building. At NonProfit Wrench, we're committed to that world every single day."

As you can see, Jesse has thought this out carefully and made the decision to go forward with his passion to do what he can to help others. If you feel like you would like to contact Jesse because you have a need that can't be met at this time, if you have a skill you can share by volunteering, or if you wish to help the cause by donating money to keep this non-profit going, you can contact Jesse at nonprofitwrench@gmail.com, or give him a call at (507) 696-3461. Monetary donations can be sent to him at 1009 3rd Street S.E. Kasson, Mn 55944, or through nonprofitwrench.org. I believe this is the way we all should be. Helping our friends and neighbors wherever and however we can. Also, if you own a business that would like to sponsor this work as a tax deductible contribution, he is all ears!



Garden Thyme Craft Show

Thursday, May 7 • Friday, May 8 • Saturday, May 9
Sunday, May 10

Hours: 10:00a.m. to 5:00p.m.

Take a drive in the country and shop in our log cabin filled with crafts and antiques!

Potpourri Mill Log Cabin
Lori and Darwin Amy
2290 County 49 Blvd., Dennison, MN
Email: cabincrew@frontiernet.net
or call 507-649-1009

3rd Annual Vintage Road Trip!

Th, Fri, Sat • May 7, 8, 9
9am-5pm

GRAB YOUR GAL PALS and HIT THE ROAD!
"Road Trip" through the beautiful countryside and explore the cool barns and unique shops that contain the treasures you've been searching for!

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**RR REVIVAL/
RUSTY
RABBITQUES**
104 Railway St. NW, Lonsdale 55046

**Wool &
Vintage
Market**
3435 Lonsdale Blvd E, Northfield 55057

**Potpourri Mill
Log Cabin Crafts & Antiques**
*sale days/hrs: th, fr, sat, sun 10-5
2290 County 49 Blvd, Dennison 55018

**Hoopla
JUNK**
*sale hrs: 10-5
313 Bush St, Red Wing 55066

**Weathered &
Worn Vintage
Market**
13720 240th St E, Miesville 55009

**THE
RETRO MAIDEN
VINTAGE SHOP**
*sale hrs: 10-5
W3553 WI-35, Maiden Rock, WI 54750

MAP NOT TO SCALE*
(Google addresses shown)

Shop unique one-of-a-kind gift ideas for Mother's Day Sunday, May 10!

**Goodhue
County 4-H
Project Bowl
Teams Place
at
State Contest**

Goodhue County had 7 teams advance to the State 4-H Project Bowl Contest held April 11th in Sauk Rapids, Minnesota. Three dairy teams and four general livestock teams competed in this knowledge contest against teams from across the state.

The Junior Dairy team placed second in their division. Also competing were the Senior (5th Place) and Intermediate (6th place) teams. The Dairy teams are coached by Rebekah Mathews (Mazeppa) and Kjersten Veiseth (Zumbrota). Dairy team participants included: Beatrix Sauter (Cannon Falls), Gabby Sauter (Cannon Falls), Roy Sauter (Cannon Falls), Peter Ickler (Wanamingo), Gracie Pearson (Red Wing), Garrett Pearson (Red Wing), Beau Callahan (Wanamingo), Mason Quam (Kenyon), Cora Foss (Kenyon), Troy Clemenson (Zumbrota), Clara Benrud (Goodhue) and Hanna Gudknecht (Wanamingo).

The General livestock Junior teams placed 1st and 6th, the Intermediate team placed 4th and the Senior team placed 1st in their respec-



Junior General Livestock 2: Leah Lubahn, Macy Dicke, Lacey Betcher

tive divisions. The Senior team qualified to attend a national contest, however they are ineligible to compete as the team has already competed at each of the two national contest options. The General Livestock teams are coached by Lee Kloeckner (Red Wing) and Nicole Neeser (Red Wing). General Livestock team participants included: Amelia Kispert (Kenyon), Isaiah Kispert (Kenyon), Avery Stark (Cannon Falls), Charlie Stark (Cannon Falls), Haley Betcher (Mazeppa), Lacey Betcher (Mazeppa), Brooke Betcher (Mazeppa), Jocelyn Wichser (Cannon Falls), Macy Dicke (Goodhue), Paige Lubahn (Goodhue), Allison Lubahn (Goodhue), Marissa Mandelkow (Cannon Falls), Jaysa O'Connor (Goodhue), Sawyer Gesme (Welch), Riggan Hovel (Cannon Falls), Samuel Gesme (Welch), Ty Lindahl (Cannon Falls) and Oliver Lee (Cannon Falls).

Congratulations to each of the team members and coaches!



Intermediate Dairy: Cora Foss, Gracie Pearson, Beau Callahan, Mason Quam



Intermediate General Livestock: Jaysa O'Conner, Brooke Betcher, Isaiah Kispert, Oliver Lee, Allison Lubahn



Junior General Livestock 1: Charlie Stark, Samuel Gesme, Sawyer Gesme, Ty Lindahl, Riggan Hovel



Junior Dairy: Roy Sauter, Gabby Sauter, Beatrix Sauter, Peter Ickler



Senior General Livestock: Avery Stark, Amelia Kispert, Haley Betcher, Jocelyn Wichser



Senior Dairy: Clara Benrud, Hanna Gudknecht, Garrett Pearson, Troy Clemenson

83 Rhymes with DNF

By Ted Gamble

This following is a story of a errors, setbacks, and ultimate failure that takes place “up North” near Lake Superior.

After the Zumbro 100, I asked Derrick, “What’s next?”

He said, “Let’s enter the Superior 100!”

I said “OK”.

That was Mistake #1.

In early January, I entered the race lottery with Derrick and Jim—we’ve done races together before and wanted to team up again. Since it’s a lottery, there’s a chance we won’t get picked; some runners try for years before being chosen. The race is scheduled for the weekend after Labor Day, which coincides with the Defeat of Jesse James Days.

Would you believe we were all chosen on the first attempt!

The race runs along the Superior Hiking Trail from Gooseberry Falls to Lutsen, passing state parks with views of Lake Superior. Known as “rugged, remote, and relentless,” it ranks among the five toughest 100-mile races in the U.S., making it an exceptionally tough race to complete.

Even so, recent running successes kept my confidence level high (maybe too high?):

- I was able to complete my first attempt at 100 miles at the Zumbro 100 last April. It was tough, but I made it. I wrote a story

about it and found a couple publishers (Like the Wind issue #44 and The Dundas Messenger)!

- After 15 years of running the 24 hour FANS race in Bloomington I surpassed the 1,000 lifetime miles threshold. They gave me a jacket!

- I decided to try my hand at a “Backyard Ultra” at Elm Creek in Maple Grove. In this type of race, you have one hour to complete a 4.17-mile loop. If you complete the loop before the hour is up, you can go again. And again, and again, until you can’t. Why 4.17 miles? If you can go for 24 hours, it’s an even 100 miles. I made it 12 hours and went 50 miles. That was my goal, and I was happy with it. I want to try it again.

- Some friends and I climbed Half Dome this summer. Steep and scary, but the view from the top was so worth it!

And my training over the last several months went pretty well so I felt physically ready.

There was a little bit of “destiny” wrapped up in this one, too. The race started in 1991, making this one of the oldest 100 milers in the country. My wife, Linda and I were married in 1991, and actually spent our honeymoon at Caribou Highlands (it was called something else back then) in Lutsen, the race’s Finish Line. Linda asked me the day before the race, “If I told you that you would be finishing a 100-mile race here, in 34 years, what would you have said?”

“You are nuts!” was my enthusiastic answer.

All these things combined left me confident and assured that the Superior 100 would simply be another success story. All I had to do

now was drive to the race, carb load (pizza!), and run 100 miles. Easy right?

That was Mistake #2.

I drove up Thursday afternoon. My plan was to go to the expo in Two Harbors, get my bib (I was #83), and leave my drop bags—each one carefully prepared and filled with food, clothing, and various other items I thought would be needed to keep me hydrated and fueled for the event. Each bag had just the right items for each stage of the race—headlamps (and a backup) for night running, extra socks for each aid station (you never know!), etc. so I felt ready for whatever came my way.

There was a photographer taking pictures of each runner, “so they can identify the body on the trail” I joked. He laughed like he had already heard that one several times and was prepared to hear it several more times!

=

Then it was off to the North Shore Pizza Café in Two Harbors; a favorite of mine and Linda’s, to pick up my supper—a large pepperoni and olive pizza, pre-ordered to be more efficient.

I finally arrived at my VRBO rental (walking distance to all the local hot spots!) in Grand Marais at 6:45. I had told the owner that I would be there about 7:00, so things are going exactly as planned. After all the planning, training, and planning and training, things were beginning to line up and fall into place.

By that time, I was pretty hungry and ended up eating most of the pizza while I tried to “relax”. It was too much food right before bed and I ended up tossing and turning most



of the night as I was too full and had too much on my mind to settle down.

Even so, the 4:30 a.m. alarm came too quickly. Happily, Linda called to wish me a “good morning” and say a quick prayer for me. Her and the kids would be joining me later tonight or sometime tomorrow.

I tried to finish my pizza from the night before, but was only able to force down a couple of pieces as I was still bloated from the previous evening’s feast.

(continued on page 11)



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(continued from page 10)

I had long ago decided that my strategy was not to run 100 miles this weekend. That's way too much. Instead, what was going to take place today was about a dozen seven to ten mile runs from one aid station to the next. Ultrarunning is just as much mental as it is physical, and psychologically it would be much easier. How do you eat an elephant?

Eventually, the race director called us to the starting line. After a few inspirational words, we started. I was pumped—this was exciting! I shook the race directors hand as we went past.

That was Mistake #3.

This was one part of the trail that I thought would be more familiar to me than it was. Linda and I have been here several times with the family, so I thought we'd be running on those same trails. But, once we left the paved part of the trails it was all new to me. Still, it was early and the running was easy. Part of the route took us along Highway 61, and several drivers honked and waved enthusiastically as they sped by.

The next stretch was ten miles to Beaver Bay, another place we've visited a lot on va-



It's way to early for this! Was it something I ate? Too much pizza? Why now? These were some of the questions swirling in my head--I still had 80 miles to go, and this will not make it any easier!

Soon, the aid station was in sight, and my daughter, Katey, was there waiting for me! I didn't expect her until this evening, so seeing her was a pleasant surprise.

Katey helped me re-fuel and get a little food. I was craving a sandwich but they didn't have any, so Katey said she would look for one at a local convenience store for me at the next aid station in Silver Bay, which was only about four miles away. So, it shouldn't take too long before I had my sandwich.

The porta pottie called my name, so I answered and then began trotting down the gravel road towards the next section of trail. But, something was off...something was missing....what was it????

Oh!

My hiking poles!

I had dropped them when I arrived at the aid station; but it was no big deal to retrieve them since I had only gone a few steps down the road. I quickly turned around and grabbed them, and headed out once again. But, was this a foreshadowing of what was to come later?

Only four miles to the next aid station at Silver Bay. It started flat and easy, and I wrongly assumed the terrain wouldn't change. But, there were some vicious hills in those four miles. So it took a bit longer than I thought it would, and it took more out of me than I was ready for.

When I finally arrived at Silver Bay, I could see that Katey sensed my struggle. She had picked up two sandwiches for me --a Turkey and PBJ. It was greatly appreciated because I was getting a little hungry. The aid station workers replenished my water supply, and graciously filled one of my bottles with Coke. For some reason, I was really craving Coke today. Which was kind of weird, as I am not a real big pop drinker.

I felt like I lost some time, so I abandoned the aid station after only a few minutes and crossed the road for then next ten mile stretch to Tettagouche. Half my Coke was gone by the time I hit the trail, and I decided to walk and eat before starting to run again. Even though I was a little tired, “relentless forward progress” was my motto!

(continued on page 12)

★ ★

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★ ★

A collage of four black and white photographs. The first photo on the left shows a close-up of a corn plant. The second photo shows a pig looking towards the camera. The third photo shows a farm with silos and a large cylindrical tank. The fourth photo on the right shows a CFS trailer with a 'CFS' logo and '1997' on it.

83 Rhymes with DNF

(continued from page 11)

Tettagouche was not crew accessible, so Katey said she would go to the next one, “wherever that was”. I wasn’t sure either (it was County Road 6 at mile 42), so I just said that I would see here there.

I recognized the trail to Bean and Bear Lakes that a friend and I (Brian) and I had run about a month before, so the familiarity was reassuring. However, the Coke didn’t mix very well with the sandwiches.

That was Mistake #4.

The queasiness came back with a vengeance.

Each time I started to run, I felt like it was going to come up. So I had to walk to avoid losing my lunch on the trail. Should I just force it? Nah, the calories are better off in my belly than on the ground. So I decided to walk this one in and prayed that it wouldn’t backfire on me. That’s when I started to spiral a bit again. Again, it’s way to early for this to happen, but I was confident that I would come out of it as I did before. So, I decided to try some music for a distraction. Would you believe the very first lyrics that came through my headphones were “Love the run, but not the race...” (Quattro, by Robert Plant & Alison Krauss). I chuckled to myself.

It worked, and my mode improved. What could be better than running through the scenic North Woods while listening to some great music?

Eventually, I reached Bean and Bear Lakes; what a view! “I think I’ll bring Linda up here on one of our next trips, she’d really like this”, I told myself.

But, pretty soon the music became “noise” so I turned it off and enjoyed the silence as I walked towards Tettagouche. My gut started to settle down a bit, so I began some run/walk intervals. Mostly walking but I felt better about moving a little more quickly.

Some parts of the trail in this area were rerouted due to some trail work/maintenance that was going on. I am not sure, but it seemed to make the journey to Tettagouche a little bit longer.

I had been leap-frogging a few runners in this section, and as the miles ticked by, the trail got a little wider and somewhat easier. The trails were better groomed in the State Parks. I had no idea how far it was to the next aid station, but it felt like it would be close to the cutoff time (you have to reach each aid station before a certain time, or you were out of the race). I was going downhill when I spotted a group of three or four runners ahead of me that had recently passed me just ahead on the trail. They were walking—I convinced myself that they had given up; they knew that they weren’t going to make the cutoff.

I trotted up beside them, and asked “How far to Tettagouche; have we already missed the cutoff?”

“Nope”, one of them replied, “We have about twenty minutes and we’re almost there”.

I wasn’t sure if he was right or not, but I

chose to believe him and continued my run/walk intervals and left them behind.

He was right, it wasn’t too long and I saw a guy standing between some trees. As soon as he saw my bib, he called out to the Tettagouche aid station just through the trees, “We have number 83 coming in!!”

As I approached, another volunteer held out my drop bag which contained my headlight and a few snacks. I was glad to have the headlight, as the sun would be setting in less than an hour and I did not want to be stuck on the trail alone in the dark!

I dropped my poles, grabbed my light, pocketed a few of my snacks for later and perused the food arrayed on the tables. There was several different flavors of quesadillas, bacon, sandwiches, chips, and lots of salty, sugary, fatty foods that tasted ever so good after running for the last ten hours or so. Did I mention that they had BACON?!?

So, I grabbed a handful of bacon, a PB & J sandwich and a bag of chips for the road. I decided to stuff my face as I walked down the gravel road to the bridge crossing the Baptism River as it flows into Lake Superior. What a beautiful sight!

I was chatting with another runner at the time who had run the Elm Creek Backyard Ultra with me earlier this spring. We hadn’t met then, but agreed to look one another up next year as we both planned on doing it again. I was enjoying the conversation, and things were looking up again....

We crossed the road and approached some steps going up a hill. Another re-route. We were supposed to go along the river towards the lake where the views would be amazing. Instead, we were climbing another hill, but at least this one had steps!

I finished my last quesadilla and reached for my poles. My poles!

Where were they!

Crap!

They lay on the ground, forgotten at the last aid station, now probably a good mile behind me. I was distracted by the food, and left them behind when I took off.

Now what?

Should I go back? That will eat up a lot of time, and I’m already starting to cut it close. Should I keep going? I knew that I still had to deal with the hills in Crosby-Manitou, and poles are almost a necessity there. What else will I have to deal with before I get there? I didn’t know. And what comes after? I didn’t know the answer to that question either.

Against my better judgment, I decided to turn around and get them. I pushed it because I didn’t want to waste a lot of time. Several runners leaving the aid station pointed out, “Hey, you are going the wrong way!”

I offered no reply; I might say something that I would regret later.

When I got to the aid station, and picked up my poles with a grunt of disgust, I grabbed some more bacon and asked for another cup of Coke, “mixed with a little rum, if you don’t mind”.

To my disappointment, I was handed straight Coke.

Anyway, I hurried back to the bottom of the stairs where I turned around and began my ascent for the second time.

I probably wasted twenty to thirty minutes with my little detour, and started to spiral again.

What do I mean by ‘spiral’?

One negative thought breeds another, none of which are true, but its hard to convince yourself otherwise. Mine went something like this:

“That was a stupid mistake, those extra miles will cost you!”

“Why am I doing this, I’m not going to make it!”

“I’m no good at this anymore, but was I ever?”

If I had been thinking clearly, I would have told myself that it’s just another mistake (#5 in case your are counting), nothing fatal, and there’s lots of time to recover; what’s another two miles in a 100 mile run-nothing!; I am doing this because you love it—take a look around—this is awesome! I can do this—I found a way at Zumbro, Elm Creek, FANS, and Half Dome, and other times too many to list.

Eventually, I calmed down and steeled myself for the next ten miles to County Road 6. If I make the cutoff, great! If not, I convinced myself that I am sorta, kinda OK with that, too (not really!)

There were still several other runners around as I was passing and being passed quite often. One asked as he passed by me, “Hey, are you from Savage?”

I said “No”.

He didn’t say anything else and kept on going. I wonder who that was?

It soon got dark and I put my headlamp on. Coming into the race, I wondered what it would be like to be in the middle of nowhere on an unfamiliar trail. It wasn’t too long before the other runners cleared out and I was by myself.

And I loved it! It was so peaceful jogging/trotting/walking among the trees. Alone with my thoughts. The woods were pretty thick, but I was able to get an occasional glimpse of the lake. The moon was peaking out from between the clouds, reflecting its light on the water. Serene. There’s no place else that I would rather be than right here, right now, I thought to myself.

But, it was a real possibility that I would not make the cutoff time at the County Road 6. I was moving pretty slow and going back to get my poles cost some valuable time. By my calculations, I was only going about two miles per hour, and would have to pick up the pace significantly to make it.

How will I get back to civilization if I don’t make the aid station in time? I remembered my attempt at a 50k in the Moab desert a few years ago. My race ended about the halfway point, and I was told that I had to wait until the race was over to get a ride back with one of the aid station volunteers. Or, I could hitch a ride. After sitting around for a couple of hours, I ended up doing just that with some runners from Colorado.

Would the situation be the same here?

I should try to call the family so they can pick me up. What about Chad? He’s supposed to meet me at the Finland aid station at mile 50. If I make the cutoff time, I will be hours later than expected. Maybe I should apologize for wasting his time and tell him to go back home?

There’s no cell service here, so I’m stuck. Maybe the aid station is in an area with service? Oh, well. I’ll deal with that then as there is no sense worrying about it now.

(continued on page 13)

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Changes in Latitudes, Changes in Attitudes

Knot Forgotten



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 can remember as a young kid when feed came in feed bags. Big burlap bags, some were softer cotton bags, and we brought live-stock feed home from the feed elevator in them. Sometimes I would get to see them filling the bags with fresh ground feed. The feed came out of a hopper with a slide gate and the man would wrap the top of the bag around the opening and open the slide and the bag would fill with feed, along with the fragrance of grain and molasses wafting out all over. Then he would wrap the top of the bag together and wrap a twine around and pull it tight. It was secure. They would throw it in the back of the truck and stack them high.

My dad would stack them in the feed room in the barn. I couldn't lift the bag, but I could open it and fill a pail to feed it to the live-stock. One day I built some pallets out of 2 x 4's to stack the feed on. My dad commented that it seemed like a waste of effort. The bags

were just as good on the floor. One day when I got home from school, he handed me a \$20 bill and thanked me for building the pallets. Seems like a water pipe leak had flooded the feed room that day. Those pallets saved a lot of feed.

Some of the bags were pre-filled and they had stitching across the top. There was a way to open them. My dad did it so simply. He just found the right string and pulled it and magically the string came apart. It looked so easy. I think it was really algebra because I never got it. It was necessary to open it properly as not to damage the bag. These were valuable and we returned them to the elevator each week to be refilled. I usually resorted to cutting the string with my jack knife until I got the right one or completely removed the offending string holding the top closed. That trick would not be handed down because I could never master it.

I have come across some of these colorful bags around the farm. They bring back memories. A trip to the feed store was always exciting for an 8 year-old farm boy. I remember the jingles on KDHL radio for the feed companies. The Checkerboard song still rings in my mind. Purina Feeds were popular back in the 1960's. Now bags are easier. They have a tab one can pull and usually directions on how to open it quickly. And bags are paper or plastic and you dispose of them after the first use.

I remember my mom telling me about how housewives would clean the soft cotton bags and make clothes out of them. Feed companies during the depression would dye the bags colorful patterns. I don't imagine the burlap bags were used for clothing. I found a



white bag used for oats with a picture of a stallion on it when I was young. It had escaped the mice in the granary and was in great shape. My mom sewed a drawstring in the top and I used it as a gym bag at school.

Another knot I was never good at tying was baler twine. Rolls of baler twine had to be connected every time they were replaced. I was too young to lift bales so I drove the tractor and my neighbor Walt loaded the wagons. He would lift the new twine roll into the compartment on the baler and fish the end out of the center and tie them together. If it wasn't done right, it would jam when going through the knottter on the baler. He made it look so simple. Many years later when I was in charge, I discovered it was not as easy as it looked.

83 Rhymes with DNF

(continued from page 12)

I noticed a woman limping in the darkness ahead of me. She was talking to someone on her phone. It was on speaker so I could tell that she had hurt her Achilles and was talking to her husband who was waiting for her at County Road 6, about a mile and a half down the trail. I asked if she was OK—I could send someone back if she needed.

Hey! She was talking on her phone--there IS cell service here!

I quickly pulled my phone out of my belt and called Linda.

She was at the aid station with Matt and Chad.

I'm so glad that I got hold of her—I didn't know what I was going to do if I didn't.

The sound of cowbells started to drift through the night as runners ahead of me passed through aid station. Soon, I heard a much longer sustained cowbell "explosion".

What happened? Oh, they were shutting down; I had missed the cutoff time.

My Superior 100 race had ended in a DNF (Did Not Finish). It was over.

Pretty soon, I reached the road and slowly headed down the shoulder to the aid station. A volunteer greeted me, and asked my number.

"83--rhymes with DNF!" I may lost some of my dignity, but at least I retained my sense of humor. Everyone laughed. But I was done.

As I write this a few weeks later, I have had some time to reflect and pull out some lessons:

- Small mistakes add up. It's relatively easy to recover from one or two mistakes during a race, but a series of little ones can compound and become insurmountable over time. Maybe more thoughtful planning could have minimized or eliminated a couple?

- Unplanned vacations can be fun!

I planned on mostly being alone over the weekend, but the whole family showed up!

Since I wasn't running on Saturday, we had lots of time to hang out as a family. We actually did a little bit of hiking, souvenir shopping, rock hunting, and visited the Duluth Aquarium. I'll never forget my "Hippie" conversation with Linda at the "Hungry Hippy Taco" restaurant. We were laughing so hard we embarrassed the kids.

- Support from family and friends is invaluable.

I was much harder on myself than anyone else. The encouraging words from everyone really made it easier to recover mentally. I was told many times that it's better to fail at something epic like a 100 mile race than a 5k!

- As I mentioned earlier, I think I was getting a little proud of my ability. That led to some complacency, which turned out to be costly. Public humiliation can be hard.

- As far as running goes, I love running on trails through the woods. But if I think about the many races that I have done over the years, I do much better on less hilly courses like Elm Creek and FANS. Next year I am going to avoid those races that are difficult, and focus on races where my chances of success are greater.

Registration for Elm Creek opens soon, maybe I'll give that another try.....

A Minnesotan: May



By RosaLin Alcoser

Spring has finally sprung in Minnesota. Which means it's finally the point in the year when all Minnesotans emerge from the safety of our homes, where we endured the winter, and finally go outside to enjoy the good weather months. The thing that always wows me at this time of year is how suddenly green everything gets over night.

As someone who is not from Minnesota, but has lived most of their life here it is different then other places I have lived before. When I was attending college in the Ozarks the world would gradually become green somewhere between mid February

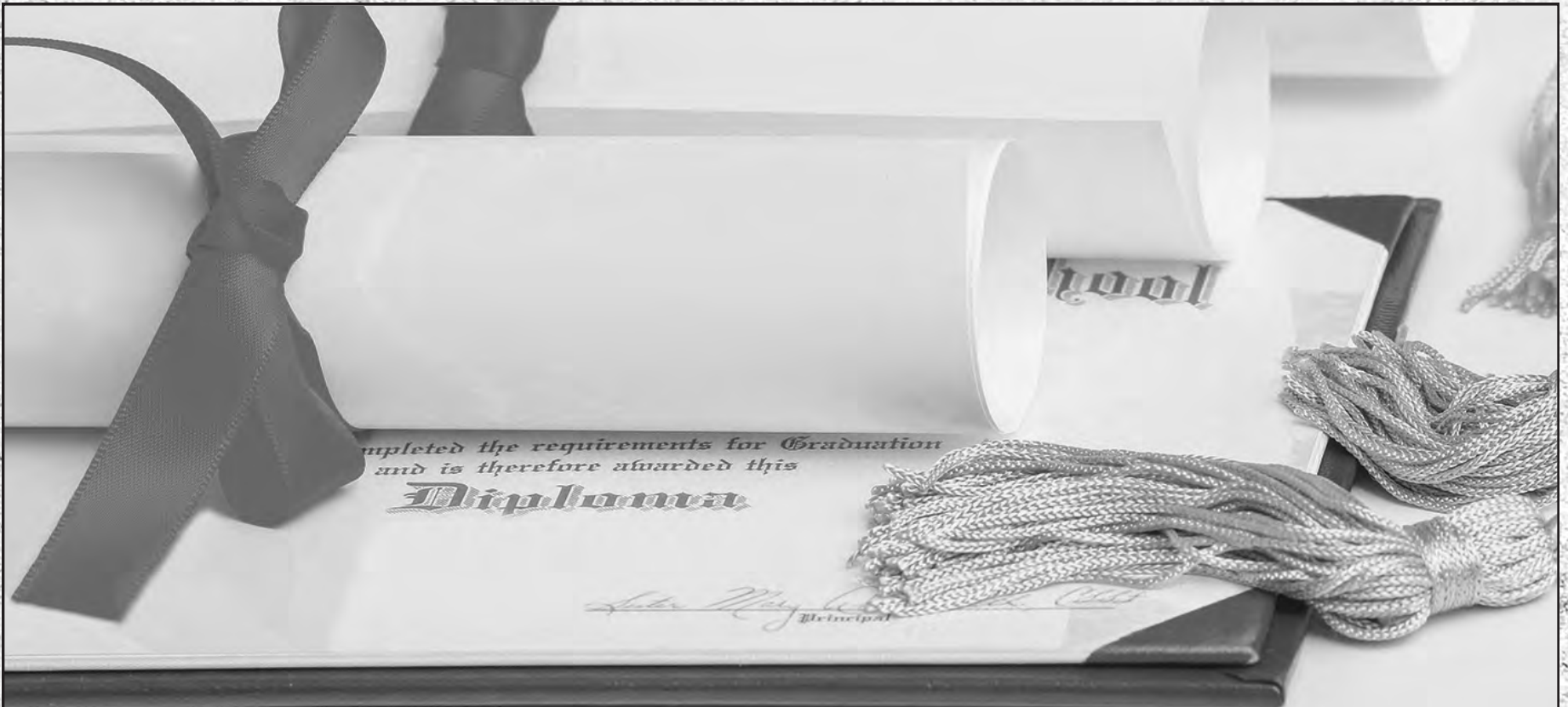
and mid March. When things that are not quite blooming here yet, such as tulips and daffodils are starting to come out. Whereas every year living in Minnesota I feel like we can go straight from the heart of winter to full on green some years.

And as we all know when that happens just depends on the year. I remember back in 2012 I went to junior prom the same weekend as Mothers day and we had a May blizzard that same weekend.

There are two things I still vividly remember about that May weekend in 2012. The first thing being my mother being woefully upset that it had snowed in May; despite that it was not the first year of us living here that it had done this. The second was that my prom date's mom had us stand in front of a dormant lilac bush in the snow, with no coats on in 30 degrees, for pictures. With the reasoning that it had been in bloom that weekend the year before and it was where she had planned to take the pictures. Needless to say we were cold.

My friends who went that same weekend remember having a snowball fight in formal wear and I remember being cold in front of a dead bush. At the end of the day it is still one of my favorite childhood memories where it snowed in May. Partly due to the fact that I'm able to tell it to people who haven't lived here long enough to know that this has happened.





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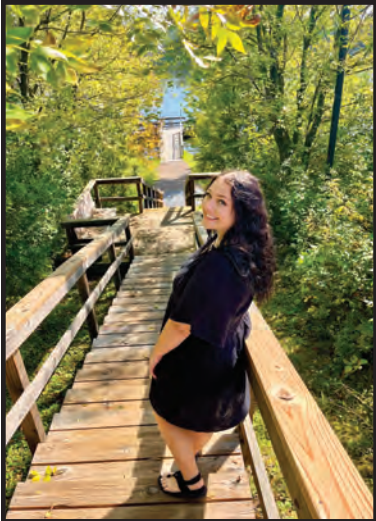
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Farm Girl Chatter April Rain Brings Muddy Boots

By McKell Lemmerman

Spring doesn't politely show up on a farm—it kicks the door in with thunder and says "IM HOME". One day it's kind of winter, kind of not, kind of hot and the next you're standing outside watching lightning crack across the

sky while wondering if you left something important out in the rain. More than likely you left the windows down in your vehicle letting the seats in your car get a much-needed drink.

April rain doesn't just fall, it commits. It turns every road, pasture, and "shortcut" into a full-body workout. You step outside thinking you're going to get one quick chore done, and next thing you know you're 6 inches shorter in the swamp. Walking becomes less of a stride and more of a slow, dramatic peel with every step. If you don't lose a boot at least once, were you even outside?

And then there's that smell—fresh green grass finally coming back to life.

The storms themselves are something else. Lightning flashing like you are getting your



picture taken every 15 seconds, thunder booming like a toddler playing with a drum set, and the wind doing whatever it wants per usual. You stand there counting seconds between lightning and thunder debating if you should run or just accept your fate.

Meanwhile, the animals act like spring is the best thing that's ever happened to them. Cattle start moving around more, calves get the zoomies like they've been cooped up all winter, and the horses feeling like they have never been touched before.

Spring isn't neat, and it definitely isn't easy. It's early morning sunrise, longer days,

and mud everywhere. But it also means things are growing again, animals are thriving, and life is picking back up—just like you picking up your boot for the third time in one day to scrape the mud off even if your boots will never be clean again.

The month starts off with April Fools' Day, but the real fools are the ones who spend the whole month playing in the mud right?

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For 50 Years, this Faribault Man has Served His Community as an EMT

Courtesy of CBS News

For more than 50 years, Steve Nesseth has answered the call, not for the recognition, but because for him service is simply a way of life.

"It became a part of me, I guess. I just really enjoy working with people and especially all the other partners," said Nesseth, an EMT for North Memorial Health Ambulance in Faribault.

Nesseth started working in emergency services at just 22 years old.

"Volunteers were needed in Kenyon, my hometown just 15 miles east of here. A quashing between the fire department the police department and anyone else who wanted to help," said Nesseth.

Back then, emergency care looked and sounded very different.

"We only had a two-way radio that could do the sheriff's department and it could do county. We showed up at the hospital back in the early 70s, unannounced, we'd just walk in with a patient," explained Nesseth.

He has gone from those bare-bones beginnings to the advanced care on wheels of today.

For Nesseth, service didn't stop at the ambulance bay.

He balanced EMS with full-time work, family life, and 19 years as a volunteer firefighter.

"Skipped some dinners, events with some of the family but as long as the family was involved, which they were, it really made it much easier. Without family involvement it wouldn't work," said Nesseth.

In March, Nesseth marked a rare feat: five decades as a nationally registered EMT.

"We started to look at it and it is tremendous. There's only a couple of people around that we can find that have hit this milestone," said Kelly Goodnature, captain at North Memorial Health Ambulance.

Now, he's not just responding to calls, he's helping guide the next generation.

"He has so much experience that he mentors all our new team members, existing team members. He's a pleasure to have," said Goodnature.

Even after five decades, Nesseth isn't quite ready to step away.

"As long as I'm still feeling good and I'm able, and they're willing to keep me here, I'll

be here," said Nesseth.

He hopes sharing his story will empower others, especially those in small towns to consider becoming an EMT.

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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.

Monday Night Yoga

Monday, May 4 | 6-7pm | \$12/person

Last chance to get in on the spring Yoga Series :: it's 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 still :: Yoga Flow is for every body!

May Market

Saturday, May 9 | 9am-1pm

Best day of spring! Swing by to check out the local makers, bakers, creators, do-ers, growers and creatives who make this the best, most fun Market around. Live outdoor music by Scott Liebers and Chris Holm; delicious homemade meats and adult beverages from R Bar; and over 40 talented vendors + the Northfield Public Library Bookmobile! Perfect way to kick off Mother's Day weekend -- we'll see ya there!

Women in Business Networking Group

Tuesday, May 12 | 9am | no charge

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

Community -donation based- Sound Bath

Thursday, May 21 | 6:30-7:45pm

Recommended donation \$10-\$35

Hosted by Maria of MVR Healing

Join Maria for a relaxing and educational evening designed to help you unwind, reset, and experience the power of sound healing. We'll begin with a brief introduction to sound healing - what it is, where it comes from, and how it works - so you can better understand the experience.

Then you'll be guided into a deeply calming sound bath to support your nervous system, release stress, and bring your body back into balance. This is a donation-based offering to make this work accessible while still honoring the energy exchange.

3D Sign Painting Party

Thursday, May 28 | 6pm | \$60

Hosted by Erin of Mosaic Filled Life

Get your front porches and doors ready for spring and summer with this unique sign painting party!

Intro to Garment Sewing

Saturday, May 30 | 9am-3pm | \$99

Hosted by Tracy of Stitch Loudly

Choose your own adventure and create a tank or tee in shirt, tunic or dress length! Join us to learn how to make a summer garment that fits your unique and beautiful shape; geared toward beginner garmentmakers who know sewing basics.

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

162 different ideas? You've got to be kidding!

By Bob Duncan

I turned the TV off because of it's same-o, same-o offerings. To fill the void I played

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music to sooth my savage breast...Elvis gave Gospel his signature sound. In the middle, or thereabouts of disc three, I thought about Heaven and Hell. This is Friday. I usually think about ethereal things after Saturday midnight.

I opened Google, asking how many versions in the Christian Bible are about Heaven and Hell. The best Google could do was 162 plus or minus. 162? Does that mean 162 different opinions, inspired or just thunk up, are all correct? I kinda think I remember that most offerings leaned toward streets paved with gold and fire and brimstone down below rendering the naughty-naughties with severe sunburns.

Pensiviengly, I said to myself, "Damn the torpedos, full speed ahead." Give it my best shot to resolve the conundrum about "life after death" while residing in Heaven and in Hell.

Sit down, catch your breath...this "light bulb inspiration" just might be right!!!

When good people, Grandma approved, go to Heaven, all of their good and pleasant lifetime experiences are relived in a loop and in correct sequence. The loop continues without end. Imagine, reliving all of the good things in your life... forever.

Former angel Lucifer's loop condemns Dante's felons to be on the receiving end of the hell, misfortunes, and pain they dealt their fellowman...forever.

That's it. That's my best shot.

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Preventing Dementia



By Shauna Burshem, D.C.

Prevent dementia with movement and proper sleep: A recent study published in PLOS One highlights the significant role of regular exercise and adequate sleep in protecting long-term brain health. The research found that simple lifestyle changes, such as breaking up long periods of sitting and getting seven to eight hours of sleep per night, could reduce the risk of late-onset dementia by up to 25%. Conversely, prolonged sedentary behavior and poor sleep habits were linked to increased dementia risk. For example, sleeping less than seven hours raised the risk by 18%, while sleeping more than eight hours increased it by 28%. These findings emphasize that maintaining a balanced and active lifestyle can be as effective as some medica-

tions in reducing dementia risk.

The study analyzed data from 69 studies involving nearly 3 million participants over eight decades, focusing on how sleep, physical activity, and sedentary behavior starting at age 35 impacted dementia risk later in life. It revealed that sitting for more than eight hours a day increased dementia risk by almost 30%, while even moderate physical activity, such as daily walks, reduced the risk by an average of 25%. Researchers stressed that physical activity offsets dementia risks even when other factors, like cardiovascular disease or diabetes, are present. However, they cautioned that exercise alone cannot fully counteract the negative effects of prolonged sitting, underscoring the importance of combining multiple healthy habits.

Exercise benefits brain health by improving blood flow and oxygen delivery, which supports the brain's small capillaries and prevents atrophy. Physical activity also releases brain-derived neurotrophic factor (BDNF), a protein that enhances cognitive function, promotes neuron growth, and strengthens neural connections, particularly in the hippocampus. Additionally, exercise reduces chronic inflammation and beta-amyloid buildup, both of which are linked to Alzheimer's disease and dementia. While mentally stimulating activities like puzzles or knitting can also support brain health, they provide different benefits than physical activity, making a combination of both essential for optimal cognitive protection.

Sleep plays a critical role in brain health by

allowing the glymphatic system to clear waste, such as beta-amyloid, that accumulates during waking hours. Proper sleep also supports memory consolidation and helps regulate other healthy behaviors, such as managing stress, eating well, and staying active. Experts suggest that consistent, moderate physical activity and prioritizing quality

sleep are more sustainable and impactful than intense exercise or elaborate health hacks. Together, these habits create a foundation for long-term brain health and reduce the risk of dementia, offering a practical and accessible approach to aging well.

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

Goat Yoga is Back this May at Windy Willow Farm!

Get ready for the CUTEST workout you'll ever do. GOAT YOGA is back this May at Windy Willow Farm!

Stretch, relax, and laugh as adorable baby goats hop around (and sometimes onto!) you during class. And yes — they're tiny, gentle, and much lighter than you think... more giggles than pressure!

Even better? This experience is completely INDOORS.

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Dates: May 8th, 10th, 17th, 29th & 31st

Fridays: 6–7 PM

Sundays: 4:30–5:30 PM

Whether you're a yoga lover or just here for the goats (we get it), this is the perfect way to unwind and try something unforgettable.

Spots fill FAST — grab yours and come get your goat snuggles in!

<https://www.windywillowfarmadventure.com/upcoming-events>

Windy Willow Farm is located at 9748 110th St E, Northfield

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Hunger and GLP-1



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

America is a country filled with many contradictory challenges. While there are many in this country who are not sure where their next meal will come from, there are also millions who are overweight or obese. More than 30% of the population in the United States is obese, but excess weight does not mean nutrition needs are being met. An individual can be overweight and be under nourished. Vitamin and mineral deficiencies are commonly found as the root cause of health challenges among those who are overweight. Hunger can be a signal that the body is looking for more nutrients, but the convenient foods and snacks do not provide those nutrients. A common contradiction for many Americans is excess calories while missing essential nutrients. When the human body is fed nutrient rich

foods that commonly grow in the garden and on grass pastures, satisfaction signals are created with the production of glucagon-like peptide-1 (GLP-1). This protein signal is made in the human body by cells in the colon that respond to gut bacteria that are thriving on the nutrient rich food. These nutrient rich foods include: onions, asparagus, chicory, Jerusalem artichoke, green bananas, sauerkraut, kimchi, broccoli, turnip greens, carrots and beans. These foods contain fiber that the human body does not digest, but bacteria love. As the bacteria feed on the fiber from these foods, the bacteria produce butyrate, which is an essential fatty acid to support the health of the colon. A specific group of cells in the colon called L-cells respond to the increased butyrate and produce GLP-1, which signals satisfaction to the rest of the body.

There has been increasing popularity in medications that mimic the GLP-1 signal. These medications produce the signal that reduces hunger and results in a decreased desire to eat. These medications were first developed to aid those managing diabetes but have now become popular as a weight loss method as well. However, the original hunger signals that were suggesting nutrient deficiencies are now being ignored because of the artificial GLP-1 signal from the medication. The person may be losing weight and increasing nutrient deficiencies as well.

A report in the February 2026 issue of Clinical Nutrition presented recent cases of brain damage resulting from a depletion of Vitamin B1 following the use of GLP-1 medication. Thirteen cases were found in the FDA Adverse Event Reporting System. All cases reported significant digestive issues related

to taking the medication. While the digestive issues are a well-known side effect with GLP-1 medication, the nerve damage in the brain was a surprise. The damage was the result of significantly lower Vitamin B1 intake because of decreased hunger promoted by the medication.

Within clinical practice, I have seen many clients who are using GLP-1 medications continue to struggle with adopting healthy lifestyle choices that would promote satisfaction naturally. When nutrient rich foods are made a priority for each meal, natural GLP-1 will be produced and greater balance achieved. Without healthy lifestyle choices, a lifelong dependence on medication is the outcome. GLP-1 medications were designed as a lifestyle drug to be used for the rest of an

individual's life. The current research reports are beginning to show the negative results.

A healthy weight is the result of healthy choices. A supportive community is needed to help make these healthy choices become a lifestyle. I have written in previous articles about healthy weight and continue to provide resources to support healthy lifestyle choices that can help you reach your health goals. 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.*

May is Mental Health Awareness Month

By University of Minnesota Extension, Goodhue County

May is Mental Health Awareness Month. This month University of Minnesota Extension recognizes the importance of supporting mental health and wellbeing for all of us. Extension offers public education about mental wellness and resources for families and communities through programs held locally, resources housed online and by sharing through community partners.

We can all play a role in raising awareness about the importance of mental health — whether you're a parent supporting your child's mental health, a community member concerned about your neighbor, or a professional working with families. We can all also practice taking good care of ourselves!

Looking for resources for compassion fatigue, talking to young people about suicide or taking care of yourself under stress? All of these and much more can be found on the Extension website. Scan the QR code to learn more!

Together, we can reduce the stigma and help each other learn about Mental Wellbeing and Mental Health.



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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: We are starting to see a lot more fog with spring time. Can you provide some advice for driving in those types of conditions.

Answer: This is a great topic. Here is some information from the National Weather Service for driving in fog. If you must drive in foggy conditions, keep the following safety tips in mind:

- Slow down and allow extra time to reach your destination.
- Make your vehicle visible to others both ahead of you and behind you by using your low-beam headlights since this means your taillights will also be on. Use fog lights if you have them.
- Never use your high-beam lights. Using high beam lights causes glare, making it more difficult for you to see what's ahead of you on the road.
- Leave plenty of distance between you and the vehicle in front of you to account for sudden stops or changes in the traffic pattern.
- To ensure you are staying in the proper lane, follow the lines on the road with your eyes.
- In extremely dense fog where visibility is near zero, the best course of action is to first turn on your hazard lights, then simply pull into a safe location such as a parking lot of a local business and stop.
- If there is no parking lot or driveway to pull into, pull your vehicle off to the side of the road as far as possible. Once you come to a stop, turn off all lights except your hazard flashing lights, set the emergency brake, and take your foot off of the brake pedal to be sure the tail lights are not illuminated so that other drivers don't mistakenly run into you.

Question: I have a question for you. We are looking at renting a moving truck and I noticed it doesn't have a rearview mirror since the back is blocked by the box of the truck. What is the law in regards to this?

Answer: All passenger vehicles must have rearview mirrors. When it comes to vehicles like rental moving trucks, which do not allow a view through a rear window, they must have an additional side mirror. Pickup trucks, often used for hauling, must also have an extra side mirror. This side mirror helps you see clearly when obstructions/loads/materials block the rearview mirror.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds,

pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths. If you have any questions concerning traf-

fic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson — Minnesota State Patrol at 2900 48th Street

NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)

GOODHUE VOLKSFEST

JUNE 10-14, 2026

GOODHUEVOLKSFEST.COM

WEDNESDAY, JUNE 10

Medallion Hunt | First clue drops
5pm | **Pickle Ball Tourn.** | Heritage Park | \$30/team
7pm | **Pool Games** | Goodhue Pool

THURSDAY, JUNE 11

7pm | **Bar Olympics** | 2nd St Pub
5-7pm | **Volunteer Kickoff Party** | Corner Bar

7:00pm GATE | 8:00pm MUSIC
GA \$25 PRE-SALE & AT GATE
VIP \$60 PRE-SALE & AT GATE

SATURDAY, JUNE 13

8am reg. | **Udder Run** | Front of GHS | \$20/ea adv or \$25/ea day of
8am-1pm | **Car & Tractor Show** | St. Peters Church
8:30-11:30am | **Burrito Breakfast & Quilt Show** | St. Peters Church
8:45-10am reg. | **Road Rally** | Goodhue C-Store | \$5/person
9am | **Volleyball Tourn., Co-ed** | Rosie Park | \$30/team
9am-3pm | **Craft and Vendor Market** | Lion's Community Center
10am-Gone | **Minnow Shirts** | 2nd St Pub
10am | **3-on-3 Basketball, 11yr** | GHS Gym 1 & 2 | \$100/Team
10am-12pm | **Kids Bounce Party, Toddler ONLY** | GHS Gym 3

6:00pm GATE | 6:30pm MUSIC
GA \$50 UNTIL 5/15 | \$60 5/15+ & AT GATE
VIP \$110 UNTIL 5/15 | \$130 5/15+

SUNDAY, JUNE 14

9am-11:45am | **Dads Belgian Waffle Feed** | Lion's Community Center
5yr ↓ Free | Kids \$7 | Adults \$13
9am | **Community Worship Lutheran Service** | GHS Gym 1
11am | **Kids Coin Quest, 4-12yr** | Rosie Park
1pm | **Parade**

FRIDAY, JUNE 12

1pm | **Pedal Tractor Pull** | Broadway/2nd Ave
4-7pm | **Sharp Sound DJ** | 2nd St Pub
4-7pm | **Kids Bounce Party, 12yr** ↓ | GHS Gym 3
6pm | **Miss Goodhue** | GHS Gym 1 | \$5/Person
7pm | **Street Dance** | N 2nd St.

POP ROCKS

Fire at the Falls

11am-1pm | **Touch A Truck** | GHS Parking Lot
11am reg. | **Bean Bag Tourn.** | Rosie Park | \$40/team
12pm-2pm | **Kids Bounce Party, 12yr** ↓ | GHS Gym 3
1pm | **Bingo** | Fire Hall
1-4pm | **Gopher State Garden Tractor Pull** | 3rd Ave
1-3pm | **Emma Marie Live** | 2nd St Pub
3-6pm | **Ron Bublitiz Live** | Corner Bar
3-7pm | **360 Photo Booth** | Food Court
4-7pm | **Hayden Ashworth Live** | 2nd St Pub
6pm | **Street Dance** | N 2nd St.
10pm | **Fireworks** | Rosie Park

DAVID NAIL Wild Bill & The Bruisers

2-5pm | **Hayden Ashworth Live** | Comer Bar
2-5pm | **Tim Emmons Live** | 2nd St Pub
2:30pm | **Fire Dept. Water Fight** | Fire Dept.
4:30pm | **Monty's Traveling Reptile Show** | Rosie Park Pavillion

THANK YOU SPONSORS!



Dear friends and neighbors,

The legislative session is now in its final stretch, with a little over two weeks remaining before the constitutional adjournment deadline. Activity at the Capitol has shifted into high gear, with many bills being debated on the House floor, and conversations across the aisle taking place throughout the building as deadlines approach. At this stage, much of the work that will define the session is being completed. Competing proposals are being narrowed, final compromises are being worked out, and decisions with long-term impacts for Minnesotans are being made each day. The schedule is full, the pace is fast, and priorities are coming into sharper focus each day. My focus remains on fighting for affordability, school safety, and other legislation that makes Minnesota a better place to live, work and raise a family.

The REAL State of the State

Last Tuesday, my wife Morgan and I attended Governor Walz’s final State of the State address. It is always an honor to be on the House floor with colleagues from both parties to hear a report on the condition of our state, and I do not take that opportunity lightly.

Unfortunately, the speech did not reflect that same tone of seriousness. Instead of focusing on a clear review of what has been done for Minnesota and what still needs to be addressed, almost all of Walz’s talking points leaned into national politics and broader talking points that felt more like a campaign message than a state update.

The governor highlighted things like “record

high graduation rates” and “fully funded schools.” At the same time, there are real questions about education funding decisions in recent budgets, including reductions affecting special education funding. To be clear: Walz has advocated hard for \$300 million in cuts to special education, with \$250 million of that already in effect. Those are important details that matter to families and schools across the state and should be part of an honest discussion about where things actually stand.

Another one of his most outlandish claims was that he was to thank for federal raids on suspected fraudulent social services businesses this week. Given that Walz denied any fraud in Minnesota just 5 months ago, and he is not in charge of federal agents or investigations, I think it is safe to say that these raids were the great work of our federal law enforcement partners. These agents stepped in to do the work on investigating fraud when Walz and Ellison were unwilling to do so.

I want to outline the real state of the state under Governor Walz with the following statistics:

Reading and math proficiency scores have dropped

National education ranking went from 6th to 19th

Unemployment has gone up 50%

Real median income has decreased by \$6,000

\$9 billion+ in fraud

Minnesota is now below the national average for per capita personal income (first time ever)

48,000 people have left the state

HF 5077

Status in the House - 94th Legislature (2025 - 2026)

Current bill text: As Introduced Add HF5077 to MyBills Version List	Companion: None	Revisor number: 26-08517
Long Description	Further Committee Actions	House Research Summary Fiscal Notes

Description

Reduction to local government aid to a county or city that uses the incorrect state flag established.

Authors (8)

Freiberg; Keeler; Fischer; Xiong; Lee X.; Falconer; Hussein; Jones



19% increase in violent crime

I remain committed to fighting fraud and working for affordability for all Minnesotans, and I hope Governor Walz will come to his senses and join us in these last weeks of session.

Who Controls Local Flags?

The debate over Minnesota’s state flag continues to raise important questions about local control and how decisions are made for communities across the state. Cities and counties are not one-size-fits-all, and local leaders are in the best position to reflect the values and preferences of the people who live there.

HF 5077, introduced this week by a group of metro Democrats, would take a different approach by tying state funding to compliance with the newly adopted state flag. Under the proposal, local governments that choose to fly a different flag would face a 10 percent reduction in local government aid. That penalty would directly impact core services like public safety, roads, and other essential local responsibilities.

Using state aid as leverage to enforce a uniform requirement sets a concerning precedent. It moves decision-making away from local communities and places it in St. Paul, backed by financial consequences. Issues tied to community identity and local representation should be decided by the people closest to them, not dictated through statewide mandates.

This is particularly relevant as Janesville recently opted to fly the original state flag

rather than the new flag that came out of the DFL trifecta. While the issue may seem to be about the flag, that is not what is at the root of the issue. When a decision that impacts every city and county across the state is made by a select few in St. Paul without input from citizens sends a message that local voices don’t matter. Now that citizens are taking advantage of their opportunity to speak up and make their voice heard on the local level, state bureaucrats should not threaten to take away funding just because they disagree with the local decision.

Local governments should have the ability to make these choices without pressure or punishment from the state. Strong communities are built on trust and local decision-making, not top-down requirements tied to funding threats.

I will continue to fight for you and preserve local decision making rather than allowing Democrats at the Capitol to dictate our every move.

Preventing Fraud and Scams: Upcoming Presentation

Consider attending an upcoming presentation on Preventing Fraud & Scams with the Faribault Police Department and Minnesota Aging Pathways. It is happening on May 5th at 10am at the Buckham West Senior Center.

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!

Congratulations

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CITY OF WANAMINGO

City Council Regular Meeting

Monday, April 13, 2026 7:00 P.M.

Wanamingo City Council Chambers – 401 Main Street

Wanamingo, MN

CALL TO ORDER: Mayor Holmes.

PRESENT: Council: Ryan Holmes, Eric Dierks, Jeremiah Flotterud (Late), Rebecca Haugen, and Stuart Ohr

City Administrator: Michael Boulton

Deputy Clerk: Laurie Musselman

ABSENT: None

ALSO PRESENT: Brad Kennedy, Peter Grimsrud – Zumbrota News-Record, Andrew Deziel – Kenyon Leader, Tim Amundson, and Goodhue County Deputy Jordan Markegard.

ADOPT AGENDA: Ohr motioned to adopt the agenda, seconded by Haugen. Mayor Holmes noted that Kali Lentz of CohnReznick would not be able to attend the meeting to give the 2025 Wanamingo City Audit Presentation. Holmes noted that audit presentation and Wanamingo Resolution 26-025 Accepting the 2025 Wanamingo Audit will be moved to the May 11th City Council meeting. Passed 4-0-0.

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

PRESENTERS:

A) Brad Kennedy reported on:

1) Riverside Park – water is on and garbage dumpster back out. Repaired door and door frame. Replaced and/or repaired screen and frame on the bottom portion of the shelter. The shelter is now opened back up for use. Will work on raking the volleyball courts and getting the nets up in the coming weeks.

2) Filled potholes with cold asphalt mix around town. Purchased a pallet of bagged cold mix that sets hard and lasts longer than traditional cold mix. This mix is for larger potholes. Also purchased one ton of cold mix from Rochester Sand & Gravel for small potholes. The cold mix from Rochester Sand & Gravel was all utilized. Staff will need to purchase one to two tons more on additional potholes around town. This past winter was harsh on the road conditions all around town.

3) Swept streets once so far this spring. Street sweeper air conditioning compressor will be replaced this week.

4) WWTP preparation work has been completed for use of Chlorine, which starts in April

5) Kennedy Groundworks hauled out nine loads of trees brush out of the City dump. Mead Johnson has agreed to reimburse the City for the cost to haul out the tree and brush pile rather than burning. The smoke can potentially shut down production, causing significant financial losses.

6) Salt/Sand shed has been cleaned out, pressure washed and is drying. The concrete will be sealed with special sealers to protect from salt and sand. The remaining salt is being stored in the City shop.

7) New banners and brackets from Main Street poles have been delivered. The brackets and banners will be put up in the coming month.

8) Well #4 motor drive went out. We are waiting for official pricing from Automatic Systems. Early estimates were \$7,000 for the motor drive along with \$1,500-\$2,000 in

labor costs to install and set up. The work has no official timetable to complete due to Automatic Systems backlog of work and the lack of competitors for this specialized work in the region.

9) Prairie Ridge Estates 5th Addition – underground piping work in complete and the road has been rocked. Installation of concrete is the next item that will be completed later this spring.

10) Emerald Valley Phase II – equipment has been delivered, driveway apron off Nelson Drive was installed, and silt fence was put up. The contractor is working on water and sewer service lines installation.

11) New signs for the City shop were ordered through Abel Signs out of Kasson. There will be one sign on the southwest side of the building indicating City of Wanamingo with the logo facing the MN TH 57 and MN TH 60 intersection. A second sign will be on the northeast side of the building indicating City of Wanamingo, the building address, and City logo. This signage will help with deliveries.

B) Jordan Markegard, Goodhue County Sheriff's Deputy reported on:

1) Department is fully staffed with a couple of officers in FTO

2) Checked to see if there were any concerns

2) Let the Sheriff's Office know if you see any concerns

Boulton stated that the Police Work Group met on April 10th and had discussed an incident at Midwest Machinery involving theft. Markegard stated that the Sheriff's Office was investigating and has leads.

NEW BUSINESS:

RESOLUTION:

26-025 = Accepting the 2025 Wanamingo Audit: Ohr moved to approve, Seconded by Haugen. Passed 5-0-0.

26-026 = Approving a New Copier Lease Agreement with Metro Sales: Ohr moved to approve, Seconded by Haugen. Boulton stated that the City looked at new and used options from Metro Sales and Loffler. Metro Sales will no longer be carrying parts for the current copier with which the lease has expired. The recommended option is a Ricoh IMC4500 Copied. The combination monthly lease and quarterly service agreement is slightly less than the current copier. Passed 5-0-0.

26-027 = Approving Pay Request No. 1 For TK Contracting on Emerald Valley 2nd Subdivision: Dierks moved to approve, Seconded by Flotterud. Boulton stated that the pay request is for mobilization, silt fence, and temporary rock construction entrance. The total pay estimate is \$16,039.80. Passed 5-0-0.

PUBLIC HEARING – Consideration of Re-Zoning Request for Certain Property from C-1 Central Commercial to R-2 Residential – Mayor Holmes opened the public hearing at 7:15PM. Boulton stated that Tim Amundson has requested to change the zoning of 125 2nd Street E (former Henry's Small Engine Repair/Blossoms & Keepsake shop from C-1 Central Commercial to R-2 Residential for a single-family dwelling. Holmes stated that making a single-family dwelling would reduce traffic and parking

concerns, which is what he has heard. Amundson stated that the concrete slab behind the building will be made larger for parking. Holmes stated that the property has a lack of off-street parking and that he appreciates a parking area being added. Boulton stated that he has received feedback from the public, prior to the meeting, regarding parking. Boulton stated that the requested use of R-2 would require less traffic and parking than a C-1 Central Commercial zoning district property. Amundson stated that they have started insulating the building, have installed a new furnace, and are working on installing new 4-inch piping under the floor. The plan is to renovate the building install a 2,600 square foot single level home. Holmes asked if the building would have windows. Amundson stated that he will need to cut out holes for windows for each of the bedrooms along with a sliding door. Mayor Holmes closed the public hearing at 7:24PM.

ORDINANCE #216 – Re-Zoning Certain Property From C-1 Central Commercial to R-2 Residential: Flotterud moved to approve, seconded by Ohr. Flotterud stated that it is an easy choice to rezone from C-1 to R-2. The owner is looking at significantly investing in the property with improvements. It would be difficult to find a buyer for commercial use out of Main Street. The City does not need open buildings or additional storage. The property should stay zoned as R-2 but wouldn't have a difficult time being rezoned back to C-1. Passed 5-0-0.

OLD BUSINESS:

Administrator Boulton provided an update on the Emerald Valley storm ponds and piping easement negotiations. Mayor Holmes, City Consulting Engineer Brandon Thoebold, City Attorney David Jacobsen and Boulton have been working with Randy and Trish Amundson on a comprehensive storm water easement agreement. The City has requested easements for the storm water ponds and pipes that were located on the former golf course and served a dual purpose of golf course hazards and public drainage. The stormwater ponds were constructed to take the water from the Emerald Valley subdivision. The City needs easements to connect into the north pond for future Emerald Valley planned growth. The City would like to work with Amundson's on a comprehensive storm water easement agreement for all ponds on the former golf course that service public drainage. This would allow the City

to maintain the ponds by removing tree brush growth and silt deposits and piping from silt build up. The use of the ponds and piping are in line with design from when were constructed, including taking storm water from the entire Emerald Valley planned development. The Emerald Valley Minnesota Pollution Control Agency stormwater permit is still active. The ponds were constructed per the planned subdivision to allow the storm water from the developed area to drain to the ponds. The land is sloped to temporarily drain surface water to the pond until the infrastructure is installed. This current phase is the only stormwater pond that does not have a pipe.

In discussions with Mayor Holmes, City Consulting Engineer, City Attorney, and City Administrator it was determined that the City is not interested in purchasing land or a portion of land. This is due to budgetary restraints and the City's long-term strategic planning.

The City's goal is to ensure long-term storm water management. Wanamingo Code of Ordinances Chapter 51 Storm Water Management regulates stormwater runoff and establishes a City-wide storm sewer improvement tax district. The Ordinance further lays out obligations of property owners to maintain stormwater ponds and piping. Long-term, the City believes that the stormwater ponds and piping maintenance should be a public burden and that the City is in the best position to comply with laws, rules, and regulations of managing storm water.

The ponds and piping previously served a dual purpose with the former golf course on Amundson's property. With the golf course no longer existing and the need for dual purposes gone for the ponds and pipes, the City still must ensure they are properly maintained. The City has worked with Amundson's in the past to receive oral permission to cut trees out around the ponds on an as-needed basis. However, the ponds and pipes will eventually require other maintenance obligations, such sediment removal. The proposed easement allows the City access and shifts that maintenance obligation from Amundson's to the City. Without the proposed easement, the City will not have legal access or the obligation to do this work. Under Wanamingo Code of Ordinances 51.04, Amundson's, as the property owners, would be required to perform this maintenance at your expense.

(continued on page 27)



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WANAMINGO CITY COUNCIL MEETING

(continued from page 26)

In previous good faith discussions with the Amundson's the City has offered to draft the easement agreement documents, survey the easement areas to determine legal descriptions, and record the documents. The City is acting in good faith to take on long-term pond and pipe maintenance liabilities, liability insurance, crop damage compensation, and potential repairs from damage. Because of already in place infrastructure incurring costs for easements and agreeing to take on future liabilities the City cannot justify unreasonable/more than nominal compensation with public tax dollars. The City understands Amundson's concerns with loss of use of land. Mayor Holmes and Administrator Boulton recommend reasonable/nominal compensation of \$5,000 (originally offered \$1,000) for the easements. We hope that the Amundson's find this reasonable and a show of good faith. We have asked for a response and possible counteroffer of reasonable compensation by April 15th.

Flotterud asked if a storm water easement agreement is not in place could it hurt the City. Boulton stated that it would not hurt the City to have a comprehensive storm water easement but the City needed an easement for the proposed storm water line for Emerald Valley Phase II. Boulton stated that the rest of the ponds and piping are a long-term concern with maintenance. Holmes asked what would happen if an agreement was not in place while construction was finishing on Emerald Valley Phase II. Boulton stated that City Consulting Engineer Theobald has recommended installing the storm water pipe up to Amundson's property line until an agreement is in place. There could be potential for the compensation to increase. If a simple agreement cannot be reached soon the City can consider other legal options to acquire the necessary easement for the Emerald Valley Phase II storm water pipe. Boulton and Holmes wanted to update the City Council on the progress and ask for any feedback from the Council. The Council agreed to the current negotiation strategy.

*Next City Council meeting on 5/11/2026 at 7:00pm.

The City Council will be touring the Wanamingo Fire Hall and receiving a 10-year capital improvements plan update from the fire chiefs at the June City Council meeting.

Adjourn: At 7:39PM a motion to adjourn was made by Dierks and seconded by Ohr. Passed 5-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

CITY OF KENYON City Council Meeting April 14, 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 14th day of April 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, Deanna Gard

Also, present: City Administrator Scott Lehner, Administrative Assistant Holli Gudknecht, Engineer Derek Olinger, City Attorney Scott Riggs, Officer Armani Tucker, Heather Dewitz, Rachel Goven, John Lee,

Public Works Superintendent Wayne Ehrlich
The meeting opened with the Pledge of Allegiance.

APPOINT COUNCIL MEMBER

Resolution 2026-11 Appointing Deanna Gard to serve as Council Member until the next election.

Motion by Bailey seconded by Helgeson to adopt Resolution 2026-11. Motion carried 4-0-0.

Motion by Kirchmann seconded by Bailey to appoint Deanna Gard to the Planning Commission. Motion carried 5-0-0.

The Oath of Office will be administered by the Mayor for Councilmember Gard

The Oath of Office was administered to Deanna Gard by Mayor Donald Kirchmann.

CITIZEN COMMENT ADOPT AGENDA

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

CONSENT AGENDA

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

On-Sale Liquor License Renewal-Kenyon VFW

2026 Sanitary and Storm Sewer Rates

Approval of use of Fire Hall for Community Summer Safety Event – June 2, 2026

Resolution 2026-10: Approving Amendments to the Bylaws of the Kenyon Fire-

men's Relief Association

Approve payment of check numbers 78020 through 78133; 7261E through 7334E

City Council Meeting Minutes of March 10, 2026

Approve Hire of Donald Traurig, Caleb Beardsley, and Tracy Erlandson Part-Time Liquor Store Employees

Motion carried 5-0-0.

PRESENTATIONS/PUBLIC HEARINGS/RECOGNITIONS/ PROLAMATIONS

Creative Planning 2025 Audit Review

Dustin Opatz, Audit Director from Creative Planning, presented a summary of the 2025 City and KMU audits and an overview of the overall City financial condition.

Motion by Sjolander seconded by Kirchmann to acknowledge receiving the audit presentation.

Motion carried 5-0-0.

ADMINISTRATOR UPDATE Part-time Employee Update

Administrator Lehner reported that the new part-time employees are establishing roles and responsibilities. They are learning fast and contributing to the city's well-being.

KMU Job Description

Administrator Lehner stated that the job description is complete and will be posted May 15.

Police Department Staffing Update

Administrator Lehner stated that the full-time police officer position has been posted. There is also an opening for one or two part-time officers. Officer Misty England has taken a full-time position with another department but may continue doing some part-time hours in Kenyon.

MN Flag

Administrator Lehner wanted to clarify the city's options on the State flag choice. Attorney Riggs stated that the City Council can fly the flag they choose, but they cannot regulate what flag is flown throughout the city. This topic was for informational purposes only.

Police Department Data Request

Administrator Lehner stated that he wanted to make the council aware of a data request situation happening at the police department. There is a person who has been a steady data requester. The LMC along with Attorney Riggs have been involved.

ENGINEERING

Hwy 60 Sewer Televising

Engineer Olinger stated that he had previously discussed the need for an infrastructure study for utility mains below Hwy 60 in Kenyon, in preparation for potential reconstruction in 2030 or later. To move forward with this study, televising sanitary mains within the state right-of-way needs to be reviewed. This information will be used to clarify the prioritization of sewer needs in this area, and whether city utility replacement needs to be incorporated into the state's project. Two televising quotes were received.

Motion by Bailey seconded by Helgeson to approve the quote from Visu-Sewer to televise under Highway 60. Motion carried 5-0-0.

2025 Street & Utility Project

Engineer Olinger stated that the 2025 street

and utility project will be restarted during the week of April 13th. The final completion is expected to be mid-July with the punch list completed by August 30.

LEGAL

Attorney Riggs stated that all four of the following resolutions are related to the Rebound Sunset Home project. The signed resolutions are steps needed to move the process forward to keep the project on schedule.

Resolution 2026-13: Approving the Professional Services Agreement with LHB, Inc.

Resolution 2026-14: Approving the DEED Grant Contract Agreement for the Rebound Real Estate Sunset Homes Project

Resolution 2026-15: Approving the Sub-Grant Contract Agreement for the Rebound Real Estate Sunset Homes Project

Resolution 2026-12: Calling for a Public Hearing by the City Council on the Proposed Establishment of the Development Program for Municipal Development District No. 2 Establishment of TIF District No. 2-1 Therein and Adoption of a TIF Plan Therefor

Motion by Sjolander seconded by Bailey to adopt Resolution 2026-12, Resolution 2026-13, Resolution 2026-14, and Resolution 2026-15. Motion carried 5-0-0.

OLD BUSINESS

NEW BUSINESS

LMCIT Liability Coverage Waiver

Administrator Lehner stated that the City Council is required to choose either to waive or not to waive the monetary insurance liability limits. State statutes limit a city's tort liability to a maximum of \$500,000 per claimant and \$1,500,000 per occurrence. These limits apply whether the claim is against the city, against the individual officer or employee, or against both. Cities can choose to waive the state liability limits. Cities can purchase additional insurance coverage up to \$2,000,000 annually.

Motion by Helgeson, seconded by Kirchmann to follow past City precedence to not waive LMCIT State Liability limits. Motion carried 5-0-0.

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

Council Member Sjolander thanked city staff for all they do.

Council Member Bailey thanked Engineer Olinger, and everyone involved for the new sidewalk by the school as part of the street project.

Mayor Kirchmann thanked Deanna for joining the council and all the others who showed interest in the position. He encouraged them to consider running in the fall.

Motion by Bailey seconded by Helgeson to adjourn the meeting at 8:00 p.m.

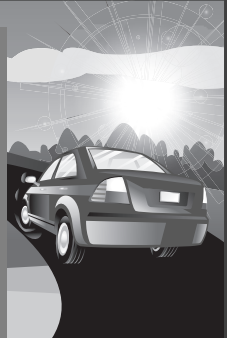
Motion carried 5-0-0.

Holli Gudknecht, Deputy Clerk

Donald Kirchmann, Mayor

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ACROSS

1. Ionic and Corinthian predecessor

6. Good times

9. Al fodder

13. Offer two cents

14. Doctor Dolittle, e.g.

15. Interior designer's concern

16. Not fiction, pl.

17. Big head

18. Fear-inspiring

19. "Good Times" mom

21. "The Sopranos" mom

23. Possessive pronoun

24. Gumbo pod

25. Protrude

28. Catcher's catcher

30. *Marvelous Midge Maisel's first name

35. "Metamorphoses" poet

37. Chows down

39. Millionaire maker

40. Time for eggnog

41. Sure sign of fire

43. "Frasier" actress Gilpin

44. TSA PreCheck alternative

46. Mosque V.I.P.

47. Arabian bigwig

48. Received salary

50. At the apex

52. Masseuse's office

53. "Where the Red ____ Grows"

55. Likewise

57. "Arrested Development" mom

61. "Fresh off the Boat" mom

65. Circumvent

66. French vineyard

68. Open disrespect

69. Dewey Decimal System, e.g.

70. 252-gallon cask

71. Cause anxiety (2 words)

72. Back talk

73. Extra point

74. Vanish without this
- DOWN

1. Take of a hat, e.g.

2. Traditional October birthstone

3. Puerto follower

4. Opening, colloquially

5. #55 on periodic table

6. Part of an eye

7. "Married with Children" mom

8. Investor's asset

9. Hold as a conviction

10. Unit of land often featuring a home

11. Load sixteen tons, e.g.

12. Geometry calculation

15. Divert from course

20. Between washes and styles

22. Casino's pull

24. Foot rest

25. "Stranger Things" mom

26. Throat dangler

27. Mosaic artist

29. "Friday Night Lights" mom

31. Tug-of-War gear

32. List entries

33. Like anchor aweigh

34. "Schitt's Creek" mom

36. Martin of Rat Pack

38. 3-handed card game

42. Bring character to life

45. Response to stimulus

49. Ctrl+Alt+____

51. Lemony cream dessert

54. Right-hand page

56. Academy Award

57. Orchid garlands

58. Forearm bone

59. Cow chow, pl.

60. "Beware the ____ of March"

61. "The Handmaid's Tale" mom

62. Letter before kappa

63. Nile dweller, for short

64. Writer Rice

67. ____-D.M.C.

SUDOKU

8	7	1	5	4	6	9	3	2
6	9	2	8	1	3	7	4	9
4	3	6	9	7	2	5	1	8
1	6	9	2	8	4	3	7	6
3	7	5	2	6	1	8	9	4
2	8	6	3	5	7	4	9	1
9	7	5	1	6	3	4	8	2
3	6	2	8	9	7	4	1	5
4	8	9	5	2	1	3	6	7

SUDOKU ANSWERS

E	O	V	A	C	E	T	R	A	N	E	O	N	E	S	S	A	S
N	O	N	E	A	T	O	N	E	X	T	O	N	E	I	N	D	E
N	O	R	N	S	C	O	R	N	E	C	R	O	N	E	L	D	E
A	C	A	J	E	S	S	I	C	A	L	L	E	F	E	R	N	E
	O	O	T	O	F	E	R	N	E	A	R	N	E	D	E		
A	P	S	P	A	T	O	P	A	T	O	P	A	T	O	P	A	T
R	E	M	I	R	E	M	A	M	E	R	E	M	A	M	E	R	E
I	P	E	R	I	S	M	O	K	E	S	M	O	K	E	S	M	O
O	T	O	T	O	L	O	T	O	L	O	T	O	L	O	T	O	L
M	I	R	I	A	M	I	R	I	A	M	I	R	I	A	M	I	R
L	A	C	A	R	M	E	L	A	C	A	R	M	E	L	A	C	A
E	E	R	I	E	E	G	O	E	G	O	E	G	O	E	G	O	E
R	D	E	C	O	R	V	E	T	E	D	E	C	O	R	V	E	T
A	D	A	T	A	U	P	S	D	O	R	I	C	U	P	S	D	O

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	8	9		2		3	6	
		2						
	5			3	4			
	9				3		8	
		8	1	6	9	7		
	7		4				9	
			2	7			3	
						2		
	3	6		4		1	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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A graphic for Memorial Day featuring a large American flag in the background. Overlaid on the flag is a semi-transparent red rectangle containing the text "This MEMORIAL DAY May 25th". Below the rectangle, the text "Let us remember and honor the brave men and women who made the ultimate sacrifice for our freedom. We are proud to serve the community they helped protect." is displayed. To the right, there is a silhouette of a soldier in a helmet, saluting.

This
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DAY
May 25th

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