



KENYON • WANAMINGO Messenger

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JULY 9, 2026

Volume 19 • Issue 13

Shop Til You Drop

By Cheri Roshon

Well, it's officially Sum Sum Summer-time, and Anything Goes is off and running! Every week we add a vendor or two, and we are getting some really good feedback for what people are liking, and what they are looking for.

(continued on page 4)

Wanamingo 4th of July



(additional pictures on pages 8, 9, 10)

Announcements

• Red Cross Blood Drive - July 15th
from 12-6pm at Vang Church.

(continued on page 2)

Happy Trails: Friendship Wagon Train Visits Kenyon

By Jocelyn Aldrich

For John and Monica Davis, of the Friendship Wagon Train, touring the beautiful countryside of southeastern Minnesota has been more than just a fun summer activity.

Kenyon Viking All-School Reunion

We're Bringing Everyone Back Together!

It's official — the Kenyon Viking All-School Reunion is happening!

August 22, 2026

Kenyon-Wanamingo Public School

10 am - 5 pm

(continued on page 5)



Since 1985, the Davis family has been participating in wagon trains across the state. The Friendship Wagon Train started when John Davis became aware of a wagon train that was hosted by Camp Courage, a camp for children and adults with disabilities. Soon after becoming involved with the Camp Courage Wagon Train, John and Monica decided to start their

own wagon train to raise money for additional organizations.

(continued on page 6)

Breakfast on the Farm Successfully Promotes Dairy Industry



Approximately 2000 people attended the 2026 Breakfast on the Farm event at the Lexvold family's Bombay Dairy near Kenyon.

By Beth Brekke

Approximately 2000 people enjoyed breakfast and a beautiful day at Bombay Dairy near Kenyon on June 5th.

(continued on page 7)

Sandy's Signature Signs

By Jocelyn Aldrich

For Sandy Doebling, of Sandy's Signature Signs, creating art is more than just a hobby. It's a way for her to express care and her giving spirit to others. The Messenger recently reached out to Doebling and learned more about her art journey. Here is what she shared:

Creating art became a growing passion in my early childhood when I handcrafted elaborate greeting cards and dreamed of designing for Hallmark one day.

In high school, I especially looked forward to my elective art classes, experimenting with multiple media, and was honored to be published in the school calendar with my first-ever charcoal drawing at 16 years old.

(continued on page 5)



Sandy Doebling

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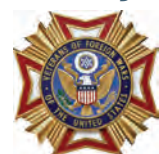


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Announcements

• **Good Earth Village Day Camp will be July 13-26 with Holden, Dale and First.**

Visit <https://goodearthvillage.org/flc-kenyon> to sign up.

• **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 threeriverscap.org for more information.

• **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!

• **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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<https://cityofkenyon.gov>

AREA CHURCH DIRECTORY

The Fragility of the Powerful

No sooner are [rulers] planted . . . no sooner do they take root . . . than he blows on them and they wither, and a whirlwind sweeps them away like chaff. — Isaiah 40:24

The powerful people of this world tend to think they are strong and mighty, but they are fragile. They think they have the control of history in their hands, but they do not. Their stability is provisional. Their strength is temporary. Their wealth is volatile.

Their fragility contrasts with the omnipotence of God. Their instability contrasts with the eternity of God. Political rulers are fragile and temporary, but God is all-powerful and permanent. Scripture says people “are like a breath; their days are like a fleeting shadow” (Psalm 144:4), but God is unshakably the same “from everlasting to everlasting” (Psalm 90:2).

God controls the nations. He raises up kingdoms and overthrows them. He gives politicians and other leaders positions of power and takes them down. Compared to the Lord, rulers on the earth are barely planted and rooted before they wither. All it takes is a breath from the Almighty to blow them away like chaff.

Rulers who try to defy God do not prevail. The arrogant may try to stand against the righteous God, but they will only be swept away.

Put your trust in God, our only true refuge and strength!

Almighty God, teach us not to trust in fragile human power but in your eternal strength. Humble the proud and uphold the faithful, we pray, in Jesus' name. Amen.

DENNISON LUTHERAN COMMUNITY CHURCH

Pastor Dwaine Sutherland Office: 507-645-6042
P.O. Box 117, Dennison, MN 55018
Website: www.dennisonvang.org
July and August 2026
Second Sunday Service July 12 - August 9 10:30a.m.

VANG LUTHERAN CHURCH
507-789-5186 • www.dennisonvang.org
Rural Dennison
Weekly Sunday Service 9:00a.m.

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

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

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

FIRST EV. LUTHERAN
D.J. Chatelaine, Pastor
309 Forest Street, Kenyon
507-789-5261
website: fickenyon.org
Sunday Worship 9 a.m.;
Noon-1:00p.m. Open Prayer Time,
1st Tuesday each month

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

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

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

ST. JOHN'S UNITED CHURCH OF CHRIST (Wheeling Twp) 19086 Jacob Avenue, Faribault
Gary Liker, Pastor
507-330-0025
www.stjohnsunitedchurchofchrist.info
Sunday School 9:30a.m.
Worship 10:30a.m.

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

HAUGE LUTHERAN
Larry Grove, Pastor • 507-271-9761
302 Bullis Street, Kenyon
Sunday Worship 10:00a.m. with lunch following
Services at the Old Stone Church on the 4th Sunday of each month through the summer.
Service time is 10:00 with lunch following.

LANDS LUTHERAN CHURCH
P O Box 225/16640 Hwy 60 Blvd
Zumbrota, MN 55992-5105 • (507) 732-5482
Web Site: www.landslutheran.org
Facebook: Lands Lutheran Church
Pastor: David Krinke
Email: pastordavid@landslutheran.org
Pastor: Nikki Rockne
Email: pastornikki@landslutheran.org
9:00a.m. Sunday Worship in Everson Park, next to the church

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

HOLDEN AND DALE LUTHERAN CHURCHES, ELCA
Pastor Dustin Haider
507-789-6677
holdendalesecretary@gmail.com
Holden: 6949 County 30 Blvd, Kenyon
Dale: 9210 County 12 Blvd, Kenyon
www.holdenlutheranchurch.org
Holden/Dale on Facebook
Holden Lutheran Church on Facebook
Worship Services
July 12: Dale 9:30; July 19: Holden 9:30
July 26: Dale 9:30; August 2: 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
Pastor Vince Derr
525 Beverly St, Wanamingo
Phone - 507-824- 3019
WWW.NLCWANAMINGO.ORG
(Online Services also available)
OFFICE@NLCWANAMINGO.ORG
Sunday School for preschool - adult 9:00 a.m.
Sunday Services 10:00 a.m. (Nursery Available)
New Life Kids (K- 6th) Wednesdays 6 - 7:15 pm
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Two Sunday evenings per month
Women's ministry, Men's ministry and more.
Contact the church for more information.



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Difficulties of the Secret Place: Depression



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

Sun sets which mirrors the haunt
Heavy eyes fall and lay on cloud
Thunder roars to lock His sound

I eat some Bread
Ticks later
I sleep

Bricks on chest, awakens me
I curl, toss, and turn
Midnight dark, please let me be
I don't count sheep, I slowly eat the Lamb
Clocks deferred

I slumber again

No need for a beep, I awaken with choked
thought
Coal trains of cycling want to keep me
bought

Toes on cold, but I am told
Renew, so that is what I do
I'm better

Noonday starts to set
And wrestling matches begin
With me, with them, with the opposite of
Him

Up and down and all around
But We eventually win

I breathe
With braids of blue hopefulness

Sun sets with familiar downturn
I cave and start it all again

No comment, just know
Some of the most bright eyed
Stumble, coil, and hide as they lay on their
side

Don't worry though, not all days are like
this
Just some
And today was one

The last few months we have been talking
about the Secret Place and more recently the
difficulties of it.

The Secret Place is partially your one-on-

one time with Jesus, with your Bible and per-
haps 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 is by far the best place
to enter and live, however, various struggles,
distractions, and even depression can try and
keep you locked out from it.

Depression could be holding you back from
the Secret Place. No one really understands
that dark pit unless they have gone through
it. It's like this black cloud that creeps in or
can suddenly appear. Sometimes the dark-
ness is pressed upon the chest, or it's just all
around. However it comes, it's not fun. Often
isolation can descend and feelings of loneli-
ness and being stuck can arise. It is easy to
just go to bed, curl up in the corner, and even
feed the torment. However, if you can fight
through the part of depression that wants to
keep you from talking and sitting with the
Lord, the darkness can lift.

When I say "sit" with the Lord, in this con-
text, what I mean is a person wants to spend
time with Jesus in the midst of the internal
anguish. We are to share our cries, screams,
fears, and whatever else we are going
through with Jesus. I know you may think, I
don't want to spend time with Him when I
feel that way, or The pain is too deep. I don't
want to think or talk about it. I hear you, but
if you can move past those thoughts and
spend time with Jesus, I am fully convinced
that He will help you.

When I get hit with depression (yes, I get
hit), I go to the Lord. Sometimes I am spiri-

tually crawling as I lean into Jesus, but I get
there. I often can't pray in my head at this
time; it is too hard to focus, so I will type or
journal my prayers. Sometimes the prayers
are just a word or two. If I write my prayers,
even the words on the pages look weary as I
at times drag the letters, words, and sentences
down as I share my heart to the Lord. At
times, I will draw my feelings to the Lord and
it brings such healing. Poetry, as just shown,
helps me process too.

Sometimes I can't even journal or draw. In
those cases, I cry to the Lord and read Psalm
91 out loud.

Regardless of how thick the depression is, I
make myself read that Psalm and the depres-
sion lifts every time. After I pray, draw, jour-
nal, and/or cry to Jesus, as well as read Psalm
91, I feel better. I am filled with the Lord's
validation, direction, peace, and love. Some-
times it takes a while to come up and out, but
Jesus and I eventually get there.

Solution:

- Don't let the depression keep you from the Lord. Go to Him, even if all you can get out is the name Jesus.

- Put worship music on.

- Read Psalm 91 out loud.

- Understand that the depression could be spiritual warfare. Put on the armor of God as mentioned in March's article.

- Pour your heart to the Lord by the means of crying out to Him, praying, journaling, and/or doing art. Perhaps it's even writing a song, poem, or another form of expressing your feelings to Him. Let Him love you back.

- Text a friend or someone else to pray for you. If you do not know anyone who can pray for you (yet), know Jesus is praying for you (Hebrews 7:25). Jesus, if there is some-one reading this and they do not know of anyone who would come alongside of them and pray with them, please send a Christian friend their way. Yes and amen.

- Try to get outside. Breathe in some fresh air from God's creation.

- Do self-care of some kind. This could be a bubble bath, going fishing, or getting your-self a special treat.

- Take five deep breaths and exhale. Be ever so kind and gentle to yourself as you do this.

- Know it will pass; it will not stay this heavy forever (Psalm 126 and 1 Kings 19:4-8).

If you struggle with depression, you are not alone. Do not let it keep you from the Secret Place. Go share to the Lord your heart. You are seen, you are loved, and you are going to make it.

Your friend, Ashley

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Prepare to be amazed at the wonder of our Lord
Monday, July 27 - Thursday, July 30
5:30pm - 8:30pm
Food, Crafts, Games, Bible Time
525 Beverly Street, Wanamingo • 507-824-3019
You may register your children ages kindergarten- 6th grade via
www.nlcwanamingo.com



July 21st Open House at St. Rose includes Main Art Exhibit and Musical Trio
Submitted
Historic St. Rose Church typically hosts open houses on the third Sunday of the month during June, July, and September. The Mail Art exhibit "My Prayer of Peace for the World" will be available for viewing on July 21st between 10:00 AM and 2:00 PM. Mail art is also known as correspondence and postal art. It involves the creation and exchange of small-artworks through the postal system. The exhibit at the June 21 St. Rose open house included national and international submissions.
The mail art show at St. Rose is restricted to standard postcards (4 X 6 inches). Entries to the show will be accepted until September 19th. They should be sent to: "My Prayer of Peace for the World," P.O. Box 121, Kenyon, MN 55946.
The Friends of St. Rose strive to make the church a joyful community space. On July 21st, musicians Nadene Langworthy (piano), Cindy Brederland (oboe), and Susan Janicke (flute) will perform at St. Rose from 1:00-2:00 PM.
St. Rose Church is located at 8778 County Highway 11 Blvd., Kenyon, MN 55946.

Shop Til You Drop

(continued from page 1)

A lot of people are asking the same questions, so I wanted to take some time to introduce you to some of our vendors. They are your friends and neighbors, so it gives Shop Local a new meaning.

First of all, we show up during heat, wind and sometimes rain. We work hard to bring fun items to the market every week. The hours are 4 to 7 on Wednesdays, and if the weather beats us, sometimes we have to leave early, but we are almost always there, waiting for you to show up, browse our delightful wares, and just to answer questions and ask what it is that you would like to see there. We are also open to everyone not only to shop, but also to vend. There is only one rule...Be Kind! There are no fees, and you have to bring your own tables and chairs. There is usually a food truck, and Alicia and Autumn are great at posting on the Jake's Liquor Store website and Facebook page, and also on Wanamingo Town Talk as to whether there will be a food truck or not, and answer any questions you may have. We try to post pictures of who is there each time so you know what to look for when you get here.

And now to introduce you to some of our

people!

Jacque and Tim Meyers from Dennison are here for the second year, and have really made a name for themselves. I have vended at 2 other markets with them, and they have a large following, so to purchase from them, you best come early! Yep! They sell out almost every week! Their homemade goodies include white chocolate raspberry scones, and different flavored scones each market. Triple Chocolate brownies are my personal favorite! Focaccia breads are baked in many flavors as well... including garlic parmesan, jalapeno cheese, and rosemary black olive. These are a few you may find each week, along with artisan breads made fresh that day.

Karlene Shulz is the official mini garage sale on a table! She has treasures you never knew you needed! Come on down and see what she comes up with each week.

Nancy Bakken has a variety of treasures to peruse, and I found out from a very reliable source that her cream cheese frosted cookies are the best around!

Thomas and Jecika have come up with a unique item, made by a close relative in Texas.... metal rose sculptures! They are rustic and beautiful, and will grace any garden or ornamental place in your yard. You have to see them in person to appreciate them!

Barbara Dolan is a gardener extraordinaire, and just had a greenhouse built this year. She

has been selling plant starts, and will eventually have her jellies and jams, hot sauces, and other canned delights. She is also a very talented baker, and makes long fermented sourdough bread, cookies and fun treats I have never seen before, so there is always a surprise at her table! Also, for those who prefer a gluten free bread, if you order from her by Sunday, she can usually have it for you by Wednesday's market.

And then there's me! I have freeze dried candies of all sorts, as well as yogurt drops, bananas and other fruits, in season. Gotta love those healthy choices! And I don't forget your pets! I just made up a batch of freshly freeze dried Kitty Puffs... a cotton pouch filled with catnip. Believe me.... your cats will love them! Dog treats include organic and grass fed beef liver, heart and tongue, and

chicken livers when I can find enough to run a batch. Sure to please any meat eater!!

We do see other vendors come occasionally. Patty and Bruce Prigge are there, selling used books and promoting the new Adopt A Place program, and Norwex products. Deb Timm comes with beautiful wood creations, home-made jams, pickles and a variety of canned goods, and sometimes brings her grandson who makes dog treats. Diana Bishop has graced us with her presence and her cake pops and cupcakes. Will Amundson was a hit last year with his Wilures.... fishing lures with beer bottle tops and Gracie Peterson had fun selling lots of hand beaded bracelets. As you can see, we have a lot of interesting people there on Wednesdays, so be sure to come on down and check things out on Wednesdays at Jake's Liquor store!

OBITUARY

David R. Halsor

David R. Halsor, 93, passed away suddenly early Friday morning, June 26, 2026, at the Northfield emergency room with family by his side. David was born on May 7, 1933, in Madison, WI, to Melvin and Irene (Moen) Halsor.



David grew up in DeForest, WI. He graduated from DeForest High School in 1951. As a teenager, he worked at his father's John Deere dealership, often being charged with the job of "reading the instructions" on how to assemble the equipment. David graduated from St. Olaf College in 1955 with a major in economics. During the spring of his senior year, he met the love of his life, Patricia Snyder, and they were engaged six months later. In the fall of 1955, he began Air Force basic training in Georgia, and so began another love of

David's: flying airplanes. During the summer of 1956, he married Pat on July 12 in Montana and then moved to Reese Air Force Base in Lubbock, TX. He was a flight instructor on B-25s while in the Air Force, and was often given the most challenging students; because of his calm and patient demeanor, he was considered an excellent teacher. While serving in the Air Force Reserve, David was briefly mobilized during the Cuban Missile Crisis.

David began flying with Northwest Airlines in 1959, moving first to St. Paul and then to Bloomington. He flew commercial flights safely for 34 years as a captain, piloting Electras, 727s, and DC-10s, and retired in 1993. He often said how lucky he was to have an occupation he truly enjoyed.

In 1969, David purchased his first of five sailboats, beginning a lifelong passion for sailing. He loved the challenge of reading the wind, trimming the sails, and quietly coaxing every bit of speed from the boat. While others grew anxious when the weather turned rough, David never did. Calm, steady, and confident, he inspired trust on the water just as he had in the cockpit. Sailing became another way he shared his love of teaching, leadership, and adventure with family and friends.

Whether in the cockpit or on the water, David's calm presence stood out. In tense moments, he rarely showed outward worry, and those around him quickly learned to trust his quiet confidence. It became a source of comfort and an example to follow for family and friends in every part of his life.

After David's retirement in 1993, David and Pat moved to Northfield, building a home they planned to live in for the rest of their lives—a wish they were both granted.

David was a member of both Transfiguration Lutheran Church in Bloomington and St. John's Lutheran Church in Northfield, serving in numerous council positions. He was also a member of Northfield's Rotary Club and Elder Collegium.

David was a problem solver and could fix anything. After he retired, he taught himself how to use a computer allowing him to continue learning, and to stay connected to family and friends. As David aged his body wore down but his mind remained so sharp.

David will be greatly missed by his two children, Karen (Jeff) Davidson of Kenyon, MN, and Peter (Annabelle) Halsor of Winchester, England; four grandchildren, Emily Davidson, Elizabeth (Jeremy) Bancroft, Edward (Holly) Halsor, and Isabella Halsor; great-grandson Vernon Bancroft; and sister Ruth (Mick) Peterson of Danbury, WI. He was preceded in death by his wife, Patricia, and his parents.

A memorial service will be held at 11 AM, Tuesday, August 18, 2026, at St. John's Lutheran Church in Northfield. Visitation will be one hour prior to the service at the church. David will be placed in the St. John's Columbarium with military honors, outside the church after the service. A reception will follow in the church.

Memorials preferred to the St. John's Lutheran Church Foundation.

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

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**STEPS
TO
FREEDOM**

Struggling with Addiction?
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Monday Night Life Recovery
7:00 pm

Contact Dave 612-968-3314

The church basement

Hauge Lutheran 302 Bullis Street, Kenyon, MN

THE KENYON VFW PRESENTS

FAIR FOOD TUESDAYS

5:00PM - 7:00PM

EVERY TUESDAY IN JULY

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**Consider joining an organization,
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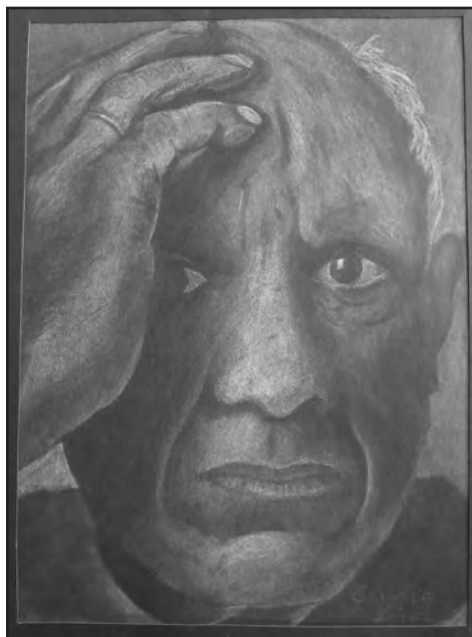
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Sandy's Signature Signs

(continued from page 1)

Exploring with acrylic paints as a home-maker raising our young family provided gift-giving opportunities that developed into commissioned orders and invitations to sell my brushwork at local craft fairs, festivals, and church bazaars.

My greatest honor to date is decorating my sister and brother-in-law's restaurant located in Cannon Falls with an array of signage, including a 4' x 8' image of their original logo designed by their friend, Greg Hepola. This enormous project was my first piece completed 4 months following a craniotomy to repair a brain aneurysm in 2017. I praise God for His mercy and for the gift of a steady hand



to continue creating works of art that bring joy to others.

The process begins in my workspace in the barn, where I've gathered salvaged barn-wood, fence panels, pallets, crates, cupboard doors, and other raw materials from various



sources. Each reclaimed treasure is thoughtfully selected, precision cut to size, sanded smooth, and air pressure treated. The brushwork takes place in a quaint little room in the house, using a variety of designs and sayings with assorted fonts and hues, then sealed with a polyurethane brush finish and prepared for display.

A whimsical collection of wooden coasters and refrigerator magnets is crafted from scrap cuts, decoupaged with magazine or calendar images, and is a favorite market item

for all ages.

I enjoy connecting with my fellow vendors who inspire me, and the community of followers that encourages me. I wish to express my humble gratitude to my dear family for believing in me and supporting my endeavor of Sandy's Signature Signs.

For your custom sign needs, contact Sandy's Signature Signs at sndydhng@aol.com or call 507-202-4839. Please allow up to 4 weeks for custom orders.

Kenyon Viking All-School Reunion

(continued from page 1)

Come reminisce, reconnect with old friends, and forge new ones. Look forward to a memory wall and many laughs. It's also a chance to see the Kenyon School Monument.

All years. All classes. All staff. All welcome.

Spread the word — the more, the merrier!

Please reach out to Kevin & Mary Gail Anderson on Facebook if you have any questions!

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Please reach out to Kevin & Mary Gail Anderson on Facebook if you have any questions!

Kenyon-Wanamingo Athletic Hall of Fame

The Kenyon-Wanamingo Athletic Hall of Fame Committee is proud to announce that the 11th Kenyon-Wanamingo Athletic Hall of Fame class will be inducted on September 26, 2026 at K-W High School. Inductees and teams will be representing Wanamingo High School, Kenyon High School, and Kenyon-Wanamingo High School.

2026 Kenyon-Wanamingo Athletic Hall of Fame Inductees

Brent Bauer	Athlete	1986 Kenyon High School
Gordy Kosfeld	Booster/Supporter	KDHL Radio
Kristina (Lurken) Anderson	Athlete	2004 Kenyon-Wanamingo High School
Mark Rodde	Athlete	1972 Kenyon High School
Matt Ryan	Coach	Kenyon-Wanamingo High School Coach
Chuck Sundry	Athlete	1957 Wanamingo High School

2025 Teams Honored

1965-66 Kenyon High School Boys Basketball Team
2016 Kenyon-Wanamingo Wrestling Team

The K-W Athletic Hall of Fame Induction Banquet

The banquet will be held on Saturday, September 26, 2026 at K-W High School.

- 4:30 - Social Hour in the High School Commons.
- 5:30 - Catered dinner.
- 6:30 - Induction Ceremony in the High School Auditorium.

A plaque will be presented to each Hall of Fame inductee at the banquet on Saturday, September 26th. Their names will be found on a Hall of Fame Board located in the High School Commons. Members of the teams being honored at the banquet will receive certificates and their team's name will appear on the Hall of Fame Board. The 2026 inductees and teams will be recognized during Homecoming Week at halftime of the varsity football game on Friday, September 25, 2026. The game starts at 7:00 PM. Everyone from the communities, friends, and relatives are encouraged to attend the banquet.

Banquet Tickets

Tickets should be ordered and purchased by September 21, 2026. Tickets (\$25 adults and \$15 children under 12) can be ordered/purchased from the following:

- Steve Alger - 507-213-3245 or coachal1967@gmail.com
- Shannon Johnson in the K-W High School Office
- Security State Bank of Wanamingo
 - Make checks payable to K-W Hall of Fame. Tickets can be picked up at the Will Call table on the night of the banquet.



Happy Trails: Friendship Wagon Train Visits Kenyon

(continued from page 1)

John and Monica Davis are now celebrating their 38th year of the Friendship Wagon Train. The goal of each wagon train has always been to raise money to support organizations that serve individuals with disabilities. Throughout the years, they have raised thousands of dollars for multiple organizations, including Camp Courage, Camp Friendship, Camp Winnebago, and, most recently, the Minnesota Special Olympics.

The Friendship Wagon Train has become a family tradition. Not only are members of the Davis family involved, including their grandkids, but many individuals come back to travel with the Friendship Wagon Train year after year. Jollene Gundermann from Waseca is one of them. She greatly enjoys the wagon-train life and has been doing it since 1986. She loves reconnecting with the Friendship Wagon Train members and watching the children grow up from year to year. Gundermann says as long as she can still ride, she will continue to be involved in the wagon-train tradition.

In addition to local Minnesotans, many people from out of state come every year. This year, individuals came from Louisiana, Missouri, Tennessee, Illinois, Wisconsin, and Iowa. Karen Gohn and her husband, Michael, travel from Tennessee each year. Karen loves the scenery she gets to see as she travels through the Minnesota countryside. She also greatly enjoys the people and says, "it gets to be like a family." Tina and Curt Leis are also committed wagon train travelers. Tina says, "[the] first time we came, we knew we wanted to come a lot." The commitment and camaraderie displayed by each of the members of the Friendship Wagon Train is another reason the organization is so special.

Monica Davis notes that people come to travel not only because they enjoy it, but also because the Friendship Wagon Train rides for a good cause. Monica says she is proud of the results that they see, raising between \$25,000-\$30,000 each year for the cause.

The Friendship Wagon Train takes a different route in southern Minnesota every summer. This means they can see new sites and connect with different communities in southern Minnesota. They work with local churches and community groups to help provide meals and other services along the trail. The Kenyon 4-H club helped to serve breakfast to the Friendship Wagon Train members when they stopped in Kenyon. Connecting with local individuals and businesses is another way the Friendship Wagon Train has made such an impact in the past 38 years.

When the Friendship Wagon Train came to Kenyon this year, they set up camp in the Plymold field. With all the trailers and horses and wagons parked neatly in the grassy field, it



Monica Davis



was quite a sight to see. Early Monday (June 22) morning, the Friendship Wagon Train was up and moving, sending the trailers and vehicles ahead to the next destination of Dodge Center. After breakfast, the rest of the company prepared to saddle up. As the horses and mules were saddled and hooked to the wagons, you could feel excitement in the air. A mule would bray, and a horse would answer back, starting a small chorus of livestock in response. At 8:15 am, the Friendship Wagon Train lined up and headed down the road towards Skyberg for lunch. They set off at a steady pace of 3 mph.

If you would like to donate to the Friendship Wagon Train and support the Minnesota Special Olympics, or if you are interested in joining the Friendship Wagon Train, contact John and Monica Davis at 507-365-8064 or Monica Davis at 507-696-1418. All donations are appreciated.

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Call Terry at 507-951-7417 or email: hometownmessenger@gmail.com



Karen Gohn and Tina Leis



Kenyon 4-H serves breakfast

Breakfast on the Farm Successfully Promotes Dairy Industry

(continued from page 1)

The Wayne and Donna Lexvold family hosted the annual Breakfast on the Farm event featuring a complimentary egg bake by Fultons' Catering. The free food, including Hannisch Bakery donuts, GoGurt yogurt tubes, bananas, milk and water, was made possible through donations from over 40 local businesses. Of course it wouldn't be Breakfast on the Farm without softserve ice cream, cheese sticks donated by Organic Valley, and Ellsworth Co-Op Creamery making batter-fried cheese curds on-site for a steady line of guests.



Ellsworth Co-Op Creamery employees fried and served cheese curds to a never-ending line of Breakfast on the Farm guests.



Ag business representatives, family members and volunteers served a breakfast of egg bake, donuts, bananas, cheese, GoGurt, milk and water from 7-11 AM June 5th.

Visitors to the farm could speak with Goodhue County Sheriff's Department representatives and Goodhue County Dairy ambassadors. Watching cows being milked and trying out the Ag Cab Lab simulator were fun learning experiences. Millie the potbelly pig, young calves, a rabbit and kittens were popular in the petting zoo area and a bounce house and barrel rides kept kids entertained.

Breakfast on the Farm is organized and sponsored by the Dairy Farmers of Goodhue County along with KCUE radio who did a live broadcast from the farm. Held each year during June Dairy Month, the event spotlights the importance of dairy farming in Goodhue County and the variety of dairy products available to consumers.



Goodhue County Dairy Ambassadors, Garrett Pearson and Troy Clemenson try the barrel ride at Breakfast on the Farm.



A bounce house was one of many activities that kept kids entertained during Breakfast on the Farm.



GOODHUE COUNTY

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THANK YOU!

Thank you for your support and donations towards Goodhue County Breakfast on the Farm held at Bombay Dairy. Because of you, it was another successful dairy breakfast. We look forward to working with you in the future, promoting the Dairy Industry.

The Lexvold Family, Dairy Farmers of Goodhue County, and KCUE Radio

Wanamingo 4th of July





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Wanamingo 4th of July

July 9, 2026

- KENYON-WANAMINGO MESSENGER -

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Farm Girl Chatter Hayfields, Lake Days, and 250 Years of America

By McKell Lemmerman

There comes a point every summer when farmers start dreaming about two things: rain

for the crops and a cold drink at the lake. Unfortunately, those two things rarely seem to happen on the same day.

Hay season is in full swing, and there is something special about the smell of fresh-cut hay drifting across the countryside. It is one of those scents that instantly says "summer." Unless, of course, you are on your tenth load of the day, covered in dust, sweat, and wondering why every field suddenly looks twice as big as it did yesterday.

The days start early and end late. Tractors hum across the fields, wagons fill up, and weather apps get checked more often than the mail. Nothing gets a farmer moving faster than seeing a rain cloud pop up on the radar when there are still ten acres laying on the ground.



By the time the last bale is stacked, the only thing greener than the hayfield is the thought of heading to the cabin. There is something magical about trading the tractor seat for a pontoon seat. The sound of machinery is replaced by loons calling across the lake, and instead of watching weather forecasts for hay, we're checking them to see if it's warm enough to jump off the dock.

This summer feels a little more special as America celebrates its 250th anniversary. For generations, farming families have helped build this country through hard work, perseverance, and commitment to the land. While fireworks and celebrations mark the occasion, many farmers will be celebrating in their own way—finishing chores, making hay, and gathering with family and friends at the lake after a long day's work.

Of course, no farmer truly takes a vacation. Somewhere between fishing, swimming, and enjoying a sunset, someone is always looking at the future radar for the next projects to do when they arrive home.

Still, those lake days remind us why we work so hard. The smell of fresh-cut hay, the satisfaction of a field baled before the rain, and a weekend spent at the cabin with family and friends are some of the best parts of summer. It's all about balance—working hard enough to appreciate the break and relaxing just enough to be ready to do it all again next week.

As we celebrate 250 years of America, here's to the farmers who keep it running, the families who keep us grounded, the troops who made the sacrifice, and the lake days that remind us to slow down and enjoy what we have. Because even the hardest-working farmers need a day to smell something besides diesel fuel and dust.

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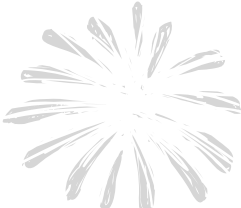
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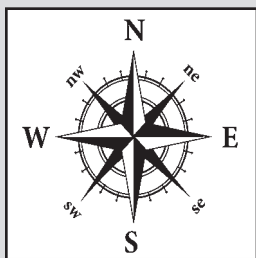
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Changes in Latitudes, Changes in Attitudes

June Vacation



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.

June is a time lots of people take vacations. I came back to Minnesota early this spring on business and planned on heading right back to Tennessee to relax a bit longer. Right back turned into eleven weeks. So, a few days into June I was heading south again.

A lot had changed. The winter wheat harvest was complete and the corn crop had tasseled, silked and was way over my head. I fertilized the lawn before I left. The June rains had

made use of the nitrogen in the fertilizer and my neighbor John had been mowing the grass almost weekly. I had to weed whip the dog run to knock back 2' of Switchgrass before letting the dogs in. They found an Armadillo carcass in the yard so they were entertained. I was standing in sandals cutting grass so the dogs wouldn't find any snakes. I figured I would shred a copperhead with the weed whacker before he could strike me.

Not having to deal with farm chores allows me to sleep late every morning. I kind of like it. I had a number of small projects to do around the cabin. Enough to stay busy but not get exhausted. We planned to spend the nice days on the river and rest up on the other ones.

Sundays are the same routine. Go to church and stop for groceries at the Piggly Wiggly on the way home. The first week was VBS at Big Rock Baptist Church. They had the assembly hall decorated with lights and posters, the staff had matching t-shirts and there were three inflatable bounce houses outside for the Sunday night kick-off. The kids got up and sang while dancing to songs, VBS is a big exciting thing in Tennessee. They had a record of over 160 attend the Wednesday evening session this year. Church is never boring in Tennessee.

I went in to the Sirloin Stockade one evening for steak. Not much beats a buffet with ribeye. The nice kids working the counter gave me the senior discount with-out even asking. One great thing about the youth in Tennessee, is how friendly and helpful they are. Everyone is "ma'am" or "sir" and



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they will take time to stop to carry on a pleasant conversation with anyone.

In the evening I sit on the porch and watch the sun set in the western sky, with a dog on each side of me. I look out over the trees to the Tennessee River and soak in the beauty. The crescent moon is hanging in the horizon with three planets lined up. They say they are Venus, Jupiter and Mercury. I see fireflies rising into the night sky like sparks from a camp fire. I doze off and the dogs are sound asleep on the cushion beside me.

I think about coming through Tennessee as a child in the mid 1960's with my parents. Never dreamed I would live down here someday. I remembered the Appalachian Mountains, Civil War battle sites, stories

about Daniel Boone, and other explorers who lived down here two centuries ago. Wondered about how rugged the wilderness was back then. Imagined what the Cherokee, Chickasaw and Shawnee Indians life was like in those days.

It is summer in Tennessee, every day hit 85 degrees. Air conditioning is a wonderful thing. Had to be unbearable in a teepee or a log cabin in the old days. But I enjoy it now. And being in the boat on the river on a hot day is much more bearable than almost anywhere else. The cool river breeze and a Bimini boat top make it a perfect day. As I head back, I experience the one certain shock. Gas was \$3.35 when we left Tennessee, \$3.85 back here in Minnesota.

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A Minnesotan: Hotdish



By RosaLin Alcoser

If I had to name one food that is distinctly Minnesotan I would say Hotdish. Then I would probably go on to explain that it's usually meat, with canned or frozen vegetables, combined with a can of soup and often topped with some sort of potato—the one I've seen the most is tater-tots. Now depending on your region of Minnesota is the real determiner of the salt and pepper ratio in the dish. However, that is really

what makes up the dish.

The most common one I've had is the tater-tot hotdish, but I do know that there are other kinds of hotdish.

After all there must be since there are competitions on who makes the best hotdish.

My family never makes hotdishes. No, for us is something that we only had if someone else had made it and it was at church. Since we are Minnesota transplants we did not make hotdish nor had we heard about it until we moved here. However, my husband is a born and raised true Minnesotan. He and his family are Minnesotans who make and consume hotdish.

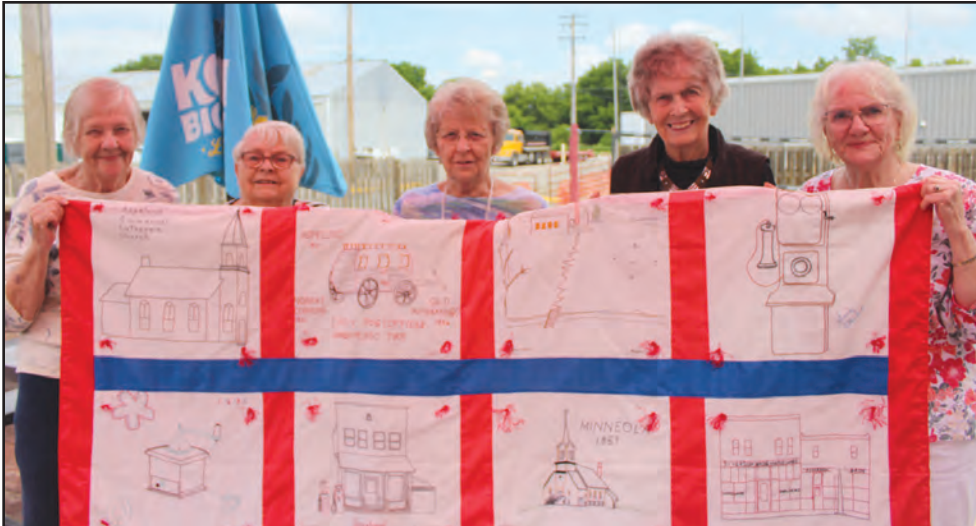
In fact my husband loves hotdish to the point that he desperately wants to go to Oronoco to get a flight of hotdish. When I told him that I had seen it on a menu while there without him two years ago he wanted to have a flight of four types of hotdish desperately. The only problem is every time he's been down in the area since it's been a Monday and they've been closed. At some point we will be there when it's open and hopefully it's still on the menu.

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Bicentennial Quilt displayed at the Wanamingo Community Center on July 4th, 2026



50 years ago these 5 ladies were a part of the 24 who embroidered a square. Kathy (Bakko) Nichols, Shirley Friese, Irene Ree, Sharon (Swenson) Storholm and Sandy (Glestad) Jorgenson.

It was the first year that Wgo. had a 4th of July Parade and the Historical Society decided to put together a Bicentennial Quilt and displayed it in the Larson Log Home on Main Street in 1976. - Submitted

Wanamingo Bicentennial Quilt - Top to Bottom (L-R) 1976
Aspelund Church - EMH; US Mail - L. Perret (Laura); Roscoe Store - A. Revland (Ardelle); Telephone - Sandy Glestad; Coffee Grinder - Olga L. Steberg; Aspelund Store - Mrs. Lyle Hogstad (Johnny); Minneola Church - PMC (Phyllis M. Carlson); Syverson Hardware - Evelyn S. Johnson; Log House & Water Tower - Bernice Beulke; Brislance Harness & Shoes - Kathy Bakko; Cook Stove - Muriel Swenson; Norway Corner; Model T - Shirley H. (Helleckson); Scene - Barbara Nelson; Chandler Stone House (Sharon Swenson); Tea - Lok S.; Windmill - Shirley Friese; Helleckson; Haller - Lorraine Haller; Wanamingo Lutheran Church - Irene Ree; Stuff - Arlita L. Saugen; Water Pump - Alta Milan; Sports; Covered Wagon - Singer. The embroidered squares were then sewn together by Stella Myran, Theodora Johnson and Eva Romo.

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Zumbrota, MN

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GRANDSTAND SHOWS!

Tuesday, August 11th • 7pm

BULL RIDING & BARREL RACING: Adults \$15, under 12 \$10

Wednesday, August 12th • 7pm

AUTOCROSS RACING: Adults \$17, under 12 \$10,
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Thursday, August 13th • 6:30pm

TRACTOR PULL: Adults \$12, under 12 \$7,
Pit Passes \$30 - available in person at the pit gates

Friday, August 14th • 7pm

FRIDAY NIGHT AUTOCROSS: Adults \$17, under 12 \$12,
Pit Passes \$30 - available in person at the pit gates

Saturday, August 15th • 5pm

THE BIG SATURDAY NIGHT DEMOLITION DERBY:
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FREE EVENTS DAILY ALL WEEK!

J's Family Entertainment,
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Doc's Fun Time Variety Show

TUESDAY, AUGUST 11: ENTRY DAY

WEDNESDAY, AUGUST 12: DAY CARE DAY

THURSDAY, AUGUST 13: GOODHUE COUNTY AG DAY

FRIDAY, AUGUST 14: SENIOR CITIZEN DAY - 65+ Get FREE
GATE ADMISSION - OPEN ALL DAY!
The Outstanding Senior Award is given

SATURDAY, AUGUST 15: FINAL FUN DAY

Ride Specials:

\$20 unlimited Armbands available on:
Wednesday 5pm-9pm • Thursday 6pm-10pm
Friday 5pm-9pm; Saturday 1pm-5pm • Saturday 6pm-10pm

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LIVE ENTERTAINMENT TUESDAY - SATURDAY!

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Tuesday, August 11
IN THE FIELDS
6:00-10:00 PM



Wednesday, August 12
CATEGORY 5
6:00-10:00 PM



Thursday, August 13
RYAN SULLIVAN
6:00-10:00 PM



Friday, August 14
GEORGE'S CONCERTINA BAND
2:30-6:30 PM
OLD COUNTRY BOYS
7:30-11:30 PM



Saturday, August 15
FOSTER GRAND
8:30 PM-12:30 AM

Welcome to the Rice County Fair July 22-26

Courtesy of the Rice County Fair

We are just about finished planning the fair for 2026 - July 22-26. Lots of exciting things, new stuff and free stuff as well.

Here are some highlights - please continue to check the website (www.ricecountyfair.net) and Facebook as we are adding lots of details over the next few weeks:

Wednesday July 22 - IMCA Old Timers in the Grandstand

Thursday July 23 - Two Safari Wildlife Shows and Two Alligator Wrestling shows - FREE - in the Grandstand

Friday July 24 - Big Air Motorcycle and ATV jumping show in the Grandstand

Saturday July 25 - in the morning - FREE - antique tractor pull in the Grandstand - Tractor pull in the evening

Sunday July 26 - Enduro Races in the Grandstand

FREE Family Fun at the Rice County Fair

We know times are tough for many families right now, and this year we made it a priority to add even more FREE activities and enter-

tainment so everyone can enjoy the fair without breaking the bank.

When you visit the Rice County Fair, you'll find fun around every corner, including:

FREE Live Music

Enjoy great local bands and musicians throughout the fair on the Seller Stage, Cannon River Stage, and inside our newly revamped Beer Garden!

FREE Face Painting

Daily from Noon - 5:00 PM

FREE Mini Golf

Daily from 3:00 PM - 7:00 PM

FREE Antique Tractor Pull

Start your Saturday morning off right! Watch antique tractors compete and see these historic machines in action.

FREE Livestock & Animal Viewing

Visit the barns, meet farm animals up close, and watch livestock shows featuring the hard work and dedication of local youth and exhibitors.

FREE Family Entertainment

Catch multiple performances by Tuey the Juggler and Brodini the Magician on the Cannon River Stage throughout the fair. Their interactive, family-friendly shows are sure to entertain kids and adults alike!

FREE Safari Show & Alligator Wrestling - Thursday Kids Day!

Located in the Grandstand:

- Safari Shows at 2:00 PM & 6:00 PM
- Alligator Wrestling at 4:00 PM & 8:00 PM

FREE Kids Tractor Pedal Pull

Kids can test their strength and have some friendly competition during the Kids Tractor Pedal Pull on Wednesday at 6:00 PM!



There's something for everyone—from toddlers to grandparents—and many of the best fair experiences won't cost you a dime!

And NEW - Dunk tank with your favorite people you like to dunk (3 balls for \$1).

Bring the family, make some memories, and enjoy everything the Rice County Fair has to offer. We can't wait to see you there!



Pre-Sale Discounted Vouchers for Carnival Wristbands

Price \$25 - During Fair \$30



July 22-26, 2026. Fun, Food, and Friends in the mix for '26'

Good for one daily wristband for one person.
Redeem at Ticket Booth at the Carnival.

Wristband Hours:
Wednesday and Thursday: 1pm - 9pm
Friday and Saturday: 12pm - 9pm
Sunday: 1pm - 7pm

The wristband is good for unlimited rides on the day it is redeemed and during the session times posted.
The person receiving the wristband must be present at time of redemption to receive the band.

Buy multiple vouchers and redeem each day at the fair.

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Grandstand Wednesday July 22 - IMCA Oldtimers

IMCA Old Timers was formed to promote and preserve IMCA (International Motor Contest Association) history, including the preservation and excellent restoration of former IMCA race cars; to maintain records and documents of IMCA history; recognition of former drivers, owners, mechanics and others involved in IMCA history; and provide an opportunity for the social and technical interchange of members interested in auto racing history.

We will be presenting no less than five classes:

IMCA Sport/Wisconsin MOD/USRA
Micro Sprint
Legends Class

Vintage Open Wheels
Vintage Full Body

Tickets: Adults: \$15; Kids (6-11): \$5;
Kids 5 and under are free.

Thursday July 23 - Sustainable Saferi

2:00 PM - Jungle Safari show
4:00 PM - Alligator Wrestling show
6:00 PM - Jungle Safari Show
8:00 PM - Alligator Wrestling Show

All shows are performed on the platform at the bottom of the grandstand.

FREE admittance to all shows

Friday July 24 - Big Air

Big Air ATV and Motorcycle Jumping
Tickets: Adults: \$15; Kids (6-11): \$5;
Kids 5 and under are free.

Saturday July 25 - Tractor Pull

9:00 AM - Antique Tractor Pull - FREE admittance

7:00 PM - UPM Tractor Pull

Tickets: Adults: \$15; Kids (6-11): \$5;
Kids 5 and under are free.

Sunday July 26 - Enduro Races

2:00 PM
Tickets: Adults: \$15; Kids (6-11): \$5;
Kids 5 and under are free.

Zumbrota Area Historical Society to host Garden Tour and Quilt Show

The Zumbrota Area Historical Society will be hosting a Garden Tour and Quilt Show on

Saturday, July 18, from 10 a.m. – 3 p.m., rain or shine. Seven gardens will be available for touring, five gardens in Zumbrota and two gardens in rural Pine Island.

We have a variety of gardens on the tour including country rustic gardens, gardens designed with repurposed wood and rocks, gardens for townhouse living, an orchard, tiered vegetable gardens and a garden with several water features.

Tickets for the tour are \$10 each and will be sold at Busby's and Countryside Lawn & Landscape from July 8 through July 18. Tickets may also be purchased from the Zumbrota History Center's website under events or the history center's Facebook page under tickets. Patrons who purchase their tickets by July 17 will have their name placed in a drawing for a chance to win \$25 in Zumbrota

Bucks. Children 14 and older are welcome to attend. Appropriate footwear recommended as the grounds may be uneven.

Something new this year, we are featuring local quilters displaying their quilts at each garden. Come out on July 18 to enjoy the beautiful gardens, admire the quilter's craftsmanship and get inspired. Tour proceeds will be used to support the Zumbrota History Center.





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Join us for the July Melodrama, The Treasure of Shiver River!



Our next Melodrama is "The Treasure of Shiver River" by Flip Kobler & Cindy Marcus, directed by Ryan Frank. The show runs July 10-26: Fridays & Saturdays at 7:00 pm and Sundays at 2:00 pm.

About the show

Get ready for the freshest old-fashioned mellerdramer this side of the Mississippi! Although Colonel Sanders has the best cattle herd you've heard of, he needs a good return at the upcoming auction to keep his ranch! Rumor has it there's a treasure hidden on his property. Enter Rod Enreel, the snake salesman with a plot (or two ... or 26?) to thwart the auction and claim the treasure for him-



self, Colonel Sanders, his daughter Heidi Claire, and our hero Marshall Law will need to step in and save the day! With an uproarious set of characters, including a female pirate queen, grizzled old prospector, German doctor, and former gambling addict, come help the newspaper reporter Scoop O'Mally get the all facts straight!

Meet the cast/crew

Reed as Lotta Luck - Owner of the Shiver Valley Hotel
Dewey DeWitz as Scoop O'Mally - Eager newspaper man
Drew Adams as Rod Enreel - A man with a plan or two (or twenty-six)
Savannah Potter as Paige Turner - Loves Rod almost as much as her romance novels
Allison Rautmann as Heidi Claire Sanders - Always sees the bright side of things
Cameron Harris as Colonel Sanders - Owner of Shiver Valley Ranch
Aaron Avlon as Max Bid - Auctioneer

Cheryl Farack as Gail Bid - Max's mother
Knox Goundry as Marshall Law - Territorial marshal

Jessica Hukee as Orin Gold - Prospector searching for the treasure

Alexis Swintek as Burlap Bonnie - Ex-pirate queen

Emilie Pentico as Dr. Ophelia Payne - German doctor

Ryan Harvey as the pianist

Alicia Weinberger as assistant director

Sydney Frank as light director

Melodramas are family friendly; tickets are \$10. Reservations can be made online at www.mantorvilletheatrecompany.com or by phone (507-635-5420). Walk-ins are also welcome! All seats are general admission. There are volunteer slots open for the entire summer to help usher. Volunteers get to watch the show for free! You can find the sign up links on our website.

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4 Holistic Health Tips Worth Bringing Into Your Life!



By Shauna Burshem, D.C.

I have been around the wellness world long enough to remember when "holistic health" sounded like something only the granola crowd talked about. These days? It is everywhere, and honestly, I love that! We have circled back to ideas our grandparents seemed to know instinctively, only now we have the science to back them up. Below are four tips I keep coming back to, both for myself and for the patients and friends I care about. Pull up a chair. Let's talk health like the fellow enthusiasts we are.

Start From the Inside Out: Your Gut Knows More Than You Think

I'll be honest with you. For years, I treated my stomach like an afterthought, something that only mattered when it growled or grumbled. Then I started paying attention, and what a difference it made. Your gut is often called your "second brain," and there's real truth to that. Trillions of tiny bacteria live in your digestive system, and they influence everything from your mood to your immune system to how much energy you have to get through the day.

The good news is that supporting your gut doesn't require anything fancy. Start by adding more fiber-rich, whole foods to your plate. Think leafy greens, beans, oats, and colorful vegetables. Fermented foods like yogurt, kimchi, and sauerkraut bring in beneficial bacteria that help keep everything balanced. I like to tell people that every meal

is a chance to either feed the good bacteria or starve them. Small, consistent choices add up faster than you'd expect.

Here's the part that ties beautifully into chiropractic and whole-body wellness: when your gut is happy, your whole system tends to follow. Many people notice less inflammation, steadier energy, and even better sleep once they clean up their gut health. It is all connected, and your body works best when each piece is supported. So if you've been ignoring your digestion, consider this your gentle nudge to start listening.

Make Peace With Your Nervous System

This one is close to my heart. So many of us walk around in a constant state of low-grade stress, and we barely notice it anymore. Tight shoulders, shallow breathing, a racing mind at bedtime. Sound familiar? Your nervous system is running the show behind the scenes, and when it's stuck in "fight or flight" mode, your whole body pays the price.

The beautiful thing is that you have more control over this than you realize. Simple practices can shift your body out of stress mode and into rest-and-repair mode. Try slow, deep breathing where your exhale is longer than your inhale. Even a few minutes can calm a frazzled mind. A short walk outdoors, a warm bath, or simply unplugging from your phone for an hour can work wonders too. These aren't luxuries. They're maintenance for the system that controls everything.

This is also where chiropractic care fits in so naturally. Your spine houses and protects your nervous system, and gentle, personalized adjustments can help your body communicate more clearly with itself. I've watched patients soften and exhale right there on the table, like their bodies finally got permission to relax. When your nervous system feels safe, healing happens. It's not magic, it's just how we're built.

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Treat Sleep Like the Foundation It Truly Is

I remember a time when running on little sleep felt like a badge of honor. We bragged about it. What a mistake that was. Sleep isn't downtime, it's when your body does its most important repair work. Muscles recover, your brain clears out the day's clutter, and your nervous system resets. Skimp on it, and you feel the effects in everything from your mood to your aches and pains.

If your sleep has been rough, start with the basics. Keep a consistent bedtime, even on weekends, so your body knows what to expect. Dim the lights in the evening and put the screens away at least an hour before bed. Your bedroom should be cool, dark, and quiet, almost like a little cave built for rest. These changes sound simple, and they are, but they make a genuine difference over time.

I'd also encourage you to think about how you sleep, not just how long. The right pillow and a supportive mattress matter more than most people realize, especially if you wake up stiff or sore. Poor sleeping posture can pull your spine out of alignment night after night. If you're waking up hurting, that's worth a conversation with your chiropractor. Good sleep and a healthy spine go hand in hand, and addressing both can change how you feel from the moment you open your eyes.

Keep Moving, Because Motion Is Medicine

Here's something I say all the time: your body was made to move. We've engineered so much movement out of modern life, sit-

ting at desks, scrolling on couches, driving everywhere. And our bodies feel it. Stiffness, weakness, and nagging pain often trace back to one simple culprit, which is that we just aren't moving enough or in enough variety.

The fix doesn't mean you need to become a marathon runner overnight. In fact, I'd argue that gentle, consistent mobility work beats the occasional intense workout for most people. Stretch in the morning. Take walking breaks during your workday. Try yoga, swimming, or simply playing with your kids on the floor. The goal is to move your joints through their full range often, because joints that don't move tend to get stuck, and stuck joints lead to discomfort down the road.

This is where I get a little passionate, so bear with me.

When your joints move well, your whole body functions better.

Chiropractic adjustments can help restore motion to areas that have become fixated, and pairing that care with daily movement gives you the best of both worlds. Think of it as a partnership between you and your body. You keep things moving, your chiropractor helps keep things aligned, and together you build a body that feels good for years to come.

None of these tips require a complete life overhaul. That's the beauty of holistic health, it's the small, steady choices that build into something powerful. Pick one to start with this week. Your body has been waiting for you to pay attention, and trust me, it'll thank you for it.

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

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Food Noise



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Does it seem like you are always thinking about food? You want to focus on other things and you know that constantly grazing contributes to excess weight and health issues, but you cannot seem to help yourself. This is the description of “food noise.” There seems to be a constant nagging in your mind for more food even when you really do not

have a need for it. In recent years, thousands have been turning to medication to help reduce this “food noise,” but the results of the medication have some concerning side effects, as I wrote about last month. With every medication there is a natural alternative when you look more closely at what is happening. “Food noise” can be reduced naturally when you rebuild your eating habits.

The key to reducing “food noise” is to understand how your body generates fullness and satisfaction signals and then how to increase those signals. There are at least three significant areas to change in order to increase satisfaction with your meals – timing, protein, and fiber. Focusing on these three areas has helped thousands of individuals to improve their quality of life and reduce the distraction of “food noise.” So, let’s take a look at these three areas.

Timing – refers to the importance of a routine. We are creatures of habit. Habits are what help us get through the day. Food noise can be related to some negative habits that have formed over the years and need to be changed. However, simply determining to eat at specific times and not between meals is easier said than done. Ideally, you will focus on three meals a day with at least four and a half hours between meals. In a 2022 national survey asking health practitioners about their eating habits, those doctors and nurses who ate three meals a day with no snacks between meals had a lower risk of death and lower heart disease risk than those who snacked throughout the day or those who did intermittent fasting. The timing and consistency of eating was important, but this would not be

possible to maintain without the next two areas of protein and fiber.

Protein – is an essential component for every meal of the day. Your digestion process responds with satisfaction signals when protein is eaten in the first bites. Notice the first foods placed on the table at a restaurant – chips, bread, salad, drinks – all carbohydrates, very tasty, but no protein. Notice the trend of the ketogenic diet or the Atkins diet that promote high intake of protein and many people lose weight. The satisfaction signals are greatly increased with protein and the food noise decreases. The Atkins or ketogenic plan is not a balanced diet but demonstrates the power of protein to reduce the food noise. A healthy protein portion should be selected for breakfast to help start the day on a positive trend. Eggs, full fat Greek yogurt, full fat cottage cheese, smoked salmon, or chicken sausage are just some examples of protein options for breakfast. Replace the cold cereal, muffin, pop tart, or fruit juice with a protein for breakfast and you will begin to move toward a routine that will stimulate satisfaction.

Fiber – is another essential component that promotes satisfaction and reduces food noise. Quality fiber at each meal is provided through fresh vegetables and fruits. Lettuce and cabbage may seem to have little nutrition value but much of the benefit comes from the fiber in these foods. Fiber is undigestible to humans but becomes a feast for the bacteria in our intestines. When the bacteria in the colon feast on fiber, they produce fatty acids that feed the colon cells lining the large intestine. The colon cells produce glucagon-like

peptide 1 (GLP-1) which signals satisfaction to your brain and reduces food noise. Americans are recommended to consume at least 35 grams of fiber each day. Great choices for increasing daily fiber intake include apples, pears, berries, avocados, broccoli, carrots, cabbage, brussels sprouts, artichoke, black beans, navy beans, lentils, and squash. As you increase fiber intake with each meal, you will achieve a greater signal of fullness that will sustain you for hours.

When you select a protein for each meal and a fiber source to go with that protein you are beginning to construct a healthy meal that will satisfy your body needs for hours. As you build these quality meals, you will be able to start reducing snacks and separating your meals up to five hours. As you build this daily routine, begin to drink water between meals which will help to make sure you are well hydrated, which will also reduce snacking signals.

Health 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.*

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CITY OF WANAMINGO
City Council Regular Meeting
Monday, June 8, 2026, 7:00 P.M.
Wanamingo City Council Chambers – 401 Main Street
Wanamingo, MN

CALL TO ORDER: Mayor Ryan Holmes.
PRESENT: Council: Ryan Holmes, Eric Dierks, Jeremiah Flotterud, and Rebecca Haugen

City Administrator: Michael Boulton

ABSENT: Council: Stuart Ohr

Deputy Clerk: Laurie Musselman

ALSO PRESENT: Brad Kennedy, Peter Grimsrud – Zumbrota News-Record, Brandon Theobald - WHKS, Caleb Juan – Goodhue County Deputy Sheriff, Parker Erickson, Brandon Lunde, and Josh Revland.

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

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

PRESENTERS:

A) Brad Kennedy reported on:

1) Finished getting the pool up and running for the season. Worked the better parts of three weeks with pool preparation. Main leak repaired at the pool last fall which cut water loss in half. Safety training with seasonal pool staff is scheduled for June 8th. The pool seems to be running well.

2) Nature Trail – removed fallen trees off main trail and mowed. Still have several downed trees on side trails that could take a day of cutting and removal.

3) Brush pile was removed again by Kennedy Groundworks. The invoice was sent to Mead Johnson for reimbursement.

4) 4th of July welcome banner and light pole banners installed

5) Started 4th of July preparation work including mowing and trimming.

6) Mowed and trimmed along MN TH 60 & MN TH 57 ditch and utility poles. Mowed at the WWTP, community garden, undeveloped lot boulevards, and other various areas around town.

7) Emptied garbage containers on Main Street; the goal is to check and empty the garbage containers weekly. The new garbage container and pet helper trash bag dispenser will be installed at the Prairie Ridge Estate park shelter this week.

8) Swept streets; the goal is to sweep Main Street weekly, the west side of town and the east side of town on Wednesdays alternating weeks.

B) Brandon Theobald, WHKS – City Consulting Engineer reported on:

1) Have met with staff regarding future street and utility work planning

2) Clay sanitary sewer lines in the older parts of town (east and west of MN TH 57) will be televised to document the condition of the pipes. There are significant ground water inflow and infiltration on the first five block clay line segment to the east of Main Street. The City needs to reduce inflow and infiltration as part of the regional wastewater treatment facility and collections line project coming. This will keep all residents' costs

down for both the plant operation and construction. Theobald estimated televising costs are estimated between \$10,000-\$15,000.

3) PASER (Pavement Surface Evaluation and Rating) – the City conducted an initial rating in 2016 with an update in 2021. The rating ranks street condition from 1-10 (lowest number being worst condition and highest number being best condition). This updated rating would help with future maintenance or reconstruction (crack filling, chip sealing, mill/overlay, and reconstruction options). Theobald estimated that updating the PASER report would cost \$5,000.

4) A roadway and utility improvement project is planned for 2027 with another project planned for 2031. The 2027 project has a maximum borrowing budget of \$1.5 million with \$300,000 in cash for Riverside Park parking lot and ballfield entrance pavement. Theobald stated that construction costs have increased in the past few years with full reconstruction costs being \$1,000/foot and roughly \$60,000 a lot.

Flotterud asked what clay lines would be videoed. Theobald stated that only the clay lines would be videoed since the newer PVC lines tend to be in good shape with little to no inflow and infiltration issues. Flotterud stated that inflow and infiltration will be a major problem for the City once the new regional wastewater treatment facility and collections system takes over for the City facility. Addressing as much inflow and infiltration in the next five years will save residents money on their sewer portion of the

utility bills. Holmes stated that the clay lines have been a City Council concern since the early 2000's. Flotterud stated that the proposed 2027 and 2031 street and utility improvement projects will be money well spent. Flotterud asked where the cost for televising and PASER updated report would come out from. Boulton stated that the televising cost would come out of the sanitary sewer fund while the updates to the PASER report would come out of the street portion of the general fund. The Council agreed to the proposed actions with the understanding that additional conversations will take place later in the summer/early fall on the proposed 2027 street and utility improvement project.

NEW BUSINESS:

RESOLUTION:

26-033 = Adopting 2026 3rd Quarter Maintenance Work Plan: Dierks moved to approve, Seconded by Haugen. Passed 4-0-0.

26-034 = Setting Date for Budget Workshop City Council Meeting: Flotterud moved to approve, Seconded by Dierks. Boulton stated that he will provide a first draft 2027 Wanamingo City Budget to the Council members in the coming weeks. Boulton stated that the Audit was finalized last Friday and that final 2025 numbers will be check in the 2027 draft budget and budget memo. Passed 4-0-0.

26-035 = Declaring Wanamingo 4th of July Celebration a Community Event within the City of Wanamingo: Haugen moved to approve, Seconded by Flotterud.

(continued on page 23)



Steve Fields
Minnesota Attorney

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CITY OF WANAMINGO City Council Regular Meeting

(continued from page 22)

Boulton stated that the flyer of events is still in progress and will be finalized later this week. Passed 4-0-0.

26-036 = Accepting 2026 4th of July Fireworks Monetary and In-Kind Donations: Dierks moved to approve, Seconded by Flotterud. Boulton noted that it is Jeff Benson’s 50th year as pyrotechnician for the Wanamingo fireworks and may be his last. Carl Majerus has agreed to obtain his pyrotechnician license after several years as an apprentice. Passed 4-0-0.

26-037 = Approving Separate Land Lease Agreements with WANA-PROP LLC, JSSW Properties LLC, and Concast Inc. for the July 3rd Fireman’s Dance and 4th of July Fireworks: Flotterud moved to approve, Seconded by Haugen. Passed 4-0-0.

26-038 = Approving the Appointment of Election Judges for 2026 Primary and General Elections: Haugen moved to approve, seconded by Dierks. Passed 4-0-0

26-039 = Approving Pay Request No. 3 For TK Contracting on Emerald Valley 2 Subdivision: Haugen moved to approve, Seconded by Flotterud. Flotterud stated that the development looks great. Theobald stated that the first layer of asphalt, grading, and seeding are complete. The ware course of the asphalt and stub of the stormwater piping into the pond (easement required) remain. Theobald stated that the agreements with Minnesota Energy for natural gas and Xcel Energy for electric services and street lighting have been signed by staff. There are no up-front costs associated with Minnesota Energy. However, Xcel Energy charges roughly \$3,000/lot for service installation and around \$1,000 for street lighting. Xcel Energy does provide a full rebate on the \$3,000/lot for homes constructed within five years of service installation. Theobald stated that the original estimates had \$1,200 per lot built in for electric installation with no reimbursement. Theobald stated that it is advantageous for parcel owners to construct within five years of installation to eliminate electrical service cost. Theobald recommends that the City pay these electric costs up front, assess them to the property owners, and reimburse the property owners any rebates received back from Xcel Energy. Theobald stated that this recommended process is the same for Prairie Ridge Estates 5th addition. The Council has no concerns with the recommended process. Flotterud asked how tracking would work. Theobald will work with staff to create and maintain a working document to track construction, reimbursement from Xcel Energy, and then reimbursement to property owners. The project is 91%. The total pay estimate is \$63,858.69. Theobald stated that the new plat has been signed and recorded. Passed 4-0-0.

26-040 = Approving Phone System Agreement with RWC Tech Solutions: Dierks moved to approve, Seconded by Haugen. Boulton stated that the City phone bill through Frontier has skyrocketed in the last few years. Staff have been able to negotiate costs back down in the past but are no longer able. The City phones are on copper lines that are required to be replaced by 2029. Frontier does not have plans to replace the copper lines in

the near future. The City staff and Mayor have obtained and reviewed 3-year quotes for voice over IP phone system for the City of Wanamingo from RWC Tech Solutions and Loffler. The two quotes are similar on price (roughly \$5,000) and are significant savings from Frontiers billing over three years (roughly \$37,000). There may be need for a hot spot at the swimming pool and some technical issues with the well-house communication that will need to be worked through. Holmes stated that the City has a current relationship with RWC Tech Solutions. Holmes stated that Loffler specialized in voice over IP phone systems while RWC Tech Solutions offers it to customers as an option. Boulton stated that RWC Tech Solutions and Loffler are able to port (keep utilizing) the City’s phone numbers. Dierks stated that switch is a good idea and is fine with RWC Tech Solutions. Passed 4-0-0.

OLD BUSINESS:

Theobald and Holmes provided an update on the Emerald Valley stormwater ponds and piping easement negotiation with Randy and Trish Amundson. Theobald and Holmes met with the Amundson’s on May 12th. Randy and Trish Amundson counter-offered the City easement off (1.2 acres for \$5,000) with a land sale offer of 18 acres for \$140,000. Holmes explained to the Amundson’s that the City can’t purchase land without a public purpose. It is in the City’s best interest to keep the negotiations moving forward. The Amundson’s agreed with Theobald and Holmes to allow for WHKS to survey and for the City to hire an appraiser to appraise both the 1.2 acres for proposed easement and the 18 acres for proposed land sale. Theobald stated that the meeting was constructive and moved to resolving the stormwater pond piping connection in the right direction. Theobald stated that once the appraiser put together the two appraisals the City could negotiate with the Amundson’s.

Administrator Boulton provided a June investment of funds update memo. The City of Wanamingo has four CD’s (Certificate of Deposit), created in 2023 with \$1,000,000. The City received 4.5% interest over 13-month CD (\$49,760.92 interest earned). The City reinvested \$1,049,760.92 in four separate CD’s in May 2024 on special 13-month rate of 5.09%. The City reinvested \$1,107,926.32 in four separate CD’s in June 2025 on a 12-month rate of 4.15%. The CD’s matured in early June 2026. City Staff spoke with Security State Bank on future investments of \$1,153,905.26 (\$45,978.94 interest from past 12 months) after the CD’s mature. Security State Bank would like the City to continue to have the deposit and have offered another special interest rate CD for what the going rate interest is in June. The current special interest rate is 12-month 3.80%. The City Staff and Mayor Holmes worked with Security State Bank to sign the four new CD’s on June 6th regarding the new investment of funds.

The interest earned (estimated at \$43,848.40) is planned to be accounted for under multiple funds (i.e. general fund, water fund, and sewer fund). These investments should leave plenty of funds for cash flow in checking account. The checking account, new CD’s, the current CD, and money mar-

ket funds (Stifel Nicholas and 4M Fund) all help to diversify the City investments.

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

At 7:41PM a motion to recess to fire hall for tour of building and equipment needs was made by Dierks and seconded by Flotterud. Passed 4-0-0.

The meeting convened at the Fire Hall at 7:55PM by Mayor Holmes. A facility and equipment walkthrough was made by Wanamingo Fire Chief Parker Erickson, 1st Assistant Fire Chief Brandon Lunde, and 2nd Assistant Fire Chief Josh Revland. The facility and equipment walkthrough highlighted capital improvement needs.

Adjourn: At 8:37PM a motion to adjourn by Haugen and seconded by Dierks. Passed 4-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

KENYON CITY COUNCIL MEETING JUNE 9, 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 9th day of June 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, Engineer Derek Olinger, Officer Dan England, Heather Dewitz, Police Chief Sjoblom, Doug Henke, Parker Burdorf, John Lee, Josh Johnson, Randy Eggert, Anna Kelly

Via Zoom: Jessi Sturtz

The meeting opened with the Pledge of Allegiance.

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

The Oath of Office was administered to Mary Bailey by Mayor Donald Kirchmann.

CITIZEN COMMENT ADOPT AGENDA

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

CONSENT AGENDA

Parker Burdorf, newly hired line worker/water operator introduced himself.

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

Resolution 2026-19: Approving Amendments to the Bylaws of the Kenyon Firemen’s Relief Association

Approved payment of check numbers 78228 through 78316; 7376E through 7448E.

City Council Meeting Minutes of May 12, 2026

City Council Special Meeting Minutes of May 18, 2026

Approved Hire of Parker Burdorf, Line Worker/Water Operator

Motion carried 5-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/ PROLAMATIONS

Toward Zero Death Program –

Anna Kelly, Goodhue County TZD Safe Roads Grant Coordinator

Anna Kelly, Goodhue County TZD Safe Roads Grant Coordinator, presented a summary of the Toward Zero Deaths Program activities. The goal of the TZD program is to reduce injuries and deaths due to speeding, impaired and drunk driving and other preventable causes on Minnesota Roads.

ADMINISTRATOR UPDATE

KMU Bank Account Closure

Administrator Lehner stated that the KMU checking account was officially closed last week.

Police Department Staffing Update

Police Chief Sjoblom stated that the potential full-time police officer is still going through the background check. Mitch has passed his background check and will start as a part-time fill in. Misty has worked one part-time shift so far.

Flom Contract

A new three-year contract with Flom Disposal will be ready for the July council meeting.

ENGINEERING

2025 Street & Utility Project

Engineer Olinger stated that Utility work is mostly complete within Langford Avenue and the crew has begun to build the street structure. Fitzgerald has had several delays caused by private utility conflicts with the new work, but they have kept the project moving. Sewer lining work should start within a week. Pavement is scheduled for later in June. Eighth street will be paved in late October after the street has had a chance to settle.

2025 Street and Utility Improvements – Fitzgerald Excavating & Trucking - Pay Application No. 6

Pay request No. 6 includes work completed through May 29, 2026.

Motion by Sjolander seconded by Bailey to approve pay application #6 to Fitzgerald Excavating in the amount of \$302,822.76. Motion carried 5-0-0.

LEGAL OLD BUSINESS TIF District 2-1

Attorney Riggs stated that two public hearings need to be scheduled for the TIF District. The paperwork from this meeting needs to be submitted to DEED by the end of the day on June 30.

Motion by Gard seconded by Helgeson to schedule a special council meeting on Tuesday, June 30 at 3:30 pm. Motion carried 5-0-0.

NEW BUSINESS

2026 1st Quarter Financial Report - Abdo

Jessi Sturtz from Abdo reviewed the first quarter 2026 financial report.

Motion by Bailey seconded by Sjolander to accept the first quarter financial report. Motion carried 5-0-0.

2027 Budget Preview

Jessi Sturtz from Abdo reviewed the budget timeline and current known factors that will affect the budget. Individual department head meetings will be held on June 16 to review the budget. Sjolander wanted to make sure that the step increases were included in the budget this year.

(continued on page 24)

KENYON CITY COUNCIL MEETING

(continued from page 23)

Schedule of Upcoming Meetings

KMU Meeting: Tuesday, May 19th @ 3:00 p.m.

EDA Meeting: Tuesday, May 26th @ 8 a.m.

Planning Commission meeting: Tuesday, June 2nd @ 6:00 pm

City Council Meeting: Tuesday, June 9th @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Council Member Sjolander acknowledged a

letter received from a citizen concerning the boulevard roses. He also noted that the pool lifeguards had a busy day yesterday. He would like to see the guards involved get recognized by the police or fire department.

Mayor Kirchmann was glad to have new KMU employee, Parker, here. He thanked all employees for all they do.

Motion by Bailey seconded by Helgeson to adjourn the meeting at 8:06 p.m. Motion carried 5-0-0.

Holli Gudknecht, Deputy Clerk
Donald Kirchmann, Mayor



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THEME: DECLARATION OF INDEPENDENCE

ACROSS

1. Last name behind Waldorf Astoria

6. Hawaiian flower garland

9. What beanstalk did

13. Pack animal

14. Charged particle

15. Lacking guile

16. Lumen per square meter, pl.

17. Crime scene evidence, acr.

18. Roast host

19. *Unalienable ones in the Declaration of Independence

21. *Colony that originally abstained from voting on inde-

23. Baba of "One Thousand and One Nights"

24. Parsley or basil, e.g.

25. Mountain peak

28. *Four Declaration signers were alums of this CT Ivy Lea-

30. Most mature, as in fruit

35. It must go on?

37. Small brook

39. *"...to assume among the powers of the ____"

40. Cap and gown accessory

41. Where there's trouble

43. Rani's dress

44. Useful quality

46. Volcano off Sicily coast

47. State on Old Glory

48. Dionysus' follower

50. Dems' opponents

52. Not divisible by two

53. Like certain people's glasses

55. Australia's flightless bird

57. *First Declaration of Independence signer

61. *Self-evident ones

64. Not a minor

65. "____ it or lose it!"

67. Songs for two

69. Formally surrenders land

70. *Last name of the only brothers to both sign the Declara-

71. Last Supper cup

72. "If you only ____!"

73. Boy

74. Item in diary

DOWN

1. *____ men are created equal

2. Talk like a drunk

3. Fare ride

4. Opposite of alpha

5. In a foolhardy manner

6. Jar covers

7. Long, long time

8. Stupid or silly

9. Risque

10. Puerto ____

11. ____ and anon

12. 168 hours

15. Rookie

20. Beauty pageant winner's headgear

22. Make a blunder

24. Serfdom, archaically speaking

25. Indian black tea

26. Capital of Tibet

27. One's entourage

29. *Liberty's partner

31. Permission to leave

32. Muse of love poetry

33. Nickname for a certain violin

34. *Certain George, with The

36. *"...in the course of human events..."

38. Like TV's famous ranger

42. Candle shape

45. Fortune teller's deck, pl.

49. Who is Bugs Bunny talking to?

51. Blemish

54. Cranial bones + facial bones

56. Driver's 180

57. Bypass firewall, illegally

58. Yemeni port

59. Classic art subject

60. Ball of yarn

61. Started during the Ryder Cup, e.g.

62. Miami basketballer

63. Cookbook direction

66. Shining one in "America the Beautiful"

68. Sylvester Stallone's nickname

SUDOKU ANSWERS

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

Y	R	T	N	E		O	A	V	L		W	E	N	K
L	I	A	V	G	R	A	L	E		L	E	S	C	E
S		D	U	E		S	E		U	S	E	T	A	D
	S		H	S		T	R	U		C	O	C	K	H
			U			E	M	U		R	O	S		
D	O					R	E	P	S		A	D		M
						N	A			E	T			A
R						T				A	F	O		S
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H						E	A	R		T				H
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	3	8		5			7	
	9				3			
		5		7	6			9
		3		2	4			
9								6
				5	6		1	
3				2	9		7	
				3			1	
	4			8		3	2	

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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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