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MAY, 2023

Volume 17 • Issue 1

## Kenyon City Council Meeting

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 March 2023. The meeting was called to order by Acting Mayor Ryan.

The following members were present: Council Members Kim Helgeson, Lee Sjolander, Mary Bailey, and Molly Ryan  
Absent: Doug Henke

Also, present: City Administrator Mark Vahlsing, Administrative Assistant Holli Gudknecht, Police Chief Jeff Sjoblom, Engineer Derek Olinger, Attorney Joseph Sathe, Officer Brian Homeier, Public Works Director Wayne Ehrich, Attorney David Jacobsen, George Eilertson, Briana and Joe Jensen and Family

The meeting opened with the Pledge of Allegiance.

*(continued on page 21)*

## New K-W Superintendent Hired



Beth Giese

The Kenyon-Wanamingo school board approved hiring Beth Giese as the new superintendent and elementary school principal at the April school board meeting. The school board had interviewed five candi-

dates for the position before narrowing down the search between Giese and Joel Whitehurst, longtime WEM superintendent.

Giese was a high school special education teacher at Kasson-Mantorville school district before serving as an elementary teacher and principal at Cannon Falls school district. She held the position as superintendent at St. Francis and was most recently was employed with the Minnesota Department of Education.

The K-W school district hired Giese for a

one-year contract at about \$70,000 less than the current superintendent. The financial position of the Kenyon-Wanamingo school district necessitated a cost savings in filling the position while they work through the fiscal financial problems at hand.

Giese and her husband have three grown children and were originally from the Goodhue County area. She looks forward to being back in the southern Minnesota community.

## Signage and So Much More

By Cheri Roshon

With graduation right around the corner, I was curious to see what D & S Banner, Sign and Print had in the way of acknowledging the 2023 seniors. You've most likely seen the signs in front of the graduating seniors' homes, letting people know how proud the parents are of this milestone? Did you ever wonder where they came from? My assumption was "online" orders. But when I walked into the appropriately named shop at 113 Forest St. in Kenyon, I was literally blown away by everything available in this store!

Owner Sarah Jystad was busy with an order when I popped in, so after she greeted me as I walked in the door, I looked around the shop.

This business is amazing! If you asked me, "Well, what do they do?", my answer would be, "What don't they do?" There are racks of Kenyon Knights jerseys, tee shirts and hoodies. Hats embellished with business names, coffee mugs with family pictures and cute sayings on them, and one of my personal favorites, wrapped canvas pictures. Every year, my family does a photo shoot with as many members in it as possible and does a wrapped print for each of us to remember it by. Not an easy feat with a daughter in every time zone, so it is a special commemoration of the yearly event that we all enjoy. I asked Sarah how the printing process works. "We work with you on each and every project", she answered. "You bring in your own ideas and artwork, or we can take your ideas and work on your design for you."

*(continued on page 5)*



Sarah Jystad

## Announcements

• **Hiawathaland Transit:** Service hours are 7:30am-4:30pm Monday through Friday. Call dispatch at 866-623-7505 Monday through Friday 6am-9pm and Saturday 7:00am-5:00pm. Visit [threeiverscap.org](http://threeiverscap.org) for more information.

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- Chronic care management
- Preventive care
- Health, weight and vision screenings
- In-office procedures
- Immunizations and flu shots



Chris Werner, CNP, APRN

## Ecclesiastes: "Reflections from an Old Preacher"



By Pastor Colin Rueter,  
New Life Church  
(colin@nlcwanamingo.org)

Ecclesiastes: [ /uh-klee-zee-a-steez/ ] noun -- a translation of the Hebrew word koheleth, which means "one who convenes an assembly" or simply a preacher. The name of this text for us is a Greek word connected with another Greek word, ecclesia, meaning "a gathering" used to describe God's people gathering as the Church.

The Book of Ecclesiastes does not directly identify its author. There are quite a few verses that imply King Solomon wrote this book and some clues in the context that may suggest a different person wrote it after Solomon's death, possibly several hundred years later. Still, the conventional belief is that

the author is Solomon. If King Solomon did indeed write this text, it was likely written towards the end of his reign, approximately 935 B.C.

### OVERVIEW:

Two phrases are repeated often in Ecclesiastes. The word translated as "vanity" appears often, and is used to emphasize the temporary nature of worldly things. In the end, even the most impressive human achievements will be left behind. The phrase "under the sun" occurs 28 times, and refers to the mortal world. When the Preacher refers to "all things under the sun," he is talking about earthly, temporary, human things. Simply put, we know that life is brief. Yet to say that life is brief is not to deny its meaning, thus when we say vanity, we do not imply meaninglessness. On the contrary, the Preacher knows that worshiping God and doing the divine will provide humans with a worthy goal and meaning in their lives. The first seven chapters of the book of Ecclesiastes describe all of the worldly things "under the sun" that the Preacher tries to find fulfillment in. He tries scientific discovery (1:10-11), wisdom and philosophy (1:13-18), mirth (2:1), alcohol (2:3), architecture (2:4), property (2:7-8), and luxury (2:8). The Preacher turned his mind towards different philosophies to find meaning, such as materialism (2:19-20), and even moral codes (including chapters 8-9). He found that everything was meaningless, a temporary diversion that, without God, had no purpose or longevity. Chapters 8-12 of Ecclesiastes describe the Preacher's suggestions and comments on

how a life should be lived. He concludes that without God, there is no truth or meaning to life. He has seen many evils and realized that even the best of man's achievements are worth nothing in eternity. So, he advises the reader to acknowledge God from youth (12:1) and to follow His will (12:13-14).

### SO WHAT?

We all desire meaning in life. Often that search takes us along winding, up-and-down paths filled with bursts of satisfaction that shine bright for a time but eventually fade. In one sense, it is satisfying to see that experience echoed throughout Ecclesiastes. Ecclesiastes is a book of perspective. The account of "the Preacher" reveals the depression that inevitably results from seeking happiness in worldly things. This book gives Christians a chance to see the world through the eyes of a person who, though very wise, is trying to find meaning in temporary, human things. Most every form of worldly pleasure is explored by the Preacher, and none of it gives him a sense of meaning. In the end, the Preacher comes to accept that faith in God is the only way to find personal meaning. He decides to accept the fact that life is brief and ultimately worthless without God. The Preacher advises the reader to focus on an eternal God instead of temporary pleasure. Ecclesiastes is seeing life through human eyes, a life that is "like a mist" and helps us to turn our eyes to full meaning, purpose, and joy in the life we have through Jesus Christ. If you have you struggled with misplaced pursuits in life, this text will turn your eyes to behold your God. Has life fallen short of your

desire for meaning and purpose? Hear the words of the Living God in this text that they might encourage you to place your trust solely in Him, in this life and in the life to come.

Next month, we will walk through the Book of Song of Solomon, a text often "skipped over" due to its poetic and romantic content. My prayer is that we would see the goodness in this inspired text and seek to know the "full counsel of God's word" (Acts 20:27) for our good and God's glory. May God bless you and keep you until then!

If you have questions, need prayer, or encouragement, please contact me. Reach out to me via email: Colin@nlcwanamingo.org or by phone: 507-824-3019.

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**Ann Traxler**  
Attorney

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Mainstreet Publishing Minnesota, Inc.

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Dennison, MN 55018

Phone 507-951-7417

Fax 507-645-9878

www.kenyonmn.net

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Published in cooperation with  
Mainstreet Publishing Minnesota, Inc.  
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**AREA CHURCH DIRECTORY**

**The Gospel, the Power of God**

*I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes. . . — Romans 1:16*

Paul was preparing to visit Rome, the capital of the empire. He was on his way to Jerusalem to bring the poverty-stricken people there a generous gift. From Corinth he wrote his most robust letter, which we now call the book of Romans—and already here in the prologue, he has made a most audacious statement: "I am not ashamed of the gospel. . . ." Paul felt indebted to the gospel—the good news of Jesus. He was ready to preach the gospel, and he was not ashamed of it.

Paul was not ashamed of the gospel even though he was arrested and flogged and stoned nearly to death because of it. Paul was not ashamed because the gospel is "the power of God that brings salvation to everyone who believes" in Christ as Lord and Savior. The gospel is God's power for salvation. And this power is available for all who believe. It doesn't matter what people or nation they come from. What matters is that they believe.

The door of salvation is open in Christ. Behold the power of the gospel!

*Lord, thank for giving us the gospel, the good news of Jesus, with its power for all who believe. Thank you for your grace and mercy in sending Jesus so that we can be saved to new life in you. May we live by faith in you, knowing that we never need to be ashamed because of you. In Jesus, Amen.*

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## Carol LaVonne Johnson

Carol LaVonne Johnson, age 86 of Cannon Falls, died at Cannon Rivers Senior Living in Cannon Falls, MN, on Tuesday, April 11, 2023.

Carol was born on November 8, 1936, the daughter of Lewis and Christine Gjemse. She grew up in Hader and graduated from Wanamingo High School in 1954.

She married Conrad Johnson on July 16, 1955, and they had four children. She worked at Kid Duds and eventually became the bookkeeper for Johnson Logging. She had a pas-



sion for sewing and making quilts and loved to dance and play cards. Carol was an expert at baking and always had goodies to eat at her house, especially her famous cinnamon rolls. She was also a caregiver, taking care of her husband, Conrad, after his many accidents, and her uncles and parents in their older years.

She enjoyed her children and grandchildren and loved to host holidays and other special events. She was a member of Urland Lutheran Church and most recently Emmanuel Lutheran Church at Aspelund.

She is survived by her husband of 67 years, Conrad "Connie" Johnson of Cannon Falls; her four children, Rod (Bernie) Johnson of Cannon Falls, Julie Johnson of Northfield, Danny (Callie) Johnson of Hampton, and

Sharie Samuelson of Louisville, Kentucky. She is also survived by her 11 grandchildren, 25 great-grandchildren, and 3 great-great-grandchildren; brother, LeRoy (Carol) Gjemse of Hader; sister-in-law, Judy (Ray) Wachter of Cannon Falls; along with many nieces and nephews.

She was preceded in death by her parents, Lewis and Christine Gjemse; brother, Bobby Gjemse; nephew, Jody Gjemse; and niece, Becky Gjemse.

A memorial service was held on Friday, April 14 at 11:00 am, with visitation from 10:00-11:00 am, at Emmanuel Lutheran Church at Aspelund. Interment followed at Urland Lutheran Cemetery.

Construction company until 1985 where he then went to work for the City of Wanamingo, where he also ran the Wanamingo water treatment plant. Carrol also worked for the City of Cannon Falls at their water treatment plant. In his free time, he loved to go hunting, and snowmobiling. Carrol enjoyed watching movies, TV and was an avid reader. Carrol also enjoyed spending time with family and friends. Carrol was caring, personable and had a humble heart. He had a stoic and easy-going personality.

Carrol is survived by his siblings, Charles (Luanna) Olson of Wanamingo, Iris Olson of Wanamingo, Aloyce Rholl of Eagan, MN, Curtis Jr. (Leslie) Olson of Tucson, AZ, Ross Olson of Salt Lake City, UT, Richard (Elisabeth) Olson of Eagan, MN, and Roger (Lynne) Olson of Mazeppa, MN. Carrol is also survived by numerous nieces, nephews and great nieces and nephews. He was preceded in death by his parents Curtis and Jeanette.

A private family Celebration of Life will be held at a later date. Arrangements entrusted to Mahn Family Funeral Home- Larson Chapel. To share a special memory or condolence, please visit [www.mahnfamilyfuneral-home.com](http://www.mahnfamilyfuneral-home.com)

## Carrol James Olson

Carrol James Olson, 76, of Wanamingo, passed away Friday, May 5, 2023, at The Mayo Clinic, Methodist Campus.

Carrol was born February 6, 1947, in Red Wing, Minnesota to Curtis and Jeanette (Hoven) Olson. Carrol was a

1965 graduate of Wanamingo High School. He was a Vietnam veteran, proudly serving his country as part of the U.S. Marine Corps. After being honorably discharged from the military, he attended Vo-Tech for welding and electronics. Carrol worked for B&N



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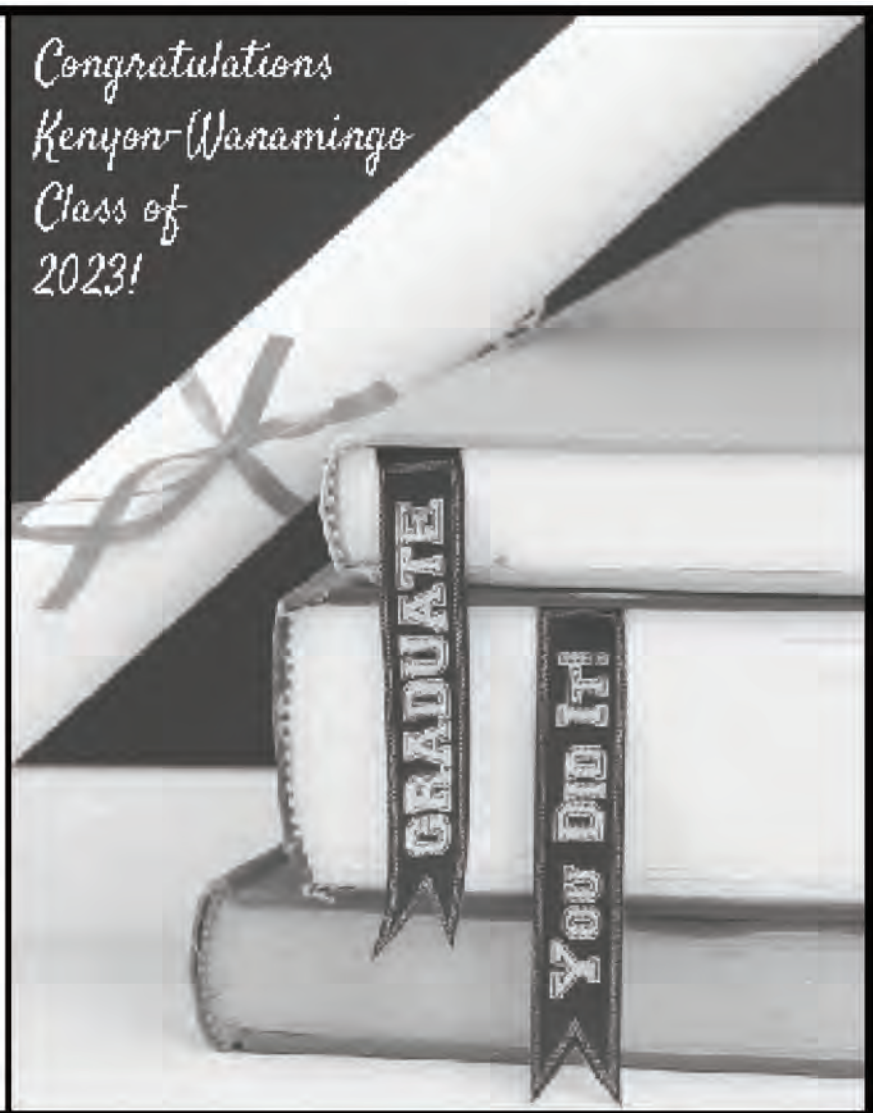
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## Mary Heggedahl

Mary Heggedahl, age 77, of Nerstrand, passed away April 30, 2023, at Mayo Clinic Hospital, St. Marys Campus in Rochester. She passed peacefully and was surrounded by loved ones.

A memorial service will be held at Valley Grove Church, rural Nerstrand, on May 19, 2023, at 2:00 p.m. with the Reverend Gary Liker, officiating. Interment will be at Valley Grove Cemetery. No visitation will be held at the church but family will greet family and friends at a celebration of life and reception at the Nerstrand Fire Department following the interment in the church cemetery.

Visitation was held on Sunday, May 7, 2023, at Boldt Funeral Home, Faribault, from 1:00 – 4:00 p.m.

Mary Ann, the daughter of Rusty and Zorene (Brown) Henke, was born on August 17, 1945, in Zumbrota. She attended Faribault High School and married Clyde Owen Heggedahl on October 11, 1961, in Nerstrand. They had two children, Valerie and Jeff. Together, they owned and operated Nerstrand Meats & Catering, a thriving family business for 133 years and counting. At age 75, Mary fulfilled her dream of opening an ice cream shop next to the meat market. Boots and Lu's opened on September 29, 2021. Mary created an atmosphere of warmth and coziness for the community that she and Clyde loved so much.

During her visits to the Mayo Clinic her doctor would ask, "What can we do to help you, Mary?" and she'd reply, "Just get me back to work."

Mary dedicated herself to making a warm and loving home for her husband, children, and grandchildren, Mitch, Josie and Brady. For 20+ years, Mary and Clyde enjoyed watching their grandchildren (and friends), play every sport imaginable. They opened their home to all their grandchildren's friends, and Mary was known as "Grandma Mary" to everyone.

Mary volunteered and enjoyed several years as a kindergarten aid and was active in the Nerstrand Women's Club. Mary enjoyed cooking for her family, gardening, baking, Halloween parties, decorating for Christmas, reading, writing down recipes, watching scary movies, and ice cream. Over the last couple of years, Mary and her daughter, Valerie, thoroughly enjoyed finding humor in the strangest places. Above all, Mary devoted her life to family and friends who she

loved with all her heart.

Mary will be lovingly remembered by her daughter and son-in-law, Tom and Valerie Kuchinka of Lake City; daughter-in-law, Laura Westby of Switzerland; three grandchildren, Mitch (and Kristine), Josie, and Brady Kuchinka; brother, Terry (and Diana) Henke; sisters, Dorothy Pearl, Becky (and

Danny) Carlson, and Ava (and Patrick) Shields; several nieces and nephews; dear friend, Andrea (and Chad) Lee; and the Lake City families and friends.

Mary was preceded in death by her parents, Zorene (and Chuck) Sautner and Rusty (and Norma) Henke; her husband, Clyde Heggedahl and son, Jeff Heggedahl.



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## Signage and So Much More

(continued from page 1)

We have a graphic designer, Sandy Thompson, who will design any logo, artwork or graphic design you want. Once the design is approved, Roger Anderson is the Graphic Design Installer. He will take Sandy's work off the computer and put it on the medium ideal for the project. He then preps it for installation on vehicles, windows or smaller projects like coffee cups and anything, really."

Some of the other products at D & S are yard signs (think 2023 graduates and yard sales), party and wedding invitations, flyers, business cards, rack cards, invoices, sales forms, duplicate and triplicate forms, magnets and banners. Sarah can reproduce obsolete logos, large scale graphics for semi-trailers, trucks or cars, or your business store front.

If you need promotional products for your



business, she will print on mouse pads, coffee mugs, coasters, cutting boards and ornaments in smaller quantities, and has access to wholesalers for larger quantities. Are you travelling soon? How about personalized luggage tags? Business meeting coming up? Maybe name tags, travel mugs or notepads with the name of your business on them?

Advertising is an important piece of any business to get the word out. She does banners, flyers and advertising for churches and schools, too!

I asked her how she got into this creative endeavor. Sarah is a Kenyon native, born and raised here. She moved away after graduating from college in 1982, and returned in 2012. She took a position as an office manager for another sign company, and ended up buying out the printing portion of the business in 2016.

Although running the business keeps her plenty busy, she also finds time to play in a Christian band called 2 Copper Coins. When asked the meaning of the band's name, she explained the story in the Bible about the Widows Mite (Mark 12: 38-44). Basically, although the widow gave only two copper coins to the offering at synagogue, those coins were all she had, and so she gave the greatest gift...everything she had to give. Sarah sells the band's CD's in the store. Also, Art Rew sets up events for the band, so if you would like to book them, call (507) 302-8133 for church services, etc.

In any case, you owe it to yourself to come in and check out all the possibilities you can create with this imaginative company. The sky is the limit!



# Milo Peterson Ford Co.



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<p>AWD, 12,653 miles, red metallic, ecoboost 2.0L turbocharged #23046U</p>	<p><i>Spring Special!</i> <b>\$34,195</b></p>	<p>4WD, 4 door super crew cab, 6' box, 168,963 miles, white, 6.2L V8 #22149U</p>	<p><i>Spring Special!</i> <b>\$23,750</b></p>	<p>Star white, ecoboost 2.0L turbocharged #22152U</p>	<p><i>Spring Special!</i> <b>\$28,999</b></p>	<p>4WD, 33,269 miles, 2.3L ecoboost, silver metallic #23040U</p>	<p><i>Spring Special!</i> <b>\$36,999</b></p>
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<p>4WD, super crew cab, 5' box, ecoboost 2.3L turbocharged, shadow black, 37,842 miles #22134U</p>	<p><i>Spring Special!</i> <b>\$35,999</b></p>	<p>4WD, 4 door super crew cab, 5' box, white metallic, 3.5L V-6, 21,843 miles #22077U</p>	<p><i>Spring Special!</i> <b>\$48,999</b></p>				

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## DNR Shares Top 10 Tips for Planning a Camping Trip in State Parks, Recreation Areas and Forest Campgrounds

As Minnesotans prepare for the summer camping season, the Minnesota Department of Natural Resources shares tips to help in planning an outdoor adventure.

“We know Minnesotans love being outdoors, and getting outside after a long winter is exciting,” said Ann Pierce, Parks and Trails Division director. “We also know time and knowledge can be barriers in planning a camping trip. We’re working to alleviate this for folks by providing information to help them prepare for a fun experience.”

### Book campsites early, and be flexible if you can’t book early

Reservations for campsites in state parks and recreation areas can be made up to 120 days in advance. Reservations are in high demand for holiday weekends and at the most popular parks, like those on the North Shore.

If reservations are full, the DNR has three suggestions. First, sign up for the “notify me”

function on the reservation website to get notified by email if there’s a cancellation. Second, consider a camping trip on weekdays instead of the busy weekends if your schedule allows. Third, look for open reservations at less busy parks. Our list of quiet state park getaways on the DNR website opens in a new browser tab provides suggestions for locations more likely to have open reservations.

### Looking for flexible camping options? Try camping in a state forest.

If spontaneity is your style, try camping in a state forest where all campsites are available on a first-come, first-served basis, and dispersed camping is allowed. Learn more on the DNR’s state forest camping web page opens in a new browser tab.

### Buy a vehicle permit

A permit is required for each vehicle entering state parks and recreation areas. Permits can be purchased online or at park offices during open hours. The cost is \$7 per day or \$35 per year. If you’re camping just one night, a one-day permit will be valid until check-out time. Find details on the Minnesota state park vehicle permit web page opens in a new browser tab. State forests do not require a vehicle permit.

### Pack smart

Sometimes it can be hard to figure out what to pack for a camping trip, especially for those who are new to camping. For a good starting point, the DNR has a camping supply checklist opens in a new browser tab.

### Check equipment before you leave home

Broken tent poles or a leaky air mattress might ruin a camping trip or make it less comfortable. If your camping gear hasn’t been used in a while or is new, test it at home



before the trip to make sure it works.

### Research events to enhance your trip

Events and programs are scheduled at state parks throughout the year, offering a wide range of activities from fishing and birding, to interpretive hikes, to crafting. Visitors of all ages are welcome, and no prior experience is needed. Find event listings on the state parks and trails event calendar opens in a new browser tab.

### Check visitor alerts before leaving home

State park and recreation area websites post visitor alerts to communicate important information related to safety, closures, construction projects and other helpful details. Find visitor alerts by choosing a park from the state parks map opens in a new browser tab.

### Don’t get lost, navigate with a smartphone

The Avenza Maps app uses GPS location tracking so visitors can stay found, even off the grid. After you download the app and a GeoPDF map, no internet or cell service is needed. DNR maps can be downloaded for free. Get details on the DNR’s GeoPDF web

page opens in a new browser tab.

### Watch the weather

Stay in the know by enabling severe weather notifications on your smartphone. Because cell service is not available in all locations within state parks, recreation areas and forests, visitors may want to bring a weather radio to get information about severe weather warnings, watches and advisories.

### Document your trip and share your photos

Make sure to bring a camera to document the great memories made on the camping trip, and we’d love for you to share your photos with us. Images submitted may be featured on the Parks and Trails social media accounts. Share photos on the DNR photo sharing web page opens in a new browser tab.

For more information about any of these camping tips, visit [www.mndnr.gov](http://www.mndnr.gov) opens in a new browser tab or contact the DNR Information Center at [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us) opens in a new browser tab or 888-646-6367 (8 a.m.-8 p.m. Monday through Friday, 9 a.m.-1 p.m. Saturday).



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## Anhydrous Safety Should be Top Concern This Spring

*The MDA offers safety tips for those maintaining equipment and applying and transporting NH3*

Many farmers and applicators will soon apply anhydrous ammonia (NH3) prior to

planting or sidedress after planting. Even with a rush against time and the weather, safety should never be compromised. Accidents involving anhydrous ammonia have proven how dangerous and deadly the chemical can be when not handled properly.

The Minnesota Department of Agriculture (MDA) is providing the following tips to farmers and applicators so they can safely apply anhydrous ammonia.

Always wear appropriate goggles and gloves. Never wear contact lenses.

Be sure to have a clean, adequate emergency water supply of at least 5 gallons.

Exercise caution when making connections and disconnections as if lines contain anhydrous ammonia.

Stand upwind when connecting, discon-

necting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining anhydrous ammonia equipment. Never assume NH3 lines are empty, always wear proper protective equipment, and have access to safety water.

When towing a nurse tank down the road,

drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, immediately call 911 and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website at [www.mda.state.mn.us/nh3](http://www.mda.state.mn.us/nh3).

## MDA Announces New Grant Opportunity to Support Emerging Farmers

*Technical assistance grant applications due June 26*

A new grant opportunity for organizations that support emerging farmers is now open for applications through the Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA).

The Emerging Farmer Technical Assistance Grant is available to those who provide technical assistance services to emerging farmers in Minnesota. Grant funds can also be used by these organizations to pay up to 65% of emerging farmers' premium expenses for up to two years under the USDA Micro Farm Crop Insurance program.

"This grant is an important tool to support farmers and producers across the state in overcoming disparities and barriers to opening new pathways to agriculture," says Patrice Bailey, assistant commissioner at the MDA.

Technical assistance consists of helping farmers with financials, business planning, record keeping, regulations, land access, marketing, applying for state and federal programs, and/or other farm business needs.

*(continued on page 9)*

## MFBF Leaders Speak Up About Rural Mental Health

May is Mental Health Awareness Month, a time to raise awareness and help break stigmas around mental health and those it affects.

Addressing mental health in farming and rural communities is a priority for the Minnesota Farm Bureau (MFBF) and its members. In the past, discussing the issues around mental health was met with resistance in the agriculture community, but with increased pressures alongside an increase in available resources the agriculture community is beginning to open up.

MFBF Promotion & Education (P&E) Committee Chair Cindy Durheim and Foundation Director Ruth Meirick are available for interviews throughout the month of May to discuss mental health awareness, resources and the importance of starting the conversation in the agriculture community. Please email MFBF Director of Communications Rachel Reisig, [rachel.reisig@fbmn.org](mailto:rachel.reisig@fbmn.org), for availability and to schedule an interview with Cindy Durheim or other leaders.

The P&E Committee is also continuing its mental health awareness campaign started last year. Committee members will contribute personal stories, resources and other conversation starters to be featured on MFBF social media to continue to open doors around this important topic throughout the month.

*About the Minnesota Farm Bureau Federation*

To ensure Minnesota's agricultural vitality, the Minnesota Farm Bureau amplifies its members' voices through engagement, grassroots advocacy and agricultural awareness. Learn more about our efforts as an advocate for our nearly 30,000 members and 78 county Farm Bureaus at [www.fbmn.org](http://www.fbmn.org).



**Gold Star Amusements on the midway!**  
Rides will run from 1:00pm-10:00pm

**JULY 4th GRANDE DAY PARADE 1:00am**  
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JUNE 9-11, 2023

**- WED. JUNE 7 — MEDALLION HUNT**  
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## FRIDAY, JUNE 9

7PM MISS GOODHUE • GHS GYM 1 — \$5/Person

### STREET DANCE

# KC/DC

BLONDAGE LONE JETT & THE BROKENHEARTS

7:00PM GATE | 8:00PM MUSIC \$25 PRE-SALE & AT GATE



## SATURDAY, JUNE 10

- \* 8am-1pm Car Show • St. Peters Church
- \* 8:30-11:30am Quilt Show & Burrito Breakfast • St. Peters Church
- \* 8:45-10am reg. Road Rally • Start at Goodhue C-Store, \$5/person
- \* 9am Udder Run • Starts at back of GHS, \$15/ea adv | \$20/ea day
- \* 9am-2pm Craft and Vendor Show • Community Center/Lion's Building
- \* 9am Co-ed Sand Volleyball Tourn. • Rosie Park, \$60/team
- \* 10am-1pm Kids Bounce Party • GHS Gym 3

- \* 10am 3-on-3 Basketball • GHS Gym 1, \$100/Team
- \* 11am Bean Bag Tourn. • Rosie Park, \$40/team
- \* 1pm Bingo • Fire Hall
- \* 1-4pm Gopher State Garden Tractor Pull • 3rd Ave
- \* 2pm Tyler Stehr Live • Corner Bar
- \* 2pm Pedal Tractor Pull • Broadway/2nd Ave
- \* 10pm Fireworks • Rosie Park

### PRESENTED BY:

- \* Goodhue Pool \* Goodhue Lions \* Goodhue Jaycees \* St. Peter's Church \* Corner Bar
- \* Goodhue Community Fund \* St. Luke's Church \* Goodhue Wrestling \* Goodhue Fire Dept.

### STREET DANCE

6:00PM GATE | 6:30PM MUSIC  
\$40 PRE-SALE \$50 GATE

# GRANGER SMITH

FEAT. EARL DIBBLES JR.

LOST HIGHWAY  
BRYAN ANDERSON



## SUNDAY, JUNE 11

- \* 9am-12pm Dads Belgian Waffle Feed • Community Center/Lion's Building
- 5yr ↓ Free | 6-12yr \$8 | 13yr ↑ \$12
- 9am Community Worship Lutheran Service • GHS Gym 1

- \* 1pm Parade
- \* 2pm Fire Dept. Water Fight • Fire Dept.
- \* 2pm Bryan Anderson Live • Corner Bar



## New Grant Opportunity to Support Emerging Farmers

(continued from page 8)

Emerging farmers include farmers who are American Indian or Alaskan Natives, Black or African American, Hispanic or Latino, Asian, Pacific Islander, members of a community of color, women, veterans, persons with disabilities, LGBTQIA+, or any other emerging farmers as determined by the commissioner of agriculture.

Applications for the grant are due by June 26, 2023, at 8 a.m. The RFA will award \$540,000 in one-time grants through a competitive review process, with a maximum award amount of \$100,000 and a minimum award amount of \$10,000. Decisions are expected in July 2023.

For more information and to access the application materials, visit the Emerging Farmer Technical Assistance Grant webpage.

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## Red Gate Alpaca Farm

By Mary Closner

For me, summer means jumping in my car and learning more about my immediate surroundings. I want to find hidden gems that are in my backyard and can be enjoyed during a day trip. This is what led me to an alpaca farm in Dundas, MN.

Contrary to popular belief, alpacas and llamas are not the same animal. It's like saying St. Paul and Minneapolis are the same thing. Teri & Kraig Quamme set me straight during my visit to the Red Gate Alpaca Farm (RGAF).

An alpaca is a hybrid between a llama and a vicuña, two camelid species native to the Andes Mountains in Peru, Bolivia, Ecuador and Chile. Alpacas were never wild but rather were created by the Incans about 6,000 years ago as a source of fiber for royal clothing. Alpacas have been used by humans for transportation and fleece production for thousands of years.

The most notable difference is the actual size of the animals. Alpacas are much smaller than llamas (approximately #150 vs. #400) and llamas tend to be more comfortable interacting with humans. Alpacas, though cuddly looking, are more aloof. "Alpacas are more like cats, while llamas are more like dogs," says Cindi Hassrick, founder of Aurora Alpaca and Llama Farm.

Alpacas are mild tempered creatures who thrive in a herd environment. The first thing everyone asks about is the tendency for the animals to spit. With alpacas, spitting is generally observed between herd-mates to assert dominance and is rarely done towards humans unless they're provoked. Llamas have a slightly more aggressive nature and have been known to spit at the casual passer-by. Alpacas display affection by gently bringing their noses to you and they may briefly kiss or nuzzle certain people.

"I have always loved animals...probably to a fault" said Kraig when I asked him how he and his wife got into this field back in 2005. Teri fell in love with the whimsical creatures the minute she saw them and was interested in raising livestock that you don't eat. Kraig spent 2 years researching and thinking about genetics before making the big decision to start raising the animals on their secluded farmland.

RGAF brought in genetics from the East and West coasts, the middle of the country as well as Wisconsin. Kraig knew that if there were other farms in their proximity, they could do some cross-breeding and have different genetics to distinguish themselves. Genetics include things like fiber quality, fineness of fleece, volume of fleece, etc. Each year RGAF strives to improve on fiber qualities to benefit their flock as well as their standing in the national alpaca network.

There is only one species of alpaca - but two fleece types, often referred to as breeds. They are huacaya (pronounced wah-KI'-ya) and suri (pronounced surrey). The huacaya fleece is commonly described as looking like



a "teddy bear" and the suri fleece as looking like "dreadlocks." The fiber of the suri alpaca is rarer and more highly prized than that of the huacaya. Suri fleece is soft as cashmere, warmer than wool and has the luster of silk.

All 75 members of the RGAF flock are suris and range in hue from white to jet black. Light rose grey is the rarest color and ac-

counts for only 1% of registered animals in the Alpaca Owners Association (AOA).

I met Boreus and his sister, Aurora, who both had this gorgeous unusual coloring. Alpacas are very intelligent animals. They're amazingly alert and easily trained to halter and lead.

*(continued on page 19)*

SAVE THE DATE!  SAVE THE DATE!

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Mason Carlson



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Claire Evert



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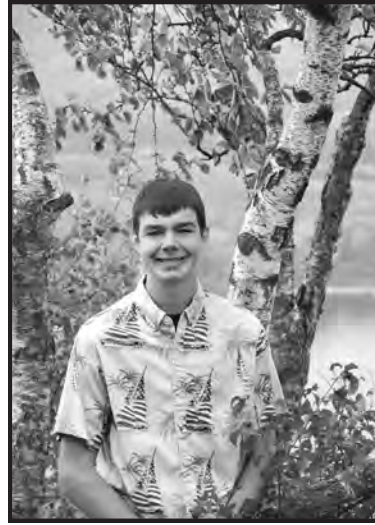
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Nevaeh Greseth



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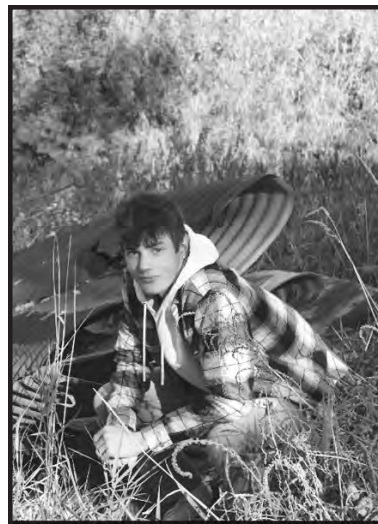
Grace Vierling



Zachary Vukelich



Nathan Wood



Connor Young



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**Class of 2023**  
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**CLASS SONG:**  
*"Something in the Orange"*  
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## JENSEN AUCTIONS

**Jensen Auctions Spring/Summer Schedule**

**May Auctions:**

- Sandra J Blaha Estate - Saturday May 6th 10AM (real estate)
- Paul Malecha Auction - Saturday May 20th 10AM (real estate)
  - Open House: Sunday, April 30th 1-3PM

**June Auctions:**

- Michael & Christine Hein Revocable Trust Land Auction - Friday June 9th 10AM (on-site)
  - 150+/- Acres Bare Farmland in Freeman TWP, Glenville MN - Parcel ID's 030050090 & 030080090
- Wayne & Verla Jones Auction - Sunday June 10th 10AM (motorcycle)

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Southern Minnesota

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## LARGE ESTATE AUCTION

**Saturday, May 20, 2023 10:00 A.M.**

NO Buyer's Premium Lunch and Restroom on Grounds

**Located:** Belle Plaine, MN 22500 Delaware Ave.

**Directions:** At Highway 169 and County Road #64 (By Coborn's Grocery) go East on #64 3.5 miles to Delaware Ave., then North 1/4 mile.

**Note:** This is a large estate auction. Items are clean. Selling in 2 rings. Ring 1 starts at 10:00 A.M. With shop tools and equipment; Ring 2 starts at 11:00 A.M. With antiques, collectibles and household items. Tractor, truck and dirt scraper sell at Noon.

**JOHN DEERE 4010LP w/Loader-1953 FORD F500-DIRT SCRAPER (Sells at Noon):** John Deere 4010LP w/all hydraulic loader, 7' bucket, Synchro trans., w/f, 3 pt, good 18.4/34 RR tires, shows 8,155 hrs.; 1953 Ford F500 dual wheel truck, Flathead V-8, good wood grain box, been repainted, non running; Soil-Mover 225-RF pull type scraper, 2.25 yd; International 12' wheel disc w/hyd cylinder; Meade tractor cab, good glass, off AC 190xt; John Deere 3pt sprayer w/booms, approx 150 gallon; some scrap iron; '90's GM pickup rear bumper; **SHOP TOOLS and EQUIPMENT:** DeWalt metal chop saw; 5hp upright air compressor; 10" bench grinder; Craftsman AC/230-DC/140 welder; A-Frame chain hoist, 9'high x 10' wide on casters; 20 gallon sand blaster; electric and gas powered pressure washers; acetylene torch kit; hydraulic press; OIT HD 12spd drill press; 20 gallon parts washer; Makita 10" bevel mitre saw; Honda 8hp gas engine air compressor, twin tank; pancake air compressors; portable air tank; Craftsman 10" radial arm saw; Craftsman 10" table saw; hand tools, wrenches, socket sets including 3/4", pipe wrenches, levels, handsaws, bolt cutter, hammers; jacks; jack stands; come-a-longs; pneumatic nailers, staplers and others; electric grinder, router, drill and belt sanders; drill bits; nuts, bolts, misc. hardware; Shop Vac; welding rods, helmets and C-clamps; Signode bander; Blackhawk bumper jack; 100,000BTU and 80,000BTU kerosene heaters; portable LP shop heater; Craftsman radial arm saw; Craftsman table saw; shop creeper; jumper cables; electric paint sprayer; hand cart; Honda 5.5hp 2 man auger head; electric cords, work lights; furnace fan; misc. tires and rims; 2-alum 6' double step ladders; oils, auto fluids & chemicals; paints; Montgomery Ward 3000w gas generator; fire extinguishers; wall storage bin and garage shelving; tool boxes; 4' alum step ladder; 10" table saw; **GUNS-4 WHEELER-SPORTING GOODS:** Stevens 12ga single shot shotgun; Champion 16ga single shot shotgun; Remington .22 bolt action rifle; Daisy BB gun; Yamaha Breeze 125cc ATV, automatic; Michicraft 17' aluminum canoe; 2-Waterquest one person kayaks; goose decoys; 2-portable tree stands; older Johnson 5 1/2 hp OB motor w/gas tank; ping pong table; golf clubs, pull carts, golf balls; cross country snow skis; Pool table w/balls and cues; 6 gun cabinet; **LAWN and GARDEN-OUTDOOR EQUIPMENT:** Craftsman 8.5hp/26" snowblower; EZ Rake 48" power thatcher; chainsaws; Craftsman 6.25hp push mower w/bagger; Murray 4.5hp, 21" snow thrower; gas weed eaters; plastic garden fence; garden tools; wheel barrow; tomato cages; garden hose; gas cans; BBQ gas grille; electric hedge trimmers; electric chainsaw w/pole extension; Toro leaf blower; apple picker; patio furniture; **BUILDING TOOLS-MATERIALS and SUPPLIES:** K&E transit w/tri pod & Measure stick; electric wire; pex tubing; 98"x52" vinyl remodel picture window w/sliders, new; Crestline 38"x38" vinyl window, new; 15 boxes Inca "Z" bricks; misc. vinyl siding, shingles, roofing tin; misc. plumbing and electrical supplies; 14-18"x18" patio pavers; misc. lumber, planking, doors, building materials, windows; Wayne Dalton 9x7 garage door, NIB; 4 sections class A chimney; scaffolding w/ rollers, braces and planking; cement tools; **HOUSEHOLD ITEMS:** wooden dining room set, 6 chairs; Sanyo 42" flatscreen TV; wood writing desk; upholstered furniture; dishes, glassware, silverware, pots, pans; small electric appliances; Kenmore mini freezer; Whirlpool 32"H refrigerator; electric mixer; china hutch, end tables, lamps; book shelves; Lane blonde cedar chest; modern bedroom set; quilts, linens, towels; wall hangings and knick knacks; bell collection; Singer Tradition sewing machine; double bed w/blonde headboard; electric typewriters; console stereo; file cabinets; floor safe; desk chair; fans; radios, boom boxes; holiday décor; **ANTIQUES and COLLECTIBLES:** Buffet; Library table; Iron double bed; chrome kitchen set w/4 chairs; National Hockey table top game; Chef cookie jar; 3 pc bedroom set; 25 cent table top slot machine; 25 cent slot machine w/stand; Enterprise meat grinder w/wheel and belt; camp stove; trunk; Music Aire plastic radio; Rampart 8 track tape player; Pabst Blue Ribbon ice bucket; toys and games; metal kitchen scales; Tonka toys; egg baskets; **MANY OTHER ITEMS TOO NUMEROUS TO MENTION**

**Arvin & Shirley Ernst, Estate-Owner** Not Responsible for Accidents. Proper ID to Register-Cash, Bankable Check or Credit/Debit Cards w/4% fee on cards - Nothing Removed Until Settled For

**CLERK:** Trocke Auctioneers, LLC & Associates St. Peter, MN  
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**POLARIS ATV • SKID  
LOADER • GUNS  
ANVILS • ANTIQUES  
COLLECTIBLES**

SUNDAY, JUNE 4, 2023 • 9:00 A.M.



LOCATION: From Ellendale, MN, 2 1/2 miles southwest on Cty. Rd. 14 (or 52nd Ave.), then 1 mile south on 770th Ave.

Auctioneer's Note: After 45 years of collecting antiques, the Langlies have decided to hold a public auction. This is only a partial list of the many collectible items to be sold. Mark your calendars and hope to see you auction day. **Tracy Holland**

POLARIS ATV • SKID LOADER • GUNS • ANVILS • GAS PUMP  
TOYS • ANTIQUES • COLLECTIBLES • OUTDOOR ITEMS • MISC.

- 2011 Polaris Sportsman 550 ATV, 4x4, 890 miles, one owner (to sell at 12 noon) • Old Wayne gas pump • 290lb Anvil 32" • Case 1816B skid loader • J.D. 290 planter • Dump rake • 10' field digger; 3 sets of scaffolding • 2 hand corn shellers • 5'x10' dog kennel • Rigid pipe stand • Misc. steel • Hand tools • Pit Boss pellet grill • 4 old boat motors • Acetylene torch • Building supplies • Old tools • Wood planes • J.D. 70, 1/18th scale • Diecast toys • Several anvils • Cracker Jack prizes • Pioneer hybrid memorabilia • Old cloth seed sacks • Key Stone steam roller • Old hand push sickle mower • Bar memorabilia • Toy tractors • Local advertising items • Misc. hunting & fishing items • Milk bottles • Tractor & Implement & Dealer manuals • Geneva market plates • Old trunks • Beer signs • Galvanized tubs • Many advertising items



GUNS TO SELL AT 11:00 A.M.

Winchester Model 37 single-shot 16 ga. • Winchester Model 37 single-shot 12 ga. • Gibbs Rifle Col 28 ga. over-under, nice carving • Springfield Model 10 single-shot 12 ga. • J.Stevens Arms 410 single-shot • ACME Model 1896 single-shot, Davenport Firearms 12 ga. • Ruger 10-22 auto, stainless, 22 cal. • Remington model 870 Camo, 3" less, 12 ga. (like New) • 4 misc. BB & pellet guns

Terms: Cash or good check & picture ID required. 10% buyer's fee applies to all items. No property removed until fully settled for. Sales staff and owners not responsible for accidents. Any verbal announcements made day of auction takes precedence over print. Lunch and restroom on site. **CLERK: Holland Auction LLC**

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Store hours: W-T-F: 10 am - 6 pm, Sat: 9 am - noon

Contact Tina Mittelsteadt 507-351-4608  
tina@wasekersonlineauction.com

## Red Gate Alpaca Farm

(continued from page 10)

They constantly communicate with each other through body posture, tail and ear movements as well as a variety of sounds.

Alpacas are herbivores meaning they only eat vegetation. Some of their favorite treats include carrots, apples, broccoli stalks, and turnips. The average lifespan is 15 to 20 years. The females will spend most of their life pregnant starting at age 2-3. An average pregnancy can last 11-12 months although RGAF had one female that went an amazing 373 days before giving birth.

The babies (aka cria) stay with mom for about 6 months to nurse. A healthy female can be rebred within 21 days of giving birth. Teri mentioned the animals like being pregnant and really enjoy being moms. "They can take one sniff and know immediately which cria belongs to them," said Teri. Kraig said they also see color which helps the young animals identify their mom in the midst of a large herd.

When discussing alpacas as a business, there are several different ways they produce income. Using the animals as breeding stock brings in different fees depending on the rarity. I met SW (Secret Weapon) who had produced (40) champion offspring and had a stud fee of \$2,500.

Yet another valuable business component is

alpaca compost which is commonly referred to as "Black Gold." One of the unusual things about alpacas is that they fully utilize their food within 50 hours of eating. This results in manure pellets that have very little odor and are able to be placed directly on and around even the most delicate plants. Alpaca compost is lower in organic matter than the manure of most other livestock such as cows, horses, goats & sheep, yet it's perfect enough to improve soil texture and water holding capacities. It has the added benefit of not needing to be composted (aged or cured) prior to using and doesn't carry the salmonella bacteria. It's also an effective deer repellent, yet almost odorless to humans.

The third income source is the actual fiber of the animal. Teri is the one in charge of selling this end product. Llamas and alpacas are both used for fiber production, but the alpaca is the true champ in this area. Alpacas sport an incredibly soft fleece that is highly prized for being strong, yet surprisingly lightweight and warm. Some crafty people like to purchase it "right off the animal" as they prefer to clean and card it themselves, basically doing the whole process. Some fiber from RGAF gets sent out in bulk to be made into yarn and samples of final products are sold in their on-site store.

The animals are also shown at alpaca shows and compete with farms from all over the United States. A big farm might have hundreds of alpacas and a huge investment which could run up to \$50,000 per animal. Teri and Kraig have a smaller herd but consider themselves lucky to compete at a high

level due to the quality genetics and care they put into their animals.

Some of their competitors have big farms, bigger budgets and full-time staff. RGAF is a currently a part-time business for the Quammes, but as they head toward retirement, it will become full-time. Kraig spent years as a self-employed contractor and is currently a full-time Senior Project Manager for Gillette Children's Specialty Healthcare. Teri spent years as a Surgical Assistant to a periodontist and then transitioned into her current position as an educational assistant in the Special Education program at Northfield High School.

"You can have the worst day at work and come out to the barn and get some love. That's why we do it. That makes all the hard work worthwhile," said Kraig.

When the animals are being shown, most judges are looking for 50% confirmation (straight legs, straight topline, and a balanced frame). They will check the bite, feel the tail and basically do a full body evaluation. The other 50% of the judging equation is concentrated on the fiber qualities of the animal (luster, lock structure, density, uniformity, and micron which is the diameter of the wool fiber).

For example, alpaca wool fiber is approximately 23.1 - 26.5 micron. Baby alpaca is about 14 - 23 micron and human hair is about 60 micron. The fiber diameter increases when the animals age. Baby alpaca is softer than regular alpaca and is often shorn from the "blanket" (back area). The most precious category of alpaca fiber is royal alpaca which is

the finest and softest fiber the animal produces.

The fleece is left long when the animals are going to be shown which gives them their slightly quirky appearance. Alpacas should be sheared every year but generally, no bathing or brushing is required.

They have long bangs covering their huge dark eyes and are usually accompanied by a wonky set of teeth protruding from their lower jaw.

Spring and summer become a busy time at the farm as it's birthing season. This is a great time of year to visit.

Alpacas find dealing with the summer heat and humidity challenging. They require at least 5 liters of water each per day. It goes without saying that they need to be sheared before the summer heat ramps up.

Suffice to say, I learned a lot only a few minutes from my own home. I was nuzzled by a girl named Sable and got the side-eye from a teenager named Ricco. These gentle animals were as curious about me as I was about them!

If you want to visit the farm, you just need to make an appointment. They welcome visitors and are soon to roll out an "Adopt an Alpaca Program." So, if you're interested in having an animal named after you, volunteering at the farm, or just supporting an interesting small business, give them a call!

**Red Gate Alpaca Farm**  
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## Re-thinking No Mow May

By Teri Knight

Today I want to focus on a popular initiative that is getting a 2nd look. That is No Mow May.

The idea of it was to assist pollinators by allowing early flowering, however, I recently received information from University of Minnesota Extension turfgrass educator, Jon Trappe, wherein he explains that the trend was first promoted by a research paper that has since been retracted!

He was asked if he would support an mandate outlawing mowing in May. In a recent

discussion with members of the University of Minnesota bee lab, we discussed what abstaining from mowing in May would mean for pollinators and lawns.

This year, 2023, the experts are advocating “slow mow summer”. Trappe says, in Minnesota, (and I’ll add the upper Midwest) not mowing in May means the lawn could grow to 12-18 inches high by June 1st.

This creates many practical challenges for homeowners for mowing down to more ideal mowing heights, such as having to compost the clippings off-site. I remember this in my own situation and ended up mowing my lawn.

As I’ve talked about before, mowing more than 1/3 of the plant’s tissue in a single mowing event is known as scalping, and can harm the lawn, stressing it. If we don’t receive rain and have high temps as we did the last 2

years, this could be a major problem.

If you want to promote pollinators in your lawn for the month of May while ensuring a healthy and resilient lawn, he recommends mowing as high as your mower will allow and only as needed to avoid mowing more than 1/3 of the height.

*Teri Knight became a Master Gardener with Dakota County, Minnesota in 2003. She currently produces her website, www.gardenbite.com. 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!*

## Rep. Steven Jacob

DISTRICT 20B

### NEWS

Hello from the State Capitol,

Minnesota House Democrats have approved their omnibus taxes proposal that actually raises taxes by \$2.2 billion even though Minnesota has a \$17.5 billion budget surplus. I opposed the measure.

With this surplus, lawmakers had the ability to provide significant and meaningful tax relief to all Minnesotans. Instead, the Democrats have taken the opportunity to raise taxes on Minnesotans in numerous ways.

In addition to the \$2.2 billion in tax increases on job providers in Minnesota, the taxes bill would also eliminate electronic pull tabs as we know them. Specific language would eliminate the “open all” feature that has been in use in electronic pull-tab games for years and is expected to drastically alter the amount of sales – and ultimately charitable revenue – that is collected. Almost \$2 billion in revenue was generated in 2022 alone from electronic pull tabs, and a significant decline in sales will impact the revenue that is sent to local nonprofits, youth sports associations, and other charities that benefit from charitable gambling.

The taxes bill appears to be the final piece in the Democrats’ tax raising puzzle. To date, the majority party has proposed \$2.2 billion in tax increases in its taxes bill, \$3.5 billion in its transportation bill, \$744 million in its housing bill, and nearly \$3 billion in its paid family and medical leave bill.

The majority party agreed to spend the \$17.5 billion surplus and increase state government spending, as the budget spending total will jump from \$52 billion this budget to \$70 billion in the next budget cycle.

Steve

## Where Our Thoughts Go, Energy Flows



By Susan Hinrichsen, CHC, CLC

Energy is involved in every aspect of our daily lives. We use energy to heat and cool our homes, to provide us with light in the evenings, to cook our food, and to charge our cell phones and computers. We also as humans have a specific energy signature that surrounds us. Some people may refer to it as our aura, while others refer to it as a torrid field. Our thoughts are energy that we express into the ether. We must ask ourselves, how important are our thoughts that we think about ourselves, others, or even our environment and the world we live in?

One of the laws of thermodynamics says that energy can neither be created nor destroyed. This is interesting when you think about our bodies as humans and how we have our own electrical system that supports our body, keeps our heart beating, keeps us breathing and gives us life. The laws of thermodynamics are im-

portant unifying principles of biology. These principles govern the chemical processes (metabolism) in all biological organisms.

Quantum science has been around for decades, and that information and research is starting to come out more in the mainstream and readily accessed. The most advanced research is being done in epigenetics. This information I find fascinating! They have learned that as humans we are bioplastic beings, meaning our biology is not fixed even at birth. We also have genetic plasticity, which means our genetics are not fixed. We also have neural plasticity, which means our nervous system is also not fixed. It can modify itself functionally and structurally not only in response to injury, but also in response to experience. Research is showing that it is possible to “upgrade” our biology, neurons, and cognitive abilities all the way down to the level of DNA, and below to the gene level.

What makes this possible is epigenetic triggers that we are familiar with. Such things as: Nutrition, breath work (such as meditation and Kundalini yoga), supplements, water, movement, and our thoughts. The way we think about ourselves, the images that we hold in our mind of ourselves both conscious and subconsciously. Studies are now showing the neurons in our brains, in the neocortex, respond to the image we hold in our mind of anything. When we see something happening, those neurons are triggered, and they begin to create the body chemistry that matches the vision that is being held.

The principle here is when you can see it, and then actually feel what it is you are seeing, this then triggers an epigenetic response. What this means is that it is possible to heal yourself without drugs or invasive procedures.

As this new research is being done and studied, imagine what this could mean for our health, our physical condition(s), and our overall well-being. What sorts of health issues could we potentially improve or reverse with the knowledge this research is providing?

As science advances and our knowledge increases, it seems to be pointing in a direction that the more we look within ourselves, connect to our inner intuition, and create a relationship with our bodies; we may be able to create a more optimal ecosystem for our humanness to thrive. This also applies to our life experiences in creating the life we want. So, if thoughts become things, or the more we are aware of the effect of our thoughts on our physical health, the more we can take control of our well-being, without drugs or procedures.

If you find this information as fascinating as I do, there is a book you can pick up called “Human By Design: From Evolution By Chance To Transformation By Choice” By Gregg Braden.

As a certified health and life coach, it would be my honor to help you upgrade your thoughts, old patterns, and beliefs so you’re able to create the next best chapter in your life. You can reach out to me at susiecoaches@gmail.com to schedule your complimentary “Seeking Your Next Best Chapter Discovery Session.”

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## Kenyon City Council

(continued from page 1)

### CITIZEN COMMENT

Briana Jensen addressed the city council on the benefits of chickens and requested to be added to the agenda in April for consideration of allowing chickens in the city.

### ADOPT AGENDA

Addition: / XI / New Business / E / Boulevard of Roses – Wayne Ehrich

Motion by Bailey second by Helgeson to approve the agenda. Motion carried 4-0-0.

### CONSENT AGENDA

Motion by Sjolander second by Ryan to approve the Consent Agenda, which includes payment of check numbers, 74578 through 74672; 4472E through 4478E.

Motion carried 3-0-0.

### PRESENTATIONS/

### PUBLIC HEARINGS/

### RECOGNITIONS/PROLAMATIONS

### Public Hearing: Plan and Issuance of the Bonds to Finance the Cost of Street Reconstruction

Motion by Helgeson second by Bailey to open the Public Hearing at 7:11 pm.

Attorney Riggs stated that a public hearing is required as part of the bond sale for the Pearl Creek Sewer Main replacement and 2023 street projects. No public comment was received.

Motion by Bailey, seconded by Sjolander to close the public hearing at 7:12 pm.

### Annual Municipal Prosecution Report –

### David Jacobsen, Attorney

Attorney David Jacobsen presented a summary of the annual prosecution activity for the city provided by Jacobsen Law Firm, P.A. in 2022. Attorney Jacobsen reported that the number of prosecuted offenses were down for 2022. He prosecuted 55 cases from January 1, 2022 to December 31, 2022, which was down 104 from 2021. He noted that 65% of the offenses were traffic violations. When compared to 2021, the number of prosecuted traffic offenses decreased by 71%. Community offenses decreased from 39 in 2021 to 19 in 2022. Two-thirds of the base fine is remitted back to the city of Kenyon, which amounted to \$11,989.04 for 2022.

### ENGINEERING

### Pearl Creek Sanitary Sewer Improvements

Engineer Olinger stated that they have been working with property owners regarding easements. An extensive amount of easement and grading work will impact the Barrett property. A mutually agreeable location for the new infrastructure on this property may have been reached. Negotiations with all property owners for easements will continue.

### 2023 Project Cost Estimate Update – George Eilertson – Northland Public Finance

George Eilertson reviewed the options of issuing bonds showing the different scenarios to finance the future sewer capital and street improvements. City Engineer Olinger stated that the project costs are expected to come in

higher than previously expected due to the underestimated cost of the lift station and the segment of sanitary sewer needed to cross Pearl Creek. Also, recent soil borings indicated that bedrock depths are shallower than originally thought.

### 2023 Street Improvement Summary

No public comments were received at the public hearing.

Resolution 2023-05: Approving a Street Reconstruction Plan and Authorizing the Issuance of General Obligation Street Reconstruction Bonds

Motion by Sjolander second by Helgeson to adopt Resolution 2023-05.

Motion carried 4-0-0.

### LEGAL

### Nuisance Property Violation – 1 Langford Ave. Update

Attorney Riggs updated the council on the 1 Langford Avenue nuisance. Police Chief Sjoblom added that the snow has slowed the cleanup progress. The owner did have the property surveyed and found that the downed tree is on his property and he will clean it up. The property owner has until April to get the cleanup completed.

### 2023 Agreement with Luis Tellez – Taco Express

City Administrator Vahlsing stated that Luis Tellez, owner of Taco Express has submitted the Annual Lease Agreement for his mobile food truck to operate on city owned space directly east of the Municipal Liquor Store. Vahlsing recommended increasing the agreement amount by \$30 for a lease amount of \$430 for 2023.

Motion by Bailey seconded by Ryan to approve the 2023 agreement with Luis Tellez – Taco Express for \$430.00. Motion carried 4-0-0.

### OLD BUSINESS

### City Hall Roof Replacement

Administrator Vahlsing reviewed the City Hall roof replacement that was discussed at the September 2022 council meeting. Vahlsing requested council approval to replace the roof with 50-year steel for \$53,000. The City would request an interfund loan from the KMU electric fund to cover the expenses.

Motion by Bailey second by Helgeson to proceed with replacing the roof of City Hall with 50-year steel for \$53,000 pending KMU approval of an interfund loan from the electric fund. Motion carried 4-0-0.

### NEW BUSINESS

### Review Quotes for Payroll Services

Administrator Vahlsing presented options for contracting payroll processing for the city. Three quotes were received for payroll processing. He suggested scheduling a work session to have Abdo present their services and explain how the process would work. A work session was scheduled for Tuesday, March 28 at 5:00.

### On-Sale Liquor License Renewal- Kenyon Country Club

Motion by Bailey second by Helgeson to renew Kenyon Country Club's liquor license. Motion carried 4-0-0.

### Approve Request for Liquor at Depot Park – Savannah Bless, May 20, 2023

Motion by Helgeson, second by Bailey to approve the liquor request for Savannah Bless in Depot Park. Motion carried 5-0-0.

### Update on Finance Director Hiring

Administrator Vahlsing stated that 19 applications had been received for the Finance Director position. Seven applicants were scheduled for interviews.

### Boulevard of Roses – Wayne Ehrich

Public Works Director Wayne Ehrich informed the council of their plan to make a switch from tree roses to scrub roses in the boulevard. The current tree roses have been discontinued. The scrub roses would be hardier, cheaper, and wouldn't need to be buried in the winter.

### Schedule of Upcoming Meetings

KMU Meeting: Tuesday, March 21st @ 4:00 p.m.

City Council Meeting: Tuesday, April 11th @ 7 p.m.

Board of Appeal & Equalization: Thursday, April 20th @ 5:00 p.m.

### COUNCIL AND STAFF GENERAL COMMENTS

Councilor Sjolander thanked public works and crew for all their work in clearing snow from the street. He also thanked staff for coming in during inclement weather.

Councilor Helgeson, on behalf of Park & Rec, stated that the fundraiser was over great and thanked everyone for all the donations.

Motion by Bailey second by Ryan to adjourn the meeting at 8:26 p.m.

Motion carried 4-0-0.

Holli Gudknecht, Administrative Assistant Molly Ryan, Acting Mayor

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## Commissioner Corner

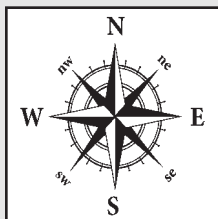
Greetings from Todd Greseth, Goodhue County Commissioner District 3

Spring is here finally, please stay cautious and patient as the farm equipment is out on our roads. I want to say to all of our farmers "Stay Safe". It is only May but we are already starting our budget talks for 2024, it's never too early. I want to say a big thank you to Greg Isakson who has retired as our county engineer and a big welcome to Jess Greenwood who has accepted his new position as county engineer. We have started another pay study and are focusing on filling staff positions that are currently vacant. Please keep watching our website, there are always things going on in Goodhue County. As always please contact me with any questions or concerns  
Todd Greseth



Todd Greseth  
Goodhue County  
Commissioner  
District 3

## Changes in Latitudes, Changes in Attitudes Horse Sense and Character



By Terry Campbell

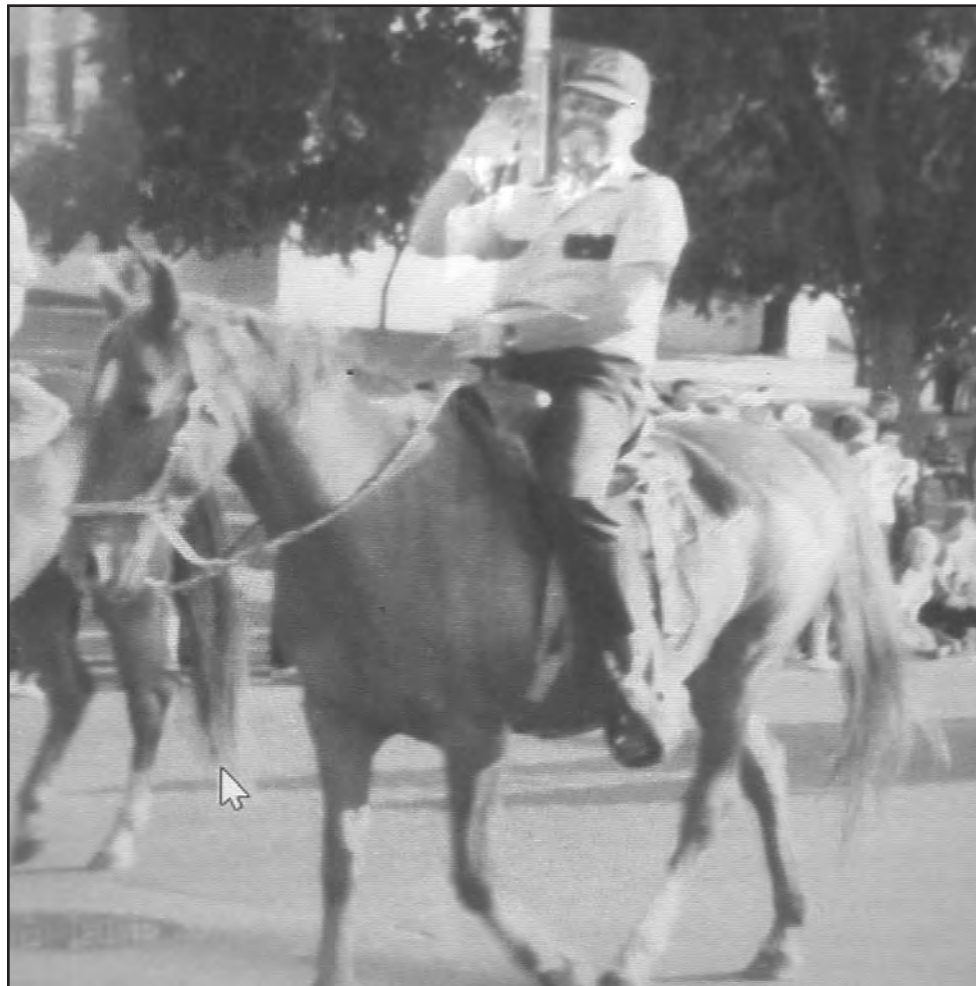
*This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.*

This is a picture of my dad from 1984. I grew up with horses, but my dad did not like them very much. As a young kid he would take me to look at horses. He would wait while I rode them. And he would haul them back to the farm for me. There would be comments about how once cars were invented it was silly to go backwards to horse power. But once he joined the Sheriff's Mounted Posse it became a necessary evil. So, he bought this big Egyptian Arab geld-

ing. Azibelli loved to run and if you gave him his head he would flat out run like the wind. There is something exhilarating about pounding down the road on the back of a powerful horse, feeling as one with the beast, knowing that one miss step would likely be catastrophic. I was young and willing to risk life and limb on the back of this steed, even though I was a quarter horse guy and never much cared for Arabians,, because this horse could run. I don't believe though, that my dad ever rode him at more than a walk.

My dad was very opinionated and stubborn and we butted heads often since I was the same way. He had me with more experience though. Anyone who has owned an Arabian knows what stubborn is. My dad loved a good theological argument with anyone who would engage him. He was certain he could make someone believe in Jesus if he just could talk to them long enough.

One incident I recall had little to do with horses and happened a few years earlier in life. It had to do with an old yellow school bus. As I recall, Dale Blanshan and a couple guys embarked on a cross country trip in a school bus. They were strumming and singing their way out west. They had the same idea my dad had, but they were more musical about it. I was around ten at this time, so my recollection may be a little hazy. At one point the bus broke down a long way from home and they needed funds for repair. My dad went to wire them money but it was a Saturday and the banks were closed. The only place to get cash for the wire transfer was the liquor store. My dad headed into West Concord to the Muni for \$300. The



Dad on Azibelli

guy at the liquor store had no idea who my dad was and questioned why they should let him write a check for cash. One might wonder how my dad could live his whole life in West Concord and there be people who didn't know him, but this was his first trip into the liquor store. If you knew my dad, you would know that too. So while he was trying to procure greenbacks with a check for three young guys on the other side of the USA in a broke down yellow school bus, Al Renner the hardware store owner showed up as a credit reference. When asked if my dad's check was good, Al said, "If Dana writes a check for a million dollars it will be good."

I was a young kid and a million dollars

sounded like a whole lot of money. I was certain that a poor farm family in Dodge County did not have that kind of money. So I wondered why someone would say that, not knowing our financial situation. In fact, I don't believe anyone one I knew could write a check for a million dollars. Over the last fifty years I have pondered this conversation and eventually came to understand it. It wasn't that my dad had a million dollars in his checking account. It was that he had a reputation of being a man of his word and if he said something it was backed up with integrity and truth. And that is worth more than a million dollars.

## A Minnesotan: The Problem With Geese



By RosaLin Alcoser

There is nothing I fear more on this earth than geese... well maybe snakes, but geese are the more intimate threat. Because here in Minnesota geese are everywhere.

Geese are at the park, in the parking lot, on the sidewalks, and even standing in the middle of the freeway in some cases- like they own the place.

It started out when I was a small child and the geese would chase me around the park honking. Since I was about the same size as them I guess it made sense that they were going after me.

Thankfully in response to these attacks my sister would chase the geese away from me so that I was not mauled to death by a goose at age six.

However, it did not stop as I got older. To this day geese will still chase me if given

the chance. Now I can out run the geese or avoid them all together.

When I was in community college in Rochester the geese that would hang out on campus would chase me across the campus on an almost daily basis. Which my mother did not believe was happening until she saw me take off running at the sound of 'Honk! Honk!' and a flock of geese start charging at me.

Don't worry I made it to the car before the geese caught up to me and lived to tell the tale.

My fear is not just limited to grease either. It does extend to water brands as a whole. I have also been attacked by ducks and gulls. The only reason the loons, swans and cranes have not gotten to me is because I am not fool enough to go anywhere close to them after the incident with the duck.

A couple years later when I was in University back south I was at the park with some friends. We were sitting on a bench watching the ducks, but not doing anything to the ducks. When a duck walked up to me and bit me on the leg with its serrated beak.

While ducks do not have teeth it does hurt when they bite you with their serrated beaks.

It is because of that duck and many, many geese that I now stay clear of all water birds. As I now live under the belief that if I give them space they just might not try to kill me... or at least not have the opportunity to.

P.S. as I write this two ducks have landed on my patio and taunted me with their serrated beaks.

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  - Type of pit, at a concert
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  - Poet Sandburg
  - Come to pass
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  - Winds to a ship captain
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  - Evade payment
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  - Casino's pull
  - Bear down under
  - Sound bounce-back
  - \*a.k.a. Commonwealth
  - Sing like Sinatra
  - Not working
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  - Commotions
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  - Chop off
  - What the phone did
- DOWN**
- Have a brawl
  - Potato's soup partner
  - Initial stake
  - Happenings
  - Lickety-split
  - Shenanigans
  - Friend in war
  - \*State with longest freshwater shoreline
  - It's enough?
  - Pond gunk
  - Joaquin Phoenix 2013 movie
  - Relating to eye
  - \*Michigan's "\_\_\_\_ City"
  - Selfish one
  - Pavlova's step
  - Middle East natives
  - Permissible
  - In a fitting way
  - Half a ticket
  - Sober Ness
  - Not a soul (2 words)
  - Operatic voice
  - \*Home to Arches National Park
  - Tucker of "Modern Family"
  - \*State with panhandle
  - Round openings
  - School of thought suffix
  - Google search category
  - Often-missed humor
  - Hide craftsman
  - Little one
  - Lowest deck on a ship
  - Timeline divisions
  - His was a merry old soul
  - Tiny bottle
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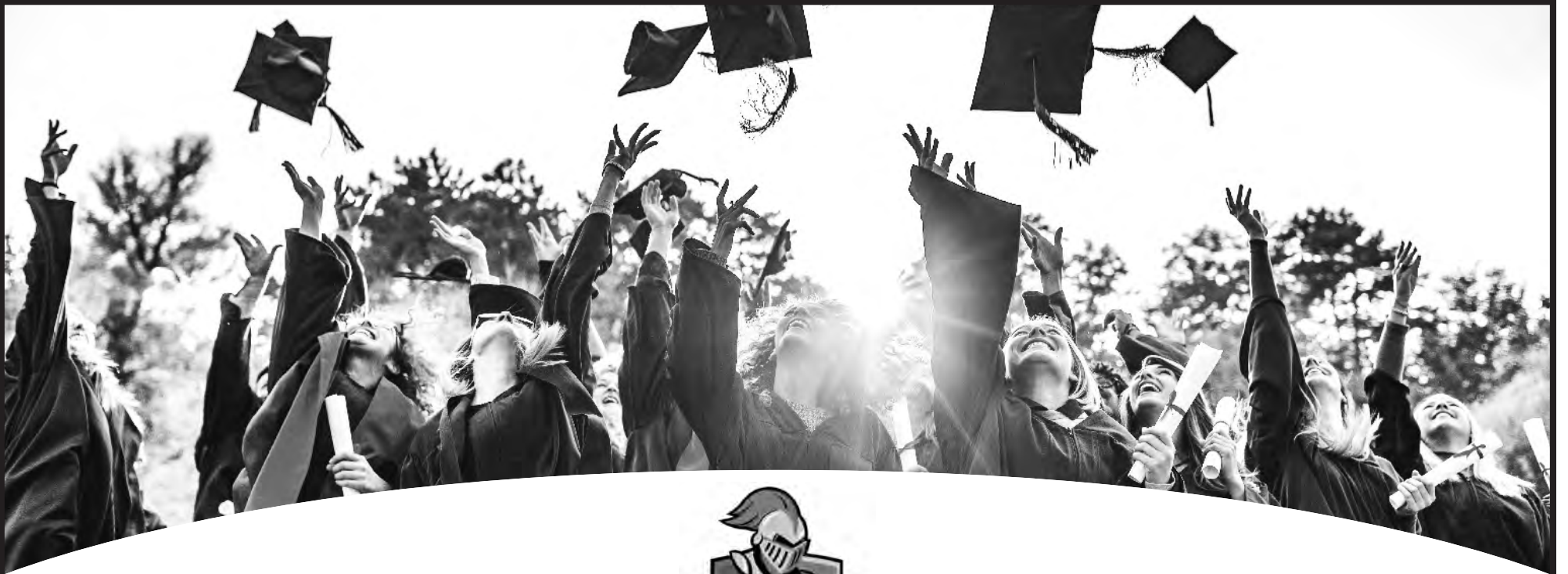
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