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### RoseFest 2023 **Next Week**

By Cheri Rochon

It's that time of year when Rose Fest is upon us. (continued on page 5)

#### Announcements

- Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo. Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$4.50 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriverscap.org
- Wanamingo Veterans Honor Guard invite you to become a member. Join us and help us make the Wanamingo Veterans Honor Guard an even bigger success. WVHG meets the third Tuesday of each month at the Wanamingo Community Center. The VFW will meet from 7-7:30p.m. The Honor Guard will meet from 7:30-8:30p.m. For more information contact Eric Dierks 507-321-1967, Gary Floan at 507-732-7740, or Larry Van De Walker at 507-421-4674.
- 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.

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

# Buck & Ho

By Cheri Roshon

Travelling between Zumbrota and Wanamingo, you may have beheld a beautiful site-- 2 acres of Sunflowers, faces following the sun!

Clint and Erica Irrthum are dairy farmers from Wanamingo, living in Zumbrota.

They were married in December 2022, and had a great idea to bring to Hiway 60 travelers. Buck and Honey's Sunflower Patch is a fun place to spend some time playing in the sun, with a petting Zoo, Photo opportunities, a sunflower maze, children's play area and upick sunflowers for \$1 a stem. Or if you want the flowers and not the experience of picking them, they will pick a bunch for you (6 for

\$10) or you may purchase a prepicked bouquet of an assortment of flowers from the family farm to bring home to brighten your day. And since the sunflowers are the bird feed variety, no, you can't eat the seeds!

The Children's area features every child's favorite.... a dried corn sandbox to play in, and make a big mess if they want to! Also, there are bales of straw to conquer, and a petting zoo. The Petting Zoo consists of a calf, 2 alpacas, and some sheep and goats from the family farm.

The Irrthums show Ayrshire cattle on a national level, along with milking 60 cows a day, and both also hold down full time jobs.

(continued on page 4)



**Clint and Erica Irrthum** 



**Ann Traxler** 

# Traxler Law

As I get older and closer to retirement, I begin to wonder how to take care of the treasures I have accumulated over the years. As they say, one man's trash is another man's treasure, and I am sure my offspring will look at most of my accumulations as the former, and not the latter. Downsizing while I am still here on Earth seems to be a great idea, but then once I toss something out, I am sure I will need it the next week. So, maybe a yard sale here and there, or a post on Craig's List will begin the process. However, the possessions that really matter need to be taken care of before I am unable to make decisions for myself, and that is where an estate lawyer will come in handy. (continued on page 3)



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# Jeremiah: "Not The Bullfrog"



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

Jeremiah: [/jeh·ruh·mai·uh/] noun – means exalted or appointed by God.

The book was written by the Prophet Jeremiah (Ch. 1:1) through a scribe names Baruch (Ch 36:2, 32), written sometime during the years he prophesied from 627-586 BC.

**OVERVIEW:** 

The Book of Jeremiah records the final prophecies to Judah, warning of oncoming destruction if the nation does not repent. Jeremiah calls out for the nation to turn back to God. At the same time, Jeremiah recognizes the inevitability of Judah's destruction due to its unrepentant idolatry and immorality. The Book of Jeremiah is primarily a message of judgment on Judah for rampant idolatry (Jeremiah 7:30-34; 16:10-13; 22:9; 44:2-3). After the death of King Josiah, the last righteous king, the nation of Judah had almost completely abandoned God and His commandments. Jeremiah compares Judah to a prostitute (Jeremiah 2:20; 3:1-3). God had

promised that He would judge idolatry most severely (Leviticus 26:31-33; Deuteronomy 28:49-68), and Jeremiah was warning Judah that God's judgment was at hand. God had delivered Judah from destruction on countless occasions, but His mercy was at its end. Jeremiah records King Nebuchadnezzar conquering Judah and making it subject to him (Jeremiah 24:1). After further rebellion, God brought Nebuchadnezzar and the Babylonian armies back to destroy and desolate Judah and Jerusalem (Jeremiah chapter 52). Even in this most severe judgment, God promises the restoration of Judah back into the land God has given them (Jeremiah 29:10).

The overarching theme in this text is judgment since Jeremiah prophesied in the final years of Judah before God's people were exiled to Babylon. The first forty-five chapters focus primarily on the judgment coming to Judah because of its disbelief and disobedience. However, an element of God's grace is also present in these harrowing events. The fall of Jerusalem comes nearly nine hundred years after the original covenant between God and the Israelites in the Sinai desert (Exodus 24:1-18). Such an extended period reveals God's great patience and mercy, allowing His people the opportunity to turn from their sinful ways—a lifestyle they began not long after the original covenant with God (Exodus 32:1–35).

SO WHAT?

Jeremiah is often called the "weeping prophet" because of his sorrow of the coming judgement to nation of Judah. Jeremiah loved Judah, but he loved God much more. As painful as it was for Jeremiah to deliver a consistent message of judgment to his own people, Jeremiah was obedient to what God

told him to speak to God's people. Jeremiah hoped and prayed for mercy from God for Judah, but also trusted that God was good, just, and righteous. We too must obey God, even when it is difficult, recognize God's will as more important than our own desires, and trust that God, in His infinite wisdom and perfect plan, will bring about the best for His chosen people (Romans 8:28). Jeremiah provides us the clearest glimpse of the new covenant God intended to make with His people once Christ came to earth. This new covenant would be the means of restoration for God's people, as He would put His law within them, writing it on hearts of flesh rather than on tablets of stone. Rather than nurturing our relationship with Him through one specific location like the temple, He promised through Jeremiah that His people would know Him directly, a knowledge that comes through the person of His Son, Jesus Christ (Jeremiah 31:31–34; Hebrews 8:6).

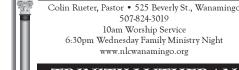
Seeing God's patience with His people in the Old Testament reminds us that God has always been and continues to be merciful. The account that His chosen people routinely ignored the covenant they made with Him for the better part of a millennia without immediate death and destruction should give us hope in our own struggles with living well for God. Though we fail Him, He is patient with us, working in us to bring about the best for our lives. Yet this account also reminds us that an end of His patience and grace will certainly come, a truth that should spur us to pursue God wholeheartedly today and share the good news of rescue and true life in Jesus Christ with those around us.

Next month, we will walk through the book of Lamentations, a lament by Jeremiah for

what occurred to Judah and Jerusalem after their continued and unrepentant idolatry. God allowed the Babylonians to besiege, plunder, burn, and destroy the city of Jerusalem. They also destroyed Solomon's Temple, which had stood for approximately 400 years, burning it to the ground. Yet even in this terrible judgment, God is a God of hope. No matter how far we have gone from Him in this life, we have living hope through Christ that we can return to Him and find Him compassionate and forgiving.

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





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# AREA CHURCH DIRECTORY The Lord Provides

Abraham looked up and there in a thicket he saw a ram. . . . He . . . took the ram and sacrificed it as a burnt offering instead of his son. — Genesis 22:13

Abraham's faith is tested with the ultimate challenge: Is he willing to give up his most precious treasure to God? And at the last possible moment, God intervenes, telling Abraham to stop. So Isaac is spared, delivered from a death sentence. And God provides a substitute, a sacrificial ram to be offered instead. The place is then called "The Lord Will Provide."

Abraham could not have known that about 2,000 years later an even greater sacrifice would be made. God would again provide a substitute, who actually became "the Lamb of God, who takes away the sin of the world!" (John 1:29). That substitute was Jesus, God's only Son, who gave up his own life to pay for all our sin so that all who believe in him may have eternal life (John 3:16).

God's judgment against sin fell on his own Son. Jesus, the sacrificial Lamb, stepped in and took our place. On that day, through Jesus' death on a cross outside Jerusalem, a sufficient sacrifice was provided (see Mark 15:33-39).

Abraham could not have known all this, but by the grace of God he had received the gift of faith and could trust that God would somehow keep his promises.

Lamb of God, thank you for being our substitute and dying in our place, opening the way for us to be saved. Give us faith to believe in you and to serve you every day. Amen.



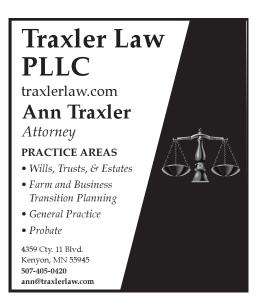


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# Traxler

(continued from page 1)

This month, I decided to focus on a woman who has a large tool box of legal training to pull from. Ann Traxler at Traxler Law, PLLC is that person. Ann is a graduate of Mitchell Hamline School of Law, with a certification



in law and business. She grew up just south of West Concord and moved to Kenyon in 1990. She and her family have a small farm outside of Kenyon with a garden of fresh vegetables. At one time they had a cattle business but decided to forgo that operation when Ann began her law practice. They had 4 boys at home, all of whom are grown and some with families of their own. Jake, Tara and their son and daughter, and Caleb and Samantha all live south of Owatonna. Levi and Natalie live in Nerstrand and help with work in the family businesses, Traxler Power and Equipment, and the NAPA store in Kenyon, along with Ann and her husband Jeff. Their son Quinn is a civil engineer and lives and works in Denver, but comes home often to his townhouse and his girlfriend.

Ann was a student at U of M in Waseca and at the Twin Cities campuses. At the time, she majored in Animal Sciences. This compliments her Law Degree, as she now assists farm businesses transitioning to new formations, and new generations taking over family farms. She says there are as many options



as there are families and plans, so it can get inheritance and probates. Health care direcquite complicated.

Her practice provides both personal and business legal services. Her business law practice interests include forming new businesses, legal contracts, and real estate transactions. She also works with wills and estate planning. She handles trusts to control assets,

tives and power of attorney decisions are also a part of her expertise.

So, if you have been thinking of getting all those treasures you own set up into a legal document such as a will or trust, call Ann to see how she can assist you at (507) 405-0420, and invest in some peace of mind!

#### **OBITUARY**

#### **Kristen Lael Matthees**

Kristen Lael Matthees, 67, of Zumbrota, passed away peacefully at her home on Friday,



August 4, 2023. She was born in Zumbrota on February 24, 1956. to Hugh and Dorothy (Matchan) French. She attended Zumbrota High School and graduated in 1974. She worked for many years as a florist in both Zumbrota and Red Wing. Kristen had a love for gardening and tending to her house plants. She loved to cook for anyone and could often be found listening to oldies music. She enjoyed watching the Minnesota Twins and Vikings, but her favorite past-time was watching the Wheel of Fortune nightly with Joey. She enjoyed going to bingo and meat raffles. Most of all, she adored her grandchildren and spending time with them. She is survived by two sons, Jace and Shane Matthees; one

daughter, Terin Olson; six grandchildren, Shelby Betcher, Ethan Baker, Caleb and Carly Matthees, and Skylar and Cayden Olson; one brother, Mike (Jean) French; her dog, Gabi; and many friends that loved her.

She was preceded in death by her parents, Hugh and Dorothy; son, Kristopher; granddaughter, Madison; and brother, Pete French.

A celebration of Kristen's life will be from 11 a.m. until 3 p.m. on Saturday, August 19, 2023, at the VFW Post 5727 Stary-Yerka in Zumbrota. A private family burial will be held at the Zumbrota Cemetery. Arrangements made by the Mahn Family Funeral Home,





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# Buck & Honey

(continued from page 1)

Their plan is to be the next generation of Irrthum dairy farmers, so they are one busy couple! The Patch is open only 3 weekends this year, and this coming weekend (Aug 10th through the 13th) will be their last weekend for farm fun, so be sure to head over and check them out. Their hours are Thursday and Friday from 2 pm to 8 pm, and Saturday and Sunday from 10 am to 8 pm.

Clint is working toward a diversified planting schedule, doing crop rotations with cover crops to give the soil on the farm more nutrients. The sunflowers will be tilled into the soil, and a crop planted to revitalize the soil for next year's crop of golden happiness. (How can you not smile when you drive by all those happy flowers??) Personally, I am hoping he may do some informational talks on soil diversity next year. It is a topic near

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and dear to my heart.

Erica has some plans for next year's activities, including a Farmer's Market of sorts, and other activities to bring the community together for summer fun. For more information on the venue, go to their Facebook page at Buck and Honey's.









# RoseFest 2023 Next Week

(continued from page 1)

My question was, Why is it called Rose Fest, and how did it start? I met with some Gentlemen at the Senior Activity Center and asked them what they knew about the Festival, and received a lot of information.

Apparently in 1924, Kenyon's first paved street brought the town out of the "Mud Age" as it was referred to at the time. Mayor C.J. Talle thought it would be a good idea to have some green space between the streets on the west side of town, so the last 4 blocks had a boulevard installed between the streets by the Gunderson House.

In 1962, a 65 year old rose enthusiast named LLoyd Jystad thought it was time to beautify the green space with 10 rose "trees", so he went to the city council, then headed up by Dr. W.A. Bohan, the town veterinarian, and got their approval if he would pay for and maintain the trees. So, Lloyd purchased the rose trees for about \$10 apiece, and planted, watered, pruned and fertilized them.

Harold Syverson, a free lance writer asked the question, "If 10 trees look so nice, why not plant 100?" He was asked where he would get the money to purchase so many roses, and he replied, "I will raise the money myself."



Upon hearing that, the council approved the idea, but the village clerk, Alfred Huseth, reminded the council that the Highway Dept. had jurisdiction over the boulevard. This

meant another meeting to get approval. Syverson then met with the district's engineer, Charles Burrill, who approved the project "as long as people driving by aren't causing accidents because they are getting out of their cars to go look at the rose trees. If there are no problems after planting 100 rose trees, then you can plant as many as you want the next year." And so the Boulevard of Roses has become nationally known! It was officially dedicated in June of 1968, with a Queen of Roses, and much publicity surrounding it.

So now Kenyon celebrates their town on the 3rd weekend of August every year with a 3 day Festival. The funding for the festival comes from many sources. Can recycling is taken in all year to help with the costs. The snowmobile club donates funds from their gambling venue to the tune of \$3,000.00. Many citizens donate, as well as local businessses. There is a Kenyon Rose Fest committee that oversees the entertainment and

activities each year. A lot of work goes into every aspect. Frank Peterson, a Kenyon native, is a big part of getting many Shriner's Club members here to do their tricks on bikes. Bobby Peterson and Lee Sjolander are in charge of the annual car show. Anyone can have their car on display, and instead of judging the cars, \$100 bills are given out every hour to the contestants, who must be present to get the money.

There will be 2 dances at the VFW, one on Friday night, and one on Saturday night. Lost Highway will perform Friday, and The Dads on Saturday. There will be food trucks and vendors, and a city wide garage sale Friday and Saturday, too. The emcee this year is Kirby Vandewalker. There will be a Grand Marshall, and a Citizen of the Year honored as well. The parade is at 1 pm on Sunday.

As you can tell, a lot goes into these town festivals, so come on out and show your support, and have a lot of fun August 18, 19, and 20th!





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Peter R. Brehmer APRN, DNP

# New **Event Center** to Open

**By Cheri Roshon** 

The wait is finally over, and south east Minnesota has a new venue for weddings, community gatherings and event for all. It is only 8 miles north of Rochester in the hidden gem of Oronoco. The address is 25 2nd street SE Oronoco, MN 55960.

Jessie and Jared Maes purchased the School House in the fall of 2018 from David Kemmer, a piano restoration expert who restored and tuned pianos in the area. At the time of purchase, there were over 20 pianos, organs and even an antique harpsichord, along with a square grand piano inside. The piano was built in 1870 for Reginald DeKoven, who later composed the famous wedding song, "Oh Promise Me" on this piano. Mr. Kemmer was a walking historian and shared many stories about the history of the School House and all of its glory. If interested in learning more about the history of the School House, it is not only on the front cover of the book. Oronoco, Past and Present by Elsie Boutelle, but is documented throughout the book as well. The book gives the reader great insight into the history of the building.

Jessie and Jared began the renovations to retore the 150 year old building and bring back the historical quality for generations to enjoy

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for years to come. After tearing out all the outdated electrical and plumbing and bringing it up to code, most of the building is still as it was. The charming woodwork, and the spiral staircase stand is a magnificent tribute to the 1800's and will make a splendid back drop for wedding photos, private events and other celebrations. The new deck that surrounds the building and is handicap accessible, looks over the Zumbro river, bringing a calm and peaceful ambience to the venue. An amphitheater for outdoor weddings completes the effect of elegant pageantry, with an arch to have flowers and greens accent the ceremony.

Amenities include a plush bridal suite for the bride and her entourage to get ready for the wedding, on site. There is a catering room to keep the food fresh, and 3 bathrooms for your guest's convenience. Central heating and air conditioning complete the comfort of the whole experience.

On the opposite side of the building, there is outdoor space for events and activities for your guest's enjoyment. You will be able to rent the venue for weddings, private events, social gatherings and business meetings. They also look forward to hosting many community events. If you are looking to participate in, or host a future event at the school house, check out their website at www.schoolhouseevent.com . To contact Jessie with questions, call 507.718.0454 or email her at events@schoolhouseevent.com.

Jessie and Jared would like to thank the community of Oronoco for their ongoing support and guidance, the contractors, and friends and family who made it all come to-



gether.

The Grand Opening is set for the weekend of Gold Rush, August 18, 19 and 20. They hope to see you there to take a look around ask questions. The School House is now open for site tours and bookings for your special

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occasions. Everyone who stops in to view the venue during the Grand Opening will be entered into a drawing for a chance to win 50% off one venue rental for your next personal event. Make sure to stop by and register! Life is an Event. Enjoy it!

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Community

# **FEAR**



By Susan Hinrichsen, CHC, CLC, MC

Fear can be in many different aspects of our life. It can be a fear of trying or doing something new or fear of not having enough money, time, new places, job loss, or failing relationships. We are in different places and seasons of life so the fears may change as we enter different stages of life for each individual. Fear can be difficult to work through on our own if we do not understand what is underlying the fear and were the fear is originating from.

We have been taught to conform to rules or act a certain way as a child which also can shape our beliefs about the world, others, and ourselves. Most times the underlying issue of fear relates to a lack of love and belonging.

A very common fear is fear of failure or not being enough to step into a fearful situation and meet it head on. By not confronting our fears we put limitations on our personal growth and life experiences. This in turn prevents us from achieving our life purpose and personal evolution.

The best way I've been able to describe our purpose on earth is to think of our time here as a school. We are all spiritual beings having a temporary human experience. This is the place where we get to have experiences that we learn and grow from, and it is these experiences that guide our path in life to our purpose. I hear so many people say that things always happen to them but in fact, they happen for you to help you learn whatever you need to learn from the experience to move onto your next lesson.

When I find myself feeling fearful around a situation or issue is to ask myself. what is it about the situation that is causing me to feel fearful around the situation or issue, and to ask myself what about the situation is causing me to feel fearful. I tell myself that it is okay to feel fearful and acknowledge the feeling. I then approach the feelings with curiosity and look inward to see what is causing the fear, acknowledge that reasoning and try to replace that reasoning with an updated thought that is at minimum neutral or positive. After all, we will not be eaten by a wild animal so death should not be a factor. (I hope you are smiling by now).

If you are interested in reaching out and scheduling your complimentary discovery session to help you move past fear or whatever is keeping you from being your best self, visit my website susanhinrichsen.com and while you're there download my 7-Day Workbook at no cost to you.

#### **Tomatoes**



By Shauna Burshem, D.C.

I was recently surfing the web for tidbits of information that I could include in my monthly health tip when I came across a great article on tomatoes. It turns out that tomatoes were not even eaten in the US until the early 1800s, when an eccentric New Jersey gentleman, Colonel Robert Gibbon Johnson, brought them back from a trip overseas. It seems Gibbon was a bit of a showman. He announced that an amazing display of courage would take place on September 26, 1820. He shocked his hometown of Salem by consuming and entire basket of tomatoes in front of a crowd of spectators, who were expecting him to keel over at any second. Obviously, he didn't and since then tomatoes have been a staple of the American diet. And with good reason! Tomatoes are high in Vitamin C and provide 40% of the RDA. The most important part of the tomato is the lycopene. Lycopene is a powerful antioxidant that gives the tomato its red color. Lycopene may be twice as powerful as the anti-oxidant

Beta-Carotene. Research studies have shown consuming tomatoes to be helpful in the fight against prostate, stomach, endometrial and lung cancer. Lycopene has also been linked to increased activity levels in senior citizens. The brighter the red in the tomato the higher the lycopene. In an unusual turn, about as far with cooking vegetables goes, eating most vegetables raw is the way to go. But cooking tomatoes actually releases even more lycopene. Olive oil with tomatoes increases the lycopene absorption in the body. While nothing beats a fresh, ripe tomato, studies also show that canned and jarred tomato and tomato sauce pack the same nutritional benefit. Personally, a large thick slice of a Beefsteak tomato with a little cracked black pepper, sea salt and a dripping of olive oil in between two slices of toast, spread with a smattering of mayo and a slice of bacon is a little bit of heaven on earth! Luckily, tomato season is just around the corner.

Thought for the Week: "External, material objects are never the cause of disease, merely agents waiting to cause specific symptoms in susceptible hosts."

------ Andrew Weil, M.D. (What did he say? He said, things like germs do not cause disease, people with weak immune systems allow germs to overtake their body, and then they become sick.

----Dr. Shauna) Chiropractic Thought for the Week: "A spinal adjustment from your chiropractor may not make your symptoms go away, but it is

not meant to. A spinal adjustment opens up the life channels of your body (nerve flow) and improves your overall health and it does that every time in everybody.

---- Reggie Gold, D.C.

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# Metabolic Syndrome Solution



By Noel Aldrich, PhD, CNS Licensed Nutritionist

Metabolic Syndrome was defined in 1998 as a cluster of symptoms related to how your body processes the food you eat each day. A person with Metabolic Syndrome has the following symptoms:

- A waist measurement more than 36 inches And two of the following measures:
- Low HDL cholesterol ("good" cholesterol)
- High Triglycerides (more than 150 mg/dl)
- High Blood glucose (more than 110 mg/dl)

• High blood pressure (more than 130/85 mmHg)

If you are diabetic or have been taking blood pressure medicine for many years, or have been using statin medication, these are some of the first indications leading to Metabolic Syndrome. According to data from the National Health and Nutrition Examination Survey, more than 34% of adult Americans have Metabolic Syndrome. Conditions associated with Metabolic Syndrome include: heart disease, gout, fatty liver disease, gall stones, depression, and arthritis. Within medical literature, these conditions are described as "lifestyle diseases," which means our choices in daily living result in these conditions. However, very few medical doctors have the time to coach lifestyle changes, so you may think medication is the only answer to control these health conditions, but this is not the case. The right information can help you make real changes in your health and lifestyle.

Insulin is the key hormone that regulates the metabolic processes in your body. Insulin's job is to signal the cells in your body to store sugar and get the sugar out of the blood stream. In a healthy body, insulin is made every time you eat and signals the cells to store the sugar that has been eaten. When insulin levels are increased you are not able to lose weight or burn off extra calories because your body is receiving the signal to "store up" and not to "burn off." When a person snacks frequently, or has five to six small meals each day, the body is always receiving

the signal to "store" and never allowed to "burn off" calories. In order to reverse Metabolic Syndrome, we need to understand how to control the master hormone insulin.

Insulin affects many processes in the body. When insulin is high, the body stores fat, stress hormones are increased, and fat in the blood is increased. When insulin is high, inflammation increases and the body ages faster. When a person practices healthy lifestyle patterns insulin signals are more regulated, and the symptoms and conditions associated with Metabolic Syndrome can be reduced.

The Metabolic Balance Program was developed more than 20 years ago to provide a lifestyle plan to control insulin and improve an individual's quality of life. The program was developed by a medical doctor, a food scientist, and a nutritionist. Metabolic Balance has become one of the most successful lifestyle programs available to address the global health issue of Metabolic Syndrome.

There are eight principles within the Metabolic Balance program that are important for improving health and controlling insulin. These eight principles are:

- 1) Eat three meals each day. No snacks.
- 2) Keep a 5-hour break between meals. No snacks.
- 3) No meal should be longer than 60 min-

utes.

- 4) Begin each meal with one or two bites of protein.
- 5) Eat only one protein with each meal, and do not repeat that protein the rest of the day.
- 6) No eating after 9 pm.
- 7) Drink the quantity of water calculated for you. (Half your body weight in fluid ounces.)
- 8) Eat an apple each day.

In addition to these eight principles, a personal food plan is developed by a certified coach based on your blood chemistry to determine exactly what foods your body will thrive on. When you are eating the foods your body needs, cravings will disappear, satisfaction will increase, and your quality of life can increase. The Metabolic Balance Program is a positive solution to the challenge of Metabolic Syndrome.

As a certified coach, I have personally followed these eight principles since 2017 and have seen the benefits for myself, my family members, and hundreds of clients. You can find out more about this program at the website www.metabolic-balance.us or contact me at nutritionproportion@gmail.com and request a video presentation to review at home.





## Southern Minnesota A weekly advertising supplement to these Southern Minnesota publications: • STEELE COUNTY TIMES • NEW RICHLAND-HARTLAND-ELLENDALE-GENEVA STAR EAGLE • WASECA COUNTY PIONEER • CLAREMONT MESSENGER - DODGE CENTER MESSENGER - DUNDAS MESSENGER - GOODHUE-BELLECHESTER MESSENGER - KENYON MESSENGER - MAINSTREET MESSENGER • MAZEPPA-ZUMBRO FALLS MESSENGER • RANDOLPH-HAMPTON-CASTLE ROCK MESSENGER • WANAMINGO MESSENGER • WEST CONCORD MESSENGER •

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#### HOLLAND AUCTION



Farmers Machinery Consignment Live & Online Bidding Saturday, AUGUST 26, 2023 - 9:30 A.M.

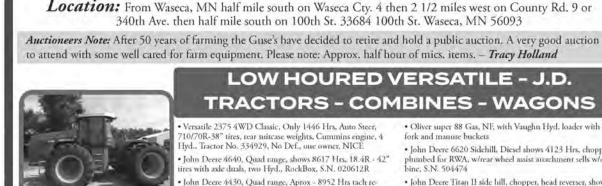
LOCATION: East of Beaver Lake, Ellendale MN Taking consignments: Tractors · Combines · Haying Equip. • Tillage Equip. • Planters • Wagons • Farm Pickups & Trucks • Construction Equip. • All Types of Farm Machinery • Recreational Items Welcomed (No car or truck tires)

Call early to take full advantage of advertising. Álways a large auction, running two auction rings all day. Limited Rack Items Accepted!

Delivery of Consignments will be on AUGUST 20, 21, 22, 23, 2023 from 8:30 a.m. to 6 p.m. NO Consignments on August 24th and 25th!

To consign, call: Holland Auction at (507) 684-2955 or

Tracy Holland, 507-456-5128 (cell) or e-mail hollandauction@frontiernet.net



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#### LOW HOURED VERSATILE - J.D. TRACTORS - COMBINES - WAGONS

2023

 Versatile 2375 4WD Classic, Only 1446 Hrs. Auto Steer. 710/70R-38" tires, rear suitcase weights, Cummins engine, 4 Hyd., Tractor No. 334929, No Def., one owner, NICE

• John Deere 4640, Quad range, shows 8617 Hrs. 18.4R - 42' tires with axle duals, two Hyd., RockBox, S.N. 020612R

ARGE FARM RETIREMENT AUCTION

- John Deere 4430, Quad range, Aprox 8952 Hrs tach re-placed at 3157 hrs, two Hyd., 18.4R-38" tires with axle duals, Rock Box, S.N. 003032R
- John Deere 4020 Diesel, Quad range, tach not correct show 4410 Hrs, 18.4-34" tires, rear weights, two Hyd., Rock Box, S.N. T213R137222R
- John Deere 5055E Diesel, Only 240 Hrs., single Hyd., 3 pt. 14,9-28" tires, S.N. IPY5055ECGG101820, one of
- · Oliver 770 Gas, WF, with Westendorf Hyd. loader and bale and pallet fork attachment
- Oliver super 88 Gas, NF, with Vaughn Hyd. loader with bale fork and manure buckets
- John Deere 6620 Sidehill, Diesel shows 4123 Hrs, chopper, plumbed for RWA, w/rear wheel assist attachment sells w/con bine, S.N. 504474
- John Deere Titan II side hill, chopper, head reverser, shows 3259 Hrs. S.N. H06620X615553
- John Deere 6620 sidehill, shows 3958 Hrs, chopper, S.N.
- . John Deere 643 corn head, 6 row x 30", pixel stalk rolls
- 4 Crysteel 600 Bu gravity wagons, center unload, lights-
- 2003 Chevy 2500, 4x4, V-8 engine, auto, reg. cab, longbox, Aprox. 150,000 miles, one owner
- 1972 Chevy C-60 Grain truck, single axle, newer floor

#### FARM EQUIPMENT + MISC. ITEMS



Case L.H. Ecolo-Tiger 550C Disc Ripper, 5 Shanks, Disc. levelers, lights John Deere 980 field cultivator, 44 1/2', w/ 3 Bar Harrow ueway model 1200 rock rake, 12', Hyd. Driver liteway model 700 reel type rock picker, high lift

. + D Ag, Land Tender, 1000 gal, randem axel, w/ Honda meter DMI 17 shank Anhydrous Applicator, cold flow, 42 1/2'

I.H. 480 Disk, 18 1/2', w/ 2 Bar Harrow I.H. 720 Plow. 4 bottom x 18". Auto reset M.C. Stalk chopper, 20', 1000 PTO, # wheel

Hardi sprayer frame, 1250 gal., 90' Booms, Hyd. pump, 580/95-38" tires, Raven 450 monitor

White 550 L.P. Fork lift, side shift, 14.9-24" tires New Idea 5407 Roury cutter, 5 disc, 3 pt.

J.D. 400 Rotary Hoe, 20' John Deere 7100 Planter, 12 row x 50", liquid Fert, lenze corn unus,

D. 12 row x 30" FM front Mount cultivator w/ rolling shields D. AT600A 8 row x 50" from Mount cultivator w/ rolling shields lopto model 120TM54 Portable Backhoe

1/2' x 16' Flat Rack w/ gear

section spike tooth drag on can

J.D. 6000 Sprayer, shows 6272 Hrs, air ride seat, 60' x-fold century booms, Accumulator, Raven 440 monitor w/ single front wheel assembly and fenders McConnick 10' grain drill, Double Disc, mechanical lift, low rubber, grass seed

00 gal, Diesel Tender, randem axle w/ Honda motor

N.11. 510 Apron type manure spreader, single axle

wCo portable grain screener N.H. 855 Round Baler

N.H. 55 side take

J.M. seed tender wagon, 2 compartments, MN grar w/ sudenga Brush auger, tarp rive over grain Hopper, Hyd. moror

3 pt. Stump grinder

Westgo 10" x 51' grain auger, PTO drive

tfield WR 60-51 grain auger, 6"x 51', w/ 7 1/2 HP electric motor-

3" Grain Blower, 3 phase, 15 HP motor, air lock bad

Farm King 6' rotary curter, 3 pr.

3 pt. 60' x-fold Booms w/ Raven +40 monitor, electric shut off 1000 gal. Fuel Barrel w/ 2-Pumps

LIVE&ON-LINE

bidding available at

500 gal. Fuel Barrel w/Pump

500 gal, fuel Barrel

300 gal, used oil Barrel

Homemade single axle trailer I.D. RM cultivator, 6 row x 30

Portable Grain dryer shed

Lindsay fanning Mill 14-J.D. combine weights

Hydraulic oil cooler

Ponable cement mixer

www.proxibid.com/holland MBW Hyd. hitch w/ controls

Inductor cank w/ pump

Pair of 28L-26" combine tire and rimi Pair of Poly saddle tanks w/ brackers Alomacraft 17' canoe

Alumaciaff 12' boar w/trailer Larson 12' Boat

Drive shafts for sidehill 220 Grain Head Brush Auger 6" x 22', electric motor

2-Hook system quick hitches

Bulk seed fork frame Large chain Hoss, 4 (on

Hossfeld Bender Rzed Bench lath 14"

10 ton floor jack Century 225 amp wire feed welder, (less rank)

Large Vice opens to 15 3/8'

Single phase air compressor

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SEMINAR INVITATION

# **Rising Health** Care Costs

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WHEN: Thursday, August 24, 2023 TIME: 9:00 - 11:00 a.m.

WHERE: Wedgewood Cove 2200 West 9th Street, Albert Lea, MN 56007

Continental Breakfast will be provided. There is no cost or obligation for attending.

To register: call us at 507-377-2000 or visit our website www.americanainsurance.com Space is limited.

#### HOLLAND **AUCTION &** REAL ESTATE

#### (507) 684-2955 hollandauction.com

Sat. Aug. 12 • 9:30 A.M. **FARM** RETIREMENT AUCTION

Versatile 2375, 4WD, John Decre 4640 - J.D. 4430 - J.D. 4020 -J.D. 5055 - Riteway rock picker 4-Crysteel 600 Bu. Wago Tillage + Haying Equip. - Misc. Outdoor Items

Dave & Kathy Guse **OWNERS** Waseca, MN

#### Saturday, August 26.

2022 • 9:30 A.M. If you have one item or a full line give us a call early to take full advantage of advertising. Tractors, combines, having & tillage equipment, planters, wagons, farm pickups and grain trucks, recreational items, con-struction equipment, all types of farm machinery. To consign, call Holland Auction at 507-684-2955 or Tracy Holland at 507-456-5128,

LARGE MACHINERY AUCTION Ellendale, MN

Saturday Sept. 9, • 9:30 A.M.

Kubota B3200 Compact tractor, 4x4, w/loader - 2008 - Dodge 1500 Pickup, 4x4 - Guns - Shop -Tools - Outdoor items

> Bruce I. Born -OWNER

Owatonna, MN

Sun Sept. 10, • 9:30 A.M. Lund 17' fishing boat - 30+ Guns Hunting + Fishing Equipment -Antiques - Collectibles Household - Portable Fish Hous

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LIVE & ONLINE AUCTIONS Considering an Auction? Give us a call!!!

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18928 Jasmine Rd Mankato, MN 56001

#### LAND AUCTION

Wednesday, August 16 **Bruce Piltz Farm** 132+/-Acres

Waldorf Community Center, Waldorf, MN

For property brochures call Chuck Wingert, Wingert Land Services, 507-381-9790 or visit www.wingertlandservices.com

> Only registered bidders may attend. Charles Wingert, Broker

#### www.maringauction.com AUCTION CALENDAR

August 5, 2023......8:30 AM Kenyon, MN AREA FARMERS PRE-HARVEST

ONSIGNMENT AUCTION IVE AND ONLINE AREA FARMERS LIVE AND ONLINE AREA FARMERS
CONSIGNMENT AUCTION,
TRACTORS, COMBINES, SEMIS,
TRAILERS, CONSTRUCTION
EQUIPMENT, PLANTERS &
TILLAGE EQUIPMENT, LIVESTOCK
EQUIPMENT, PICKUPS, CARS, ATVS
AND FARM SUPPORT ITEMS

AND FARM SUPPORT ITEMS

August 7, 2023

Bidding Begins: ... July 27, 2023

Starts Closing.... August 7, 2023

Dodge Center, MN

Online Only Real Estate & Personal

Property For LaMar Johnson

Nice 3 Bedroom 1 1/2 Story Home

With 2 Sheds On A Large Double Lot,
1923 Ford Model T Roadster, 2018

Flatbed Trailer, OMC Gas Skid Loader,
1976 Ford 23' Motorhome, Pressure

Washer, Cement Mixer, Ladders, Hand Washer, Cement Mixer, Ladders, Hand

New Richland, MN
LIVE AND ONLINE FARM
RETIREMENT AUCTION FOR ALLEN
& JANE NELSON
John Deere 9650 STS Combine, JD
893 Corn Head, JD 925 Bean Head,
John Deere 8760 4WD Tractor, John
Deere 8760 4WD Tractor, John
Deepe 8760 4WD Tractor, John
Deepe 8760 4WD Tractor, John
Deepe 8760 4WD Tractor, John

Deere 4440 & 3020 Loader Tractor, Deere 4440 & 2020 Loader Fractor, International Day Cab Semi, Wilson Grain Trailer, Wilmar 8100 Crop Sprayer, Planting & Tillage Equipment, Parker 500, 525 & 2000 Grain Boxes, Grain Bins, Augers, Grain Dryer, Holding Bins, Power and Hand Tools, Volkielas Erm Sunport Hans /ehicles, Farm Support Items

August 12, 2023 ...... 10:00 AM

Delavan, MN LIVE & ONLINE LARGE FARM RETIREMENT AUCTION FOR GREG &

RETIREMENT AUCTION FOR GREG & ANNETTE JENKINS (6) Case IH MFWD & 2WD Tractor, Case IH 6088 Combine, Heads, John Deere 1770 Planter, Fast Applicator, (3) Semis & Grain Trailers, CIH 255 & 200 Tillage, Roller, Rem Grain Vac, Mack Straight Truck, Farm Support Equip.

Complete List of All Our Auctions found at: www.maringauction.com August 19, 2023 ...... 10:00 AM Red Wing, MN

LIVE AND ONLINE FARM RETIREMENT AUCTION FOR EMERY & GINNY FITSCHEN & GINNY FITSCHEN John Deere 4960 MFWD, John Deere 4430, Kubota 6800 MFWD, (2) Parker Grain Carts, John Deere 1760 12R30", JD 714 Disc Chisel, JD 2210 Field Cultivator, Augers, Other Good Farm Machinery, Farm Support Items

August 23, 2023 Bidding Begins: .. Aug. 16, 2023 Starts Closing... August 23, 2023 Nerstrand, MN

Nerstrand, WIN
ONLINE ONLY PERSONAL PROPERTY
AUCTION FOR THE OLSON ESTATE
(3), 1936 Ford Pickups, Red Wing
Stoneware, Scandinavian Rosmalding
Items, Antique Furniture, Collectibles,
Modern & Antique Furniture, Lawn
& Garden Items, 160 Gallon Sprayer,
Log Splitter, Fuel Tank, Hand & Power
Tools and More

August 26, 2023 ......9:00 AM Mantorville, MN

Mantorville, MN
LIFETIME FARM COLLECTION
AUCTION FOR
PAT & LINDA OVEREND
Oliver Tractors, 2, 3 & 4 Digit, White
American 60 Tractors, One Owner
1972 Ford F250 Highboy, Oliver Parts,
Ford 555B Backhoe, 32' GN Trailer, Implements, Power Tools 7046 County Road 5 NW

August 28, 2023
Bidding Begins: .. Aug. 19, 2023
Starts Closing... August 28, 2023
Wells, MN
ONLINE ONLY FARM
RETIREMENT AUCTION FOR
CRAIG & JANELL SCHULTZ
John Deere 9670STS Combine, 893,
635, JD 8230 & 8100 MFWD, JD
2630 Display & Clober JD 1770 JD 2630 Display & Globes, JD 1770, JD 2630 Display & Globes, JD 1770, JD 235, JD 3010, Brent 644 Wagon, J&M Cart, Wilrich 957 Ripper, Fast Sprayer, Farm Support Equipment



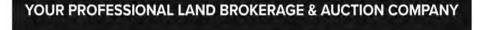
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Live & Online Clean Farm Retirement Auction MARING



We Sell the Earth & Everything On It. Auction Location: 29642 County 53 Blvd, Red Wing, MN (Take County 53 Boulevard South of Red Wing, MN)

Saturday, August 19, 2023 • 10:00 a.m. FOR COMPLETE DETAILS & BIDDING GO TO:

www.maringauction.com

#### **VIEWING & INSPECTIONS DATES:**

Saturday, August 12 - Auction Date, 9:00 a.m. to 6:00 p.m.



John Deere 4560 MFWD & 4430, Kubota M6800 w/Loader '92 JD 4560 MFWD, 7872 Hrs, 2000 Hrs Overhaul W/Paperwork, 15sp. PS, 480/80R42 Michelin Duals, Fenders, Suitcase Weights, 3pt QH, 3 Hyd, 1000PTO, Very Clean; '77 JD 4430, 8533 Hrs, Quad, 18.4R38 Duals, 3pt QH, LED Lights, 540/1000 PTO, (4) Rear Wheel Weights, Very Clean;

O3 Kubota M6800 MFWD, Kubota LA1002 Hyd Loader, Joystick, Skid Loader Plate, 2625 One Owner Hrs, Hyd Shuttle 8 Speed, 17.5L24, 540PTO, 3pt, 2 Hyd; (6) JD Suitcase Weights

#### 2004 Cadillac SRX, Dodge Pickups, Dodge 800 Tandem Grain Truck

\*O4 Cadillac SRX SUV, AWD, 4.6L V8, 114,433 Miles, Leather, Navigation, Touch Screen Radio, Clean; \*79 Dodge 150 Power Wagon Pickup, 4x4, 318 V8, 83,820 Miles; \*76 Dodge 200 Pickup, Club Cab, 440 V8, Auto, 4x4, Non-Running; \*76 Dodge Power Wagon Rolling Chassis, 4x4, Auto; Dodge 440 V8 Engine and Tires & Rims; \*72 Dodge 800 Twin Screw Grain Truck, 18 Steel Box & Hoist, 5x4, 418, Needs Brakes

#### John Deere 1760, JD 2210 Field **Cultivator & Related Machinery**

JD 1760 Conservation MaxEmerge Plus, 12R30", Liquid Fert., Row Cleaners, Vacuum, Spike Closing Wheels, Precision Corn & Regular Bean, 250 Monitor, In-



Corn & Regular Bean, 250 Monitor, In-Furrow; JD 2210 FC, 26.5', 4 Bar Harrow, Walking Tandems, Good 7" Sweeps, SP Depth Control; JD 1710 Disc Chisel Plow, 9 Shank, 11', Front Cone Disc, Spike Harrow; JD 27 Stock Chopper, 15, 4 Wheel Transport, 1000PTO; Hinker 1000 Row Crop Cultivator, 6R30", Wide Sweeps, HD Springs, 3pt; 1400 Gal. Poly Nurse Tank; B&S Transfer Pump; JD 4x16's Plow; JD 1350-1450 Plow, 5x18's; Frontier DH1276 Notch Blade Disc

#### **Grain Carts, Augers, Brush Mowers & Machinery**

Parker 710 Grain Cart, Corner Auger, 1000PTO, 800/65R32, Rear Hitch; Parker 614 Grain Cart, Corner Auger, 1000PTO, 800/65R32; Kuhn GMD 600-GII HD Discbine Mower, 540PTO, 6 Cut; Bush Hog 3210 Rotary Brush Mower, 12', 540PTO; Farm King 1031 Auger, 10''X31', 540PTO; Westfield MK100-71 Swing Hopper Auger, 10''X71', Hyd Lift; Fetrel 8"X66' Auger, PTO, Hyd Lift, Screener Section; Westendorf 400 Bu Gravity Wagon, 14T Gear, 11-22.5, Lights; H&S 9'x16' Wagon, NH 234 Running Gear; (4) Keho 16900 Bin Fany, 10UP, Mingral Feeders; Fence Peet Paly Geain Hoppers Bin Fans, 10HP; Mineral Feeders; Fence Post; Poly Grain Hoppers; (10) Livestock Gates, 10', 12', 14', 16'; SnowCo 48' Grain Screener, 9'x8" Auger; CL Fab 5081 EZ-Grapple Bucket, 81", Universal Plate; North Star 2760PSI Hot Water Pressure Washer, 2.5GPM

#### Emery & Ginny Fitschen

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

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Place bids, view pictures & descriptions of items in weekly online auctions, & inspect any active auction items at our safe & secure physical location!!

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7th Annual Junk Truck/M&M Resources

# WAREHOUSE SALE



Friday, Saturday, Sunday September 8th, 9th, 10th 10:00am-6:00pm 7 Cannon Street

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Come check us out, we have something for everyone at very low prices. Lower than your average garage sale. We hope to see you all there!

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Stop in and you're sure to find something wonderful!

# Safety Tips for Riding Off-Highway Vehicles

By Minnesota DNR

With thousands of miles of trails throughout Minnesota available for riding, off-highway vehicles continue to grow in popularity as a way for people of all ages to experience the outdoors. For some folks, an OHV is a convenient means for getting from Point A to Point B. The journey itself is the goal for other riders, who simply enjoy riding through the fields and woods.

Whatever the reason for riding, there are a variety of steps OHV riders can take to reduce the potential for accidents or injuries and ensure a safe and successful ride.

#### The Golden Rules of OHV Safety

Ride only on designated trails and at a safe speed.

Ride on the right.

Wear goggles, long sleeves, long pants, over-the-ankle boots, gloves and DOT-compliant helmets.

Avoid riding on paved roads except to cross when done safely and permitted by law.

Ride sober.

Carry no more than one passenger on an OHV specifically designed for two people, and never carry a passenger on a single-rider OHV.

Ride an OHV that's right for your size.

Actively supervise younger riders. OHVs are not toys.

If an OHV comes factory-installed with seatbelts, wear them.

Take a hands-on and online safety course. **Keys for youth ATV safety** 

#### Active supervision – set the ground rules

If a child can control a bike without any problems, it may be a good time to try an OHV.

Youth under age 16 must have permission from their parent or guardian to operate an OHV. Even when permission is granted, active supervision is a must. Youth riders may be able to start and stop an OHV, but lack the experience to respond to something unexpected. Setting ground rules reinforces the serious nature and responsibility that comes with operating an OHV. Allow youth to ride only after they demonstrate they can follow directions and wear their protective gear.

#### OHV fit – one size does not fit all

OHVs intended for use by adults (16 years and older) are larger, heavier and have greater speed and performance capabilities than youth models. Children under 16 and capable of driving OHVs should ride a smaller model, with speeds limited accordingly.

Youths age 16 and under must fit the OHV they operate.



They should be able to reach the foot pegs while sitting upright on the machine, and be able to reach and control the handlebars. This means they must be able to grip the handlebars and have the ability to move them to the left and right, in addition to operating the throttle and brake lever with one hand.

Youth riders also must be able to shift their weight from side to side and from front to back while maintain their balance.

#### Helmet use and safety gear

General Information Contacts: Bill Becker 507-581-1225 Jeremy Sevcik 507-403-1614

en Sevcik 507- 649-0352

Protective gear is a must while operating OHVs. Whatever size machine they're riding, all operators and passengers under the age of 18 must wear DOT-certified helmets. One of the most common violations conservation officers see is people under 18 not wearing helmets, particularly on the larger,

Class 2 vehicles

Full face shield helmets that fit snugly and securely offer most protection.

Eye protection is recommended, especially in a wooded areas.

Over-the-ankle shoes with sturdy, non-slip heels and soles should be worn.

Long-sleeved shirts or jackets, long pants and gloves all afford protection.

We recommend everyone riding an OHV wear a helmet.

#### Training and trail safety

Take an ATV safety course (required for riders born after July 1, 1987).

Take an OHM safety course (required for OHM riders under age 16).

Take an ORV safety course. Trail Ambassador program.

# **Hunting Deer with Bait is Illegal**

By Minnesota DNR

Hunters are not allowed to take deer with the aid or use of bait anywhere in Minnesota. "Taking" includes attempting to take.

#### Baiting

Corn, apples and pumpkins are common foods used to bait deerBaiting means placing, exposing, depositing, distributing or scattering bait that is capable of attracting or enticing deer.

Baiting significantly increases the risk of disease transmission by concentrating animals and promoting nose-to-nose contact.

Baiting attracts and holds large numbers of deer on private parcels creating a privatization of the deer herd.

Bait piles alter a deer's natural movement. By placing bait, one hunter can effectively nullify another hunter's attempt to harvest a deer

#### What is bait?

Bait includes grains, fruits, vegetables, nuts, hay or other food that is capable of attracting or enticing deer and has been placed by a person.

Liquid scents (example: doe in heat), sprays, salt, and minerals are not bait if they do not contain liquid or solid food products.

Read the ingredient label on all products prior to use. Many products, including newer liquid, powder and block forms, contain food or attractants such as grains, fruits, and sugar derivatives (glucose, dextrose, and fructose). If a salt or mineral product has anything other than salt or mineral in it, it is illegal to use for hunting.

Agricultural crops from normal or accepted farming, forest management, wildlife food plantings, orchard management, or other similar land management activities are not bait. This exclusion does not apply to agricultural crops that have been reintroduced and concentrated where a person is hunting.

Example: A person may spread an abundant agricultural crop on a previously planted field as fertilizer. However, if the fertilizer is piled or concentrated where the person is hunting deer, it is baiting.

A person otherwise in compliance with this section who is hunting on private or public property that is adjacent to the property where bait or food is present is not in violation if the person has not participated in, been involved with, or agreed to baiting or feeding wildlife on the adjacent property.

#### Removal of bait

All bait must be completely removed for 10 days prior to hunting. Penalties for baiting violations include revocation and confiscation.

A person may not obtain any deer license or take deer under a lifetime license for one year after the person is convicted of hunting deer with the aid or use of bait. A second conviction within three years would result in a three-year revocation. The revocation period doubles if the conviction is for a deer that is a trophy deer scoring higher than 170.

Firearms and bows used to take deer with the aid or use of bait will be seized and are subject to confiscation upon conviction. In some areas, deer feeding and attractants are banned year-round, see page 82.



The Rice County Steam and Gas Engines, inc. is a non-profit or, The farmers, exhibitors and workers time is all donated. All income is used to improve the show! Thank you for attending

Leashed Pets Only \* Primitive Camping \* No Alcoholic beverages allowed on grounds tion of All Golf Carts & ATV's will be required at Exhibitor's Gate \* Proof of Insurance \* August, 2023 - WANAMINGO MESSENGER - Page 15

CITY OF WANAMINGO City Council Regular Meeting Monday, July 10, 2023 7:00 P.M. Wanamingo City Council Chambers – 401 Main Street Wanamingo, MN

CALL TO ORDER: Mayor Holmes.
PRESENT: Council: Ryan Holmes, Stuart
Ohr, Rebecca Haugen, and Eric Dierks
City Administrator: Michael Boulton

Deputy Clerk: Karen Masters **ABSENT:** Jeremiah Flotterud

ALSO PRESENT: Brad Kennedy and Melissa Meyers – Zumbrota News-Record

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

**CONSENT AGENDA:** Haugen motioned, seconded by Dierks. Holmes stated that he and Administrator Boulton just came from Goodhue County Habitat for Humanity ground-breaking at 5:30PM. The building permit is part of the consent agenda. Holmes is excited for the project and to work with Goodhue County Habitat for Humanity. Passed 4-0-0.

#### **PRESENTERS:**

Brad Kennedy reported on:

- 1) Much of the last month was in preparation for the 4th of July
- 2) Trimmed sucker branches on trees located along parade route
- 3) Weed whipped and mowed around public and private properties leading up to the 4th of July
- 4) Coordinated Waste Management dumpsters and brought garbage containers to fire hall for 3rd of July Dance/4th of July activities
- 5) Sprayed weeds along curb/gutters of

streets, downtown sidewalks, and parks.

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

- 7) Staff have completed street sweeping along the streets every two weeks and multiple times leading up to the 4th of July weekend. This included clean up after the June 29th storm.
- 8) Installed 20 water meter endpoints in Hillcrest Manor. There are 21 water meter endpoints left to replace in Hillcrest Manor along with one home. The next endpoints shipment is on backorder from Metering Technologies & Solutions.
- 9) Installed new screws and roof caulking on the 648 2nd Ave Street Shop building roof. The roof experienced some leaking the spring and summer.
- 10) Drained baby pool to repaint after iron deposits. The filter installed this spring is collecting iron deposits but needs to be changed weekly.
- 11) Installed four Purple Heart City signs on Population sign posts along MN TH 57 & MN TH 60 City Limits
- 12) Metering Technologies & Solutions notified Wanamingo that Tyler, MN would like to purchase 75 old water meter end points ERT's (Encoder Receiver Transmitter). City staff plan to negotiate a price (\$20-\$30/meter) for the endpoints that were originally purchased for \$90 4-7 years ago. There are few communities that still utilize this technology, so there is a limited market.
- 13) Maintenance staff will pick up 12' Falls Plow edge piece from Little Falls at the end of the week. Shipping would be close to

\$1,000, but no one would ship it. The edge piece(s) were damaged last winter as part of the snow plow hitting manholes that stuck above the road.

14) Schumacher Excavating will be completing work to the Nelson Drive retention pond, repairing/replacing hydrants, and replacing a water shut off valve in the coming week or two.

Boulton stated that the City had received a bid of \$18,452.50 from Rochester Sand & Gravel for saw cut clean bituminous edge, excavate backfilled aggregate, shape, and patch 4.0" average depth bituminous pavement. Boulton stated that the locations were as follows:

-Hill Avenue/2nd Street E-Asphalt work around manhole and catch basin that will be reset along with concrete curb replacement. It is estimated to be a 15' x 8' (120 sf) asphalt patch.

-Main Street/Beverly Street – Asphalt work around hydrant that will be replaced along with concrete curb replacement – It is estimated to be a 20'x 8' (160 sf) asphalt patch.

-1st Avenue/4th Street West - Asphalt work around hydrant that will be replaced along with concrete curb replacement – It is estimated to be a 15'x 8' (120 sf) asphalt patch.

-905 7th Avenue – Asphalt patch will be completed after manhole is adjusted. It is estimated to be a 30' x 30' (900 sf) asphalt patch.

-Nelson Drive – Asphalt patch will be completed after leaking water service line is repair. It is estimated to be a 15' x 15' (225 sf) asphalt patch.

Boulton stated that the Council had approved the 2023 Street Maintenance plan that included manhole improvements, hydrant repairs, concrete curb/gutter replace-

ment, and asphalt patch work. The Rochester Sand & Gravel bid is consistent with the market for asphalt and preparation work. The Council agreed to move forward with the work. Boulton stated that he would sign and send back the bid estimate to Rochester Sand & Gravel.

NEW BUSINESS: RESOLUTION:

RESOLUTION 23-041 - Approving a Joint Powers Agreement for North Zumbro Sanitary Sewer District Between the Cities of Goodhue, Pine Wanamingo and Zumbrota: Dierks moved to approve, seconded by Ohr. Mayor Holmes recommends the appointment of Michael Boulton as the City of Wanamingo director of the executive committee and Stuart Ohr as the City of Wanamingo alternate director of the executive committee. The executive committee will be the legal body of the Joint Powers Agreement. Joint Powers decisions will not be coming back to the City Councils for approval. The City Council can change director or alternate director to the Joint Powers executive committee at any time. Haugen asked if anyone could attend the executive committee meetings. Boulton stated that the meetings will be open to the public. Boulton stated that the executive committee meeting minutes will be published on each of the communities' websites and that a copy of the minutes will be included monthly in each of the City Council meeting agenda packets. Boulton stated that Prairie Island Indian Community will start out as an ex officio member with ability to become a full member once land purchased is placed in Federal Land Trust and development occurs. Passed 4-0-0.

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RESOLUTION 23-042 - Approving Support for a North Zumbro Sanitary Sewer District Regional Wastewater Treatment Facility G.O. Bonding Bill Request: Ohr moved to approve, seconded by Dierks. Boulton stated that a support resolution is required for the Minnesota Management & Budget capital request form. Holmes asked if there will be other Federal funding opportunities beyond the Point Source Implementation Grants. Boulton stated that having the pre-design documents completed will make the project open to applying for Congressionally Directed Spending and other infrastructure related Federal grants. Passed 4-0-0.

**OLD BUSINESS:** 

Administrator Boulton provided a North Zumbro Sanitary Sewer District group update. The legislative group has been working with Kennedy & Graven Law Firm to finalize a Joint Powers Agreement between Goodhue, Pine Island, Wanamingo, and Zumbrota. The Joint Powers agreement puts together a formal executive board which will govern the use of the \$10 million State Appropriation. The \$10 million is for the predesign, design, land acquisition, and legal work for Phase I of the project. The Joint Powers Agreement, through Wanamingo Resolution 23-041, is in front of the City Council for consideration of approval. Mayor Holmes will be recommending the appointment of Michael Boulton as the City of Wanamingo director of the executive committee and Stuart Ohr as the City of Wanamingo alternate director of the executive committee.

The \$10 million appropriations are expected to be available in Fall 2023 through the Minnesota Public Facilities Authority. The North Zumbro Sanitary District working group has had initial conversations with the Minnesota Public Facilities Authority who will be administering the \$10 million. The legislative group will need to work with the engineers to complete a check list submission before incurring expenditures. Expenditures after June 1st will be eligible for reimbursement.

The working group met with Minnesota Pollution Control Agency on June 29th. The overarching goal of this meeting was for MPCA to learn a little bit more about the project. The MPCA wanted to discuss projected project timelines, the permitting process, steps to applying for/obtaining a permit, etc. Early communication should make the process smoother and more efficient for all involved. There was a discussion on the Joint Powers Agreement. The group discussed concept for new regional facility (plant location, outfall, AWW Flows, etc.). The MPCA laid out Preliminary Effluent Limits, SDRs, Anti-Degradation, and Sulfate Update (Scott Weiss). There was an Environmental Review Considerations/Process (Samantha Bump). We discussed Funding and Facility Planning Considerations (Corey Hower). There was discussion on Applicable Waste Load Allocations, Nitrogen update, and Regulatory Certainty (Marco Graziani). The Permitting process, steps, and approximate timelines were laid out (Holly Mikkelson). There was also discussion on Permitting Timeline Goals-Four Cities.

The legislative group put together the Minnesota Management & Budget application for 2024 capital investments requests. The application was submitted June 15th (June 16th deadline). The Councils will consider Resolution 23-042 for the Phase II, construction, capital request of \$37.5 million (\$44.8 mil-

lion estimated inflator) at the July City Council meeting. The initial \$10 million Phase I is for predesign, design, land acquisition, and other work in preparation for construction. Phase I is being paid 100% by the State. Phase II would be for construction of the wastewater treatment plant, collection lines, detention ponds, and decommissioning of the existing sewer plants. Phase II would include a Capital Request of \$44.8 million (including estimated inflator) to the State. The total costs for Phase II are \$99.6 million, which includes the State 17.07% inflationary factor.

On Wednesday August 2nd there will be an appreciation picnic for all those involved in securing the \$10 million appropriation. Representatives from Goodhue, Pine Island, Wanamingo, Zumbrota and The Prairie Island Community have been meeting for almost 3 years to this point. We want to recognize everyone's effort, including City Councils, Legislators, Engineering Consulting Firms, and City Staff. You invited to an evening of appreciation for your time and effort you have dedicated to help to move this project forward. This will be a chance for City Council members and staff to thank area legislators for their work on the bill. The event will take place at the Zumbrota Park Shelter from 6:30PM-8:00PM. There will be hot dogs, hamburgers, bars, and refreshments. A formal invitation was sent out June 29th. Notices will be posted of possible quorums of City Councils for each of the com-

**RESOLUTION 23-043- Approving** Street Salt-Sand Shed Construction Proposal: Ohr moved to approve, seconded by Haugen. Administrator Boulton reminded the Council of information provided last month regarding the proposed street salt-sand storage shed. The proposal includes a B & N Construction \$17,900 quote for a 24' x 30' heavy floating slab type foundation with 10" thick 6' high walls on three sides. A 5' x 25' apron between the structure and curb would be included in the price. The proposal also includes a Pine Island Lumber \$6,233.66 quote for materials on the remaining portion of the studded walls cdx plywood (6' to 12' height of walls) and roof. Staff recommends an additional \$1,500 to place steel on the walls. The estimated cost of the project is \$24,123.66 (plus an additional \$1,500 to place steel on the walls). The maintenance staff would plan to construct the walls. The proposed plan is to pay for the proposed \$24,123.66 salt-sand shed out of the Storm Water Fund. The shed will allow for less sand usage. This will send less sand into the storm drains and keep more sand off the streets in the spring (less street sweeping and cleaning out of storm lines). The Storm Water Fund has \$51,429 in it at the end of 2022. The Nelson Drive storm water pond clean out bill has not been received by the City, but should be around \$15,000. The Storm Water Fund generates roughly \$26,500 per year in revenue. At the end of 2023 the Storm Water Fund should have roughly \$62,900. If the salt-sand shed project is paid for out of the Storm Water fund it would end up with roughly \$38,700 at the end of 2023. Kennedy stated that a decision was needed in July. Kennedy stated that B & N Construction could complete the concrete work, but their schedule makes it difficult to guarantee being completed before September. Kennedy stated that the new leased skid loader is planned to be delivered in August. Kennedy stated that the City has roughly 30 hours left on the current skid loader lease that he wished to utilize on the dirt work preparation for this project. Kennedy stated that Councilmember Flotterud volunteered to obtain another concrete contractor quote, but has not provided a quote with staff. Haugen stated that after review from June the price of the proposed street salt-shed is in line with current construction costs. Haugen stated that the salt and sand needs storage requires improvement before this winter. Haugen does not wish to see a tarp covering any of the materials in the open. Haugen stated that she and the public wish to see snow removal and salt-sanding completed as soon as possible. The proposed salt-sand shed is an improvement to the snow and ice removal process that is needed. Haugen stated that the storm water fund is an appropriate funding source for the project. Kennedy stated that the costs seem high due to the numerous yards of concrete needed for the project. Kennedy stated that concrete saw a sharp increase in price from 2022 to 2023. Holmes agreed that the proposed salt-shed project pricing is fair and that the project needs to be completed before winter and before delivery of first salt shipment. Holmes stated that the City purchasing and utilizing salt will help with ice buildup compared to only utilizing sand. Kennedy asked if the Council wished to utilize tin or plywood and paint for the walls (\$1,500 difference). Haugen moved to utilize tin, seconded by Dierks. Passed 4-0-0. Resolution Passed 4-0-0.

RESOLUTION 23-044- Accepting Monetary and In-Kind Donations for Prairie Ridge Estates Park Improvements: Haugen moved to approve, seconded by Ohr. Mayor Holmes thanked everyone who has been involved with planning the project, raising funds, and the contractors for completing the shelter. Boulton stated that Xcel Energy still needs to run underground power to the shelter. The shelter is fully wired and waiting for power. Kennedy stated that the City is also waiting on the 42" screen door to be delivered so that it can be installed. The total project costs were \$41,718.13 while there were \$18,500.00 in donations. Passed 4-0-0.

Mayor Holmes acknowledged that the Wanamingo 4th of July celebration went very well. Holmes thanked the fireman for the work with the Fireman's dance, parade, water fights, and fireworks. Holmes thanked the Wanamingo Lions, Wanamingo Commercial Club, and all the other civic groups and churches that hosted events and contributed toward the celebration. Holmes stated that the current civic groups need additional volunteers to continue the celebration and encourage citizens to join either the Wanamingo Lions or Commercial Club. Holmes stated that the Goodhue County Sheriff's office did not have the usual presence at the parade due to deployment of most on duty deputies being called to a tragedy on the Mississippi River that took three lives. Holmes stated that the weather cooperated on the 4th of July for the parade and fireworks. Holmes said that the turnout was great and look forward to next year. Boulton stated that additional communication between all groups involved will help improve operations with July 4th activities.

Mayor Holmes stated that the EDA board members toured the Wanamingo Medical Center Building. Board members were able to view the three suites leased by Olmsted Medical Center, Abounding Hope Counseling Clinic, and Reckitt/Mead Johnson.

\*Next City Council meeting on 8/14/2023 at 7:00pm.

\*2024 City Council Budget Workshop meeting on 7/24/2023 at 6:00pm. Administrator Boulton and Mayor Holmes announced that the City Council will be touring the Wanamingo Street Shop building and looking at equipment for the capital improvement planning. This tour will occur after the budget meeting work items are complete.

Adjourn: At 7:48 PM a motion to adjourn was made by Haugen and seconded by Ohr. Passed 4-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator

CITY OF WANAMINGO City Council Regular Meeting Monday, July 24, 2023 6:00 P.M. Wanamingo City Council Chambers – 401 Main Street Wanamingo, MN

CALL TO ORDER: Mayor Holmes @6:00PM

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

City Administrator: Michael Boulton **ABSENT:** Deputy Clerk Karen Masters **ALSO PRESENT:** Brad Kennedy,

Melissa Myers – Zumbrota News Record,
and Patricia Heraty (SEMCHRA)

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

#### PRESENTERS:

- A) Patricia Heraty SEMMCHRA Heritage Hills Report
- 1) Presented 2023 projected expenses and transfers from the Operating Reserve Fund required yearly as part of transfer agreement.
- 2) Operating losses and capital for 2023 are projected at being up to \$23,005.00
- 3) In the past 14 years since SEMMCHRA took over operations the City of Wanamingo has contributed \$378,195 toward operations of the facility
- 4) SEMMCHRA is asking for a transfer of up to \$23,005.00 from the operating reserve for projected losses and capital expenditures. The capital items include replacement of aging appliance (three washer/dryer units at \$1,300/each) and repair/replacement of broken sidewalks. There were also higher than budgeted insurance, snow removal costs significantly higher than expected, and heating fuel costs increased more than projected.
- 5) 2024 Levy Request will be \$25,000.
- 6) Patched, sealed and striped the parking lots with County Community Funding. Drainage issues were addressed by the garage.

Holmes asked if the increased utilities and other operating costs would be reflective with potential rent increases in 2024. Heraty stated that there is a request for a \$20/month (2.8%) rent increase for 2024, which will require approval. Flotterud asked when refinancing of the Heritage Hills bonds could take place. Heraty stated that August 2023 was the planned refinancing date for the Heritage Hills bonds. However, higher interest rates no longer make refinancing feasible. Holmes stated that he was happy to see icing concerns and parking lot surface water issues addressed. Holmes stated that residents have shared those concerns with him the past year or two. Heraty stated that SEMMCHRA will be speaking with New Life Church regarding snow piling concerns for next winter. The current snow piling melts into the parking area causing addition surface water and freeze/thawing concerns.

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#### Wanamingo City Counci

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Heraty hopes that the New Life Church snow piling can be adjusted to avoid additional surface water and icing caused by freeze thaw cycle. Flotterud stated that SEMMCHRA somehow always manages to keep the levy at \$25,000 in both good and bad financial operating fiscal years.

#### **NEW BUSINESS:**

1) 2024 Budget discussions

A) City Council looked at the staff proposal of the 2024 proposed budget, Memo on 2024 proposed budget, and proposed 2024 levy. The proposed to increase to the levy is 9.18% (\$980,000 to \$1,070,000). There are concerns with additional inflation along with addressing future capital needs. The general fund, Street Capital, EDA, and Debt Service Fund 328 are proposed to increase as part of the 2024 levy. Debt Service Fund 336 will be created for a future road project.

B) Administrator Boulton explained a number of line items that had either changed from the previous year or needed an explanation. Proposed wage increases were roughly 5% while proposed health insurance increases would 5%. Boulton stated that an aggregate 22% (\$17.645) increase has been built in for fuel, electric, and natural gas. The proposed \$80,000 street maintenance (seal coating) project and \$10,000-\$15,000 Prairie Ridge Estates Park Equipment (basketball hoop and other equipment in 2024 or 2025). The fire department budgeted expenses are proposed to increase by roughly \$14,850.96 (13.64%) from 2023. This is due to fuel, electric, natural gas, and insurance increases. There was additional budgeting for Building R & M, Small Tools & Minor Equipment, Seminars & Training, Clothing (turnout gear) and \$5,000 more for future truck purchases. There are scheduled elections in 2024 of \$3,700. The general fund is projected to have a \$9,587.17 surplus at the end of 2024. The Council does need to be conscience of keeping the reserves near the agreed minimum of \$500,000. Boulton stated that the 2024 truck purchase to replace the dump truck will be \$150,000. Truck is not expected to be delivered until late 2024 or early 2025. The fund will have a \$82,000 balance at the end of 2024. If the truck arrives in 2024, the plan is to transfer funds from 336 Debt Service Fund to cover the remaining portion of the costs not available in the fund.

C) Administrator Boulton explained that the new Revland Alignment expansion increased is taxable value by an estimated \$135,300

with 2022 expansion. This would bring in roughly \$5,500 (slightly less than half City portion) in property taxes (0.041). New construction within the community over the last seven years (7 new taxable homes in 2022) should aid with the increase to the taxable market value increase. Maple Island/Mead Johnson TIF will be de-certified and placed back in the tax levy pool. In 2022, there was \$80,000 TIF generated. The City portion is roughly half of the generated TIF; \$40,000. The new construction and decertification of the TIF District should off-set roughly 60% of the proposed levy increase (5.6% of the proposed 9.18% increase). The Council will see how the finalized 2024 market value rates compared to the proposed levy increase will affect property values based on \$100,000 levels in October. The Council will be setting the initial levy at the August meeting and could stay at the same levy amount or decrease at the December meeting. The Council could not increase the levy from August to December.

D) Boulton stated that Local Government Aid (LGA) certified amounts would increase from \$276,253 in 2023 to \$302,161 in 2024. The legislature recently approved funding for Small Cities Assistance to communities under 5,000 population for use on road construction and maintenance. This formula has been periodically funded in recent years. The City of Wanamingo will receive \$32,416 in 2024. Additionally, the City will receive onetime public safety aid of \$50,017. The plan is to transfer these funds into the 333 Fund for a future fire truck purchase.

Flotterud asked if a 2024 street maintenance project is planned. Boulton stated that there is \$80,000 budgeted in 2024. The staff will review if a project will be completed in 2024 or if it would be better suited to do a larger project in 2025 with an additional \$80,000. This is in order to obtain economies of scale with having a larger project. Flotterud asked how the proposed North Zumbro Sanitary Sewer District construction costs would be paid. Boulton stated that if the district receives additional State capital investments for construction there will also be a provision in the bill to create a sanitary sewer district. This district could issue debt for the local match portion. The district will bill each of the Cities their agreed upon portion. The City of Wanamingo could pay some or all of their share of the costs through user rates or levy dollars. Flotterud disagreed with the use of levy dollars. Boulton stated that the user rates could potentially make the monthly utility bills quite high (doubling sewer portion). Flotterud stated that the sewer fund is projected to have \$630,000 by the end of 2023 and could help pay down costs while rate increases occurred over a multi-year period of adjustment. Flotterud asked when the construction bonds would be issued and when payments toward the bonds would occur. Boulton stated that the earliest bonds would be issued is Spring 2026 with principal payments needed to be made the following year. Ohr stated that the downtown clay sanitary sewer lines should be addressed before the North Zumbro Sanitary Sewer District construction begins. Ohr stated that I & I (inflow and infiltration) of ground water would increase Wanamingo's cost to the operations of the district. Boulton agreed that the next street project should have a component of sanitary sewer clay line replacement. Boulton stated that there are roughly twenty-five blocks of clay sanitary sewer lines. It is estimated that replacement of the clay sewer lines and manholes would cost roughly \$100,000/block or roughly \$2.5 million. Boulton stated that there was no guarantee that the clay sanitary sewer line replacements would correct a significant portion of the I & I. Boulton stated that private roof drains, private sump pumps, leaking private sewer service lines, and possible cross connections with storm and sanitary sewer lines could be contributing to the I & I. Flotterud asked what the difference in water pumped out of the wells compared to wastewater treated was in a year. Boulton stated that the City pumps 45 million gallons. Boulton and Kennedy were not aware of the number of gallons treated at the wastewater treatment plant. Flotterud stated that there has to be a break-even point for cost of repairs compared to treatment cost of I & I. Kennedy stated that he would look into volume of treated wastewater per year. Boulton stated that the plan is to slowly increase the sewer rates to build a reserve to pay some of the initial costs. Boulton also stated that the other reason was so that rate increases are lessoned for residents at the time these projects are completed. Boulton also noted that the Council's intentions are to increase the utility rates incrementally for future waste water treatment plant and clay sanitary sewer line replacements. Boulton recommends the water base rate increasing from \$25/month to \$26/month. Boulton also recommends an increase on the sewer base rate from \$22/month to \$26/month. Boulton noted that new construction probably will not continue at the same rate in the next few years and will in turn slow the levy growth. The tax rate growth should be captured in the levy now because 2025 and 2026 the levies should stay under 5% each year. Boulton stated it would be ideal for the increase in the 2025 levy to be inflationary plus capturing the new table market value (tax base) in the levy. The Council directed Administrator Boulton to bring the recommended budget and levy information at 9.18%, or \$90,000 levy increase in the 2024 proposed Levy Resolution and 2024 Proposed Budget.

#### **RESOLUTION:**

23-045 = Approving Updated 10-Year Capital Improvements Plan for the City of Wanamingo: Flotterud moved to approved, seconded by Ohr. Capital Improvements 10-Year Plan Discussion took place – security cameras at City Hall and tree/leaf dump site (\$10,000), pager replacement (\$13,000), skid loader attachments (\$16,000), pickleball/bas-

ketball court (\$50,000), rust filter system at pool (\$5,000), sewer jetter upgrade/replacement (\$300,000), and well house rehab (\$15,000). Flotterud stated that the air filtration system for manholes should be purchased in 2023. Flotterud stated that the relatively small cost of \$1,500 compared to safety is important to purchase as soon as possible. Kennedy stated that the City has an air monitor and process before ever entering a confined space. Kennedy stated that it is extremely rare for staff to ever enter confined space. Staff has tri-pod/harness/gas monitor and other safety equipment that is utilized if confined space ever needs to be entered. Boulton stated that the proposed 2024 levy would include \$43,000 (\$26,000 in 2023) for the street equipment fund (221). Passed 5-0-

Holmes recessed the Council meeting to the Wanamingo Street Shop (648 2nd Avenue) for a tour at 7:46PM. Kennedy pointed out the condition of the building including the roof, siding, service doors, overhead door, and portions of the exterior concrete. Kennedy presented a number of equipment items that will need to be replaced in the near future. Kennedy explained the condition of the skid loader plow and the need to replace the plow before the 2023-2024 winter. Staff is looking at a V-Snow Blade through Midwest Machinery. Kennedy explained the condition of the Ford Ranger and how it does not leave town and lacks power to drive faster than 40 mph. Boulton stated that the plan to replace the Ford Ranger with a ½ ton pick-up in 2025/2026. The 2000 Chevy pickup was reviewed. The 2000 Chevy pickup had over \$5,500 of repairs made to it in early 2023. The 2000 Chevy pickup will last longer than the Ford Ranger, but will hopefully be replaced in 2026/2027. The newer payloader plow damage from hitting several manholes was reviewed. The replacement Frog, Blank, 12' edge was just picked up from Little Falls Machine Inc. Scott Meyers plans to make the repairs later this summer. Scott Meyers repaired the older pay loader snow plow and blade last year. Ziegler has been scheduled to take a look at the older payloader engine. Over winter the older payloader has lost power and may need significant work later this summer. Finally, the Council looked at the dump truck. The dump truck will be replaced when the 2-ton truck is delivered in late 2024/early 2025. The tour from staff highlighted the building improvements and equipment that are on the 10-year capital improvement plan. The tour helps the Council visualize the needs for repairs or replacement.

#### **OLD BUSINESS:**

Administrator Boulton provided a memo and photos from the League of Minnesota Cities Annual Conference. The annual conference was held June 21st-23rd in Duluth. The annual League of Minnesota Cities is worth Boulton attending every couple of years. Boulton stated that Council members would also benefit from the networking and training opportunities encourages Council member to consider attending in future years.

\*Next City Council meeting on 8/14/2023 Adjourn: At 8:30PM a motion to adjourn the meeting made by Dierks and seconded by Ohr. Passed 5-0-0.

Signed: Ryan Holmes, Mayor

Attest: Michael Boulton, City Administrator



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### Changes in Latitudes, Changes in Attitudes

# Millennials and My Tranquility, not a good mix



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.

Millennials, that group of people who were born during the 1990's through the early 2000's. I have fortunately not had to deal much with millennials since I am much older. Psychologist Jean Twenge, the author of the 2006 book Generation Me, considers millennials to be part of what she calls "Generation Me". Twenge attributes millennials with the traits of confidence but also describes a sense of entitlement and narcissism. Based on the fact that I am entering the age of a Grumpy Old Man. I can now transfer much of my irritation on a younger demographic. And this group has easily set themselves up for the blame. I usually like all people but my tolerance for stupid has worn a little thin with the

My birthday rolled around again this year, and in celebration of making it one more time through the calendar, my wife got tickets for the 50th anniversary tour of the rock group Kansas. What could go wrong? A classic rock concert whose fans are all in their 60' and 70's. My kind of folk. The State Theater in Minneapolis is a beautiful venue and we had seats in the fourth row from the stage slightly right of center.

We have a knack for attracting the worst concert goers ever though. We have a name for them. Drunk Dave. In honor of the guy at the Styx concert in Des Moines who thought he should dance in the aisle holding a beer and spilling it on anyone within the splash zone. They are loud and obnoxious and always very drunk. Somehow, they end up in seats next to us.

So, as we took our seats that evening the young guy behind us tried to start up a conversation with us. He was barely into his twenties, but he was hammered. No one should be that inebriated at 6:30pm on a Friday. I just looked at Ashley and said, we got drunk Dave again." It was worse. Three young girls even more sloshed appeared and sat beside him. They talked loudly and kept getting up to buy more drinks. Each time climbing over the people already seated be-

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tween them and the aisle. People who were their grandparent's age. One time falling over onto my wife and hugging her from behind. The ushers kept motioning to her but she was oblivious to their commands.

So, the show starts and the one young blonde starts talking over the music. "Oh yeah, this was a hair band back then." Rule # 1, don't go to a show of a band you don't know and act like you have something intelligent to say. She repeatedly shouted over the songs, argued with her boyfriend, cried, and kept leaving and returning with more drinks. At one point during her disruptive behavior she said, "The lead singer, he is pointing right at me." She was right. She was so disruptive he was trying to shame her by singling her out from the stage. If you talk during the performance of "Dust in the Wind" you are a special kind of Cretin.

The ushers were not prepared for this childish behavior as the three girls ran up and down the aisle during the show. They tried helplessly to reprimand them, but to no avail. At one point we saw two of them flip off an usher as they ran by. It was like some two-year olds misbehaving at a restaurant. The guests who were trying to enjoy the show were getting more perturbed by the minute. Finally, the blonde girl decided to head for the exit by walking between each guest and the seat in front of them, all the way across the theater. There she passed out at the feet of the two ushers standing at the exit.

It is called concert etiquette, and you may have seen the news footage of a Miranda Lambert concert lately, where she stopped the show mid-song and told four young women to sit back down. I have seen people of all ages acting like idiots, but these took the prize. I never thought I would sound like my dad, but here I am. And I understand now how he felt.

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# A Minnesotan: Out of State Visitors and the Mall of America



By RosaLin Alcoser

What do you do when family comes to visit you in Minnesota? As a transplant to Minnesota I get to live with the pleasure of family and friends from out of the state coming to visit me every now and again. Which is great. I love it when people come to visit me. Those of you who are also transplants or who have family that comes to visit from out of state will know that these visits mean that you get to show them around Minnesota. Then if you are like me you think of all the great things to take them to see. If you're me, that list mainly consists of museums, one of the state's many hiking trails, and finding the

best Scandinavian bakery in the area. Those are the kinds of things I come up with to take people to because who wouldn't want to go to the Minnesota Museum of Transportation or to Minnehaha Falls. However, the inevitable always happens and I end up doing none of those things and spend the time escorting them around the Mall of America. Do not get me wrong, going to the Mall of America every once in a while can be fun for three or four hours. However, it starts to become increasingly less fun once you start hitting hours six and seven; especially when it is the second time you have taken people around it in the span of a week. I feel that at least for me, the novelty of spending the entire day in the Mall of America has been washed away since I live close enough to it that I can go there anytime I want to. Which I do when we are not in the peak times for out of state tourist to be here. So I mainly go in the winter when it's at the point in the year that I'm looking for an indoor activity since it's just a bit too cold outside for me to enjoy one of those many parks we have. While I have recently spent a large amount of time showing friends and family around MOA this year I was able to get my sister and her husband to one of those parks with me. During their visit I was able to get them to hike with me at Gooseberry Falls and swim in Lake Superior. All of which my sister spent a lot of time calling after me to be careful as I kept running into Minnesota's many waters.



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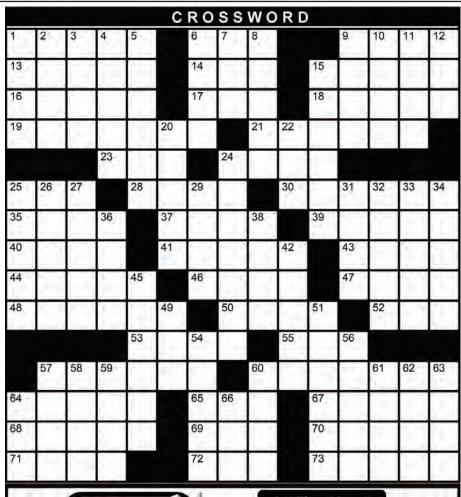
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#### THEME: FRUITS & VEGETABLES

- 1. Itsv Bitsv Spider's tunnel
- 6. Operations, as in military
- 9. Carpenter's joint
- 13. Book, in Paris
- 14. Coach's talk 15. Long-necked wader
- 16. Did not go out to eat (2 words)
  17. Chi preceder

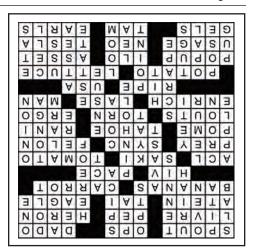
- 17. On piecedel
  18. Top scout
  19. \*'90s children's series "\_\_\_\_ in Pyjamas"
  21. \*Alternative to stick
  23. T-cell killer, acr.

- 24. Show worry
- 25. Knee-related acronym
- 28. Sushi restaurant's boozy offering
- 30. \*Grilled cheese and \_ soup
- 35. Mouse to a snake
- 37. In , or together 39. Convicted one
- 40. \*Pear or quince, botanically speaking 41. California and Nevada lake
- 43. Raja's daughter 44. Uncouth ones
- 46. Of two minds
- 47. RenÈ Descartes' "therefore"
- 48. Make wealthy 50. Use a surgical beam
- 52. Gingerbread creation 53. \*When fruit is ready
- 55. Red-white-and-blue inits.
  57. \*"Hot" vegetable-shaped toy
- 60. \*L in BLT
- 64. 3-D picture in a book
- 65. U.N. workers' grp. 67. Owned house or car, e.g.
- 68. Item on a cell phone bill 69. What's old is new again, prefix
- 70. Popular electric car
- 71. Hair styling products
- 72. Scottish cap 73. British peers

- **DOWN**
- . Block of concrete, e.g.
- 2. Pocket bread
- 3. Baker's baker
- 4. Dickens's Heep
- 5. Serena's sport
- 6. Prefers 7. \*Fairyta \*Fairytale princess test
- 8. Virgo's brightest star
- 9. Letter opener
- 10. Ship to Colchis
- 11. Airhead
- 12. The loneliest number?
- 15. Concerning this 20. Nautical "Stop!"
- 22. College assessment test, acr.
- 24. Camera's tiny aperture
- 25. \*Gwyneth Paltrow's daughter
- 26. Sing like Tony Bennett

- 27. Madagascar primate 29. Myanmar currency 31. BEbE's mother
- 32. Rooster, in the olden days
- 33. Polynesian kingdom
- \*Layered bulb
- 36. Giant Himalayan?
- 38. Lady Grantham of "Downton Abbey"
- 42. Follow as a consequence 45. Claw mark
- 49. "Battleship" exclamation
- 51. Heir's concern
- 54. \*At the end of a hot pepper or many a sweet potato
- 56. Cruisina
- 57. Prepare to be shot
- 58. October birthstone
- 59. What Little Toot does
- 60. \*Fruit of the 61. Brezhnev's domain
- 62. Jailbird's home
- 63. Airline postings 64. Dog breed from China
- 66. Grazing ground





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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

# Local Investments Make Small Towns Thrive



Tim Penny So. MN Initiative Foundation

Imagine being a kid in a small town in Minnesota who, more than anything, wants to dive into the city pool with their friends to escape the summer heat – but their family cannot afford the pool pass. This very situation is what prompted the Wabasha Kellogg Area Community Foundation (WKACF) to start offering free pool passes for all area youth. This initiative kept the pool open, created a space for children to play in the summer and it provided an opportunity for locals to give back to their community. This is just one of many examples of why Community Foundations are a key ingredient to small town

growth and vibrancy.

At Southern Minnesota Initiative Foundation (SMIF), Community Foundations are one of the cornerstones of our Community Vitality focus area. SMIF supports 31 Community Foundations – from St. James and Montgomery to Preston and Pine Island – by providing the administrative and 501(c)(3) infrastructure. Additionally, SMIF provides the volunteer boards with training opportunities and is always on hand to answer questions and guide them as they work toward meeting their philanthropic goals. Over the years, SMIF has also contributed more than \$894,061 in matching grants to these foundations.

The free pool pass project that WKACF supports is one of many projects that SMIF's Community Foundations have invested in over the years. Many memorable and unique local festivals count on foundation funds. For example, the Lanesboro Area Community Foundation provided grants to Buffalo Bill Days and Rhubarb Fest recently, as well as funding for several artistic opportunities in their community for music, artist demonstrations, and a grant to the public school for visual arts classes.

The Harmony Area Community Foundation supports a summer initiative of "No Child Left Inside". Several grants were given recently to help provide activities to local youth at no cost. During the annual Canton Day Off Event, kids will have the chance to explore a state-of-the-art obstacle course of inflatables with a progressive agility course. Harmony has also contributed greatly to one of the first Splash Pads in our region. They continue to

add to it as an inclusive place for families to cool down on hot days. These are only a few examples of the many ways that our foundations are enhancing the joy of summer.

In addition to summer fun, our foundations have helped fund food shelves, Veteran's memorials, downtown enhancement projects, farmers' markets and annual scholarship programs. During the early days of the pandemic, Community Foundations became a vessel for supporting local businesses and organizations. The versatility of these foundations allow them to leverage resources wisely to respond to the unique needs of their town. Author of Boomtown USA, Jack Shultz, said it best - community funds are one of the keys to small town success. The 31 Community Foundations under SMIF's umbrella have invested \$6.8 million into their communities since the program began

Community Foundations provide a platform for individuals, families and businesses to make meaningful contributions that directly impact their communities. By fostering a culture of giving, these foundations instill a sense of ownership and pride, empowering residents to shape their own future. I encourage you to look up your nearest Community Foundation at smifoundation.org/community-foundations.

Contact Andi Arnold, SMIF's Community Foundation Coordinator, at andia@smifoundation.org or 507.456.5593 with questions about this program.

As always, I welcome your comments and questions. You can reach me at timp@smifoundation.org or 507-455-3215.



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#### **GRANDSTAND SHOWS**

Tuesday, August 8th - 7:00 PM Lawnmower Derby and Power wheels FREE EVENT!

> **Wednesday, August 9th - 7:00 PM** Auto Cross: Adults: \$15 • Under 12: \$9

Thursday, August 10th - 6:30 PM Truck& Tractor Pull: Adults: \$12 • Under 12: \$7

Friday, August 11th - 7:00 PM Autocross: Adults: \$17 • Under 12: \$12

Saturday, August 12th - 5:00 PM Demolition derby:: Adults: \$17 • Under 12: \$12

#### **FREE EVENTS**

Free Daily Shows: Professor Newton, Kidz Science Safari, Feats of Comedy, Lew-e's Comedy Circus

**Tuesday, August 8th**: Entry Day Which means all the Animals come to the Fair **Wednesday, August 9th**: Day Care Day at the Goodhue County Fair

Thursday, August 10th: Goodhue County Ag Day

Friday, August 11th: On Senior Citizens Day the Outstanding Senior Award is given.

Saturday, August 12th: Final Fun Day. Day of Fun. 4-H Livestock auction

# August 8-12, 2023

Daily admission: \$7 • Season gate pass: \$20 Under 12 years old: FREE Carnival open: Wednesday 2pm-10pm; Thursday-Saturday 1pm-10pm

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