

K-W School Board Eyes Fall Referendum

The K-W school board looks toward a fall referendum with a decision on whether to offer one question or two on the ballot. They have until August 20th to submit their plan to the state for approval in time to print ballots. The options would be to request basic operating funds in one vote and request additional funding for technology and anticipated increase in another, versus placing all increases in one bid.

(continued on page 9)



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.

• Kenyon SEMCAC dinners are served Monday, Tuesday, Wednesday, Thursday, Friday at Gunderson Gardens at 11:15a.m. to anyone 60 or older. A suggested donation is posted. Reservations are required by signing up the day before or calling Helen Aase at 789-5315.

Do you have an announcement? Email: hometownmessenger@gmail.com

RoseFest Next Weekend in Kenyon



Rosefest starts off 2021 with Pro Wrestling at the Kenyon Fire Hall at 7pm Thursday, August 19th. On Friday, August 20th and Saturday, August 21st there are city wide garage sales all around town. A book sale takes place from 10am to 4pm Friday and 9am to noon on Saturday at city hall. The KW Knights Booster Club hosts a golf tournament starting at 1pm at the Kenyon Country Club. There will be a hog roast at the VFW from 4 to 7pm with live music by Mitchell Hall and the Tennessee Trio to follow. A wine and beer tasting at the Kenyon Fire Hall will be held from 5 to 8pm. The Kenyon Pool holds a regatta at 7pm and free swimming from 8 to 10pm. A



Messenger file photo

street dance outside the muni featuring the Local Hooligans starts at 8:30pm.

Last week the Northfield Hospital

approved plans to open and staff a

primary care clinic in Kenyon in the

site of the former Mayo Clinic satel-

lite, located at Kenyon Sunset Home.

Mayo pulled out of Kenyon at the end

of 2020, but has continued to send a

mobile clinic to town on Mondays

The Northfield Hospital Clinic

would provide full-time service in the

building which housed the Mayo

facility and has committed to two

years. It is not expected to open for a

couple months, if plans proceed as

and Wednesday each week.

planned.

Saturday, August 21st the 5K run/walk will start at 8am at the High School.

A car show will be held from 8am to 2pm and a tractor pull will be at the Maring Auction Lot starting at 9am.

(continued on page 4)

THE KING with Cash & **Diamond Returning to** Dennison

After a year of cancelled events, the popular Labor Day Weekend show featuring the music of Johnny Cash, Elvis, and Neil Diamond returns to Dennison Friday, September 3rd, 2021.

For fans young and old, if you have ever been to the popular Breezy Point Resort up north in Minnesota, you may have caught The Memories of Elvis Show (www.esp-(continued on page 6) king.com).



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88



Northfield Hospital Explores Opening Clinic in Kenyon

Page 2

Religion

KENYON MESSENGER -

Who Am I?

Have you ever said "I believe _____" but your actions didn't follow up? Every single one of us has. It's too common, it's sadly kind of expected. "Yeah, Pastor, nobody is perfect...we all do that...it's no big deal." This excuse to behavior doesn't work well anywhere else in my life. 'Hey, son, I know I missed your graduation, but nobody is perfect.' 'Hey, Gary, I know I forgot our anniversary, but nobody is perfect.'

What is it with excuses? Florence Nightingale was asked about what helped her stay the course - what helped her live out what she believed. she said, "I attribute my success to this: I never gave or took an excuse."

What if we decided to be as committed as that - to have no excuses, to really spend time on our faith commitment; to be in a close relationship with God. But- life happens—stuff just gets piled up and in the way. We get confused about life. We struggle with temptation. We have good intentions, and we struggle with the follow through- it's easy to make excuses for why our relationship with God isn't growing. Part of our problem is that we don't know who we are- we have a difficult time recognizing and accepting who God says we are, we have a mistaken identity. This is not a new problem- Jesus introduced himself to a woman that had a mistaken identity. You can read about her in John chapter 4.

Jesus and his disciples had been walking all morning. Jesus is tired and thirsty, and He stops at Jacob's Well. The disciples go into the town to get some food for lunch.

"Soon a Samaritan woman came to draw water, and Jesus said to her, "Please give me a drink." He was alone at the time because His disciples had gone into the village to buy some food. The woman was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, "You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?" Right away she is using identity words: You're a Jew. I'm a Samaritan.

John 4:10, "Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water." Jesus essentially says, "Oh, you think life is all about being a Jew or a Samaritan? There's a bigger picture.

When the woman addresses Jesus, she leads with titles and identities established on earth – man-made titles. Jesus changes the subject and essentially says... Our identity is connected to eternity. In other words, our identity isn't defined by our bad experiences. Our identity shouldn't be crafted from cravings or desires, or by what we own or our family origins.

Jesus came to give us a new identity, the best identity! When we accept Jesus as our Savior, we become a part of His family. We are new creations, pure and holy, through His blood shed for us. Paul wrote in 2 Corinthians 5:16-18, "So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! 17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 18 And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him." Paul says that once we are Jesus followers, we stop looking at people through our human point of view- instead we look at them through Jesus eyes. We are a new person- our old life is gone- dead and buried- not to be resurrected !!! God gives us a new life- we are a new person in Jesus Christ. Our true identity doesn't really emerge until we believe in Jesus and accept Him. When we're struggling with who we are- we need to look to our Creator, He has the best answer for who we are. Life will hand us struggles and hard times: someone dumps you or you get fired, your mistreated or overlooked. No matter the struggle or the awfulness of a situation remember: You are still His. When the good times come, you are still His, when life is full and amazing or you're at the top of the mountain, You are His during the good times too! Don't forget whose you are:

When you feel defeated: Remember who you are!

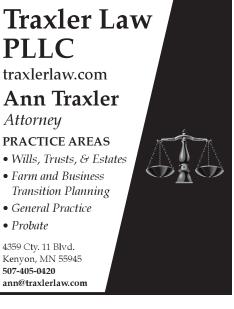
When you feel overwhelmed: Remember who you are!

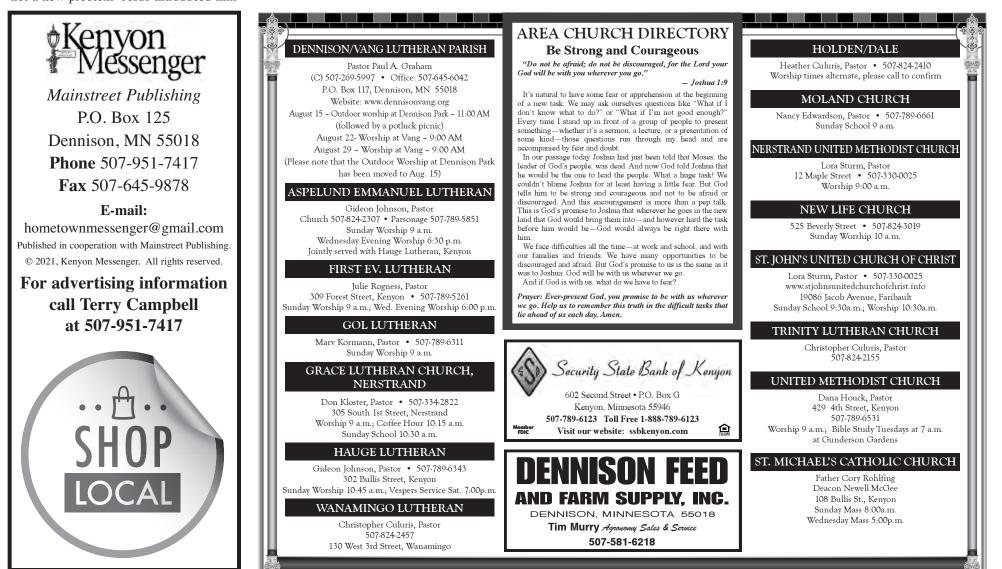
When you feel ashamed- you've taken a wrong turn: Remember who you are!

When you get up tomorrow: Remember who you are!

When you look in the mirror: Remember who you are: You are a son, you are a daughter of the King of Kings, you are a child of God!!! He is with you and will guide you and shape you to become all that He has created you for!!!

Surrender yourself to Jesus Christ. He will make you new- He will give you your true identity. You are more than your circumstances- you are a son of God; you are a daughter of God! Now live like it! No excuses... Remember who and whose you are!!!





bituary

· KENYON MESSENGER -

August, 2021

Forest Melvin Wipperling Forest Melvin Wipperling, 86, of Red



Wing, died Tuesday, July 27, 2021 at his home surrounded by his loving family. He was born July 3, 1935 New in Rockford, North Dakota. He lived there until his family

moved to Minnesota in 1946. After two years living in St. Paul and Red Wing, the family moved to a farm near Goodhue. Forest graduated from Goodhue High School in 1953. In 1954 he joined the US Air Force and in 1955 was assigned to the U.S. Embassy in Paris, France where he was the head of all military passports and visas.

In October 1955 he married Lois Thompson in Paris, France. Forest and Lois lived in Paris for three years until he was discharged in April 1958. After discharge Forest was hired by the Red Wing Police Dept. He quickly moved through the ranks eventually becoming Assistant Police Chief. In 1978 Forest was accepted and attended the FBI Academy in Quantico,

50" cutting width

Iron forged deck

VA. In July 1980 he was appointed Chief of Police of Red Wing. He retired in 1987 to run for Goodhue Co Sheriff. He was elected sheriff in November 1987 and served 12 years.

Forest's 40-year career in law enforcement was filled with busy years of serving on local and state boards in many capacities as a member to president. He also implemented a number of programs as police chief and sheriff. Among those were: Juvenile Officer position, Ride Along Program for high school students, intern program for college students, bike safety program, crime prevention unit, school liaison officer, started the canine unit, as well as incorporated a Sentence to Serve Program in the Goodhue Co. Jail.

Forest also was honored as American Legion Officer of the year, Outstanding Elected Official of the year, Distinguished Service Award for Outstanding Law Enforcement Officer of the Year and Red Wing Jaycees Citizen of the Year.

Forest enjoyed pistol competition and set a state record in 1970 shooting 891 points

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out of 900 putting 44 shots into the X in the middle of the target. He held the rank of distinguished master.

Forest was a member of United Lutheran Church where he served on council, ushered, taught teen Sunday School class and served on the men's cooking team.

Forest was a patient loving father and husband who enjoyed time with family above his law enforcement career. Many weekends were spent at the family cabin in Spooner, Wisconsin where he loved to fish and sit by a bonfire with his family.

Forest and Lois have four children, Robin Wipperling (Keith) Kaiser, Jeffry (Lynda) Wipperling, Cindy (Mike) Adolph and Brad (Linda)Wipperling all of Red Wing, 12 grandchildren and 12 great grandchildren, as well as numerous nieces and nephews. Forest was preceded in death by his parents Julius and Meta Wipperling and his brother Harold.

A private family burial will be held at the Wacouta Cemetery. Memorial service was at 11 a.m. Saturday, July 31, 2021 at United Lutheran Church. Intern Pastor Lisa Hawe officiated. Visitation was 4 p.m. to 7 p.m. Friday, July 30, 2021 at the Mahn Family Funeral Home, Bodelson-Mahn Chapel and Saturday one hour prior to the service at the church. Memorials are preferred to United Lutheran Church, Mayo Hospice or Alzheimer's Association. Online condolences can be sent to the family at www.mahnfamilyfuneralhome.com

To send flowers to the family or plant a tree in memory of Forest M. Wipperling, please visit our floral store.

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Community & Rural Routes

Page 4

Goodhue County Farmer Forced to Sell Cattle **Because of** Drought

Courtesy of KTTC

Farmers in Minnesota are still battling the nationwide drought.

The drought has some deciding to go into early retirement or sell their animals.

These cows should be in grass that should be up to my waist and it's down at my ankles. It's just not growing," said Katie Brenny, of Brenny Farms.

Brenny Farms has 25 cows, a bull and a donkey. She runs the farm with her husband, and the couple is fifth-generation farmers. They raise the cows for beef.

We have the white cows behind me which are Charolais. And the black cows are Angus," Brenny said.

She said within the last two years the farm had seven to twelve inches of water for the grass and this year it's only been about two inches.

"This ground has been so dry and it's so hot. And the winds have been strong this

RoseFest Next Weekend in Kenyon

(continued from page 1)

A vendor sale will be held from 9am to 1pm at Held Bus Garage. A road rally leaves the Elevator at 10am. The kid's pedal tractor pull starts at 10am outside Security State Bank. From 10am to 2pm the Ladies Auxiliary serves a lunch at the VFW. Depot Park will have a kid's fun day from 10am to 2pm with free inflatable activities, petting zoo and face painting.

A parade featuring the Shriner units and the K-W band will take place at 3pm Saturday. There is a bean bag tournament at the VFW at 4pm and bingo at 6pm. A street dance will be held outside the muni at 8:30pm with The Dads.

Sunday, August 22nd there will be a field of flags at the Veteran's Park with the Zumbrota Community band at 1pm and closing ceremonies at 2pm.

(see schedule of events on page 12)

HOPE CREAMERY BUTTER AVAILABLE AT PARKSIDE!

Local has become an important part of consumer's food choices. People like to know where their food is coming from and how is it produced. Hope Creamery fits that profile very well. Our butter is made using an age old process. Vat pasteurization, and small batch quantities are churned fresh every week

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KENYON MESSENGER -

summer. And it just automatically dries that ground out. And so, if it rains today like it did yesterday, which was nice. But it just beats the ground and just runs off. We need it to soak in," Brenny said.

Her last resort to feed the cows is hay, but hay prices have now skyrocketed.

This issue has forced her to make a decision to sell parts of the herd.

"A handful if not a half of dozen that will have to end their time here at Brenny Farms. Just due to simply, they need feed, and I don't have enough," Brenny said.

Gov. Tim Walz said about 40 percent of farmers in the state are at a level two drought, which means it's severe.

Walz has requested the federal government provide aid to allow "emergency haying and grazing on eligible Conservation Reserve Program (CRP) acres in Minnesota counties."

"We've asked USDA to help us on several fronts. One of those is using CREP (The Reserve Enhancement Conservation Program) land. The land that is set aside, that you usually can not hay that, or use it until August 1st. We're asking them to accelerate that because we are going to need it," he said.

"CRP is land that farmers and ranchers put aside for the government to rebuild for natural habitat," Brenny said. Some farmers do CRP ground because that just means, you can't farm it. You get paid to leave it out of production. And kind of let it restore itself, and give back to the beauty of Minnesota."

And this program helps ease the struggle for food producers.

"So, when they can open those CRP grounds for feeding or for grazing or for making hay off of, it just allows us more supply. And allows us to put the cows out on that ground or to just bale it. So, those hay bales can come back home and be fed as dry hay," Brenny said.

And the Minnesota State Cattlemen's Association executive director is happy about the governor's request.

"We are extremely grateful for those programs that are put in place to help buffer producers through natural disasters and droughts like we are experiencing," said Allison VanDerWal. "If I think about this impacting everyone and if I keep it in animal ag, this is going to be a drought that impacts producers for generations."

And the drought's impact goes beyond the farm

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"Maybe it's a box of cheerios. Well, at some point that product started out as a farm product and so it's going to affect everyone. Because when it doesn't rain it doesn't allow us to water any of the crops. If that's corn, or soybeans, or the grass, or alfalfa, or wheat or barley. It might even affect our beverages," Brenny said.

She also said that although her cattle are raised for beef, selling some of them early isn't easy.

"I think they live a better life than I do. They have beautiful grass to lay in even though it was short this year. It does hurt. But at the same time, I can't keep going in debt," Brenny said.

Brenny Farms plans to sell those cows through an auction in Lanesboro by August. She hopes the farm can rebuild the herd in the fall.



Farmer Katie Brenny

Goodhue County WIC Offers Support to Parents to Improve Breastfeeding Rates that Slipped During the Pandemic

A key focus for Minnesota Special Supplemental Nutrition Program for Women, Infants and Children (MN WIC) during Breastfeeding Awareness Month is to call attention to the importance of breastfeeding and to support parents to get back to all the benefits of higher breastfeeding rates.

Breastfeeding rates among MN WIC participants declined during the COVID-19 pandemic and continue to drop in early 2021. Approximately 76 percent of MN WIC participants initiated breastfeeding and 65 percent continued when the baby was eight to 14 days old as of March 2021. Those numbers are down from 80 and 71 percent respectively in January 2020. Some factors contributing to the decline include:

• Infants and mothers unnecessarily separated immediately after birth due to concerns about parent-to-child COVID-19 transmission.

• Less or no lactation support in some birthing facilities.

• Early discharge and fewer post-discharge resources for breastfeeding help.

Breastfeeding benefits babies and mothers. The Goodhue County WIC Program is celebrating Minnesota Breastfeeding Awareness Month in August to emphasize the importance of breastfeeding and help pregnant and new moms participating in MN WIC reach their breastfeeding goals.

COVID-19 vaccine recommendations during breastfeeding

As more Minnesotans receive the COVID-19 vaccine, breastfeeding mothers should know the Centers for Disease Control and Prevention (CDC) says COVID-19 vaccines are not considered to be a risk to breastfeeding moms or their babies. Breastfeeding parents should talk about the vaccine benefits and risks with their health care provider before choosing to receive the vaccine.

• Recent reports show breastfeeding parents who received COVID-19 vaccines have antibodies in their milk, which could help protect their babies.

· Based on similar vaccines, the risk of serious illness from getting sick with COVID-19 is greater than the small relative risk from the vaccine.

Additional resources about breastfeeding during the COVID-19 pandemic are on the MN WIC website.

The COVID-19 pandemic has changed the way we provide services and support women and their children, but this important work continues, being a new mom is wonderful, challenging and sometimes overwhelming. We want to be a key part of a support system and a valuable resource for new moms as they work hard to reach their breastfeeding goals. Breastfeeding Awareness Month calls attention to the importance of breastfeeding and having a strong support system.

Breastfeeding Awareness Month

• World Breastfeeding Week (Aug. 1-7) - Protect Breastfeeding: A Shared Responsibility

• Native Breastfeeding Week (Aug. 8-14) - Nourishing Our Futures

• Asian American Native Hawaiian and Pacific Islander Breastfeeding Week (Aug. 15-21) – Reclaiming Our Traditions

• This is the first year this breastfeeding week is recognized nationally.

• Black Breastfeeding Week (Aug. 25-31) - The Big Pause: Collective Rest for Collective Power

MN WIC Supports Breastfeeding

WIC serves low-income people who encounter greater barriers to achieving their breastfeeding goals. Those who enroll in WIC earlier in pregnancy have improved outcomes, including higher breastfeeding rates. Goodhue County WIC supports and celebrates MN WIC moms as they navigate breastfeeding. Staff provide resources explaining the importance and benefits of breastfeeding and answer any questions at every WIC visit. Breastfeeding moms also receive extra foods to support their nutrition as they feed their babies.

For more information, contact Goodhue County WIC at 651-385-6120.

August, 2021

Goodhue Co. Fair

Page 5

County

All-American

All-American

All-American

9:30 a.m. - Goodhue County Junior

Holstein Association Show (near dairy

Noon to 6 p.m. - Activities in the school-

house hosted by the Goodhue County

Throughout day – All-American Lumberjack Show (near beer garden)

Commissioners Meeting (entertainment

Noon to 6 p.m. - Activities in the school-

house hosted by the Goodhue County

4:30pm - Bridget's Decorated Cupcake

7:30 p.m. - Farm Bureau Century Farm

Friday, August 13 (Senior Citizen's Day)

Noon to 6 p.m. - Activities in the school-

3 p.m. and 6 p.m. - All-American

7 p.m. - Outstanding Senior Award pres-

Lumberjack Show (near beer garden)

Saturday, August 14 (Family Day)

Lumberjack Show (near beer garden)

All events are subject to change

house hosted by the Goodhue County

Lumberjack Show (near beer garden)

Goodhue

barn)

10

tent)

Historical Society

Thursday, August 12

a.m.

Historical Society

Contest (beer garden)

Throughout day

Historical Society

Lumberjack Show

entation (beer garden)

Throughout day

Throughout day

Program (entertainment tent)

(Kid's Birthday Party Day)

Join Us for the 2021 Goodhue County Fair held Aug. 10-14 in Zumbrota

GRANDSTAND EVENTS

Tuesday, August 10, 2021 at 7 p.m. Lawn Mower Derby and Kid's Power Wheels Derby

FREE show

Wednesday, August 11, 2021 at 7 p.m. Demolition Derby

Adults - \$12.00

Under 12 - \$6.00

For more information, visit impdemoderby.com

No one under the age of 12 is allowed in the pits. Children ages 12-17 must have a parent/guardian signature to purchase a pit pass.

Thursday, August 12, 2021 6:30 p.m. Tractor and Truck Pull

Adults - \$10.00

Under 12 - \$5.00

FREE

Hearing

Exam

No one under the age of 12 is allowed in the pits. Children ages 12-17 must have a parent/guardian signature to purchase a pit pass. View minor release form here.

Friday, August 13, 2021 at 7 p.m. Autocross Racing

SLOW

FREE

Consultation

- KENYON MESSENGER -

Adults - \$12.00 Under 12 - \$8.00

For more information, visit impdemoderby.com

No one under the age of 12 is allowed in the pits. Children ages 12-17 must have a parent/guardian signature to purchase a pit pass.

Saturday, August 14, 2021 at 5 p.m. Demolition Derby

Adults - \$15.00

Under 12 - \$10.00

For more information, visit impdemoderby.com

No one under the age of 12 is allowed in the pits. Children ages 12-17 must have a parent/guardian signature to purchase a pit pass.

2021 Free Entertainment Schedule Daily entertainment_

All American Lumberjack Show

Located on the southwest side of beer garden

Join us each day for action-packed lumberjack competitions, intricate wood carvings and kid's lumberjack camps!

Show times TBD For more information, visit lumberjackshows.net.

Just 4 Laffs Kids Entertainment

Located by the children's barnyard/4-H building Providing family-friendly entertainment

for all ages, including live variety shows, magical entertainment, enrichment classes

Show times TBD

and more!

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Selection

(In-Ear &

Behind

Ear)

on Facebook or visit just4laffsmn.com. **FFA Children's Barnyard**

Located west of the 4-H building

Local FFA students will be on hand to introduce kids to plenty of furry friends chicks, rabbits, goats and more! Open Tuesday-Saturday

Goodhue County Historical Society

Located in the school house next to the children's barnyard

The Goodhue County Historical Society offers fun for the whole family. Each day will feature unique programming, so be sure to come back daily to participate in new activities!

For more information, visit goodhuecoun-tyhistory.org.

Éxhibit Buildings

4-H building open daily from 8 a.m. to 10 p.m.

Commercial buildings open from 6 p.m. to 9 p.m. on Tuesday and 12:30 p.m. to 9 p.m. Wednesday-Saturday

Open class exhibit buildings open from Noon to 10 p.m. Wednesday-Saturday

Beer Garden

Open all week with FREE jukebox and bands Wednesday-Saturday

Daily schedules

Tuesday, August 10 (Opening Day) 11 a.m. to 7 p.m. - Open class exhibit entry (except quilts)

1 p.m. to 4 p.m. - TRIAD – Goodhue County Sheriff's Department

4:30 p.m. to 7:30 p.m. – Goodhue County

Sheriff's K9 Unit

Wednesday, August 11 (Day Care Day)

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Whether you're showing a bottle calf, baking a pie, or just attending the shows, thank you for supporting the fair.

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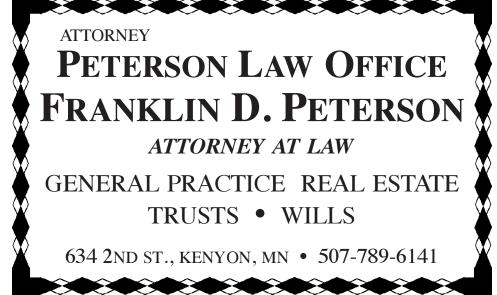
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MUTUAL



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Neighbors

August, 2021

THE KING with Cash & Diamond Returning to Dennison

(continued from page 1)

You may have seen their show on the dockside bar at Breezy Point or if you have been to Dennison the past few years on Labor Day Weekend, Chris Olson performs this entertaining tribute of The King, and will be bringing his talents and show back to DENNISON, MINNESO-TA on Friday, September 3. Show time will be at 7:30p.m. This will be a rain or shine event under the big top at the Fireside.This years show also has a new guest, bringing an additional voice to the stage, saluting Johnny Cash and even some Neil Diamond. More about that a few paragraphs below.

Chris Olson's life seems so inevitable. The hair, the eyes, the sneer, the stride, and the voice - "THAT VOICE". It's obvious that he was born to play Elvis. Though Chris nursed his dreams of being a rock and roll star, he was somewhat unfamiliar with Elvis Presley the American icon. Chris, being just 10 years old at the time of Elvis' passing, couldn't quite figure out what all the commotion was about during the funeral; the radio and TV exposure, etc.Chis Olson is from White Bear Lake, Minnesota. ing on Mary Ann's part.

Chris was hesitant on growing the large Elvis-like chops, and Mary Ann remembers Chris saying, " An Elvis performer? I don't know. Who will come to hear me sing? Much less, pay me to sing like Elvis? Naah, I'll pass!"

Time went on, and Mary Ann was starting to give up on the idea of Chris being an Elvis performer.

Then, one day after she came home from shopping, she heard the song Are You Lonesome Tonight.

As she entered the basement, Chris turned around with the microphone in his hand. Mary Ann asked, "Is that you singing?" Chris answered, "Yeah, it's me." She said, "I thought it was an Elvis CD!". Immediately Mary Ann said, "That's it! You're going to be an Elvis performer!". Mary Ann, being the big Elvis fan that she is, new she had to share this chilling talent with the public. Chris grumbled, "OK, but do I have to grow those big chops?". Mary Ann answered, "Yep!"

That was the start of he MEMORIES OF ELVIS SHOW, by Chris Olson.

After a successful show in 2018 at the Fireside, Doug Allen Nash will be returning for the Labor Day weekend show, performing his tribute to Johnny Cash and Neil Diamond.

SESAC affiliated writer/publisher and Nashville recording artist Doug Allen Nash (www.dougallennash.com) has performed internationally in over 85 countries while touring for USO, MWR, and Armed Forces Entertainment. He was a featured artist on



Born in 1967, he always had a love for music. He was in a rock band with some high school buddies. While courting his girlfriend Mary Ann, she recalls Chris asking her "Is that all you listen to, Elvis?". Mary Ann answered, "That's it. There's nothing else to listen to!"

Mary Ann, being a strong willed Elvis fan who has seen Elvis Presley live three times, is now Chris' wife and booking agent. It was Mary Ann who recognized Chris' singing talent. As Mary Ann tells it, Chris was singing along with the Elvis music she never turned off, and sounding more like Elvis everyday. She new the potential Chris had as the Elvis performer which Elvis fans had been missing since his passing 16 years earlier, in 1977. So, it's now 1993. Chris and Mary Ann are married. She gets right to work fashioning Chris into the Kings image, though this did take some convincthe Armed Forces Network commercial in Europe, appeared on radio and television interviews as well as radio play on European Music Charts. Nash has also performed nationally from the Las Vegas strip to major casinos and resorts such as Sun Valley, Idaho, Opryland Hotel, and Taj Mahal in Atlantic City.

He has been the opening act for Wayne Newton, Charlie Daniels, Huey Lewis and the News, The Oak Ridge Boys, Montgomery Gentry and other national recording artists as well as being the house band for the largest grossing venue in Texas, City Streets. Nash co-produced the trademark show 'Almost Angels', a longrunning production in Atlantic City.

It is because of Doug Allen Nash's great performances and charisma that he received the United States Department of Defense's Certificate of Esteem Award, Certificate of

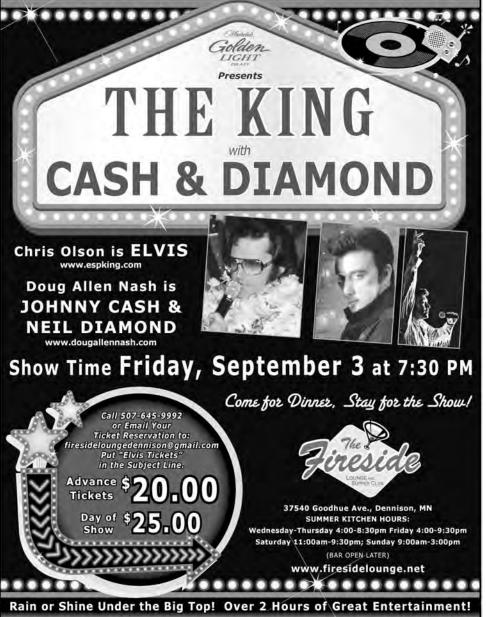


Appreciation Award, Republic of Korea's Apple of Excellence Award, and inducted into the South Dakota Country Music Hall of Fame.

Doug Allen Nash has performed many styles and varieties of music over the course of his career in the entertainment business and continues to perform with passion. He is currently performing "Johnny Cash Tribute - American Icon". It is in this production, Nash debuts one of his own songs "June" co- written and co-produced with Jeff Silverman in Nashville, TN. Engineering mix by Grammy Award Winners John Carter Cash and Chuck Turner at Cash Cabin Studio in Hendersonville, TN.

You can see both of these great artists in Dennison September 3rd.

Advance Tickets are just \$20.00. \$25.00 Day of Show. Call Fireside at 507-645-9992 or e-mail them at firesideloungedennison@gmail.com to order tickets. You can also make dinner reservations that evening ahead of the show.



August, 2021

Harvey Mackay

- KENYON MESSENGER

Priceless Gifts You Can Give



By Harvey Mackay

A woman who lived far beyond eight decades had been in the habit of having a birthday party every year. Her friends and relatives always remembered her with little gifts, usually knick-knacks for her house.

As she was getting ready for her 90th birthday party, a friend asked her what gift she wanted for her birthday that year.

"Give me a kiss," was her reply. "Then I won't have to dust it."

Yes, I know that's not always a safe option in these Covid times. But you get the idea. Creative gift giving is an art.

Strive for a gift that shows you have taken the trouble to pay attention to the recipient and have a genuine interest in them. Price isn't important; sometimes the best gifts cost little or nothing, because they come from the heart. I recently came across a list of priceless, useful, thoughtful gifts anyone can give – and better yet – they are all free. I guarantee the recipient will love them.

The gift of listening. No interrupting, rushing the speaker, letting your attention wander or finishing the speaker's thoughts. No planning your responses or trying to top the speaker's story. Just listen.

Good listeners steer conversations toward other people's interests. When you feel you are being listened to, it makes you feel like you are being taken seriously and what you say really matters. And remember, you can't learn anything when you are doing the talking.

The gift of affection. Be generous with appropriate pats on the back, hand holding, hugs and even kisses, like the 90-year-old woman preferred. (Again, keep pandemic recommendations in mind.) Find a way to show your love, especially when so many people are craving human contact.

The gift of support. Show your co-workers that you care by empathizing with them, displaying concern and understanding. Be compassionate and try to build deeper relationships. Open up a bit and be understanding. Try to anticipate needs, and help when needed and wanted. Just be interested in others.

The gift of laughter. Share articles, positive news, funny stories and cartoons to tell someone, "I love to laugh with you." Laughter makes you healthier and feel better. A laugh a day keeps the doctor away. Maybe people should take a humor or joke



break ... instead of just a coffee break.

The gift of a compliment. Everyone likes a hearty "well done." Mark Twain once said, "I could live for two months on one good compliment." Who doesn't love to receive compliments? They make everyone feel better.

Compliments not only reassure people, they create positive energy, strengthen relationships and build trust. They are a sign of respect. You don't need to be an expert at giving compliments. You just need to be sincere and genuine.

The gift of solitude. Be sensitive to the times when others want nothing more than to be left alone. Solitude does not mean loneliness. It's natural to feel overwhelmed at times, so time alone can be refreshing.

The gift of joy. Be happy and joyful whenever you can. Your mood should never turn into gloom and doom for others. One of my favorite authors, Norman Vincent Peale, said: "Joy increases as you give it, and diminishes as you try to keep it yourself. In giving it, you will accumulate a deposit of joy greater than you ever believed possible."

The gift of friendship. Without friends, life would hardly be worth living, so let your friends know just how much they mean to you today. I've always felt that the best vitamin for developing friends is B1.

I can't imagine what my life would have been like if I hadn't had such loyal and true friends. I am fortunate to number among my friends several classmates from first



grade, as well as people I just met. My friends have saved my bacon over and over again. A few have actually saved my life.

The gift of your smile. A simple smile breaks all the barriers of language and culture. The more you smile, the happier other people around you feel. Never underestimate the value of a smile.

People all over the world smile in the same language. A smile should be standard equipment for all people, both at work and at home. It takes only 17 muscles to smile and 43 to frown – so really, you have no excuse. Put on a happy face!

Mackay's Moral: Gifts that are freely given are worth more than all the gold in Fort Knox.

Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."



Page 7

August, 2021



I visited friends on a lake and noticed the plantings (or not) of the various properties. Shoreline planting provides physical stabilization of a

lakeshore or river bank. The extensive root systems of native plants embrace the soil and hold it in place. They also benefit the water ecosystem by filtering-out pollu-

tants from water runoff, creating healthy shoreline habitat. Attracting birds, butterflies and hummingbirds.

While it's a great idea to contact your local Soil and Water Conservation District to find what plants are best for your particular area, there are some good overall choices to consider. These plants for wetlands/lakeshore are native to the Upper

Teri Knight

Midwest and you can find them at nurseries like Prairie Moon Gardenbite or Prairie Nursery out of Wisconsin offers plans for buffer zones.

The 2nd best time to plant is mid-August to mid to late September, depending on your weather conditions.

Swamp milkweed grows 3 to 4 ft tall in sun to part shade. It's a close relative of the common milkweed and monarch love IT too.

Blue vervain is pretty awesome. It has multiple delicate blue flowers and grows 2 to 6 ft. tall in sun to part shade. Sandpipers, cardinals and juncos eat the seeds and, bonus, due to its high nectar content, bees and butterflies visit blue vervain. Best of all, it blooms all summer.

As for a shrub, Chokecherry is great and grows to about 20 ft in sun to part shade. It's spring flowers are incredibly aromatic! Ruffed grouse and many other birds and mammals (chipmunks, fox, bears) love the berries. Often, a dozen or more birds can be seen feeding actively on ripe cherries in a single shrub.



swamp milkweed from **Prairie Moon**

Top 10 shoreline plants from University of Wisconsin Burnett County.

Teri Knight became a Master Gardener with Dakota County, Minnesota in 2003, She currently produces her website, www.gardenbite.com, that supplements her daily radio program which has aired Monday thru Friday on radio stations throughout Minnesota since 2007. In 2017, several stations in Wisconsin began airing her show. Teri's been involved in community projects which include a Junior Master Gardener program for 8 to 12 year olds, designing and planting a garden for a women's center and various other organizations! Teri's Garden Bite Radio Program can be heard weekday mornings on AM 1080 and 95.1 FM, KYMN Radio from Northfield, MN



For something different

Keeping You Informed During this Difficult Time www.kymnradio.net



Dear Savvv Senior.

Over the past few years my 57-year-old husband's snoring has gotten much worse. It's to the point that I have to either wear earplugs or move to a different room. Any suggestions? -Sleep Deprived Susan

Dear Susan,

Snoring is a very common problem that often gets worse with age. Around 37 million Americans snore on a regular basis according to the National Sleep Center.

Snoring occurs when the airway narrows or is partly blocked during sleep usually due to nasal congestion, floppy tissue, alcohol, or enlarged tonsils. But you and your husband also need to know that snoring can be much more than just an annoyance. It can also be a red flag for obstructive sleep apnea, a serious condition in which the snorer stops and starts breathing during sleep, increasing the risks of cardiovascular disease, stroke, cardiac arrhythmia and hypertension. According to the American Academy of Sleep Medicine, 34 percent of men and 19 percent of women who snore routinely have sleep apnea or are at risk for it.

Self-Help Remedies

Even if you are unsure whether your husband has a primary snoring problem or sleep apnea, sleep experts suggest you start with these steps.

Open a stuffy nose: If nasal congestion is causing your husband to snore, over-the-counter nasal strips such as Breathe Right may help. Or, if allergies are the cause, try saline nasal sprays.

Elevate his head: Buying a foam wedge to elevate his head a few inches can help reduce snoring, or buy him a contoured pillow to lift his chin and keep the tongue from blocking the back of his throat as he sleeps. Also check out Smart Nora, a wireless snoring device that slides under the pillow and gently moves the head to a different position when snoring is detected. This, they say, stimulates the relaxed throat muscles and opens the airway. Sleep on side: To prevent back sleeping, which triggers snoring, place a pillow against your husbands back to keep him from rolling over or sew a tennis ball in the back of his pajama shirt. Or check out the Night Shift Sleep Positioner, a device that's worn around the neck that vibrates when you roll on your back.

Avoid alcohol before bed: Alcoholic beverages can relax the muscles in the throat, and constrict airflow. He should not consume alcohol three to four hours before bedtime.

Lose excess weight: Fat around the neck can compress the upper airway and impede airflow and is often associated with sleep apnea. Quit smoking: Smoking causes inflammation in the upper airways that can make snoring worse.

Need More Help

If these lifestyle strategies don't make a big difference, your husband should see his doctor, a sleep specialist, or an otolaryngologist who may recommend an overnight study to test him for apnea.

For primary snoring or mild to moderate sleep apnea, an oral appliance that fits into the mouth like a retainer may be prescribed. This shifts the lower jaw and tongue forward, keeping the airway open.

Some other options are Theravent snore therapy and Provent sleep apnea therapy, which are small nasal devices that attach over the nostrils to improve airflow.

But the gold standard for moderate to severe sleep apnea is a continuous positive airway pressure, or CPAP, device. This involves sleeping with a mask and is hooked up to a machine that gently blows air up your nose to keep the passages open.

If these don't work or are intolerable, surgery is an option too. There are procedures available today that remove excess tissue in the nose, mouth, or throat. And a newer procedure called hypoglossal nerve stimulation that uses a small device implanted in the chest to help control the movement of the tongue when it blocks the airway.

Local Government

- KENYON MESSENGER -

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 8th day of June 2021. The meeting was called to order by Mayor Henke.

The following members were present: Mayor Doug Henke, Council Members Dan Rechtzigel, Mary Bailey, and Tom Gard. Absent: Molly Ryan

Also, present: Administrator Mark Vahlsing, Administrative Assistant Holli Gudknecht, Police Chief Lee Sjolander, Engineer Derek Olinger, Michelle Vlasak reporter for Kenyon Leader, Attorney Scott Riggs, Liquor Store Manager Matt Bartel, Jim Gould, Todd Greseth, Matt Maring, Ron Peterson, Kevin & Kim Helgeson, Greg Canton, Mayo Staff: Jason Wray-Raabolle, Kristy Jacobson, Stephanie Olson, Kaia Yngve, Shannon Cliff

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Matthew Maring voiced his concerns about ATV's that are vandalizing his property in the City along with neighboring fields and also that they are generally not following the laws.

Todd Greseth, Goodhue County Commissioner, stopped by to check in and let the Council know to contact him if they had any concerns or questions.

ADOPT AGENDA

Motion by Rechtzigel second by Bailey to approve the agenda. Motion carried 4-0-0. CONSENT AGENDA

CONSENT AGENDA

Motion by Rechtzigel second by Bailey to severapprove the Consent Agenda, which tion

includes payment of check numbers 72320 through 72386; 3731E through 3748E; and additional checks 72387 through 72412. Motion carried 4-0-0.

> PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/ PROLAMATIONS Mayo Mobile Clinic

Jason Wray Raabolle, M.D., representing the Mayo Clinic Health System, gave a presentation on the mobile health clinic that is coming to Kenyon. He reviewed the features of the clinic and the services that will be available. The plan is to have the clinic in Kenyon every two weeks on Mondays and Wednesdays beginning by the end of June.

ENGINEERING

Red Wing Avenue Construction Update Engineer Olinger stated that Wencl Construction has been completing some final touches on Red Wing Avenue. The final paving should be completed later this week. The final completion date of all items is June 26, 2021.

Pay Request #9 – Wencl Construction

Motion by Henke second by Gard to approve pay request No. 9 to Wencl Construction in the amount of \$41,796.76 for work completed through May 21st. Motion carried 4-0-0.

Business Park/Utility Extension Project Update

Engineer Olinger stated that A-1 Excavating has been working on site for several weeks now. The substantial completion date for the project is July 2, 2021.



Duties include covering feature and human interest stories and upcoming events in the Messenger coverage area. Will also work with content production for future on-line distribution.

Pay negotiable and based on experience.

Qualified applicants will possess:

- Ability to work with deadlines
- Great people skills
- Knowledge of/access to a computer
- Enjoy small town atmosphere
- The ability to work some night hours as needed for editorial

Email resume and sample of work to: hometownmessenger@gmail.com or call Terry at 507-951-7417



Pay Request #4 – A-1 Excavating

Motion by Gard second by Bailey to approve pay request No. 4 to A-1 Excavating in the amount of \$104,360.16 for work completed through May 21st. Motion carried 4-0-0.

FEMA Flood Repairs

Engineer Olinger presented the plans for the FEMA Flood repair project. The project will go out for quotes in the near future with the project being completed this summer. LEGAL

Power Sales Agreement for Purchase of Wind Energy

Attorney Riggs stated that the Wholesale Power Agreement would enter KMU into a 20-year contract with Midwest Power Partners to supply wind power. The contract is coordinated through Central Municipal Power Services.

Resolution 2021-10 Authorizing the Execution of a Wholesale Power Agreement

Motion Bailey second by Rechtzigel to adopt Resolution 2021-10. Motion carried 4-0-0.

CIT Tower Agreement – Jim Gould

Attorney Riggs stated that Jim Gould requested that the City look into removing a communications tower adjacent to his property at 103 Gates Avenue. Jim Gould addressed the Council with his concerns about the communication tower located at 107 Gates Avenue, PID# 66.640.0181. He doesn't feel the tower is being used and would like to see it taken down. Attorney Riggs stated that this could be a complicated situation that more research will need to be done on.

OLD BUSINESS Update on Mayo Health Systems Mobile

Clinic

Administrator Vahlsing stated that this update was covered by the presentation at the beginning of the meeting.

NEW BUSINESS



Municipal Liquor Store Break-in

Liquor Store Manager, Matt Bartel, reported that the Municipal Liquor Store was broken into on the morning of May 29. Three pull tab machines were broken into and wash was stolen from them. Some changes are being made to the alarm system and a claim has been filed with the League of Minnesota Cities.

Police Chief Hiring – Approve Change to Job Description

Administrator Vahlsing stated that the city is currently advertising for a police chief. Some changes have been made to the police chief job description.

Motion by Rechtzigel second by Gard to approve the updated police chief job description.

Motion carried 4-0-0.

Schedule of Upcoming Meetings KMU Meeting: Tuesday, May 18 @ 2:00 p.m.

City Council Meeting: Tuesday, July13 @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Police Chief Sjolander responded to the citizen comments made at the beginning of the meeting concerning the ATV usage in the City.

Mayor Henke expressed his concerns with the police chief and stated that he thought two more full-time officers were needed.

Motion by Bailey second by Henke to adjourn the meeting at 8:47 p.m. Motion carried 4-0-0.

Holli Gudknecht, Administrative Assistant Douglas Henke, Mayor

K-W School Board Eyes Fall Referendum

(continued from page 1)

Board members are planning to visit with residents of the district to get a feel for the mood of the voters.

The Goodhue County Education District will be offering tuition free online learning this year. Their research finds that one on five students do real well with online learning and have a program which will provide a chrome book laptop for each student opting out of in school learning. K-W will retain state funding for these students. Graduating seniors who complete online learning can still participate in the K-W commencement program.



Changes in Latitudes, **Changes in Attitudes Run Aground**



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

The American Cruise Line has big boat that comes past Dover frequently. It is on the Music City Cruise route. The 8-day trip starts at Memphis and heads up the Mississippi to Paducah where it stops for the first night. There the ship passes through the lock into the Cumberland River. It comes down Lake Barkley and stops for a

Share Your Good News!

Submit your engagement,

wedding or

birth announcement.

day at Dover to tour the historical Civil War battlefields. From there it is on to Clarkesville and finally to Nashville.

The cruise ship has six decks and 99 cabins, accommodating 190 guests. There are two lounges, a dining room, a café, a library, yoga/fitness room, laundry and four observation/sundecks.

We see many barges coming up and down river on a daily basis and have a couple times passed the cruise ship while piloting our 17' runabout on the river. Our little bowrider has a draft of a couple feet and one makes sure to stay between the marker buoys on the river because even a small runabout can touch bottom in some places. Lake Barkley was formed about seventy years ago when the hydro-electric dam was built on the Cumberland River. Flooding a river will give you a lot wider waterway, but the shoreline can be misleadingly shallow if you are not careful.

So back to the mechanics of boating where the weight of your craft determines the draft, or depth of your hull below the waterline. One assumes if you were piloting a mega-million dollar cruise ship, the captain would be well schooled in avoiding river bottoms. Really no excuse for a mistake with modern depth finders and navigational tools.

But imagine our amusement in June when the American Jazz Cruise Ship ran aground just outside Dover. Seems the captain steered the ship on the wrong side of the channel buoy and got stuck in the mud. Took a couple Coast Guard tug boats to pull the ship free. And plenty of amusement to the local folk. Moral of the story seems to be if you see a tree growing in the lake, you might be in pretty shallow water.

A Minnesotan: Rain Above the Trees



By RosaLin Alcoser

Watching the rain come down during a thunderstorm from the 11th floor of a high rise apartment building is one of the most anti-climatic experiences of my life. As it would turn out living so high up might give you a nice view of the city but takes away the wonders of watching it rain.



Growing up in rural Minnesota one of my favorite things to do was always sit on the porch or by the window and watch it rain. Getting to watch the droplets of water roll down the glass of the window is the only thing that you can really do from this high up.

There was what should have been a good thunderstorm up in the Twin Cities one morning in late July. So I took my morning coffee and settled by the window to watch it rain. I did this only to find out that the sound of the rain hitting the road while the wind pushes through the leaves creating a damp spray through the air are all lost once you get above tree level.

Now don't get me wrong, living above tree level has its moments; like when balloons get loose from a graduation party and drift past the window as they make a break for freedom. But that comforting feeling of being out on the porch with a steaming cup of coffee watching the rain hit the pathment in the driveway while the trees sway in the wind is completely lost when you live so high up you can watch stray balloons drift in the wind.





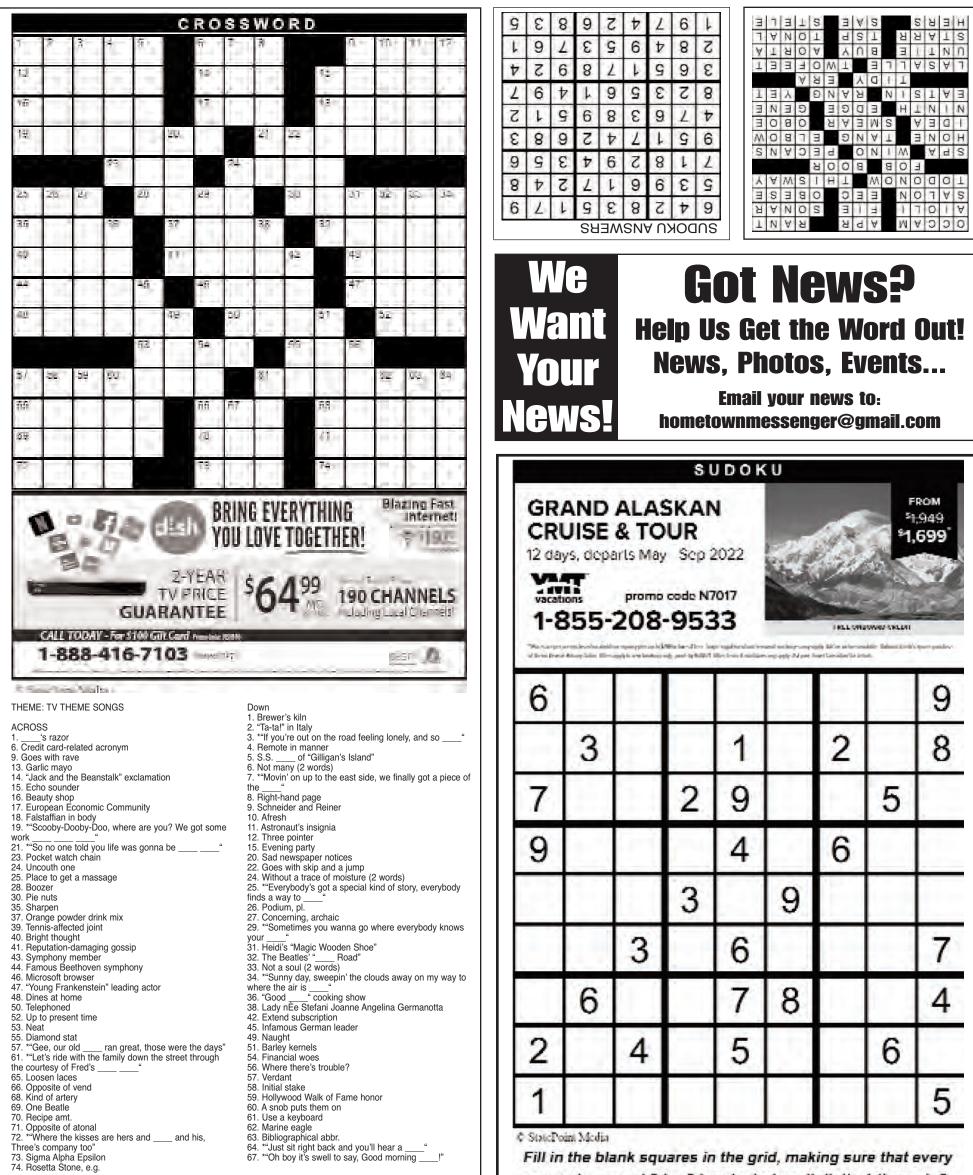
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August, 2021

Entertainment

KENIVON MESSENGER



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Page 11



Thursday, August 19th

• 7pm Iron Heart Pro Wrestling at Kenyon Fire Hall

Friday, August 20th

- City Wide Garage Sales
- 10am-4pm Book Sale in City Council Chambers
- 1pm KW Knights Booster Club Golf Tournament
- 5pm-7pm Hog Roast inside the VFW
- 5pm-8pm Wine/Beer Tasting at Fire Hall

FRIDAY FUN NIGHT AT THE PARK AND POOL

- 5pm Fire Trucks & Police Car Tours
- 6pm Xtreme Water Slide
- 7pm Rose Fest Regatta at Pool
- 8pm-10pm Free Pool Party
- 7:30pm-10:30pm Live Music inside VFW 21+, No Cover -**"MITCHELL HALL & THE TENNESSEE TRIO"**
- 8:30pm-12:30am Street Dance outside Kenyon Muni -All Ages, \$5 cover - "THE LOCAL HOOLIGANS"

Saturday, August 21st

- City Wide Garage Sales
- 8am 5K Run/Walk KW Athletic Booster Club Fundraiser at High School
- 8am-2pm Car Show
- 9am Tractor Pull at Maring Auction Lot
- 9am-12pm Book Sale in City Council Chambers
- 9am-1pm Vendor and Craft Market at Held Bus Garage/ Jon Held's KW Area Gift Drive
- 10am Road Rally Line Up at Elevator

10am Kids Pedal Tractor Pull at Security State Bank

- 10am-2pm Ladies Auxiliary Lunch at VFW
- 10am-2pm FAMILY FUN DAY AT DEPOT PARK -Free inflatables, Petting Zoo, Face Painting
- 11am-2pm Gunderson House Tours/Pop-up Museum
- 3pm Parade featuring Shriner Units and K-W Band
- 4pm Bean Bag Tournament Kenyon Muni
- 6pm-8pm Family Bingo inside VFW
- 8pm-12:30am Street Dance outside Kenyon Muni -All Ages, \$10 Cover -

Tony Williams opening for "THE DADS"



Security State Bank of Kenyon

Visit our website: www.ssbkenyon.com

FRIDAY NIGHT ENTERTAINMENT

7:30pm-10:30pm Live Music inside VFW - 21+, No Cover -**"MITCHELL HALL & THE TENNESSEE TRIO"**

8:30pm-12:30am Street Dance outside Kenyon Muni -All Ages, \$5 cover





SATURDAY 3pm **PARADE** Featuring Shriner Units and K-W Band!

SATURDAY NIGHT

FAMILY BINGO 6pm-8pm inside VFW

STREET DANCE

8pm-12:30am Kenyon Muni \$10 Cover • All Ages

Tony Williams opening for

Jads

Sunday, August 22nd

- FIELD OF FLAGS at Veteran's Park Friday/Saturday/Sunday To reserve a flag, call Mac at 789-5461.
- 1pm Sunday Zumbrota Community Band
- 2pm Sunday Closing Ceremony

602 Second Street, P.O. Box G, Kenyon, MN 55946

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