



KENYON • WANAMINGO Messenger

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AUGUST 6, 2026

Volume 19 • Issue 15

Kenyon Craft and Vendor Fair Returns for Rose Fest

Get ready for the 14th annual Kenyon Craft and Vendor Fair on August 22, running from 9 a.m. to 3 p.m. The fair proudly hosts between 20 and 25 vendors each year and is always looking to expand.

(continued on page 8)



Welcome to Dennison Days August 7 & 8



In cooperation with our local businesses and many individuals, The Dennison Lions Club is happy to host and welcome you to Dennison Days 2026 Friday and Saturday, August 7 & 8.

Many of your favorite events are returning this year, along with some new ones including our Friday Night events, The Biggest Dip Contest and The Pie Eating Contest.

(continued on page 12)

Announcements

• **Pillow Cleaning Thursday, September 10 at Kenyon VFW from 7a.m.-3p.m.** Wednesday, Sept. 9th evening drop off 5-8p.m. Sponsored by Kenyon Lions.

(continued on page 2)

Kenyon Rose Fest Ambassador Program Continues to Grow in Its Fourth Year

The Kenyon Rose Fest Ambassador Program is celebrating its fourth year with exciting changes and continued growth. This year, the Rose Fest Committee brought back

the Junior Ambassador Program and introduced the brand-new Little Miss Rose Fest division.

(continued on page 2)



Walking Bridge is now Open

By Cheri Roshon

The Wanamingo Nature Trail Pedestrian Walking Bridge Ramp repairs were started after hitting some snags in 2025. Homestead Restoration started demolition on July 14th and completed the repairs in good time.

(continued on page 6)

Putting it into gear: The Kenyon Truck and Car Show is Coming to Town

Buckle up for a wild ride because the Kenyon Truck and Car Show is joining the Rose Fest celebrations on August 22. For over 25 years, both curious onlookers and avid car enthusiasts have attended this beloved event. From rare models to restored classics, the Kenyon Truck and Car Show has something for everyone to enjoy. Entries come from all over MN and some from other states to participate in this Rose Fest tradition. Last year, the event hosted over 130 vehicles. This year is looking to be another great turnout.

Ron Peterson and Lee Sjolander are the main organizers of the event. For Peterson, one of his favorite parts is seeing all the old cars that participate in the show. Peterson says, "I love old cars."

(continued on page 8)



Left to right: Virginia Johnson, Madison Quam, Chloe Ament

Kenyon Area Foundation

By Cheri Roshon

Today I want to share with you an opportunity to invest in a project that is near and dear to my heart. As a resident of the Kenyon/Wanamingo area,

I like to think I have a positive impact on the future growth of our towns.

I write articles detailing projects and fundraisers in our neck of the woods and explain the benefits to our community.

I try to list the people you can contact to get involved, and how to get more information on these important projects.

(continued on page 19)



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FREE ESTIMATES!

Kenyon Rose Fest Ambassador Program Continues to Grow in Its Fourth Year

(continued from page 1)

The community response has been overwhelmingly positive, with excellent participation in all three groups.

This year's Miss Rose Fest Candidates are Madison Quam and Sydney Ehrich, two young women with strong ties to the Kenyon community and a passion for service and leadership.

Six girls are running for Junior Ambassador: Kaidence Johnson, Mackenzie Brainard, Adlee Lunde, Mariah Brainard, Haddie Breyer, and Page Buchal. These young ladies are active in school and community activities and are wonderful representatives of Kenyon's youth.

The Ten adorable girls that are participating in the first ever Little Miss Rose Fest program are Nora Callahan, Isabelle Johnson, Adeline Strand, Raelynne Westlund, Mabel Eggert, Kaylynne Westlund, Emma Quam, Ruby Eggert, Ella Klingsporn, and Scarlett Bauer.

The candidates recently participated in their first event together, riding in Wanamingo's Fourth of July parade.

The community is invited to attend the Rose Fest Coronation on Friday, August 21, at 6:00 p.m. under the big tent between the Muni and Lunch Ladies in Kenyon. The event is open to the public. Please bring a lawn chair, as seating is limited.



Left to right front row: Ella Klingsporn, Kaylynne Westlund, Adeline Strand, Nora Callahan, Isabelle Johnson, Emma Quam, Raelynne Westlund, Scarlett Bauer. Back row left to right: Haddie Breyer, Mackenzie Brainard, Mariah Brainard, Madison Quam, Kaidence Johnson, Adlee Lunde, And Page Buchal. Not Picture Mabel Eggert, Ruby Eggert, Sydney Ehrich

Do You Have an Announcement?
Email:
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Open House
MILDRED OHNSTAD'S birthday
SUNDAY, AUGUST 23, 2026 at
URLAND CHURCH from 1:00 - 3:00
Urland Church • 6940 County 9 Blvd • Cannon Falls 55009-5412

100 Years old

Millies Birthday!

MAILING ADDRESS: MILDRED OHNSTAD
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Rosie the Rock Snake



Rosie has officially made her home outside Kenyon City Hall and will be there through Rosefest! Painted rocks were laid out on the sidewalk last Thursday and will be there through Rosefest. Feel free to add your painted rock creation and see how far Rosie can go.

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KENYON ROSEFEST

AUGUST 19-23 2026

MARK YOUR CALENDAR!

FIELD OF FLAGS • TOWN CRUISE • BIKE RODEO • GARDEN TRACTOR PULL
GOLF TOURNEY • HOG ROAST • ROSE FEST AMBASSADOR PROGRAM
PANCAKE BREAKFAST • OLD CAR & TRUCK SHOW • VENDOR & CRAFT MARKET
5K • TRACTOR PULL • KIDS PEDAL TRACTOR PULL • ROAD RALLY
SATURDAY FAMILY FUN DAY AT DEPOT PARK • ROSE FEST REGATTA • PARADE
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FOR MORE INFORMATION:
<https://cityofkenyon.gov>

DENNISON LUTHERAN COMMUNITY CHURCH
Pastor Dwaine Sutherland Office: 507-645-6042
P.O. Box 117, Dennison, MN 55018
Website: www.dennisonvang.org
Second Sunday Service 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.emmanuelalcl.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

AREA CHURCH DIRECTORY

Finding Honey

If you find honey, eat just enough—too much of it, and you will vomit. — Proverbs 25:16

Late summer to early fall is usually the time when beekeepers “find” honey. At that time of year for bees, the days of gathering pollen and nectar are winding down. Wise beekeepers provide extra room in the hive, taking advantage of the bees’ hoarding instinct and “tricking” them into making more honey than they need. A healthy hive will often have two to three times as much honey as the bees will need for winter. The beekeepers then take the extra honey, making sure to leave enough for the bees to survive on.

Finding honey is not so difficult with the hive boxes and removable frames we have today. In the wild, though, it can be a lot more challenging to find and gather this treasure. Through the centuries people have learned to search for honey in hollow trees, small caves, remote cliffs, and other protected spots that are near abundant varieties of flowering plants.

While honey is sweet, our proverb for today tells us to “eat just enough” and not too much. It makes good sense not to overdose on honey—or on any of the sweet things in life. Wisdom calls us to a healthy balancing act.

Sadly, the siren song of our world today is that “more is always better.” But finding honey reveals the wisdom of enjoying sweet things in life within wholesome limits.

In what ways is the Spirit of God directing you to set wise limits in your life?

Thank you, Lord, for the sweet things in life. Guide us to follow you and to gain a heart of wisdom. In Jesus, Amen.



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Visit our website: ssbkenyon.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
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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
Aug 9: Dale 9:30; Aug 16: Holden 9:30
Aug 23: Dale 9:30; Aug 30: Holden 9:30
Sept 6: Dale 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
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OFFICE@NLCWANAMINGO.ORG
Sunday School for preschool - adult 9:00 a.m.
Sunday Services 10:00 a.m. (Nursery Available)
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Youth Group (7th- 12th grade)
Two Sunday evenings per month
Women's ministry, Men's ministry and more.
Contact the church for more information.

Announcements

- **Hiawathaland Transit:** Service hours are 7:30am-4:30pm Monday through Friday. Call dispatch at 866-623-7505 Monday through Friday 6am-9pm and Saturday 7:00am-5:00pm. Visit 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.
- **Place your ad in the next issue of The Messenger. Contact Journey Parsons at (507) 384-1521 or Terry Campbell at (507) 951-7417.**
Do you have an announcement?
Email:
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Difficulties of the Secret Place: You Don't Feel the Lord



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

I sit in the riverbank of your creation. With water flowing. And wind less than blowing.

Melody chirps in the air. Fragrance of peddles in the breeze.

Your world lies at my tips. But why the dam that interrupts belief. It's evident that you are the turning of the leaf.

Whirling, static, haze of mind. With looping,

cycling, and spinning that pays a fine. Feelings mimic this ride.

It's been strokes that I have felt you. Sensed you.

The gnats bite like the unbelief that I tread. Swarm and swarm is an understatement.

But even though I don't see you. I acknowledge, speak, pray to you. What would I do without you.

This has to mean something. The Bread even toasts, that I am blessed. John 20:29 will confess.

So, feelings and emotions. Take more than a rest, leave. Because I really do believe.

We are now in conclusion with the series of, "The difficulties of the Secret Place." The last few months we talked on how various things can keep us from the Secret Place such as feeling too messy, depression, and now today's article as alluded to in the above poem, you don't feel the Lord.

If the Secret Place is a new concept for you or need a friendly reminder of what it is, here you go: 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.

There are times when I can sense the pres-

ence of the Lord, and it feels so amazing as tears fill my eyes and I am overtaken by Jesus's existence and holiness. I get emotional, but in the very best way. When I feel like this, the Secret Place is very easy to enter into and stay in! However, this does not always happen.

There are times when I do not feel Jesus at all. In fact, there was probably a three-to-four-year time period when I did not shed one tear of experiencing His majesty. I felt so numb. I remained in the Secret Place and talked to the Lord daily. He was still speaking, guiding, and encouraging me. However, I still felt like a dried-up well. I have walked this walk long enough to know that even though I may not feel the Lord, that does not mean He is not in the room.

If we are not feeling the presence of the Lord, does that mean He is not there? Of course He is there! **We cannot always lean into our feelings (or sensations) for guidance and assurance; we need to lean into the Word of God for our direction and validation.**

If we are not feeling the presence of the Lord, does that mean He is not hearing our prayers? No way! Of course He is hearing you and me! On the topic of being tired when you pray, I even heard one pastor say, "You might be tired, but the Holy Spirit is not tired." At times, if someone (or even yourself) is needing prayer for healing, deliverance, or anything, if we do not feel the Lord or if we are tired, we may think our prayers

won't be as powerful. Well, that is silly because it is not us doing the healing or deliverance—it's Jesus in us. We are the ones speaking; He is the one doing the work.

So please, whether it is in your own personal time or when you are with others, if you do not feel the Lord or if you are tired, that does not mean He is not in your midst nor hearing you. **HE IS THERE! HE DOES HEAR YOU!** Remain in the Secret Place. Pray the prayer. Not only read the Word, but trust the Word. For example, you may not be feeling the love of Jesus, but guess what, the Bible says you are loved, **SO YOU ARE LOVED, BELIEVE IT!** The sensation of His presence will come again.

Perhaps you have never experienced the Lord as I described a couple paragraphs back. Feelings of awe and wonder as tears build up in the best way possible. Maybe you feel like a dried-up well too, and it's always been like that. If you do feel dry, no worries. Remember, the Lord is still answering prayers and working even if you're not sensing Him. With that said, if you are wanting to experience the Lord with more emotion, I would encourage you to ask Him.

I was talking to my husband right around the three-to-four-year mark of me feeling pretty dull, and I told him that I wanted to sense the presence of the Lord more.

(continued on page 5)

HAPPY BIRTHDAY

HAPPY 90th BIRTHDAY DAD!

You didn't think you'd make it to 50. We look forward to celebrating your 100th! We love you! Your Kids

STEPS TO FREEDOM

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St. John's UCC Carnival

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Special Music at 7pm by: The Lil' Fun Band

Fun for the Whole Family!!!

Walking Tacos • Freezies • Popcorn

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Thursday, September 10th at Kenyon VFW from 7:00 AM-3:00 PM
Wednesday, September 9th Evening Drop Off 5:00 PM-8:00 PM

Sponsored by: Kenyon Lions

Groups interested in details for sponsoring this service contact:
Carlson's Pillow Service • 3103 Westview Road NW Willmar, MN 56201 • 320-212-5811

21st Annual Ice Cream Social
August 16, 2026
1:00 pm - 4:00 pm

St. Rose

"Preserving our Rural Roots"
Presented by Mychal Wilmes
Homemade Quilt Raffle
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Scavenger Hunt

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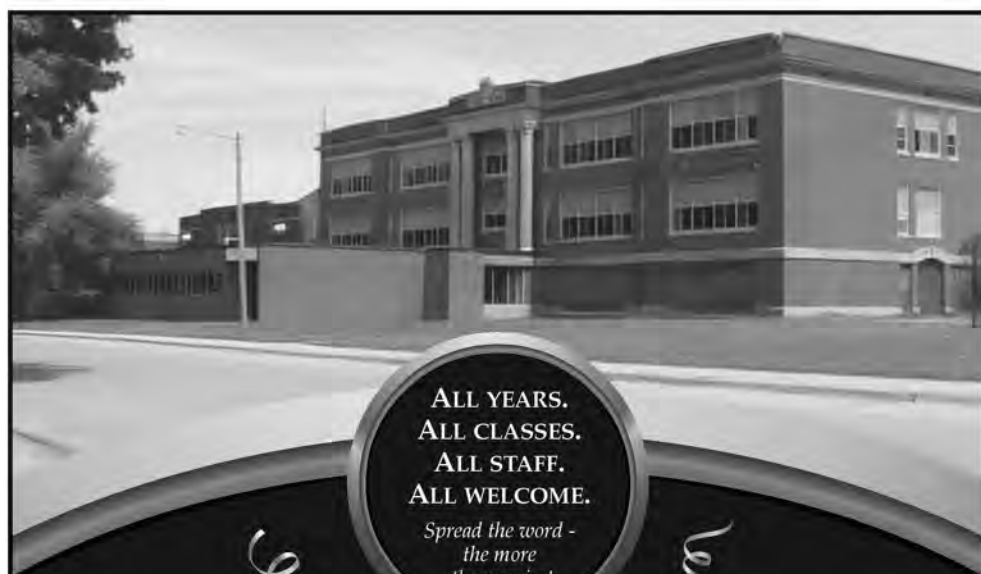


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We're Bringing Everyone Back Together!
KENYON VIKING
ALL SCHOOL REUNION
AUGUST 22, 2026 • 10:00 am-5:00 pm
at Kenyon-Wanamingo Public School

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.

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

Difficulties of the Secret Place: You Don't Feel the Lord

(continued from page 4)

He replied, "Pray that it comes back, even more than it has ever been." So I did, and it came!

It was a normal day as I grabbed my coffee and plomped on my couch with my Bible open. I picked up where I left off the day prior which was in Leviticus 9.

Then, when I got to verses 22-24 and Leviticus 10:1-7 I felt the presence of God.

All of a sudden, my mind was enlightened and eyes grew wide. Something clicked in my brain with the words I was reading and I said aloud, "There is something here!" Meaning there is something the Lord wants to teach me. He sure did have something to show me—He taught me about His holiness.

He did this by sparking a fire within my brain and I took that fire and studied the Scriptures by using a commentary. As I studied, revelation brewed. Oh guys, His holiness, may we grasp it and not forget it. God (Jesus) being holy means He is set apart. Nothing is like the Lord God Almighty. NOTHING. We need to honor His holiness and not profane it. Once this exposure came,

so did the tears. Oh, how I pray for more encounters and revelations like that one for both you and me!

I pray, in the name of Jesus, whoever is reading this will be touched by your presence in an overwhelming way, that they will experience your holiness and splendor. I pray they, too, will open the Word and revelation will fall. As they wait for it, God, let them know you are still ever so close and love them dearly. Amen!

Solution:

- You "not feeling" the Lord does not mean He is not there or working. HE IS THERE! Sometimes we will not always sense Him, and that is okay. Don't let that discourage you. Continue to press into Him. **Lean into the truths of the Word, not your feelings.**

- If you are wanting to experience the Lord at a more emotional level, then ask. Simply pray, "Jesus, I want to be overcome by your presence."

- As you wait for the Lord to reveal Himself in this matter, be patient. It may not happen right away. Stay in the Secret Place as you worship, pray, and get into the Word of God. A lot of spiritual endurance is getting produced in you as you do this, much more than you realize!

Although, "not feeling the Lord" may want to keep you from the Secret Place, do not let it. Feelings can lie. And guess what, you are even blessed when you believe and you do not see! Blessed are those who have not seen and yet have believed. (John 20:29)

Blessings my friends, Ashley

The Annual
Lutefisk and Norwegian Meatball Supper
Vang Lutheran Church
2060 County 49 Blvd
Dennison MN 55018
Saturday, October 3rd 2026



Menu:

Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Fruit Soup, Lefse and Norwegian baking's

Join us for our annual supper, buffet style

In church seating starts at 11:00am through last seating at 1:00pm and 4:00pm with last seating at 5:00pm.

No reservations are needed.

Groups of 8 or more please call church at 507-789-5186 to reserve a table.

Home or business delivery is by reservation only, from 11:30am-2:15pm and 4:30pm through 5:30pm. Call 507-789-5186 and leave message.

We will confirm your reservation within 2-3 days.

Ticket price \$26.00 payments by check or cash call or email for reservations

#507-789-5186 vanglutefisk@gmail.com

Walking Bridge is now Open

(continued from page 1)

The bridge was closed to the public during the repairs for safety reasons. The bridge was damaged by a fire in May 2025 that started when a golf cart parked under the bridge caught fire and destroyed it and some of the surrounding area. The original contractor that was awarded the work late last summer was unable to obtain materials and then be able to schedule completion of the work in 2025. The contractor and the City mutually agreed to void the contract in May 2026 due to additional scheduling conflicts. Homestead



Restoration was awarded the project as second lowest bidder. They were able to obtain



materials and work the project into their July schedule. Thank you, Jacob Vredenburg, for being able to rearrange your work schedule to help out the community with the bridge ramp repairs! So, get out and enjoy the trails this summer and fall!

Share Your Good News!

Submit your engagement, wedding or birth announcement.

Email:
hometownmessenger@gmail.com

ROSEFEST

@ THE KENYON VFW

21 AUG

FRIDAY

11AM TO CLOSE

11AM

BAR IS OPEN!

5PM TO 7PM

Hog Roast – sponsored by Veterans Support Group & Color Guard

5PM TO 7PM

Live Acoustic Music by Ron & Jon

8PM TO MIDNIGHT

LIVE MUSIC – The Non Prophets
under-aged Individuals allowed until 10pm

22 AUG

SATURDAY

9AM TO CLOSE

9AM

Coffee & Cinnamon Rolls

9:30AM

Bloody Mary Bar

10AM

Lunch – Sponsored by the VFW Auxiliary

5PM TO 7PM

BINGO!!!!
Sponsored by the American Legion

23 AUG

SUNDAY

12PM TO CLOSE

12PM TO 5PM

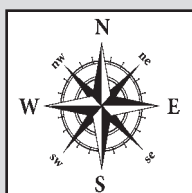
Bar is open to the public
After the Parade!

601 2nd Street, Kenyon, MN
507-789-5691

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Changes in Latitudes, Changes in Attitudes

Stories about Spirits in Bottles



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.

Growing up I used to find old bottles around the farm. There were buildings dating back to the turn of the last century for me to explore. I found many interesting bottles, some having the lettering cast into the glass. A few still had an aged cork stuck in the mouth. What a story they could tell.

My grandfather had a story that displayed his dry wit. This tale would have taken place around 1920. He was not a drinker so this was an unusual story about a dry fella. My grandfather, as the story goes, was heading to Mantorville with the horse and wagon for supplies one morning. He asked the hired man if there was anything he wanted from town. Mantorville was five miles south of the farm but with a horse drawn wagon that would take over an hour and a half each way. There would be some livestock minerals, farm supplies and household goods to return with. Is quite interesting to think of Mantorville as a shopping destination where one could purchase everything needed for a farm family.

The hired man usually wanted a plug of chewing tobacco and a bottle of whiskey brought back on the weekly trip. A hired hand would usually live in a small shack or a simple room inside the farm house. Prior to the 1920's radio had not been introduced to rural America, and electricity was still a decade away. Probably not much to do for entertainment after a long day of work on the farm.

My grandfather picked up a bottle of whiskey for the hired hand, before he left town and proceeded homeward. My grandfather loved to talk. He stopped at a number of the farms along the way home to visit with the farmer and let his horse get a drink at the stock tank beside the windmill. Being a social and friendly guy, he also offered his host a nip from the bottle. At the last farm he realized that the bottle was getting about half empty. The solution was to refill the bottle from the well pump and press the cork in like nothing had happened. Once home he deliv-

ered chew and the whiskey to the hired man.

The next week when he inquired what he could pick up for the hired man in town he received the same order, but with one caveat. Please get different brand of whiskey than you brought home last week. That one was quite weak.

When I was a young lad, it was customary to give Christmas gifts to the milk hauler for the holiday. My mom usually made Christmas sugar cookies and fudge wrapped in a festive looking box. That Christmas the Maple Island milk hauler left a bottle of wine as a gift. Now my parents were teetotalers as well so the bottle was put in the back of the cupboard in the house. My curiosity got the best of me. To avoid suspicion, I knew I couldn't drink the bottle and dispose of it so I came up with a plan. I carefully opened the bottle, drank the contents and then refilled it with grape soda, sealed the cap and put it back in the cupboard. No one was every the wiser. Forty-five years later at a family gathering my sister confessed to my mother that she had opened the bottle of wine and tried it, only to find it totally disgusting. Wine may get better with age but grape soda definitely doesn't.



A Minnesotan: Jello Salad



By RosaLin Alcoser

My family has exactly one tried and true Minnesotan in it; that would be my husband. He is also the only real midwesterner in the family. Since the rest of us are really transplants from the South.

Proportionally I have been here the longest of my family since I was a small child the fall of 1999 when we first came this far north. However, I am still a transplant as can be seen in my high heat tolerance and how I pronounce many words.

My husband on the other hand is born and raised Minnesotan. So you can imagine our shock when we found out that he, the man who loves hotdish, had never the other tried and true Minnesota food staple. Jello salad.

Now I have seen Jello salad's of all kinds on a pot luck table over the course of my life. Even when we would go visit family back south you would see the pink or green modeled one— you know the one with the marshmallows that was popular with the elderly who had been adults in the 1950s— on the table. Never as many as here in Minnesota, but they would be there.

I can remember whole tables of just Jello salad being out when I was little. And somehow growing up in the same state my husband had never had a Jello salad. Until my mom made one for church when she knew he'd be there.

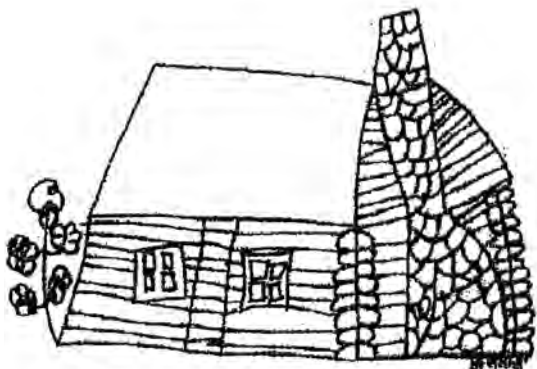
Now like the rest of us Minnesotans he has had a Jello salad. It was one of the classic mandarin orange ones. Which he did like, mostly because he likes orange Jello and mandarin oranges. However, he did tell me afterwards that he would not count it as a salad.

Harvest Thyme Craft Show

Saturdays: October 3, 10, 17, 24

Sundays: October 4, 11, 18, 25

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



Place:

Lori & Darwin Amy
2290 County 49 Blvd. Dennison, MN 55018
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Email: cabincrew@frontiernet.net



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Kenyon Craft and Vendor Fair Returns for Rose Fest

(continued from page 1)

A variety of products and homemade goodies are present each year, making this an event the whole family can enjoy.

Kim Helgeson, the organizer of the fair, has been involved for many years, and this is her 5th year planning the event. When Helgeson was asked to serve as organizer, she decided the fair needed to be held outdoors rather than indoors, as was the case in previous years, to accommodate more vendors. Helgeson enjoys the opportunity to include as many vendors as possible. She also enjoys focusing on the community aspect of the fair and highlighting local businesses. She says, "I enjoy seeing all the shoppers stopping to chat with the vendors. A vendor appreciates lookers as much as the buyers of their products." She says her mission in organizing the fair "is to bring in a variety of vendors who can showcase their talents of crafted items or direct sales products, and by bringing in

many visitors to our community who will also shop and enjoy our restaurants." The fair is truly a great way to showcase the many talents found in the Kenyon community.

If you are interested in having a booth at the upcoming Kenyon Craft and Vendor Fair, there is still time to sign up! Helgeson welcomes additional interest. For more information about how to get involved, call Kim

Helgeson at 507-210-1595 or email kimmi-helge@outlook.com. The Kenyon Craft and Vendor Fair will be held on Forest Street, located between Security State Bank and the All Seasons Thrift Store. For a complete list of all the Rose Fest events and details, visit the Kenyon City website or the Kenyon Rose Fest Facebook page.

Putting it into gear: The Kenyon Truck and Car Show is Coming to Town

(continued from page 1)

My whole life it has been a passion." Sjolander enjoys engaging with people from all walks of life who each have a genuine appreciation for these great pieces of machinery. Sjolander helps to host the day of the event by announcing the sponsors of the event and the cash prizes throughout the day. The cash prizes tradition was started by the Peterson Family. The Peterson Family recognized that while participants appreciated the sentiment of a trophy, they didn't just want another trophy to place on their mantel. A cash prize of one hundred dollars is awarded every hour on the hour to the winning entry. In addition, a grand prize of five hundred dollars is also awarded to the lucky entry. Local businesses and farmers help to sponsor the show each year.

The Kenyon Truck and Car Show will be held on August 22 starting at 8 am and running through 2 pm. Sjolander encourages the community to attend because it is a great way to appreciate vehicles both new and old, support local businesses, and meet new friends. The event will be held on Forest Street next to the Kenyon VFW. No entry fee is required. All entered vehicles must be 1996 or older. If you have additional questions, please reach out to Ron Peterson at 507-202-7867 or Lee Sjolander at 507-491-6861.

For a complete list of all the Rose Fest events and details, visit the Kenyon City website or the Kenyon Rose Fest Facebook page.



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Holstein Club Anniversary Observed



Dave Betcher and Ann Nibbe speak during a power point presentation for Goodhue County Holstein Association members, past members and guests.

By Beth Brekke

70 people gathered in the haybarn on Jeff and Heidi Miller's farm east of Bellechester to celebrate the Goodhue County Holstein Association's 80th Anniversary. Current board and committee members, Charlie Dicke, Dean Opsahl, Paul Nibbe, Tony Scheffler, Brian Clemenson, Beth Brekke, Kay Schwartau and Dave Betcher began planning in 2025, working with the Millers to host the special edition of the club's annual Twilight Meeting. The 7 PM meeting time, wide-open doors, and a few fans eased the July 14th "Cow Appreciation Day's" mid-upper 90s temperatures.

Dave Betcher and Dean Opsahl gave a power point presentation on club history, calling on any former members in attendance to share additional information. Beth Brekke spoke on the history of the county's Junior association and Clara Benrud talked about her experience attending the 2026 National Junior Holstein convention in Orlando, Florida where she placed third in the junior division of the Dairy Jeopardy contest.

The Millers have no cattle on their farm but brought in a few heifers as the star players in a round of cowpie bingo. Each square sold for \$10 with the winner – determined by where the first cowpie lands – receiving half of the money. Member, Kevin Schafer conducted an auction of donated items including a Red Holstein calf provided by Dean Opsahl of Goodhue and purchased by Brian Clemenson of Zumbrota. The fundraising efforts brought in over \$2500.00.

Members and guests enjoyed socializing and viewing an assortment of photos, prize ribbons, and local farm and Goodhue County Holstein sale catalogs dating back to the 1950s. Ice Cream was donated by the Goodhue County American Dairy Association and served by Goodhue County Dairy Ambassadors along with cake provided by the club.

51st Annual Rice County Steam and Gas Tractor Show September 4-6, 2026



Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, September 4, 5 & 6.

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn shelling, thrashing, blacksmithing, and more. The annual flea market will take place on the grounds and additional exhibits are many, including antique tractors, classic cars and trucks along with draft horses.

Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day.

Breakfast is served daily on the grounds as

well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM.

There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.

General admission is just \$15 for the entire weekend and all events are free for ages 12 and under.

Celebrating 51 years of shows, the all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year.

Complete information and event listings are available on the group's Facebook page and website at ricecountysteamandgas.com

LABOR DAY WEEKEND

Rice County Steam & Gas Engines Welcomes You

Gates Open 7am

51ST ANNUAL SHOW

September 4-6, 2026



FEATURING: Allis-Chalmers

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Saturday Afternoon, North side @ Music Bldg

* PARADE OF TRACTORS - DAILY @ NOON

* TRACTOR PULL - Sunday 9:00 am

* KIDS PEDAL PULL - Saturday 2:00 pm

* RAILROAD TRAIN RIDES - DAILY

ADMISSION
\$15.00 Adults
FREE 12 & Under
Good for all 3 days!

FOOD STANDS

FLEA MARKET
DAILY

LIVE MUSIC
Fri. & Sat.
'til 8 pm

WINDY WILLOW
Petting Zoo at
Horse Barn

BEER GARDEN
@ Music
Bldg.

LIVE MUSIC & BEER GARDEN

FRIDAY

1:00-4:00 pm *Charlie Sticha Band*

4:00-8:00 pm *Old Country Boys*

SATURDAY

10:00-Noon *Square Dancers*

1:00-4:00 pm *Bent Highway Band*

4:00-8:00 pm *Dakota Ramblers Band*

SUNDAY

8:00 am *Non-Denominational Church Service*

1:00-4:00 pm *Czech Area Concertina Club*

General Information Contacts:

Bill Becker 507-581-1225

Jeremy Sevcik 507-403-1614

Carmen Sevcik 507-649-0352

*Registration of all golf carts & ATV's will be required. Proof of Insurance. No cycles.

*Golf Cart Rentals: West Exhibitors Gate
Contact: Sheryl Trebelhorn 612-245-8722

INFORMATION ON OUR WEBSITE AND FACEBOOK:
ricecountysteamandgas.com

Rice County Steam & Gas Showgrounds * 11988 Faribault Blvd * Dundas, MN 55019
(Located South of Dundas on Highway 3)

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KENYON ROSEFEST AUGUST 19-23 2026

For more information: <https://cityofkenyon.gov>

WEDNESDAY, AUGUST 19

6pm | **Grand Marshal Announcement** | First Lutheran Church
6:45pm | **Town Cruise-golf carts, ATV/UTV, etc.** | First Lutheran Church parking lot
8pm | **Outdoor Movie** | First Lutheran lawn

THURSDAY, AUGUST 20

7am-2pm | **Kenyon Historical Society Garage Sale** | Gunderson House
5pm | **Field of Flags placement begins** |
(for info call Mac 507-330-3050 or Paul Senjem 507-254-8302)
4pm-5:30pm | **Bike Rodeo** | KW Community ED w/KPD at KPD parking lot
6pm | **Gopher State Garden Tractor Pull** | Langford Avenue behind CFS

FRIDAY, AUGUST 21

All Day | **City Wide Garage Sales** | Map on City of Kenyon website
7am- 2pm | **Kenyon Historical Society Garage Sale** | Gunderson House
10am-4pm | **Public Library Book Sale** | City Council Chamber
12pm | **KW Athletic Booster Club Golf Tourney** | Kenyon Country Club
1pm-3pm | **Gunderson House Tours**
5-7pm | **Hog Roast** | VFW
6pm | **Rose Fest Ambassador program** | under the Muni tent
7:30-11pm | **VFW Music** Indoors at VFW - all ages-no charge

SATURDAY, AUGUST 22

All Day | **City Wide Garage Sales** | Map on City of Kenyon website
7am-10am | **KVFD Pancake Breakfast** | Muni
7am-10am | **Bloody Mary Bar** | Muni
7am-until gone | **Rolls and coffee** | First Lutheran
8am-2pm | **Old Car and Truck Show** | Forest Street by VFW
9am-3pm | **Vendor & Craft Market** | Forest Street by bank
9am-12pm | **Public Library Book Sale** | City Council Chamber
9am | **KW Athletic Booster Club 5K Fundraiser** | KW High School
9am | **Tractor Pull** | Hamilton- Maring Auction Lot, Hwy 56 North of Kenyon
10am | **Kids Pedal Tractor Pull** | St Michaels Catholic Church parking lot
10am | **Road Rally** | Line up at CFS Elevator - \$20.00 entry per vehicle
10am-1pm | **Ladies Auxillary Lunch** | VFW
10am-5pm | **Viking All School Reunion** | KW High School

FAMILY FUN DAY AT DEPOT PARK

10am-2pm **Caricature artists at Depot Park**- \$10 charge
11am-1pm **Free Face painting**
11:30am - **Free Magic Show**- Depot Park Building
1pm -7pm - **Laser Tag**
2pm- **Rose Fest Regatta**-Kenyon Pool All ages, No pre-registration required.

11am-1pm | **Church Luncheon** | United Methodist Church
12pm | **Euchre Tournament** | See the Muni Facebook page for more info
1pm-3pm | **Gunderson House Tours**
3pm | **Bean Bag Tournament** | Muni
5-7pm | **Family Bingo** | VFW
8:30pm-12am | **Street Dance w/Mountain Ash & Chad Johnson Band** | Muni
All ages-\$10.00 cover

SUNDAY, AUGUST 23

1pm | **Grand Parade** | See City of Kenyon website for parade route
Following parade | **Field of Flags Closing Ceremony** | Veterans Park

WEDNESDAY NIGHT

6:45pm **Town Cruise** - Start lining up at 6:30pm

THURSDAY NIGHT

6:00pm **Gopher State Garden Tractor Pull**

FRIDAY

5-7pm **Hog Roast at VFW**

6pm **Rose Fest Ambassador Program at the Muni**

7:30-11pm **Music at the VFW. All ages. No Charge**

SATURDAY

OLD CAR & TRUCK SHOW

8am-2pm | **Forest Street**

Vendor & Craft Market

9am-3pm | **Forest Street**

FAMILY FUN DAY

Various times at **Depot Park**

ROSE FEST REGATTA

2:00pm **at the Pool**
No pre-registration required.

STREET DANCE

8:30pm-12am | **at the Muni**
\$10 Cover • All Ages



CHAD JOHNSON BAND

with opening band

MOUNTAIN ASH

SUNDAY

1pm PARADE

To register for the parade please see City of Kenyon website.
Parade route on City of Kenyon website

FIELD OF FLAGS CLOSING CEREMONY After the parade

FIELD OF FLAGS

at **Veteran's Park Fri/Sat/Sun**

To Reserve a Flag, Call Mac at 507-789-5461 or Paul Senjem 507-254-8302

MEDALLION CLUES

Clues will be posted on Wednesday July 29 & August 5, 12, and 19, on the Rose Fest Facebook page, Rose Fest & City of Kenyon websites and the City of Kenyon message board outside of the city office.
Claim \$100 cash prize by calling Mary Klatt at 651-380-1751.



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Farm Girl Chatter Long Hot Summer Days

By McKell Lemmerman

That's right. Seems fitting for the time of year when you step outside and already have sweat in places you don't want it. Livestock hover over the water tanks and shove each

other out of the shade trees like little kids trying to be first in line.

By 9 a.m., your shirt's stuck to your back, your boots feel like they're full of soup, the tractor's seat could fry an egg, and the steering wheel feels like it was forged in a blacksmith shop.

The cows stand belly-deep in the pond with that look that says, "If you need me, I'll be here until October." The horses have perfected the art of planting themselves under the one shade tree in the pasture, swishing flies and refusing to move unless grain is involved. Even they have enough sense to know when it's too hot to do anything productive.

The flies, on the other hand, always have the best summer of their lives. They don't care how much fly spray you buy or how fancy the



tag in the cow's ear is—they're back before you can put the cap on the bottle. By lunchtime you've burned more calories, swatting flies than you've burned stacking hay. The livestock swish and kick at the little flying demons only to realize they're just using them for a free ride around the pasture. And don't even think about leaving the pickup windows down unless you're looking to start your own fly sanctuary.

Speaking of hay, whoever came up with the phrase "make hay while the sun shines" clearly never throws square bales in July. Nothing builds character quite like hugging 60-pound bales in 95-degree weather while itchy hay dust super glues itself to every drop of sweat you've got.

By supper time, everyone's moving a little slower. The dogs have dug themselves a hole to China just to find cool dirt. The livestock are parked around every water tank like it's happy hour, and you're on your second or third glass of iced tea wondering if sweating



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counts as cardio. "It's not the heat... it's humidity," like that's supposed to make anyone feel better. Still, once the sun finally drops below the trees and a little breeze rolls across the farm, it's hard to complain too much. The cicadas and frogs are singing. The best friends of the flies, yup, the mosquitoes are filing flight plans. The kids smell like sunscreen and dirt. And the sunset reminds you why you put up with the heat, the dust, the flies, and everything else summer throws at a farmer.

Because before long, we'll be standing in chore boots three sizes too big with three layers of socks, wishing for one more long, hot summer day.

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Welcome to Dennison Days August 7 & 8

(continued from page 1)

Live Music from The Old Country Boys will entertain you Friday evening.

Raffle Tickets are available with a \$500,000 grand prize available to the winner, along with other prizes.

Tickets are available at Heritage Bank Dennison, Dennison Depot, Fireside Lounge and Cattlemen's Saloon.

In Nerstrand, raffle tickets are available at Parkside General Store.

Saturday events kick off with the pancake breakfast, classic car show, medallion hunt and euchre.

The days events continue with the kids pedal pull, kids bingo, costume kickball in city park and the awarding of the car show trophies.

Cattlemen's will host a makers market with items from local artisans.

We welcome you to participate in the parade at 1:30 with a \$300 prize for best float entry.

The afternoon events including more kids activities, the bags tournament, powertool, gift card and purse bingo and the keg toss.

Saturday evening entertainment will be from The Shane Martin Band.



Watch the Dennison Days website and Facebook page for any updates.

DENNISON DAYS



All You Can Eat Pancake Breakfast
Saturday, August 8 from 8-11 AM

Includes Pancakes, Eggs, Sausage,
Coffee, Juice, Milk

\$12 for Adults, \$5 for Kids 12 & Under, 3 & Under FREE

Under Mainstreet tent

Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church

**Check Us Out
During Dennison Days!**
Open Friday at 4:30 PM - Saturday at Noon

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FOR MORE INFORMATION, CALL 507-645-9992
Main Street, Dennison • www.firesidelounge.net • firesideloungedennison@gmail.com

DENNISON DAYS

**...EUCHRE...
TOURNAMENT**

Saturday, August 8, 2026
8:30 a.m.
at
Fireside on the Patio

Bring partner if possible, not required.
Questions? Contact Jen at 507-649-0602.

\$20⁰⁰
Team Entry

100%
Payout



DENNISON DAYS

August 7 & 8, 2026

RAIN OR SHINE

SATURDAY
FOOD STANDS
OPEN AT 11AM!

FRIDAY, AUGUST 7 KICK OFF

Biggest Dip and Pie Eating Contest

Cash Prizes!

Sign up at Cattlemen's Saloon

LIVE MUSIC

BOB Welcomes
Old Country Boys
7-11PM

Presented by Cattlemen's Saloon, Fireside Lounge, Sapphire Cocktail Lounge



SATURDAY, AUGUST 8



Welcomes

Shane Martin

7:00PM

Presented by Cattlemen's Saloon, Fireside Lounge, Sapphire Cocktail Lounge





All You Can Eat PANCAKE BREAKFAST

Includes Pancakes, Eggs, Sausage & Beverages

SATURDAY, AUGUST 8
8:00 AM to 11:00 AM



SATURDAY, AUGUST 8

CLASSIC CAR SHOW

8:00 AM

Trophies at 1:00PM

~~TRUCK & TRACTOR PULL~~
~~10:00 AM~~ CANCELLED

SATURDAY, AUGUST 8

KIDS PEDAL TRACTOR PULL

10:00 AM

BE IN THE PARADE

SATURDAY at 1:30 PM!

A Kiddie Parade Leads Off Main Parade
(Ages 12 & under)

Sign up at 12:00 p.m.
South Main Street

\$300.00 Prize for Best Parade Entry!

Call 507-645-9992

Dennison Lions Club DENNISON DAYS RAFFLE

1st Prize: \$500 Cash
2nd Prize: \$200 Cash
3rd Prize: \$100 Cash
4th Prize: \$50 Cash

Drawing held at 10:00p.m. at the Fireside Lounge

Need not be present to win.
Winner is responsible for any taxes or fees.
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CHARITABLE GAMBLING PERMIT #2762

Saturday Schedule of Events

8-11a.m.	All You Can Eat Pancake Breakfast Under Mainstreet tent Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church. \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk
8a.m.	Farmers Market Downtown Citywide Garage Sales Classic Car Show on Mainstreet Presented by Clutchmen Car Club. Registration \$10. Trophies at 1p.m. Contact Jason Aldorfer 612-203-4172
8:30a.m.	Euchre at Fireside Lounge For information, contact Jen Eggum 507-649-0602
9:00a.m.	Scavenger Hunt - \$100 Cash Prize! Meet and sign up at the tent. Hunt will begin at 9am.
10a.m.	Truck & Tractor Pull on the Hill For more information contact Dave Remme 507-649-0710 CANCELLED Kids Pedal Tractor Pull on Mainstreet (At Mainstreet Intersection) Sign up begins at 9:30a.m.
11a.m.	Food Stands Open
Noon	Kids Bingo Under the tent. Presented by Dennison Lions. Ages 3-11 Costume Kickball Tournament Hosted by Cattlemen's Saloon. Sign up at Cattlemen's Saloon
1:00p.m.	Car Show Trophies Awarded
1-3p.m.	Kids Carnival
1:30p.m.	Parade Downtown - A Kiddie Parade Leads Off Main Parade (Ages 12 & Under) \$300.00 Prize for Best Parade Entry! Sign up at Noon. South Mainstreet. Call 507-645-9992
2:30p.m.	Cattlemen's Saloon Bags Tournament - Prizes for 1st, 2nd & 3rd Place! Sign up at Cattlemen's or call 507-782-9061
4:00p.m.	Power Tool, Gift Card & Purse Bingo Presented by Dennison Lions & Fireside Lounge
6:30p.m.	Keg Toss - 100% Payout! \$5/throw Across from Fireside Lounge
7:00p.m.-12a.m.	Live Music - Shane Martin 18+ event. No Cover Charge. 21 to drink. Presented by ProBuilt Construction and Fireside Lounge & Supper Club

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Stroke Risk, Watermelon and Condiment Ingredients to Watch Out For



By Shauna Burshem, D.C.

Stroke Risk: Before you've even had your first sip of coffee, your body is already making important adjustments for the day ahead. As you wake, hormone levels shift, blood pressure naturally rises, and your blood becomes slightly more likely to clot. Researchers say these normal morning changes may help explain why strokes seem to occur more often during the early hours. Although a stroke can happen at any time, experts believe the body's internal clock plays a meaningful role in cardiovascular health, especially dur-

ing the transition from sleep to wakefulness when the heart and blood vessels face new demands.

This is a useful reminder that circadian rhythm affects much more than sleepiness — it influences many of the body's essential biological processes, including heart and brain health. Supporting cardiovascular wellness starts with daily habits, not just reacting when symptoms appear. Restorative sleep, healthy blood pressure habits through good nutrition and regular movement, stress management, and exposure to natural morning light can all help maintain a healthy circadian rhythm. Since your body starts preparing for the day before you even get out of bed, giving it the right support may be one of the simplest ways to protect long-term heart and brain health.

Watermelon is very good for you: Watermelon is so much more than a sweet treat on a hot afternoon. This juicy fruit comes loaded with nutrients that support hydration, circulation, and your overall well-being. You get vitamins A and C, potassium, and the powerful antioxidant lycopene in every bite. Watermelon also gives you L-citrulline, an amino acid that helps your body make nitric oxide, which keeps your blood flowing smoothly and your blood vessels working well. The benefits go far beyond simply quenching your thirst. Its high water content keeps you hydrated, while its antioxidants help shield your cells from oxidative stress. Research has connected regular watermelon consumption

to healthier blood pressure, stronger cardiovascular function, faster muscle recovery after a workout, and better digestive health thanks to its water, fiber, and natural prebiotics.

For most folks with healthy metabolic function, ripe watermelon is a wonderful source of carbohydrates that also delivers valuable vitamins, minerals, and protective plant compounds. That said, if your gut isn't running at its best, your body may struggle to handle larger amounts of complex carbohydrates right away. This is where supporting your mitochondrial and gut health really pays off. When those systems are working well, your body can better use the nourishment that whole foods like watermelon provide, helping you get the most out of what nature so generously offers.

Condiment Use Can Be a Problem: Most of us don't give a second thought to the toppings we pile onto our meals, but those little extras can quietly shape our health over the years. Processed meat-based condiments, like bacon bits and bacon jam, are worth cutting back on. Eating processed meats regularly has been consistently tied to a higher risk of colorectal cancer, which makes those seemingly harmless sprinkles more concerning than they appear. The trouble comes from what's inside them: nitrates, nitrites and other preservatives that can form potentially harmful compounds during processing and cooking.

Many store-bought barbecue sauces call



for the same careful look. They're often packed with added sugars, high-fructose corn syrup and a long list of ultra-processed ingredients. Over time, that combination can contribute to metabolic problems while adding to your body's overall toxic load. The real issue isn't enjoying a favorite sauce now and then on a special occasion. It's the daily pattern of reaching for these products that adds up, giving you plenty of refined sugar and artificial additives with little real nutrition in return.

The good news is that flavor doesn't have to come from a factory. Turning back to simple, whole-food ingredients is one of the easiest ways to brighten a meal without the unwanted extras. Fresh herbs, garlic, onions, homemade salsa and a good mix of spices can transform your food naturally. These small swaps might feel insignificant in the moment, but over the years, choosing real ingredients over processed toppings becomes a meaningful part of supporting your long-term health.

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

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Fatigue



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

This time of year, the outdoor temperatures are rising higher and the need for some cool, refreshing beverage is obvious. The human body is about 70% water, and maintaining this level of water in the body becomes a life-long practice. Water is important for all the chemical processes that are happening in the body every minute. When water concentration decreases the chemical process will slow down waiting for the right amount of water to be available. One of the primary causes of fatigue and lack of energy may be the lack of water inside the body.

Brain function and clarity of thinking can decrease when not enough water is consumed. A study published by BMC Medicine in 2023 followed almost 2000 participants who were 55 – 75 yrs old. Eighty percent of

the participants met the standard for adequate water intake, but the measure of water in the blood serum of fifty-six percent of the participants were at dehydration levels. There was a strong association between dehydration and lower brain function.

This study shows us that even though water was consumed, there were not enough minerals in the water to help properly balance the water inside the cells of the body compared to outside the cells. The difference in the amount of water inside the cell compared to outside the cell is controlled by the electrolytes. When the electrolytes are provided through quality foods and seasonings, the water balance will reach optimum levels that result in energy production. Energy cannot be produced without a proper water balance.

While water is the primary molecule in the body, there is a balance of minerals in the water that make the chemistry work. Calcium, magnesium, sodium, potassium, and carbon dioxide are the primary minerals used in the body for healthy cell communication. These electrolytes are very carefully controlled by the body because an imbalance of any of these minerals can cause communication problems between the cells of the body. Electrolyte imbalances are related to heart problems, kidney problems, and brain dysfunction as noted in the study above.

Some will reach for coffee or a caffeinated drink to achieve an energy boost. While a brief boost will be generated from the body's urgent response to get rid of the caffeine, the long-term result will be greater dehydration. Coffee and caffeinated drinks cause the body to become more dehydrated over time be-

cause these drinks do not provide water but stimulate the kidneys to get rid of more water. Over time fatigue increases with greater dehydration.

To promote greater energy and hydration, consider the following points:

- Make a habit of drinking water throughout the day. A general guideline is to drink half of your body weight in fluid ounces. (A person weighing 128 pounds would drink 64 oz = 8 cups)
- If your urine is dark yellow, this is a sign of dehydration. More water is needed
- Consume fresh foods that contain water like cucumbers, melons, berries, and salads
- Consider quality salts – Himalayan, Celtic, Sea salt – to be added to foods or water

• Identify an electrolyte mix that contains calcium, magnesium, sodium, and potassium without any added sugar. This electrolyte mix may be used once a day to improve electrolyte balance and water absorption inside the body

If you are struggling with fatigue and lack of energy, I can help identify the cause and provide support for improving your quality of life. 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

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Kenyon Area Foundation

(continued from page 1)

Today I want to introduce you to the relatively new Kenyon Area Foundation. It is all about the citizens in Kenyon, and how the proceeds from fundraisers and other projects will benefit everyone in the community, because they go to projects being built that will enhance our enjoyment of the place we call

home.

The Kenyon Area Foundation was started in July 2025 within the Southern Minnesota Initiative Foundation Community Funds program. Wanamingo was the first community foundation within this program that now boasts thirty-four towns, including recently added Kenyon. The foundation exists to build a brighter future for our community by uniting people and resources to address the most important challenges we face. The Foundation has been known as a conduit for charitable donations for projects such as Good Neighbor Grant giving \$5000 to the food shelf and \$2500 to the First Lutheran Church and KPD as gift cards to reach families in need, 3 - \$500 KW graduate scholarships, \$500 grants to the KW Fishing club and Art in the park to name a few. Numerous projects

are ongoing as a work in progress. However, there has been accelerated focus on the growth of the endowment fund.

The endowment fund is an investment fund where the original principal gift is kept intact and invested to generate a steady stream of income through earned interest to support the community projects indefinitely. The plan is to eventually provide grants from the investment interest earnings. The endowment fund has roughly \$31,000 now, with a goal of growing the fund to \$150,000 by the end of the year maximizing the current matching funds we currently have available.

Through direct gifts, bequests, and donations, the foundation invests in projects that foster cooperation, strengthens connections between past and future generations, and creates lasting improvements for everyone in the

area. Each contribution helps ensure that our community continues to thrive, with support reaching local programs and initiatives that matter most to our neighbors.

In November, there is always a "Give to the Max Day" where you have the opportunity to make a meaningful impact right here at home. But you don't have to wait until November to be a contributor to this fund. We are seeking more individuals who want to play a part in growing the principal amount through personal donations, tax deductible gifts, and ideas for fun ways to grow the principal so the amount we can share with the projects in town grows as well. By giving to the Kenyon Area Foundation, you're not only supporting today's needs but also investing in tomorrow's opportunities. Together, we can create significant and widely shared results that benefit every corner of our community. Your gift—no matter the size—will help build a stronger, more connected, and more vibrant Kenyon for generations to come. For each dollar you donate, the larger Southern Minnesota Initiative foundation will donate 25 cents. Donors can either designate their donation to a specific fund or help to grow the endowment fund. Donations can be sent to <https://smifoundation.org/donate/kenyon-area-community-foundation> or mailed to PO Box Kenyon, MN 55946. Or you can meet in person with one or more of the members of this organization and see what will best benefit the growth of the funds, and the impact you can make on the growth of the community.



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**CITY OF WANAMINGO
City Council Regular Meeting
Monday, July 13, 2026, 7:00 P.M.
Wanamingo City Council Chambers –
401 Main Street
Wanamingo, MN**

CALL TO ORDER: Mayor Ryan Holmes.
PRESENT: Council: Ryan Holmes, Rebecca Haugen, and Stuart Ohr
City Administrator: Michael Boulton
Deputy Clerk: Laurie Musselman
ABSENT: Council: Eric Dierks & Jeremiah Flotterud

ALSO PRESENT: Brad Kennedy, Peter Grimsrud – Zumbrota News-Record, Brandon Theobald - WHKS, Jacob Vredenburg, and Hunter Harvell.

ADOPT AGENDA: Ohr motioned to adopt the agenda, seconded by Haugen. Passed 3-0-0.

CONSENT AGENDA: Haugen motioned, seconded by Ohr. Passed 3-0-0.

Mayor Holmes stated that the Wanamingo 4th of July celebration was a success. Holmes thanked all who were involved with putting on events, especially the Wanamingo Fire Department/Relief Association, the Wanamingo Lions Club, and Wanamingo Commercial Club. Holmes was happy that the fireworks were able to set off and avoided the rain.

Holmes thanked Jacob Vredenburg, Hunter Harvell, and the other volunteers that cleaned up the downed large cottonwood tree that fell on top of the horseshoe pits at Riverside Park. The horseshoe tournament was able to be played on the 4th of July because of the cleanup. Holmes stated that the City would provide fuel for the skid loader and chainsaws. Boulton recommended working with Brad Kennedy on the fuel.

**PRESENTERS:
A) Brad Kennedy reported on:**

1) Re-installed the Larson Log Cabin sign with new posts – Gary Bakko repainted the lettering of the sign.

2) Placed new red mulch around the Community Center/City Hall Building

3) Painted yellow on curbs around town for no parking and the white parking stalls on Main Street.

4) Watermain break on Railroad Street and 2nd Avenue intersection repaired by Schumacher Excavating.

5) Schumacher replaced broken gate valve standpipe. They vacuumed out the holes and installed new standpipe.

6) Handicap sign and pole installed at Medical Center Building on Main Street

7) Finished up 4th of July preparation work including, moving garbage containers, spraying, sweeping streets, mowing, and trimming.

8) 4th of July welcome banner taken down after the 4th of July events

9) Schaefer Heating & Air Conditioning waiting on warranty parts for air conditioner at Medical Center

10) Put together a list of asphalt patching. Measured the patch sizes and received quotes. The asphalt patching is scheduled for August to be completed by Bill's Blacktop.

11) 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.

12) Emptied garbage containers on Main

Street; the goal is to check and empty the garbage containers weekly.

13) 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.

**NEW BUSINESS:
RESOLUTION:
26-041 = Approving Pay Request No. 4 For TK Contracting on Emerald Valley 2**
Subdivision: Ohr moved to approve, Seconded by Haugen. Theobald stated that the ware course layer of asphalt is complete. The stub of the stormwater piping into the pond (easement required) remains. Theobald stated that Minnesota Energy is installing natural gas and Xcel Energy is installing electric services and street lighting. The project is 99%. The total pay estimate is \$37,191.19. There will be a Pay Request No. 5-Final in the future once the IC-4 form is complete. The City is holding back \$500 retention. Theobald stated that the new plat must be corrected, then be signed, and then recorded. Theobald stated that Emerald Valley 2nd is incorrect and that it will be Emerald Valley 6th. The storm sewer two pipes and outlet will need to be installed after the easement is obtained through the Amundson's. This work can either be completed by TK Contracting or another contractor. Passed 3-0-0.

Administrator Boulton provided a mowing contract to the Council. Administrator Boulton and Mayor Holmes have been in discussions with Lunde Lawn Care as the current mowing services is up December 31, 2026. Boulton stated that the City has mutually agreed upon terms for contract extensions since the original 2008-2010 contract expired. The Lunde Lawn Care mowing contracts have been for 2008-2010, 2011-2013, 2014-2018, 2019-2023, and 2024-2026. The City has obtained at least one other proposal to ensure that extension agreements are within the market rate. Boulton spoke with Lunde Lawn Care regarding either a contract extension or a formal request for proposal (RFP) for mowing services. Lunde Lawn Care has indicated that a three-year agreement is the ideal contract terms for both best pricing and contractor comfort.

The current mowing service contract with Lunde Lawn Care was from January 1, 2024-December 31, 2026. The contract includes weekly mowing and at least monthly trimming (along with Memorial Day, July 4th, and Labor Day weekend additional trimming) of the agreed upon areas designated by a mowing map. The weekly mowing contract was \$850 in 2024, \$875.00 in 2025, and \$900 in 2026. Lunde Lawn Care has been significantly lower in costs in comparison to other contractors. The weekly mowing commences in April and concludes in October.

The maintenance staff may have suggestions for changes to the mowing map exchanging some areas that the City mows with areas the contractor mows. The mowing contractor mows the parks and other easily mowed areas that require routine mowing. The City mows the rough areas such as the wastewater treatment plant, nature trails, ditches, and other areas that do not require routine mowing.

Boulton stated that there is competition for mowing contracts in the area. Several area

mowing companies have inquired about the City contract over the years. It is time to discuss how the Council wishes to move forward with the mowing contract. The Council can decide to request a quote from Lunde Lawn Care and another local mowing contractor, assuming the Lunde Lawn Care would be the lowest. The City could then enter into a contract extension. The other option is to put together a full RFP's for mowing. The RFP could be brought to the Council to review and approval at the July 27th meeting. The RFP could then be sent out to contractors and published in the newspaper in early August. A formal contract decision and agreement could be completed at the September Council meeting. Boulton asked the Council to provide staff with direction; either prepare a contract extension or go to a formal RFP starting in August.

Ohr stated that Lunde Lawn Care has done a great job with the City mowing and that an extension to the contract should be considered with another quote. Holmes stated that Lunde has done a good job and that obtaining comps for quotes would be preferable. Kennedy stated that City staff will be prepared to take over all mowing once the North Zumbro Sanitary Sewer district regional wastewater treatment plant and collections system replaces the Wanamingo wastewater treatment facility. Staff should have the time to mow and will no longer require a mowing contract. Haugen said that she was good with two quotes and if in line, and extension to the contract. Boulton stated that he will work to obtain three years mowing contract quotes from Lunde Lawn Care and Zumbro Valley Landscaping for the August City Council meeting.

26-042 = Approving Plans and Specifications for Lead Service Lines Replacement Project and Call to Advertise for Bid: Ohr moved to approve, Seconded by Haugen. Theobald stated that bidding will take place on August 2nd. The State project completion, including all records' submissions, is at the end of 2027. The contractor will need to complete the service line replacements and restoration by Fall 2027. Theobald stated that he and staff will review details of the plans later this week. There are unknown quantities and exact locations for replacement need to be determined. There are 9-10 galvanized (treated same as lead) water service lines on the list to replace (pull new line through while pulling old line out or directionally drill new lines). Theobald will be working with the City Attorney and City Administrator on agreements with property owners that require lead service line replacements. The agreement will lay out responsibilities including a new water service line, including hookup in basement, and exterior restoration. Theobald stated that the agreement will not include basement restoration (not included in grant). There will be a one-year warranty period. After one year, the homeowner is responsible for any issues. Homeowners will not be required to replace the services but if they choose not to participate, they will need to sign off on responsibility for future replacement. Passed 3-0-0.

OLD BUSINESS:
Theobald and Holmes provided an update on the Emerald Valley stormwater ponds and piping easement negotiation with Randy and

Trish Amundson. Theobald has a July 16th meeting lined up with Ethan Waytas of Nagell Appraisal Incorporated on the appraisals. The appraisals will be for both the potential easement and potential land sale options. 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 proposed easement and the proposed land sale. Theobald stated that once the appraiser put together the two appraisals the City could negotiate with the Amundson's.

Vredenburg, of Homestead Restoration, stated that he plans to start work on the pedestrian walking bridge ramp repairs on Tuesday July 14th. Vredenburg hopes to complete the work in about a week. The wood bridge ramp was damaged by a fire in May 2025. The original contractor that was awarded the work late last summer was unable to obtain materials and then be able to schedule completion of the work in 2025. The contractor and the City mutually agreed to void the contract in May 2026 due to additional scheduling conflicts. Homestead Restoration was awarded the project as second lowest bidder. They were able to obtain materials and work the project into their July schedule. Vredenburg stated that it would be good to let the public know the work begins with a Facebook post. Boulton stated that he would be onsite at 10:00AM for pictures and would place a post on Facebook.

Boulton stated that RWC Tech Solutions have started the City phone change process. New phones have been installed at City Hall, City Shop, Fire Hall, and Swimming Pool. Boulton stated that an internet hotspot has been ordered through Verizon for the swimming pool since there is no internet present. Boulton, Holmes, and Kennedy have been discussing options with RWC Tech Solutions and Automatic Systems for the well house auto dialer. The options are moving the dialer from Well #3 to Well #2, which includes work by Automatic Systems. There is internet at Well #2, the control room at Well #2 is less caustic than Well #3, and it would centralize the equipment. The other option is another hotspot for Well #3. Both options carry costs to change but moving the dialer to Well #2 is the best longer-term option. Boulton, Holmes, and Kennedy lean toward moving the dialer to Well #2.

Wanamingo City Council General Election - Filing for Mayor (2-Year Term), City Council (Two 4-Year Terms) will run from July 14th - July 28th.

*Next City Council meetings on 7/27/2026 (Budget Meeting) at 6:00pm and 8/10/2026 at 7:00PM.

Adjourn: At 7:30PM a motion to adjourn by Ohr and seconded by Haugen. Passed 3-0-0. Signed: Ryan Holmes, Mayor
Attest: Michael Boulton, City Administrator

**CITY OF WANAMINGO
City Council Regular Meeting
Monday, July 27, 2026, 6:00 P.M.
Wanamingo City Council Chambers –
401 Main Street
Wanamingo, MN**

CALL TO ORDER: Mayor Holmes
@6:00PM

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WANAMINGO CITY COUNCIL MEETING

(continued from page 20)

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

City Administrator: Michael Boulton & Deputy Clerk Laurie Musselman

ABSENT: None

ALSO PRESENT: Brad Kennedy, Justin Slotts – SEMMCHRA, and Beth Haas – News Record

ADOPT AGENDA: Ohr motioned to adopt the agenda, seconded by Flotterud. Passed 5-0-0.

PRESENTERS:

A) Justin Slotts – SEMMCHRA – Heritage Hills Report

1) Presented 2026 projected expenses and transfers from the Operating Reserve Fund – required yearly as part of transfer agreement.

2) Operating losses (\$5,741) and capital improvement needs (\$33,000) for 2026 are projected at being up to \$38,741.00

3) In the past 17 years since SEMMCHRA took over operations the City of Wanamingo has contributed \$455,190 toward operations of the facility

4) SEMMCHRA is asking for a transfer of up to \$38,741.00 from the operating reserve for projected losses and projected capital expenditures. The capital items include replacement of A/C units, leaking issues around the garage, and corrections needed to the concrete by the garage. The property is 30 years old in 2026 and continues to need capital improvements.

5) 2027 Levy Request will be \$25,000.

6) The facility has been relatively full, with few monthly vacancies.

Flotterud asked when SEMMCHRA intends to refinance the bond for the facility. Slotts was unaware that SEMMCHRA had intentions to refinance. Boulton stated that the long-term plan was to refinance with other SEMMCHRA properties. Holmes stated that if the bonds were refinanced the City levy would end. Slotts said that he would investigate the refinancing. Flotterud asked how long the bond payments went. Boulton stated that roughly \$73,000 bond payments ran through 2034. Boulton stated that the bond has roughly \$515,000 owed at the end of 2026. Flotterud stated that the final payments would be coming soon. Holmes stated that he was aware of the drainage issues as he has served on the neighboring church building committee. The church is dealing with drainage issues as well.

B) Lily Cook – Text My Gov – City Wide Text Proposal Presentation

1) Presented a text communication browser portal system to communicate with the public.

2) The public would be able to receive updates and alerts from the City by signing up for texts.

3) Residents could text a keyword to sign-up for text alerts. There would be a local number assigned that residents could text concerns or maintenance issues.

4) The text alerts could help with sensitivity items such as watermain breaks and disruptions in service.

5) The proposal does not involve apps or accounts while the users can opt out through texts.

6) Organic promotional materials would be sent to the public to opt in. The City could provide contact information to send a message to residents asking to opt in to the texts.

7) 40%-60% of residents usually sign up for the text service.

8) \$2,2000 annual pricing. One time set-up cost of \$1,100 (or \$250 if approved in July).

9) Several Cities in Minnesota utilize the service including Hayfield, LeRoy, and Pine Island.

Ohr stated that the cost is hard to justify when looking at budgets in comparison with property tax increases. Holmes stated that he likes the idea of such a service and it would be a great tool for the City. However, he agrees that cost is too high. Flotterud likes the service but also thought it would add to staff time. Flotterud stated that there might be other cheaper services or options to create such a service with A.I. The Council agreed that they do not wish to move forward with the proposal.

NEW BUSINESS:

1) 2027 Budget discussions

A) City Council looked at the staff proposal of the 2027 budget, Memo on the 2027 proposed budget, and proposed 2027 levy. The proposed increase to the levy is 4.80% (\$1,230,000 to \$1,289,000). There are concerns with revenues not being able to cover inflationary or capital needs for expenses. The proposed 2027 levy does not reflect nor plan for roadway and utility improvement future needs beyond the 2027 project. The general fund, Street Capital, EDA, and Debt Service Fund 337 (new 2026/2027 fire department rescue pumper) are proposed to increase as part of the 2027 levy. The City will no longer levy Debt Service Fund 323 or the Debt Service Fund 332.

B) Administrator Boulton explained several line items that had either changed from the previous year or needed an explanation. Total general fund expenses are proposed to increase from \$1,051,367.34 in 2026 to \$1,125,108.57 in 2027. The fire department budgeted expenses are proposed to increase by roughly \$7,139.76 (5.28%) from 2026. This is due to \$1,000 increase in small tools and minor equipment, \$500 increase in seminars and training, \$1,600 increase in contracted services, \$300 decrease in workers comp insurance, and a \$300 decrease in natural gas. \$30,000 was added to the bond repayment in 2027 for 337 truck bond repayment funds. There are no scheduled elections in 2027, potentially saving \$3,000.

The ambulance contract is expected to increase from \$22,260 in 2026 to \$25,050 in 2027 (\$2,790 increase). The police contract increases from \$145,236 in 2026 to \$163,090 in 2027 (\$17,854 increase). Public safety is expected to increase from a range of roughly \$27,788.76. Proposed employee pay raises will roughly average 4%-5%, depending on job (\$12,000 – general fund is roughly 60%). Health insurance premiums are projected to increase by roughly 15% (\$7,500 increase). The audit budget will increase from \$29,000 in 2026 to \$32,000 in 2027 to cover actual costs. The attorney budget will increase from \$23,000 in 2026 to \$26,000 in 2027 to cover costs. The Council Street Maintenance plan has proposed to spend roughly \$30,000 of the \$80,000 for chip sealing/crack fill-

ing/manhole adjustments. The remaining \$50,000 of the street maintenance will be rolled into the 2027 Roadway and Utility Improvements Project. The snow removal budget will increase from \$14,000 in 2026 to \$18,000 in 2027 to cover actual costs. The electric for streetlights will increase from \$36,000 in 2026 to \$37,000 in 2027. The park contracted services will increase from \$21,500 in 2026 to \$25,000 in 2027 to cover new mowing contract. The City has committed to \$10,000 for playground equipment at Prairie Ridge Estates in either 2027 or 2028. The general fund is projected to have a slight surplus (less than 3% - policy), depending on potential unplanned transfers at the end of 2027. The Council does need to be conscience of keeping the reserves near the agreed minimum of \$650,000. A portion of Emerald Valley V Addition is planned to be completed by the developer. The City is up-fronting the cost with reimbursement from the developer and while a special assessment will be levied onto a separate parcel(s) owner. The City will be contributing roughly \$20,000 in special assessment costs plus additional professional service expenses.

C) Administrator Boulton explained that the new Dollar General store has a taxable value of \$956,000 in 2025. This would bring in roughly \$39,000 (slightly less than half City portion) in property taxes (0.041). The former Wanamingo school will become a taxable property with a taxable value of roughly \$1.63 million. This would bring in roughly \$60,000 (slightly less than half City portion) in property taxes (0.041). Several commercial projects took place in 2025 adding to taxable value including Mead Johnson new affluent building and other renovations, Jake's Hometown liquor renovation. New construction within the community over the last year (8 new taxable homes in 2025) should aid with the increase to the taxable market value increase. The new construction should more than offset roughly the proposed levy increase (5.75% of the proposed 4.80% increase). There is potential for a decrease in the City tax rate from 2026 to 2027. The Council will see how the finalized 2027 market value rates compared to the proposed levy increase will affect property values based on \$100,000 levels in October. The Council will be setting the initial levy at the August meeting and could stay at the same levy amount or decrease at the December meeting. The Council could not increase the levy from August to December.

D) Boulton stated that Local Government Aid will be slightly higher (\$302,649 in 2026 and \$303,097 in 2027). Small Cities Assistance Account distribution will be funded for 2027 and is estimated at \$22,763 (down from \$24,554 in 2026). The Small Cities Assistance Account provides funding for construction and maintenance of roadways in cities with a population less than 5,000.

E) Administrator Boulton shared concerns with continued inflation and meeting capital needs while balancing property taxes from rising too quickly. Boulton was optimistic on real growth in 2025 that will affect the 2027 taxable market value increasing. Future years will depend on growth. Boulton stated that the proposed increase in the levy would easily be spread out on growth of new

property taxpayers. Boulton shared concerns with upcoming potential costs that are not budgeted including pool repairs (\$10,000-\$20,000), Emerald Valley II Addition phase V improvements (fronting part of assessment costs), and 2027 Roadway & Utility Improvements. The expectation would be future levy needs to pay back the funds if expenses come to fruition in 2027.

Holmes stated that he and Boulton have had several conversations regarding keeping the levy increase to a minimum in 2027 past levy growth and a desire to ease the tax rate. Holmes stated that costs have still increased for the City, but that the City must be realistic on an increase to property taxpayers. Flotterud stated that he wished to have a future discussion with the auditor on how to divide out the interest earned into account. Flotterud shared that he wished to see a higher percentage shared with the general fund. Boulton stated that it might be better for a discussion to occur at Audit Committee level when the auditor is working on field work in January/February 2027. Flotterud stated a desire to eliminate fund 210 Revolving Fund and move the funds (\$62,570) to the General Fund. Flotterud stated that this transfer would be the fund close to \$650,000 (Policy maximum reserve). Boulton stated that the EDA should be consulted before the Council consider action as this is one of their economic tools. Flotterud stated that no loans had been given out in the past 15-20 years. Boulton stated that he could place the item on the August EDA meeting agenda. Boulton suggested that Council representatives on the EDA, Ryan Holmes and Rebecca Haugen, explain the Council concern to the rest of the board and make a formal request. Ohr shared his concerns with upcoming capital needs such as the swimming pool, sweeper, pay loader, plow, leaf sucker, and Chevy one ton truck. Ohr stated that each could have significant expenses in one year and that the equipment fund needs to build a balance to replace/repair the capital items when needed. Kennedy stated that the main pool leak was repaired and cut the water loss in half. Kennedy stated that he has concerns keeping the pool open long-term without significant improvements/cost. Boulton stated that an update from the engineers and sewer board will be coming to each of the Councils (Goodhue, Pine Island, Wanamingo, and Zumbrota) at the August or September meetings. The engineers are putting together scenarios on the \$12 million bonding appropriation from the State toward the project. The board intends to seek additional bonding dollars with the new legislature. In addition, we are planning toward addition PSIG and WIF funding to be included. The complexities of funds are spent compared to future fund eligibility creates a web to be unwoven to maximize future funding. The sewer fund had \$787,000 by the end of 2025. Kennedy stated that the televising of the clay sanitary sewer lines shows immediate replacement needs of a couple of blocks. Boulton stated that the 2027 Street and Utility Improvement project could shift the location of work because of the need.

Ohr stated the reduction of inflow and infiltration of ground water would save sewer users money in the future.

(continued on page 22)

WANAMINGO CITY COUNCIL MEETING

(continued from page 21)

Boulton stated that the plan is to slowly increase the sewer rates to build a reserve to pay some of the initial costs with new plant. Boulton also stated that the other reason was so rate increases are lessened for residents at the time these projects are completed. Boulton also noted that the Council's intentions are to increase the utility rates incrementally for future wastewater treatment plant and clay sanitary sewer line replacements. Boulton also recommend an increase in the sewer base rate from \$34/month to \$36/month. There is also a recommendation to increase the water base rate from \$26/month to \$27/month to help ease the water fund deficit. Boulton noted that new construction may not continue at the same rate in the next few years and will in turn slow the levy growth. The tax rate growth could be captured in future levies for 2028 (5.43%) and 2029 (5.52%). The goal is around 5% levy increase each year. The Council directed Administrator Boulton to bring the recommended budget and levy information at 4.80%, or \$69,000 levy increase in the 2027 proposed Levy Resolution and 2027 Proposed Budget.

RESOLUTION:

26-043 = Approving Updated 10-Year Capital Improvements Plan for the City of Wanamingo:

Flotterud moved to approved, seconded by Haugen. Capital Improvements 10-Year Plan Discussion took place. Items added in 2026 were the Medical Center Parking Lot (\$40,000), Fire Hall SE Landscaping & Concrete (\$25,000), and Pressure Washer (\$30,000). The fire department helmet replacements are complete and will start over on the 10-year replacement program. The fire department rescue pumper truck price was updated to match the \$1,041,000 number. The 2027 pickleball court estimate was increased to \$100,000 (plus \$25,000 donations). Boulton stated that the 2026 levy includes funds for 2027 Riverside Park parking lot rehab. The funds will come from budgeted \$150,000 set aside for debt service on the future street project (Fund 336) and the 2026 budgeted \$50,000 general fund for street & road expenses capital (Fund 101). Boulton stated that a future pickleball court dirt work could start in 2026 with phase 2 of Emerald Valley V Addition Street and Utility improvements. The concrete work, lights, fences, benches, painting, and nets could be in 2027. The years for dirt work and construction could be pushed to 2027/2028, depending on timing. Boulton stated that the Riverside Park parking lot rehab is scheduled for 2027. The parking lot needs to be replaced, including corrective action on the aggregate base. Boulton stated that a curb/gutter could be installed as a buffer for the parking lot and park. The curb/gutter could be sloped toward both the east and west to send the surface water toward the low points. Boulton said that the levy for future street fund 336 could be utilized to accomplish this capital project along with a street project that could be bonded for in 2027. Passed 5-0-0.

26-044 = Declaring Intent to Issue and Sell a G.O. Certificate of Indebtedness, Se-

ries 2026A, and Taking Other Actions in Connection Therein:

Dierks moved to approved, seconded by Haugen. Boulton stated that the City is Working with Security State Bank on favorable terms for private placement of general obligation certificates of indebtedness for the \$1,041,000 fire engine pumper. The City intends to borrow \$900,000 while utilizing cash for the remaining \$141,000. The bond payments will be made with a combination of City Taxes, Township Contract Taxes, donations, and existing funds. Boulton stated that the notice is to be published ten days because the City intends to borrow more than 0.25% of the estimated market value of taxable property. Passed 5-0-0.

26-045 = Approving Combination of Parcels: Haugen moved to approved, seconded by Flotterud. Boulton stated that the request complies with the requirements of applicable zoning codes in the R-2 Residential District. Passed 5-0-0.

OLD BUSINESS:

Affidavits of Candidacy will be accepted at the City Hall (401 Main Street) during the filing period of July 14, 2026, through July 28, 2026, at 5:00 p.m. for the following City Council seats:

- Mayor – 2 Year Term
- 2 At-Large City Council Positions - 4 Year Terms

Candidates' names will appear on November 3, 2026, General Election ballot.

Listed below are the filing requirements for those individuals seeking public office:

1. Candidate must be an eligible voter.
2. Is, or will be on assuming the office, 21 years of age or more.
3. Maintained residence in the district from which the candidate seeks election for 30 days before the General Election.

Candidates must file an Affidavit of Candidacy and pay a \$2 filing fee at City Hall, 401 Main Street, Wanamingo, MN. Office hours are 7:00 a.m.–4:30 p.m. Monday – Thursday and 7:00AM-12:00PM Fridays. Filings will be accepted until 5:00 p.m. on July 28, 2026.

National Night Out will take place August 4th from 5:00PM-7:00PM at the Wanamingo Fire Hall. The annual Fire/City/Township budget meeting is scheduled to take place following National Night Out, 7:00PM, at the Wanamingo Fire Hall. The 2027 proposed budget and the new Fire Pump Truck proposed financing plan will be discussed.

Flotterud shared that there is a desire to purchase or utilize the Mingo View former water tower site. Flotterud asked what the plan was for the site. Boulton stated that the site is one of only a handful of potential stating locations that the City owns. Boulton stated that the site is not in City limits, but rather in Minneola Township. Sheldon Lunde Lawn Care mows the site for the City. Kennedy stated that the hydrant is located on the property. Kennedy stated that there is a significant buried structure from the old water tower underground. Flotterud asked if the neighbor could park on the driveway. Council did not have objections to the neighbor periodically parking on the driveway. Kennedy stated as long as the neighbor

knows that they need to move it if the City needs access.

*Next City Council meeting on 8/11/2025
Adjourn: At 7:56PM a motion to adjourn the meeting made by Ohr and seconded by Haugen. Passed 5-0-0.
Signed: Ryan Holmes, Mayor
Attest: Michael Boulton, City Administrator

KENYON CITY COUNCIL MEETING JULY 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 July 2026. The meeting was called to order by Mayor Kirchmann.

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

Also, present: City Administrator Scott Lehner, Engineer Derek Olinger, Administrative Assistant Holli Gudknecht, Heather Dewitz, Police Chief Sjoblom, Stephanie Brezina, Chad Caron, Billy Dyrdaahl, Pete Wagner, Dan Wagner

Via Zoom: Jessi Sturtz, Kristi Trisko
The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Pete Wagner from the Kenyon Market stated that the grocery store has started to take a downward turn and it has gotten difficult to stay in business in town. Part of this is due to new competition in town. Dan Wagner, Kenyon Market owner, added that as far as continuing the store, it is looking to close or sell to an intown resident. There are approximately twenty employees that have been notified of the situation. The Wagners asked if there was anything the council could do to help, like a coalition or a cooperative.

ADOPT AGENDA

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

CONSENT AGENDA

Councilmember Gard requested that Item IV/A/ Approval of the Liquor at Depot Park be removed from the Consent Agenda and added to XII/New Business/F.

Motion by Gard seconded by Bailey to approve the following Consent Agenda items, excluding the approval of the liquor license at the Depot Park:

Approve Request for Liquor at Depot Park – Brandi Kylo, July 25, 2026

Adopted Resolution 2026-21 Adoption of Election Judges for 2026

Approved payment of check numbers 78317 through 78422; 7448E through 7509E.

City Council Meeting Minutes of June 9, 2026

City Council Special Meeting Minutes of June 30, 2026

Motion carried 4-0-0.

PRESENTATIONS/

PUBLIC HEARINGS/

RECOGNITIONS/PROLAMATIONS

Motion by Sjolander seconded by Kirchmann to open the Public Hearing at 7:16 pm. Administrator Lehner stated that this Public

Hearing was required for the Flom Disposal, Inc. rate increase.

Billy Dyrdaahl asked how much the rates went up and how the garbage cart size is determined.

Motion by Bailey second by Gard to close the Public Hearing at 7:20 p.m.

Motion carried 4-0-0.

ADMINISTRATOR UPDATE

Recognition of Pool Staff –

Addison Lindell, Cosette Rice, and Leah Widholm

Lehner stated that last month the council had requested that three pool staff be recognized for a rescue at the pool. All three staff members declined to attend the council meeting and did not wish to be publicly recognized. Mayor Kirchmann thanked them for their actions.

Election Update

Lehner stated that Affidavits of Candidacy for open council positions could be filed from July 14 to July 28. The primary election will be held on Tuesday, August 11.

KMU New Hire

Lehner stated that Parker Burdorf started for KMU yesterday.

Personnel Policy Update

Lehner stated that Abby and he have been working on updating the personnel policy. It is close to being done. The department heads will review it next and then it will go to the personnel committee for review.

ENGINEERING

2025 Street & Utility Project

Engineer Olinger stated that most of the reconstruction work within Langford Avenue is now complete and sod has been laid. The last remaining major item of work is sewer lining and manhole rehabilitation of various sewer mains throughout town. Crews have installed the liner system, but they still need to install manhole liners, adjust castings, and grout service connections.

2025 Street and Utility Improvements – Fitzgerald Excavating & Trucking - Pay Application No. 7

Pay request No. 7 includes work completed through July 3, 2026.

Motion by Bailey seconded by Sjolander to approve pay application #7 to Fitzgerald Excavating in the amount of \$461,189.14. Motion carried 4-0-0.

2025 Street and Utility Improvements – Change Order #2

Engineer Olinger stated that some settlement of service line trenches is visible within 8th Street. The original contract required that 8th Street (and any other remaining streets) be paved with the final lift of asphalt by July 18th. To allow for additional settlement time, we are recommending that final paving for 8th Street be delayed until the end of this construction season. We are also including Langford Avenue in this change order since final pavement is not yet placed in that street. All other work within the contract is still required to be completed by July 18th. Remaining Punch list corrections must be completed by August 30th.

Motion by Kirchmann seconded by Bailey to approve Change Order #2. Motion carried 4-0-0.

(continued on page 23)

KENYON CITY COUNCIL MEETING

(continued from page 22)

LEGAL

Kenyon Crossing Update – Agreement, Approval, etc.

Attorney Riggs stated that two public hearings were held and the TIF District for Kenyon Crossings was already adopted. He recommended approval of the agreements and contracts to keep the project moving forward.

Resolution 2026-24: Approving Contract for Private Development and Sub-Grant Agreement with Kenyon Real Estate 2, LLC for Certain Property in the City of Kenyon.

Motion by Bailey seconded by Gard to adopt Resolution 2026-24. Motion carried 4-0-0.

OLD BUSINESS
NEW BUSINESS

616 9th Street Fence Variance Request

Kristi Trisko from Bolton & Menk stated that the Planning Commission held a public hearing last week concerning Brezina’s fence variance. She reviewed the facts and findings from the hearing. The planning commission recommended approval of this variance with four recommended conditions. Brezina commented that her neighbors to the west have

someone living in the camper that is parked next to her property line and she requested that the camper be moved. She felt the neighbors need to adhere to the same rules that she needs to follow.

Resolution 2026-22 Adopting a Fence Variance Located at 616 9th Street

Motion by Sjolander seconded by Kirchmann to adopt Resolution 2026-22. Motion carried 4-0-0.

Budget Update – Abdo

Jessi Sturtz from Abdo summarized the key items for consideration in the 2027 budget. The proposed 2027 budget levy increase is 19.5% from 2026. The council stated they would like to work the levy down to a maximum 9% increase. The council requested a report showing the breakdown of what is spent on outside services and contracted services. They would like a budget work session to be scheduled in August.

Flom Contract Approval

Administrator Lehner stated that the current agreement for Solid Waste hauling with Flom Disposal expired on June 30, 2026. Attorney Riggs developed a new 3-year agreement with Flom Disposal. The new agreement contains increased rates.

Motion by Bailey seconded by Gard to approve a three-year solid waste hauling agree-

ment with Flom Disposal. Motion Carried 4-0-0.

Resolution 2026-23 Authorizing Application for Grant Navigator Support for the City

Lehner stated that the EDA is requesting approval to seek support through the League of Minnesota Cities’ Grant Navigator program to identify and pursue grant opportunities for a comprehensive accessibility and recreation improvement project centered on Depot Park and a future accessible trail connection to the Trondheim neighborhood. Through the Grant Navigator Program, the LMC would provide grants up to \$5,000 to use for the process of identifying potential grant funds for city projects.

Motion by Bailey seconded by Gard to adopt Resolution 2026-23 authorizing application for Grant Navigator support for the city. Motion carried 4-0-0.

Reschedule August Council Meeting

Lehner stated that the August 11 council meeting would need to be rescheduled due to the primary election.

Motion by Sjolander seconded by Bailey to reschedule the August council meeting for Thursday, August 6 at 7:00 pm. Motion carried 4-0-0.

Approve Request for Liquor at Depot Park – Brandi Kylo, July 25, 2026

Councilmember Gard expressed her concern about allowing liquor in a family park with children close by. There does not sound like the permit has any stipulations or rules currently in place to regulate this. Attorney

Riggs stated that there used to be no alcohol allowed in the parks. The council looked at this and said they wanted to allow alcohol in parks. The council did not want to put stipulations on it, but we sure could do that, but right now that is not what is on the books.

Motion by Bailey seconded by Sjolander to approve the liquor permit for alcohol at the Depot Park on July 25, 2026. Motion carried 4-0-0.

Schedule of Upcoming Meetings

KMU Meeting: Tuesday, July 21st @ 3:00 p.m.

EDA Meeting: Tuesday, July 28th @ 8 a.m.

Planning Commission meeting: Tuesday, August 4th @ 6:00 pm

City Council Meeting August: August 6 @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Council Member Sjolander thanked city staff for all their work. He made note of the increased scooter and electric bike activity in town and reminded residents to be aware of them.

Mayor Kirchmann stated that he would love to see Deanna Gard run for a council position. She had a lot of good questions at the meeting.

Motion by Bailey seconded by Sjolander to adjourn the meeting at 8:49 p.m. Motion carried 4-0-0.

Holli Gudknecht, Deputy Clerk
Donald Kirchmann, Mayor



Harvey
Oliver
& Opsahl

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LETTER TO THE EDITOR

To the Editor:

Sad to read the owners of The Kenyon Market grocery store might close down.
With the Dollar Store competition cutting sales by 10%, it certainly would spotlight the economic decline of Kenyon. Like the Sunset home closure, it speaks to the difficult population trends in small town Minnesota. The enrollment decline in all public school districts in southern Minnesota is hitting all communities, and of course the incredible billion “Feed My Children” fraud in Minnesota and the DFL legislature blowing about \$15 billion over the last two years only make things worse.
But there is also good news. The former Peterson Ford building is now home of A&J Design, doing metal work for data centers and FEMA and Daiken in Faribault, and they are now up to 60 employees. Ashley and Jon Meyers are creating a wonderful success story, along with good paying jobs.
When I come to Kenyon for a haircut, I now make it a point to stop at the Kenyon Market.
Doug Jones, Rural Nerstrand

*Opinions expressed in Letters to the Editor are not necessarily those of The Messenger.

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5. Collectible in a cabinet
6. Skirt shape
7. Animal waste
8. Chocolate candy, to a Brit
9. Essence
10. Marketing creations
12. Gentle breeze
13. Raspberry drupelets
14. *Like drinking water
19. Customs and conventions
22. "Losing My Religion" band
23. *Leave no _____
24. Egyptian falcon god
25. Put out on a curb
26. Totes or tugs
27. Orient's bigwig
28. Preface, e.g.
29. Piquant
32. *_____ bag or _____ canister
33. Rage
36. *Waterproof cover (2 words)
38. Funny
40. Large edible mushroom
41. Of low pH
44. Serve food at events
46. Restaurant staff member
48. "The _____ of Wakefield"
49. On the radio (2 words)
50. *Annoying biting fly
51. Tiny quantity
52. Leafy green
53. Like Hitler's Germany
54. *Good Ol' Raisins and Peanuts
55. Venomous snake
58. Greek letters on campus

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Friday, August 14th • 7pm

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Ride Specials:

\$20 unlimited Armbands available on:

Wednesday 5pm-9pm • Thursday 6pm-10pm

Friday 5pm-9pm; Saturday 1pm-5pm • Saturday 6pm-10pm

FREE JUKEBOX IN THE
BEER GARDEN TUES.-SAT.!

LIVE ENTERTAINMENT TUESDAY - SATURDAY!

SERVING ICE-COLD BEER &
RAIL DRINKS TUES.-SAT.!



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

SSB Wanamingo

"Banking for your success"

232 Main Street, Wanamingo, MN 55983
(507) 824-2265

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